

## Students in grades 6 to 12 who reported having trouble going to sleep or staying asleep sometimes, most of the time or all of the time

Unit : %

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
<b>Province</b>			
New Brunswick	53.7	60.9	65.1
<b>Health zones</b>			
Zone 1 - Moncton and South-East Area	52.0	59.9	64.3
Zone 2 - Fundy Shore and Saint John Area	54.4	60.8	65.7
Zone 3 - Fredericton and River Valley Area	55.3	61.8	65.5
Zone 4 - Madawaska and North-West Area	S	59.0	64.1
Zone 5 - Restigouche Area	55.4	62.4	67.7
Zone 6 - Bathurst and Acadian Peninsula Area	51.8	62.0	65.1
Zone 7 - Miramichi Area	55.6	62.4	65.0
<b>Communities</b>			
Bathurst, Beresford, Petit-Rocher Area	50.2	62.4	66.5
Bouctouche, Richibucto, Saint-Antoine Area	54.1	63.4	64.3
Campbellton, Atholville, Tide Head Area	55.9	61.9	68.6
Caraquet, Paquetville, Bertrand Area	53.3	59.9	59.0
Dalhousie, Balmoral, Belledune Area	54.7	63.1	66.4
Dieppe and Memramcook	47.0	59.2	60.4
Douglas, Saint Marys, Doaktown Area	64.6	64.9	66.7
Edmundston, Rivière-Verte, Lac Baker Area	S	57.5	64.4
Florenceville-Bristol, Woodstock, Wakefield Area	55.5	60.5	64.8
Fredericton	53.5	58.9	62.8
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	72.5

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Grand Falls, Saint-Léonard, Drummond Area	52.7	60.8	63.3
Hillsborough, Riverside-Albert, Alma Area	62.1	63.3	76.5
Kedgwick, Saint-Quentin and Grimmer	S	59.8	65.0
Minto, Chipman, Cambridge-Narrows Area	67.2	70.5	70.7
Miramichi, Rogersville, Blackville Area	55.2	62.3	64.4
Moncton	50.8	58.4	63.6
Nackawic, McAdam, Canterbury Area	58.1	62.2	69.4
Neguac, Alnwick, Esgenoopetitj Area	59.8	63.9	69.9
New Maryland, Kingsclear, Lincoln Area	50.5	61.3	65.2
Oromocto, Gagetown, Fredericton Junction Area	55.9	66.7	71.4
Perth-Andover, Plaster Rock, Tobique Area	59.2	72.1	69.7
Quispamsis, Rothesay, Hampton Area	53.7	60.0	63.0
Riverview and Coverdale	53.2	60.4	67.1
Sackville, Dorchester, Port Elgin Area	60.6	65.4	69.0
Saint John, Simonds and Musquash	54.4	60.5	67.5
Salisbury and Petitcodiac	54.0	63.0	68.0
Shediac, Beaubassin East and Cap-Pelé	58.2	59.9	63.5
Shippagan, Lamèque, Inkerman Area	51.3	60.9	64.0
St. George, Grand Manan, Blacks Harbour Area	57.7	62.8	64.0
St. Stephen, Saint Andrews, Campobello Island Area	54.9	62.5	64.2
Sussex, Norton, Sussex Corner Area	54.0	60.4	65.5
Tracadie and Saint-Isidore	54.2	63.3	67.2
<b>School districts</b>			
Anglophone East School District	53.6	60.0	65.4

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Anglophone North School District	56.6	63.3	66.2
Anglophone South School District	54.7	61.0	65.8
Anglophone West School District	56.1	62.1	65.8
Anglophone sector	55.1	61.4	65.8
District scolaire francophone Nord-Est	51.6	61.4	65.2
District scolaire francophone Nord-Ouest	S	57.8	63.8
District scolaire francophone Sud	48.8	59.3	62.5
Francophone sector	50.2	59.7	63.6
<b>Grades</b>			
Grades 6 to 8	54.9	61.9	66.6
Grades 9 to 12	52.8	60.1	64.0
<b>Gender</b>			
Female	59.6	67.9	71.7
Male	46.4	52.5	56.1
Non-binary	72.2	77.9	86.1
<b>Sex at birth</b>			
Female	60.6	68.9	73.6
Male	46.3	52.4	56.2
<b>2SLGBTQIA+ status</b>			
2SLGBTQIA+	68.3	77.6	80.3
<b>Indigenous identity</b>			
Indigenous	60.0	68.4	70.0
<b>Immigrant</b>			

	Academic Year 2025-2026	Academic Year 2023-2024	Academic Year 2021-2022
Immigrants	47.5	53.3	58.1
<b>Disability or special need</b>			
Disability or special need	65.0	71.2	n/a
<b>Racialized groups</b>			
Racialized groups	49.7	55.3	n/a
<b>Socioeconomic status</b>			
High socioeconomic status	48.2	n/a	n/a
Low socioeconomic status	60.1	n/a	n/a

## About

This indicator is the percentage of students in grades 6 to 12 who reported having trouble going to sleep or staying asleep sometimes, most of the time or all of the time. 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 "sometimes, most of the time or all of the time" by the number of respondents who answered "never, rarely, sometimes, most of the time or all of the time" to the question: How often do you have trouble going to sleep or staying asleep?

## 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_SLE05_1

## Caption

n/a = Not applicable / not available

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