

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



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