

# Performance Report for:

<http://mentalnotespsych.com/>

Report generated: Thu, Mar 7, 2024 6:11 PM -0800  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

<b>D</b>	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	62%	79%	4.3s	0ms	0

## Top Issues

High	<b>Eliminate render-blocking resources</b> <small>FCP LCP</small>	Potential savings of 1.6s
Med	<b>Use explicit width and height on image elements</b> <small>CLS</small>	2 images found
Med-Low	<b>Use a Content Delivery Network (CDN)</b>	25 resources found
Med-Low	<b>Avoid CSS @import</b> <small>FCP LCP</small>	2 resources found
Low	<b>Serve static assets with an efficient cache policy</b>	Potential savings of 97.1KB

## Page Details



### Total Page Size - 1.58MB



### Total Page Requests - 49



## 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.**

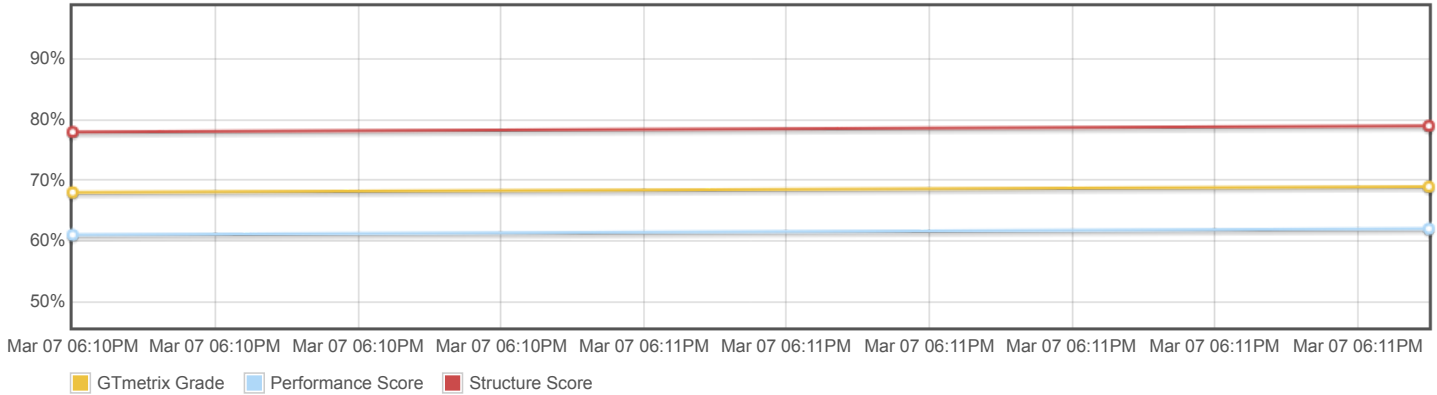
## About GTmetrix



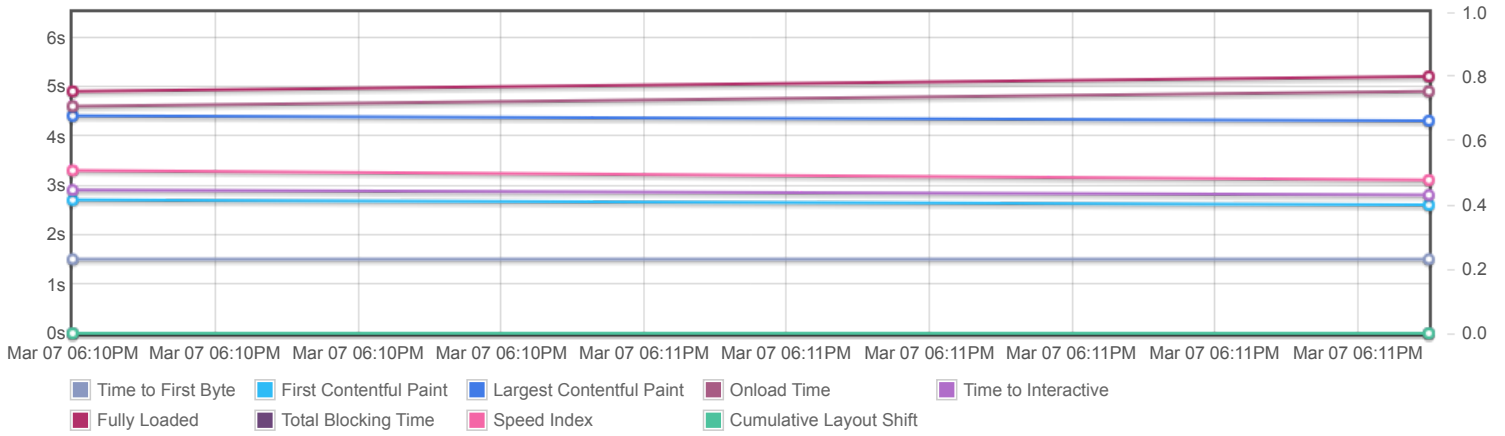
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

