

health report : <https://ukr-dent.com>

examined at : 25-05-21 11:06:12

follow recommendations of this health report to keep your site healthy

Score

22.9

Page Title

Page Title

Ukrainian Dentistry - Украинская стоматология в Вильнюсе

Short Recommendation

Your page title does not exceed 60 characters. It's fine.

Meta Description

Meta Description

Стоматология в Вильнюсе - качественное лечение зубов, имплантация, ортодонтия и протезирование. Профессиональный подход и современные технологии!

Short Recommendation

Your meta description does not exceed 150 characters. It's fine.

Meta Keyword

Meta Keyword

стоматология, ukrainian dentistry, для здоровье

Short Recommendation

Keyword Analysis

Single Keywords

Keyword	Occurrence	Density	Possible Spam
и	33	86.842 %	No
в	14	36.842 %	No
на	7	18.421 %	No
Ukrainian	7	18.421 %	No
о	7	18.421 %	No
—	7	18.421 %	No
чтобы	6	15.789 %	No
Мы	6	15.789 %	No
для	6	15.789 %	No
здоровье	5	13.158 %	No
технологии	5	13.158 %	No
с	5	13.158 %	No
Dentistry	5	13.158 %	No
современные	4	10.526 %	No
улыбке	4	10.526 %	No
к	4	10.526 %	No
Наши	4	10.526 %	No
уже	4	10.526 %	No
прием	4	10.526 %	No
лечение	4	10.526 %	No

Two Word Keywords

Keyword	Occurrence	Density	Possible Spam
Ukrainian Dentistry	5	13.158 %	No
в Вильнюсе	4	10.526 %	No
на прием	4	10.526 %	No
далее →	3	7.895 %	No
современные технологии	3	7.895 %	No
О клинике	3	7.895 %	No
Читать далее	3	7.895 %	No
боли и	2	5.263 %	No
забота о	2	5.263 %	No
вашей улыбке	2	5.263 %	No
к стоматологу	2	5.263 %	No
визит к	2	5.263 %	No
индивидуальный подход	2	5.263 %	No
— наша	2	5.263 %	No
без боли	2	5.263 %	No

Keyword	Occurrence	Density	Possible Spam
атмосферу чтобы	2	5.263 %	No
Запись на	2	5.263 %	No
и теперь	2	5.263 %	No
комфортным и	2	5.263 %	No
зубов и	2	5.263 %	No

Three Word Keywords

Keyword	Occurrence	Density	Possible Spam
Читать далее →	3	7.895 %	No
без боли и	2	5.263 %	No
Запись на прием	2	5.263 %	No
о вашей улыбке	2	5.263 %	No
— наша главная	2	5.263 %	No
визит к стоматологу	2	5.263 %	No
Ukrainian Dentistry в	2	5.263 %	No
О клинике Контакты	2	5.263 %	No
клинике Контакты Услуги	2	5.263 %	No
качество работы на	1	2.632 %	No
клинике приятная а	1	2.632 %	No
приятная а качество	1	2.632 %	No
а качество работы	1	2.632 %	No
Lietuvių Українська English	1	2.632 %	No
работы на высшем	1	2.632 %	No
на высшем уровне	1	2.632 %	No
Атмосфера в клинике	1	2.632 %	No
высшем уровне Олег	1	2.632 %	No
уровне Олег программист	1	2.632 %	No
Олег программист Лечусь	1	2.632 %	No

Four Word Keywords

Keyword	Occurrence	Density	Possible Spam
клинике Контакты Услуги Цены	2	5.263 %	No
О клинике Контакты Услуги	2	5.263 %	No
на высшем уровне Олег	1	2.632 %	No
Атмосфера в клинике приятная	1	2.632 %	No
в клинике приятная а	1	2.632 %	No
клинике приятная а качество	1	2.632 %	No
приятная а качество работы	1	2.632 %	No
а качество работы на	1	2.632 %	No

