

Night Peeing

DNA Health Report

REPORT CATEGORY —



URINARY TRACT
HEALTH

Sample Client

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DISCLAIMER

This report does not diagnose this or any other health conditions. Please talk to a healthcare professional if this condition runs in your family, you think you might have this condition, or you have any concerns about your results.

Personal information

NAME

Sample Client

SEX AT BIRTH

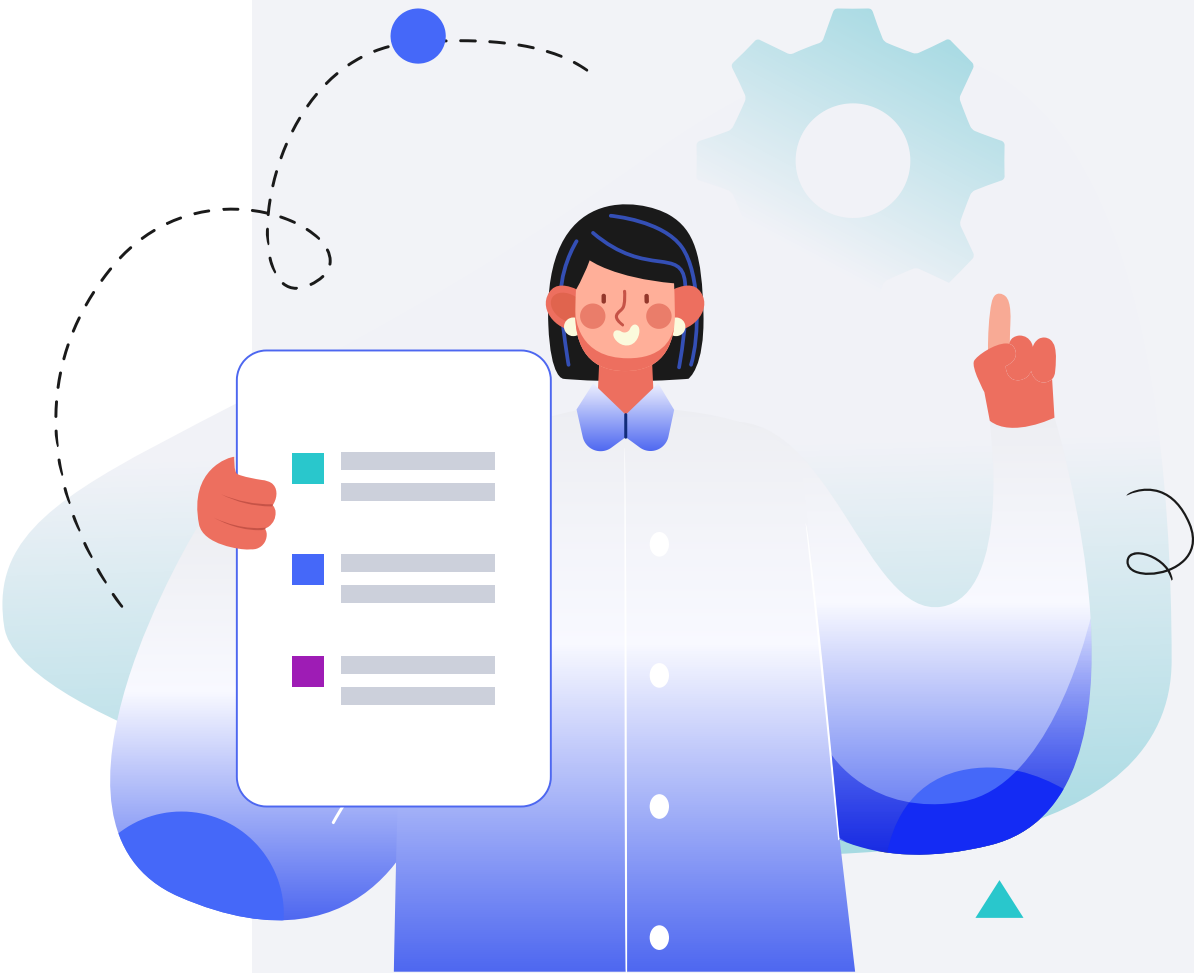
Male

HEIGHT

5ft 5" 165cm

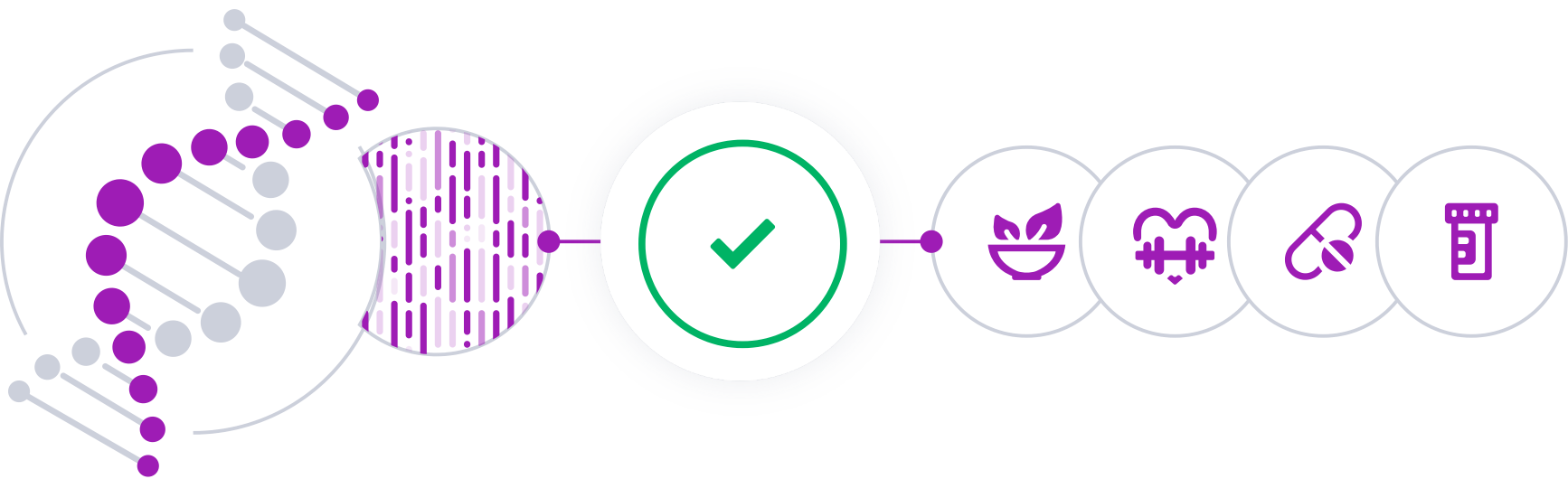
WEIGHT

137lb 62kg



How this works

Our Wellness Reports analyze how your DNA influences your health.
We then use this analysis to give you personalized risk estimates and recommendations.

