

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

Unit : %

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2021-2022
Province				
New Brunswick	62.9	61.4	55.6	49.2
Health zones				
Zone 1 - Moncton and South-East Area	65.6	62.1	57.8	50.6
Zone 2 - Fundy Shore and Saint John Area	60.0	58.2	52.0	46.5
Zone 3 - Fredericton and River Valley Area	59.4	60.8	52.9	46.9
Zone 4 - Madawaska and North-West Area	S	68.0	63.8	59.4
Zone 5 - Restigouche Area	64.3	61.9	56.9	45.8
Zone 6 - Bathurst and Acadian Peninsula Area	71.3	68.6	63.4	56.4
Zone 7 - Miramichi Area	57.3	54.9	50.9	42.9
Communities				
Bathurst, Beresford, Petit-Rocher Area	69.3	66.1	61.8	54.0
Bouctouche, Richibucto, Saint-Antoine Area	63.8	58.0	54.2	49.9
Campbellton, Atholville, Tide Head Area	63.7	62.5	58.3	45.1
Caraquet, Paquetville, Bertrand Area	68.0	68.5	65.7	59.4
Dalhousie, Balmoral, Belledune Area	65.2	61.0	55.0	46.8
Dieppe and Memramcook	78.2	75.2	70.3	64.3
Douglas, Saint Marys, Doaktown Area	55.0	52.4	50.8	48.0
Edmundston, Rivière-Verte, Lac Baker Area	S	69.4	65.5	60.1
Florenceville-Bristol, Woodstock, Wakefield Area	63.4	59.2	56.3	46.5
Fredericton	59.8	62.9	53.6	47.2
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a	n/a	n/a

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Grand Falls, Saint-Léonard, Drummond Area	64.6	65.3	61.7	59.6
Hillsborough, Riverside-Albert, Alma Area	58.0	56.5	47.5	39.8
Kedgwick, Saint-Quentin and Grimmer	S	69.2	62.6	55.5
Minto, Chipman, Cambridge-Narrows Area	53.0	51.0	46.3	47.8
Miramichi, Rogersville, Blackville Area	56.5	53.8	50.1	42.4
Moncton	64.5	60.0	57.8	48.0
Nackawic, McAdam, Canterbury Area	57.7	56.9	49.7	47.3
Neguac, Alnwick, Esgenoopetitj Area	65.1	65.0	58.1	47.4
New Maryland, Kingsclear, Lincoln Area	70.2	67.9	63.6	50.5
Oromocto, Gagetown, Fredericton Junction Area	56.9	61.6	49.1	47.4
Perth-Andover, Plaster Rock, Tobique Area	52.7	53.5	48.4	39.4
Quispamsis, Rothesay, Hampton Area	64.6	62.9	58.0	48.4
Riverview and Coverdale	61.1	60.7	52.2	47.9
Sackville, Dorchester, Port Elgin Area	57.2	56.9	52.5	51.1
Saint John, Simonds and Musquash	58.5	57.3	49.1	43.9
Salisbury and Petitcodiac	59.7	54.7	51.6	46.0
Shediac, Beaubassin East and Cap-Pelé	70.2	71.0	58.3	51.9
Shippagan, Lamèque, Inkerman Area	74.6	72.9	66.3	57.5
St. George, Grand Manan, Blacks Harbour Area	55.0	55.8	48.9	44.8
St. Stephen, Saint Andrews, Campobello Island Area	56.1	54.3	50.2	51.1
Sussex, Norton, Sussex Corner Area	58.5	54.3	50.7	46.4
Tracadie and Saint-Isidore	74.8	70.7	63.1	58.4
School districts				
Anglophone East School District	60.1	57.5	53.7	46.1

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2021-2022
Anglophone North School District	55.5	52.3	48.8	40.4
Anglophone South School District	59.8	58.1	51.7	46.5
Anglophone West School District	58.5	60.2	52.1	46.3
Anglophone sector	59.0	58.0	52.0	45.7
District scolaire francophone Nord-Est	72.9	70.2	64.6	57.2
District scolaire francophone Nord-Ouest	S	70.1	66.0	60.9
District scolaire francophone Sud	74.3	70.9	64.8	57.6
Francophone sector	73.1	70.6	64.9	58.0
Grades				
Grades 6 to 8	76.0	74.7	69.8	63.1
Grades 9 to 12	53.7	52.0	45.7	39.0
Gender				
Female	63.0	62.1	56.4	50.4
Male	64.3	62.2	56.5	50.1
Non-binary	45.3	46.8	36.4	36.0
Sex at birth				
Female	62.0	61.3	55.2	48.8
Male	64.4	62.1	56.5	50.0
2SLGBTQIA+ status				
2SLGBTQIA+	48.7	48.8	44.5	n/a
Indigenous identity				
Indigenous	53.6	52.4	47.9	42.8
Immigrant				

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Immigrants	61.4	60.0	55.4	46.1
Disability or special need				
Disability or special need	57.2	56.1	50.3	n/a
Racialized groups				
Racialized groups	61.8	59.5	53.5	n/a
Socioeconomic status				
High socioeconomic status	68.6	n/a	n/a	n/a
Low socioeconomic status	56.9	n/a	n/a	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 total number of respondents. 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 starting with the 2023-2024 edition of the questionnaire. 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
%	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