

Performance Report for: <https://athostx.com/>

Report generated: Mon, Mar 11, 2024 10:15 PM -0700
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

C	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	66%	86%	2.9s	10ms	0.01

Top Issues

High	Reduce initial server response time <small>FCP LCP</small>	Root document took 1.6s
Med	Use explicit width and height on image elements <small>CLS</small>	1 image found
Med	Use a Content Delivery Network (CDN)	67 resources found
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 205KB
Med-Low	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 266ms

Page Details



Total Page Size - 3.36MB



Total Page Requests - 78



■ 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

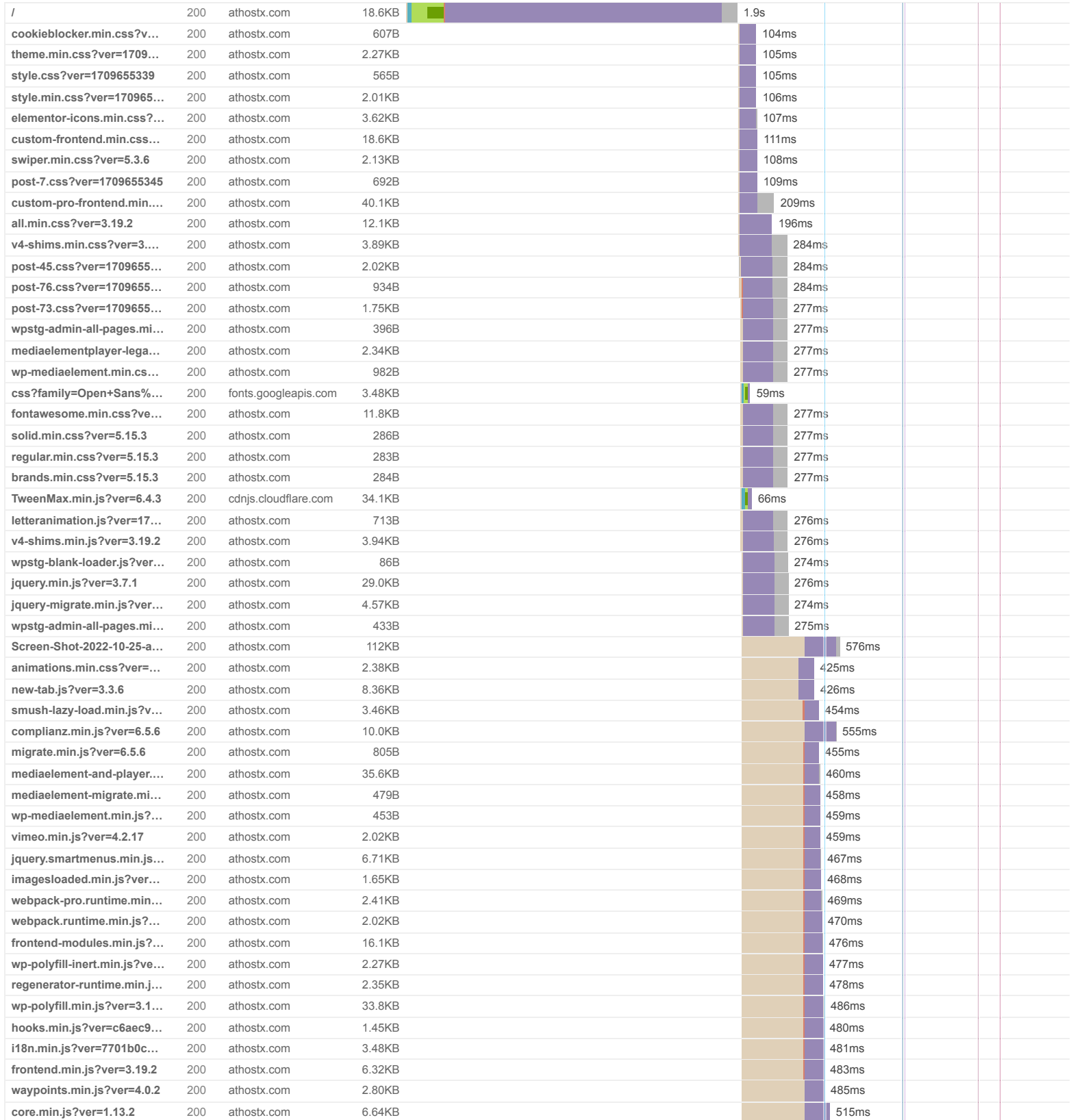


GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

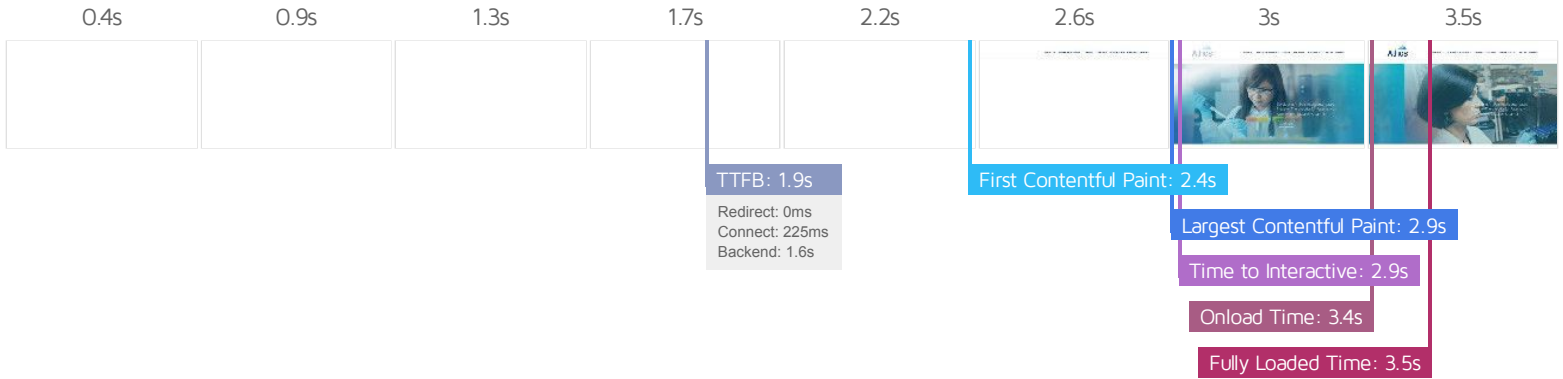
<https://carbon60.com/>

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.

Home - Athos Therapeutics



frontend.min.js?ver=3.19.2	200	athostx.com	11.6KB		547ms	
elements-handlers.min.js...	200	athostx.com	8.63KB		548ms	
jquery.sticky.min.js?ver=...	200	athostx.com	1.41KB		549ms	
home_01-copy.png	200	athostx.com	268KB		375ms	
