

## Students in grades 6 to 12 who reported using an electronic device before bed 1 to 3 nights a week

Unit : %

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
<b>Province</b>			
New Brunswick	14.4	14.7	13.1
<b>Health zones</b>			
Zone 1 - Moncton and South-East Area	15.6	15.7	13.8
Zone 2 - Fundy Shore and Saint John Area	14.5	14.6	12.8
Zone 3 - Fredericton and River Valley Area	15.0	15.5	14.2
Zone 4 - Madawaska and North-West Area	S	13.0	12.0
Zone 5 - Restigouche Area	10.9	13.2	9.9
Zone 6 - Bathurst and Acadian Peninsula Area	11.7	12.7	11.1
Zone 7 - Miramichi Area	10.8	11.8	10.7
<b>Communities</b>			
Bathurst, Beresford, Petit-Rocher Area	12.5	13.0	12.0
Bouctouche, Richibucto, Saint-Antoine Area	11.5	12.8	10.9
Campbellton, Atholville, Tide Head Area	11.7	12.5	10.2
Caraquet, Paquetville, Bertrand Area	9.5	13.9	11.7
Dalhousie, Balmoral, Belledune Area	9.7	14.3	9.5
Dieppe and Memramcook	17.2	14.5	14.5
Douglas, Saint Marys, Doaktown Area	12.3	12.8	12.6
Edmundston, Rivière-Verte, Lac Baker Area	S	12.9	12.7
Florenceville-Bristol, Woodstock, Wakefield Area	12.5	13.4	12.6
Fredericton	17.6	16.7	15.9
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	15.2

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Grand Falls, Saint-Léonard, Drummond Area	10.1	12.4	11.7
Hillsborough, Riverside-Albert, Alma Area	13.7	11.2	8.9
Kedgwick, Saint-Quentin and Grimmer	S	14.7	9.1
Minto, Chipman, Cambridge-Narrows Area	8.6	13.0	13.6
Miramichi, Rogersville, Blackville Area	10.8	11.9	11.1
Moncton	16.9	17.0	14.6
Nackawic, McAdam, Canterbury Area	10.5	16.1	11.5
Neguac, Alnwick, Esgenoopetitj Area	11.0	10.9	7.4
New Maryland, Kingsclear, Lincoln Area	17.9	21.2	10.4
Oromocto, Gagetown, Fredericton Junction Area	12.1	13.7	12.6
Perth-Andover, Plaster Rock, Tobique Area	12.1	14.2	11.4
Quispamsis, Rothesay, Hampton Area	14.9	14.9	14.8
Riverview and Coverdale	14.8	15.4	13.7
Sackville, Dorchester, Port Elgin Area	13.7	15.2	13.7
Saint John, Simonds and Musquash	15.2	14.4	11.6
Salisbury and Petitcodiac	12.5	15.1	14.6
Shediac, Beaubassin East and Cap-Pelé	13.6	15.6	12.0
Shippagan, Lamèque, Inkerman Area	9.7	10.6	8.8
St. George, Grand Manan, Blacks Harbour Area	12.9	11.5	12.5
St. Stephen, Saint Andrews, Campobello Island Area	11.2	13.6	11.2
Sussex, Norton, Sussex Corner Area	13.3	16.2	14.5
Tracadie and Saint-Isidore	12.7	13.0	10.2
<b>School districts</b>			
Anglophone East School District	15.2	16.5	14.0

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Anglophone North School District	10.8	12.3	11.0
Anglophone South School District	14.3	14.3	12.8
Anglophone West School District	14.4	15.0	14.2
Anglophone sector	14.2	14.9	13.3
District scolaire francophone Nord-Est	11.5	12.6	10.7
District scolaire francophone Nord-Ouest	S	13.3	11.5
District scolaire francophone Sud	17.6	15.8	13.8
Francophone sector	15.0	14.4	12.4
<b>Grades</b>			
Grades 6 to 8	20.1	20.2	18.5
Grades 9 to 12	10.6	10.8	9.0
<b>Gender</b>			
Female	13.3	13.2	11.7
Male	15.7	16.2	14.4
Non-binary	10.2	11.4	10.6
<b>Sex at birth</b>			
Female	13.1	13.1	11.7
Male	15.9	16.4	14.4
<b>2SLGBTQIA+ status</b>			
2SLGBTQIA+	9.4	10.8	11.6
<b>Indigenous identity</b>			
Indigenous	12.6	13.1	11.4
<b>Immigrant</b>			

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Immigrants	18.6	19.0	15.8
<b>Disability or special need</b>			
Disability or special need	12.7	14.6	n/a
<b>Racialized groups</b>			
Racialized groups	19.0	18.8	n/a
<b>Socioeconomic status</b>			
High socioeconomic status	15.4	n/a	n/a
Low socioeconomic status	13.2	n/a	n/a

## About

This indicator is the percentage of students in grades 6 to 12 who reported using an electronic device before bed 1 to 3 nights a week. 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 or 3 nights a week" 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.

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### Unit

%

### Interpretation

Lower is better

### NBHC code

SH\_SLE02\_2

### Caption

n/a = Not applicable / not available

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