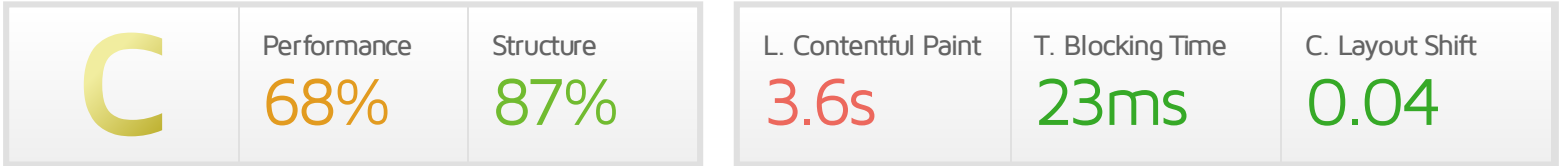




Performance Report for: <https://integrativemedicine.ie/>

Report generated: Thu, Dec 21, 2023 7:10 AM -0800
 Test Server Location: Vancouver, Canada
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0



Top Issues

IMPACT	AUDIT	
High	Reduce initial server response time <small>FCP LCP</small>	Root document took 988ms
Med	Efficiently encode images	Potential savings of 0.99MB
Med-Low	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 267ms
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 191KB
Med-Low	Use a Content Delivery Network (CDN)	21 resources found