InHouse_01-copy.png	200	athostx.com	319KB		389ms	
carousel03.png	200	athostx.com	285KB		404ms	
Mask-Group-2.png	200	athostx.com	425KB		440ms	
Group-1147.png	200	athostx.com	1.78KB		188ms	
footer.png	200	athostx.com	2.35KB		187ms	
memvYaGs126MiZpBA-U...	200	fonts.gstatic.com	47.1KB		142ms	
fa-solid-900.woff2	200	athostx.com	76.4KB		279ms	
fa-regular-400.woff2	200	athostx.com	13.0KB		278ms	
fa-brands-400.woff2	200	athostx.com	75.0KB		293ms	
Athos-Therapeutics-Inc_v...	(canceled)	athostx.com	1.25MB		644ms	
KFOmCnqEu92Fr1Mu4mx...	200	fonts.gstatic.com	15.4KB		69ms	
logo.svg	200	athostx.com	5.16KB		143ms	
banner-1-optout.css?v=63	200	athostx.com	2.82KB		111ms	
wp-emoji-release.min.js?...	200	athostx.com	4.54KB		111ms	
nav-menu.d43af66e5000f...	200	athostx.com	1.52KB		105ms	
media-carousel.aca2224e...	200	athostx.com	1.89KB		107ms	
video.fea4f8dfdf17262f23...	200	athostx.com	1.21KB		99ms	
text-editor.2c35aafbe5bf0...	200	athostx.com	600B		108ms	
eicons.woff2?5.27.0	200	athostx.com	93.9KB		137ms	
swiper.min.js?ver=5.3.6	200	athostx.com	33.2KB		101ms	
athos-favicon.jpg	200	athostx.com	684B		94ms	
78 Requests	3.36MB (5.03MB Uncompressed)	3.5s (Onload 3.4s)				



