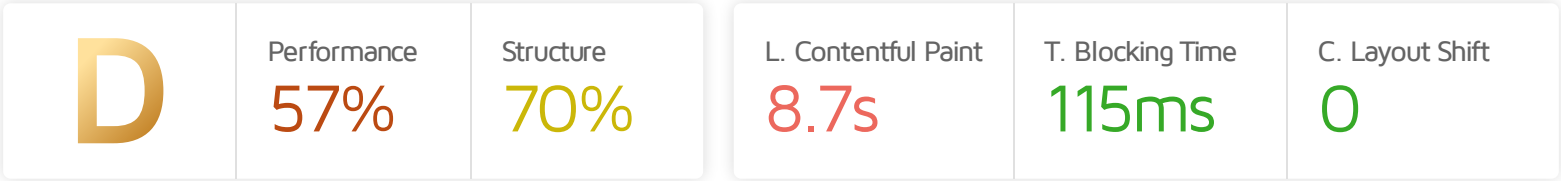




## Performance Report for: <https://sattvapreprod.com/>

Report generated: Wed, Jan 8, 2025 12:21 AM -0800  
 Test Server Location: Vancouver, Canada  
 Using: Chrome 117.0.0.0, Lighthouse 11.0.0



### Top Issues

High	<b>Eliminate render-blocking resources</b> <small>FCP</small> <small>LCP</small>	Potential savings of 3.9s
Med	<b>Use explicit width and height on image elements</b> <small>CLS</small>	6 images found
Med	<b>Don't lazy load Largest Contentful Paint image</b> <small>LCP</small>	LCP was lazy loaded
Med	<b>Use a Content Delivery Network (CDN)</b>	64 resources found
Med-Low	<b>Use HTTP/2 for all resources</b>	Potential savings of 10.0s

**Focus on these audits first**

These audits likely have the largest impact on your page performance.

Structure audits do not directly affect your Performance Score, but improving the audits seen here can help as a starting point for overall performance gains.

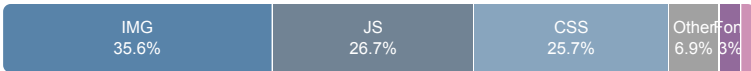
### Page Details



Total Page Size - 1.99MB



Total Page Requests - 101



HTML JS CSS IMG Video Font Other

### How does this affect me?

Modern web users have a short attention span and expect a fast and seamless website experience. Delivering that fast experience can result in more traffic, more conversions, and more happiness.

As if you didn't need more incentive, **Google use Page Speed and Page Experience (including Web Vitals) signals in their ranking algorithm.**

