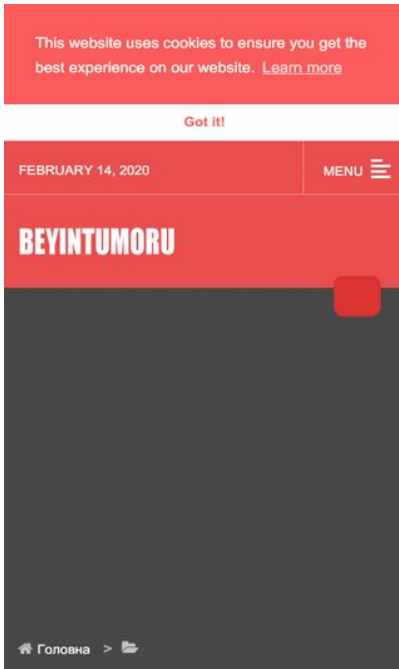


PageSpeed Insights

Mobile



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Should Fix:

Reduce server response time

In our test, your server responded in 3 seconds.

There are many factors that can slow down your server response time. [Please read our recommendations](#) to learn how you can monitor and measure where your server is spending the most time.

Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 12 blocking CSS resources. This causes a delay in rendering your page.

Mobile

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Optimize CSS Delivery](#) of the following:

- <https://beyintumoru.org/template/365days/css/animate.css>
- <https://beyintumoru.org/template/365days/css/bootstrap.css>
- <https://beyintumoru.org/template/365days/css/fonts.css>
- <https://beyintumoru.org/template/365days/css/font-awesome.css>
- <https://beyintumoru.org/template/365days/css/owl.carousel.css>
- <https://beyintumoru.org/template/365days/css/owl.theme.default.css>
- <https://beyintumoru.org/template/365days/css/dl-menu.css>
- <https://beyintumoru.org/template/365days/css/weather.css>
- <https://beyintumoru.org/template/365days/css/flaticon.css>
- <https://beyintumoru.org/template/365days/css/venobox.css>
- <https://beyintumoru.org/template/365days/css/magnific-popup.css>
- <https://beyintumoru.org/template/365days/css/style.css>

Optimize images

Properly formatting and compressing images can save many bytes of data.

[Optimize the following images](#) to reduce their size by 160KiB (65% reduction).

- Compressing and resizing <https://beyintumoru.org/img/health/30-moves-to-make-the-most-of-your-at-home-workout-1.jpg> could save 38.8KiB (88% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/4-stereotypes-about-eating-disorders-and-gender-that-need-to-go-1.jpg> could save 31.3KiB (86% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/working-from-home-here-are-5-tips-to-create-a-healthy-and-productive-environment-1.jpg> could save 25.9KiB (86% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/taking-the-itch-out-of-stretch-marks.jpg> could save 22.2KiB (93% reduction).

Mobile

- Compressing and resizing <https://beyintumoru.org/img/health/how-does-the-cervix-change-in-early-pregnancy.jpg> could save 20.7KiB (92% reduction).
- Compressing <https://beyintumoru.org/template/365days/img/background.jpg> could save 7.9KiB (95% reduction).
- Compressing <https://beyintumoru.org/img/health/is-red-raspberry-seed-oil-an-effective-sunscreen-plus-other-uses.jpg> could save 4.1KiB (14% reduction).
- Compressing <https://beyintumoru.org/img/health/catatonic-depression.jpg> could save 4.1KiB (11% reduction).
- Compressing <https://beyintumoru.org/template/365days/img/logo4.png> could save 2.5KiB (66% reduction).
- Compressing <https://beyintumoru.org/template/365days/img/logo.png> could save 2.5KiB (65% reduction).



Consider Fixing:

Leverage browser caching

Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

[Leverage browser caching](#) for the following cacheable resources:

- <https://www.googletagservices.com/activeview/js/current/osd.js?cb=%2Fr20100101> (50 minutes)
- <https://mc.yandex.ru/metrika/advert.gif> (60 minutes)
- <https://mc.yandex.ru/metrika/tag.js> (60 minutes)
- <https://pagead2.googlesyndication.com/pagead/js/adsbygoogle.js> (60 minutes)

Minify CSS

Compacting CSS code can save many bytes of data and speed up download and parse times.

