

UNEARTHED WELLNESS

WELCOME KIT

DSIP Delta Sleep-Inducing Peptide

Sleep architecture · Cortisol regulation · Nervous system recovery



Your personalised welcome kit from Unearthed Wellness

A NOTE FROM YOUR TEAM

Welcome to your DSIP protocol.

If you've been chasing real sleep for a long time, we're glad you've found your way here. DSIP doesn't sedate — it restores. That distinction is everything.

This kit will walk you through how DSIP works, how to administer it, and what to expect as your sleep architecture begins to rebuild. We're with you through every step.

Your body already knows how to do this.

INSIDE THIS KIT

- What DSIP is and how it restores sleep architecture
- Storage and handling
- Step-by-step injection guide
- What to expect as your sleep improves
- Lifestyle practices that deepen your results
- Side effects: what's normal and what to watch for
- How to reach us

There are no silly questions here. We mean that.

WHAT YOU'VE ORDERED

Meet DSIP.

Delta Sleep-Inducing Peptide was first isolated in 1977 from the cerebral venous blood of sleeping rabbits. Its name describes its primary action: promoting the delta brainwave state associated with deep, slow-wave sleep — the most physically and neurologically restorative phase of the sleep cycle.

DSIP works through several mechanisms simultaneously. It modulates neurotransmitters involved in sleep regulation, including GABA and serotonin. It supports cortisol normalisation — critical for those whose chronic stress has disrupted their natural diurnal rhythm. And unlike pharmaceutical sleep aids, it does not sedate. It works with your body's own sleep architecture, restoring the conditions under which natural, restorative sleep occurs.

Not sedation. Restoration.

What it's doing in your body

- Deep sleep promotion. Promotes delta brainwave activity — the phase critical for physical repair, immune function, and memory consolidation.
- Cortisol normalisation. Helps regulate the HPA axis, addressing the elevated night-time cortisol that is a primary driver of sleep disruption.
- GABAergic modulation. Supports the neurotransmitter system that enables calm and sleep onset — without the dependency risk of pharmaceutical GABA modulators.
- Growth hormone release support. GH is released predominantly during deep sleep. DSIP supports the sleep architecture in which this occurs.
- Pain modulation. DSIP has analgesic properties that may support those whose sleep is disrupted by chronic pain.

NON-ADDICTIVE BY DESIGN

Unlike benzodiazepines or Z-drugs, DSIP carries no known dependency or withdrawal profile. Its mechanism supports your nervous system's own sleep regulation rather than overriding it. Many protocols use DSIP cyclically — building sleep resilience rather than creating reliance.

BEFORE YOU BEGIN

Storage and handling.

A few minutes spent here means your peptide stays potent and effective for the full length of your protocol.

TEMPERATURE

Refrigerate at 2–8°C. A standard fridge shelf is perfect. Never freeze.

LIGHT

Keep in original packaging or a dark drawer. Peptides degrade with UV exposure.

AFTER RECONSTITUTION

Once mixed with bacteriostatic water, use within 28 days. Write the date on the vial.

HANDLING

Swirl gently to mix — never shake. Shaking disrupts the peptide structure.

BEFORE EACH USE

Discard if the solution appears cloudy, discoloured, or contains particles.

WHAT'S IN YOUR KIT

- Your peptide vial
- Bacteriostatic water for reconstitution (if applicable)
- Syringes and insulin-gauge needles
- Alcohol swabs

If anything is missing or unfamiliar, contact us before you begin.

YOUR INJECTION GUIDE

Step by step. You can do this.

The needle is tiny. The injection is subcutaneous — just under the skin, not into muscle. By your third or fourth session, it will feel completely natural.

01 Wash your hands

Thoroughly, with soap, for 20 seconds. Your most important preparation step.

02 Lay out your materials

Vial, syringe, needle, and two alcohol swabs on a clean flat surface. There is no rush.

03 Swab the vial top

Wipe the rubber stopper with a swab. Let it air-dry for 10 seconds before inserting the needle.

04 Draw up your dose

Insert the needle and draw the plunger slowly to your prescribed dose. Tap out air bubbles, then gently push them free.

05 Choose your injection site

The abdomen (at least 5cm from the navel) or outer thigh. Rotate sites each time.

06 Swab the site

Clean with your second swab. Let it dry fully — this genuinely reduces any sting.

07 Pinch and inject

Gently pinch a fold of skin. Insert at 45° in one smooth motion. Release the pinch, then slowly depress the plunger.

08 Withdraw and press

Remove the needle. Apply gentle pressure with a clean swab for a few seconds. Do not rub.

09 Dispose safely

Place the used needle immediately in a sharps container.

