

Executive Summary



Performance Report for:

http://seedpsychology.co.uk/

Report generated: Thu, Mar 7, 2024 7:40 PM -0800

Test Server Location: K London, UK

Using: O Chrome 117.0.0.0, Lighthouse 11.0.0

D

Performance 50%

Structure

87%

L. Contentful Paint

3.1s

T. Blocking Time

Oms

C. Layout Shift

0.33

Top Issues

| High | Reduce initial server response time FCP LCP | Root document took 1.2s |
|---------|--|----------------------------|
| Med-Low | Avoid large layout shifts CLS | 5 elements found |
| Med-Low | Use a Content Delivery Network (CDN) | 40 resources found |
| Med-Low | Avoid multiple page redirects FCP LCP | Potential savings of 1.2s |
| Med-Low | Serve static assets with an efficient cache policy | Potential savings of 116KB |

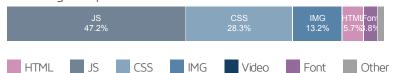
Page Details

3.6s Fully Loaded Time

Total Page Size - 688KB



Total Page Requests - 53



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

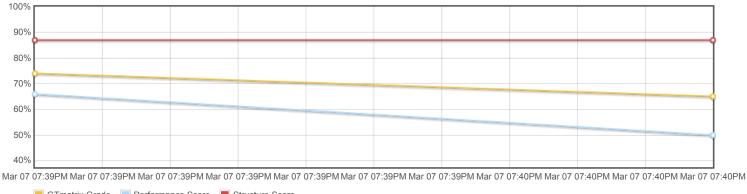


GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

https://carbon60.com/

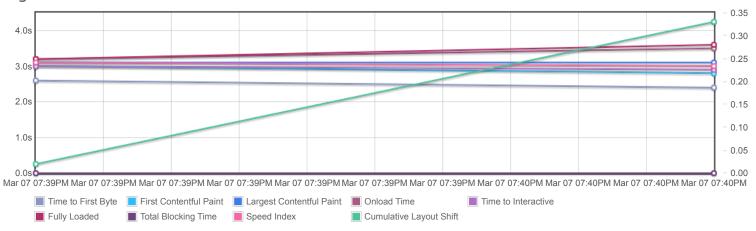


Page scores

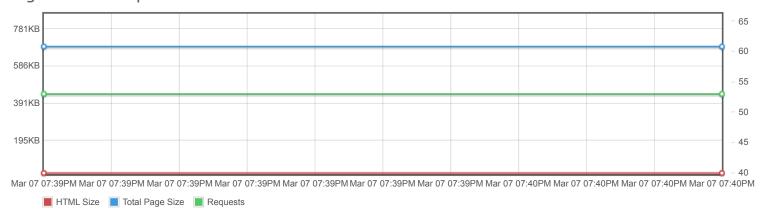


■ GTmetrix Grade ■ Performance Score ■ Structure Score

Page metrics



Page sizes and request counts



Analyze your site at https://gtmetrix.com

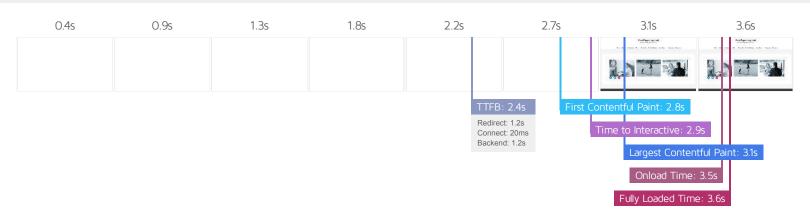


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Seed Psychology Ltd. - Sport & Exercise Psychology Consultancy