Mobile

[Minify CSS](#) for the following resources to reduce their size by 5KiB (18% reduction).

- Minifying <https://beyintumoru.org/template/365days/css/style.css> could save 2.3KiB (17% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/fonts.css> could save 501B (31% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/animate.css> could save 446B (11% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/dl-menu.css> could save 408B (20% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/owl.carousel.css> could save 309B (27% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/venobox.css> could save 298B (15% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/weather.css> could save 279B (20% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/magnific-popup.css> could save 233B (13% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/flaticon.css> could save 141B (32% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/owl.theme.default.css> could save 136B (27% reduction) after compression.

Minify JavaScript

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 17.4KiB (29% reduction).

- Minifying <https://beyintumoru.org/template/365days/js/owl.carousel.js> could save 6.2KiB (35% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/jquery.magnific-popup.js> could save 3.9KiB (33% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/bootstrap.js> could save 3.3KiB (24%

Mobile

reduction) after compression.

- Minifying <https://beyintumoru.org/template/365days/js/modernizr.js> could save 1.2KiB (16% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/custom.js> could save 961B (29% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/weather.js> could save 740B (31% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/jquery.dlmenu.js> could save 577B (29% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/jquery.sticky.js> could save 512B (31% reduction) after compression.



4 Passed Rules

Avoid landing page redirects

Your page has no redirects. Learn more about [avoiding landing page redirects](#).

Enable compression


You have compression enabled. Learn more about [enabling compression](#).

Minify HTML

Your HTML is minified. Learn more about [minifying HTML](#).

Prioritize visible content

You have the above-the-fold content properly prioritized. Learn more about [prioritizing visible content](#).

88 / 100 User Experience Should Fix:

Size content to viewport

The page content is too wide for the viewport, forcing the user to scroll horizontally. [Size the page content to the viewport](#) to provide a better user experience.

The page content is 780 CSS pixels wide, but the viewport is only 412 CSS pixels wide. The following elements fall outside the viewport:

- The element `` falls outside the viewport.
- The element `Що викликає св...к їх лікувати?` falls outside the viewport.
- The element `<ul class="ne_re_social1_wrapper">2019` falls outside the viewport.
- The element `<p>Сверблячі стег...ися до лікаря.</p>` falls outside the viewport.
- The element `<ul class="ne_re_social2_wrapper qq">Читати Далі` falls outside the viewport.
- The element `<h3>Кататонічна депресія</h3>` falls outside the viewport.
- The element `<p>Здоров'Я</p>` falls outside the viewport.
- The element `4 стереотипи п...отрібно пройти` falls outside the viewport.
- The element `<p>Здоров'Я</p>` falls outside the viewport.
- The element `30 Виконайте м...ренувань вдома` falls outside the viewport.
- The element `<p>Здоров'Я</p>` falls outside the viewport.
- The element `Робота з дому?...ого середовища` falls outside the viewport.
- The element `<p>Здоров'Я</p>` falls outside the viewport.

**4 Passed Rules**

Mobile

Avoid plugins

Your page does not appear to use plugins, which would prevent content from being usable on many platforms. Learn more about the importance of [avoiding plugins](#).

Configure the viewport

Your page specifies a viewport matching the device's size, which allows it to render properly on all devices. Learn more about [configuring viewports](#).

Size tap targets appropriately

All of your page's links/buttons are large enough for a user to easily tap on a touchscreen. Learn more about [sizing tap targets appropriately](#).

Use legible font sizes

The text on your page is legible. Learn more about [using legible font sizes](#).

Desktop



39 / 100 Speed

Should Fix:

Reduce server response time

In our test, your server responded in 3 seconds.

There are many factors that can slow down your server response time. [Please read our recommendations](#) to learn how you can monitor and measure where your server is spending the most time.

Eliminate render-blocking JavaScript and CSS in above-the-fold content

Your page has 12 blocking CSS resources. This causes a delay in rendering your page.

