



Website Analysis: sleepcalculator.my

Generated on March 26 2026 21:38 PM

The score is 64/100



SEO Content

	Title	<p>Sleep Calculator By Age With Weather Forecast - Sleep Music</p> <p>Length : 59</p> <p>Perfect, your title contains between 10 and 70 characters.</p>																		
	Description	<p>Sleep calculator is an online tool that helps you plan the best times to go to bed or wake up based on the natural cycles of sleep. Instead of manual selection</p> <p>Length : 159</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 this free online meta tags generator to create keywords.</p>																		
	Og Meta Properties	<p>Good, your page take advantage of Og Properties.</p> <table border="1" data-bbox="539 1312 1481 2080"> <thead> <tr> <th>Property</th> <th>Content</th> </tr> </thead> <tbody> <tr> <td>locale</td> <td>en_US</td> </tr> <tr> <td>type</td> <td>website</td> </tr> <tr> <td>title</td> <td>Sleep Calculator By Age With Weather Forecast - Sleep Music</td> </tr> <tr> <td>description</td> <td>Sleep calculator is an online tool that helps you plan the best times to go to bed or wake up based on the natural cycles of sleep. Instead of manual selection</td> </tr> <tr> <td>url</td> <td>https://sleepcalculator.my/</td> </tr> <tr> <td>site_name</td> <td>Sleep Calculator</td> </tr> <tr> <td>updated_time</td> <td>2025-11-23T09:47:15+00:00</td> </tr> <tr> <td>image</td> <td>https://sleepcalculator.my/wp-content/uploads/2025/08/sleepcalculator.my_.jpg</td> </tr> </tbody> </table>	Property	Content	locale	en_US	type	website	title	Sleep Calculator By Age With Weather Forecast - Sleep Music	description	Sleep calculator is an online tool that helps you plan the best times to go to bed or wake up based on the natural cycles of sleep. Instead of manual selection	url	https://sleepcalculator.my/	site_name	Sleep Calculator	updated_time	2025-11-23T09:47:15+00:00	image	https://sleepcalculator.my/wp-content/uploads/2025/08/sleepcalculator.my_.jpg
Property	Content																			
locale	en_US																			
type	website																			
title	Sleep Calculator By Age With Weather Forecast - Sleep Music																			
description	Sleep calculator is an online tool that helps you plan the best times to go to bed or wake up based on the natural cycles of sleep. Instead of manual selection																			
url	https://sleepcalculator.my/																			
site_name	Sleep Calculator																			
updated_time	2025-11-23T09:47:15+00:00																			
image	https://sleepcalculator.my/wp-content/uploads/2025/08/sleepcalculator.my_.jpg																			

SEO Content

		<table><tr><td>image:secure_url</td><td>https://sleepcalculator.my/wp-content/uploads/2025/08/sleepcalculator.my_.jpg</td></tr><tr><td>image:width</td><td>1200</td></tr><tr><td>image:height</td><td>630</td></tr><tr><td>image:alt</td><td>Sleep Calculator</td></tr><tr><td>image:type</td><td>image/jpeg</td></tr></table>	image:secure_url	https://sleepcalculator.my/wp-content/uploads/2025/08/sleepcalculator.my_.jpg	image:width	1200	image:height	630	image:alt	Sleep Calculator	image:type	image/jpeg		
image:secure_url	https://sleepcalculator.my/wp-content/uploads/2025/08/sleepcalculator.my_.jpg													
image:width	1200													
image:height	630													
image:alt	Sleep Calculator													
image:type	image/jpeg													
	Headings	<table><tr><td>H1</td><td>H2</td><td>H3</td><td>H4</td><td>H5</td><td>H6</td></tr><tr><td>1</td><td>11</td><td>14</td><td>0</td><td>0</td><td>0</td></tr></table> <ul style="list-style-type: none">• [H1] Sleep Calculator• [H2] Ideal Bedtime Calculator• [H2] Ideal Wake-up Time Calculator• [H2] Nature sounds for easy sleep• [H2] The Ultimate Guide to Perfect Sleep: Mastering Your Circadian Rhythm with Our Advanced Sleep Calculator• [H2] Part 1: The Science Behind the “Grogginess”• [H2] Part 2: How to Use the Advanced Sleep Calculator Features• [H2] Part 3: Optimizing Your Sleep Environment (Weather & Sound)• [H2] Part 4: Technical Features for Power Users• [H2] Part 5: Top 5 “Sleep Hygiene” Tips to Pair with Our Calculator• [H2] Frequently Asked Questions• [H2] Conclusion: Take Back Control of Your Nights• [H3] Ocean Waves• [H3] Bird• [H3] Flowing water• [H3] Insect• [H3] Rain• [H3] Embed YouTube Video• [H3] Understanding the 90-Minute Wave• [H3] Feature A: The Ideal Bedtime Calculator• [H3] Feature B: The Ideal Wake-Up Time Calculator• [H3] 1. The Weather Connection• [H3] 2. The Integrated Nature Sound Machine• [H3] 3. Custom YouTube Integration• [H3] Is the weather data private?• [H3] How many sleep cycles should I aim for?	H1	H2	H3	H4	H5	H6	1	11	14	0	0	0
H1	H2	H3	H4	H5	H6									
1	11	14	0	0	0									
	Images	<p>We found 4 images on this web page.</p> <p>Good, most or all of your images have alt attributes</p>												
	Text/HTML Ratio	<p>Ratio : 15%</p> <p>Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 percent.</p>												
	Flash	<p>Perfect, no Flash content has been detected on this page.</p>												

