Website review
improvememory.dev

Generated on February 12 2026 13:19 PM

The score is 74/100

SEO Content

✅	Title	**10 Ways to Improve Memory in 2025 | Improve Memory** **Length : 50** Perfect, your title contains between 10 and 70 characters.
✅	Description	Learn how to improve memory with games, foods, and exercises. Boost short-term memory, focus, and recall for adults, kids, and ADHD today! **Length : 138** 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	10 Ways to Improve Memory in 2025
description	Learn how to improve memory with games, foods, and exercises. Boost short-term memory, focus, and recall for adults, kids, and ADHD today!
type	website

⚪	Headings	

H1	H2	H3	H4	H5	H6
1	9	22	12	0	0

- [H1] How to Improve Your Memory: Top 10 Strategies
- [H2] Aaron Gable
- [H2] Introduction
- [H2] Why Memory Improvement Matters
- [H2] 10 Ways to Improve Memory
- [H2] Memory Improvement for Specific Needs
- [H2] Free and Accessible Memory Improvement Tools

SEO Content

- [H2] How to Implement Memory Improvement Techniques
- [H2] FAQ
- [H2] Conclusion
- [H3] About the Author
- [H3] What Psychological Research Says
- [H3] Memory Challenges: ADHD and Aging
- [H3] 1. Improve Memory Games
- [H3] 2. Eat Like You Want to Remember
- [H3] 3. Read, Don't Scroll
- [H3] 4. Meditation
- [H3] 5. Spaced Repetition
- [H3] 6. Move to Remember
- [H3] 7. See It to Remember It
- [H3] 8. The Night Shift
- [H3] 9. Mnemonics
- [H3] 10. Sniff of Recall
- [H3] For ADHD
- [H3] For Studying
- [H3] For Short-Term Memory
- [H3] Foods That Improve Memory and Concentration
- [H3] Practice Daily — But Keep It Short
- [H3] Combine Methods for Better Results
- [H3] Track Your Progress
- [H3] What About Medical Drugs?
- [H3] Keep It Balanced
- [H4] Connect with Me:
- [H4] Short-Term (STM)
- [H4] Working
- [H4] Long-Term (LTM)
- [H4] How can I improve my memory?
- [H4] How to improve short term memory?
- [H4] Does reading improve memory?
- [H4] What foods improve memory?
- [H4] How to improve memory with ADHD?
- [H4] What are the best ways to improve memory for studying?
- [H4] Does sniffing rosemary improve memory?
- [H4] How to improve working memory?

	Images	We found 10 images on this web page.
		Good, most or all of your images have alt attributes.
	Text/HTML Ratio	Ratio : **34%**
		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 10 links including 0 link(s) to files
○	Statistics	External Links : noFollow 0% External Links : Passing Juice 30% Internal Links 70%

In-page links

Anchor	Type	Juice
Introduction	Internal	Passing Juice
Strategies	Internal	Passing Juice
Needs	Internal	Passing Juice
Tools	Internal	Passing Juice
Implementation	Internal	Passing Juice
FAQ	Internal	Passing Juice
LinkedIn	Internal	Passing Juice
How to improve memory with ADHD	External	Passing Juice
35+ brain training games	External	Passing Juice
Games that target attention	External	Passing Juice

SEO Keywords

○ Keywords Cloud	like brain how working cognitive improve memory mental recall adhd

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
memory	35	✔	✖	✔	✔
improve	16	✔	✖	✔	✔
brain	11	✖	✖	✖	✖
how	11	✖	✖	✔	✔
adhd	11	✖	✖	✔	✔

Usability

●	Url	Domain : improvememory.dev Length : 17
✔	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!

Document

✅	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
⚪	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://improvememory.dev/sitemap.xml
✅	Robots.txt	http://improvememory.dev/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.