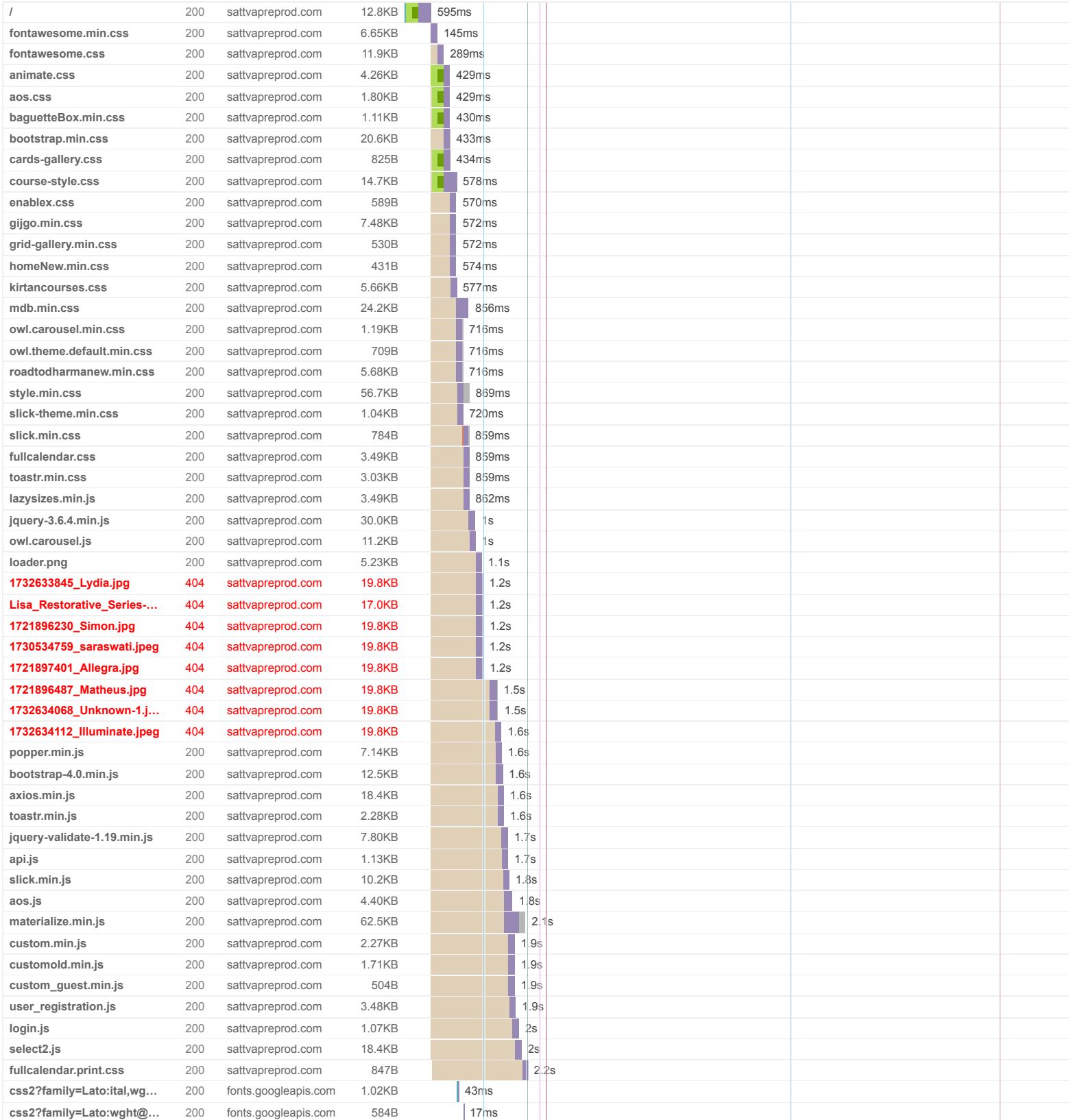
### About GTmetrix

**GTmetrix** was developed as a tool for customers to easily test the performance of their webpages.

[Learn more about us.](#)

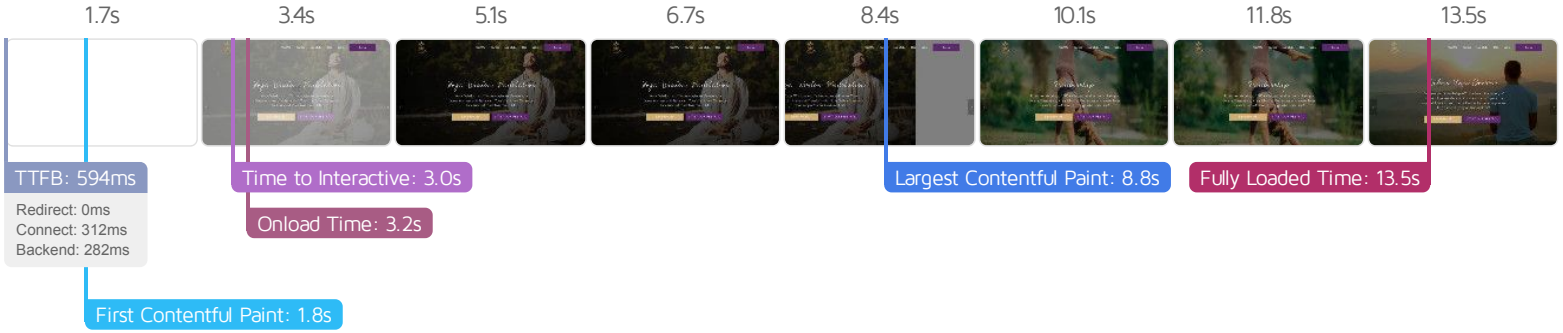
The waterfall chart displays the loading behaviour of your site in your selected browser. It can be used to discover simple issues such as 404's or more complex issues such as external resources blocking page rendering.

