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 2025-2026	Academic Year 2024-2025
Province		
New Brunswick	**96.8**	**96.5**

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 K-5: Parent/Guardian Perspective

Calculations

This indicator is calculated by dividing the number of respondents who slept 9 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 had a calculation error in the 2024-2025 edition. The indicator values have been updated on our website. This indicator has replaced SA_SLE01_1 starting with the 2024-2025 edition of the questionnaire. Due to the very low response rate for the 2025-2026 parent questionnaire, survey results may not be representative of the overall student and parent population. Therefore, results should not be used for planning or comparing to previous editions of the survey. Some schools will not receive their K to 5 results due to the extremely low number of parents who responded.

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