| Seed Psychology Ltd Sport | & Exerc | ise Psychology Consulta | ncy | _ | | | |
|-------------------------------|---------|-------------------------|--------|------|--------|------|------|
| 1 | 301 | seedpsychology.co.uk | 237B | 55ms | | | |
| 1 | 301 | seedpsychology.co.uk | 0 | 1.1s | | | |
| 1 | 200 | seedpsychology.co.uk | 25.1KB | | 1.2s | | |
| style.min.css?ver=4.1.6 | 200 | seedpsychology.co.uk | 14.9KB | | 70ms | | |
| menu-animation.min.css? | 200 | seedpsychology.co.uk | 440B | | 50ms | | |
| style.min.css?ver=6.4.3 | 200 | seedpsychology.co.uk | 18.3KB | | 61ms | | |
| frontend.css?ver=5.38.10 | 200 | seedpsychology.co.uk | 18.2KB | | 71ms | | |
| badges.css?ver=5.38.10 | 200 | seedpsychology.co.uk | 3.24KB | | 64ms | | |
| styles.css?ver=5.8.6 | 200 | seedpsychology.co.uk | 1.08KB | | 48ms | | |
| contact-form-7-main.min | 200 | seedpsychology.co.uk | 434B | | 56ms | | |
| ctf-styles.min.css?ver=2.2.2 | 200 | seedpsychology.co.uk | 3.70KB | | 55ms | | |
| ymf1czr.css?ver=1.0.18 | 200 | use.typekit.net | 731B | | 32ms | | |
| woocommerce-layout.min | 200 | seedpsychology.co.uk | 2.51KB | | 106ms | | |
| woocommerce.min.css?v | 200 | seedpsychology.co.uk | 20.2KB | | 128ms | | |
| woocommerce-smallscre | 200 | seedpsychology.co.uk | 1.08KB | | 341ms | | |
| wpbaw-public.css?ver=2.6 | 200 | seedpsychology.co.uk | 1.76KB | | 71ms | | |
| jquery.lazyloadxt.spinner | 200 | seedpsychology.co.uk | 213B | | 75ms | | |
| wp-polyfill-inert.min.js?ve | 200 | | 2.72KB | | 86ms | | |
| | | seedpsychology.co.uk | | | | | |
| regenerator-runtime.min.j | 200 | seedpsychology.co.uk | 2.64KB | | 83ms | | |
| wp-polyfill.min.js?ver=3.1 | 200 | seedpsychology.co.uk | 41.6KB | | 98ms | | |
| hooks.min.js?ver=c6aec9 | 200 | seedpsychology.co.uk | 1.63KB | | 84ms | | |
| w.js?ver=202410 | 200 | stats.wp.com | 5.08KB | | 89ms | | |
| jquery.min.js?ver=3.7.1 | 200 | seedpsychology.co.uk | 34.7KB | | 130ms | | |
| jquery-migrate.min.js?ver | 200 | seedpsychology.co.uk | 5.22KB | | 124ms | | |
| jquery.blockUl.min.js?ver | 200 | seedpsychology.co.uk | 3.72KB | | 306ms | | |
| add-to-cart.min.js?ver=8.6.1 | 200 | seedpsychology.co.uk | 1.16KB | | 302ms | | |
| js.cookie.min.js?ver=2.1 | 200 | seedpsychology.co.uk | 0.98KB | | 300ms | | |
| woocommerce.min.js?ver | 200 | seedpsychology.co.uk | 846B | | 319n s | | |
| kk-script.js?ver=6.4.3 | 200 | seedpsychology.co.uk | 653B | | 129ms | | |
| lazy_placeholder.gif | 200 | seedpsychology.co.uk | 42B | | 122ms | | |
| style.min.js?ver=4.1.6 | 200 | seedpsychology.co.uk | 3.53KB | | 227ms | | |
| frontend.js?ver=5.38.10 | 200 | seedpsychology.co.uk | 15.6KB | | 260ms | | |
| colcade.js?ver=5.38.10 | 200 | seedpsychology.co.uk | 3.55KB | | 260ms | | |
| index.js?ver=5.8.6 | 200 | seedpsychology.co.uk | 3.46KB | | 268ms | | |
| index.js?ver=5.8.6 | 200 | seedpsychology.co.uk | 4.60KB | | 271ms | | |
| sourcebuster.min.js?ver= | 200 | seedpsychology.co.uk | 4.95KB | | 269ms | | |
| order-attribution.min.js?v | 200 | seedpsychology.co.uk | 799B | | 269ms | | |
| jquery.lazyloadxt.extra.mi | 200 | seedpsychology.co.uk | 1.54KB | | 287ms | | |
| jquery.lazyloadxt.srcset | 200 | seedpsychology.co.uk | 782B | | 289m; | | |
| jquery.lazyloadxt.extend.j | 200 | seedpsychology.co.uk | 433B | | 299ms | | |
| p.css?s=1&k=ymf1czr&ht | 200 | p.typekit.net | 5B | | 92ms | | |
| g.gif?x_stats-initial-visibil | 200 | pixel.wp.com | 50B | | 56ms | | |
| fbevents.js | 200 | connect.facebook.net | 56.0KB | | 64ms | | |
| loading.gif | 200 | seedpsychology.co.uk | 1.65KB | | 64ms | | |
| I?primer=7cdcb44be4a7d | 200 | use.typekit.net | 27.1KB | | 84ms | | |
| astra.woff | 200 | seedpsychology.co.uk | 3.23KB | | 91ms | | |
| 748053452637053?v=2.9.1 | 200 | connect.facebook.net | 12.6KB | | 51110 | 541 | ms |
| wp-emoji-release.min.js? | 200 | seedpsychology.co.uk | 5.69KB | | 34 | ms | - |
| 230701_08blue_s-1024x6 | 200 | seedpsychology.co.uk | 98KB | | | 64ms | |
| | | | 146KB | | | 59ms | |
| 230701_21blue_s-1024x6 | 200 | seedpsychology.co.uk | | | | | |
| 230701_27blue_s-2-1024x | 200 | seedpsychology.co.uk | 84.9KB | | J | 8ms | 2mc |
| tr?id=748053452637053& | 200 | facebook.com | 185B | | | | 3ms |
| cropped-cropped-Seed-P | 200 | seedpsychology.co.uk | 1.20KB | | | | 25ms |





