



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

Report generated: Wed, Mar 13, 2024 9:43 AM -0700
 Test Server Location: London, UK
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

B	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	86%	85%	761ms	245ms	0.05

Top Issues

High	Avoid enormous network payloads <small>LCP</small>	Total size was 4.87MB
Med	Use explicit width and height on image elements <small>CLS</small>	1 image found
Med-Low	Eliminate render-blocking resources <small>FCP LCP</small>	Potential savings of 175ms
Low	Avoid long main-thread tasks <small>TBT</small>	7 long tasks found
Low	Use a Content Delivery Network (CDN)	1 resource found

Page Details



Total Page Size - 4.65MB



Total Page Requests - 47



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.**

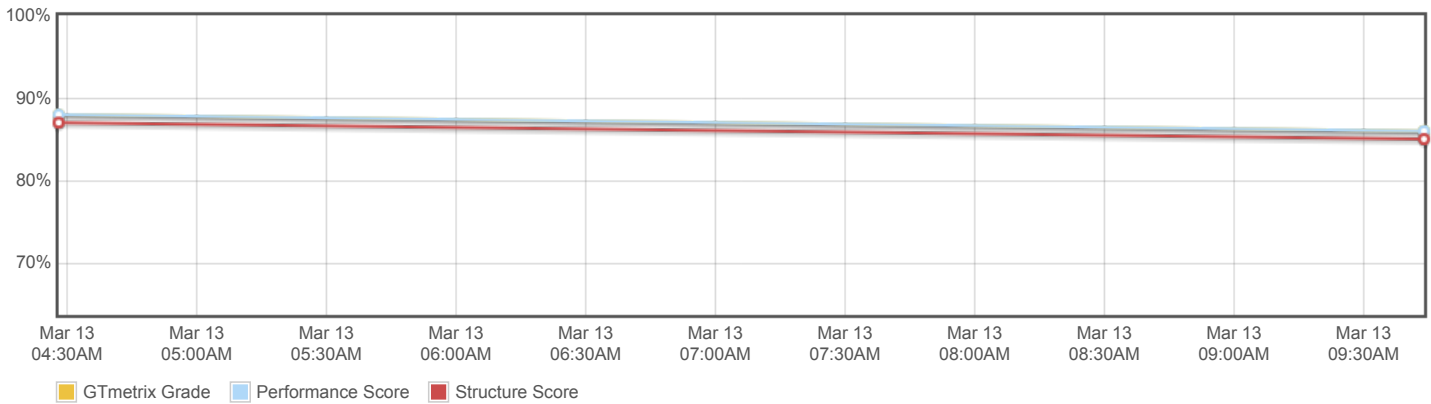
About GTmetrix



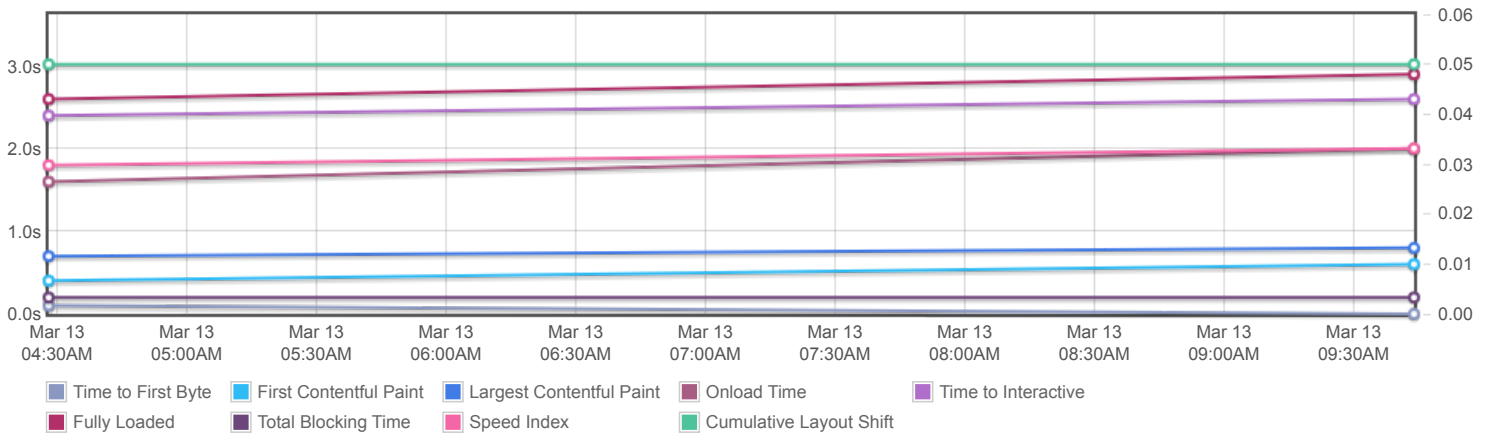
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

