



# Performance Report for: <https://www.insights.sherpas.com/>

Report generated: Fri, Mar 8, 2024 5:58 AM -0800  
 Test Server Location: London, UK  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0

<b>A</b>	Performance	Structure	L. Contentful Paint	T. Blocking Time	C. Layout Shift
	98%	89%	1.0s	22ms	0

## Top Issues

Med	Use explicit width and height on image elements <small>CLS</small>	8 images found
Med-Low	Avoid CSS @import <small>FCP LCP</small>	1 resource found
Low	Avoid enormous network payloads <small>LCP</small>	Total size was 2.79MB
Low	Enable text compression <small>FCP LCP</small>	Potential savings of 92.7KB
Low	Serve static assets with an efficient cache policy	Potential savings of 13.1KB

## Page Details



### Total Page Size - 2.77MB



### Total Page Requests - 50



■ 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.**

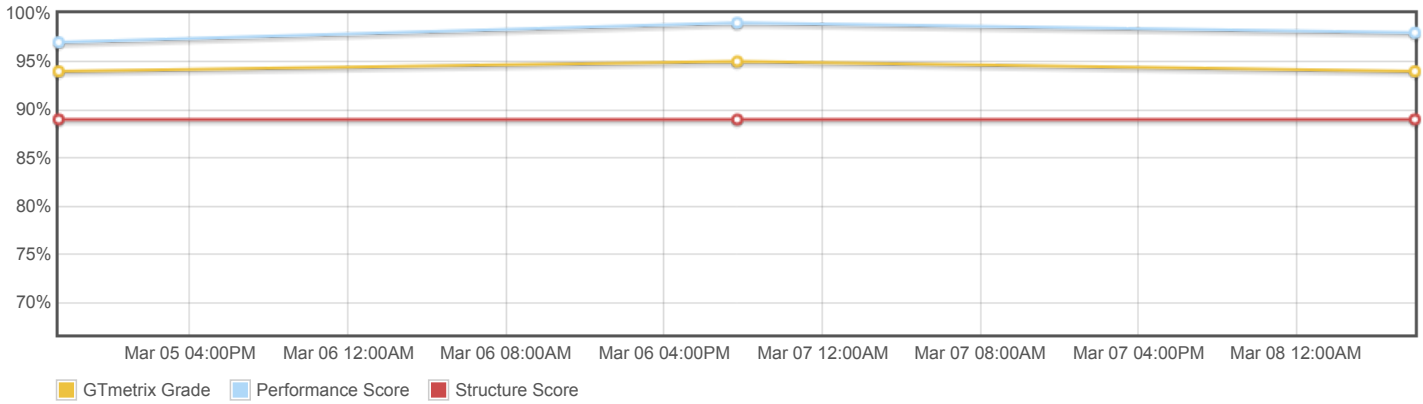
## About GTmetrix



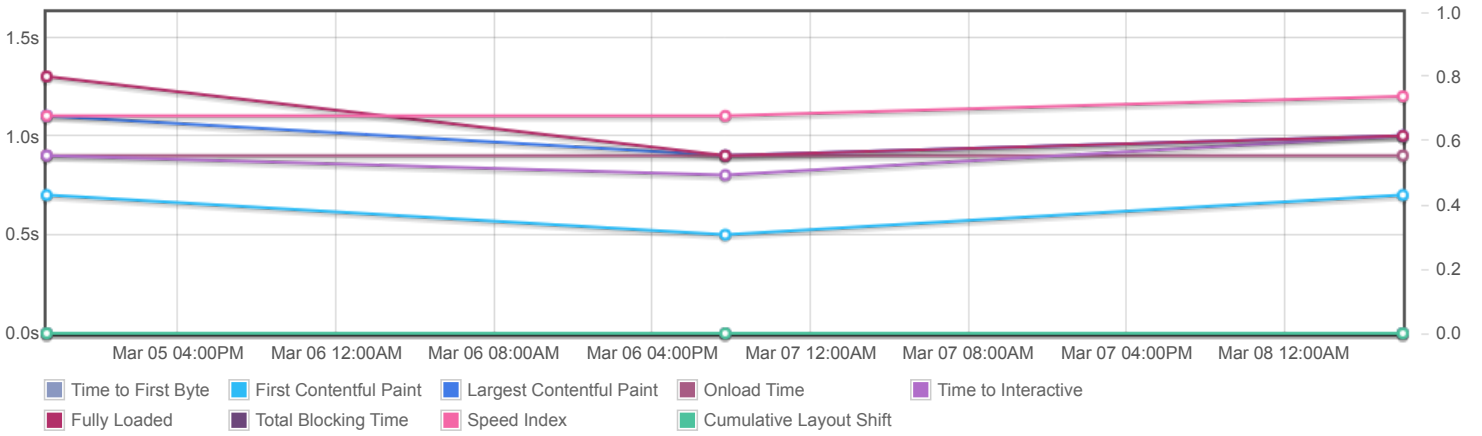
GTmetrix is developed by the good folks at **Carbon60**, a Canadian hosting company with over 28 years experience in web technology.

