



# Website beoordeling somanly.org

Gegenereerd op Januari 23 2026 23:58 PM

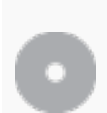
**De score is 62/100**



## SEO Content

|    | Title                                                                                                                                                                                                                                                                                                 | <p>Small Screens, Big Calm: Designing a Digital Routine That Feeds Focus</p> <p><b>Lengte : 69</b></p> <p>Perfect, uw title tag bevat tussen de 10 en 70 karakters.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |          |         |        |       |           |             |      |         |       |                                              |             |                                                                                                                                                                                                                                                                                                       |     |                      |
|------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|---------|--------|-------|-----------|-------------|------|---------|-------|----------------------------------------------|-------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----------------------|
|    | Description                                                                                                                                                                                                                                                                                           | <p>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.</p> <p><b>Lengte : 183</b></p> <p>Let op, uw meta description zou tussen de 70 en 160 karakters (spaces included) moeten bevatten.</p>                                                                                                                                                                                                                                                                                                                                                                                                                 |          |         |        |       |           |             |      |         |       |                                              |             |                                                                                                                                                                                                                                                                                                       |     |                      |
|  | Keywords                                                                                                                                                                                                                                                                                              | <p>Erg slecht. We hebben geen meta keywords gevonden in uw website. Gebruik <a href="#">deze gratis online meta tags generator</a> om keywords te genereren.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |          |         |        |       |           |             |      |         |       |                                              |             |                                                                                                                                                                                                                                                                                                       |     |                      |
|  | Og Meta Properties                                                                                                                                                                                                                                                                                    | <p>Goed, uw page maakt gebruik van Og Properties.</p> <table><thead><tr><th>Property</th><th>Content</th></tr></thead><tbody><tr><td>locale</td><td>en_US</td></tr><tr><td>site_name</td><td>somanly.org</td></tr><tr><td>type</td><td>website</td></tr><tr><td>title</td><td>Small Screens To Make You Calm - somanly.org</td></tr><tr><td>description</td><td>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...</td></tr><tr><td>url</td><td>https://somanly.org/</td></tr></tbody></table> | 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/ |
| 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

|                                                                                    |                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
|------------------------------------------------------------------------------------|-----------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                    |                 | <div>imagehttps://somanly.org/wp-content/uploads/2025/10/coin_main.webp</div> <div>image:secure_urlhttps://somanly.org/wp-content/uploads/2025/08/cropped-logo.png</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|    | Headings        | <div><div><div>H11</div><div>H25</div><div>H38</div><div>H40</div><div>H50</div><div>H60</div></div><div><ul style="list-style-type: none"><li>• [H1] Small Screens To Make You Calm</li><li>• [H2] Coin ID Scanner: Five Minutes of Mindful Discovery</li><li>• [H2] Number Tracker: Morning Peace of Mind</li><li>• [H2] Mind Elevate: Midday Cognitive Reset</li><li>• [H2] AI Plant Finder: Evening Green Reflection</li><li>• [H2] Crafting a Day of Digital Harmony</li><li>• [H3] What Lowers the Price of Your Coin: Damage, Reputation, and Other Key Factors</li><li>• [H3] Top Free Games That Offer Real Value Without Microtransactions</li><li>• [H3] Best Practices for Securing Your Personal Data Online</li><li>• [H3] How to Optimize Your PC for Long-Term Performance Without Upgrading Hardware</li><li>• [H3] What Lowers the Price of Your Coin: Damage, Reputation, and Other Key Factors</li><li>• [H3] Top Free Games That Offer Real Value Without Microtransactions</li><li>• [H3] Best Practices for Securing Your Personal Data Online</li><li>• [H3] How to Optimize Your PC for Long-Term Performance Without Upgrading Hardware</li></ul></div></div> |
|  | Afbeeldingen    | <div>We vonden 10 afbeeldingen in de pagina.</div> <div>3 alt attributen ontbreken. Voeg alternatieve text toe zodat zoekmachines beter kunnen beoordelen wat het onderwerp van de afbeeldingen is.</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|  | Text/HTML Ratio | <div>Ratio : <b>15%</b></div> <div>Goed, De ratio van text tot HTML code hoger dan 15, maar lager dan 25 procent.</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|  | Flash           | <div>Perfect, geen Flash content gevonden in uw website.</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
|  | Iframe          | <div>Perfect, er zijn geen Iframes in uw website aangetroffen.</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

SEO Links

|  |                 |                                            |
|--|-----------------|--------------------------------------------|
|  | Herschreven URL | Perfect. Uw links zien er vriendelijk uit! |
|--|-----------------|--------------------------------------------|

