

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 |

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|--|----------------------------|----------------------------|----------------------------|
| 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

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