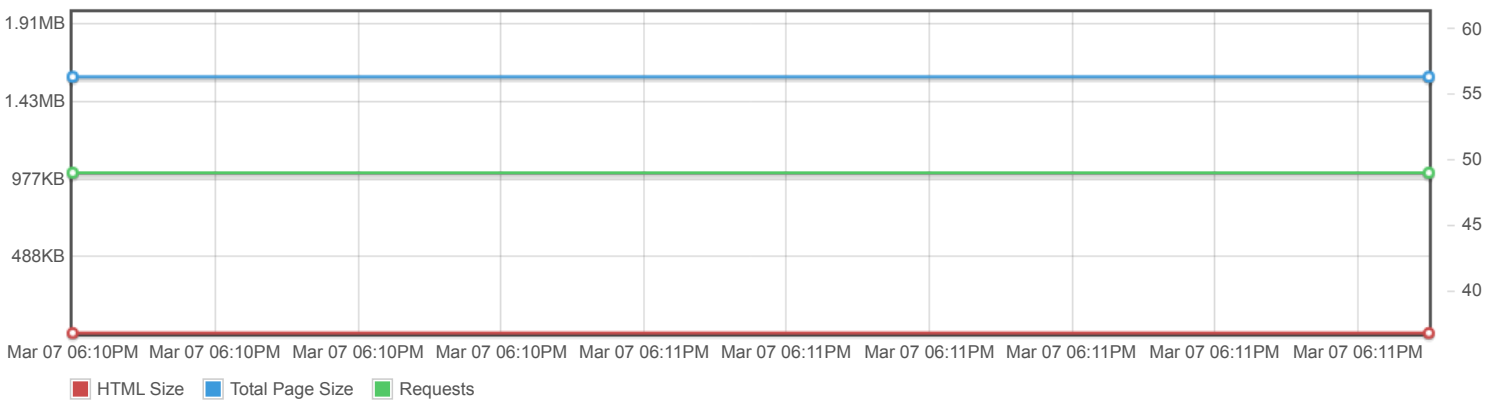
### Page scores



### Page metrics

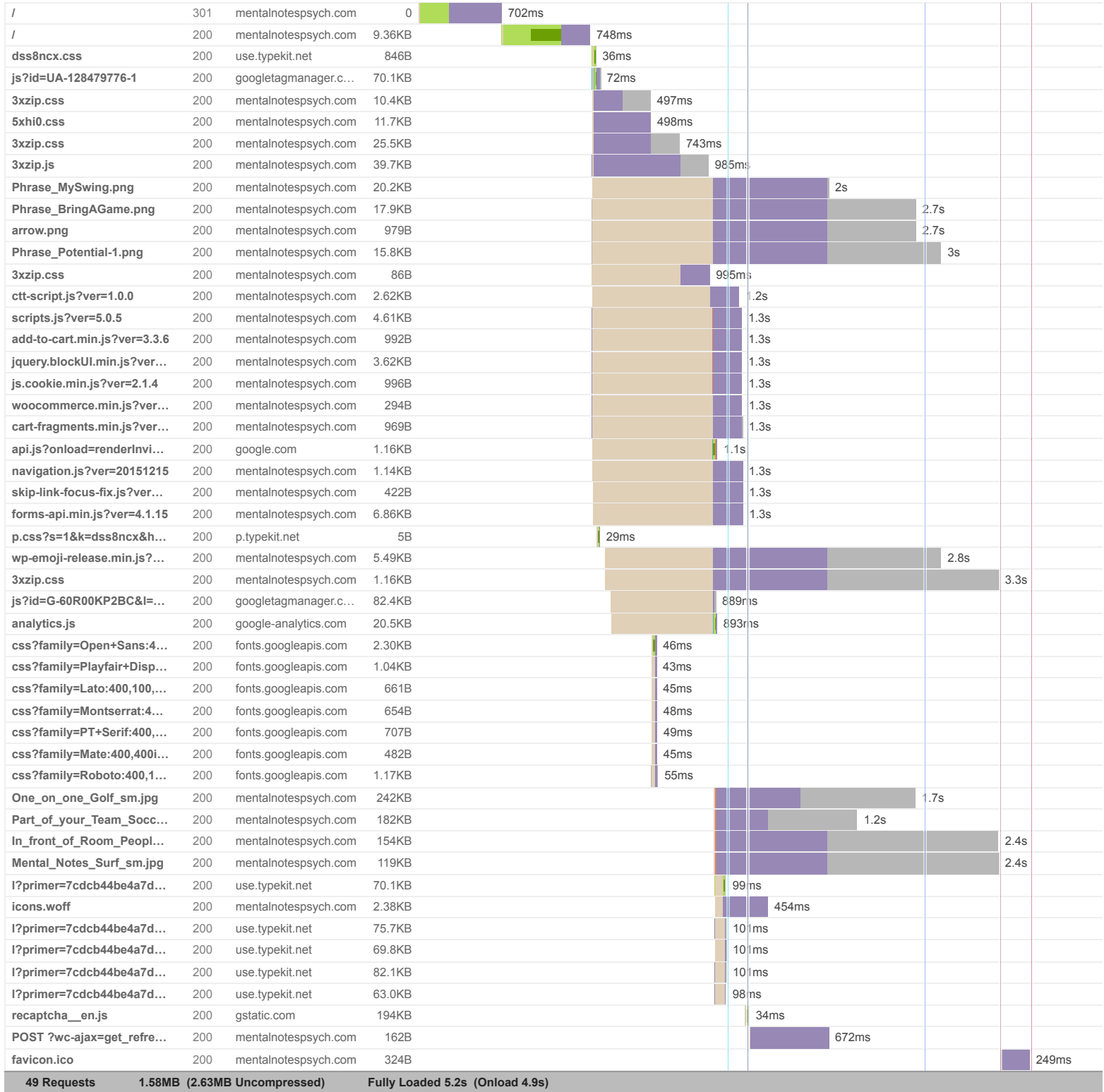


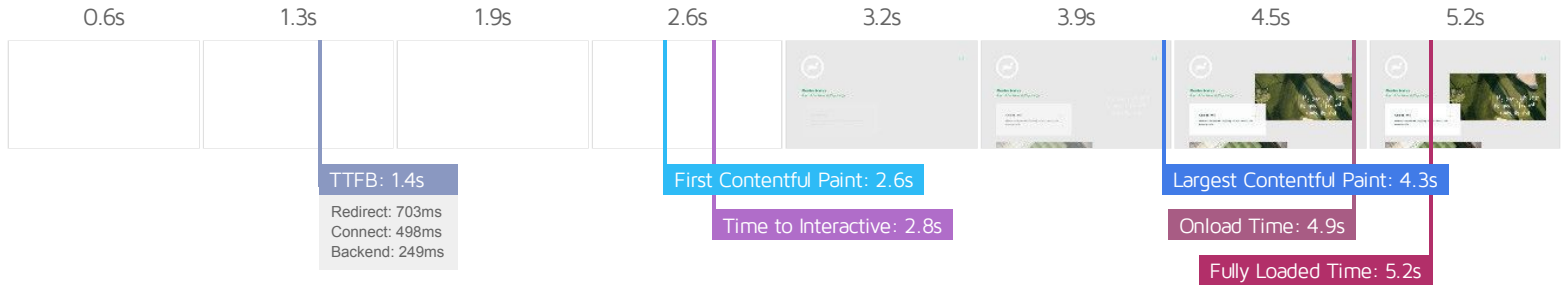
### Page sizes and request counts



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.

## Home - Mental Notes





### Performance Metrics

<p><b>First Contentful Paint</b></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><b>2.6s</b></p>	<p><b>Time to Interactive</b></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><b>2.8s</b></p>
<p><b>Speed Index</b></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><b>3.1s</b></p>	<p><b>Total Blocking Time</b></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><b>0ms</b></p>
<p><b>Largest Contentful Paint</b></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><b>4.3s</b></p>	<p><b>Cumulative Layout Shift</b></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><b>0</b></p>

### Browser Timings

Redirect	703ms	Connect	498ms	Backend	249ms
TTFB	1.4s	First Paint	2.6s	DOM Int.	2.8s
DOM Loaded	2.8s	Onload	4.9s	Fully Loaded	5.2s







URL	START TIME	DURATION