None of the above-the-fold content on your page could be rendered without waiting for the following resources to load. Try to defer or asynchronously load blocking resources, or inline the critical portions of those resources directly in the HTML.

[Optimize CSS Delivery](#) of the following:

- <https://beyintumoru.org/template/365days/css/animate.css>
- <https://beyintumoru.org/template/365days/css/bootstrap.css>
- <https://beyintumoru.org/template/365days/css/fonts.css>
- <https://beyintumoru.org/template/365days/css/font-awesome.css>
- <https://beyintumoru.org/template/365days/css/owl.carousel.css>
- <https://beyintumoru.org/template/365days/css/owl.theme.default.css>
- <https://beyintumoru.org/template/365days/css/dl-menu.css>
- <https://beyintumoru.org/template/365days/css/weather.css>
- <https://beyintumoru.org/template/365days/css/flaticon.css>
- <https://beyintumoru.org/template/365days/css/venobox.css>
- <https://beyintumoru.org/template/365days/css/magnific-popup.css>
- <https://beyintumoru.org/template/365days/css/style.css>

Optimize images

Properly formatting and compressing images can save many bytes of data.

[Optimize the following images](#) to reduce their size by 976.4KiB (81% reduction).

- Compressing and resizing <https://beyintumoru.org/img/health/asthma-and-your-diet-what-to-eat-and-what-to-avoid.jpg> could save 48.4KiB (74% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/the-science-of-savasana-how-rest-can-benefit-any-kind-of-workout.jpg> could save 46.5KiB (68% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/the-top-health-benefits-of-prunes-and-prune-juice.jpg> could save 41.8KiB (85% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/10-ways-to-deal-with-feeling-overwhelmed.jpg> could save 40.8KiB (87% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/what-causes-semen-leakage-and-how-to-treat-it.jpg> could save 40.2KiB (83% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/30-moves-to-make-the-most-of-your-at-home-workout-1.jpg> could save 38.8KiB (88% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/9-ingredients-you-may-not-have-heard-of-but-should-add-to-your-next-meal-3.jpg> could save 38.5KiB (88% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/port-wine-stains.jpg> could save 38.3KiB (90% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/ibs-fasting-does-it-work-1.jpg> could save 37KiB (84% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/catatonic-depression.jpg> could save 36.5KiB (90% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/how-does-it-feel-to-take-acid-ld.jpg> could save 33.3KiB (85% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/sore-eye-remedies.jpg> could save 32.9KiB (83% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/4-stereotypes-about-eating-disorders-and-gender-that-need-to-go-1.jpg> could save 31.3KiB (86% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/wisdom-teeth-swelling.jpg> could save 29.7KiB (74% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/self-care-for->

Desktop

- menopause-5-women-share-their-experiences-7.jpg could save 29.3KiB (88% reduction).
- Compressing and resizing <https://beyintumoru.org/img/health/ask-the-expert-lifestyle-guidance-for-hodgkins-lymphoma-chemotherapy-treatment-1.jpg> could save 29.3KiB (90% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/should-you-drink-milk-if-you-have-gout.jpg> could save 28.1KiB (87% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/tonsillitis-how-long-are-you-contagious.jpg> could save 27.5KiB (88% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/why-do-the-backs-of-my-ears-smell.jpg> could save 27.4KiB (66% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/what-is-the-most-common-std-1.jpg> could save 27.1KiB (87% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/working-from-home-here-are-5-tips-to-create-a-healthy-and-productive-environment-1.jpg> could save 25.9KiB (86% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/can-diabetes-cause-itchy-feet.jpg> could save 25.6KiB (89% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/is-red-raspberry-seed-oil-an-effective-sunscreen-plus-other-uses.jpg> could save 24.4KiB (78% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/pregnancy-loss-processing-the-pain-of-miscarriage-1.jpg> could save 23.1KiB (65% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/taking-the-itch-out-of-stretch-marks.jpg> could save 22.2KiB (93% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/7-ways-to-calm-your-child-with-adhd-1.jpg> could save 21.8KiB (61% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/10-surprising-ways-ankylosing-spondylitis-affects-the-body.jpg> could save 21.7KiB (81% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/how-does-the-cervix-change-in-early-pregnancy.jpg> could save 20.7KiB (92% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/what-to-expect-from-gender-confirmation-surgery.jpg> could save 20.5KiB (84% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/split-nails.jpg> could save 20.4KiB (69% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/how-to-manage-the-dreaded-hangxiety-after-a-night-out-1.jpg> could save 18.3KiB (63% reduction).
 - Compressing and resizing <https://beyintumoru.org/img/health/am-i-depressed-or-just-exhausted-1.jpg> could save 16KiB (63% reduction).
 - Compressing <https://beyintumoru.org/template/365days/img/background.jpg> could save