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>2.4s</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>OK, but consider improvement</p> <p>2.9s</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>4.3s</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>10ms</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>2.9s</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>0.01</p>

Browser Timings

Redirect	0ms	Connect	225ms	Backend	1.6s
TTFB	1.9s	First Paint	2.4s	DOM Int.	2.9s
DOM Loaded	2.9s	Onload	3.4s	Fully Loaded	3.5s

IMPACT AUDIT

Med-Low

Avoid chaining critical requests FCP LCP

56 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.

Maximum critical path latency: **3.3s**

INITIAL NAVIGATION



https://athostx.com/wp-content/plugins/page-links-to/dist/new-tab.js?ver=3.3.6	8.42KB	94ms
https://athostx.com/wp-content/plugins/elementor-pro/assets/js/frontend_min.js?ver=3.19.2	6.35KB	131ms
https://athostx.com/wp-includes/js/mediaelement/wp-mediaelement.min.css?ver=6.4.3	1.01KB	273ms
https://athostx.com/wp-content/uploads/elementor/css/post-73.css?ver=1709655346	1.80KB	272ms
https://athostx.com/wp-includes/js/mediaelement/wp-mediaelement.min.js?ver=6.4.3	509B	108ms
https://athostx.com/wp-content/uploads/elementor/css/custom-pro-frontend.min.css?ver=1709655345	40.1KB	204ms
https://athostx.com/wp-content/plugins/elementor/assets/js/webpack.runtime.min.js?ver=3.19.2	2.05KB	118ms
https://athostx.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3	11.9KB	273ms
https://athostx.com/wp-content/themes/hello-elementor/style.min.css?ver=1709655339	2.04KB	102ms
https://athostx.com/wp-includes/js/mediaelement/renderers/vimeo.min.js?ver=4.2.17	2.08KB	108ms
https://athostx.com/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0	2.40KB	126ms
https://athostx.com/wp-content/plugins/elementor/assets/js/frontend_min.js?ver=3.19.2	11.6KB	195ms
https://athostx.com/wp-content/uploads/elementor/css/post-45.css?ver=1709655345	2.05KB	279ms
https://cdnjs.cloudflare.com/ajax/libs/gsap/2.1.3/TweenMax.min.js?ver=6.4.3	34.7KB	62ms
https://athostx.com/wp-content/plugins/wp-smushit/app/assets/js/smush-lazy-load_min.js?ver=3.15.5	3.51KB	103ms
https://athostx.com/wp-content/plugins/elementor-pro/assets/lib/smartmenus/jquery.smartmenus.min.js?ver=1.2.1	6.76KB	116ms
https://athostx.com/wp-includes/js/jquery/ui/core.min.js?ver=1.13.2	6.67KB	163ms
https://athostx.com/wp-content/plugins/elementor/assets/lib/eicons/css/elementor-icons.min.css?ver=5.27.0	3.67KB	102ms
https://athostx.com/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.27.0	93.9KB	95ms
https://fonts.googleapis.com/css?family=Open+Sans%3A100%2C100italic%2C200%2C200italic%2C300%2C300italic%2C400%2C400italic%2C500%2C500italic%2C600%2C600italic%2C700%2C700italic%2C	3.48KB	54ms
https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2	47.6KB	38ms
https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	10ms
https://athostx.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=3.19.2	12.1KB	190ms
https://athostx.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-solid-900.woff2	76.5KB	176ms
https://athostx.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-regular-400.woff2	13.0KB	175ms
https://athostx.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-brands-400.woff2	75.0KB	190ms

Low **Defer offscreen images** Potential savings of 515KB

Consider lazy-loading offscreen and hidden images after all critical resources have finished loading to lower time to interactive.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://athostx.com/wp-content/uploads/2022/11/carousel03.png	285KB	264KB
https://athostx.com/wp-content/uploads/2022/11/home_01-copy.png	268KB	248KB
https://athostx.com/wp-content/uploads/2020/04/footer.png	2.35KB	2.35KB