Keyword	Occurrence	Density	Possible Spam
качество работы на высшем	1	2.632 %	No
работы на высшем уровне	1	2.632 %	No
Lietuvių Українська English 37	1	2.632 %	No
высшем уровне Олег программист	1	2.632 %	No
могли устранить Атмосфера в	1	2.632 %	No
уровне Олег программист Лечусь	1	2.632 %	No
Олег программист Лечусь у	1	2.632 %	No
программист Лечусь у Аллы	1	2.632 %	No
Лечусь у Аллы Витюковой	1	2.632 %	No
у Аллы Витюковой уже	1	2.632 %	No
Аллы Витюковой уже несколько	1	2.632 %	No
Витюковой уже несколько лет	1	2.632 %	No

Keyword Usage

Keyword Usage

стоматология, ukrainian dentistry, для здоровье

Short Recommendation

The most using keywords match with meta keywords.

Total Words

Total Words

38

Text/Html Ratio Test

Site Failed Text/Html Ratio Test.

Text/HTML Ratio Test : 5%

Html Headings

--

--

Украинская стоматология в Вильнюсе

Ukrainian Dentistry в Литве

Стоматологические услуги в Вильнюсе

Общая стоматология

Брекеты, имплантация

Чистка, отбеливание

Профилактика

Ваши зубы в надежных руках

Современное оборудование для лучшего результата

Индивидуальный подход к каждому пациенту

Здоровье зубов без боли и стресса

Наши счастливые пациенты

Полезная информация

Как алкоголь влияет на здоровье зубов и десен

Когда нужно впервые посетить стоматолога с ребенком?

Можно ли лечить зубы во время беременности?

Ваши улыбки — наша главная награда!

--

Ukrainian Denistry

Контакты

Время работы

Подпишись

H4(0)

H5(0)

H6(0)

Robot.txt

Short Recommendation

Your site have robot.txt

Sitemap

Short Recommendation

Your site have sitemap

Location

https://ukr-dent.com/sitemap_index.xml

Internal Vs. External Links

Total Internal Links?

24

Total External Links?

9

Internal Links

<https://ukr-dent.com/lt/>

<https://ukr-dent.com/uk/>

<https://ukr-dent.com/en/>

<https://ukr-dent.com/ru/>

https://ukr-dent.com/ru/about/
https://ukr-dent.com/ru/contacts/
https://ukr-dent.com/ru/dental-services/
https://ukr-dent.com/ru/price/
https://ukr-dent.com/ru/dental-tourism/
https://ukr-dent.com/ru/dental-services/
https://ukr-dent.com/ru/contacts/
https://ukr-dent.com/ru/about/
https://ukr-dent.com/ru/dental-services/
https://ukr-dent.com/ru/alcohol-affects-teeth-and-gums/
https://ukr-dent.com/ru/alcohol-affects-teeth-and-gums/
https://ukr-dent.com/ru/alcohol-affects-teeth-and-gums/
https://ukr-dent.com/ru/child-visit-the-dentist-for-the-first-time/
https://ukr-dent.com/ru/child-visit-the-dentist-for-the-first-time/
https://ukr-dent.com/ru/child-visit-the-dentist-for-the-first-time/
https://ukr-dent.com/ru/treat-teeth-during-pregnancy/
https://ukr-dent.com/ru/treat-teeth-during-pregnancy/
https://ukr-dent.com/ru/treat-teeth-during-pregnancy/
https://ukr-dent.com/ru/contacts/
/cdn-cgi/l/email-protection#4a3f21382e2f243e64263e0a2d272b232664292527
https://wa.me/380506218013
viber://chat?number=+380506218013
https://t.me/Alla_1811
https://wa.me/380506218013
viber://chat?number=+380506218013
https://t.me/Alla_1811
https://www.instagram.com/dr.vitiukova/
https://www.facebook.com/profile.php?id=100008512632622
https://x.com/UkrdentLt

