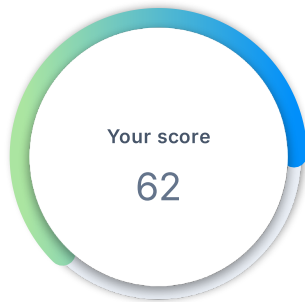


Generated July 2, 2026

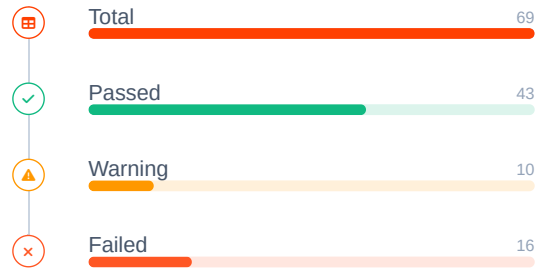
Overall score **62/100**

seositechecker.pro

Overview



Powered by: www.seositechecker.pro



1.49 Seconds

175.16 bytes

87 Resources

Not Secured



Title	HypnoBirthing Classes with Liz Alleva Calm, Confident Birth
Url	https://www.hypnobirthingmommy.com/
Description	Empower your birth with Liz Alleva's HypnoBirthing classes. Join in-person in CT or online to prepare for a peaceful, confident childbirth.

AI Search Readiness

91 AI readiness
91/100

How easily AI answer engines such as ChatGPT, Gemini and Perplexity can crawl, understand and cite this page. Every item below is measured on your site.

Quick wins

2

Single descriptive H1: 3 H1 tags found. Use one so the topic is unambiguous.

llms.txt file: No /llms.txt found. Adding one helps AI engines pick the right pages to cite.

How this score works

We measure what AI answer engines can actually see on your site: whether your robots.txt allows GPTBot, OAI-SearchBot, ClaudeBot, PerplexityBot, Google-Extended and CCBot, whether an llms.txt exists, plus JSON-LD schema, a single H1, meta description, canonical URL, indexability, content depth, Open Graph tags and a declared language. Each item is weighted, and a warning counts as half credit.

What we do not claim: we do not estimate how often ChatGPT, Gemini or Perplexity mention your brand. That cannot be measured without querying those models, so we do not publish a number for it.

AI crawler access

Congratulations! Your robots.txt does not block any major AI crawler.

 llms.txt file	No /llms.txt found. Adding one helps AI engines pick the right pages to cite.
 Structured data (JSON-LD)	Congratulations! Found 1 JSON-LD block(s). AI engines use this to identify your entity.
 Single descriptive H1	3 H1 tags found. Use one so the topic is unambiguous.
 Meta description	Congratulations! A meta description is present for AI engines to summarise.
 Canonical URL	Congratulations! A canonical URL is declared, so citations point at one address.
 Indexable (no noindex)	Congratulations! The page is indexable.
 Content depth	Congratulations! The page has about 179292 words. AI engines prefer substantive pages they can quote.
 Open Graph tags	Congratulations! Open Graph title and description are present.
 Declared language	Congratulations! The page declares its language.

Q Seo

 Title	Congratulations! The webpage is using a good title tag.  Text: HypnoBirthing Classes with Liz Alleva Calm, Confident Birth Length: 61 characters
 Description	Congratulations! The webpage is using a good meta description tag.  Text: Empower your birth with Liz Alleva's HypnoBirthing classes. Join in-person in CT or online to prepare for a peaceful, confident childbirth. Length: 139 characters

Google Search Results
Preview Test

Desktop version

<https://www.hypnobirthingmommy.com/>
HypnoBirthing Classes with Liz Alleva | Calm, Confident Birt...
Empower your birth with Liz Alleva's HypnoBirthing classes. Join in-person in CT or online to prepare for a peaceful, confident childbirth.

Mobile version

<https://www.hypnobirthingmommy.com/>
HypnoBirthing Classes with Liz Alleva | Calm, Confident Birt...
Empower your birth with Liz Alleva's HypnoBirthing classes. Join in-person in CT or online to prepare for a peaceful, confident childbirth.



Social Media Meta
Tags

This webpage is not using social media meta tags.

Social Media Meta Tags 11



Missing Tags 4



Most Common
Keywords

It is unlikely that there is a specific keyword density that is optimal for search engines (as their algorithms have evolved beyond using keyword density as a ranking factor). However, it can be helpful to see which keywords are most commonly used on your page and whether they accurately reflect the intended topic. More importantly, the keywords on your page should be used naturally and in grammatically correct copy.

liz (26) birth (26) hypnobirthing (24) classes (13) islands (12) class (11) confident (9) many (8)
alleva (7) calm (7) enroll (6) tools (6) childbirth (6) feel (6) questions (6) virtual (5) much (5)
took (5) course (5) made (5) recommend (5) thank (5) sign (4) story (4) inperson (4) resources (4)
mommy (4) empowers (4) techniques (4) peaceful (4) empowering (4) experience (4) positive (4)
read (4) email (4) united (4) open (4) stories (3) fun (3) women (3) embrace (3) confidence (3)
mindbody (3) connection (3) through (3) transformative (3) learn (3) now (3) view (3) support (3)



