



# Website review howtoimprovecognitivefunction.com

Generated on February 12 2026 12:56 PM

The score is 76/100



## SEO Content

	Title	<p>How to Improve Cognitive Function: Science-Backed Strategies</p> <p><b>Length : 60</b></p> <p>Perfect, your title contains between 10 and 70 characters.</p>												
	Description	<p>Want to sharpen your memory, focus, and mental clarity? These research-backed methods can help improve cognitive function at any age.</p> <p><b>Length : 133</b></p> <p>Great, your meta description contains between 70 and 160 characters.</p>												
	Keywords	<p>Very bad. We haven't found meta keywords on your page. Use <a href="#">this free online meta tags generator</a> to create keywords.</p>												
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="544 1317 1481 1765"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>title</td> <td>How to Improve Cognitive Function: Science-Backed Strategies</td> </tr> <tr> <td>description</td> <td>Want to sharpen your memory, focus, and mental clarity? These research-backed methods can help improve cognitive function at any age.</td> </tr> <tr> <td>type</td> <td>website</td> </tr> </tbody> </table>	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				
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title	How to Improve Cognitive Function: Science-Backed Strategies													
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	Headings	<table border="1" data-bbox="544 1787 1481 1861"> <thead> <tr> <th>H1</th> <th>H2</th> <th>H3</th> <th>H4</th> <th>H5</th> <th>H6</th> </tr> </thead> <tbody> <tr> <td>1</td> <td>5</td> <td>14</td> <td>17</td> <td>0</td> <td>0</td> </tr> </tbody> </table> <ul data-bbox="619 1899 1426 2056" style="list-style-type: none"> <li>• [H1] Boost Your Brainpower – 10 Proven Ways to Enhance Cognitive Function</li> <li>• [H2] Before You Begin: A Quick Word on Cognitive Fitness</li> <li>• [H2] Top 10 Ways to Enhance Cognitive Function</li> <li>• [H2] What Research Really Says About Brain Health</li> </ul>	H1	H2	H3	H4	H5	H6	1	5	14	17	0	0
H1	H2	H3	H4	H5	H6									
1	5	14	17	0	0									

## SEO Content

		<ul style="list-style-type: none"><li>• [H2] A Day in the Life of a Sharper Brain</li><li>• [H2] Frequently Asked Questions</li><li>• [H3] Margot Delaney</li><li>• [H3] 1. Environmental Enrichment</li><li>• [H3] 2. Educational Activities</li><li>• [H3] 3. Physical Exercise</li><li>• [H3] 4. Computerized Cognitive Training</li><li>• [H3] 5. Web-Enabled Conversational Interactions</li><li>• [H3] 6. Healthy Lifestyle Choices</li><li>• [H3] 7. Mindfulness and Meditation</li><li>• [H3] 8. Creative Hobbies</li><li>• [H3] 9. Nature Immersion</li><li>• [H3] 10. Purpose-Driven Living</li><li>• [H3] Morning</li><li>• [H3] Afternoon</li><li>• [H3] Evening</li><li>• [H4] About the Author</li><li>• [H4] Follow Margot on Social Media</li><li>• [H4] Take a 20-minute walk</li><li>• [H4] Play a brain game (5-10 mins)</li><li>• [H4] Eat an omega-3-rich breakfast</li><li>• [H4] Learn something new</li><li>• [H4] Drink water</li><li>• [H4] Digital detox at least 1 hour before bed</li><li>• [H4] Sleep (7-8 hours)</li><li>• [H4] Can you reverse cognitive decline?</li><li>• [H4] What is the best brain exercise?</li><li>• [H4] How long does it take to see improvements?</li><li>• [H4] Do brain supplements really work?</li><li>• [H4] Can social media harm cognition?</li><li>• [H4] Is caffeine good or bad for the brain?</li><li>• [H4] What is the number one worst habit for your brain?</li><li>• [H4] Can video games help?</li></ul>
	Images	We found 6 images on this web page. Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : <b>58%</b> 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	<p>External Links : noFollow 0%</p> <p>External Links : Passing Juice 28.57%</p> <p>Internal Links 71.43%</p>

## In-page links

Anchor	Type	Juice
<a href="#">Introduction</a>	Internal	Passing Juice
<a href="#">Strategies</a>	Internal	Passing Juice
<a href="#">Research</a>	Internal	Passing Juice
<a href="#">Daily</a>	Internal	Passing Juice
<a href="#">FAQ</a>	Internal	Passing Juice
<a href="#">how to improve memory</a>	External	Passing Juice
<a href="#">how to improve cognitive function</a>	External	Passing Juice

## SEO Keywords

	Keywords Cloud	<p>time <b>cognitive</b> memory improve how sleep function <b>brain</b> more mental</p>
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## 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	<ul style="list-style-type: none"><li>✓ Excellent, your website doesn't use nested tables.</li><li>✗ Too bad, your website is using inline styles.</li><li>✓ Great, your website has few CSS files.</li><li>✓ Perfect, your website has few JavaScript files.</li><li>✓ Perfect, your website takes advantage of gzip.</li></ul>
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## Mobile

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

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <p><a href="https://howtoimprovecognitivefunction.com/sitemap.xml">https://howtoimprovecognitivefunction.com/sitemap.xml</a></p>
	Robots.txt	<p><a href="http://howtoimprovecognitivefunction.com/robots.txt">http://howtoimprovecognitivefunction.com/robots.txt</a></p> <p>Great, your website has a robots.txt file.</p>
	Analytics	<p>Missing</p> <p>We didn't detect an analytics tool installed on this website.</p> <p>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.</p>