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

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2021-2022
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				

	Academic Year 2025-2026	Academic Year 2024-2025	Academic Year 2023-2024	Academic Year 2021-2022
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