

[DISCONTINUED] Students in grades 6 to 12 who report usually spending less than 8 hours sleeping each night

Unit : %

	Academic Year 2022-2023	Academic Year 2021-2022
Province		
New Brunswick	64.8	69.8
Health zones		
Zone 1 - Moncton and South-East Area	62.8	67.9
Zone 2 - Fundy Shore and Saint John Area	66.6	72.2
Zone 3 - Fredericton and River Valley Area	65.8	72.0
Zone 4 - Madawaska and North-West Area	63.0	65.6
Zone 5 - Restigouche Area	67.9	68.6
Zone 6 - Bathurst and Acadian Peninsula Area	62.4	64.4
Zone 7 - Miramichi Area	67.3	74.0
Communities		
Bathurst, Beresford, Petit-Rocher Area	65.1	67.5
Bouctouche, Richibucto, Saint-Antoine Area	65.2	69.1
Campbellton, Atholville, Tide Head Area	69.0	68.1
Caraquet, Paquetville, Bertrand Area	65.0	63.5
Dalhousie, Balmoral, Belledune Area	66.3	69.2
Dieppe and Memramcook	56.1	57.9
Douglas, Saint Marys, Doaktown Area	63.7	73.7
Edmundston, Rivière-Verte, Lac Baker Area	63.3	63.7
Florenceville-Bristol, Woodstock, Wakefield Area	63.6	70.9
Fredericton	64.6	70.8
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	64.0

	Academic Year 2022-2023	Academic Year 2021-2022
Grand Falls, Saint-Léonard, Drummond Area	62.3	67.7
Hillsborough, Riverside-Albert, Alma Area	66.3	75.6
Kedgwick, Saint-Quentin and Grimmer	64.1	69.4
Minto, Chipman, Cambridge-Narrows Area	69.8	71.1
Miramichi, Rogersville, Blackville Area	67.0	74.7
Moncton	63.9	70.0
Nackawic, McAdam, Canterbury Area	69.9	77.6
Neguac, Alnwick, Esgenoopetitj Area	69.7	68.2
New Maryland, Kingsclear, Lincoln Area	57.4	64.2
Oromocto, Gagetown, Fredericton Junction Area	69.3	74.2
Perth-Andover, Plaster Rock, Tobique Area	73.8	78.3
Quispamsis, Rothesay, Hampton Area	63.2	69.5
Riverview and Coverdale	64.9	70.5
Sackville, Dorchester, Port Elgin Area	64.4	66.7
Saint John, Simonds and Musquash	69.1	74.9
Salisbury and Petitcodiac	60.6	70.2
Shediac, Beaubassin East and Cap-Pelé	63.4	65.5
Shippagan, Lamèque, Inkerman Area	58.8	65.1
St. George, Grand Manan, Blacks Harbour Area	66.9	72.3
St. Stephen, Saint Andrews, Campobello Island Area	68.3	71.8
Sussex, Norton, Sussex Corner Area	63.8	69.1
Tracadie and Saint-Isidore	58.0	58.8
School districts		
Anglophone East School District	65.2	71.7

	Academic Year 2022-2023	Academic Year 2021-2022
Anglophone North School District	69.5	75.9
Anglophone South School District	66.9	72.3
Anglophone West School District	66.3	72.5
Anglophone sector	66.6	72.6
District scolaire francophone Nord-Est	61.2	62.0
District scolaire francophone Nord-Ouest	62.0	64.6
District scolaire francophone Sud	58.8	62.6
Francophone sector	60.1	62.8
Grades		
Grades 6 to 8	50.9	55.2
Grades 9 to 12	74.7	80.6
Gender		
Female	66.0	70.5
Male	61.9	67.3
Non-binary	81.0	85.7
Sex at birth		
Female	67.4	72.2
Male	62.0	67.2
2SLGBTQIA+ status		
2SLGBTQIA+	74.9	79.8
Indigenous identity		
Indigenous	70.4	72.7
Immigrant		

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	Academic Year 2022-2023	Academic Year 2021-2022
Immigrants	66.7	73.0

About

This indicator is the percentage of students in grades 6 to 12 who report usually spending less than 8 hours sleeping each night. THIS INDICATOR HAS BEEN DISCONTINUED. THERE IS CURRENTLY NO REPLACEMENT FOR THIS INDICATOR.

Source

Student Wellness and Education Survey, Grades 6-12

Calculations

This indicator is calculated by dividing 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 or 7 hours to less than 8 hour 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.

Unit	Interpretation	NBHC code
%	Lower is better	SH_SLE01_2

Caption

n/a = Not applicable / not available

S = Data suppressed due to confidentiality requirements and/or small sample size