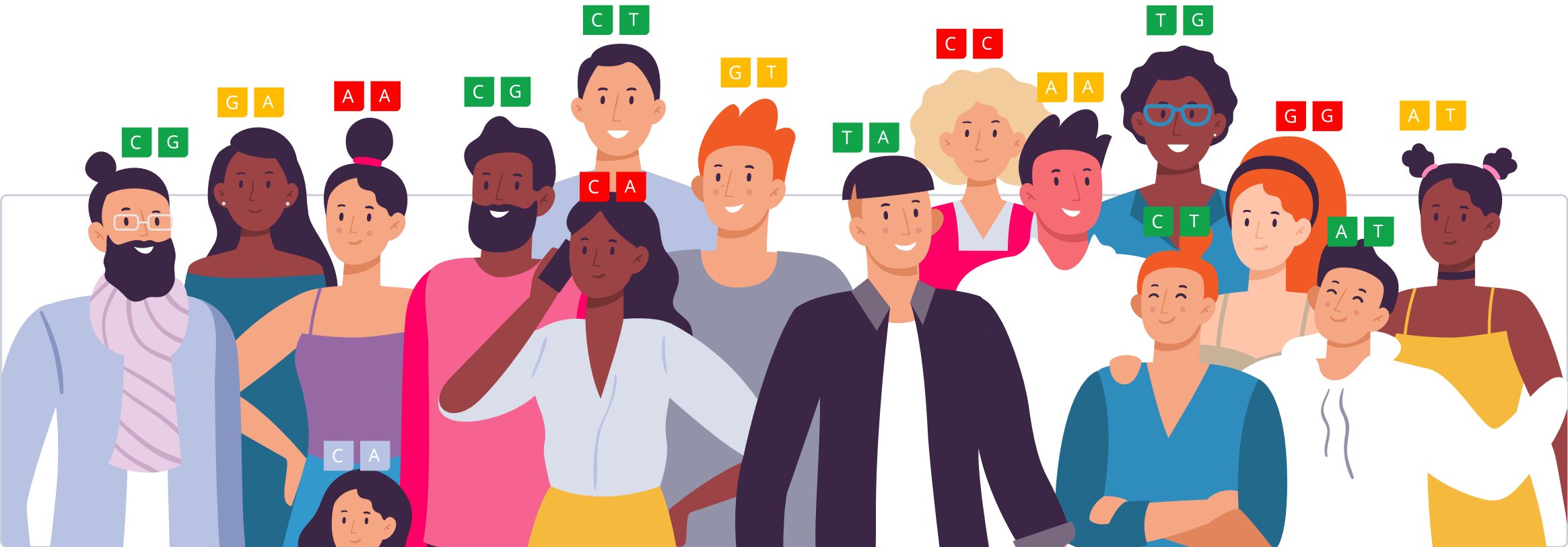


Similarly, our Trait Reports look at how your DNA influences your traits.



Your DNA is like an instruction manual — it contains a lot of information.
You can think of it as a blueprint for your body.

Genetic variants are parts of DNA that differ from person to person. Some can make you more vulnerable to certain health issues, while others may influence traits such as eye color.



We use artificial intelligence and machine learning to analyze all this information.
We then summarize your results as a risk score or display it on a gauge.

In total, we analyze up to 83 million genetic variants.

When we give a risk score, the risk icon tells you if you are at a higher or lower risk compared to other people:



Genotype color info:

AA

You don't have any risk alleles

AA

You have 1 risk allele

AA

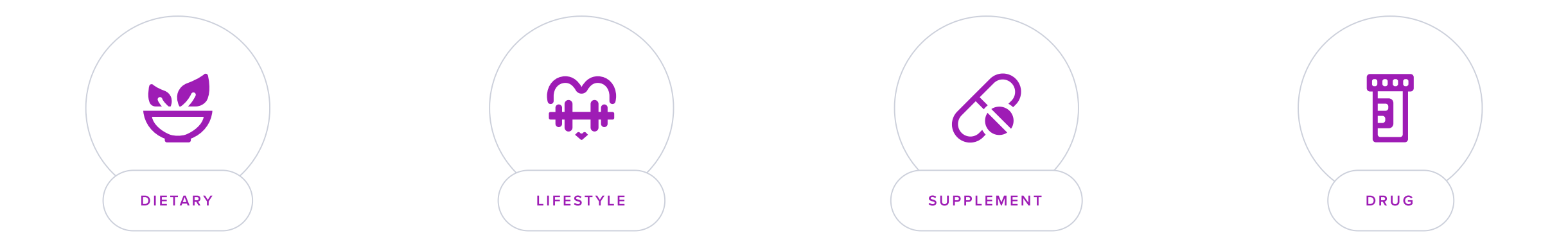
You have 2 risk alleles

Your risk is also displayed as a percentile. This will tell you how your risks compare to our sample population. The lower your percentile number, the lower your risk. The "50th percentile" would be an average risk.

Similarly, the gauge tells you your relative risk score compared to our sample population, or it indicates a specific trait or haplotype you are more likely to have based on your genetic variants.