Domain Ip Information

IP: [104.21.26.172](#)

City: [San Francisco](#)

Country: [US](#)

Time Zone: [America/Los_Angeles](#)

Longitude: [-122.3971](#)

Latitude: [37.7621](#)

Noindex , Nofollow, Dofollow Links

Total NoIndex Links: [0](#)

Total NoFollow Links: [4](#)

Total DoFollow Links: [29](#)

NoIndex Enabled by Meta Robot?: [No](#)

NoFollow Enabled by Meta Robot?: [No](#)

NoIndex Links

NoFollow Links

```
<a href="https://x.com/UkrdentLt" target="_blank" rel="nofollow">X / Twitter</a>
```

Seo Friendly Links

Short Recommendation

Links of your site are SEO friendly.

Favicon

Short Recommendation

Your site have favicon.

Image 'Alt' Test

Short Recommendation

Your site have 3 images without alt text.

Images Without alt

https://ukr-dent.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/lt.png

https://ukr-dent.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/uk.png

https://ukr-dent.com/wp-content/plugins/sitepress-multilingual-cms/res/flags/en.png

Doc Type

Doc Type : <!Doctype Html>

Short Recommendation

Page have doc type.

Deprecated Html Tag

Short Recommendation

Your site does not have any deprecated HTML tag.

Html Page Size

Html Page Size : 138 Kb

Short Recommendation

HTML page size is > 100KB

Gzip Compression

Short Recommendation

GZIP compression is disabled.

