# Average number of hours and minutes of sleep of students in grades 6 to 12 when there is school the next morning

Unit : Number

| | Academic Year 2025-2026 | Academic Year 2024-2025 | Academic Year 2023-2024 | Academic Year 2021-2022 |
|---|---|---|---|---|
| **Province** | | | | |
| New Brunswick | **8.8** | **8.8** | **8.6** | **8.3** |
| **Health zones** | | | | |
| Zone 1 - Moncton and South-East Area | **8.9** | **8.8** | **8.7** | **8.4** |
| Zone 2 - Fundy Shore and Saint John Area | **8.7** | **8.6** | **8.5** | **8.1** |
| Zone 3 - Fredericton and River Valley Area | **8.6** | **8.8** | **8.4** | **8.1** |
| Zone 4 - Madawaska and North-West Area | S | **9.0** | **8.9** | **8.8** |
| Zone 5 - Restigouche Area | **8.9** | **8.9** | **8.9** | **8.3** |
| Zone 6 - Bathurst and Acadian Peninsula Area | **9.2** | **9.1** | **9.0** | **8.8** |
| Zone 7 - Miramichi Area | **8.5** | **8.4** | **8.4** | **8.1** |
| **Communities** | | | | |
| Bathurst, Beresford, Petit-Rocher Area | **9.0** | **8.8** | **8.8** | **8.5** |
| Bouctouche, Richibucto, Saint-Antoine Area | **8.8** | **8.6** | **8.6** | **8.5** |
| Campbellton, Atholville, Tide Head Area | **9.0** | **9.1** | **8.9** | **8.2** |
| Caraquet, Paquetville, Bertrand Area | **9.2** | **9.3** | **9.1** | **9.2** |
| Dalhousie, Balmoral, Belledune Area | **8.8** | **8.7** | **8.9** | **8.4** |
| Dieppe and Memramcook | **9.3** | **9.3** | **9.2** | **9.2** |
| Douglas, Saint Marys, Doaktown Area | **8.6** | **7.9** | **8.6** | **8.0** |
| Edmundston, Rivière-Verte, Lac Baker Area | S | **9.0** | **8.9** | **8.7** |
| Florenceville-Bristol, Woodstock, Wakefield Area | **8.6** | **8.4** | **8.4** | **8.1** |
| Fredericton | **8.6** | **9.0** | **8.4** | **8.1** |
| Grand Bay-Westfield, Westfield, Greenwich Area | n/a | n/a | n/a | n/a |

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| Grand Falls, Saint-Léonard, Drummond Area | **8.9** | **9.1** | **8.9** | **8.8** |
| Hillsborough, Riverside-Albert, Alma Area | **8.5** | **8.3** | **8.2** | **7.7** |
| Kedgwick, Saint-Quentin and Grimmer | S | **9.0** | **9.0** | **9.0** |
| Minto, Chipman, Cambridge-Narrows Area | **8.4** | **8.7** | **8.4** | **8.4** |
| Miramichi, Rogersville, Blackville Area | **8.5** | **8.3** | **8.3** | **8.0** |
| Moncton | **8.9** | **8.8** | **8.6** | **8.2** |
| Nackawic, McAdam, Canterbury Area | **8.6** | **8.6** | **8.3** | **8.3** |
| Neguac, Alnwick, Esgenoopetitj Area | **9.4** | **9.2** | **9.1** | **8.4** |
| New Maryland, Kingsclear, Lincoln Area | **8.8** | **8.7** | **8.6** | **8.2** |
| Oromocto, Gagetown, Fredericton Junction Area | **8.5** | **8.9** | **8.3** | **8.2** |
| Perth-Andover, Plaster Rock, Tobique Area | **8.6** | **8.6** | **8.3** | **7.8** |
| Quispamsis, Rothesay, Hampton Area | **8.6** | **8.7** | **8.5** | **8.1** |
| Riverview and Coverdale | **8.6** | **8.7** | **8.5** | **8.1** |
| Sackville, Dorchester, Port Elgin Area | **8.5** | **8.5** | **8.5** | **8.1** |
| Saint John, Simonds and Musquash | **8.7** | **8.6** | **8.5** | **8.0** |
| Salisbury and Petitcodiac | **8.5** | **8.3** | **8.4** | **8.4** |
| Shediac, Beaubassin East and Cap-Pelé | **9.0** | **9.3** | **8.6** | **8.3** |
| Shippagan, Lamèque, Inkerman Area | **9.5** | **9.4** | **9.2** | **9.3** |
| St. George, Grand Manan, Blacks Harbour Area | **8.4** | **8.6** | **8.3** | **8.1** |
| St. Stephen, Saint Andrews, Campobello Island Area | **8.6** | **8.4** | **8.4** | **8.3** |
| Sussex, Norton, Sussex Corner Area | **8.7** | **8.6** | **8.6** | **8.2** |
| Tracadie and Saint-Isidore | **9.2** | **9.2** | **9.0** | **8.8** |