<ul style="list-style-type: none"> <li><a href="https://mentalnotespsych.com/">https://mentalnotespsych.com/</a></li> </ul>	2.5s	87ms

**Low** **Reduce JavaScript execution time** TBT 108ms 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
<ul style="list-style-type: none"> <li><a href="https://mentalnotespsych.com/">https://mentalnotespsych.com/</a></li> </ul>	262ms	50ms	2ms
<ul style="list-style-type: none"> <li>Unattributable</li> </ul>	131ms	8ms	0ms
<ul style="list-style-type: none"> <li><a href="https://mentalnotespsych.com/wp-content/cache/wpfc-minified/8jqumqol/3xzip.js">https://mentalnotespsych.com/wp-content/cache/wpfc-minified/8jqumqol/3xzip.js</a></li> </ul>	50ms	45ms	1ms

**Low** **Reduce unused CSS** FCP LCP Potential savings of 45.7KB

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
<ul style="list-style-type: none"> <li><a href="https://mentalnotespsych.com/wp-content/cache/wpfc-minified/7j89ml59/3xzip.css">https://mentalnotespsych.com/wp-content/cache/wpfc-minified/7j89ml59/3xzip.css</a></li> </ul>	25.6KB	23.4KB
<ul style="list-style-type: none"> <li><a href="https://mentalnotespsych.com/wp-content/cache/wpfc-minified/qu8o8fs3/5xhi0.css">https://mentalnotespsych.com/wp-content/cache/wpfc-minified/qu8o8fs3/5xhi0.css</a></li> </ul>	11.8KB	11.8KB
<ul style="list-style-type: none"> <li><a href="https://mentalnotespsych.com/wp-content/cache/wpfc-minified/862x84on/3xzip.css">https://mentalnotespsych.com/wp-content/cache/wpfc-minified/862x84on/3xzip.css</a></li> </ul>	10.5KB	10.5KB

**Low** **Reduce initial server response time** FCP LCP Root document took 248ms

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

URL	TIME SPENT
<ul style="list-style-type: none"> <li><a href="https://mentalnotespsych.com/">https://mentalnotespsych.com/</a></li> </ul>	248ms

**N/A** **Avoid an excessive DOM size** TBT 179 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		179
Maximum DOM Depth	form#mc4wp-form-1 > div.mc4wp-form-fields > label > input <input type="text" name="_mc4wp_honeypot" value="" tabindex="-1" autocomplete="off">	12
Maximum Child Elements	body#the-body <body id="the-body" class="home page-template-default page page-id-28 menu-closed">	20

**N/A** **Largest Contentful Paint element** LCP 4,280 ms

This is the largest contentful element painted within the viewport.