<https://carbon60.com/>

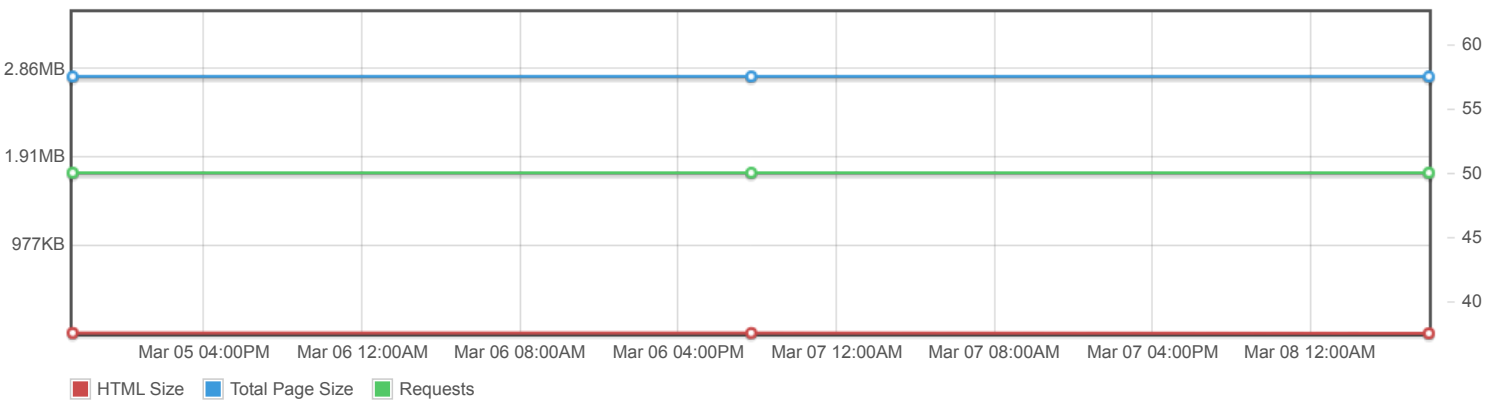
Page scores



Page metrics

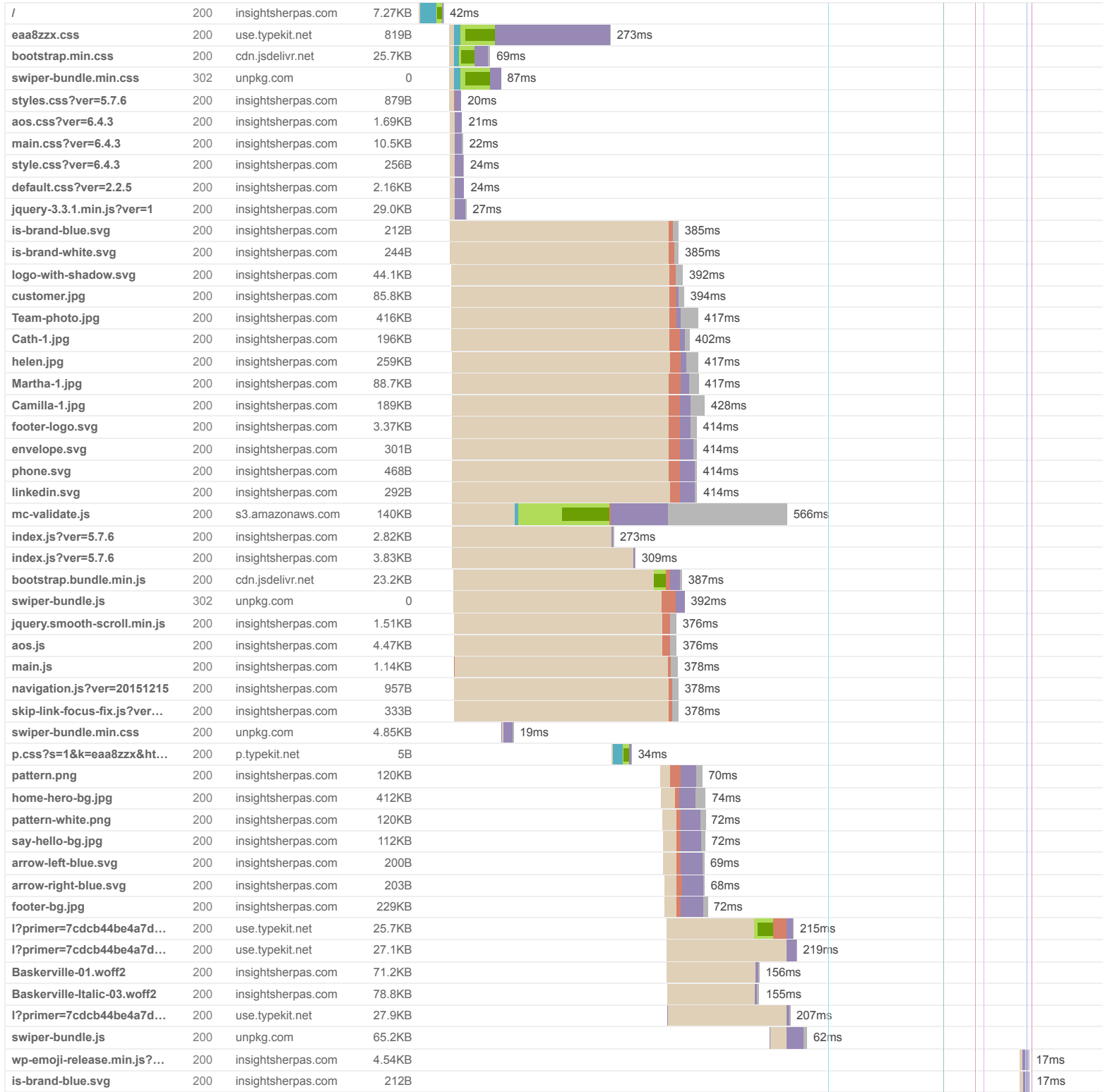


Page sizes and request counts

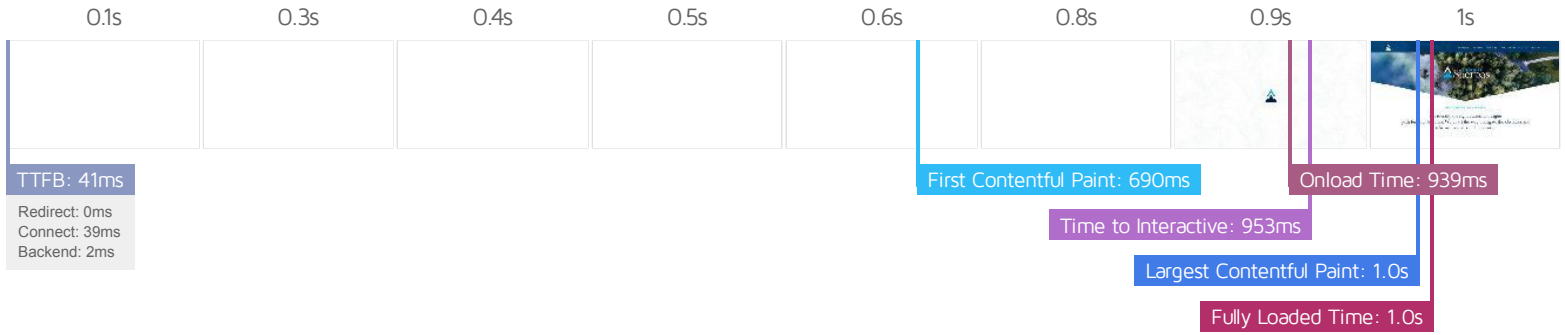


The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

Insight Sherpas – Helping you on your insight journey



50 Requests    2.77MB (3.47MB Uncompressed)    Fully Loaded 1s (Onload 939ms)



### 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>Good - Nothing to do here</p> <p><b>689ms</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>Good - Nothing to do here</p> <p><b>952ms</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>Good - Nothing to do here</p> <p><b>1.2s</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>22ms</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>Good - Nothing to do here</p> <p><b>1.0s</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	0ms	Connect	39ms	Backend	2ms
TTFB	41ms	First Paint	690ms	DOM Int.	878ms
DOM Loaded	885ms	Onload	939ms	Fully Loaded	1.0s

IMPACT AUDIT

**Low** **Reduce unused JavaScript** LCP Potential savings of 133KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<a href="https://s3.amazonaws.com/downloads.mailchimp.com/js/mc-validate.js">https://s3.amazonaws.com/downloads.mailchimp.com/js/mc-validate.js</a>	140KB	91.6KB
<a href="https://unpkg.com/swiper/swiper-bundle.js">https://unpkg.com/swiper/swiper-bundle.js</a>	65.2KB	40.9KB