Inline Css

Short Recommendation

Your site have 61 inline css.

```
<div style="text-align: center;"></div>
```

```
<div style="text-align: center; font-size: 23px;">
```

```
<a href="tel:37067657080" style="color: red;"></a>
```

```
<div style="text-align: center; font-size: 19px;"></div>
```

```
<a href="https://wa.me/380506218013" style="color: green;"></a>
```

```
<a href="viber://chat?number=+380506218013" style="color: blue;"></a>
```

```
<a href="https://t.me/Alla_1811" style="color: blue;"></a>
```

```
<div class="wp-block-group is-layout-constrained wp-block-group-is-layout-constrained" style="padding-top:18px;padding-bottom:18px"></div>
```

```
<ul style="font-style:normal;font-weight:700;" class="has-normal-font-size wp-block-page-list has-medium-font-size"></ul>
```

```
<div class="wp-block-group alignfull featured-content has-background-secondary-background-color has-background is-layout-constrained wp-block-group-is-layout-constrained" id="wp--skip-link--target" style="margin-top:0px;padding-top:5%;padding-bottom:5%"></div>
```

```
<div class="wp-block-column is-layout-flow wp-block-column-is-layout-flow" style="flex-basis:100%"></div>
```

```
<a class="wp-block-button__link wp-element-button" href="https://ukr-dent.com/ru/dental-services/" style="padding-top:8px;padding-bottom:8px"></a>
```

```
<div class="wp-block-column is-layout-flow wp-block-column-is-layout-flow" style="flex-basis:100%"></div>
```

```
<div class="wp-block-group section-group is-layout-constrained wp-block-group-is-layout-constrained" style="margin-top:0px;margin-bottom:0px;padding-top:5%;padding-bottom:5%"></div>
```

```
<div class="wp-block-group header-spacer is-layout-constrained wp-container-core-group-is-layout-268a2870 wp-block-group-is-layout-constrained" style="margin-top:2rem;margin-bottom:3rem"></div>
```

```
<div class="wp-block-group is-layout-constrained wp-block-group-is-layout-constrained" style="border-top-color:var(--wp--preset--color--primary);border-top-width:2px"></div>
```

```
<div class="wp-block-group has-background-secondary-background-color has-background is-layout-constrained wp-block-group-is-layout-constrained" style="margin-top:0px;margin-bottom:0px;padding-top:5%;padding-bottom:5%"></div>
```

```
<div class="wp-block-columns is-layout-flex wp-container-core-columns-is-layout-c1edcb55 wp-block-columns-is-layout-flex" style="margin-top:3rem"></div>
```

```








<div class="wp-block-group section-group is-layout-constrained wp-block-group-is-layout-  
constrained" style="margin-top:0px;margin-bottom:0px;padding-top:5%;padding-  
bottom:5%"></div>

<div class="wp-block-columns is-layout-flex wp-container-core-columns-is-layout-0005ebbf  
wp-block-columns-is-layout-flex" style="border-bottom-color:var(--wp--preset--color--  
border);border-bottom-width:1px;margin-top:0px;margin-bottom:0px;padding-  
top:3%;padding-bottom:3%"></div>

<div class="wp-block-buttons is-layout-flex wp-block-buttons-is-layout-flex" style="margin-  
top:2rem"></div>

<div class="wp-block-columns is-layout-flex wp-container-core-columns-is-layout-8f41b287  
wp-block-columns-is-layout-flex" style="border-bottom-color:var(--wp--preset--color--  
border);border-bottom-width:1px;margin-top:0px;margin-bottom:0px;padding-  
top:3%;padding-bottom:3%"></div>

<div class="wp-block-buttons is-layout-flex wp-block-buttons-is-layout-flex" style="margin-  
top:2rem"></div>

<div class="wp-block-columns is-layout-flex wp-container-core-columns-is-layout-66b29dbc  
wp-block-columns-is-layout-flex" style="margin-top:0px;margin-bottom:0px;padding-  
top:4%"></div>

<div class="wp-block-buttons is-layout-flex wp-block-buttons-is-layout-flex" style="margin-  
top:2rem"></div>

<div class="wp-block-group is-layout-flow wp-block-group-is-layout-flow" style="margin-  
top:0px;margin-bottom:0px"></div>

<div class="wp-block-cover has-parallax" style="padding-top:5%;padding-  
bottom:5%"></div>

<div class="wp-block-cover\_\_image-background wp-image-82 has-parallax"  
style="background-position:50% 50%;background-  
image:url(https://ukr-dent.com/wp-content/themes/landingsitefree/assets/images/abstract.jpg)  
></div>

<div class="wp-block-group has-body-text-color has-background-background-color has-text-  
