Average percentages of time spent in delta sleep across attachment conditions are as follows: *M* = 22.60% (*SD* = 1.26) for Secure, *M* = 15.90% (*SD* = 2.28) for Anxious, and *M* = 17.50% (*SD* = 1.43) for Avoidant. The analysis of variance indicates a significant difference, *F*(2, 27) = 41.43, *p* < .001, *η2* = 0.754. Tukey’s HSD at the .05 level of significance revealed significantly less delta sleep for Anxious compared to Secure and for Avoidant compared to Secure.