| Performance Metrics | | | |
|--|------------------------------------|---|-----------------------------------|
| First Contentful Paint How quickly content like text or images are painted onto your page. A good user experience is 0.9s or less. | Much longer than recommended 2.8s | Time to Interactive How long it takes for your page to become fully interactive. A good user experience is 2.5s or less. | OK, but consider improvement 2.9s |
| Speed Index How quickly the contents of your page are visibly populated. A good user experience is 1.3s or less. | Much longer than recommended 3.0s | Total Blocking Time How much time is blocked by scripts during your page loading process. A good user experience is 150ms or less. | Good - Nothing to do here |
| Largest Contentful Paint 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. | Much longer than recommended 3.1s | Cumulative Layout Shift How much your page's layout shifts as it loads. A good user experience is a score of 0.1 or less. | Much more than recommended 0.33 |

Browser Timings

| Redirect | 1.2s | Connect | 20ms | Backend | 1.2s |
|------------|------|-------------|------|--------------|------|
| TTFB | 2.4s | First Paint | 2.8s | DOM Int. | 2.9s |
| DOM Loaded | 2.9s | Onload | 3.5s | Fully Loaded | 3.6s |



Structure Audits

IMPACT

AUDIT

Med-Low

Avoid CSS @import FCP LCP

1 resource found

Using CSS @import in an external stylesheet can add additional delays during the loading of a web page.