When applicable, we also list top evidence-based recommendations that may help lower your risk. The focus is on recommendations that may be of benefit to you, based on your genetics.

Our recommendations come in four categories: lifestyle, diet, supplements and drugs.
The following icons tell you which category a recommendation falls into:



Our team of scientists also ranks each recommendation.
We rank based on impact and the strength of evidence in the medical literature.

Impact shows how strongly a recommendation will affect your health in a certain area.
Evidence is how much scientific support there is for the recommendation. Rankings are from 1 to 5 (low to high):



Impact

Impact scores range from 1-5. These scores reflect how much of an effect each recommendation can have. An impact score of 5 predicts the biggest effect.

When a recommendation affects something we can measure, we use those measurements to assign the impact score. For example, a recommendation that decreases cholesterol by 20% will have a higher impact score than one that decreases it by 5%.

Some recommendations affect things that we cannot directly measure, like stress or mood. For these, the impact score is based on how well they work relative to other recommendations and standard treatments. The best ones get the highest scores.

If there is a lot of research that shows a recommendation works especially well for your genotype, the impact score gets increased.

Recommendation Evidence

- 5 / 5
- Recommendations that are considered effective and generally recommended by experts and medical bodies.
-
- 4 / 5
- Recommendations that are considered likely effective and that have multiple independent meta-analyses and a great many studies supporting them.
-
- 3 / 5
- Recommendations that are considered possibly effective and have many studies supporting them
-
- 2 / 5
- Recommendations that have insufficient evidence, with two or several clinical trials supporting them, or many studies but with ambiguous results.
-
- 1 / 5
- Recommendations that have insufficient evidence, with a single clinical trial, or with many studies most of which didn't find support for the recommendation.
-
- 0 / 5
- No evidence in humans.

Genotype-specific Evidence

- High-quality
- Direct evidence that a recommendation helps more in people with your gene variant (many clinical trials, a few large clinical trials, or a meta-analysis).
- Medium-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a few clinical trials or one large clinical trial).
- Low-quality
- Direct evidence that a recommendation helps more in people with your gene variant (a single clinical trial or more trials with inconsistent results).
- Indirect
- A recommendation may help more in people with your gene variant because it targets a specific gene or protein affected by your variant (e.g., MTHFR, dopamine).
- In theory
- A recommendation may help more in people with your gene variant because it targets a specific mechanism affected by your variant (e.g., inflammation, oxidative stress).

Some things to keep in mind:

- Genetics doesn’t play a considerable role in a condition or a trait.
- There is not enough research available to estimate a genetic predisposition.
- There are technical limitations to estimating or presenting a genetic predisposition.
- The topic is sensitive, and a genetic predisposition should only be estimated and presented by a healthcare professional.

Introduction

Nocturia is a condition characterized by the need to wake up one or more times during the night to urinate. This can disrupt sleep patterns and affect the overall quality of life. While it is often more common in older adults, nocturia can affect individuals of any age.

Causes of nocturia may include:

- High fluid intake: Drinking large amounts of fluids, especially in the evening, can lead to nocturia.
- Prostate issues: An enlarged prostate can press against the urethra and block the flow of urine, causing the bladder to fill quickly.
- Urinary tract infections: Infections can increase urine production and urgency.
- Bladder conditions: Conditions such as overactive bladder, infections, or bladder obstruction can cause frequent urination.
- Diabetes: Both diabetes mellitus and diabetes insipidus can cause excessive urine production, leading to nocturia.
- Sleep disorders: Conditions like sleep apnea can disrupt sleep and increase nighttime urine production.
- Heart failure: Fluid build-up during the day, especially in the legs, can be reabsorbed into the bloodstream when lying down and processed by the kidneys into urine.
- Certain medications: Some medications, especially diuretics used to treat high blood pressure, can increase urine production.

