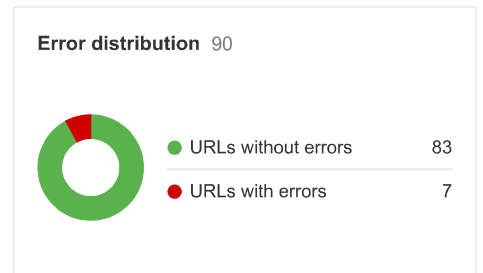
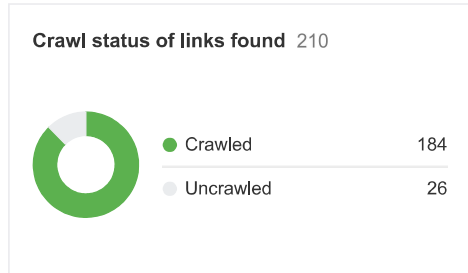
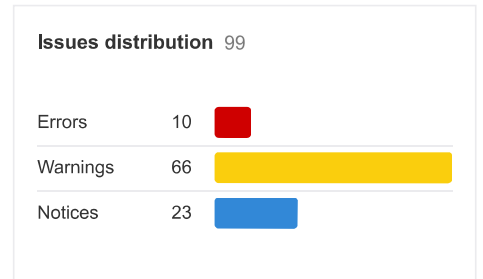
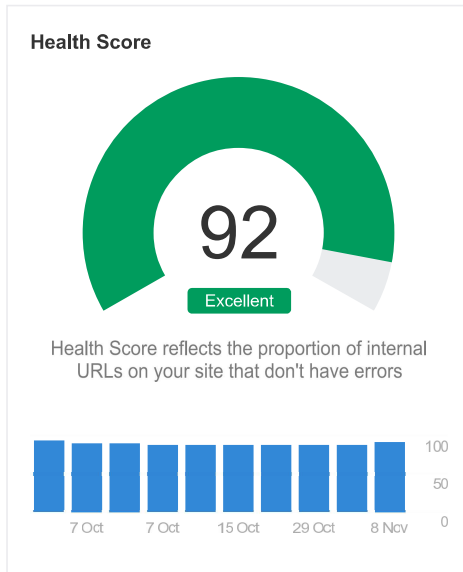
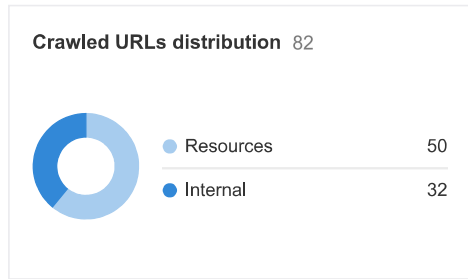


Overview [How to use](#)

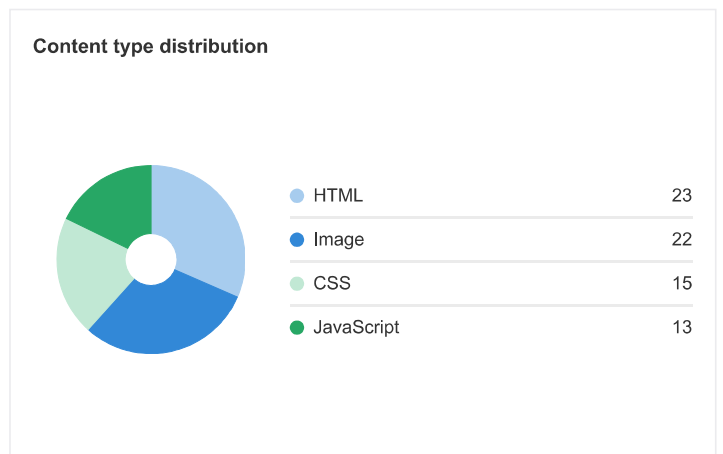
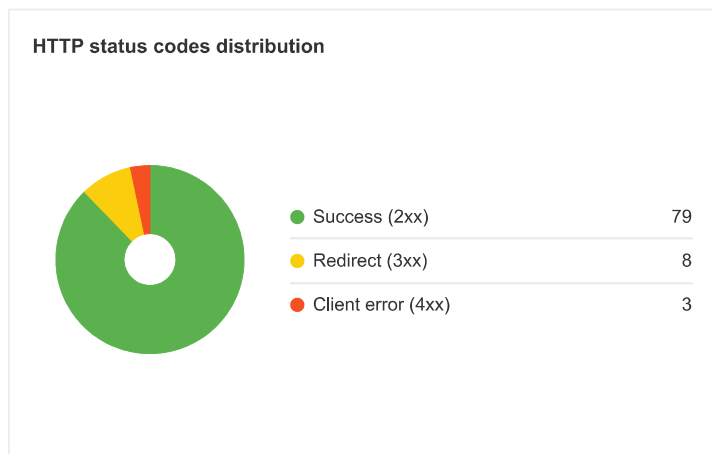