STYLESHEETS WITH @IMPORT STATEMENTS AND THE STYLESHEETS THEY IMPORT

https://use.typekit.net/ymf1czr.css?ver=1.0.18

https://p.typekit.net/p.css?s=1&k=ymf1czr&ht=tk&f=10294.10295.10296.10297&a=44515782&app=typekit&e=css

low

Avoid chaining critical requests FCP LCP

33 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: 2.8s

INITIAL NAVIGATION

http://seedpsychology.co.uk/ 2 311B, 51ms

https://seedpsychology.co.uk/ 143B, 1.1s

https://www.seedpsychology.co.uk/ 25.1KB, 1.2s

https://www.seedpsychology.co.uk/wp-content/plugins/customer-reviews-woocommerce/css/badges.css?ver=5.38.10 🗗 3.48KB, 60ms

https://www.seedpsychology.co.uk/wp-content/plugins/customer-reviews-woocommerce/is/colcade.js?ver=5.38.10 3.80KB, 28ms

https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 2.97KB, 84ms

_ <u>https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/menu-animation.min.css?ver=4.1.6</u> 🗗 677B, 47ms

https://www.seedpsychology.co.uk/wp-content/plugins/a3-lazy-load/assets/js/jguery.lazyloadxt.extend.js?ver=2.7.2 🗗 674B, 28ms

 $\underline{\text{https://www.seedpsychology.co.uk/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.8.6} \ \square \ 3.71\text{KB}, \ 35\text{ms}$

 $\underline{\text{https://www.seedpsychology.co.uk/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.8.6} \ \square$

https://stats.wp.com/w.js?ver=202410 5.08KB, 88ms

https://www.seedpsychology.co.uk/wp-content/plugins/a3-lazy-load/assets/js/jquery.lazyloadxt.srcset.min.js?ver=2.7.2 1.00KB, 28ms

https://www.seedpsychology.co.uk/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.8.6 4.85KB, 39ms

https://www.seedpsychology.co.uk/wp-includes/js/jquery/jquery-migrate.min.js?ver=3.4.1 5.47KB, 123ms

https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/style.min.css?ver=4.1.6 3 15.1KB, 66ms

https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/compatibility/woocommerce/woocommerce.min.css?ver=4.1.6 2 20.4KB, 123ms

_ https://www.seedpsychology.co.uk/wp-content/plugins/a3-lazy-load/assets/css/jguery.lazyloadxt.spinner.css?ver=6.4.3 🗗 449B, 74ms

https://www.seedpsychology.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 35.0KB, 129ms

https://www.seedpsychology.co.uk/wp-content/plugins/woocommerce/assets/js/frontend/order-attribution.min.js?ver=8.6.1 🗗 1.02KB, 37ms

https://www.seedpsychology.co.uk/wp-content/plugins/wp-blog-and-widgets/assets/css/wpbaw-public.css?ver=2.6 2 2.00KB, 70ms

https://www.seedpsychology.co.uk/wp-content/plugins/customer-reviews-woocommerce/is/frontend.js?ver=5.38.10 🍱 15.9KB, 40ms

_ <u>https://www.seedpsychology.co.uk/wp-content/plugins/custom-twitter-feeds/css/ctf-styles.min.css?ver=2.2.2</u> 🗹 3.94KB, 51ms

https://www.seedpsychology.co.uk/wp-content/plugins/customer-reviews-woocommerce/css/frontend.css?ver=5.38.10 🗹 18.4KB, 67ms

. https://www.seedpsychology.co.uk/wp-content/plugins/a3-lazy-load/assets/js/jquery.lazyloadxt.extra.min.js?ver=2.7.2 🗗 1.78KB, 27ms

https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/fonts/astra.woff 3.44KB, 31ms