**Low** **Properly size images** Potential savings of 1.00MB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/Team-photo.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/Team-photo.jpg</a>	416KB	295KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/helen.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/helen.jpg</a>	259KB	230KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/Cath-1.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/Cath-1.jpg</a>	196KB	186KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/Camilla-1.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/Camilla-1.jpg</a>	189KB	179KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/Martha-1.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/Martha-1.jpg</a>	88.7KB	84.1KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/07/customer.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/07/customer.jpg</a>	85.8KB	46.4KB

**Low** **Efficiently encode images** Potential savings of 82.9KB

Optimized images load faster and consume less cellular data.

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/helen.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/helen.jpg</a>	259KB	47.6KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/Team-photo.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/Team-photo.jpg</a>	416KB	35.4KB

**Low** **Ensure text remains visible during webfont load** FCP LCP 5 fonts found

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

URL	POTENTIAL SAVINGS
<a href="https://use.typekit.net/af/0230dd/00000000000000007735bb33/30/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n4&amp;v=3">https://use.typekit.net/af/0230dd/00000000000000007735bb33/30/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n4&amp;v=3</a>	67ms
<a href="https://use.typekit.net/af/305037/00000000000000007735bb39/30/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n7&amp;v=3">https://use.typekit.net/af/305037/00000000000000007735bb39/30/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n7&amp;v=3</a>	71ms
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/fonts/Baskerville-01.woff2">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/fonts/Baskerville-01.woff2</a>	8ms
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/fonts/Baskerville-Italic-03.woff2">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/fonts/Baskerville-Italic-03.woff2</a>	8ms
<a href="https://use.typekit.net/af/160664/00000000000000007735bb32/30/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n5&amp;v=3">https://use.typekit.net/af/160664/00000000000000007735bb32/30/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n5&amp;v=3</a>	53ms

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
• <a href="https://www.insightsherpas.com/">https://www.insightsherpas.com/</a>	404ms	158ms
• <a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/jquery-3.3.1.min.js?ver=1">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/jquery-3.3.1.min.js?ver=1</a>	879ms	72ms

Low

**Reduce JavaScript execution time** TBT

144ms 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
• <a href="https://www.insightsherpas.com/">https://www.insightsherpas.com/</a>	310ms	17ms	19ms
• Unattributable	276ms	12ms	0ms
• <a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/jquery-3.3.1.min.js?ver=1">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/jquery-3.3.1.min.js?ver=1</a>	138ms	92ms	1ms