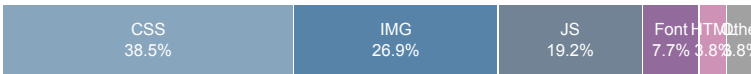
Page Details



Total Page Size - 1.94MB



Total Page Requests - 26



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.**

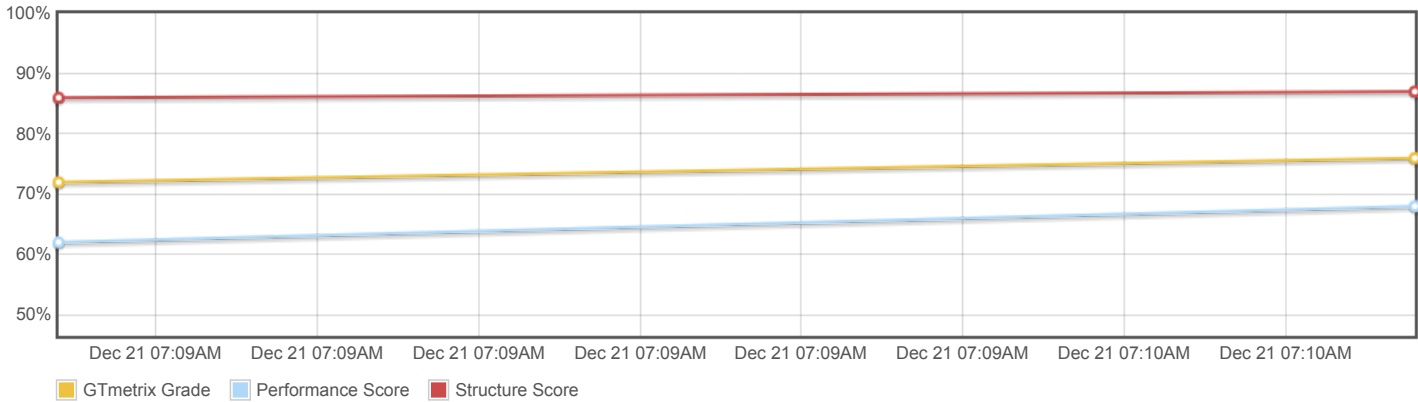
About GTmetrix

CARBON60
THE MANAGED CLOUD COMPANY

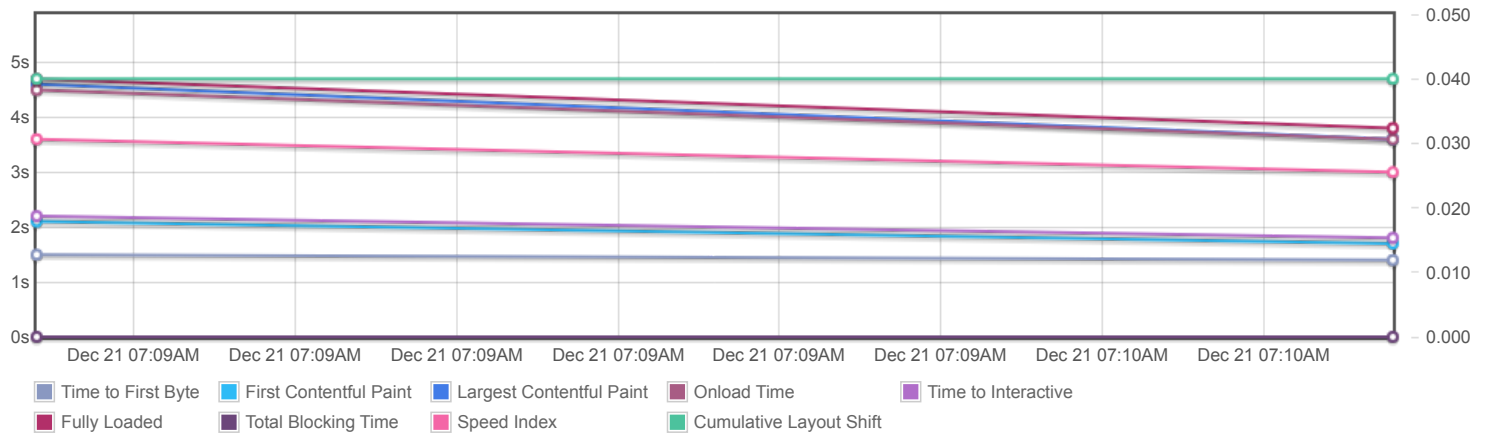
GTmetrix is developed by the good folks at Carbon60, a Canadian hosting company with over 27 years experience in web technology.

