

## Students in grades 6 to 12 who report usually spending 8 hours or more sleeping each night

Unit : %

	Academic Year 2021-2022	Academic Year 2018-2019	Academic Year 2015-2016
<b>Province</b>			
New Brunswick	30.2	36.6	38.8
<b>Health zones</b>			
Zone 1 - Moncton and South-East Area	32.1	38.2	41.2
Zone 2 - Fundy Shore and Saint John Area	27.8	34.7	35.6
Zone 3 - Fredericton and River Valley Area	28.0	34.3	36.1
Zone 4 - Madawaska and North-West Area	34.4	43.9	44.3
Zone 5 - Restigouche Area	31.4	35.7	42.4
Zone 6 - Bathurst and Acadian Peninsula Area	35.6	40.5	45.5
Zone 7 - Miramichi Area	26.0	32.6	32.9
<b>Communities</b>			
Bathurst, Beresford, Petit-Rocher Area	32.5	37.2	43.2
Bouctouche, Richibucto, Saint-Antoine Area	30.9	40.0	42.1
Campbellton, Atholville, Tide Head Area	31.9	35.6	47.0
Caraquet, Paquetville, Bertrand Area	36.5	41.5	49.0
Dalhousie, Balmoral, Belledune Area	30.8	35.9	38.2
Dieppe and Memramcook	42.1	50.3	50.0
Douglas, Saint Marys, Doaktown Area	26.3	36.9	38.3
Edmundston, Rivière-Verte, Lac Baker Area	36.3	43.1	44.4
Florenceville-Bristol, Woodstock, Wakefield Area	29.1	39.8	36.2
Fredericton	29.2	32.2	38.3
Grand Bay-Westfield, Westfield, Greenwich Area	36.0	53.0	53.4

	Academic Year 2021-2022	Academic Year 2018-2019	Academic Year 2015-2016
Grand Falls, Saint-Léonard, Drummond Area	32.3	47.0	46.7
Hillsborough, Riverside-Albert, Alma Area	24.4	30.7	38.3
Kedgwick, Saint-Quentin and Grimmer	30.6	43.7	36.7
Minto, Chipman, Cambridge-Narrows Area	28.9	38.0	34.7
Miramichi, Rogersville, Blackville Area	25.3	31.6	32.3
Moncton	30.0	36.9	39.6
Nackawic, McAdam, Canterbury Area	22.4	35.2	35.9
Neguac, Alnwick, Esgenooopetitj Area	31.8	41.0	39.4
New Maryland, Kingsclear, Lincoln Area	35.8	34.7	44.1
Oromocto, Gagetown, Fredericton Junction Area	25.8	33.5	30.6
Perth-Andover, Plaster Rock, Tobique Area	21.7	32.3	36.6
Quispamsis, Rothesay, Hampton Area	30.5	37.3	39.5
Riverview and Coverdale	29.5	34.2	37.4
Sackville, Dorchester, Port Elgin Area	33.3	33.7	40.2
Saint John, Simonds and Musquash	25.1	30.5	30.6
Salisbury and Petitcodiac	29.8	33.0	36.0
Shediac, Beaubassin East and Cap-Pelé	34.5	34.8	45.9
Shippagan, Lamèque, Inkerman Area	34.9	45.3	44.8
St. George, Grand Manan, Blacks Harbour Area	27.7	29.1	38.4
St. Stephen, Saint Andrews, Campobello Island Area	28.2	37.7	41.3
Sussex, Norton, Sussex Corner Area	30.9	40.0	36.6
Tracadie and Saint-Isidore	41.2	44.1	46.4
<b>School districts</b>			
Anglophone East School District	28.3	34.0	37.3

	Academic Year 2021-2022	Academic Year 2018-2019	Academic Year 2015-2016
Anglophone North School District	24.1	29.4	33.5
Anglophone South School District	27.7	33.9	35.3
Anglophone West School District	27.5	34.1	35.9
Anglophone sector	27.4	33.5	35.7
District scolaire francophone Nord-Est	38.0	43.5	47.4
District scolaire francophone Nord-Ouest	35.4	44.9	44.3
District scolaire francophone Sud	37.4	44.6	47.3
Francophone sector	37.2	44.3	46.8
<b>Grades</b>			
Grades 6 to 8	44.8	54.0	57.5
Grades 9 to 12	19.4	24.8	26.2
<b>Gender</b>			
Woman/Girl	29.5	n/a	n/a
Man/Boy	32.7	n/a	n/a
Non-binary	14.3	n/a	n/a
<b>Sex at birth</b>			
Female	27.8	34.7	n/a
Male	32.8	38.4	n/a
<b>Sexual identity</b>			
Minority sexual identity	19.9	n/a	n/a
Heterosexual	31.5	n/a	n/a
<b>LGBTQ2+ Status</b>			
LGBTQ2+ person	20.2	n/a	n/a

	Academic Year 2021-2022	Academic Year 2018-2019	Academic Year 2015-2016
Non LGBTQ2+ person	31.5	n/a	n/a
<b>Race</b>			
White	28.7	n/a	n/a
South Asian	32.7	n/a	n/a
Other	33.9	n/a	n/a
Middle Eastern	27.5	n/a	n/a
Latino	20.9	n/a	n/a
East/Southeast Asian	22.6	n/a	n/a
Black	29.7	n/a	n/a
<b>Indigenous identity</b>			
Indigenous	27.3	33.5	30.8
Non-Indigenous	30.0	36.5	39.2
<b>Food poverty</b>			
Food poverty	23.6	n/a	n/a
No food poverty	30.7	n/a	n/a
<b>Immigrant</b>			
Immigrants	27.0	33.2	n/a
Non-immigrants	30.6	36.9	n/a
<b>Special needs</b>			
Has a special need	24.5	n/a	n/a
No special need	33.3	n/a	n/a

## About

This indicator is the percentage of students in grades 6 to 12 who report usually spending 8 hours or more sleeping each night.

## Source

Student Wellness Survey - Grades 6-12

## Calculations

This indicator is calculated by dividing the number of respondents who answered "8 hours to less than 9 hours or 9 hours or more" by the number of respondents who answered "under 2 hours, 2 hours to less than 3 hours, 3 hours to less than 4 hours, 4 hours to less than 5 hours, 5 hours to less than 6 hours, 6 hours to less than 7 hours, 7 hours to less than 8 hours, 8 hours to less than 9 hours or 9 hours or more" to the question: How long do you usually spend sleeping each night? (Do not include time spent resting)

## Notes

Users are advised to exercise caution if comparing data from the community of Grand Bay-Westfield, Westfield, Greenwich Area to other New Brunswick communities. The data for the community of Grand Bay-Westfield, Westfield, Greenwich Area is based on students in grades 6 to 8, while data from the other communities are based on students in grades 6 to 12. Survey results are assigned to communities based on the location of the school. The community of Grand Bay-Westfield, Westfield, Greenwich Area does not have any schools with grades 9 to 12.

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Unit	Interpretation	NBHC code
%	Higher is better	SH_SLE01_1

## Caption

n/a = Not applicable / not available

S = Data was suppressed due to low respondent counts