Low

**Reduce unused CSS** FCP LCP

Potential savings of 25.1KB

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
• <a href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/css/bootstrap.min.css">https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/css/bootstrap.min.css</a>	26.1KB	25.1KB

Low

**Serve images in next-gen formats**

Potential savings of 830KB

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
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/Team-photo.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/Team-photo.jpg</a>	416KB	235KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/helen.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/helen.jpg</a>	259KB	160KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/07/footer-bg.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/07/footer-bg.jpg</a>	229KB	103KB
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/img/pattern-white.png">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/img/pattern-white.png</a>	120KB	77.0KB
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/img/pattern.png">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/img/pattern.png</a>	120KB	73.2KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/Camilla-1.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/Camilla-1.jpg</a>	189KB	47.7KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/Cath-1.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/Cath-1.jpg</a>	196KB	47.5KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/07/say-hello-bg.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/07/say-hello-bg.jpg</a>	112KB	36.6KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/07/customer.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/07/customer.jpg</a>	85.8KB	28.2KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/Martha-1.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/Martha-1.jpg</a>	88.7KB	22.2KB

Low

**Defer offscreen images**

Potential savings of 1.02MB

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

URL	RESOURCE SIZE	POTENTIAL SAVINGS
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/helen.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/helen.jpg</a>	259KB	243KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/07/footer-bg.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/07/footer-bg.jpg</a>	229KB	229KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/Cath-1.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/Cath-1.jpg</a>	196KB	185KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/Camilla-1.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/Camilla-1.jpg</a>	189KB	178KB
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/img/pattern.png">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/img/pattern.png</a>	120KB	120KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/08/Martha-1.jpg">https://www.insightsherpas.com/wp-content/uploads/2021/08/Martha-1.jpg</a>	88.7KB	83.5KB
<a href="https://www.insightsherpas.com/wp-content/uploads/2021/07/footer-logo.svg">https://www.insightsherpas.com/wp-content/uploads/2021/07/footer-logo.svg</a>	3.74KB	3.74KB

Low

**Minify CSS** FCP LCP

Potential savings of 2.81KB

Minifying CSS files can reduce network payload sizes.

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<ul style="list-style-type: none"> <li><a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/css/main.css?ver=6.4.3">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/css/main.css?ver=6.4.3</a></li> </ul>	10.8KB	2.81KB

Low

**Minify JavaScript** FCP LCP

Potential savings of 19.8KB

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

URL	TRANSFER SIZE	POTENTIAL SAVINGS
<ul style="list-style-type: none"> <li><a href="https://unpkg.com/swiper/swiper-bundle.js">https://unpkg.com/swiper/swiper-bundle.js</a></li> </ul>	65.2KB	19.8KB

Low

**Avoid chaining critical requests** FCP LCP

23 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: **655ms**

#### INITIAL NAVIGATION

<a href="https://www.insightsherpas.com/">https://www.insightsherpas.com/</a>	7.68KB, 41ms
<a href="https://www.insightsherpas.com/wp-content/plugins/tablepress/css/build/default.css?ver=2.2.5">https://www.insightsherpas.com/wp-content/plugins/tablepress/css/build/default.css?ver=2.2.5</a>	2.52KB, 19ms
<a href="https://s3.amazonaws.com/downloads.mailchimp.com/js/mc-validate.js">https://s3.amazonaws.com/downloads.mailchimp.com/js/mc-validate.js</a>	140KB, 460ms
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/skip-link-focus-fix.js?ver=20151215">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/skip-link-focus-fix.js?ver=20151215</a>	713B, 40ms
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/style.css?ver=6.4.3">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/style.css?ver=6.4.3</a>	627B, 18ms
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/aos.js">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/aos.js</a>	4.84KB, 39ms
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/jquery.smooth-scroll.min.js">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/jquery.smooth-scroll.min.js</a>	1.88KB, 39ms
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/navigation.js?ver=20151215">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/navigation.js?ver=20151215</a>	1.31KB, 42ms
<a href="https://www.insightsherpas.com/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.7.6">https://www.insightsherpas.com/wp-content/plugins/contact-form-7/includes/js/index.js?ver=5.7.6</a>	4.20KB, 4ms
<a href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/css/bootstrap.min.css">https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/css/bootstrap.min.css</a>	26.1KB, 63ms
<a href="https://www.insightsherpas.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.7.6">https://www.insightsherpas.com/wp-content/plugins/contact-form-7/includes/css/styles.css?ver=5.7.6</a>	1.22KB, 14ms
<a href="https://www.insightsherpas.com/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.7.6">https://www.insightsherpas.com/wp-content/plugins/contact-form-7/includes/swv/js/index.js?ver=5.7.6</a>	3.20KB, 3ms
<a href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/js/bootstrap.bundle.min.js">https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/js/bootstrap.bundle.min.js</a>	23.2KB, 49ms
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/main.js">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/main.js</a>	1.52KB, 42ms
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/jquery-3.3.1.min.js?ver=1">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/jquery-3.3.1.min.js?ver=1</a>	29.4KB, 21ms
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/css/aos.css?ver=6.4.3">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/css/aos.css?ver=6.4.3</a>	2.06KB, 15ms
<a href="https://unpkg.com/swiper/swiper-bundle.js">https://unpkg.com/swiper/swiper-bundle.js</a>	97B, 199ms