color has-background has-link-color wp-elements-cf5056784d1cbae2e1dac69bfeb1e680 is-  
layout-constrained wp-container-core-group-is-layout-3f9fdc4f wp-block-group-is-layout-  
constrained" style="border-radius:5px;padding-top:30px;padding-right:20px;padding-  
bottom:30px;padding-left:20px"></div>



<div class="wp-block-group has-body-text-color has-background-background-color has-text-color has-background has-link-color wp-elements-3ad741d003ae0a11c089dd6e3fd51bf4 is-layout-constrained wp-container-core-group-is-layout-3f9fdc4f wp-block-group-is-layout-constrained" style="border-radius:5px;padding-top:30px;padding-right:20px;padding-bottom:30px;padding-left:20px"></div>



<div class="wp-block-group has-body-text-color has-background-background-color has-text-color has-background has-link-color wp-elements-1220fbc7c4a89add744063159e427173 is-layout-constrained wp-container-core-group-is-layout-3f9fdc4f wp-block-group-is-layout-constrained" style="border-radius:5px;padding-top:30px;padding-right:20px;padding-bottom:30px;padding-left:20px"></div>



<div class="wp-block-group is-layout-constrained wp-block-group-is-layout-constrained" style="margin-top:0px;margin-bottom:0px;padding-top:4%;padding-bottom:4%"></div>

<div class="wp-block-group post-grid is-layout-constrained wp-block-group-is-layout-constrained" style="margin-top:3rem"></div>



<div class="wp-block-group is-layout-constrained wp-container-core-group-is-layout-3427faee wp-block-group-is-layout-constrained" style="padding-top:20px;padding-right:20px;padding-bottom:20px;padding-left:20px"></div>

<h2 style="font-size:1.25rem;font-style:normal;font-weight:700;" class="wp-block-post-title"></h2>

<div style="font-size:12px;text-transform:uppercase;letter-spacing:1px;" class="has-link-color wp-elements-8de38b49847eb4cd417144802661596a wp-block-post-date"></div>



jpg 768w" sizes="auto, (max-width: 850px) 100vw, 850px" />

<div class="wp-block-group is-layout-constrained wp-container-core-group-is-layout-3427faee wp-block-group-is-layout-constrained" style="padding-top:20px;padding-right:20px;padding-bottom:20px;padding-left:20px"></div>

<h2 style="font-size:1.25rem;font-style:normal;font-weight:700;" class="wp-block-post-title"></h2>

<div style="font-size:12px;text-transform:uppercase;letter-spacing:1px;" class="has-link-color wp-elements-8de38b49847eb4cd417144802661596a wp-block-post-date"></div>



<div class="wp-block-group is-layout-constrained wp-container-core-group-is-layout-3427faee wp-block-group-is-layout-constrained" style="padding-top:20px;padding-right:20px;padding-bottom:20px;padding-left:20px"></div>

<h2 style="font-size:1.25rem;font-style:normal;font-weight:700;" class="wp-block-post-title"></h2>

<div style="font-size:12px;text-transform:uppercase;letter-spacing:1px;" class="has-link-color wp-elements-8de38b49847eb4cd417144802661596a wp-block-post-date"></div>

<div class="wp-block-group has-primary-background-color has-background is-layout-constrained wp-block-group-is-layout-constrained" style="margin-top:0px;margin-bottom:0px;padding-top:4rem;padding-bottom:4rem"></div>

<div class="wp-block-column is-layout-flow wp-block-column-is-layout-flow" style="flex-basis:66.66%"></div>

<div class="wp-block-column is-vertically-aligned-center is-layout-flow wp-block-column-is-layout-flow" style="flex-basis:33.33%"></div>

<div class="wp-block-group has-white-color has-body-text-background-color has-text-color has-background has-link-color wp-elements-df493628b395dc863e2dac4ee67fa6b1 is-layout-constrained wp-block-group-is-layout-constrained" style="padding-top:2.5rem"></div>

<ul style="padding-top:0px;padding-right:0px;padding-bottom:0px;padding-left:0px" class="wp-block-list footer-list has-small-font-size"></ul>

<ul style="padding-top:0px;padding-right:0px;padding-bottom:0px;padding-left:0px" class="wp-block-list footer-list has-small-font-size"></ul>

<ul style="padding-top:0px;padding-right:0px;padding-bottom:0px;padding-left:0px" class="wp-block-list footer-list has-small-font-size"></ul>

<div class="wp-block-group has-tiny-font-size is-layout-flow wp-container-core-group-is-layout-9662128b wp-block-group-is-layout-flow" style="border-top-color:#ffffff26;border-top-width:1px;padding-top:1rem;padding-bottom:2rem"></div>

