DSIP

Small controlled human study · weak findings.



Guide prepared November 13, 2026 · profile review dates retained

KEEP IN MIND Evidence applies to the studied formulation, route, population and outcome—not every product sharing a name.

01 What is it?

Delta sleep-inducing peptide, or DSIP, is an experimental peptide named after early sleep-related animal observations. Its name sounds like a proven effect, but the human insomnia evidence is small and has not established a dependable treatment benefit. [1]

02 Potential benefits

Historically studied for sleep and stress-related effects. Remains an unusual chapter in peptide research history. [1]

03 Evidence & its limits

The 1992 trial reported weak changes in some objective sleep measures, with possible influence from changes in the placebo group. Subjective sleep quality did not improve, and the authors did not regard the short-term benefit as clinically substantial. [1]

04 Risks & unknowns

Physiological significance is uncertain. Human evidence is inconsistent and no approved use exists. [1]

05 Status & scope

Human evidence is inconsistent and no approved use exists. [1]

06 The question to ask

Does the evidence match the exact product, route, condition and outcome being discussed? Check the full record and its review dates. This summary is selective; the product label and clinical assessment contain additional warnings and contraindications.

SOURCES / Tap a reference to open

[1] Full evidence record, references and review dates
[2] Double-blind study in chronic insomnia, 1992
[3] Original DSIP characterization, 1977

Selective educational summary, not treatment or dosing advice. Existing profile review dates retained; no independent clinical review.