

# Analisi sito web howtoimprovememory.org

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Il punteggio e 62/100



## SEO Content

|             | Title                                                                                                                                                   | <p>How to Improve Memory: Top Tips for 2025</p> <p><b>Lunghezza : 40</b></p> <p>Perfetto, il tuo title contiene tra 10 e 70 caratteri.</p>                                                                                                                                                                                                                                                                                                                                    |           |           |       |                                          |             |                                                                                                                                                         |      |         |    |   |   |   |
|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-----------|-------|------------------------------------------|-------------|---------------------------------------------------------------------------------------------------------------------------------------------------------|------|---------|----|---|---|---|
|             | Description                                                                                                                                             | <p>Learn how to improve memory, focus, and recall with exercises, games, and tips for adults, kids, and ADHD. Boost short-term and long-term memory today!</p> <p><b>Lunghezza : 151</b></p> <p>Grande, la tua meta description contiene tra 70 e 160 caratteri.</p>                                                                                                                                                                                                          |           |           |       |                                          |             |                                                                                                                                                         |      |         |    |   |   |   |
|             | Keywords                                                                                                                                                | <p>Molto male. Non abbiamo trovato meta keywords nella tua pagina. Usa <a href="#">questo generatore gratuito online di meta tags</a> per creare keywords.</p>                                                                                                                                                                                                                                                                                                                |           |           |       |                                          |             |                                                                                                                                                         |      |         |    |   |   |   |
|             | Og Meta Properties                                                                                                                                      | <p>Buono, questa pagina sfrutta i vantaggi Og Properties.</p> <table><tr><th>Proprieta</th><th>Contenuto</th></tr><tr><td>title</td><td>How to Improve Memory: Top Tips for 2025</td></tr><tr><td>description</td><td>Learn how to improve memory, focus, and recall with exercises, games, and tips for adults, kids, and ADHD. Boost short-term and long-term memory today!</td></tr><tr><td>type</td><td>website</td></tr></table>                                         | Proprieta | Contenuto | title | How to Improve Memory: Top Tips for 2025 | description | Learn how to improve memory, focus, and recall with exercises, games, and tips for adults, kids, and ADHD. Boost short-term and long-term memory today! | type | website |    |   |   |   |
| Proprieta   | Contenuto                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |       |                                          |             |                                                                                                                                                         |      |         |    |   |   |   |
| title       | How to Improve Memory: Top Tips for 2025                                                                                                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |       |                                          |             |                                                                                                                                                         |      |         |    |   |   |   |
| description | Learn how to improve memory, focus, and recall with exercises, games, and tips for adults, kids, and ADHD. Boost short-term and long-term memory today! |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |       |                                          |             |                                                                                                                                                         |      |         |    |   |   |   |
| type        | website                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |           |           |       |                                          |             |                                                                                                                                                         |      |         |    |   |   |   |
|             | Headings                                                                                                                                                | <table><tr><th>H1</th><th>H2</th><th>H3</th><th>H4</th><th>H5</th><th>H6</th></tr><tr><td>1</td><td>9</td><td>22</td><td>8</td><td>0</td><td>0</td></tr></table> <ul style="list-style-type: none"><li>[H1] How to Improve Your Memory for Better Cognitive Health?</li><li>[H2] Jamie Wells</li><li>[H2] Introduction</li><li>[H2] Why Memory Improvement Matters</li><li>[H2] Top Strategies to Improve Memory</li><li>[H2] Memory Improvement for Specific Needs</li></ul> | H1        | H2        | H3    | H4                                       | H5          | H6                                                                                                                                                      | 1    | 9       | 22 | 8 | 0 | 0 |
| H1          | H2                                                                                                                                                      | H3                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | H4        | H5        | H6    |                                          |             |                                                                                                                                                         |      |         |    |   |   |   |
| 1           | 9                                                                                                                                                       | 22                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | 8         | 0         | 0     |                                          |             |                                                                                                                                                         |      |         |    |   |   |   |