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293595927?autoplay=0...	200	player.vimeo.com	10.4KB	286ms	
arrow_left.svg	200	sattvapreprod.com	478B	280ms	
arrow_right.svg	200	sattvapreprod.com	477B	280ms	
img-3.jpg	404	sattvapreprod.com	19.8KB	1s	
footerbgright.png	200	sattvapreprod.com	44.8KB	1s	
mantra-lf.jpg	200	sattvapreprod.com	49.7KB	1s	
BrittneySignature.woff	200	sattvapreprod.com	38.5KB	380ms	
AvenirNext-Regular.woff2	200	sattvapreprod.com	29.9KB	263ms	
AvenirNext-Medium.woff2	200	sattvapreprod.com	29.8KB	272ms	
ban-logo.webp	200	sattvapreprod.com	12.1KB	187ms	
slider1.webp	200	sattvapreprod.com	33.5KB	316ms	
quote-left-new.svg	200	sattvapreprod.com	1.35KB	1s	
quote-right.svg	200	sattvapreprod.com	1.35KB	1.1s	
sec_12-large.webp	200	sattvapreprod.com	47.1KB	333ms	
End_image.webp	200	sattvapreprod.com	273KB	613ms	
player.module.js	200	f.vimeocdn.com	141KB	83ms	
vendor.module.js	200	f.vimeocdn.com	102KB	82ms	
player.css	200	f.vimeocdn.com	20.3KB	62ms	
735223344-0caee4ed9f1d...	200	i.vimeocdn.com	1.32KB	75ms	
vuid.min.js	200	f.vimeocdn.com	985B	16ms	
recaptcha_en.js	200	gstatic.com	216KB	77ms	
cast_sender.js?loadCastF...	200	gstatic.com	1.96KB	67ms	
735223344-0caee4ed9f1d...	200	i.vimeocdn.com	60.8KB	75ms	
POST player-stats?beaco...	200	player-telemetry.vim...	142B	126ms	
POST vuid?pid=8b2707de...	204	vimeo.com	1.41KB	176ms	
318385?sig=ef991e74e62...	200	i.vimeocdn.com	2.35KB	22ms	
cast_framework.js	200	gstatic.com	11.9KB	16ms	
cast_sender.js	200	gstatic.com	15.0KB	8ms	
ncwqupii2a	200	clarity.ms	689B	187ms	
1732633845_Lydia.jpg	404	sattvapreprod.com	19.8KB	199ms	
Lisa_Restorative_Series-...	404	sattvapreprod.com	19.9KB	203ms	
1721896230_Simon.jpg	404	sattvapreprod.com	19.8KB	202ms	
1730534759_saraswati.jpeg	404	sattvapreprod.com	19.8KB	203ms	
1721897401_Allegra.jpg	404	sattvapreprod.com	19.8KB	204ms	
1721896487_Matheus.jpg	404	sattvapreprod.com	19.8KB	201ms	
1732634068_Unknown-1.j...	404	sattvapreprod.com	19.8KB	306ms	
1732634112_Illuminate.jpeg	404	sattvapreprod.com	19.8KB	317ms	
clarity.js	200	clarity.ms	28.4KB	20ms	
POST collect	204	w.clarity.ms	0	300ms	
c.gif	302	c.clarity.ms	0	41ms	
ban-logo.webp	200	sattvapreprod.com	12.1KB	142ms	
c.gif?ctsa=mr&CtsSyncl...	302	c.bing.com	0	58ms	
c.gif?ctsa=mr&CtsSyncl...	200	c.clarity.ms	42B	10ms	
POST collect	204	w.clarity.ms	0	70ms	
POST collect	204	w.clarity.ms	0	71ms	
1-kopiNew.webp	200	sattvapreprod.com	83.7KB	425ms	
POST collect	204	w.clarity.ms	0	74ms	
shutterstock_676632New....	200	sattvapreprod.com	34.1KB	285ms	

