



Website beoordeling sleepcalculator.my

Gegenereerd op Maart 26 2026 21:38 PM

De score is 64/100



SEO Content

	Title	Sleep Calculator By Age With Weather Forecast - Sleep Music Lengte : 59 Perfect, uw title tag bevat tussen de 10 en 70 karakters.																
	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 Lengte : 159 Perfect, uw meta description bevat tussen de 70 en 160 karakters.																
	Keywords	Erg slecht. We hebben geen meta keywords gevonden in uw website. Gebruik deze gratis online meta tags generator om keywords te genereren.																
	Og Meta Properties	Goed, uw page maakt gebruik van Og Properties. <table><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></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
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SEO Content

		<table><tr><td>image</td><td>https://sleepcalculator.my/wp-content/uploads/2025/08/sleepcalculator.my_.jpg</td></tr><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	https://sleepcalculator.my/wp-content/uploads/2025/08/sleepcalculator.my_.jpg	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	https://sleepcalculator.my/wp-content/uploads/2025/08/sleepcalculator.my_.jpg													
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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> • [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									
	Afbeeldingen	We vonden 4 afbeeldingen in de pagina. Goed, de meeste of alle afbeeldingen hebben een alt tekst												
	Text/HTML Ratio	Ratio : 15% Goed, De ratio van text tot HTML code hoger dan 15, maar lager dan 25 procent.												

SEO Content

	Flash	Perfect, geen Flash content gevonden in uw website.
	Iframe	Perfect, er zijn geen Iframes in uw website aangetroffen.

SEO Links

	Herschreven URL	Perfect. Uw links zien er vriendelijk uit!
	Underscores in de URLs	Perfect! Geen underscores gevonden in uw URLs.
	In-page links	We vonden een totaal van 23 links inclusie 0 link(s) naar bestanden
	Statistics	Externe Links : noFollow 0% Externe Links : doFollow 4.35% Interne Links 95.65%

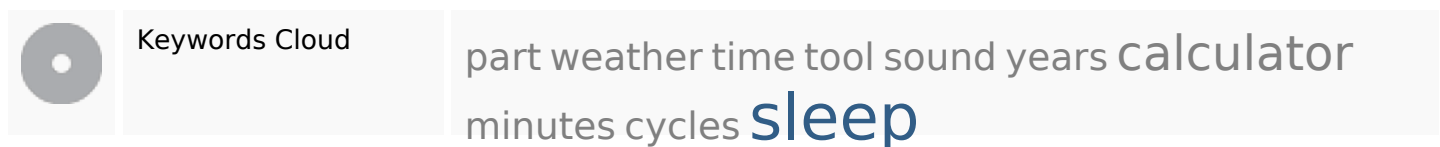
In-page links

Ankertekst	Type	samenstelling
Skip to content	Intern	doFollow
sleepcalculator.my	Intern	doFollow
ABOUT	Intern	doFollow
AUTHOR	Intern	doFollow
DISCLAIMER	Intern	doFollow
Embed YouTube video to listen	Intern	doFollow
The Ultimate Guide to Perfect Sleep: Mastering Your Circadian Rhythm with Our Advanced Sleep Calculator	Intern	doFollow
Part 1: The Science Behind the "Grogginess"	Intern	doFollow
Understanding the 90-Minute Wave	Intern	doFollow

In-page links

Part 2: How to Use the Advanced Sleep Calculator Features	Intern	doFollow
Feature A: The Ideal Bedtime Calculator	Intern	doFollow
Feature B: The Ideal Wake-Up Time Calculator	Intern	doFollow
Part 3: Optimizing Your Sleep Environment (Weather & Sound)	Intern	doFollow
1. The Weather Connection	Intern	doFollow
2. The Integrated Nature Sound Machine	Intern	doFollow
3. Custom YouTube Integration	Intern	doFollow
Part 4: Technical Features for Power Users	Intern	doFollow
Part 5: Top 5 &#8220Sleep Hygiene&#8221; Tips to Pair with Our Calculator	Intern	doFollow
Frequently Asked Questions	Intern	doFollow
Is the weather data private?	Intern	doFollow
How many sleep cycles should I aim for?	Intern	doFollow
Conclusion: Take Back Control of Your Nights (Deep Sleep)	Intern	doFollow
(Deep Sleep)	Extern	doFollow

SEO Keywords



Keywords Consistentie

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

Bruikbaarheid

	Url	Domein : sleepcalculator.my Lengte : 18
	Favicon	Goed, uw website heeft een favicon.
	Printbaarheid	Jammer. We vonden geen Print-Vriendelijke CSS.
	Taal	Goed. Uw ingestelde taal is en.
	Dublin Core	Deze pagina maakt geen gebruik van Dublin Core.

Document

	Doctype	HTML 5
	Encoding	Perfect. Uw ingestelde Charset is UTF-8.
	W3C Validiteit	Fouten : 14 Waarschuwingen : 3
	E-mail Privacy	Waarschuwing! Er is op zijn minst 1 e-mailadres gevonden als platte tekst. (voorkom spam!). Gebruik deze gratis antispam protector om e-mailadressen te verbergen voor spammers.
	Niet ondersteunde HTML	Geweldig! We hebben geen niet meer ondersteunde HTML tags gevonden in uw HTML.
	Speed Tips	 Geweldig, uw website heeft geen tabellen in een tabel.  Jammer, uw website maakt gebruik van inline styles.  Geweldig, uw website heeft een correct aantal CSS bestanden.  Jammer, uw website heeft teveel JS bestanden (meer dan 6).  Jammer, uw website haalt geen voordeel uit gzip.

Mobile

	Mobile Optimization	✓ Apple Icon ✓ Meta Viewport Tag ✓ Flash content
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Optimalisatie

	XML Sitemap	Geweldig, uw website heeft een XML sitemap. http://sleepcalculator.my/sitemap.xml https://sleepcalculator.my/sitemap_index.xml https://sleepcalculator.my/page-sitemap.xml https://sleepcalculator.my/author-sitemap.xml
	Robots.txt	http://sleepcalculator.my/robots.txt Geweldig uw website heeft een robots.txt bestand.
	Analytics	Ontbrekend We hadden niet op te sporen van een analytics tool op deze website geplaatst. Web Analytics laat u toe de bezoekersactiviteit op uw website te meten. U zou minstens 1 Analytics tool geïnstalleerd moeten hebben en een extra tool voor de bevestiging van de resultaten.