

Students in grades 6 to 12 who reported using an electronic device before bed every night

Unit : %

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Province			
New Brunswick	61.1	62.1	65.2
Health zones			
Zone 1 - Moncton and South-East Area	57.7	59.3	63.0
Zone 2 - Fundy Shore and Saint John Area	61.4	63.1	65.6
Zone 3 - Fredericton and River Valley Area	61.0	60.9	62.4
Zone 4 - Madawaska and North-West Area	S	63.7	67.5
Zone 5 - Restigouche Area	70.3	69.0	74.3
Zone 6 - Bathurst and Acadian Peninsula Area	67.6	66.8	70.4
Zone 7 - Miramichi Area	69.3	67.5	73.4
Communities			
Bathurst, Beresford, Petit-Rocher Area	65.3	64.2	68.0
Bouctouche, Richibucto, Saint-Antoine Area	68.8	67.8	71.9
Campbellton, Atholville, Tide Head Area	69.1	68.2	74.2
Caraquet, Paquetville, Bertrand Area	71.5	67.5	72.0
Dalhousie, Balmoral, Belledune Area	72.1	70.2	74.3
Dieppe and Memramcook	55.6	57.5	60.5
Douglas, Saint Marys, Doaktown Area	68.1	67.1	69.8
Edmundston, Rivière-Verte, Lac Baker Area	S	63.0	65.2
Florenceville-Bristol, Woodstock, Wakefield Area	66.3	65.4	66.2
Fredericton	55.5	57.3	58.0
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	52.9

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Grand Falls, Saint-Léonard, Drummond Area	63.0	63.8	67.9
Hillsborough, Riverside-Albert, Alma Area	64.5	69.5	76.2
Kedgwick, Saint-Quentin and Grimmer	S	65.8	78.1
Minto, Chipman, Cambridge-Narrows Area	77.1	69.1	69.3
Miramichi, Rogersville, Blackville Area	69.4	67.5	72.6
Moncton	53.8	57.0	61.1
Nackawic, McAdam, Canterbury Area	70.5	67.8	70.3
Neguac, Alnwick, Esgenoopetitj Area	69.2	67.4	80.6
New Maryland, Kingsclear, Lincoln Area	49.8	46.2	64.9
Oromocto, Gagetown, Fredericton Junction Area	66.3	64.0	66.2
Perth-Andover, Plaster Rock, Tobique Area	71.8	69.7	70.1
Quispamsis, Rothesay, Hampton Area	57.7	61.5	60.8
Riverview and Coverdale	61.7	59.4	63.3
Sackville, Dorchester, Port Elgin Area	60.4	63.4	59.6
Saint John, Simonds and Musquash	62.2	64.2	69.2
Salisbury and Petitcodiac	65.1	60.7	60.8
Shediac, Beaubassin East and Cap-Pelé	61.3	61.0	66.0
Shippagan, Lamèque, Inkerman Area	69.8	71.9	73.0
St. George, Grand Manan, Blacks Harbour Area	62.7	67.0	71.1
St. Stephen, Saint Andrews, Campobello Island Area	67.9	65.1	65.5
Sussex, Norton, Sussex Corner Area	63.0	61.5	61.8
Tracadie and Saint-Isidore	67.8	67.7	72.5
School districts			
Anglophone East School District	58.9	59.7	63.1

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Anglophone North School District	71.6	68.8	73.9
Anglophone South School District	62.0	63.7	65.8
Anglophone West School District	62.1	62.0	63.0
Anglophone sector	62.3	62.7	65.2
District scolaire francophone Nord-Est	67.4	67.1	71.0
District scolaire francophone Nord-Ouest	S	63.0	68.0
District scolaire francophone Sud	52.5	56.1	60.9
Francophone sector	57.9	60.6	65.4
Grades			
Grades 6 to 8	45.8	48.6	51.8
Grades 9 to 12	71.4	71.8	75.3
Gender			
Female	65.8	66.7	68.9
Male	56.3	57.5	61.2
Non-binary	71.3	69.8	72.5
Sex at birth			
Female	66.1	67.0	69.2
Male	55.8	57.2	61.1
2SLGBTQIA+ status			
2SLGBTQIA+	73.1	72.1	69.7
Indigenous identity			
Indigenous	67.9	67.4	68.1
Immigrant			

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Immigrants	54.4	55.1	60.3
Disability or special need			
Disability or special need	64.0	61.5	n/a
Racialized groups			
Racialized groups	53.7	56.0	n/a
Socioeconomic status			
High socioeconomic status	56.8	n/a	n/a
Low socioeconomic status	63.9	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 every night. 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 "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_3

Caption

n/a = Not applicable / not available

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