Website review somanly.org

Generated on January 23 2026 23:58 PM

The score is 62/100

SEO Content

✓	Title	Small Screens, Big Calm: Designing a Digital Routine That Feeds Focus **Length : 69** Perfect, your title contains between 10 and 70 characters.
⚠	Description	Discover how Coin ID Scanner, Number Tracker, Mind Elevate, and AI Plant Finder help build mindful digital routines that reduce stress, enhance focus, and bring calm to everyday life. **Length : 183** Ideally, your meta description should contain between 70 and 160 characters (spaces included). Use this free tool to calculate text length.
✗	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
locale	en_US
site_name	somanly.org
type	website
title	Small Screens To Make You Calm - somanly.org
description	True focus doesn't come from working longer—it comes from recovering smarter. Neuroscientific research reveals that micro-routines, short yet intentional moments of digital engagement, reduce stress hormones and reset mental energy. When technology is used deliberately, it acts as a mental...
url	https://somanly.org/

SEO Content

		image	https://somanly.org/wp-content/uploads/2025/10/coin_main.webp				
		image:secure_url	https://somanly.org/wp-content/uploads/2025/08/cropped-logo.png				

	Headings	**H1** 1	**H2** 5	**H3** 8	**H4** 0	**H5** 0	**H6** 0
		• [H1] Small Screens To Make You Calm • [H2] Coin ID Scanner: Five Minutes of Mindful Discovery • [H2] Number Tracker: Morning Peace of Mind • [H2] Mind Elevate: Midday Cognitive Reset • [H2] AI Plant Finder: Evening Green Reflection • [H2] Crafting a Day of Digital Harmony • [H3] What Lowers the Price of Your Coin: Damage, Reputation, and Other Key Factors • [H3] Top Free Games That Offer Real Value Without Microtransactions • [H3] Best Practices for Securing Your Personal Data Online • [H3] How to Optimize Your PC for Long-Term Performance Without Upgrading Hardware • [H3] What Lowers the Price of Your Coin: Damage, Reputation, and Other Key Factors • [H3] Top Free Games That Offer Real Value Without Microtransactions • [H3] Best Practices for Securing Your Personal Data Online • [H3] How to Optimize Your PC for Long-Term Performance Without Upgrading Hardware					

	Images	We found 10 images on this web page. 3 alt attributes are empty or missing. Add alternative text so that search engines can better understand the content of your images.
	Text/HTML Ratio	Ratio : **15%** Good, this page's ratio of text to HTML code is higher than 15, but lower than 25 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!

SEO Links

✅	Underscores in the URLs	Perfect! No underscores detected in your URLs.
✅	In-page links	We found a total of 16 links including 0 link(s) to files
⊙	Statistics	External Links : noFollow 0% External Links : Passing Juice 25% Internal Links 75%

In-page links

Anchor	Type	Juice
Skip to content	Internal	Passing Juice
somanly.org	Internal	Passing Juice
Home	Internal	Passing Juice
Blog	Internal	Passing Juice
Computer	Internal	Passing Juice
Internet	Internal	Passing Juice
Games	Internal	Passing Juice
-	Internal	Passing Juice
Content Curator	Internal	Passing Juice
-	Internal	Passing Juice
-	Internal	Passing Juice
-	Internal	Passing Juice
coin value checker	External	Passing Juice
phone tracker by phone number free	External	Passing Juice
improve math skills	External	Passing Juice
free plant id app for Android	External	Passing Juice

SEO Keywords

	Keywords Cloud	day digital games focus from calm into mental mindful users

Keywords Consistency

Keyword	Content	Title	Keywords	Description	Headings
day	12	✖	✖	✔	✔
calm	10	✔	✖	✔	✔
users	10	✖	✖	✖	✖
digital	9	✔	✖	✔	✔
mental	8	✖	✖	✖	✖

Usability

	Url	Domain : somanly.org Length : 11
✔	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.

Document

	W3C Validity	Errors : 0
		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.

	Speed Tips	
		✔ Excellent, your website doesn't use nested tables.
		✖ Too bad, your website is using inline styles.
		✖ Too bad, your website has too many CSS files (more than 4).
		✖ Too bad, your website has too many JS files (more than 6).
		✔ 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://somanly.org/sitemap.xml

	Robots.txt	http://somanly.org/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.