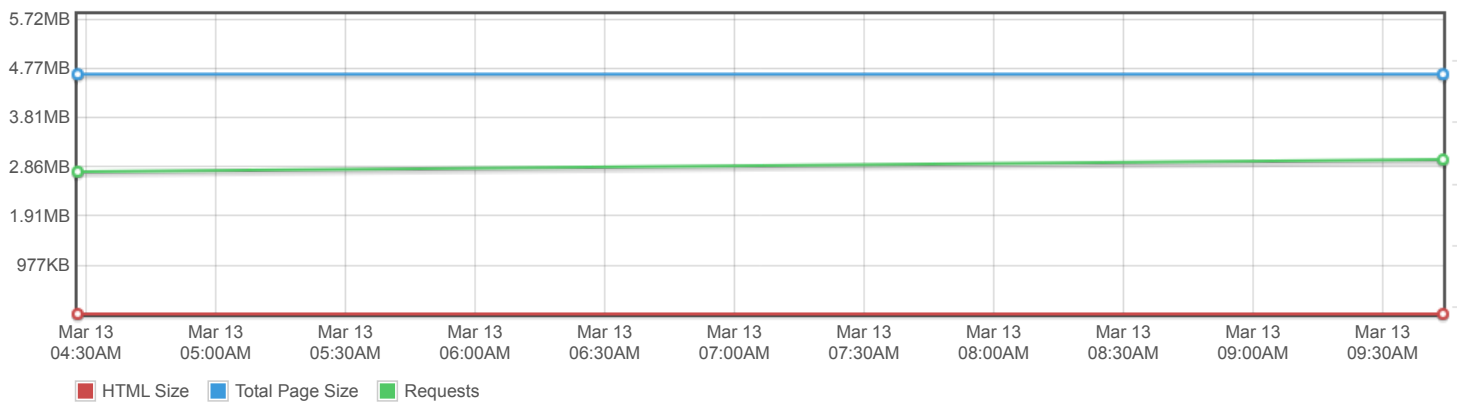
Page scores



Page metrics

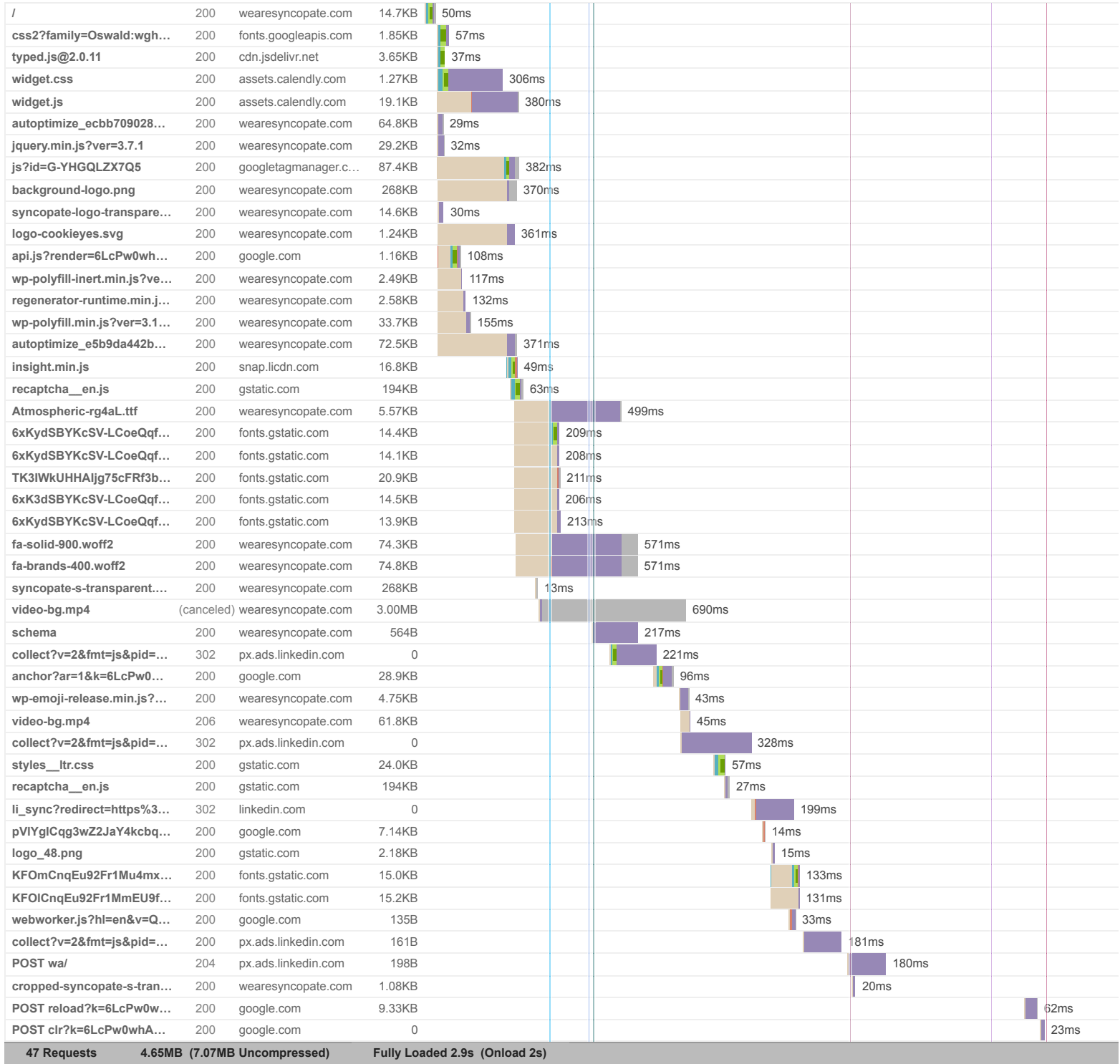


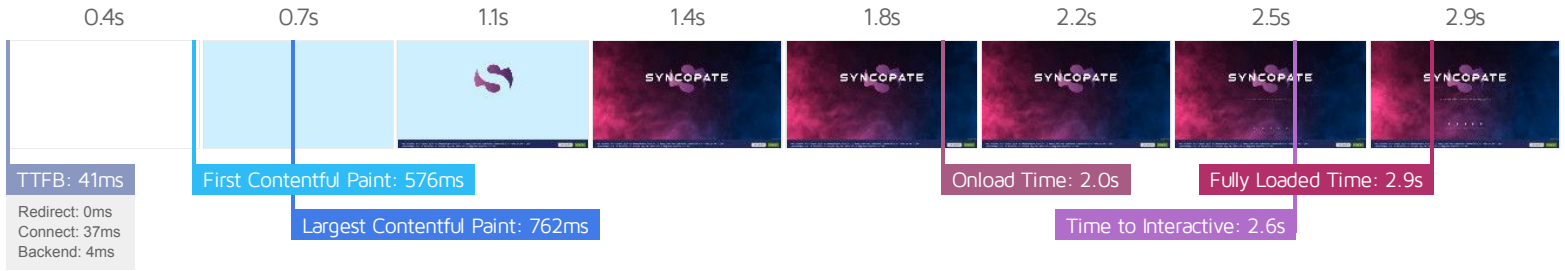
Page sizes and request counts



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.

Syncopate - Syncopate





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>Good - Nothing to do here</p> <p>576ms</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>2.6s</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>Longer than recommended</p> <p>2.0s</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>Longer than recommended</p> <p>245ms</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>Good - Nothing to do here</p> <p>761ms</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>0.05</p>

Browser Timings

Redirect	0ms	Connect	37ms	Backend	4ms
TTFB	41ms	First Paint	576ms	DOM Int.	707ms
DOM Loaded	782ms	Onload	2.0s	Fully Loaded	2.9s

IMPACT AUDIT

Low

Serve static assets with an efficient cache policy

Potential savings of 27.5KB

A long cache lifetime can speed up repeat visits to your page.

