

DSIP: Delta Sleep Inducing Peptide

The DSIP or the Delta sleep-inducing Peptide is a somnogenic nonapeptide that easily bypasses the blood-brain barrier to impact neuromodulation. For over 40 years, studies have shown that DSIP shows stress-protective action by decreasing stress metabolic disorders through modulating a number of physiological and endocrine pathways in the central nervous system. DSIP is even being studied as a potential target for treating major depressive disorder.

DSIP is naturally secreted from your hypothalamus and acts on downstream regions such as your brainstem. Its name comes from EEG findings of increased frequency of delta waves—which is when your body recuperates during slow wave sleep, consolidates memories and learning, and clears metabolic waste.

Benefits of DSIP

While results of using DSIP may vary from one patient to another, studies have shown health benefits including:

- Helps promote better sleep quality
- Relieves emotional and psychological responses to stress
- Reduces oxidative stress
- Normalizes myocardial contractility
- Alters corticotropin levels
- Normalizes blood pressure
- Alters pain perception