<https://carbon60.com/>

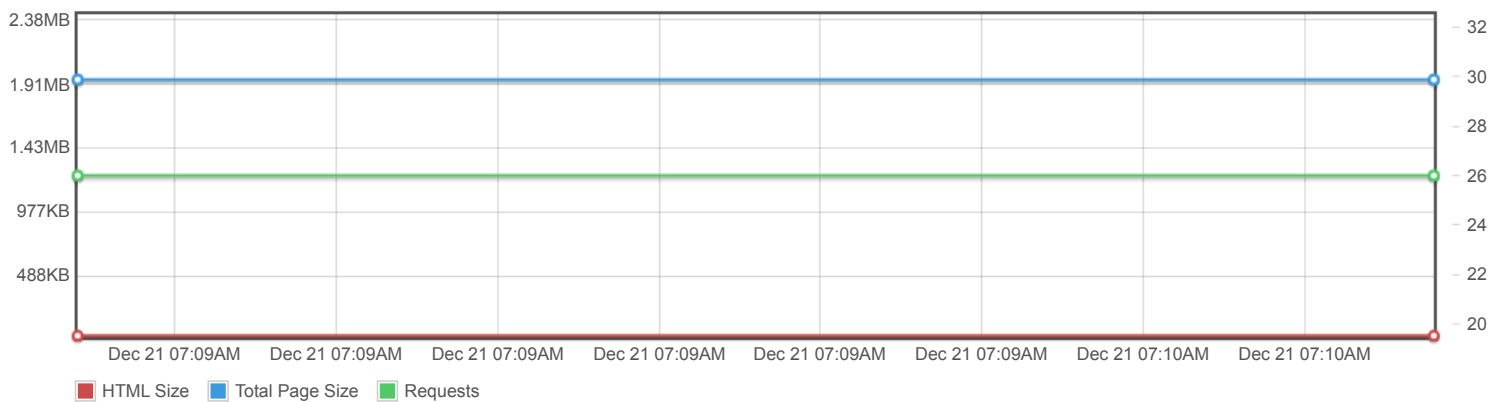
Page scores



Page metrics



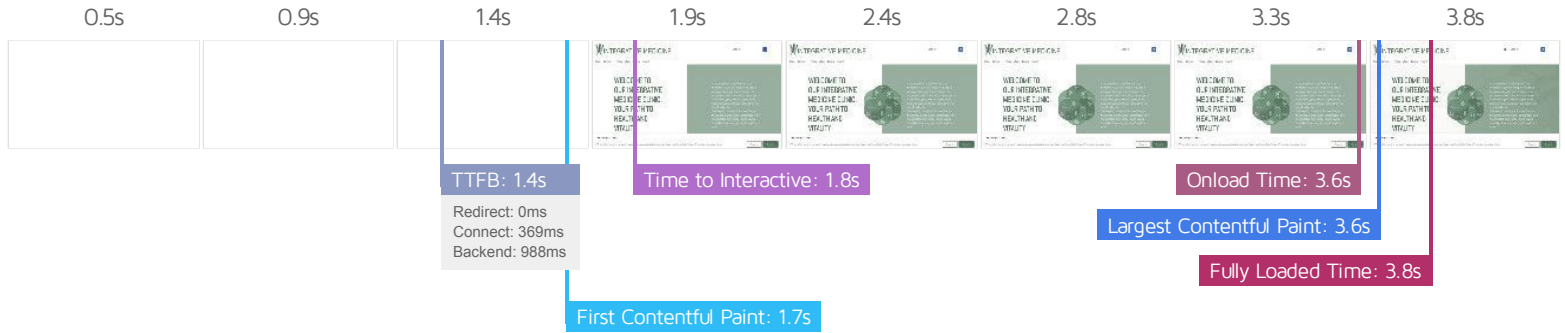
Page sizes and request counts



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.

Dr. Tobias Pinter |





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>Much longer than recommended</p> <p>1.7s</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>1.8s</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>Much longer than recommended</p> <p>3.0s</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>23ms</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>Much longer than recommended</p> <p>3.6s</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>0.04</p>

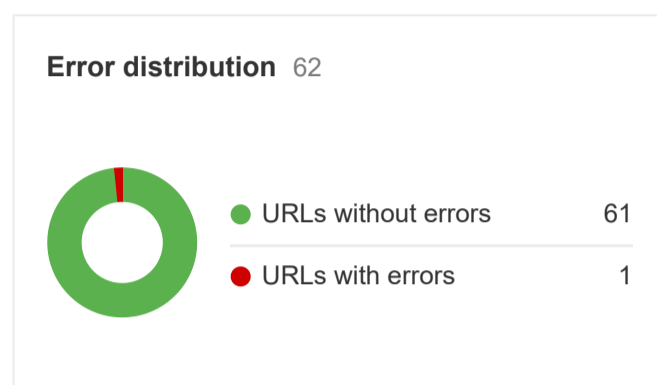
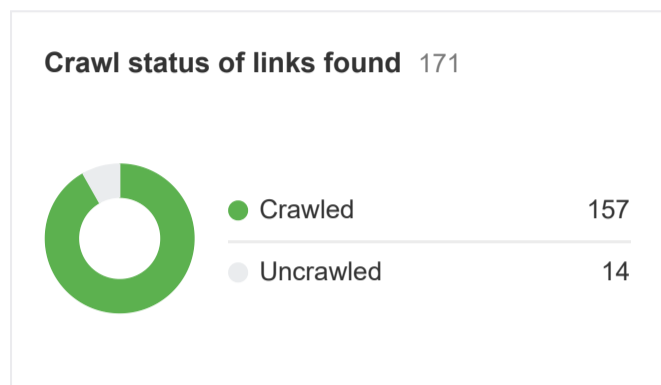
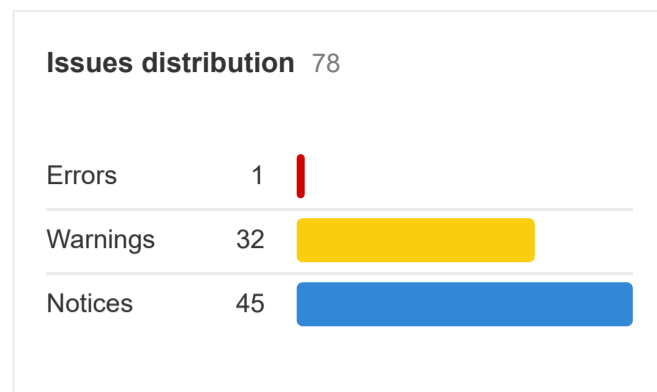
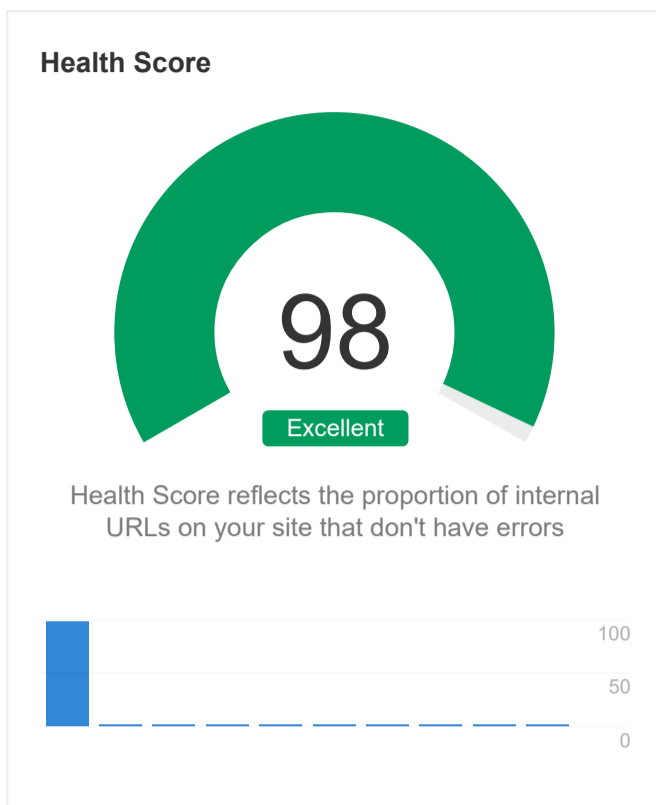
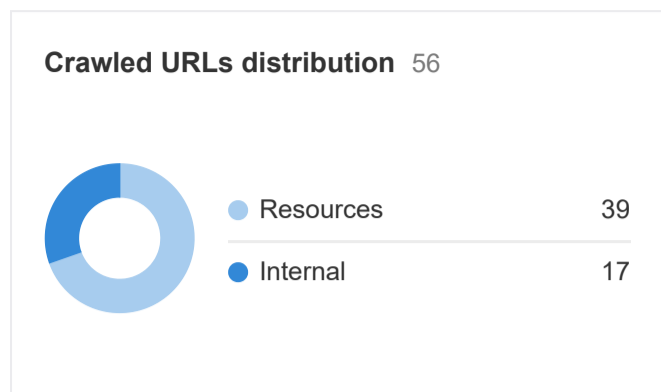
Browser Timings