Treatment and Prevention

Treatment for nocturia depends on the underlying cause:

- Lifestyle modifications: Reducing evening fluid intake, especially of caffeine and alcohol, can help.
- Medication adjustments: If medications are contributing to nocturia, adjusting the dosage or timing can be effective.
- Managing chronic conditions: Proper management of conditions like diabetes, heart failure, or prostate issues can reduce symptoms of nocturia.
- Medications for nocturia: Medications that reduce urine production at night or improve bladder capacity might be prescribed.
- Behavioral therapies: Bladder training and pelvic floor exercises can help improve bladder control.

Preventive measures for nocturia focus mainly on lifestyle modifications and managing underlying health conditions:

- Limit evening fluid intake: Avoid drinking large amounts of fluids in the hours leading up to bedtime, especially beverages that are diuretics like coffee and alcohol.
- Elevate legs: If swelling in the legs is a problem, elevating them in the evening can help reduce fluid build-up that could contribute to nocturia.
- Manage sleep habits: Maintaining a regular sleep schedule and creating a comfortable sleep environment can help improve sleep quality and potentially reduce the frequency of nighttime awakenings.
- Timely treatment of conditions: Addressing and managing conditions such as urinary tract infections, prostate enlargement, or diabetes promptly can prevent nocturia from developing or worsening.
- Physical activity: Regular exercise can improve overall body function. However, avoid exercising right before bedtime as it can stimulate the body and increase fluid metabolism.

If nocturia persists despite these measures, it’s important to consult with a healthcare provider for further evaluation and management to ensure it isn't a symptom of a more serious underlying condition.



TYPICAL LIKELIHOOD

Typical likelihood of nocturia based on 1,674 genetic variants we looked at



Your Recommendations

Your recommendations are prioritized according to the likelihood of it having an impact for you based on your genetics, along with the amount of scientific evidence supporting the recommendation.

You’ll likely find common healthy recommendations at the top of the list because they are often the most impactful and most researched.

DOSAGE		DOSAGE			
1	Transcutaneous Electrical Nerve Stimulation (TENS)	30 minutes	2	Reduce Artificial Light at Night	
3	Kegel Exercises	5 seconds	4	Regular Sleep Schedule	
5	Pumpkin Seed Oil		6	Saw Palmetto	320 mg
7	Stress Management Therapy	1 hour	8	Stinging Nettle Root Extract	250 mg
9	Avoid Meals 3-4 Hours Before Bedtime		10	Limit Salt Intake	

1



Transcutaneous Electrical Nerve Stimulation (TENS)

IMPACT

1 / 5

EVIDENCE

2 / 5

How to implement

Apply TENS unit electrode pads around the area in pain; begin with the device set to a low setting and gradually increase intensity to a comfortable level. Use the device for 15-30 minutes per session for pain relief, and it can be used multiple times a day as needed.

TYPICAL STARTING DOSE

30 minutes

Description

TENS is a therapy that uses low-level electrical currents to relieve pain by stimulating the nerves. It's commonly used as a non-invasive method to manage various types of pain, such as musculoskeletal pain or chronic pain conditions.

How it helps

Parasacral TENS may reduce but not completely cure wet nights in children. However, the evidence is mixed [\[R\]](#), [\[R\]](#).

2



Reduce Artificial Light at Night

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Starting at least two hours before your usual bedtime, avoid using electronic devices such as smartphones, tablets, and computers. Also, consider using dim red lights for night lights, as red light has the least power to shift circadian rhythm and suppress melatonin. Try to make your sleeping environment as dark as possible by using blackout curtains or a sleep mask.

Description

Reducing artificial light exposure at night involves minimizing exposure to artificial lighting sources, which can disrupt circadian rhythms and sleep patterns. Doing so supports better sleep quality and overall well-being.

[Sunlight](#) or bright light during the day can benefit your body and mind. It may improve your mood, performance, and sleep quality [\[R, R, R\]](#).

However, **exposure to artificial light at night**, for example through the use of phones, tablets, and computers may be harmful [\[R, R, R\]](#).