SEO Content

		
	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 23 links including 0 link(s) to files
	Statistics	External Links : noFollow 0% External Links : Passing Juice 4.35% Internal Links 95.65%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
sleepcalculator.my	Internal	Passing Juice
ABOUT	Internal	Passing Juice
AUTHOR	Internal	Passing Juice
DISCLAIMER	Internal	Passing Juice
Embed YouTube video to listen	Internal	Passing Juice
The Ultimate Guide to Perfect Sleep: Mastering Your Circadian Rhythm with Our Advanced Sleep Calculator	Internal	Passing Juice
Part 1: The Science Behind the &#8220;Grogginess&#8221;	Internal	Passing Juice
Understanding the 90-Minute Wave	Internal	Passing Juice

In-page links

Part 2: How to Use the Advanced Sleep Calculator Features	Internal	Passing Juice
Feature A: The Ideal Bedtime Calculator	Internal	Passing Juice
Feature B: The Ideal Wake-Up Time Calculator	Internal	Passing Juice
Part 3: Optimizing Your Sleep Environment (Weather & Sound)	Internal	Passing Juice
1. The Weather Connection	Internal	Passing Juice
2. The Integrated Nature Sound Machine	Internal	Passing Juice
3. Custom YouTube Integration	Internal	Passing Juice
Part 4: Technical Features for Power Users	Internal	Passing Juice
Part 5: Top 5 "Sleep Hygiene" Tips to Pair with Our Calculator	Internal	Passing Juice
Frequently Asked Questions	Internal	Passing Juice
Is the weather data private?	Internal	Passing Juice
How many sleep cycles should I aim for?	Internal	Passing Juice
Conclusion: Take Back Control of Your Nights (Deep Sleep)	Internal	Passing Juice
(Deep Sleep)	External	Passing Juice

SEO Keywords



Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
sleep	38	✓	✗	✓	✓
calculator	20	✓	✗	✓	✓
time	15	✗	✗	✓	✓
cycles	13	✗	✗	✓	✓
weather	13	✓	✗	✗	✓

Usability

	Url	Domain : sleepcalculator.my Length : 18
	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 : 14 Warnings : 3
	Email Privacy	Warning! At least one email address has been found in the plain text. Use free antispam protector to hide email from spammers.
	Deprecated HTML	Great! We haven't found deprecated HTML tags in your HTML.
	Speed Tips	<ul style="list-style-type: none"> Excellent, your website doesn't use nested tables. Too bad, your website is using inline styles. Great, your website has few CSS files. Too bad, your website has too many JS files (more than 6). Too bad, your website does not take advantage of gzip.

Mobile

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

Optimization

	XML Sitemap	<p>Great, your website has an XML sitemap.</p> <pre>http://sleepcalculator.my/sitemap.xml https://sleepcalculator.my/sitemap_index.xml https://sleepcalculator.my/page-sitemap.xml https://sleepcalculator.my/author-sitemap.xml</pre>
	Robots.txt	<pre>http://sleepcalculator.my/robots.txt</pre> <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>