```
<ul style="font-style:normal;font-weight:700;" class="has-tiny-font-size wp-block-page-list has-medium-font-size">
```

---

## Internal Css

### Short Recommendation

Your site have 25 internal css.

---

## Micro Data Schema Test

### Short Recommendation

Site failed micro data schema test.

---

## Ip & Dns Report

IPv4: [104.21.26.172](#)

IPv6: [2606:4700:3033::6815:1aac](#)

### Dns Report

SL	Host	Class	TTL	Type	PRI	Target	IP
1	ukr-dent.com	IN	298	A			172.67.138.34
2	ukr-dent.com	IN	298	A			104.21.26.172
3	ukr-dent.com	IN	86400	NS		art.ns.cloudflare.com	
4	ukr-dent.com	IN	86400	NS		indie.ns.cloudflare.com	
5	ukr-dent.com	IN	300	MX	0	_dc-mx.392bc994a5ab.ukr-dent.com	
6	ukr-dent.com	IN	298	AAAA			2606:4700:3036::ac43:8a22
7	ukr-dent.com	IN	298	AAAA			2606:4700:3033::6815:1aac

---

## Ip Canonicalization Test

### Short Recommendation

Site failed IP canonicalization test.

---

## Url Canonicalization Test

### Short Recommendation

Site passed URL canonicalization test.

---

## Plain Text Email Test

### Short Recommendation

Site passed plain text email test. No plain text email found.

---

## Curl Response

url : https://ukr-dent.com/
content type : text/html; charset=UTF-8
http code : 200
header size : 520
request size : 126
filetime : -1
ssl verify result : 20
redirect count : 0
total time : 0.786355
namelookup time : 0.065109
connect time : 0.066923
pretransfer time : 0.073674
size upload : 0
size download : 141096
speed download : 179430
speed upload : 0
download content length : -1
upload content length : 0
starttransfer time : 0.780069
redirect time : 0
redirect url :

primary ip : 104.21.26.172
certinfo :
primary port : 443
local ip : 45.79.58.186
local port : 45146
http version : 3
protocol : 2
ssl verifyresult : 0
scheme : https
appconnect time us : 73580
connect time us : 66923
namelookup time us : 65109
pretransfer time us : 73674
redirect time us : 0
starttransfer time us : 780069
total time us : 786355

---

## Pagespeed Insights (Mobile)

---

### Performance

Emulated Form Factor **Mobile**

Locale **En-US**

Category **Performance**

---

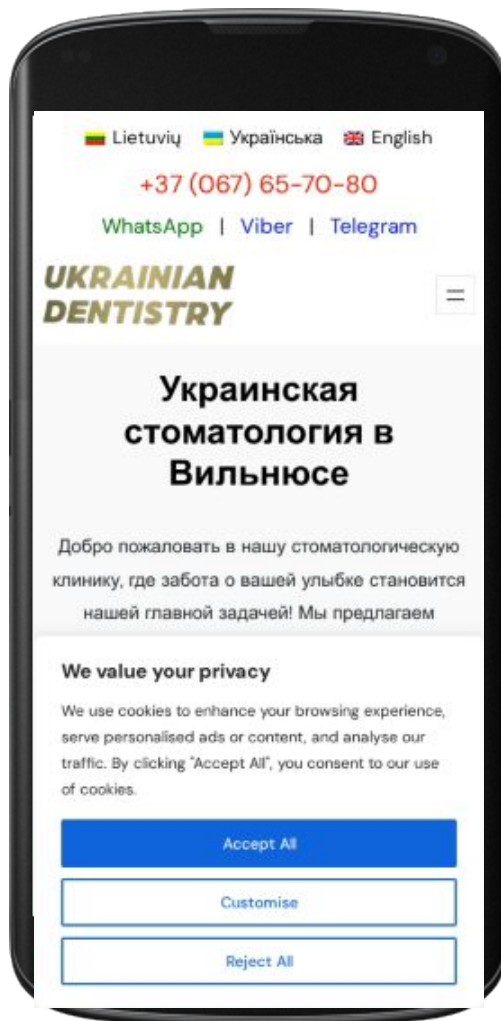
First Contentful Paint (FCP) **997 ms**

FCP Metric Category **FAST**

First Input Delay (FID)

FID Metric Category

Overall Category **FAST**



First Contentful Paint (FCP) **997 ms**

FCP Metric Category **FAST**

First Input Delay (FID)

FID Metric Category

Overall Category **FAST**

First Contentful Paint **1.5 s**

First Meaningful Paint

Speed Index **2.2 s**

First CPU Idle

Time to Interactive **2.8 s**

Max Potential First Input Delay **50 ms**

### Resources Summary

Aggregates all network requests and groups them by type [Learn More](#)

### Eliminate Render-Blocking Resources

Est savings of 470 ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. [Learn More](#)

### Efficiently Encode Images

Est savings of 44 KiB

Optimized images load faster and consume less cellular data. [Learn More](#)

### Enable Text Compression

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes. [Learn More](#)