It may reduce [melatonin](#) production and throw off your [circadian rhythm](#). People with high exposure to artificial light at night like night-shift workers may have an increased risk of [\[R, R, R\]](#):

- Mood disorders (e.g., depression)
- Sleep problems
- Obesity
- Diabetes
- Cancer

How it helps

Exposure to artificial light at night can disrupt the body's production of melatonin, a hormone that helps regulate sleep. By reducing nighttime light exposure, you can improve sleep quality and may experience fewer disruptions, such as waking up to urinate.

3



Kegel Exercises

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Perform Kegel exercises by tightening your pelvic floor muscles (as if you are trying to stop urinating mid-flow) for 5 seconds, then relax for 5 seconds. Repeat this process 10 times in a row, at least 3 times a day (morning, afternoon, and night).

TYPICAL STARTING DOSE

5 seconds

Description

Kegel exercises are movements meant to strengthen the muscles around your bladder, anus, and genitals. They are named after the doctor who first described them.

Kegel exercises are movements meant to strengthen the muscles around your bladder, anus, and genitals. They are named after the doctor who first described them [\[R\]](#).

The exercises involve flexing and holding the pelvic floor muscles in the same manner one would try to hold in urine. To start, tighten for three seconds, then relax for three seconds. Build up to doing 10-15 repetitions, three times per day [\[R\]](#).

Kegel exercises may help with bladder control problems and sexual health [\[R\]](#), [\[R\]](#).

How it helps

Kegel exercises strengthen the pelvic floor muscles, which can improve bladder control and reduce the frequency of nighttime urination.

4



Regular Sleep Schedule

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Go to bed and wake up at the same time every day, even on weekends and holidays. This helps regulate your body's internal clock, leading to better sleep quality. Aim for 7-9 hours of sleep per night.

Description

Maintaining a regular sleep schedule involves going to bed and waking up at consistent times each day. This practice helps regulate the body's internal clock and promotes better sleep quality, mood, and cognitive function.

How it helps

Maintaining a regular sleep schedule helps regulate the body's circadian rhythm, which can reduce nocturnal awakenings and nighttime urination.

5



Pumpkin Seed Oil

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take 1 to 2 tablespoons of pumpkin seed oil daily, either directly or by adding it to salad dressings, smoothies, or yogurt. It's best consumed with meals to increase absorption.

Description

Pumpkin seed oil is a plant extract obtained from the seeds of the pumpkin (Cucurbita pepo). Traditionally, it has been used for its potential health benefits, including supporting prostate and urinary health. Its beneficial compounds include phytosterols, antioxidants, and essential fatty acids. It also nutrients like vitamin E and K, zinc, and magnesium.

Pumpkin seed oil is a good source of healthy fats and antioxidants [\[R\]](#), [\[R\]](#).

It is used to support hair and prostate health [\[R\]](#), [\[R\]](#), [\[R\]](#).

How it helps

Pumpkin seed oil may help reduce the symptoms of overactive bladder, including frequent night-time urination, due to its role in supporting urinary tract health.

6



Saw Palmetto

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a saw palmetto supplement of 160 mg twice daily or 320 mg once a day. This dosage is typically taken in capsule form. Continue this regimen for at least two to six months to assess its effectiveness for conditions like benign prostatic hyperplasia.

TYPICAL STARTING DOSE

320 mg

Description

Saw palmetto is a plant extract derived from the berries of the saw palmetto palm (*Serenoa repens*). It has traditionally been used by Native Americans for various medicinal purposes. Today, it is primarily used as a dietary supplement for prostate health.

[Saw palmetto](#) (*Serenoa repens*) is a small palm plant native to the US [\[R\]](#), [\[R\]](#).

People use it to help with [\[R\]](#):

- Urinary problems
- Pain
- Hair loss

How it helps

Saw Palmetto is known to help reduce the symptoms of benign prostatic hyperplasia (BPH), which can cause frequent night-time urination.

7



Stress Management Therapy

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Engage in stress management therapy sessions, such as cognitive-behavioral therapy (CBT), for at least 1 hour per week over a course of 8 to 12 weeks. Techniques can include mindfulness, deep breathing exercises, and identifying stressors to develop coping strategies.