What's new **Top issues**

[Export all issues](#)

Issue		Crawled	Change	Added	New	Removed	Missing
Meta description changed	New	<u>3</u>	3 ▲	—	—	—	?
Word count changed	New	<u>2</u>	2 ▲	—	—	—	?
Title tag changed		<u>3</u>	2 ▲	—	—	—	?
H1 tag changed		<u>2</u>	1 ▲	—	—	—	?
Page and SERP titles do not match		<u>2</u>	1 ▲	<u>1</u>	0	0	?

[View all issues](#)



HTTP status codes by depth level





Performance Report for: <https://pain-treatment.ie/>

Report generated: Tue, Nov 7, 2023 10:11 PM -0800
 Test Server Location: Vancouver, Canada
 Using: Chrome (Desktop) 117.0.0.0, Lighthouse 11.0.0

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	100%	98%	726ms	6ms	0

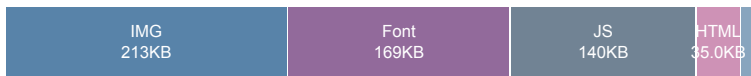
Top Issues

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	27 resources found
Low	Avoid an excessive DOM size TBT	366 elements
Low	Avoid enormous network payloads LCP	Total size was 582KB
Low	Properly size images	Potential savings of 121KB
Low	Avoid long main-thread tasks TBT	1 long task found

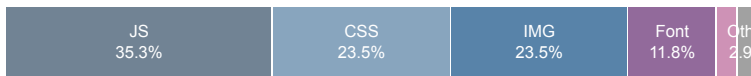
Page Details



Total Page Size - 573KB



Total Page Requests - 34



Legend: HTML JS CSS IMG Video Font Other

How does this affect me?

Today's web user expects a fast and seamless website experience. Delivering that fast experience can result in increased visits, conversions and overall happiness.

As if you didn't need more incentive, **Google has announced that they are using page speed in their ranking algorithm.**