- <https://unpkg.com/swiper@11.0.7/swiper-bundle.js> 65.2KB, 56ms
- <https://unpkg.com/swiper/swiper-bundle.min.css> 296B, 83ms
- <https://unpkg.com/swiper@11.0.7/swiper-bundle.min.css> 4.85KB, 18ms
- [https://www.insightsherpas.com/wp-content/themes/insight\\_sherpas\\_n/css/main.css?ver=6.4.3](https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/css/main.css?ver=6.4.3) 10.8KB, 17ms
- [https://www.insightsherpas.com/wp-content/themes/insight\\_sherpas\\_n/fonts/Baskerville-01.woff2](https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/fonts/Baskerville-01.woff2) 71.6KB, 8ms
- [https://www.insightsherpas.com/wp-content/themes/insight\\_sherpas\\_n/fonts/Baskerville-Italic-03.woff2](https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/fonts/Baskerville-Italic-03.woff2) 79.3KB, 8ms
- <https://use.typekit.net/aaa8zzx.css> 1.02KB, 267ms
- <https://use.typekit.net/af/0230dd/000000000000000007735bb33/30/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n4&v=3> 25.9KB, 67ms
- <https://use.typekit.net/af/305037/000000000000000007735bb39/30/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n7&v=3> 27.3KB, 71ms
- <https://p.typekit.net/p.css?s=1&k=aaa8zzx&ht=tk&f=39504.39505.39506.39507.39508.39509&a=4681944&app=typekit&e=css> 172B, 33ms
- <https://use.typekit.net/af/160664/000000000000000007735bb32/30/?primer=7cdcb44be4a7db8877ffa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&fvd=n5&v=3> 28.1KB, 53ms

N/A **Avoid an excessive DOM size** TBT 232 elements

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

STATISTIC	ELEMENT	VALUE
Total DOM Elements		232
Maximum DOM Depth	div.single-our-service > div.single-our-service__heading > h4 > br  	11
Maximum Child Elements	body.home <body class="home page-template-default page page-id-10" data-aos-easing="ease" data-aos-duration="400" data-aos-delay="0" style="zoom: 1;">	24

N/A **Largest Contentful Paint element** LCP 1,030 ms

This is the largest contentful element painted within the viewport.

ELEMENT

Insight Sherpas Logo

```
<section id="homepage-hero" class="hero-area clipped-img" style="background-image: url(&quot;https://www.insightsherpas.com/wp-content/uploads/20...&quot;);">
```



PHASE	% OF LCP	TIMING
TTFB	4%	41ms
Load Delay	36%	371ms
Load Time	7%	73ms
Render Delay	53%	538ms

N/A **Eliminate render-blocking resources** FCP LCP Potential savings of 22ms

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
• <a href="https://use.typekit.net/aaa8zzx.css">https://use.typekit.net/aaa8zzx.css</a>	1.02KB	767ms
• <a href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/css/bootstrap.min.css">https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/css/bootstrap.min.css</a>	26.1KB	1.4s
• <a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/css/main.css?ver=6.4.3">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/css/main.css?ver=6.4.3</a>	10.8KB	300ms
• <a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/jquery-3.3.1.min.js?ver=1">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/jquery-3.3.1.min.js?ver=1</a>	29.4KB	750ms

