Website review how-toimprovememory.com

Generated on February 26 2026 11:28 AM

The score is 74/100

✓	Title	How to Improve Memory: Science-Backed Techniques Length : 48 Perfect, your title contains between 10 and 70 characters.
✓	Description	Want to remember names, facts, and details more easily? These research-backed methods can strengthen both short-term and long-term memory at any age. Length : 149 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 Memory: Science-Backed Techniques
description	Want to remember names, facts, and details more easily? These research-backed methods can strengthen both short-term and long-term memory at any age.
type	website

	Headings	H1 1	H2 7	H3 12	H4 9	H5 0	H6 0

- [H1] 10 Proven Ways to Boost Your Memory & Recall

SEO Content

- [H2] Lily Clark
- [H2] Introduction
- [H2] Top 10 Memory Improvement Techniques
- [H2] Best Memory Training Apps
- [H2] FAQ
- [H2] Sample Memory Workout Routine
- [H2] Final Tips for Better Memory
- [H3] About the Author
- [H3] 1. Mnemonic Apps
- [H3] 2. Spaced Repetition
- [H3] 3. Visualization
- [H3] 4. Memory Palace (Method of Loci)
- [H3] 5. Chunking
- [H3] 6. Elaboration
- [H3] 7. Active Recall
- [H3] 8. Adequate Sleep
- [H3] 9. Mindfulness and Meditation
- [H3] 10. Healthy Diet and Physical Exercise
- [H3] Lifestyle Factors That Boost Memory
- [H4] Connect with Clark
- [H4] How quickly can I improve my memory?
- [H4] Are memory techniques effective for seniors?
- [H4] Can these help with ADHD?
- [H4] Do brain supplements work?
- [H4] How much time should I spend daily?
- [H4] Is digital or paper training better?
- [H4] Can memory training prevent dementia?
- [H4] What's the #1 most effective technique?

✓	Images	We found 6 images on this web page. Good, most or all of your images have alt attributes
✓	Text/HTML Ratio	Ratio : 41% 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.

SEO Links

✓		
✓	In-page links	We found a total of 11 links including 0 link(s) to files
⊙	Statistics	External Links : noFollow 0% External Links : Passing Juice 18.18% Internal Links 81.82%

In-page links

Anchor	Type	Juice
Author	Internal	Passing Juice
Introduction	Internal	Passing Juice
Techniques	Internal	Passing Juice
Lifestyle	Internal	Passing Juice
Apps	Internal	Passing Juice
FAQ	Internal	Passing Juice
Workout	Internal	Passing Juice
Tips	Internal	Passing Juice
LinkedIn	Internal	Passing Juice
how to improve memory and concentration	External	Passing Juice
Download a brain training app	External	Passing Juice

SEO Keywords

⊙ Keywords Cloud	brain effects improve cognitive process games memory works training how

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
memory	25	✔	✘	✔	✔
brain	19	✘	✘	✘	✔
how	13	✔	✘	✘	✔
improve	13	✔	✘	✘	✔
games	11	✘	✘	✘	✘

Usability

	Url	Domain : how-toimprovememory.com Length : 23
✔	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 : 1 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.
		✔ Perfect. No inline css has been found in HTML tags!
		✔ 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.
✔		http://how-toimprovememory.com/sitemap.xml
✔	Robots.txt	http://how-toimprovememory.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.