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
Province			
New Brunswick	**14.4**	**14.7**	**13.1**
Health zones			
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**
Communities			
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**

School districts

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**
Grades			
Grades 6 to 8	**20.1**	**20.2**	**18.5**
Grades 9 to 12	**10.6**	**10.8**	**9.0**
Gender			
Female	**13.3**	**13.2**	**11.7**
Male	**15.7**	**16.2**	**14.4**
Non-binary	**10.2**	**11.4**	**10.6**
Sex at birth			
Female	**13.1**	**13.1**	**11.7**
Male	**15.9**	**16.4**	**14.4**
2SLGBTQIA+ status			
2SLGBTQIA+	**9.4**	**10.8**	**11.6**
Indigenous identity			
Indigenous	**12.6**	**13.1**	**11.4**
Immigrant			

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Immigrants	**18.6**	**19.0**	**15.8**
Disability or special need			
Disability or special need	**12.7**	**14.6**	n/a
Racialized groups			
Racialized groups	**19.0**	**18.8**	n/a
Socioeconomic status			
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.

Unit	Interpretation	NBHC code
%	Lower is better	SH_SLE02_2

Caption

n/a = Not applicable / not available
S = Data suppressed due to confidentiality requirements and/or small sample size