### Serve Static Assets With An Efficient Cache Policy

36 resources found

A long cache lifetime can speed up repeat visits to your page. [Learn More](#)

### Minimize Third-Party Usage

Third-party code blocked the main thread for 0 ms

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading. [Learn More](#)

---

## Total Blocking Time

0 ms

Sum of all time periods between FCP and Time to Interactive, when task length exceeded 50ms, expressed in milliseconds.

---

## Javascript Execution Time

0.1 s

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn More](#)

---

## Defer Offscreen Images

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. [Learn More](#)

---

## Server Backend Latencies

20 ms

Server latencies can impact web performance. If the server latency of an origin is high, it's an indication the server is overloaded or has poor backend performance. [Learn More](#)

---

## Properly Size Images

Est savings of 131 KiB

Serve images that are appropriately-sized to save cellular data and improve load time. [Learn More](#)

---

## Reduce Unused Css

Est savings of 13 KiB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity. [Learn More](#)

---

## Avoids Enormous Network Payloads

Total size was 1,100 KiB

Large network payloads cost users real money and are highly correlated with long load times. [Learn More](#)

## Minimizes Main-Thread Work

0.4 s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn More](#)

## Avoid Chaining Critical Requests

16 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load. [Learn More](#)

## Avoids An Excessive Dom Size

407 elements

A large DOM will increase memory usage, cause longer [Learn More](#)

## Avoid Multiple Page Redirects

Redirects introduce additional delays before the page can be loaded. [Learn More](#)

## Minify Javascript

Minifying JavaScript files can reduce payload sizes and script parse time. [Learn More](#)

## User Timing Marks And Measures

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. [Learn More](#)

---

## Network Round Trip Times

0 ms

Network round trip times (RTT) have a large impact on performance. If the RTT to an origin is high, it's an indication that servers closer to the user could improve performance. [Learn More](#)

---

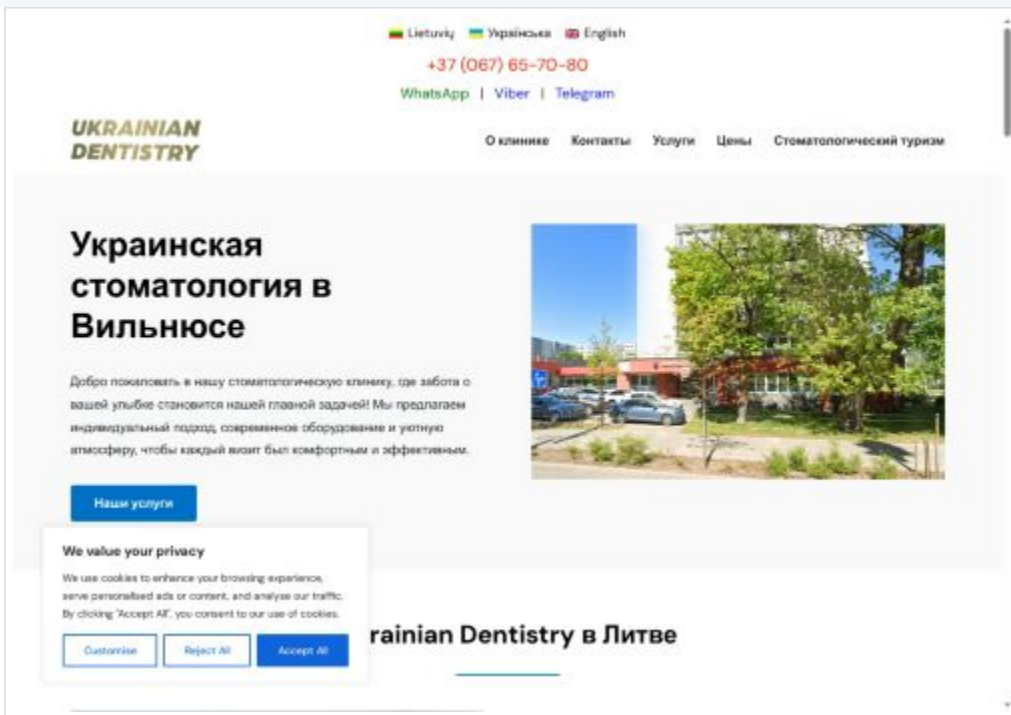
## Pagespeed Insights (Desktop)

---

### Performance

Emulated Form Factor <a href="#">Desktop</a>
Locale <a href="#">En-US</a>
Category <a href="#">Performance</a>

First Contentful Paint (FCP)
FCP Metric Category
First Input Delay (FID)
FID Metric Category
Overall Category



First Contentful Paint (FCP)

FCP Metric Category

First Input Delay (FID)

FID Metric Category

Overall Category

First Contentful Paint **0.4 s**

First Meaningful Paint

Speed Index **0.9 s**

First CPU Idle

Time to Interactive **0.8 s**

Max Potential First Input Delay **50 ms**

## Audit Data

### Resources Summary

Aggregates all network requests and groups them by type [Learn More](#)

