Performance Report for:

https://clock.bio/

Report generated: Wed, Mar 13, 2024 6:07 AM -0700
Test Server Location: London, UK
Using: Chrome 117.0.0.0, Lighthouse 11.0.0

A	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	97%	98%	803ms	0ms	0

Top Issues

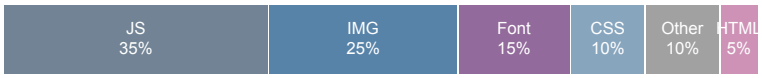
Med	**Use explicit width and height on image elements** CLS	4 images found
Low	**Avoid an excessive DOM size** TBT	251 elements
Low	**Avoid enormous network payloads** LCP	Total size was 567KB
Low	**Ensure text remains visible during webfont load** FCP LCP	3 fonts found
Low	**Avoid long main-thread tasks** TBT	1 long task found

Page Details

924ms
Fully Loaded Time

Total Page Size - 561KB

Total Page Requests - 20



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

CARBON 60
THE MANAGED CLOUD COMPANY

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

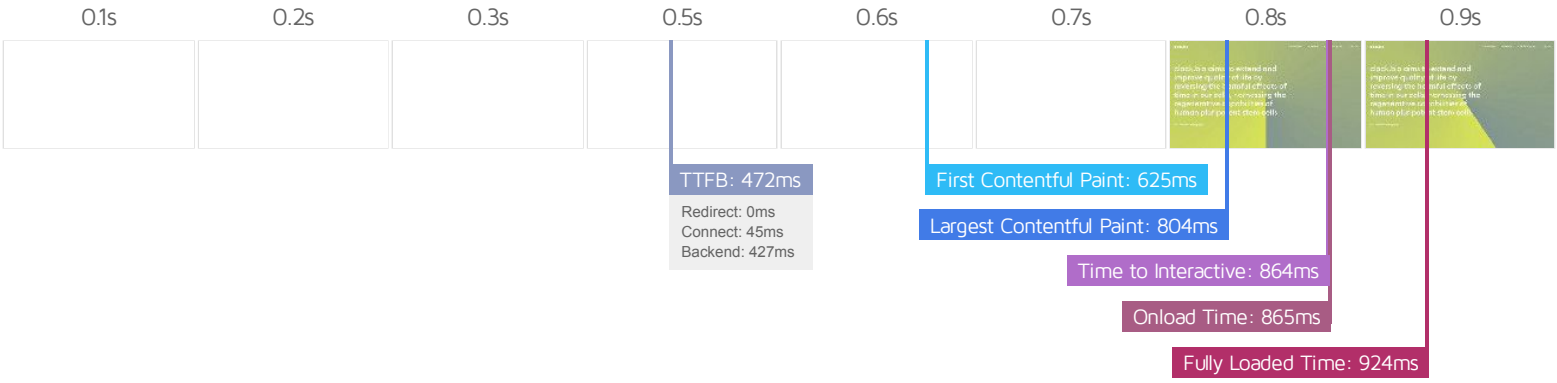
https://carbon60.com/

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.

clock.bio | Home

/	200	clock.bio	7.95KB	473ms
style.min.css	200	clock.bio	16.9KB	13ms
main-min.css?v=1696344…	200	clock.bio	51.6KB	13ms
js?id=G-884Y4HPCQ8	200	googletagmanager.c…	87.4KB	123ms
clockbio-homepage_anim…	200	clock.bio	1.57KB	52ms
clockbio-homepage_anim…	200	clock.bio	505B	66ms
clockbio-homepage_anim…	200	clock.bio	396B	52ms
clock_bio-symbol-clr-pri…	200	clock.bio	96.7KB	72ms
tweenmax.js	200	clock.bio	38.6KB	35ms
jquery.js	200	clock.bio	91.8KB	70ms
gsap.min.js	200	cdnjs.cloudflare.com	24.7KB	94ms
ScrollTrigger.js	200	cdnjs.cloudflare.com	10.9KB	107ms
sequence-min.js?v=1688…	200	clock.bio	439B	69ms
main-min.js?v=1691531958	200	clock.bio	72.6KB	70ms
table-arrow-right.svg	200	clock.bio	180B	28ms
EuclidCircularB-Medium-…	200	clock.bio	19.8KB	104ms
EuclidCircularB-Regular-…	200	clock.bio	19.9KB	99ms
EuclidCircularB-Light-We…	200	clock.bio	18.0KB	100ms
site.webmanifest	200	clock.bio	426B	30ms
favicon-32x32.png	200	clock.bio	785B	14ms

