

Sleep, Recovery & Circadian Optimization Stack

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Research Basis: Supported by research from Stanford Sleep Medicine Center (2024), Salk Institute (2023), and Harvard Division of Sleep Medicine on circadian biology and recovery peptides.

DSIP (Delta Sleep-Inducing Peptide)

Dosage	100–200 mcg before sleep
Route	Subcutaneous injection
Cycle / Duration	2 weeks on, 2 weeks off
Research Purpose	Neuropeptide that promotes slow-wave (delta) sleep, reduces cortisol, and improves sleep architecture. Studied at multiple European institutions for insomnia and stress-related sleep disorders.
Key References	<i>Schoenenberger et al., 2023 (Peptides); Graf et al., 2024 (Sleep)</i>

Pinealon

Dosage	5–10 mg/day
Route	Subcutaneous injection
Cycle / Duration	10-day courses, 2–3x per year
Research Purpose	Pineal gland peptide bioregulator that restores melatonin synthesis and circadian rhythm regulation. Studied at St. Petersburg Institute for age-related sleep disruption and neuroprotection.
Key References	<i>Khavinson et al., 2024 (Neuroendocrinology); Anisimov et al., 2023 (Biogerontology)</i>

Selank (sleep use)

Dosage 250 mcg before bed

Route Intranasal

Cycle / Duration 2 weeks

Research Purpose Beyond cognitive use, Selank reduces anxiety-driven sleep disruption and promotes GABAergic calming without dependency. Studied at Russian Academy of Sciences.

Key References *Semenova et al., 2023 (Peptides); Zozulya et al., 2024 (CNS Drug Rev)*

Melatonin (pharmacological dose)

Dosage 0.5–5 mg

Route Oral (sublingual for faster onset)

Cycle / Duration As needed

Research Purpose Circadian rhythm regulator and potent antioxidant. Studied at MIT and Harvard for jet lag, shift work, and age-related melatonin decline.

Key References *Arendt et al., 2024 (J Pineal Res); Reiter et al., 2023 (Antioxidants)*