

Students in grades 6 to 12 who usually sleep 8 hours or more on school nights

Unit : %

	Academic Year 2023-2024	Academic Year 2021-2022
Province		
New Brunswick	55.6	49.2
Health zones		
Zone 1 - Moncton and South-East Area	57.8	50.6
Zone 2 - Fundy Shore and Saint John Area	52.0	46.5
Zone 3 - Fredericton and River Valley Area	52.9	46.9
Zone 4 - Madawaska and North-West Area	63.8	59.4
Zone 5 - Restigouche Area	56.9	45.8
Zone 6 - Bathurst and Acadian Peninsula Area	63.4	56.4
Zone 7 - Miramichi Area	50.9	42.9
Communities		
Bathurst, Beresford, Petit-Rocher Area	61.8	54.0
Bouctouche, Richibucto, Saint-Antoine Area	54.2	49.9
Campbellton, Atholville, Tide Head Area	58.3	45.1
Caraquet, Paquetville, Bertrand Area	65.7	59.4
Dalhousie, Balmoral, Belledune Area	55.0	46.8
Dieppe and Memramcook	70.3	64.3
Douglas, Saint Marys, Doaktown Area	50.8	48.0
Edmundston, Rivière-Verte, Lac Baker Area	65.5	60.1
Florenceville-Bristol, Woodstock, Wakefield Area	56.3	46.5
Fredericton	53.6	47.2
Grand Bay-Westfield, Westfield, Greenwich Area	n/a	n/a

	Academic Year 2023-2024	Academic Year 2021-2022
Grand Falls, Saint-Léonard, Drummond Area	61.7	59.6
Hillsborough, Riverside-Albert, Alma Area	47.5	39.8
Kedgwick, Saint-Quentin and Grimmer	62.6	55.5
Minto, Chipman, Cambridge-Narrows Area	46.3	47.8
Miramichi, Rogersville, Blackville Area	50.1	42.4
Moncton	57.8	48.0
Nackawic, McAdam, Canterbury Area	49.7	47.3
Neguac, Alnwick, Esgenoopetitj Area	58.1	47.4
New Maryland, Kingsclear, Lincoln Area	63.6	50.5
Oromocto, Gagetown, Fredericton Junction Area	49.1	47.4
Perth-Andover, Plaster Rock, Tobique Area	48.4	39.4
Quispamsis, Rothesay, Hampton Area	58.0	48.4
Riverview and Coverdale	52.2	47.9
Sackville, Dorchester, Port Elgin Area	52.5	51.1
Saint John, Simonds and Musquash	49.1	43.9
Salisbury and Petitcodiac	51.6	46.0
Shediac, Beaubassin East and Cap-Pelé	58.3	51.9
Shippagan, Lamèque, Inkerman Area	66.3	57.5
St. George, Grand Manan, Blacks Harbour Area	48.9	44.8
St. Stephen, Saint Andrews, Campobello Island Area	50.2	51.1
Sussex, Norton, Sussex Corner Area	50.7	46.4
Tracadie and Saint-Isidore	63.1	58.4
School districts		
Anglophone East School District	53.7	46.1

	Academic Year 2023-2024	Academic Year 2021-2022
Anglophone North School District	48.8	40.4
Anglophone South School District	51.7	46.5
Anglophone West School District	52.1	46.3
Anglophone sector	52.0	45.7
District scolaire francophone Nord-Est	64.6	57.2
District scolaire francophone Nord-Ouest	66.0	60.9
District scolaire francophone Sud	64.8	57.6
Francophone sector	64.9	58.0
Grades		
Grades 6 to 8	69.8	63.1
Grades 9 to 12	45.7	39.0
Gender		
Female	56.4	50.4
Male	56.5	50.1
Non-binary	36.4	36.0
Sex at birth		
Female	55.2	48.8
Male	56.5	50.0
2SLGBTQIA+ status		
2SLGBTQIA+	44.5	n/a
Indigenous identity		
Indigenous	47.9	42.8
Immigrant		

	Academic Year 2023-2024	Academic Year 2021-2022
Immigrants	55.4	46.1
Disability or special need		
Disability or special need	50.3	n/a
Racialized groups		
Racialized groups	53.5	n/a

About

This indicator is the percentage of students in grades 6 to 12 who usually sleep 8 hours or more on school nights. 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