

## 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 : %

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

### School districts

Anglophone East School District	<b>60.0</b>	<b>65.4</b>
Anglophone North School District	<b>63.3</b>	<b>66.2</b>

Academic Year	Academic Year
2023-2024	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

## Grades

Grades 6 to 8	61.9	66.6
Grades 9 to 12	60.1	64.0

## Gender

Female	67.9	71.7
Male	52.5	56.1
Non-binary	77.9	86.1

## Sex at birth

Female	68.9	73.6
Male	52.4	56.2

## 2SLGBTQIA+ status

2SLGBTQIA+	77.6	80.3
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## Indigenous identity

Indigenous	68.4	70.0
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## Immigrant

Immigrants	53.3	58.1
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Academic Year Academic Year  
2023-2024 2021-2022

### Disability or special need

Disability or special need	<b>71.2</b>	n/a
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### Racialized groups

Racialized groups	<b>55.3</b>	n/a
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## 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