

Students in grades K to 5 who usually sleep 9 hours or more on school nights, as reported by a parent or guardian

Unit : %

Academic Year
2024-2025

Province

New Brunswick	98.5
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School districts

Anglophone East School District	98.3
Anglophone North School District	98.4
Anglophone South School District	98.2
Anglophone West School District	99.0
Anglophone sector	98.6
District scolaire francophone Nord-Est	99.1
District scolaire francophone Nord-Ouest	97.1
District scolaire francophone Sud	98.2
Francophone sector	98.4

About

This indicator is the percentage of students in grades K to 5 who usually sleep 9 hours or more on school nights, as reported by a parent or guardian. This indicator is based on the Canadian 24 Hour Movement Guidelines for Children and Youth.

Source

Student Wellness and Education Survey, Grades 4-5

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: SA_SLE01_1.

Unit	Interpretation	NBHC code
%	Higher is better	SA_SLEST_1

Caption

n/a = Not applicable / not available

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