Low

Eliminate render-blocking resources FCP LCP

Potential savings of 83ms

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://www.seedpsychology.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3 | 18.6KB | 303ms |
| • https://www.seedpsychology.co.uk/wp-content/plugins/customer-reviews-woocommerce/css/frontend.css?ver=5.38.10 | 18.4KB | 303ms |
| • https://www.seedpsychology.co.uk/wp-content/plugins/custom-twitter-feeds/css/ctf-styles.min.css?ver=2.2.2 | 3.94KB | 152ms |
| • https://use.typekit.net/ymf1czr.css?ver=1.0.18 | 954B | 757ms |
| https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/compatibility/woocommerce/woocommerce.min.css?ver=4.1.6 | 20.4KB | 455ms |
| • https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0 | 2.89KB | 152ms |
| • https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0 | 41.9KB | 455ms |
| • https://stats.wp.com/w.js?ver=202410 | 5.08KB | 780ms |
| • https://www.seedpsychology.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 | 35.0KB | 152ms |
| https://www.seedpsychology.co.uk/wp-includes/js/jguery/jguery-migrate.min.js?ver=3.4.1 | 5.47KB | 152ms |

low

Avoid enormous network payloads LCP

Total size was 701KB

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

| URL | TRANSFER SIZE |
|---|---------------|
| https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_21blue_s-1024x683.jpg | 146KB |
| https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701 08blue s-1024x683.jpg | 98KB |
| • https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701 27blue s-2-1024x683.jpg | 85.2KB |
| https://connect.facebook.net/en_US/fbevents.js | 58.0KB |
| • https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/wp-polyfill.min.js?ver=3.15.0 | 41.9KB |
| • https://www.seedpsychology.co.uk/wp-includes/js/jquery/jquery.min.js?ver=3.7.1 | 35.0KB |
| https://use.typekit.net/af/8f4e31/0000000000000000000000000132e3/27/l?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9 191&fvd=n7&v=3 | 27.3KB |
| https://www.seedpsychology.co.uk/ | 25.1KB |
| • https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/compatibility/woocommerce/woocommerce.min.css?ver=4.1.6 | 20.4KB |
| https://www.seedpsychology.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3 | 18.6KB |
| | |

Low

Serve images that are appropriately-sized to save cellular data and improve load time.

| URL | RESOURCE SIZE | POTENTIAL SAVINGS |
|--|---------------|-------------------|
| https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701 21blue s-1024x683.jpg | 146KB | 128KB |
| https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_08blue_s-1024x683.jpg | 98KB | 85.9KB |
| https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701 27blue s-2-1024x683.jpg | 84.9KB | 74.6KB |

Low

Ensure text remains visible during webfont load FCP LCP 1 font found

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

URL POTENTIAL SAVINGS

https://use.typekit.net/af/8f4e31/000000000000000000000000132e3/27/l?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9
 191&fyd=n7&v=3

23ms

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://www.seedpsychology.co.uk/
2.7s
58ms

https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/regenerator-runtime.min.js?ver=0.14.0
 2.6s

Low

Reduce unused CSS FCP LCP

Potential savings of 70.4KB

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://www.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/compatibility/woocommerce/woocommerce.min.css?ver=4.1.6 | 20.4KB | 20.4KB |
| https://www.seedpsychology.co.uk/wp-content/plugins/customer-reviews-woocommerce/css/frontend.css?ver=5.38. 10 | 18.4KB | 18.4KB |
| • https://www.seedpsychology.co.uk/wp-includes/css/dist/block-library/style.min.css?ver=6.4.3 | 18.6KB | 18.1KB |
| • https://www.seedpsychology.co.uk/wp-content/themes/astra/assets/css/minified/style.min.css?ver=4.1.6 | 15.1KB | 13.5KB |

Low

Serve images in next-gen formats

Potential savings of 124KB

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://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_21blue_s-1024x683.jpg | 146KB | 49.3KB |
| https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_27blue_s-2-1024x683.jpg | 84.9KB | 37.6KB |
| https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_08blue_s-1024x683.jpg | 98KB | 36.8KB |