ELEMENT

```
main#main > section.promo-1 > div.container > div.promo-image
<div class="promo-image scrollFadeIn inViewport" style="background-image:
url(&quot;https://mentalnotespsych.com/wp-content/uploads/2018/...&quot;);">
```

PHASE	% OF LCP	TIMING
TTFB	34%	1.5s
Load Delay	25%	1.1s
Load Time	40%	1.7s
Render Delay	2%	71ms

N/A **Avoid large layout shifts** CLS 1 element found

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

ELEMENT	CLS CONTRIBUTION
body#the-body > div#page > header#masthead > a.hamburger <a href="#" class="hamburger toggle-menu">	0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 593ms

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

CATEGORY	TIME SPENT
Other	210ms
Script Evaluation	208ms
Style & Layout	116ms
Parse HTML & CSS	22ms
Script Parsing & Compilation	22ms
Rendering	13ms

N/A **Reduce the impact of third-party code** TBT Total size was 740KB

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
<b>ADOBE TYPEKIT</b>	363KB	0ms
• <a href="https://use.typekit.net/af/d82238/000000000000000000000000100f1/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=i3&amp;v=3">https://use.typekit.net/af/d82238/000000000000000000000000100f1/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=i3&amp;v=3</a>	82.3KB	0ms
• <a href="https://use.typekit.net/af/e06a16/000000000000000000000000100f0/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n3&amp;v=3">https://use.typekit.net/af/e06a16/000000000000000000000000100f0/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n3&amp;v=3</a>	75.9KB	0ms
• <a href="https://use.typekit.net/af/19a342/000000000000000000000000100f2/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n4&amp;v=3">https://use.typekit.net/af/19a342/000000000000000000000000100f2/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n4&amp;v=3</a>	70.3KB	0ms
• <a href="https://use.typekit.net/af/7b3e34/000000000000000000000000100f5/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=i8&amp;v=3">https://use.typekit.net/af/7b3e34/000000000000000000000000100f5/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=i8&amp;v=3</a>	70.0KB	0ms
• <a href="https://use.typekit.net/af/20089a/000000000000000000000000100f6/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n7&amp;v=3">https://use.typekit.net/af/20089a/000000000000000000000000100f6/27/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n7&amp;v=3</a>	63.2KB	0ms
<b>GOOGLE CDN</b>	195KB	0ms
• <a href="https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js">https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js</a>	195KB	0ms
<b>GOOGLE TAG MANAGER</b>	153KB	0ms
• <a href="https://www.googletagmanager.com/gtag/js?id=G-60R00KP2BC&amp;l=dataLayer&amp;cx=c">https://www.googletagmanager.com/gtag/js?id=G-60R00KP2BC&amp;l=dataLayer&amp;cx=c</a>	82.5KB	0ms
• <a href="https://www.googletagmanager.com/gtag/js?id=UA-128479776-1">https://www.googletagmanager.com/gtag/js?id=UA-128479776-1</a>	70.5KB	0ms
<b>GOOGLE ANALYTICS</b>	20.8KB	0ms
• <a href="https://www.google-analytics.com/analytics.js">https://www.google-analytics.com/analytics.js</a>	20.8KB	0ms
<b>GOOGLE FONTS</b>	6.95KB	0ms
<b>OTHER GOOGLE APIS/SDKS</b>	1.16KB	0ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT

Nothing to do here, good job!

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

No user timings and/or marks found.