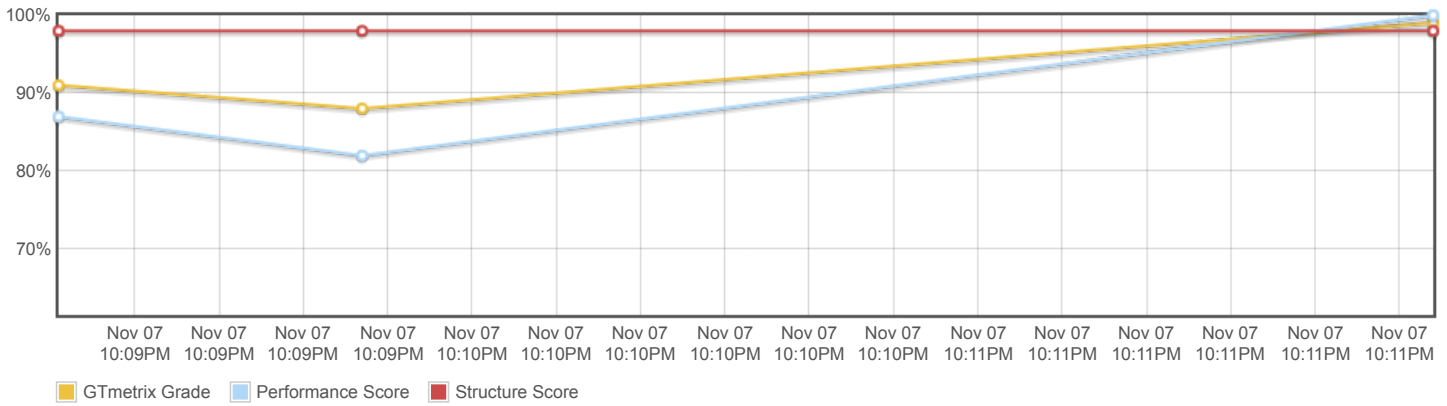
About GTmetrix

CARBON60
THE MANAGED CLOUD COMPANY

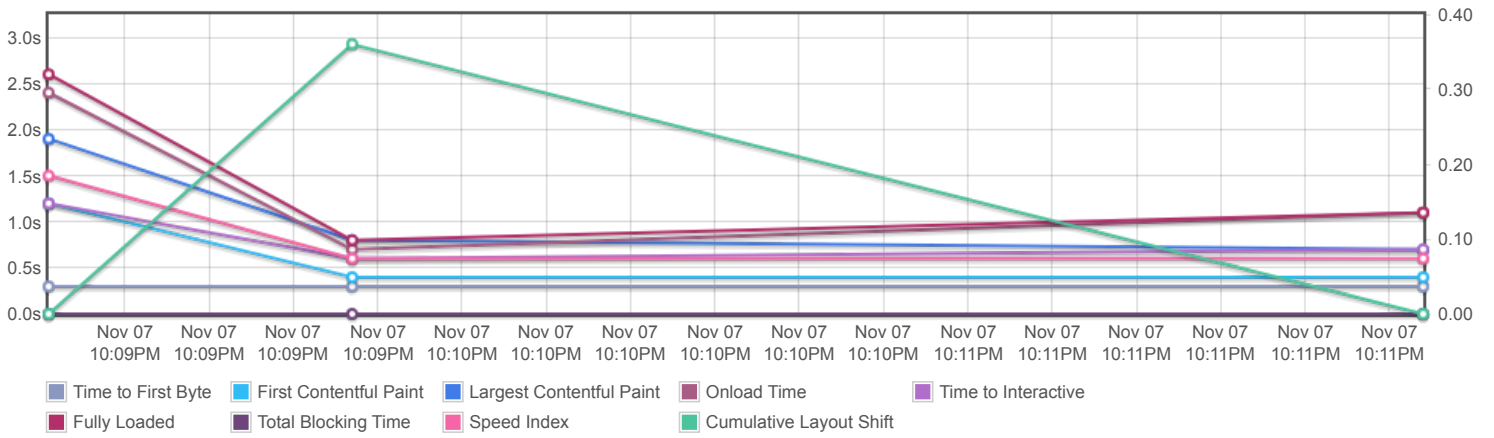
GTmetrix is developed by the good folks at Carbon60, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