Low **Serve images in next-gen formats** Potential savings of 1.00MB

Image formats like WebP and AVIF often provide better compression than PNG or JPEG, which means faster downloads and less data consumption.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://athostx.com/wp-content/uploads/2022/11/Mask-Group-2.png	425KB	319KB
https://athostx.com/wp-content/uploads/2022/11/InHouse_01-copy.png	319KB	242KB
https://athostx.com/wp-content/uploads/2022/11/carousel03.png	285KB	212KB
https://athostx.com/wp-content/uploads/2022/11/home_01-copy.png	268KB	205KB
https://athostx.com/wp-content/uploads/2022/11/Screen-Shot-2022-10-25-at-9.15.59-AM-scaled-1.jpg	112KB	44.3KB

Low

Avoid enormous network payloads LCP

Total size was 2.12MB

Large network payloads cost users real money and are highly correlated with long load times.

URL	TRANSFER SIZE
https://athostx.com/wp-content/uploads/2022/11/Mask-Group-2.png	425KB
https://athostx.com/wp-content/uploads/2022/11/InHouse_01-copy.png	319KB
https://athostx.com/wp-content/uploads/2022/11/carousel03.png	285KB
https://athostx.com/wp-content/uploads/2022/11/home_01-copy.png	268KB
https://athostx.com/wp-content/uploads/2022/11/Screen-Shot-2022-10-25-at-9.15.59-AM-scaled-1.jpg	112KB
https://athostx.com/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.27.0	93.9KB
https://athostx.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-solid-900.woff2	76.5KB
https://athostx.com/wp-content/plugins/elementor/assets/lib/font-awesome/webfonts/fa-brands-400.woff2	75.0KB
https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2	47.6KB
https://athostx.com/wp-content/uploads/elementor/css/custom-pro-frontend.min.css?ver=1709655345	40.1KB

Low

Avoid an excessive DOM size TBT

570 elements

A large DOM will increase memory usage, cause longer style calculations, and produce costly layout reflows.

STATISTIC	ELEMENT	VALUE
Total DOM Elements		570
Maximum DOM Depth	li.menu-item > a#sm-17102205311895242-1 > span.sub-arrow > i <i class="">	18
Maximum Child Elements	body.home <body data-cmplz="1" class="home page-template-default page page-id-45 wp-custom-logo elementor-defaul..." data-elementor-device-mode="desktop">	39

Low

Ensure text remains visible during webfont load FCP LCP

3 fonts found

Leverage the `font-display` CSS feature to ensure text is user-visible while webfonts are loading.

URL	POTENTIAL SAVINGS
https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2OVTS-muw.woff2	38ms
https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2	10ms
https://athostx.com/wp-content/plugins/elementor/assets/lib/eicons/fonts/eicons.woff2?5.27.0	95ms

Low

Avoid long main-thread tasks TBT

2 long tasks found

Lists the longest tasks on the main thread, useful for identifying worst contributors to input delay.

URL	START TIME	DURATION
• https://cdnjs.cloudflare.com/ajax/libs/gsap/2.1.3/TweenMax.min.js?ver=6.4.3	2.3s	84ms
• https://athostx.com/wp-content/plugins/complianz-gdpr/cookiebanner/js/complianz.min.js?ver=6.5.6	2.9s	60ms

Low **Reduce JavaScript execution time** TBT 216ms spent executing JavaScript

Consider reducing the time spent parsing, compiling, and executing JS. You may find delivering smaller JS payloads helps with this.

URL	TOTAL CPU TIME	SCRIPT EVALUATION	SCRIPT PARSE
• Unattributable	319ms	0ms	0ms
• https://athostx.com/	275ms	26ms	2ms
• https://athostx.com/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	178ms	159ms	1ms
• https://cdnjs.cloudflare.com/ajax/libs/gsap/2.1.3/TweenMax.min.js?ver=6.4.3	137ms	23ms	1ms

Low **Reduce unused CSS** FCP LCP Potential savings of 81.5KB

Reduce unused rules from stylesheets and defer CSS not used for above-the-fold content to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://athostx.com/wp-content/uploads/elementor/css/custom-pro-frontend.min.css?ver=1709655345	40.1KB	39.7KB
• https://athostx.com/wp-content/uploads/elementor/css/custom-frontend.min.css?ver=1709655345	18.7KB	18.0KB
• https://athostx.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/all.min.css?ver=3.19.2	12.1KB	12.0KB
• https://athostx.com/wp-content/plugins/elementor/assets/lib/font-awesome/css/fontawesome.min.css?ver=5.15.3	11.9KB	11.8KB

Low **Avoid non-composited animations** CLS 1 animated element found

Animations which are not composited can be janky and increase CLS.

