Average number of hours and minutes of sleep of students in grades K to 5 on school nights, as reported by a parent or guardian

Unit : Number

	Academic Year 2025-2026	Academic Year 2024-2025
Province		
New Brunswick	**10.4**	**10.4**

About

This indicator is the average number of hours and minutes of sleep of students in grades K to 5 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

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 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
Number	Higher is better	SA_SLEST_2

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