Low

Minify JavaScript FCP LCP

Potential savings of 2.59KB

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

URL TRANSFER SIZE POTENTIAL SAVINGS

https://www.seedpsychology.co.uk/wp-content/plugins/customer-reviews-woocommerce/js/frontend.js?ver=5.38.10
 15.9KB

Low Reduce unused JavaScript LCP

Potential savings of 20.3KB

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

URL TRANSFER SIZE POTENTIAL SAVINGS

https://connect.facebook.net/en_US/fbevents.js 58.0KB 20.3KB

N/A

Avoid an excessive DOM size TBT

128 elements

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

| STATISTIC | ELEMENT | VALUE |
|---------------------------|---|-------|
| Total DOM Elements | | 128 |
| Maximum DOM Depth | <pre>li#menu-item-988 > ul.sub-menu > li#menu-item-983 > a.menu-link </pre> | 16 |
| Maximum Child Elements | <pre>body.home <body class="home page-template-default page page-id-112 theme-astra woocommerce-js tri" data-rsssl="1" itemscope="itemscope" itemtype="https://schema.org/WebPage" style=""></body></pre> | 27 |

N/A

Largest Contentful Paint element LCP

3,090 ms

This is the largest contentful element painted within the viewport.

ELEMENT

div.entry-content > figure.wp-block-gallery > figure.wp-block-image > img.wp-image-1091

<img decoding="async" width="1024" height="683" data-id="1091" src="https://www.seedpsychology.co.uk/wpcontent/uploads/2023/07/230701_27blue_..." data-lazy-type="image" data-src="https://www.seedpsychology.co.uk/wpcontent/uploads/2023/07/230701_27blue_..." alt="" class="wp-image-1091 lazy-loaded"
srcset="https://www.seedpsychology.co.uk/wp-content/uploads/2023/07/230701_27blue_..." data-srcset="" sizes="(maxwidth: 1024px) 100vw, 1024px">

| PHASE | % OF LCP | TIMING |
|--------------|----------|--------|
| TTFB | 77% | 2.4s |
| Load Delay | 19% | 592ms |
| Load Time | 1% | 37ms |
| Render Delay | 2% | 72ms |

N/A

Reduce JavaScript execution time TBT

79ms 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 188ms 6ms 0ms

• https://www.seedpsychology.co.uk/ 173ms 9ms 6ms

• https://www.seedpsychology.co.uk/wp-includes/js/jguery/jguery.min.js?ver=3.7.1 59ms 55ms 2ms

N/A Avoid serving legacy JavaScript to modern browsers TBT

Potential savings of 23.2KB

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.

POTENTIAL SAVINGS https://stats.wp.com/w.js?ver=202410 12.3KB Arra y.pr otot Line:0 Column:8509 ype. forE ach https://connect.facebook.net/en_US/fbevents.js 10.7KB @bab el/p lugi n-tr Line:23 Column:2302 ansf ormclas ses Arra y.pr otot Line:24 Column:20141 vpe. filt er Arra Line:24 Column:26258 y.fr om Arra y.pr Line:24 Column:28008 otot ype. map Arra y.pr Line:24 Column:28800 otot ype. find 62B https://www.seedpsychology.co.uk/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 @bab el/p lugi n-tr Line:0 Column:452 ansf ormclas ses $2C14\%2C86\%2C79\%2C44\%2C46\%2C150\%2C153\%2C164\%2C160\%2C\overline{16}1\%2C163\%2C25\%2C89\%2C45\%2C68\%2C162\%2C145\%2C162\%2C16$ 2C148%2C157%2C158%2C165%2C115%2C13%2C43%2C169%2C168%2C117%2C16%2C29%2C32%2C1%2C36%2C57%2C58%2 C59%2C63%2C83%2C15%2C12%2C85%2C82%2C81%2C95%2C97%2C31%2C96%2C22%2C146%2C149%2C124%2C24% 45B <u>2C9%2C10%2C11%2C5%2C6%2C21%2C19%2C20%2C49%2C54%2C56%2C90%2C23%2C67%2C8%2C7%2C71%2C41%2</u> <u>C18%2C92%2C91%2C17%2C4%2C73%2C80%2C72%2C78%2C40%2C39%2C77%2C33%2C35%2C76%2C48%2C74%2C28%2C3</u> C47%2C42%2C69%2C64%2C100 @bab el/p lugi n-tr Line:19 Column:2057 ansf ormclas ses N/A Minimize main-thread work TBT Main-thread busy for 668ms