Redirect	0ms	Connect	369ms	Backend	988ms
TTFB	1.4s	First Paint	1.7s	DOM Int.	1.8s
DOM Loaded	1.8s	Onload	3.6s	Fully Loaded	3.8s

IMPACT	AUDIT	
High	Reduce initial server response time FCP LCP	Root document took 988ms
Med	Efficiently encode images	Potential savings of 0.99MB
Med-Low	Eliminate render-blocking resources FCP LCP	Potential savings of 267ms
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 191KB
Med-Low	Use a Content Delivery Network (CDN)	21 resources found
Low	Serve images in next-gen formats	Potential savings of 1.27MB
Low	Avoid chaining critical requests FCP LCP	15 chains found
Low	Avoid enormous network payloads LCP	Total size was 1.95MB
Low	Avoid long main-thread tasks TBT	2 long tasks found
Low	Avoid an excessive DOM size TBT	494 elements
Low	Properly size images	Potential savings of 133KB
Low	Reduce unused CSS FCP LCP	Potential savings of 32.9KB
Low	Defer offscreen images	Potential savings of 1.48MB
Low	Avoid large layout shifts CLS	5 elements found
Low	Avoid non-composited animations CLS	7 animated elements found
Low	Reduce unused JavaScript LCP	Potential savings of 36.8KB
N/A	Largest Contentful Paint element LCP	3,640 ms
N/A	Reduce JavaScript execution time TBT	12ms spent executing JavaScript
N/A	Minimize main-thread work TBT	Main-thread busy for 419ms
N/A	Reduce the impact of third-party code TBT	Total size was 1.49MB
N/A	Avoid serving legacy JavaScript to modern browsers TBT	
N/A	User Timing marks and measures	

21 Dec 2023 Integrativemedicine (integrativemedicine.ie/)

Overview [How to use](#)

