



YOUR PEPTIDE PROTOCOL GUIDE

DSIP

The sleep and recovery peptide — a naturally occurring neuropeptide that promotes deep, restorative sleep and supports your body's overnight repair processes.

DOSE: 500 mcg per injection

01 THE BASICS

What is DSIP?

DSIP stands for Delta Sleep-Inducing Peptide. It's a naturally occurring neuropeptide found in the brain that helps regulate sleep architecture.

DSIP promotes delta wave (deep) sleep — the most restorative phase of the sleep cycle. During deep sleep, your body releases growth hormone, repairs tissue, and consolidates memory. Unlike sedatives that force sleep, DSIP works with your body's natural sleep mechanisms to improve the quality and depth of your rest.

02 HOW IT WORKS

What DSIP does

Four key mechanisms that make DSIP a powerful tool for sleep optimization and

overnight recovery.

Deep Sleep

- ✓ Promotes delta wave sleep, the most restorative sleep phase
- ✓ Supports healthy sleep architecture
- ✓ Helps regulate natural sleep-wake cycles

Stress Reduction

- ✓ May lower cortisol levels
- ✓ Helps the body recover from stress
- ✓ Supports a calmer transition to sleep

Pain Modulation

- ✓ Supports natural pain relief during sleep
- ✓ May reduce discomfort that disrupts rest
- ✓ Enhances the body's overnight pain management

Recovery

- ✓ Enhances overnight muscle recovery
- ✓ Supports cellular repair during deep sleep
- ✓ Promotes growth hormone release while sleeping

03 YOUR PROTOCOL

How to use DSIP

Your provider has prescribed a protocol tailored to your sleep needs. Here are the key details to keep in mind.

Frequency

As needed or nightly, 30-60 minutes before bed. Use on nights when quality sleep is a priority or as part of a nightly routine.

Injection Site

Subcutaneous injection in the abdomen. Rotate sites to prevent irritation.

Duration

Use as needed based on your sleep goals. Your provider may adjust based on your response.

Storage

Keep refrigerated at all times. Do not freeze. Remove from fridge a few minutes before injection to reach room temperature.

Pro Tip

Take DSIP 30-60 minutes before your target bedtime. Dim the lights and avoid screens during this window to complement the peptide's effect on your natural sleep cycle.

04 TIMELINE

What to expect

Everyone responds differently, but here's what patients typically experience with DSIP.

FIRST FEW NIGHTS

Faster sleep onset and noticeably deeper sleep. Many patients report falling asleep more easily and waking less during the night.

WEEK 1-2

More consistent sleep quality and waking feeling refreshed. Daytime energy and mental clarity begin to improve as sleep debt decreases.

WEEK 3+

Improved overnight recovery and sustained sleep benefits. Patients often notice better workout recovery, mood stability, and cognitive performance.

Reported side effects

DSIP is well tolerated. Most of what patients notice is timing related and improves once the dose lands in the right window.

- ✓ Morning grogginess if dosed too late at night
- ✓ Vivid or unusually intense dreams
- ✓ Mild headache in the first few nights
- ✓ Redness or itching at the injection site
- ✓ Daytime drowsiness, uncommon and usually dose related

If you wake up groggy, move your dose earlier before changing the amount. Talk to your provider first.

Our services

Based on your goals, your provider may recommend one or more of the following.

Hormone Optimization



Medical Weight Loss



IV Therapy



Peptide Therapy



Vitamin Injections



NAD+ Therapy



Hyperbaric Oxygen Therapy



Red Light Therapy



PRP Therapy



6-Week Cellular Reset



Comprehensive program combining multiple therapies for full cellular energy restoration.

Important: Peptides are classified for research purposes only and are not FDA-approved to diagnose, treat, cure, or prevent any disease. Individual results vary based on health status, dosage, and consistency. Do not adjust your protocol without consulting your provider.

Questions? We're here.

Whether you want to adjust your protocol or explore additional therapies, our team can help.

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