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

| CATEGORY | TIME SPENT |
|------------------------------|------------|
| Other | 268ms |
| Script Evaluation | 241ms |
| Style & Layout | 77ms |
| Parse HTML & CSS | 48ms |
| Script Parsing & Compilation | 24ms |
| Rendering | 7ms |

N/A

User Timing marks and measures

6 user timings

Consider instrumenting your app with the User Timing API to measure your app's real-world performance during key user experiences.

| NAME | TYPE | START TIME | DURATION |
|---|------|------------|----------|
| fbevents:start:estPageViewProcessing | Mark | 3.5s | 0ms |
| fbevents:end:estPageViewProcessing | Mark | 3.5s | 0ms |
| fbevents:start:unwantedDataProcessing_748053452637053 | Mark | 3.5s | 0ms |
| fbevents:end:unwantedDataProcessing_748053452637053 | Mark | 3.5s | 0ms |
| fbevents:start:validateUrlProcessing_748053452637053 | Mark | 3.5s | 0ms |
| fbevents:end:validateUrlProcessing_748053452637053 | Mark | 3.5s | 0ms |

N/A

Reduce the impact of third-party code TBT

Total size was 104KB

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 |
|---|---------------|---------------------------|
| FACEBOOK | 70.8KB | 0ms |
| https://connect.facebook.net/en_US/fbevents.js | 58.0KB | 0ms |
| • https://connect.facebook.net/signals/config/748053452637053?v=2.9.148&r=stable&domain=www.see dpsychology.co.uk&hme=20c913bdcd4be51a752120153aa5caaecb3ee86c7f26cf737846e40b202aba 68&ex m=62%2C106%2C94%2C98%2C53%2C3%2C88%2C61%2C14%2C86%2C79%2C44%2C4 6%2C150%2C153%2C164%2C160%2C161%2C163%2C25%2C89%2C45%2C68%2C162%2C14 5%2C148%2C157%2C158%2C165%2C115%2C13%2C43%2C169%2C168%2C117%2C166%2C29% 2C32%2C1%2C36%2C57%2C58%2C59%2C83%2C15%2C12%2C85%2C68%2C8117%2C166%2C29 5%2C97%2C31%2C96%2C26%2C22%2C146%2C149%2C124%2C24%2C9%2C10%2C117%2C5%2C6%2C21%2C19%2C20%2C49%2C56%2C66%2C90%2C23%2C67%2C8%2C77%2C71%2C41%2C18%2C92%2C117%2C49%2C73%2C80%2C728%2C40%2C39%2C77%2C33%2C35%2C76%2C48%2C74%2C28%2C37%2C65%2C66%2C90%2C30%2C55%2C34%2C93%2C38%2C70%2C60%2C99%2C52%2C51%2C27%2C87%2C50%2C47%2C42%2C69%2C64%2C93%2C38%2C70%2C60%2C99%2C52%2C51%2C27%2C87%2C50%2C47%2C42%2C69%2C64%2C100 | 12.6KB | 0ms |
| ADOBE TYPEKIT | 28.4KB | 0ms |
| https://use.typekit.net/af/8f4e31/00000000000000000000000132e3/27/l?primer=7cdcb44be4a7db8877ffa5 c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3 | 27.3KB | 0ms |
| WORDPRESS SITE STATS | 5.25KB | 0ms |
| https://stats.wp.com/w.js?ver=202410 | 5.08KB | 0ms |