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7.9KiB (95% reduction).

- Compressing <https://beyintumoru.org/template/365days/img/logo4.png> could save 2.5KiB (66% reduction).
- Compressing <https://beyintumoru.org/template/365days/img/logo.png> could save 2.5KiB (65% reduction).

Consider Fixing:

Leverage browser caching

Setting an expiry date or a maximum age in the HTTP headers for static resources instructs the browser to load previously downloaded resources from local disk rather than over the network.

[Leverage browser caching](#) for the following cacheable resources:

- <https://tpc.googlesyndication.com/sodar/sodar2.js> (50 minutes)
- <https://www.googletagservices.com/activeview/js/current/osd.js?cb=%2Fr20100101> (50 minutes)
- https://www.googletagservices.com/activeview/js/current/osd_listener.js?cache=r20110914 (50 minutes)
- <https://mc.yandex.ru/metrika/advert.gif> (60 minutes)
- <https://mc.yandex.ru/metrika/tag.js> (60 minutes)
- <https://pagead2.googlesyndication.com/pagead/js/adsbygoogle.js> (60 minutes)
- <https://www.google-analytics.com/analytics.js> (2 hours)

Minify CSS

Compacting CSS code can save many bytes of data and speed up download and parse times.

[Minify CSS](#) for the following resources to reduce their size by 5KiB (18% reduction).

Desktop

- Minifying <https://beyintumoru.org/template/365days/css/style.css> could save 2.3KiB (17% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/fonts.css> could save 501B (31% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/animate.css> could save 446B (11% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/dl-menu.css> could save 408B (20% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/owl.carousel.css> could save 309B (27% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/venobox.css> could save 298B (15% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/weather.css> could save 279B (20% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/magnific-popup.css> could save 233B (13% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/flaticon.css> could save 141B (32% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/css/owl.theme.default.css> could save 136B (27% reduction) after compression.

Minify HTML

Compacting HTML code, including any inline JavaScript and CSS contained in it, can save many bytes of data and speed up download and parse times.

[Minify HTML](#) for the following resources to reduce their size by 459B (11% reduction).

- Minifying <https://tpc.google syndication.com/sodar/sodar2/206/runner.html> could save 459B (11% reduction) after compression.

Minify JavaScript

Desktop

Compacting JavaScript code can save many bytes of data and speed up downloading, parsing, and execution time.

[Minify JavaScript](#) for the following resources to reduce their size by 17.4KiB (29% reduction).

- Minifying <https://beyintumoru.org/template/365days/js/owl.carousel.js> could save 6.2KiB (35% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/jquery.magnific-popup.js> could save 3.9KiB (33% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/bootstrap.js> could save 3.3KiB (24% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/modernizr.js> could save 1.2KiB (16% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/custom.js> could save 961B (29% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/weather.js> could save 740B (31% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/jquery.dlmenu.js> could save 577B (29% reduction) after compression.
- Minifying <https://beyintumoru.org/template/365days/js/jquery.sticky.js> could save 512B (31% reduction) after compression.



3 Passed Rules

Avoid landing page redirects

Your page has no redirects. Learn more about [avoiding landing page redirects](#).

Enable compression

You have compression enabled. Learn more about [enabling compression](#).

Prioritize visible content

Desktop

You have the above-the-fold content properly prioritized. Learn more about [prioritizing visible content](#).