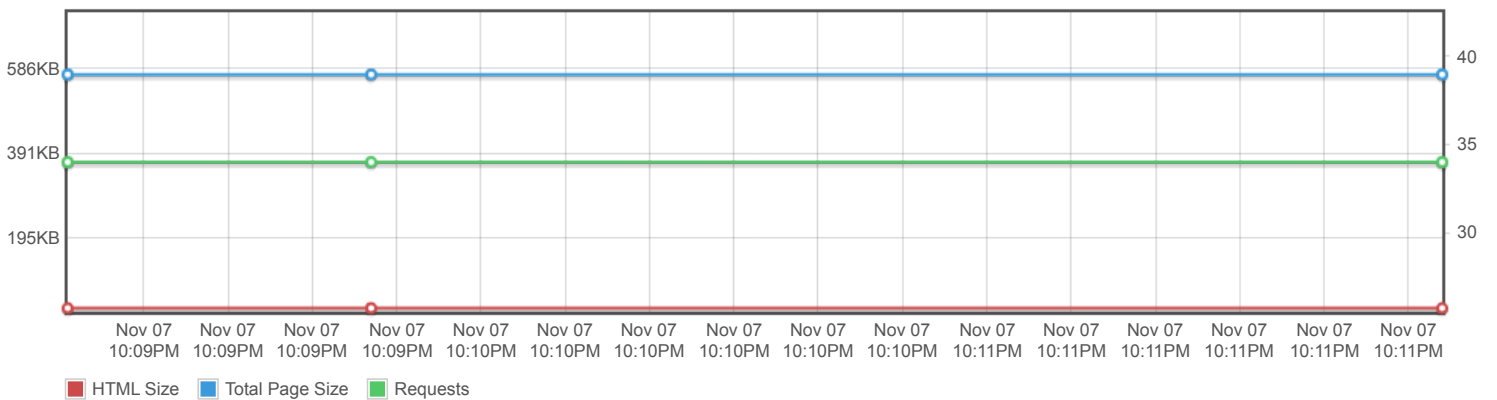
Page scores



Page metrics

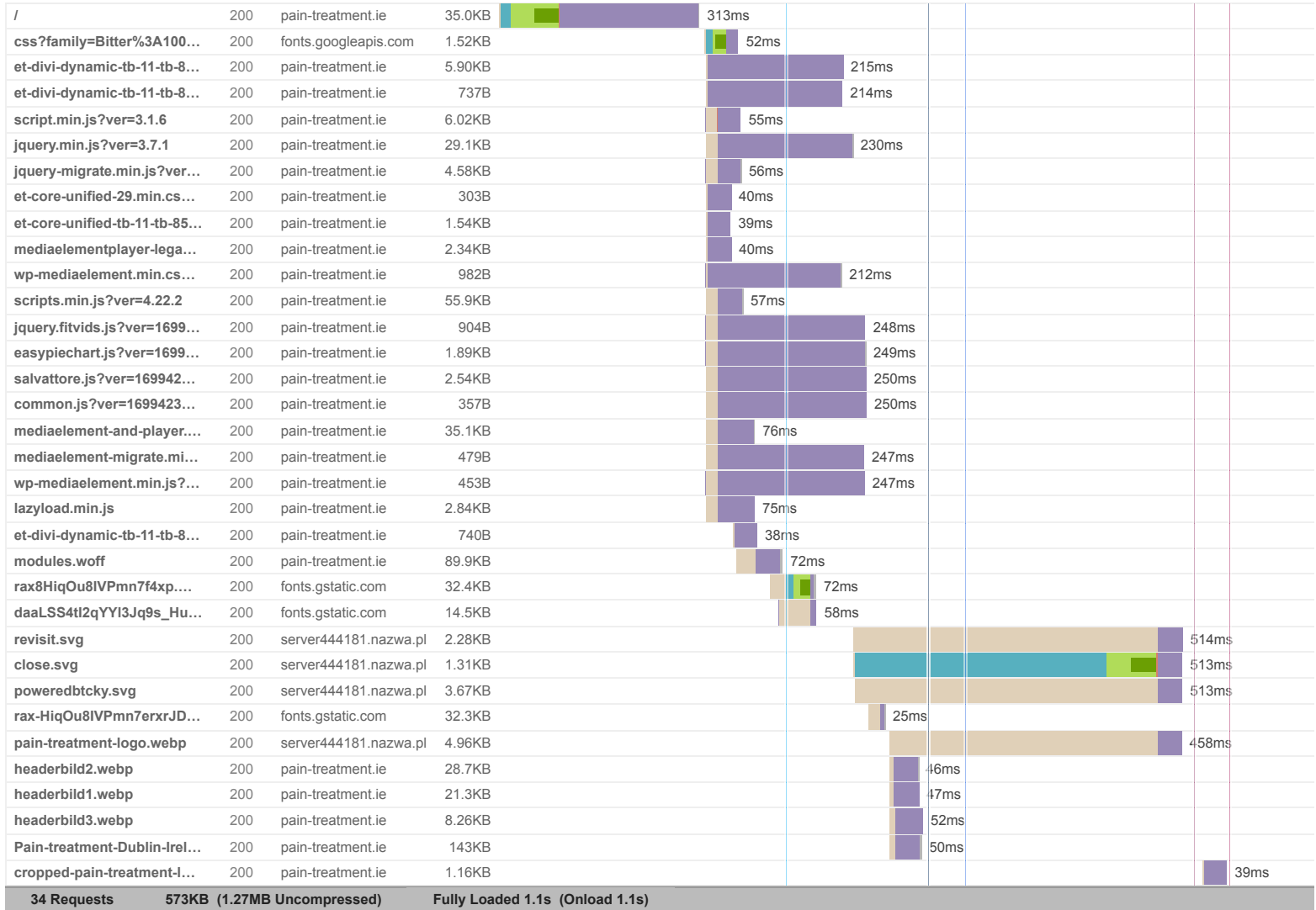


Page sizes and request counts



The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Pain Treatment Clinic - Dún Laoghaire, Dublin, Ireland





Performance Metrics

<p>First Contentful Paint</p> <p>How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.</p>	<p>Good - Nothing to do here</p> <p>445ms</p>	<p>Time to Interactive</p> <p>How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.</p>	<p>Good - Nothing to do here</p> <p>667ms</p>
<p>Speed Index</p> <p>How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.</p>	<p>Good - Nothing to do here</p> <p>579ms</p>	<p>Total Blocking Time</p> <p>How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.</p>	<p>Good - Nothing to do here</p> <p>6ms</p>
<p>Largest Contentful Paint</p> <p>How long it takes for the largest element of content (e.g. a hero image) to be painted on your page. A good user experience is 1.2s or less.</p>	<p>Good - Nothing to do here</p> <p>726ms</p>	<p>Cumulative Layout Shift</p> <p>How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.</p>	<p>Good - Nothing to do here</p> <p>0</p>

Browser Timings

Redirect	0ms	Connect	94ms	Backend	218ms
TTFB	312ms	First Paint	445ms	DOM Int.	545ms
DOM Loaded	667ms	Onload	1.1s	Fully Loaded	1.1s