## Eliminate Render-Blocking Resources

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles. [Learn More](#)

## Efficiently Encode Images

Est savings of 44 KiB

Optimized images load faster and consume less cellular data. [Learn More](#)

## Enable Text Compression

Text-based resources should be served with compression (gzip, deflate or brotli) to minimize total network bytes. [Learn More](#)

## Serve Static Assets With An Efficient Cache Policy

36 resources found

A long cache lifetime can speed up repeat visits to your page. [Learn More](#)

## Minimize Third-Party Usage

Third-party code blocked the main thread for 0 ms

Third-party code can significantly impact load performance. Limit the number of redundant third-party providers and try to load third-party code after your page has primarily finished loading. [Learn More](#)

## Total Blocking Time

0 ms

Sum of all time periods between FCP and Time to Interactive, when task length exceeded 50ms, expressed in milliseconds.

## Javascript Execution Time

0.1 s

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this. [Learn More](#)

## Defer Offscreen Images

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive. [Learn More](#)

## Server Backend Latencies

30 ms

Server latencies can impact web performance. If the server latency of an origin is high, it's an indication the server is overloaded or has poor backend performance. [Learn More](#)

## Properly Size Images

Est savings of 241 KiB

Serve images that are appropriately-sized to save cellular data and improve load time. [Learn More](#)

## Reduce Unused Css

Est savings of 13 KiB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity. [Learn More](#)

## Avoids Enormous Network Payloads

Total size was 1,097 KiB

Large network payloads cost users real money and are highly correlated with long load times. [Learn More](#)

## Minimizes Main-Thread Work

0.4 s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this. [Learn More](#)

## Avoid Chaining Critical Requests

16 chains found

The Critical Request Chains below show you what resources are loaded with a high priority. Consider reducing the length of chains, reducing the download size of resources, or deferring the download of unnecessary resources to improve page load. [Learn More](#)

## Avoids An Excessive Dom Size

407 elements

A large DOM will increase memory usage, cause longer [Learn More](#)

## Avoid Multiple Page Redirects

Redirects introduce additional delays before the page can be loaded. [Learn More](#)

## Minify Javascript

Minifying JavaScript files can reduce payload sizes and script parse time. [Learn More](#)

## User Timing Marks And Measures

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences. [Learn More](#)

## Network Round Trip Times

0 ms

Network round trip times (RTT) have a large impact on performance. If the RTT to an origin is high, it's an indication that servers closer to the user could improve

performance. [Learn More](#)

---

---