

## 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 2023-2024	Academic Year 2021-2022
<b>Province</b>		
New Brunswick	60.9	65.1
<b>Health zones</b>		
Zone 1 - Moncton and South-East Area	59.9	64.3
Zone 2 - Fundy Shore and Saint John Area	60.8	65.7
Zone 3 - Fredericton and River Valley Area	61.8	65.5
Zone 4 - Madawaska and North-West Area	59.0	64.1
Zone 5 - Restigouche Area	62.4	67.7
Zone 6 - Bathurst and Acadian Peninsula Area	62.0	65.1
Zone 7 - Miramichi Area	62.4	65.0
<b>Communities</b>		
Bathurst, Beresford, Petit-Rocher Area	62.4	66.5
Bouctouche, Richibucto, Saint-Antoine Area	63.4	64.3
Campbellton, Atholville, Tide Head Area	61.9	68.6
Caraquet, Paquetville, Bertrand Area	59.9	59.0
Dalhousie, Balmoral, Belledune Area	63.1	66.4
Dieppe and Memramcook	59.2	60.4
Douglas, Saint Marys, Doaktown Area	64.9	66.7
Edmundston, Rivière-Verte, Lac Baker Area	57.5	64.4
Florenceville-Bristol, Woodstock, Wakefield Area	60.5	64.8
Fredericton	58.9	62.8
Grand Falls, Saint-Léonard, Drummond Area	60.8	63.3

	Academic Year 2023-2024	Academic Year 2021-2022
Hillsborough, Riverside-Albert, Alma Area	63.3	76.5
Kedgwick, Saint-Quentin and Grimmer	59.8	65.0
Minto, Chipman, Cambridge-Narrows Area	70.5	70.7
Miramichi, Rogersville, Blackville Area	62.3	64.4
Moncton	58.4	63.6
Nackawic, McAdam, Canterbury Area	62.2	69.4
Neguac, Alnwick, Esgenoopetitj Area	63.9	69.9
New Maryland, Kingsclear, Lincoln Area	61.3	65.2
Oromocto, Gagetown, Fredericton Junction Area	66.7	71.4
Perth-Andover, Plaster Rock, Tobique Area	72.1	69.7
Quispamsis, Rothesay, Hampton Area	60.0	63.0
Riverview and Coverdale	60.4	67.1
Sackville, Dorchester, Port Elgin Area	65.4	69.0
Saint John, Simonds and Musquash	60.5	67.5
Salisbury and Petitcodiac	63.0	68.0
Shediac, Beaubassin East and Cap-Pelé	59.9	63.5
Shippagan, Lamèque, Inkerman Area	60.9	64.0
St. George, Grand Manan, Blacks Harbour Area	62.8	64.0
St. Stephen, Saint Andrews, Campobello Island Area	62.5	64.2
Sussex, Norton, Sussex Corner Area	60.4	65.5
Tracadie and Saint-Isidore	63.3	67.2
<b>School districts</b>		
Anglophone East School District	60.0	65.4
Anglophone North School District	63.3	66.2

	Academic Year 2023-2024	Academic Year 2021-2022
Anglophone South School District	61.0	65.8
Anglophone West School District	62.1	65.8
Anglophone sector	61.4	65.8
District scolaire francophone Nord-Est	61.4	65.2
District scolaire francophone Nord-Ouest	57.8	63.8
District scolaire francophone Sud	59.3	62.5
Francophone sector	59.7	63.6
<b>Grades</b>		
Grades 6 to 8	61.9	66.6
Grades 9 to 12	60.1	64.0
<b>Gender</b>		
Female	67.9	71.7
Male	52.5	56.1
Non-binary	77.9	86.1
<b>Sex at birth</b>		
Female	68.9	73.6
Male	52.4	56.2
<b>2SLGBTQIA+ status</b>		
2SLGBTQIA+	77.6	80.3
<b>Indigenous identity</b>		
Indigenous	68.4	70.0
<b>Immigrant</b>		
Immigrants	53.3	58.1



## 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

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