URL	CACHE TTL	TRANSFER SIZE
https://px.ads.linkedin.com/collect?v=2&fmt=js&pid=4273906&time=1710348233471&li_adsId=be2e5e41-88f0-4881-81e6-91b1582f9c41&url=https%3A%2F%2Fwearesyncopate.com%2F&cookiesTest=true&liSync=true	none	161B
https://assets.calendly.com/assets/external/widget.js	5 minutes	19.1KB
https://assets.calendly.com/assets/external/widget.css	5 minutes	1.27KB
https://snap.licdn.com/li.lms-analytics/insight.min.js	18 hours	17.0KB
https://www.gstatic.com/recaptcha/api2/logo_48.png	7 days	2.31KB

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://wearesyncopate.com/wordpress/wp-content/themes/syncopate-2022/fonts/Atmospheric-rg4aL.ttf	331ms
https://wearesyncopate.com/wordpress/wp-content/themes/syncopate-2022/webfonts/fa-solid-900.woff2	406ms
https://wearesyncopate.com/wordpress/wp-content/themes/syncopate-2022/webfonts/fa-brands-400.woff2	406ms

Low

Reduce JavaScript execution time TBT

796ms 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://wearesyncopate.com/	1.6s	23ms	3ms
https://www.gstatic.com/recaptcha/releases/QquE1_MNjFHgZF4HPsEcf_2/recaptcha_en.js	614ms	550ms	11ms
Unattributable	352ms	4ms	0ms
https://wearesyncopate.com/wordpress/wp-includes/js/jquery/jquery.min.js?ver=3.7.1	142ms	76ms	1ms
https://wearesyncopate.com/wordpress/wp-content/cache/autoptimize/js/autoptimize_e5b9da442b484a25167d51216951ab75.js	76ms	53ms	5ms
https://www.googletagmanager.com/gtag/js?id=G-YHQLZX7Q5	68ms	58ms	8ms

Low

Avoid an excessive DOM size TBT

507 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		507
Maximum DOM Depth	Cookie <th class="cookieinfo-column-1">	16
Maximum Child Elements	body.home <body class="home page-template-default page page-id-28 wp-custom-logo wp-embed-respons...">	17

Low **Properly size images** Potential savings of 323KB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
https://wearesyncopate.com/wordpress/wp-content/uploads/2022/04/syncopate-s-transparent.png	268KB	255KB
https://wearesyncopate.com/wordpress/wp-content/themes/syncopate-2022/img/background-logo.png	268KB	67.8KB

Low **Reduce unused CSS** FCP LCP Potential savings of 62.0KB

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://wearesyncopate.com/wordpress/wp-content/cache/autoptimize/css/autoptimize_ecbb709028b80d172745657dd39bc2e1.css	64.8KB	62.0KB

Low **Serve images in next-gen formats** Potential savings of 497KB

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://wearesyncopate.com/wordpress/wp-content/themes/syncopate-2022/img/background-logo.png	268KB	248KB
https://wearesyncopate.com/wordpress/wp-content/uploads/2022/04/syncopate-s-transparent.png	268KB	248KB

Low **Avoid large layout shifts** CLS 1 element found

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

ELEMENT	CLS CONTRIBUTION
SYNCOPE A new rhythm for business to business engagement ABOUT WHY US? HOME N... <div class="col">	0.05

Low **Avoid non-composited animations** CLS 5 animated elements found

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

ELEMENT	NAME
ul#front-main-menu > li#menu-item-60 > a.nav-link > ::before <::before>	
Unsupported CSS Property: box-shadow	pulse
ul#front-main-menu > li#menu-item-59 > a.nav-link > ::before <::before>	
Unsupported CSS Property: box-shadow	pulse
ul#front-main-menu > li#menu-item-62 > a.nav-link > ::before <::before>	
Unsupported CSS Property: box-shadow	pulse
ul#front-main-menu > li#menu-item-61 > a.nav-link > ::before <::before>	
Unsupported CSS Property: box-shadow	pulse
ul#front-main-menu > li#menu-item-63 > a.nav-link > ::before <::before>	
Unsupported CSS Property: box-shadow	pulse

Low

Avoid chaining critical requests FCP LCP

15 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: **993ms**

INITIAL NAVIGATION



Low

Reduce unused JavaScript LCP

Potential savings of 196KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	195KB	99KB
https://wearesyncopate.com/wordpress/wp-content/cache/autoptimze/js/autoptimze_e5b9da442b484a25167d51216951ab75.js	72.5KB	55.7KB
https://www.googletagmanager.com/gtag/js?id=G-YHGQLZX7Q5	87.8KB	41.1KB