## SEO Content

|                                                                                    |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|------------------------------------------------------------------------------------|-----------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                    |                 | <ul style="list-style-type: none"><li>• [H2] Free and Accessible Memory Improvement Tools</li><li>• [H2] How to Implement Memory Improvement Techniques</li><li>• [H2] FAQ – Common Questions About Memory Improvement</li><li>• [H2] Conclusion</li><li>• [H3] About the Author:</li><li>• [H3] Connect with Jamie</li><li>• [H3] Remember and repeat (but space it out)</li><li>• [H3] Use tools, but use them the right way</li><li>• [H3] Concept maps</li><li>• [H3] Self-testing beats passive review</li><li>• [H3] Study groups can help, but only if you participate</li><li>• [H3] Mix up your subjects</li><li>• [H3] Check in with yourself</li><li>• [H3] For ADHD</li><li>• [H3] For Kids</li><li>• [H3] For Studying: Mnemonics, Repetition, and Retrieval</li><li>• [H3] For Physical Tasks</li><li>• [H3] Free Online Games That Actually Help</li><li>• [H3] Apps for Kids with ADHD or Working Memory Struggles</li><li>• [H3] Printable Worksheets and DIY Games for Home</li><li>• [H3] Start Small and Stay Consistent</li><li>• [H3] Practice in Layers</li><li>• [H3] Use Tools to Stay Organized</li><li>• [H3] Make Sleep and Diet a Priority</li><li>• [H3] Track Progress and Adjust</li><li>• [H3] Avoid Overload</li><li>• [H4] How can I improve my memory?</li><li>• [H4] How to improve short-term memory?</li><li>• [H4] What are ways to improve memory for studying?</li><li>• [H4] How to improve memory with ADHD?</li><li>• [H4] How to improve working memory in kids?</li><li>• [H4] Do memory games really help?</li><li>• [H4] How to improve long-term memory?</li><li>• [H4] What are good exercises for visual memory?</li></ul> |
|  | Images          | <p>Abbiamo trovato 7 immagini in questa pagina web.</p> <p>Buono, molte o tutte le tue immagini hanno attribuito alt</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
|  | Text/HTML Ratio | <p>Ratio : <b>72%</b></p> <p>Il rapporto testo/codice HTML di questa pagina e piu alto di 70 per cento, questo significa che il tuo sito web corre il rischio di essere considerata spam.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
|  | Flash           | <p>Perfetto, non e stato rilevato contenuto Flash in questa pagina.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|  | Iframe          | <p>Grande, non sono stati rilevati Iframes in questa pagina.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |

## SEO Content

### SEO Links

|                                                                                  |                         |                                                                                                |
|----------------------------------------------------------------------------------|-------------------------|------------------------------------------------------------------------------------------------|
|  | URL Rewrite             | Buono. I tuoi links appaiono friendly!                                                         |
|  | Underscores in the URLs | Perfetto! Non sono stati rilevati underscores nei tuoi URLs.                                   |
|  | In-page links           | Abbiamo trovato un totale di 13 links inclusi 0 link(s) a files                                |
|  | Statistics              | External Links : noFollow 0%<br>External Links : Passing Juice 30.77%<br>Internal Links 69.23% |

### In-page links

| Anchor                                                  | Type    | Juice         |
|---------------------------------------------------------|---------|---------------|
| <a href="#">Author</a>                                  | Interno | Passing Juice |
| <a href="#">Basics</a>                                  | Interno | Passing Juice |
| <a href="#">Why</a>                                     | Interno | Passing Juice |
| <a href="#">Strategies</a>                              | Interno | Passing Juice |
| <a href="#">Specific</a>                                | Interno | Passing Juice |
| <a href="#">Tools</a>                                   | Interno | Passing Juice |
| <a href="#">Implement</a>                               | Interno | Passing Juice |
| <a href="#">FAQ</a>                                     | Interno | Passing Juice |
| <a href="#">LinkedIn</a>                                | Interno | Passing Juice |
| <a href="#">how to improve memory and concentration</a> | Esterno | Passing Juice |
| <a href="#">Attention Games</a>                         | Esterno | Passing Juice |
| <a href="#">Logic Games</a>                             | Esterno | Passing Juice |
| <a href="#">brain games</a>                             | Esterno | Passing Juice |

## SEO Keywords

|                                                                                  |                |                                                               |
|----------------------------------------------------------------------------------|----------------|---------------------------------------------------------------|
|  | Keywords Cloud | improve even games recall help like how<br>memory tools brain |
|----------------------------------------------------------------------------------|----------------|---------------------------------------------------------------|