20 Requests **561KB (1.63MB Uncompressed)** **924ms (Onload 865ms)**



Performance Metrics

First Contentful Paint

Good - Nothing to do here

How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less.

624ms

Time to Interactive

Good - Nothing to do here

How long it takes for your page to become fully interactive. A good user experience is 2.5s or less.

864ms

Speed Index

Longer than recommended

How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less.

1.7s

Total Blocking Time

Good - Nothing to do here

How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less.

0ms

Largest Contentful Paint

Good - Nothing to do here

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.

803ms

Cumulative Layout Shift

Good - Nothing to do here

How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less.

0

Browser Timings

Redirect	0ms	Connect	45ms	Backend	427ms
TTFB	472ms	First Paint	625ms	DOM Int.	862ms
DOM Loaded	864ms	Onload	865ms	Fully Loaded	924ms

IMPACT	AUDIT	
Low	**Reduce JavaScript execution time** TBT	185ms 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
https://clock.bio/wp-content/themes/clock-bio/assets/js/tweenmax.js	847ms	100ms	6ms
https://clock.bio/	296ms	3ms	1ms
Unattributable	163ms	10ms	0ms
https://www.googletagmanager.com/gtag/js?id=G-884Y4HPCQ8	64ms	59ms	3ms

Low	**Reduce unused CSS** FCP LCP	Potential savings of 66.3KB

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://clock.bio/wp-content/themes/clock-bio/assets/css/main-min.css?v=1696344236	51.8KB	49.1KB
https://clock.bio/wp-includes/css/dist/block-library/style.min.css	17.1KB	17.1KB

Low	**Reduce initial server response time** FCP LCP	Root document took 426ms

Keep the server response time for the main document short because all other requests depend on it.

URL	TIME SPENT
https://clock.bio/	426ms

Low	**Defer offscreen images**	Potential savings of 97.0KB

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://clock.bio/wp-content/themes/clock-bio/assets/img/clock_bio-symbol-clr-primary_grey-RGB.svg	97.0KB	97.0KB

Low	**Minify CSS** FCP LCP	Potential savings of 11.5KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://clock.bio/wp-content/themes/clock-bio/assets/css/main-min.css?v=1696344236	51.8KB	11.5KB

Low	**Minify JavaScript** FCP LCP	Potential savings of 50.1KB

Minifying JavaScript files can reduce payload sizes and script parse time.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
• https://clock.bio/wp-includes/js/jquery/jquery.js	92.0KB	47.0KB
• https://cdnjs.cloudflare.com/ajax/libs/gsap/3.5.0/ScrollTrigger.js	11.3KB	3.13KB

Low **Avoid chaining critical requests** FCP LCP — 10 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: **634ms**