ELEMENT	NAME
Go to slide 1	
<code><div class="swiper-pagination swiper-pagination-clickable swiper-pagination-bullets"></code>	
Unsupported CSS Property: color	color

Low **Reduce unused JavaScript** LCP Potential savings of 55.7KB

Reduce unused JavaScript and defer loading scripts until they are required to decrease bytes consumed by network activity.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://athostx.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17	35.7KB	29.1KB
https://cdnjs.cloudflare.com/ajax/libs/gsap/2.1.3/TweenMax.min.js?ver=6.4.3	34.7KB	26.6KB

N/A **Largest Contentful Paint element** LCP 2,900 ms

This is the largest contentful element painted within the viewport.

ELEMENT

home_01-copy.png

```
<div class="elementor-carousel-image" role="img" aria-label="home_01-copy.png" style="background-image: url(&quot;https://athostx.com/wp-content/uploads/2022/11/home...&quot;); ">
```

PHASE	% OF LCP	TIMING
TTFB	64%	1.9s
Load Delay	17%	483ms
Load Time	13%	370ms
Render Delay	7%	195ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 99B

Polyfills and transforms enable legacy browsers to use new JavaScript features. However, many aren't necessary for modern browsers. For your bundled JavaScript, adopt a modern script deployment strategy using module/nomodule feature detection to reduce the amount of code shipped to modern browsers, while retaining support for legacy browsers.

URL	POTENTIAL SAVINGS
https://athostx.com/wp-includes/js/mediaelement/mediaelement-and-player.min.js?ver=4.2.17 Line:11 Column:12531	50B @babel/plugin-transform-classes
https://athostx.com/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 Line:0 Column:452	49B @babel/plugin-transform-classes

N/A **Avoid large layout shifts** CLS 3 elements found

These DOM elements contribute most to the CLS of the page.

ELEMENT	CLS CONTRIBUTION
Developing Artificial Intelligence-based Precision Therapeutics for Patients wi... <main class="site-main post-45 page type-page status-publish hentry" role="main">	0.00
ABOUT US INNOVATIVE APPROACH PIPELINE PLATFORM NEWS & VIEWS CAREERS CONTACT <ul id="menu-1-5ff56ad" class="elementor-nav-menu" data-smartmenus-id="17102205311690728">	0.00
Developing Artificial Intelligence-based Precision Therapeutics for Patients wi... <h1 class="elementor-heading-title elementor-size-default">	0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 1.3s

Consider reducing the time spent parsing, compiling and executing JS. You may find delivering smaller JS payloads helps with this.

CATEGORY	TIME SPENT
Other	457ms
Script Evaluation	424ms
Style & Layout	238ms
Parse HTML & CSS	73ms
Script Parsing & Compilation	49ms
Rendering	33ms
Garbage Collection	2ms

N/A

Reduce the impact of third-party code TBT

Total size was 101KB

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.

THIRD-PARTY	TRANSFER SIZE	MAIN-THREAD BLOCKING TIME
GOOGLE FONTS	66.6KB	0ms
• https://fonts.gstatic.com/s/opensans/v40/memvYaGs126MiZpBA-UvWbX2vVnXBbObj2QVTS-muw.woff2	47.6KB	0ms
• https://fonts.gstatic.com/s/roboto/v30/KFOmCnqEu92Fr1Mu4mxK.woff2	15.5KB	0ms
CLOUDFLARE CDN	34.7KB	0ms
• https://cdnjs.cloudflare.com/ajax/libs/gsap/2.1.3/TweenMax.min.js?ver=6.4.3	34.7KB	0ms

N/A

User Timing marks and measures

No user timings and/or marks found.