101 Requests 1.99MB (6.15MB Uncompressed) Fully Loaded 13.5s (Onload 3.2s)



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>1.8s</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>3.0s</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>8.5s</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>115ms</b></p>
<p><b>Largest Contentful Paint</b></p> <p>How long it takes for the largest element of content (i.e., 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>8.7s</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	312ms	Backend	282ms
TTFB	594ms	DOM Int.	1.8s	First Paint	1.8s
DOM Loaded	2.8s	Onload	3.2s	Fully Loaded	13.5s

IMPACT	AUDIT	
High	Eliminate render-blocking resources <span>FCP</span> <span>LCP</span>	Potential savings of 3.9s
Med	Use explicit width and height on image elements <span>CLS</span>	6 images found
Med	Don't lazy load Largest Contentful Paint image <span>LCP</span>	LCP was lazy loaded
Med	Use a Content Delivery Network (CDN)	64 resources found
Med-Low	Use HTTP/2 for all resources	Potential savings of 10.0s
Med-Low	Serve static assets with an efficient cache policy	Potential savings of 155KB
Med-Low	Lazy load third-party resources with facades <span>TBT</span>	1 facade alternative available
Low	Allow back/forward cache restoration	1 failure reason
Low	Use passive listeners to improve scrolling performance	1 event listener not passive
Low	Avoid an excessive DOM size <span>TBT</span>	929 elements
Low	Avoid long main-thread tasks <span>TBT</span>	4 long tasks found
Low	Preconnect to required origins <span>FCP</span> <span>LCP</span>	Potential savings of 137ms
Low	Avoid chaining critical requests <span>FCP</span> <span>LCP</span>	27 chains found
Low	Reduce unused JavaScript <span>LCP</span>	Potential savings of 225KB
Low	Ensure text remains visible during webfont load <span>FCP</span> <span>LCP</span>	2 fonts found
Low	Avoid enormous network payloads <span>LCP</span>	Total size was 1.99MB
Low	Reduce JavaScript execution time <span>TBT</span>	421ms spent executing JavaScript
Low	Defer offscreen images	Potential savings of 205KB
Low	Minify JavaScript <span>FCP</span> <span>LCP</span>	Potential savings of 34.5KB
Low	Reduce unused CSS <span>FCP</span> <span>LCP</span>	Potential savings of 120KB
Low	Serve images in next-gen formats	Potential savings of 60.3KB
Low	Efficiently encode images	Potential savings of 5.17KB
Low	Minify CSS <span>FCP</span> <span>LCP</span>	Potential savings of 2.06KB

Low	<b>Reduce initial server response time</b> <small>FCP LCP</small>	Root document took 281ms
Low	<b>Properly size images</b>	Potential savings of 48.5KB
N/A	<b>Avoid large layout shifts</b> <small>CLS</small>	1 element found
N/A	<b>Avoid serving legacy JavaScript to modern browsers</b> <small>TBT</small>	Potential savings of 200B
N/A	<b>Reduce the impact of third-party code</b> <small>TBT</small>	Total size was 623KB
N/A	<b>Largest Contentful Paint element</b> <small>LCP</small>	8,750 ms
N/A	<b>Minimize main-thread work</b> <small>TBT</small>	Main-thread busy for 1.2s
N/A	<b>User Timing marks and measures</b>	