N/A **Reduce initial server response time** FCP LCP Root document took 2ms

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

URL	TIME SPENT
• <a href="https://www.insightsherpas.com/">https://www.insightsherpas.com/</a>	2ms

N/A **Avoid serving legacy JavaScript to modern browsers** TBT Potential savings of 107B

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
<a href="https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/aos.js">https://www.insightsherpas.com/wp-content/themes/insight_sherpas_n/js/aos.js</a> Line:0 Column:4387	60B
<a href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/js/bootstrap.bundle.min.js">https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/js/bootstrap.bundle.min.js</a> Line:5 Column:23884	47B

N/A **Avoid large layout shifts** CLS 2 elements found

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

ELEMENT	CLS CONTRIBUTION
SERVICES OUR WORK OUR TEAM OUR THINKING FASTQUAL CONTACT US <div class="collapse navbar-collapse" id="main-menu">	0.00
SERVICES OUR WORK OUR TEAM OUR THINKING FASTQUAL CONTACT US <ul id="menu-main-menu" class="main-menu navbar-nav ml-auto">	0.00

N/A **Minimize main-thread work** TBT Main-thread busy for 806ms

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

CATEGORY	TIME SPENT
Other	359ms
Style & Layout	195ms
Script Evaluation	175ms
Script Parsing & Compilation	28ms
Parse HTML & CSS	26ms
Rendering	20ms
Garbage Collection	1ms

N/A **Reduce the impact of third-party code** TBT Total size was 343KB

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>AMAZON WEB SERVICES</b>	140KB	0ms
• <a href="https://s3.amazonaws.com/downloads.mailchimp.com/js/mc-validate.js">https://s3.amazonaws.com/downloads.mailchimp.com/js/mc-validate.js</a>	140KB	0ms
<b>ADOBE TYPEKIT</b>	82.6KB	0ms
• <a href="https://use.typekit.net/af/160664/00000000000000007735bb32/30/?primer=7cdcb44be4a7db8877fa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n5&amp;v=3">https://use.typekit.net/af/160664/00000000000000007735bb32/30/?primer=7cdcb44be4a7db8877fa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n5&amp;v=3</a>	28.1KB	0ms
• <a href="https://use.typekit.net/af/305037/00000000000000007735bb39/30/?primer=7cdcb44be4a7db8877fa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n7&amp;v=3">https://use.typekit.net/af/305037/00000000000000007735bb39/30/?primer=7cdcb44be4a7db8877fa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n7&amp;v=3</a>	27.3KB	0ms
• <a href="https://use.typekit.net/af/0230dd/00000000000000007735bb33/30/?primer=7cdcb44be4a7db8877fa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n4&amp;v=3">https://use.typekit.net/af/0230dd/00000000000000007735bb33/30/?primer=7cdcb44be4a7db8877fa5c0007b8dd865b3bbc383831fe2ea177f62257a9191&amp;fvd=n4&amp;v=3</a>	25.9KB	0ms
<b>UNPKG</b>	70.4KB	0ms
• <a href="https://unpkg.com/swiper@11.0.7/swiper-bundle.js">https://unpkg.com/swiper@11.0.7/swiper-bundle.js</a>	65.2KB	0ms
• <a href="https://unpkg.com/swiper@11.0.7/swiper-bundle.min.css">https://unpkg.com/swiper@11.0.7/swiper-bundle.min.css</a>	4.85KB	0ms
<b>JSDELIVR CDN</b>	49.4KB	0ms
• <a href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/css/bootstrap.min.css">https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/css/bootstrap.min.css</a>	26.1KB	0ms
• <a href="https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/js/bootstrap.bundle.min.js">https://cdn.jsdelivr.net/npm/bootstrap@4.6.0/dist/js/bootstrap.bundle.min.js</a>	23.2KB	0ms

No user timings and/or marks found.

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