

Students in grades 6 to 12 who usually sleep 8 hours or more when there is school the next morning

Unit : %

	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2021-2022
Province			
New Brunswick	61.4	55.6	49.2
Health zones			
Zone 1 - Moncton and South-East Area	62.1	57.8	50.6
Zone 2 - Fundy Shore and Saint John Area	58.2	52.0	46.5
Zone 3 - Fredericton and River Valley Area	60.8	52.9	46.9
Zone 4 - Madawaska and North-West Area	68.0	63.8	59.4
Zone 5 - Restigouche Area	61.9	56.9	45.8
Zone 6 - Bathurst and Acadian Peninsula Area	68.6	63.4	56.4
Zone 7 - Miramichi Area	54.9	50.9	42.9
Communities			
Bathurst, Beresford, Petit-Rocher Area	66.1	61.8	54.0
Bouctouche, Richibucto, Saint-Antoine Area	58.0	54.2	49.9
Campbellton, Atholville, Tide Head Area	62.5	58.3	45.1
Caraquet, Paquetville, Bertrand Area	68.5	65.7	59.4
Dalhousie, Balmoral, Belledune Area	61.0	55.0	46.8
Dieppe and Memramcook	75.2	70.3	64.3
Douglas, Saint Marys, Doaktown Area	52.4	50.8	48.0
Edmundston, Rivière-Verte, Lac Baker Area	69.4	65.5	60.1
Florenceville-Bristol, Woodstock, Wakefield Area	59.2	56.3	46.5
Fredericton	62.9	53.6	47.2
Grand Falls, Saint-Léonard, Drummond Area	65.3	61.7	59.6

	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2021-2022
Hillsborough, Riverside-Albert, Alma Area	56.5	47.5	39.8
Kedgwick, Saint-Quentin and Grimmer	69.2	62.6	55.5
Minto, Chipman, Cambridge-Narrows Area	51.0	46.3	47.8
Miramichi, Rogersville, Blackville Area	53.8	50.1	42.4
Moncton	60.0	57.8	48.0
Nackawic, McAdam, Canterbury Area	56.9	49.7	47.3
Neguac, Alnwick, Esgenoopetitj Area	65.0	58.1	47.4
New Maryland, Kingsclear, Lincoln Area	67.9	63.6	50.5
Oromocto, Gagetown, Fredericton Junction Area	61.6	49.1	47.4
Perth-Andover, Plaster Rock, Tobique Area	53.5	48.4	39.4
Quispamsis, Rothesay, Hampton Area	62.9	58.0	48.4
Riverview and Coverdale	60.7	52.2	47.9
Sackville, Dorchester, Port Elgin Area	56.9	52.5	51.1
Saint John, Simonds and Musquash	57.3	49.1	43.9
Salisbury and Petitcodiac	54.7	51.6	46.0
Shediac, Beaubassin East and Cap-Pelé	71.0	58.3	51.9
Shippagan, Lamèque, Inkerman Area	72.9	66.3	57.5
St. George, Grand Manan, Blacks Harbour Area	55.8	48.9	44.8
St. Stephen, Saint Andrews, Campobello Island Area	54.3	50.2	51.1
Sussex, Norton, Sussex Corner Area	54.3	50.7	46.4
Tracadie and Saint-Isidore	70.7	63.1	58.4
School districts			
Anglophone East School District	57.5	53.7	46.1
Anglophone North School District	52.3	48.8	40.4

	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2021-2022
Anglophone South School District	58.1	51.7	46.5
Anglophone West School District	60.2	52.1	46.3
Anglophone sector	58.0	52.0	45.7
District scolaire francophone Nord-Est	70.2	64.6	57.2
District scolaire francophone Nord-Ouest	70.1	66.0	60.9
District scolaire francophone Sud	70.9	64.8	57.6
Francophone sector	70.6	64.9	58.0
Grades			
Grades 6 to 8	74.7	69.8	63.1
Grades 9 to 12	52.0	45.7	39.0
Gender			
Female	62.1	56.4	50.4
Male	62.2	56.5	50.1
Non-binary	46.8	36.4	36.0
Sex at birth			
Female	61.3	55.2	48.8
Male	62.1	56.5	50.0
2SLGBTQIA+ status			
2SLGBTQIA+	48.8	44.5	n/a
Indigenous identity			
Indigenous	52.4	47.9	42.8
Immigrant			
Immigrants	60.0	55.4	46.1

	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2021-2022
Disability or special need			
Disability or special need	56.1	50.3	n/a
Racialized groups			
Racialized groups	59.5	53.5	n/a

About

This indicator is the percentage of students in grades 6 to 12 who usually sleep 8 hours or more when there is school the next morning. 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 slept 8 hours or more by the number of respondents who answered the questions about bedtime and waking time. This indicator is obtained after having calculated the total number of hours slept, by subtracting the bedtime from the waking time, as self-reported by the students to the following two questions: At what time do you usually go to sleep when you have school the next morning? And when do you usually wake up on school mornings?

Notes

This indicator has replaced SH_SLE01_1, which was previously available on our Web site, due to changes in our calculation methodology for the 2023-2024 edition of the questionnaire. 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
%	Higher is better	SH_SLEST_1

Caption

n/a = Not applicable / not available

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