TYPICAL STARTING DOSE

1 hour

Description

Stress management therapy refers to various techniques and approaches aimed at reducing and coping with stress. It can improve mental and physical well-being by helping individuals better manage the effects of stress on their health.

How it helps

Stress Management Therapy can help to reduce stress and anxiety levels, which are known to impact bladder function and nocturia (night peeing). By managing stress, the urgency and frequency of urination at night can be reduced.

8



Stinging Nettle Root Extract

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Take a capsule of stinging nettle root extract, usually available in dosages ranging from 250 to 500 mg, once daily with water. It's best consumed with a meal to enhance absorption and minimize potential stomach discomfort. Continue this routine daily for relief of symptoms, commonly for conditions such as benign prostatic hyperplasia, but always consult with a healthcare provider for duration specific to your condition.

TYPICAL STARTING DOSE

250 mg

Description

Stinging nettle root extract is derived from the root of the stinging nettle plant (*Urtica dioica*), and is native to Europe and Asia. Traditionally, it has been used in herbal medicine, and is known for its potential as a natural remedy for conditions like benign prostatic hyperplasia (BPH) and urinary tract issues. Stinging nettle root extract contains several bioactive compounds, including sterols and lignans.

How it helps

Stinging Nettle Root Extract can help manage symptoms of BPH and may reduce the frequency of night-time urination.

9



Avoid Meals 3-4 Hours Before Bedtime

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Finish your last meal of the day at least 3 to 4 hours before you go to sleep. For example, if you usually go to bed at 10 pm, aim to have dinner no later than 6 pm to 7 pm.

Description

Avoiding meals, especially heavy meals, close to bedtime can help prevent digestive discomfort, indigestion, and disrupted sleep patterns. Opting for lighter evening meals promotes better digestion and overall sleep quality.

How it helps

Eating close to bedtime can increase urine production and bladder activity, leading to more frequent night-time urination.

10



Limit Salt Intake

IMPACT

0 / 5

EVIDENCE

0 / 5

How to implement

Reduce your daily salt intake to less than 2,300 milligrams (mg), equivalent to about one teaspoon of table salt. This includes all salt consumed, whether added during cooking, at the table, or present in processed and ready-to-eat foods.

Description

Limiting salt intake involves lowering the amount of sodium in the diet, which can help lower blood pressure and reduce the risk of heart disease. It often involves avoiding processed and other high-sodium foods such as cured meats, soups and sauces, and various pickled foods.

Your body needs a certain amount of sodium to function. For example, it helps support your blood pressure. This sodium usually comes from [salt](#). However, eating too much salt is linked to an increased risk of stroke and heart disease [\[R\]](#), [\[R\]](#).

Foods higher in salt include [\[R\]](#), [\[R\]](#), [\[R\]](#):

- Prepared soups, broths, gravies, and sauces
- Fermented or pickled foods (such as pickles, soy sauce, olives, and [capers](#))
- Cured meats and sausages (such as bacon, salt pork, and salami)
- Cheese (such as Roquefort and Parmesan)

Try to limit your daily intake to 1 teaspoon of salt (2,400 mg of sodium) [\[R\]](#).

How it helps

High salt intake can cause the body to retain fluid, which is later expelled as increased urine output, especially at night.

Next Steps

Remember, your genes only tell one important part of your health story!

Now that you've seen your DNA-based results for this health topic, let's take a look at other contributing factors.

Your lab results

Your lab results are impacted by the combined effect of your genes, environment and lifestyle.

Lab tests will give you the best picture of your current health status, while your genes provide insight into your health predispositions and which recommendations are best for you.

✓	Glucose, Urine		Negative Positive	9 Nov 2025
✓	Urea	30.5 mg/dL	27.6 47.04	9 Nov 2025
✓	Specific Gravity, Urine	1.015 x100%	1 1.04	9 Nov 2025
✓	HbA1c	30 mmol/mol	26 36 48	29 Dec 2025