N/A **Largest Contentful Paint element** LCP

760 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Syncopate

```

```

PHASE	% OF LCP	TIMING
TTFB	5%	41ms
Load Delay	45%	344ms
Load Time	6%	45ms
Render Delay	43%	331ms

N/A **Reduce initial server response time** FCP LCP

Root document took 3ms

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"> https://wearesyncopate.com/ 	3ms

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

Potential savings of 225B

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://cdn.jsdelivr.net/npm/typed.js@2.0.11 Line:9 Column:501	72B @babel/plugin-transform-classes
https://snap.licdn.com/li.lms-analytics/insight.min.js Line:0 Column:680	59B @babel/plugin-transform-classes
https://wearesyncopate.com/wordpress/wp-includes/js/dist/vendor/wp-polyfill-inert.min.js?ver=3.1.2 Line:0 Column:452	52B @babel/plugin-transform-classes
https://wearesyncopate.com/wordpress/wp-content/cache/autoptimize/js/autoptimize_e5b9da442b484a25167d51216951ab75.js Line:85 Column:23753	42B @babel/plugin-transform-classes

N/A **Minimize main-thread work** TBT Main-thread busy for 3.0s

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

CATEGORY	TIME SPENT
Other	1.4s
Script Evaluation	855ms
Style & Layout	395ms
Rendering	209ms
Script Parsing & Compilation	36ms
Garbage Collection	34ms
Parse HTML & CSS	28ms

N/A **Reduce the impact of third-party code** TBT Third-party code blocked the main thread for 84ms

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 CDN	417KB	84ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/recaptcha_en.js	390KB	84ms
• https://www.gstatic.com/recaptcha/releases/QquE1_MNjnFHgZF4HPsEcf_2/styles_ltr.css	24.6KB	0ms
GOOGLE FONTS	112KB	0ms
• https://fonts.gstatic.com/s/oswald/v53/TK3lWkUHHAljg75cFRf3bXL8LICs1_Fv40pKIN4NNSeSASz7FmIWHYg.woff2	21.1KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOlCnqEu92Fr1MmEU9fBBc4.woff2	15.7KB	0ms
• https://fonts.gstatic.com/s/roboto/v18/KFOmCnqEu92Fr1Mu4mxK.woff2	15.1KB	0ms
• https://fonts.gstatic.com/s/sourcesanspro/v22/6xK3dSBYKcSV-LCoeQqfX1RYOo3qOK7l.woff2	15.1KB	0ms
• https://fonts.gstatic.com/s/sourcesanspro/v22/6xKydsBYKcSV-LCoeQqfX1RYOo3ik4zwlxdu.woff2	14.5KB	0ms
• Other resources	30.0KB	0ms
GOOGLE TAG MANAGER	87.8KB	0ms
• https://www.googletagmanager.com/gtag/js?id=G-YHGQLZX7Q5	87.8KB	0ms
OTHER GOOGLE APIS/SDKS	47.0KB	0ms
• https://www.google.com/recaptcha/api2/anchor?ar=1&k=6LcPw0whAAAAI0WgahSx9AHersFch3SoUkVjmN&co=aHR0cHM6Ly93ZWV5ZlZlbnNvcGF0ZS5jb206NDQz&hl=en&v=QquE1_MNjnFHgZF4HPsEcf_2&size=invisible&cb=r74by3200qz	28.9KB	0ms
• https://www.google.com/recaptcha/api2/reload?k=6LcPw0whAAAAI0WgahSx9AHersFch3SoUkVjmN	9.33KB	0ms
• https://www.google.com/js/bg/pVIYglCqg3wZ2JaY4kcbqn6HC1zR-NrcTdTDqQCFvk4.js	7.54KB	0ms
CALENDLY	20.3KB	0ms
• https://assets.calendly.com/assets/external/widget.js	19.1KB	0ms
LINKEDIN ADS	19.7KB	0ms
• https://snap.licdn.com/li.lms-analytics/insight.min.js	17.0KB	0ms
JSDELIVR CDN	4.11KB	0ms
• https://cdn.jsdelivr.net/npm/typed.js@2.0.11	4.11KB	0ms

N/A

User Timing marks and measures

No user timings and/or marks found.