## School districts

| | | | | |
|---|---|---|---|---|
| Anglophone East School District | **8.7** | **8.6** | **8.5** | **8.1** |

| | Academic Year 2025-2026 | Academic Year 2024-2025 | Academic Year 2023-2024 | Academic Year 2021-2022 |
|---|---|---|---|---|
| Anglophone North School District | **8.4** | **8.2** | **8.3** | **7.9** |
| Anglophone South School District | **8.7** | **8.6** | **8.5** | **8.1** |
| Anglophone West School District | **8.5** | **8.8** | **8.4** | **8.1** |
| Anglophone sector | **8.6** | **8.6** | **8.4** | **8.1** |
| District scolaire francophone Nord-Est | **9.3** | **9.3** | **9.1** | **8.9** |
| District scolaire francophone Nord-Ouest | S | **9.1** | **9.0** | **8.8** |
| District scolaire francophone Sud | **9.2** | **9.3** | **8.9** | **8.8** |
| Francophone sector | **9.2** | **9.2** | **9.0** | **8.8** |
| **Grades** | | | | |
| Grades 6 to 8 | **9.3** | **9.3** | **9.1** | **8.8** |
| Grades 9 to 12 | **8.4** | **8.4** | **8.2** | **7.9** |
| **Gender** | | | | |
| Female | **8.6** | **8.6** | **8.5** | **8.2** |
| Male | **9.0** | **9.0** | **8.8** | **8.5** |
| Non-binary | **8.1** | **8.0** | **7.6** | **7.4** |
| **Sex at birth** | | | | |
| Female | **8.5** | **8.6** | **8.4** | **8.1** |
| Male | **9.0** | **9.0** | **8.8** | **8.5** |
| **2SLGBTQIA+ status** | | | | |
| 2SLGBTQIA+ | **8.1** | **8.2** | **8.0** | n/a |
| **Indigenous identity** | | | | |
| Indigenous | **8.5** | **8.6** | **8.5** | **8.2** |
| **Immigrant** | | | | |

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|---|---|---|---|---|
| Immigrants | **8.9** | **9.0** | **8.8** | **8.2** |
| **Disability or special need** | | | | |
| Disability or special need | **8.8** | **8.7** | **8.5** | n/a |
| **Racialized groups** | | | | |
| Racialized groups | **8.9** | **8.9** | **8.7** | n/a |
| **Socioeconomic status** | | | | |
| High socioeconomic status | **8.9** | n/a | n/a | n/a |
| Low socioeconomic status | **8.6** | n/a | n/a | n/a |

## About

This indicator is the percentage of average number of hours and minutes of sleep of students in grades 6 to 12 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

The first step is to calculate the ‘usual number of hours slept’ for each student. The number of hours slept is calculated by subtracting the time of going to bed from the time of getting up, 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? This indicator is calculated by dividing the 'sum of all respondent number of hours slept' by the ‘total number of respondents' who answered these two questions about sleep.

## Notes

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 |
|---|---|---|
| Number | Higher is better | SH_SLEST_2 |

**Caption**

n/a = Not applicable / not available
S = Data suppressed due to confidentiality requirements and/or small sample size