## Consistenza Keywords

| Keyword | Contenuto | Title | Keywords | Description | Headings |
|---------|-----------|-------|----------|-------------|----------|
| memory  | 93        | ✓     | ✗        | ✓           | ✓        |
| like    | 48        | ✗     | ✗        | ✗           | ✗        |
| games   | 43        | ✗     | ✗        | ✓           | ✓        |
| brain   | 31        | ✗     | ✗        | ✗           | ✗        |
| how     | 29        | ✓     | ✗        | ✓           | ✓        |

## Usabilità

|                                                                                    |              |                                                      |
|------------------------------------------------------------------------------------|--------------|------------------------------------------------------|
|  | Url          | Dominio : howtoimprovememory.org<br>Lunghezza : 22   |
|  | Favicon      | Grande, il tuo sito usa una favicon.                 |
|  | Stampabilità | Non abbiamo riscontrato codice CSS Print-Friendly.   |
|  | Lingua       | Buono. La tua lingua dichiarata en.                  |
|  | Dublin Core  | Questa pagina non sfrutta i vantaggi di Dublin Core. |

## Documento

|  |         |        |
|--|---------|--------|
|  | Doctype | HTML 5 |
|--|---------|--------|

## Documento

|    |                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |            |     |   |
|------------------------------------------------------------------------------------|------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|------------|-----|---|
|    | Encoding                     | Perfetto. Hai dichiarato che il tuo charset e UTF-8.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                 |            |     |   |
|    | Validita W3C                 | Errori : 0<br>Avvisi : 0                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                 |            |     |   |
|    | Email Privacy                | Grande. Nessun indirizzo mail e stato trovato in plain text!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                 |            |     |   |
|    | Deprecated HTML              | <table><tr><th>Deprecated tags</th><th>Occorrenze</th></tr><tr><td>&lt;u&gt;</td><td>1</td></tr></table> <p>Tags HTML deprecati sono tags HTML che non vengono piu utilizzati. Ti raccomandiamo di rimuoverli o sostituire questi tags HTML perche ora sono obsoleti.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                            | Deprecated tags | Occorrenze | <u> | 1 |
| Deprecated tags                                                                    | Occorrenze                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |            |     |   |
| <u>                                                                                | 1                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                 |            |     |   |
|  | Suggerimenti per velocizzare | <div> Eccellente, il tuo sito web non utilizza nested tables.</div> <div> Molto male, il tuo sito web utilizza stili CSS inline.</div> <div> Grande, il tuo sito web ha pochi file CSS.</div> <div> Perfetto, il tuo sito web ha pochi file JavaScript.</div> <div> Perfetto, il vostro sito si avvale di gzip.</div> |                 |            |     |   |

## Mobile

|                                                                                    |                     |                                                                                                                                                                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | Mobile Optimization | <ul style="list-style-type: none"><li> Apple Icon</li><li> Meta Viewport Tag</li><li> Flash content</li></ul> |
|------------------------------------------------------------------------------------|---------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Ottimizzazione

|                                                                                    |             |                                            |
|------------------------------------------------------------------------------------|-------------|--------------------------------------------|
|  | XML Sitemap | Grande, il vostro sito ha una sitemap XML. |
|------------------------------------------------------------------------------------|-------------|--------------------------------------------|

## Ottimizzazione

|                                                                                  |            |                                                                                                                                                                                                                                                                                                                                                         |
|----------------------------------------------------------------------------------|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                  |            | <a href="https://howtoimprovememory.org/sitemap.xml">https://howtoimprovememory.org/sitemap.xml</a>                                                                                                                                                                                                                                                     |
|  | Robots.txt | <a href="http://howtoimprovememory.org/robots.txt">http://howtoimprovememory.org/robots.txt</a><br>Grande, il vostro sito ha un file robots.txt.                                                                                                                                                                                                        |
|  | Analytics  | Non trovato<br><br>Non abbiamo rilevato uno strumento di analisi installato su questo sito web.<br><br>Web analytics consentono di misurare l'attività dei visitatori sul tuo sito web. Si dovrebbe avere installato almeno un strumento di analisi, ma può anche essere buona per installare una seconda, al fine di un controllo incrociato dei dati. |