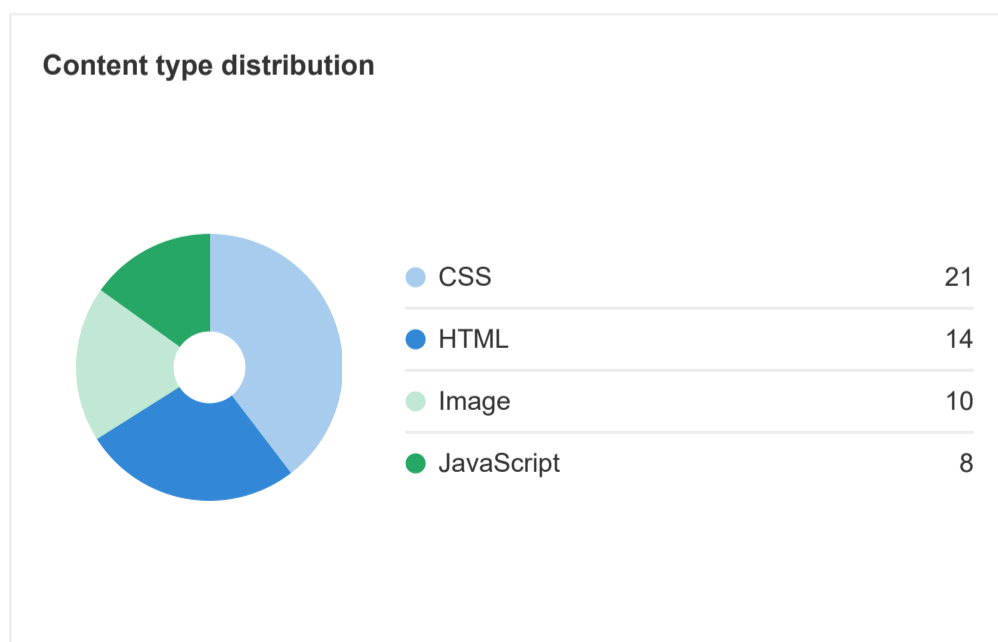
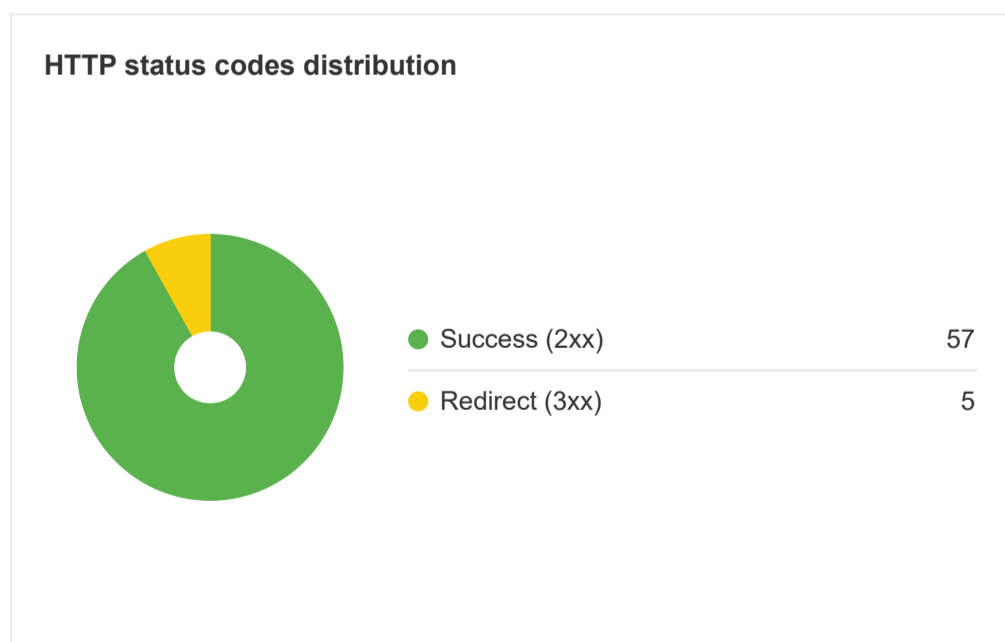


Top Issues

[Export all issues](#)

Issue	Crawled	Change	Added	New	Removed	Missing
⚠ Orphan page (has no incoming internal links)	1	—	—	—	—	?
ℹ Meta description tag missing or empty	14	—	—	—	—	?
ℹ Missing alt text	14	—	—	—	—	?
ℹ 3XX redirect	3	—	—	—	—	?
ℹ CSS file size too large	1	—	—	—	—	?
ℹ Multiple H1 tags	14	—	—	—	—	?
ℹ Open Graph tags missing	14	—	—	—	—	?
ℹ Twitter card missing	14	—	—	—	—	?
ℹ HTTP to HTTPS redirect	2	—	—	—	—	?
ℹ Page has only one dofollow incoming internal link	1	—	—	—	—	?

[View all issues](#)



?

