Average percentages of time spent in delta sleep across the secure, anxious, and avoidant attachment styles were recorded. Table 1 displays means and standard deviations for the three attachment styles. 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.

Table 1

*Percentage of time Spent in Deep (delta) Sleep*

Attachment Secure Anxious Avoidant

*M* 22.60 15.90 17.5

*S* 1.26 2.28 1.43