Generated on March 03 2026 10:44 AM

The score is 76/100

SEO Content

✅	Title	How to Improve Cognitive Function: Science-Backed Strategies **Length : 60** Perfect, your title contains between 10 and 70 characters.
✅	Description	Want to sharpen your memory, focus, and mental clarity? These research-backed methods can help improve cognitive function at any age. **Length : 133** Great, your meta description contains between 70 and 160 characters.
❌	Keywords	Very bad. We haven't found meta keywords on your page. Use this free online meta tags generator to create keywords.
✅	Og Meta Properties	Good, your page take advantage of Og Properties.

Property	Content
title	How to Improve Cognitive Function: Science-Backed Strategies
description	Want to sharpen your memory, focus, and mental clarity? These research-backed methods can help improve cognitive function at any age.
type	website

		Headings					
		H1	**H2**	**H3**	**H4**	**H5**	**H6**
		1	5	14	17	0	0

- [H1] Boost Your Brainpower – 10 Proven Ways to Enhance Cognitive Function
- [H2] Before You Begin: A Quick Word on Cognitive Fitness
- [H2] Top 10 Ways to Enhance Cognitive Function
- [H2] What Research Really Says About Brain Health

SEO Content

- [H2] A Day in the Life of a Sharper Brain
- [H2] Frequently Asked Questions
- [H3] Margot Delaney
- [H3] 1. Environmental Enrichment
- [H3] 2. Educational Activities
- [H3] 3. Physical Exercise
- [H3] 4. Computerized Cognitive Training
- [H3] 5. Web-Enabled Conversational Interactions
- [H3] 6. Healthy Lifestyle Choices
- [H3] 7. Mindfulness and Meditation
- [H3] 8. Creative Hobbies
- [H3] 9. Nature Immersion
- [H3] 10. Purpose-Driven Living
- [H3] Morning
- [H3] Afternoon
- [H3] Evening
- [H4] About the Author
- [H4] Follow Margot on Social Media
- [H4] Take a 20-minute walk
- [H4] Play a brain game (5–10 mins)
- [H4] Eat an omega-3–rich breakfast
- [H4] Learn something new
- [H4] Drink water
- [H4] Digital detox at least 1 hour before bed
- [H4] Sleep (7–8 hours)
- [H4] Can you reverse cognitive decline?
- [H4] What is the best brain exercise?
- [H4] How long does it take to see improvements?
- [H4] Do brain supplements really work?
- [H4] Can social media harm cognition?
- [H4] Is caffeine good or bad for the brain?
- [H4] What is the number one worst habit for your brain?
- [H4] Can video games help?

✔	Images	We found 6 images on this web page. Good, most or all of your images have alt attributes.
✔	Text/HTML Ratio	Ratio : **58%** Ideal! This page's ratio of text to HTML code is between 25 and 70 percent.
✔	Flash	Perfect, no Flash content has been detected on this page.
✔	Iframe	Great, there are no Iframes detected on this page.

SEO Links

✓	URL Rewrite	Good. Your links looks friendly!
✓	Underscores in the URLs	Perfect! No underscores detected in your URLs.
✓	In-page links	We found a total of 7 links including 0 link(s) to files
○	Statistics	External Links : noFollow 0% External Links : Passing Juice 28.57% Internal Links 71.43%

In-page links

Anchor	Type	Juice
Introduction	Internal	Passing Juice
Strategies	Internal	Passing Juice
Research	Internal	Passing Juice
Daily	Internal	Passing Juice
FAQ	Internal	Passing Juice
how to improve memory	External	Passing Juice
how to improve cognitive function	External	Passing Juice

SEO Keywords

○ Keywords Cloud	memory brain improve cognitive mental function sleep more time how

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings

Keywords Consistency

brain	35	✖	✖	✖	✔
cognitive	29	✔	✖	✔	✔
function	15	✔	✖	✔	✔
how	12	✔	✖	✖	✔
improve	11	✔	✖	✔	✔

Usability

	Url	Domain : howtoimprovecognitivefunction.com Length : 33
✔	Favicon	Great, your website has a favicon.
✖	Printability	We could not find a Print-Friendly CSS.
✔	Language	Good. Your declared language is en.
✖	Dublin Core	This page does not take advantage of Dublin Core.

Document

✔	Doctype	HTML 5
✔	Encoding	Perfect. Your declared charset is UTF-8.
✖	W3C Validity	Errors : 0 Warnings : 0
✔	Email Privacy	Great no email address has been found in plain text!
✔	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.

Document

	Speed Tips		
		✔	Excellent, your website doesn't use nested tables.
		✖	Too bad, your website is using inline styles.
		✔	Great, your website has few CSS files.
		✔	Perfect, your website has few JavaScript files.
		✔	Perfect, your website takes advantage of gzip.

Mobile

	Mobile Optimization		
		✔	Apple Icon
		✔	Meta Viewport Tag
		✔	Flash content

Optimization

	XML Sitemap	Great, your website has an XML sitemap.
✔		https://howtoimprovecognitivefunction.com/sitemap.xml
✔	Robots.txt	http://howtoimprovecognitivefunction.com/robots.txt Great, your website has a robots.txt file.
✖	Analytics	Missing We didn't detect an analytics tool installed on this website. Web analytics let you measure visitor activity on your website. You should have at least one analytics tool installed, but It can also be good to install a second in order to cross-check the data.