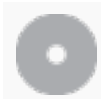
## SEO Links

|                                                                                  |                        |                                                                                                 |
|----------------------------------------------------------------------------------|------------------------|-------------------------------------------------------------------------------------------------|
|  |                        |                                                                                                 |
|  | Underscores in de URLs | Perfect! Geen underscores gevonden in uw URLs.                                                  |
|  | In-page links          | We vonden een totaal van 16 links inclusie 0 link(s) naar bestanden                             |
|  | Statistics             | <p>Externe Links : noFollow 0%</p> <p>Externe Links : doFollow 25%</p> <p>Interne Links 75%</p> |

## In-page links

| Ankertekst                                         | Type   | samenstelling |
|----------------------------------------------------|--------|---------------|
| <a href="#">Skip to content</a>                    | Intern | doFollow      |
| <a href="#">somanly.org</a>                        | Intern | doFollow      |
| <a href="#">Home</a>                               | Intern | doFollow      |
| <a href="#">Blog</a>                               | Intern | doFollow      |
| <a href="#">Computer</a>                           | Intern | doFollow      |
| <a href="#">Internet</a>                           | Intern | doFollow      |
| <a href="#">Games</a>                              | Intern | doFollow      |
| =                                                  | Intern | doFollow      |
| <a href="#">Content Curator</a>                    | Intern | doFollow      |
| =                                                  | Intern | doFollow      |
| =                                                  | Intern | doFollow      |
| =                                                  | Intern | doFollow      |
| <a href="#">coin value checker</a>                 | Extern | doFollow      |
| <a href="#">phone tracker by phone number free</a> | Extern | doFollow      |
| <a href="#">improve math skills</a>                | Extern | doFollow      |
| <a href="#">free plant id app for Android</a>      | Extern | doFollow      |

## SEO Keywords



Keywords Cloud

into games **users day** focus digital  
**calm** mental from mindful

## Keywords Consistentie

| Keyword | Content | Title | Keywords | Description | Headings |
|---------|---------|-------|----------|-------------|----------|
| day     | 12      | ✗     | ✗        | ✓           | ✓        |
| calm    | 10      | ✓     | ✗        | ✓           | ✓        |
| users   | 10      | ✗     | ✗        | ✗           | ✗        |
| digital | 9       | ✓     | ✗        | ✓           | ✓        |
| mental  | 8       | ✗     | ✗        | ✗           | ✗        |

## Bruikbaarheid

|  |               |                                                 |
|--|---------------|-------------------------------------------------|
|  | Url           | Domein : somanly.org<br>Lengte : 11             |
|  | 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. |

## Document

|                                                                                  |                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|----------------------------------------------------------------------------------|------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  |                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
|  | W3C Validiteit         | Fouten : 0<br>Waarschuwingen : 0                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
|  | E-mail Privacy         | Geweldig er is geen e-mail adres gevonden als platte tekst!                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
|  | Niet ondersteunde HTML | Geweldig! We hebben geen niet meer ondersteunde HTML tags gevonden in uw HTML.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|  | Speed Tips             | <ul style="list-style-type: none"> <li> Geweldig, uw website heeft geen tabellen in een tabel.</li> <li> Jammer, uw website maakt gebruik van inline styles.</li> <li> Jammer, uw website heeft teveel CSS bestanden (meer dan 4).</li> <li> Jammer, uw website heeft teveel JS bestanden (meer dan 6).</li> <li> Perfect, uw website haalt voordeel uit gzip.</li> </ul> |

## Mobile

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

## Optimalisatie

|                                                                                    |             |                                                                                                                                                                                |
|------------------------------------------------------------------------------------|-------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | XML Sitemap | <p>Geweldig, uw website heeft een XML sitemap.</p> <p><a href="https://somanly.org/sitemap.xml">https://somanly.org/sitemap.xml</a></p>                                        |
|  | Robots.txt  | <p><a href="http://somanly.org/robots.txt">http://somanly.org/robots.txt</a></p> <p>Geweldig uw website heeft een robots.txt bestand.</p>                                      |
|  | Analytics   | <p>Ontbrekend</p> <p>We hadden niet op te sporen van een analytics tool op deze website geplaatst.</p> <p>Web Analytics laat u toe de bezoekersactiviteit op uw website te</p> |

## Optimalisatie

meten. U zou minstens 1 Analytics tool geïnstalleerd moeten hebben en een extra tool voor de bevestiging van de resultaten.