IMPACT	AUDIT	
Med-Low	Use a Content Delivery Network (CDN)	27 resources found
Low	Avoid an excessive DOM size <small>TBT</small>	366 elements
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 582KB
Low	Properly size images	Potential savings of 121KB
Low	Avoid long main-thread tasks <small>TBT</small>	1 long task found
Low	Reduce unused CSS <small>FCP LCP</small>	Potential savings of 14.4KB
Low	Reduce initial server response time <small>FCP LCP</small>	Root document took 217ms
Low	Defer offscreen images	Potential savings of 2.28KB
Low	Avoid non-composited animations <small>CLS</small>	1 animated element found
Low	Avoid chaining critical requests <small>FCP LCP</small>	5 chains found
Low	Reduce unused JavaScript <small>LCP</small>	Potential savings of 65.8KB
N/A	Largest Contentful Paint element <small>LCP</small>	730 ms
N/A	Reduce JavaScript execution time <small>TBT</small>	18ms spent executing JavaScript
N/A	Avoid serving legacy JavaScript to modern browsers <small>TBT</small>	Potential savings of 9.72KB
N/A	Avoid large layout shifts <small>CLS</small>	2 elements found
N/A	Minimize main-thread work <small>TBT</small>	Main-thread busy for 365ms
N/A	Reduce the impact of third-party code <small>TBT</small>	Total size was 94.8KB
N/A	Eliminate render-blocking resources <small>FCP LCP</small>	
N/A	User Timing marks and measures	