

Students in grades 6 to 12 who reported using an electronic device in their bedroom in the last hour before going to sleep

Unit : %

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Province			
New Brunswick	87.0	88.9	89.4
Health zones			
Zone 1 - Moncton and South-East Area	85.4	87.9	88.4
Zone 2 - Fundy Shore and Saint John Area	87.7	89.7	89.9
Zone 3 - Fredericton and River Valley Area	87.3	88.3	88.4
Zone 4 - Madawaska and North-West Area	S	87.9	90.0
Zone 5 - Restigouche Area	91.1	92.2	92.1
Zone 6 - Bathurst and Acadian Peninsula Area	89.3	89.9	91.1
Zone 7 - Miramichi Area	89.4	91.2	93.0
Communities			
Bathurst, Beresford, Petit-Rocher Area	88.0	88.1	90.8
Bouctouche, Richibucto, Saint-Antoine Area	91.0	92.5	92.2
Campbellton, Atholville, Tide Head Area	90.8	91.0	92.1
Caraquet, Paquetville, Bertrand Area	90.1	91.9	92.5
Dalhousie, Balmoral, Belledune Area	91.6	93.9	92.1
Dieppe and Memramcook	85.4	86.1	87.9
Douglas, Saint Marys, Doaktown Area	89.1	92.0	94.0
Edmundston, Rivière-Verte, Lac Baker Area	S	88.2	89.3
Florenceville-Bristol, Woodstock, Wakefield Area	89.1	89.8	90.6
Fredericton	85.4	86.8	86.2
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	82.5

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Grand Falls, Saint-Léonard, Drummond Area	85.8	86.3	90.0
Hillsborough, Riverside-Albert, Alma Area	87.5	92.1	92.0
Kedgwick, Saint-Quentin and Grimmer	S	91.1	93.4
Minto, Chipman, Cambridge-Narrows Area	92.9	92.6	94.4
Miramichi, Rogersville, Blackville Area	89.2	91.1	92.7
Moncton	83.2	86.8	87.4
Nackawic, McAdam, Canterbury Area	90.3	93.0	92.7
Neguac, Alnwick, Esgenoopetitj Area	91.0	91.5	95.2
New Maryland, Kingsclear, Lincoln Area	79.9	83.8	82.9
Oromocto, Gagetown, Fredericton Junction Area	90.2	88.7	89.4
Perth-Andover, Plaster Rock, Tobique Area	91.4	93.4	92.2
Quispamsis, Rothesay, Hampton Area	85.8	89.4	89.1
Riverview and Coverdale	87.4	88.6	88.9
Sackville, Dorchester, Port Elgin Area	87.1	90.4	85.7
Saint John, Simonds and Musquash	88.0	90.4	90.8
Salisbury and Petitcodiac	88.8	88.3	87.8
Shediac, Beaubassin East and Cap-Pelé	87.4	88.7	90.1
Shippagan, Lamèque, Inkerman Area	89.1	93.1	90.2
St. George, Grand Manan, Blacks Harbour Area	90.5	90.8	94.3
St. Stephen, Saint Andrews, Campobello Island Area	91.1	88.7	88.5
Sussex, Norton, Sussex Corner Area	89.0	89.3	88.2
Tracadie and Saint-Isidore	91.1	89.9	91.4
School districts			
Anglophone East School District	86.0	88.5	88.3

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Anglophone North School District	90.7	91.9	92.9
Anglophone South School District	87.9	90.0	90.0
Anglophone West School District	87.6	88.7	88.8
Anglophone sector	87.6	89.4	89.5
District scolaire francophone Nord-Est	89.5	90.3	91.4
District scolaire francophone Nord-Ouest	S	88.1	90.2
District scolaire francophone Sud	83.4	85.8	87.4
Francophone sector	85.3	87.5	89.1
Grades			
Grades 6 to 8	78.3	82.5	83.1
Grades 9 to 12	92.9	93.5	94.1
Gender			
Female	89.6	91.3	91.3
Male	84.5	86.6	87.5
Non-binary	89.6	90.5	92.1
Sex at birth			
Female	89.6	91.3	91.4
Male	84.3	86.4	87.3
2SLGBTQIA+ status			
2SLGBTQIA+	91.8	92.6	91.1
Indigenous identity			
Indigenous	90.4	91.1	89.9
Immigrant			

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Immigrants	85.0	86.0	86.8
Disability or special need			
Disability or special need	87.1	86.9	n/a
Racialized groups			
Racialized groups	84.5	86.8	n/a
Socioeconomic status			
High socioeconomic status	85.9	n/a	n/a
Low socioeconomic status	87.0	n/a	n/a

About

This indicator is the percentage of students in grades 6 to 12 who reported using an electronic device in their bedroom in the last hour before going to sleep. This indicator is based on the Canadian 24 Hour Movement Guidelines for Children and Youth.

Source

Student Wellness and Education Survey, Grades 6-12

Calculations

This indicator is calculated by dividing the number of respondents who answered "1 night a week, 2 nights a week, 3 nights a week, 4 nights a week, 5 nights a week, 6 nights a week or every night" by the number of respondents who answered "never, 1 night a week, 2 nights a week, 3 nights a week, 4 nights a week, 5 nights a week, 6 nights a week or every night" to the question: How often do you use an electronic device in your bedroom in the last hour before going to sleep?

Notes

Due to a low school participation rate in some areas of the province for the 2025-2026 edition of this survey, survey results are not available for District scolaire francophone Nord-Ouest (school district), Madawaska and North-West Area (health zone), Kedgwick, Saint-Quentin and Grimmer (community), and Edmundston, Rivière-Verte, Lac Baker Area (community). 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_SLE02_1

Caption

n/a = Not applicable / not available

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