INITIAL NAVIGATION

- https://clock.bio/ 8.50KB, 471ms
  - https://clock.bio/wp-includes/css/dist/block-library/style.min.css 17.1KB, 9ms
  - https://clock.bio/wp-includes/js/jquery/jquery.js 92.0KB, 37ms
  - https://clock.bio/wp-content/themes/clock-bio/assets/js/tweenmax.js 39.0KB, 10ms
  - https://cdnjs.cloudflare.com/ajax/libs/gsap/3.5.0/ScrollTrigger.js 11.3KB, 69ms
  - https://cdnjs.cloudflare.com/ajax/libs/gsap/3.12.0/gsap.min.js 25.3KB, 57ms
  - https://clock.bio/wp-content/themes/clock-bio/assets/js/sequence-min.js?v=1688481391 652B, 31ms
  - https://clock.bio/wp-content/themes/clock-bio/assets/js/main-min.js?v=1691531958 72.9KB, 32ms
  - https://clock.bio/wp-content/themes/clock-bio/assets/css/main-min.css?v=1696344236 51.8KB, 9ms
    - https://clock.bio/wp-content/themes/clock-bio/assets/fonts/EuclidCircularB-Regular-WebS.woff2 20.1KB, 12ms
    - https://clock.bio/wp-content/themes/clock-bio/assets/fonts/EuclidCircularB-Medium-WebS.woff2 19.9KB, 17ms
    - https://clock.bio/wp-content/themes/clock-bio/assets/fonts/EuclidCircularB-Light-WebS.woff2 18.2KB, 13ms

Low **Reduce unused JavaScript** LCP — Potential savings of 185KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://clock.bio/wp-includes/js/jquery/jquery.js	92.0KB	63.3KB
https://clock.bio/wp-content/themes/clock-bio/assets/js/main-min.js?v=1691531958	72.9KB	50.6KB
https://www.googletagmanager.com/gtag/js?id=G-884Y4HPCQ8	87.8KB	41.4KB
https://clock.bio/wp-content/themes/clock-bio/assets/js/tweenmax.js	39.0KB	29.5KB

N/A **Largest Contentful Paint element** LCP — 800 ms

This is the largest contentful element painted within the viewport.

ELEMENT

clock.bio aims to extend and improve quality of life by reversing the harmful e…
<p>

PHASE	% OF LCP	TIMING
TTFB	59%	472ms

PHASE	% OF LCP	TIMING
Load Delay	0%	0ms
Load Time	0%	0ms
Render Delay	41%	331ms

N/A **Eliminate render-blocking resources** FCP LCP — Potential savings of 0 ms

Resources are blocking the first paint of your page. Consider delivering critical JS/CSS inline and deferring all non-critical JS/styles.

Resources that **may** be contributing to render-blocking include:

URL	TRANSFER SIZE	DOWNLOAD TIME
https://clock.bio/wp-includes/css/dist/block-library/style.min.css	17.1KB	150ms
https://clock.bio/wp-content/themes/clock-bio/assets/css/main-min.css?v=1696344236	51.8KB	300ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT — Potential savings of 53B

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://clock.bio/wp-content/themes/clock-bio/assets/js/main-min.js?v=1691531958	53B
Line:12 Column:6362 `@babel/plugin-transform-classes`	

N/A **Avoid large layout shifts** CLS — 4 elements found

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

ELEMENT	CLS CONTRIBUTION
Our white paper `<li id="menu-item-237" class="menu-item menu-item-type-custom menu-item-object-custom menu-item-237">`	0.00
Our science `<li id="menu-item-137" class="menu-item menu-item-type-custom menu-item-object-custom current-menu-item …">`	0.00
Our team `<li id="menu-item-62" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-62">`	0.00
Contact `<li id="menu-item-61" class="menu-item menu-item-type-post_type menu-item-object-page menu-item-61">`	0.00

N/A	**Minimize main-thread work** TBT	Main-thread busy for 1.4s

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

CATEGORY	TIME SPENT
Other	881ms
Style & Layout	232ms
Script Evaluation	223ms
Rendering	61ms
Parse HTML & CSS	22ms
Script Parsing & Compilation	22ms
Garbage Collection	4ms

N/A	**Reduce the impact of third-party code** TBT	Total size was 124KB

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 TAG MANAGER	87.8KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-884Y4HPCQ8	87.8KB	0ms
CLOUDFLARE CDN	36.6KB	0ms
• https://cdnjs.cloudflare.com/ajax/libs/gsap/3.12.0/gsap.min.js	25.3KB	0ms
• https://cdnjs.cloudflare.com/ajax/libs/gsap/3.5.0/ScrollTrigger.js	11.3KB	0ms

N/A	**User Timing marks and measures**

No user timings and/or marks found.