By session three, it will feel like second nature.

IF YOUR FIRST ATTEMPT ISN'T PERFECT —

That is expected and entirely normal. Hesitation, a small bruise, mild redness — all common and settle quickly. If you'd like to talk through the process before your next dose, call us.

YOUR JOURNEY

What to expect — week by week.

Every body responds in its own time. This is an honest guide to what most people experience — not a guarantee, but a map.

The work happens while you sleep.

Night 1–3	Many people notice an improvement in sleep onset and depth within the first few doses — falling into sleep more naturally, without forced sedation.
Week 1–2	Sleep quality consistently improves. Time in deep delta sleep increases. Morning energy shifts — less grogginess, more genuine restoration.
Week 3–4	Cortisol rhythm begins to normalise. Daytime anxiety and stress reactivity may reduce as the sleep-stress cycle begins to break.
Month 2–3	Sustained sleep quality with cumulative benefits. Growth hormone release improves alongside deep sleep. Mood, cognition, and immune function all reflect the downstream benefits.

YOUR PRESCRIPTION REMINDER

Dose _____ mcg / mg
Frequency _____ × per week
Protocol length _____ weeks

Do not adjust your dose without speaking to your prescriber first.

SIDE EFFECTS

What's normal — and what to watch for.

Your peptide has been prescribed within a clinical framework and dispensed to pharmaceutical-grade standards. We want you fully informed so nothing catches you off guard.

Completely normal — no action needed

- Vivid or unusually memorable dreams. A common early sign that deep sleep phases are becoming more active. Generally welcomed.
- Mild injection site redness. Localised and transient — fades within an hour or two.
- Feeling unusually drowsy the following morning in the first days. As your sleep architecture adjusts. Settles quickly as your body recalibrates.

PLEASE REACH OUT IF YOU EXPERIENCE:

- Significant swelling, heat, or pain at the injection site lasting more than 24 hours
- Signs of infection — increasing redness, pus, fever, or spreading warmth
- Any allergic reaction — itching, hives, or difficulty breathing (seek emergency care if severe)
- Anything that doesn't feel right — trust your instincts and call us

We would always rather hear from you than have you wonder alone.

AMPLIFY YOUR RESULTS

Practices that deepen your protocol.

These habits create the conditions for your peptide to work as effectively as possible. None of this is prescriptive — it is what the evidence supports.

CONSISTENT SLEEP AND WAKE TIMES

Your circadian rhythm is a biological clock. DSIP supports it — a consistent schedule amplifies that support significantly.

SCREEN CURFEW

Blue light suppresses melatonin production. Aim for screens off 60–90 minutes before bed. This directly supports DSIP's mechanism.

COOL, DARK, QUIET ENVIRONMENT

Core body temperature drops during deep sleep. A cooler room supports the delta sleep phase DSIP promotes.

LIMIT CAFFEINE AFTER MIDDAY

Caffeine has a half-life of approximately 5–6 hours. Afternoon coffee is still active when you're trying to sleep.

MANAGE EVENING CORTISOL

Intense exercise, stressful conversations, or anxiety-provoking content in the evening elevate cortisol and work against DSIP. Protect the evening hours.

AVOID ALCOHOL

Alcohol fragments sleep architecture and suppresses deep sleep — directly counteracting DSIP. Even modest reduction improves results.

COMMON QUESTIONS

You asked. We answered.

Can I take DSIP every night?

Many protocols use DSIP cyclically rather than nightly — building long-term sleep resilience rather than dependence. Your prescriber will have designed your specific cycle. Follow their guidance.

Can I use DSIP alongside melatonin?

Yes — DSIP and melatonin work through complementary mechanisms and are often used together. Your prescriber will have reviewed your full supplement list.

I still woke up during the night — is it working?

Sleep architecture improvement often precedes obvious changes to waking frequency. The deepening of the sleep you do get is typically the first change. Give the protocol time, and report your experience at your review.

Can DSIP help with perimenopausal sleep disruption?

Yes — perimenopausal insomnia has multiple drivers including cortisol dysregulation and declining progesterone. DSIP addresses the cortisol and sleep-architecture components directly, and is often used alongside hormonal support.

What if I feel groggy the next day?

Some initial adjustment is normal. If morning grogginess persists beyond the first week, contact us — your timing or dose may benefit from adjustment.

You are never navigating this alone.

HOW TO REACH US

WEBSITE & PORTAL	BOOK A CONSULTATION	SUPPORT & ENQUIRIES
unearthed-wellness.com	Via your patient portal	hello@unearthed-wellness.com

We respond to all messages within one business day. For urgent concerns, please contact your prescriber directly. You are never navigating this alone.

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