

SLEEP-INDUCING PEPTIDE · DELTA WAVE

DSIP

Delta Sleep-Inducing Peptide

Deep Sleep · Stress Resilience · Recovery

The endogenous nonapeptide that governs
your deepest, most restorative sleep.

9

Amino Acids

1963

Year Discovered

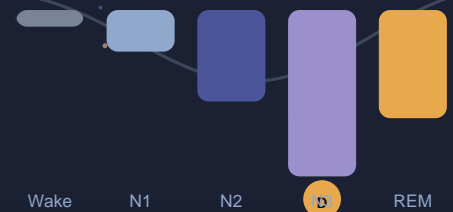
100%

Endogenous Origin

REM+

Delta Wave Support

DSIP's TARGET: DEEP DELTA SLEEP



What is DSIP?

An endogenous nonapeptide that orchestrates the architecture of restorative sleep

DSIP (Delta Sleep-Inducing Peptide) is a naturally occurring nonapeptide first isolated from the cerebral venous blood of rabbits in 1963 by Marcel Monnier.

The peptide — with the sequence Trp-Ala-Gly-Gly-Asp-Ala-Ser-Gly-Glu — was discovered after researchers observed that perfusing the thalamus of sleeping donors induced delta-wave EEG activity in recipient animals.

Distributed throughout the hypothalamus, limbic system, pituitary gland, and peripheral organs, DSIP acts as a multifunctional neuromodulator — far beyond simple sleep induction.

NONAPEPTIDE SEQUENCE (9 residues)

Trp-Ala-Gly-Gly-Asp-Ala-Ser-Gly-Glu

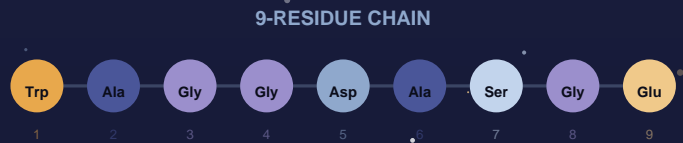
MW: 848.82 g/mol | Formula: C₃₅H₄₈N₁₀O₁₅

Unlike synthetic sleep aids, DSIP works with your brain's own regulatory systems — not against them.

Its actions extend well beyond sleep: DSIP modulates the HPA (hypothalamic-pituitary-adrenal) axis, regulates cortisol and stress hormone release, and influences antioxidant enzyme activity throughout the body.

DSIP has been identified in breast milk, cerebrospinal fluid, plasma, and urine — evidence of its fundamental role in systemic homeostasis across the lifespan.

Research has also identified DSIP involvement in pain modulation, body temperature regulation, and circadian rhythm entrainment, making it one of the most pleiotropic peptides ever characterized.



DSIP PROMOTES DELTA (SLOW-WAVE) SLEEP ARCHITECTURE



Key Benefits

What the research reveals about DSIP's wide-ranging effects

Deep Sleep Architecture

DSIP selectively increases delta-wave (slow-wave) sleep duration — the stage responsible for physical restoration, memory consolidation, and immune renewal — without suppressing REM.

Stress Hormone Regulation

By modulating the HPA axis, DSIP normalises cortisol secretion patterns and reduces basal stress hormone levels, helping restore the healthy circadian cortisol rhythm disrupted by chronic stress.

Pain & Stress Tolerance

Studies demonstrate significant increases in pain threshold following DSIP administration, mediated through endogenous opioid pathways — offering relief without receptor downregulation or dependence.

Antioxidant Protection

DSIP upregulates superoxide dismutase and catalase activity, two primary antioxidant enzymes. This systemic protection extends to cardiovascular, hepatic, and neuronal tissues.

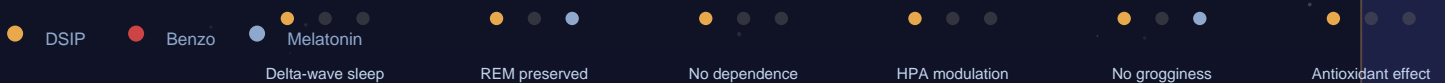
Circadian Rhythm Entrainment

Clinical evidence shows DSIP resets disrupted circadian rhythms — including those caused by jet lag, shift work, and stress-induced insomnia — restoring natural sleep-wake cycle timing.

No Dependence or Tolerance

Unlike benzodiazepines, Z-drugs, or even melatonin at high doses, DSIP produces no pharmacological dependence, no morning grogginess, and no rebound insomnia upon discontinuation.

DSIP vs. Common Sleep Aids



Research & Dosing

Four decades of peer-reviewed sleep research

74
19

1974 Original Discovery

Monnier & Schoenenberger isolated DSIP from rabbit cerebral venous blood. Infusion into recipient animals produced reliable delta-wave EEG synchronisation — establishing a biological basis for sleep-induction.

84
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1984 Human Clinical Trials

Swiss trials confirmed DSIP's sleep-promoting effects in human subjects with chronic psychophysiological insomnia. Patients showed normalised sleep latency and improved delta-wave activity with no adverse effects.

95
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1995 HPA Axis Modulation

Research demonstrated DSIP's inhibitory effect on ACTH and corticotropin release, revealing its role as a stress-buffering peptide operating through hypothalamic neuroendocrine regulation.

08
20

2008 Antioxidant Cascade

Landmark oxidative stress studies showed DSIP significantly upregulated SOD (superoxide dismutase) and catalase, protecting cardiac and hepatic tissue from ischaemia-reperfusion injury.

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2019 Circadian Resetting

Recent data confirmed DSIP's efficacy in resetting circadian misalignment in shift-work disorder and transmeridian jet lag, outperforming melatonin in objective polysomnography measures.

03



Dosing Guide

Route	Subcutaneous / Intranasal
Dose Range	100 – 500 mcg
Beginner	100 mcg pre-sleep
Timing	30–60 min before bed
Cycle	5 days on, 2 days off
Duration	2 – 4 week cycles
Onset	30 – 60 minutes
Half-life	~30 min (plasma)

Synergistic Stacks

Semax · Selank · Epithalon · BPC-157

For research use only. Not a licensed therapeutic in all jurisdictions. Consult a physician before use.

Sleep Like You Were Designed To

DSIP is not a sedative. It is your body's own signal restored — guiding your brain into the deep, slow-wave sleep that rebuilds tissue, consolidates memory, and resets the stress response.



RESTORE

for deep cellular repair
Delta-wave sleep



RESET

& stress resilience
HPA axis balance



RECOVER

& circadian entrainment
Antioxidant cascade

ORDER NOW

LEARN MORE

FREE SAMPLE

DSIP

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Always consult a licensed healthcare professional before beginning any peptide protocol.