Keywords Usage

KEYWORD	TITLE	DESCRIPTION	HEADINGS
liz (26)	✓	✓	✓
birth (26)	✓	✓	✓
hypnobirthing (24)	✓	✓	✓
classes (13)	✓	✓	✓
islands (12)	✗	✗	✗
class (11)	✓	✓	✓
confident (9)	✓	✓	✓
many (8)	✗	✗	✗
alleva (7)	✓	✓	✓
calm (7)	✓	✗	✓
enroll (6)	✗	✗	✓
tools (6)	✗	✗	✓
childbirth (6)	✗	✓	✓
feel (6)	✗	✗	✗
questions (6)	✗	✗	✗
virtual (5)	✗	✗	✓
much (5)	✗	✗	✗
took (5)	✗	✗	✗
course (5)	✗	✗	✗
made (5)	✗	✗	✗
recommend (5)	✗	✗	✗
thank (5)	✗	✗	✗
sign (4)	✗	✗	✓
story (4)	✗	✗	✓
inperson (4)	✗	✗	✗
resources (4)	✗	✗	✓
mommy (4)	✗	✗	✓
empowers (4)	✗	✗	✗
techniques (4)	✗	✗	✗
peaceful (4)	✗	✓	✗
empowering (4)	✗	✗	✓

experience (4)	×	×	×
positive (4)	×	×	×
read (4)	×	×	✓
email (4)	×	×	×
united (4)	×	×	×
open (4)	×	×	✓
stories (3)	×	×	✓
fun (3)	×	×	×
women (3)	×	×	×
embrace (3)	×	×	×
confidence (3)	×	×	×
mindbody (3)	×	×	×
connection (3)	×	×	×
through (3)	×	×	×
transformative (3)	×	×	×
learn (3)	×	×	×
now (3)	×	×	✓
view (3)	×	×	✓
support (3)	×	×	✓



Long Tail Keywords Usage

KEYWORD	TITLE	DESCRIPTION	HEADINGS
liz alleva (7)	✓	✓	✓
thank liz (5)	✗	✗	✗
calm confident (4)	✗	✗	✗
birth story (4)	✗	✗	✗
resources tools (4)	✗	✗	✗
hypnobirthing mommy (4)	✗	✗	✓
liz hypnobirthing (4)	✗	✗	✗
hypnobirthing classes (3)	✓	✓	✓
virtual classes (3)	✗	✗	✗
birth stories (3)	✗	✗	✓
alleva empowers (3)	✗	✗	✗
empowers women (3)	✗	✗	✗
embrace birth (3)	✗	✗	✗
birth confidence (3)	✗	✗	✗
confidence calm (3)	✗	✗	✗
mindbody connection (3)	✗	✗	✗
birth experience (3)	✗	✗	✗
glad took (3)	✗	✗	✗
took course (3)	✗	✗	✗
course liz (3)	✗	✗	✗
liz great (3)	✗	✗	✗
great instructor (3)	✗	✗	✗
instructor personable (3)	✗	✗	✗
personable answered (3)	✗	✗	✗
answered questions (3)	✗	✗	✗
questions made (3)	✗	✗	✗
made feel (3)	✗	✗	✗
feel confident (3)	✗	✗	✗
confident decision (3)	✗	✗	✗
decision hypnobirth (3)	✗	✗	✗
hypnobirth highly (3)	✗	✗	✗

highly recommend (3)	×	×	×
recommend class (3)	×	×	×
class look (3)	×	×	×
look forward (3)	×	×	×
forward sharing (3)	×	×	×
sharing birth (3)	×	×	×
story soon (3)	×	×	×
soon thank (3)	×	×	×
liz jenny (3)	×	×	×
testimonial slide (3)	×	×	×
liz alleva empowers (3)	×	×	×
alleva empowers women (3)	×	×	×
embrace birth confidence (3)	×	×	×
birth confidence calm (3)	×	×	×
glad took course (3)	×	×	×
took course liz (3)	×	×	×
course liz great (3)	×	×	×
liz great instructor (3)	×	×	×
great instructor personable (3)	×	×	×



Headings

The webpage does not have any H1 headings! These headings are useful for indicating the main topics of the page to search engines. Although they are not as crucial as good meta titles and descriptions, H1 headings can still help clarify the topic of the page for search engines.

h1 3



h2 11



h3 11



robots.txt

Congratulations! This website has a 'robots.txt' file.



ads.txt

This website lacks an ads.txt file. Adding this file helps protect your ad revenue by preventing unauthorized parties from selling your ad inventory

 Sitemaps	Congratulations! This website has a sitemap file. Sitemaps 1
 SEO Friendly URL	This webpage includes some links that are not SEO friendly. SEO unfriendly URL 5
 Image Alt Text	This webpage is using 9 'img' tags with 4 tags empty or missing 'alt' attribute! Images without ALT tag 4
 Inline CSS	This webpage is using inline CSS styles! Inline CSS 39
 Deprecated HTML Tags	Congratulations! This webpage is not using deprecated html tags
 Google Analytics	Congratulations! This webpage is using Google Analytics.
 Favicon	Congratulations! This website appears to have a favicon. 
 Charset Declaration	Congratulations! This webpage has a character encoding declaration UTF-8
 Social Media Presence	Congratulations! The webpage have social media links. facebook 2 instagram 2
 Meta Canonical	Congratulations! This webpage is using the Canonical meta tag! https://www.hypnobirthingmommy.com/



Structured Data

Congratulations! This webpage doesn't take the advantages of HTML Microdata or JSON-LD specifications in order to use structured data! View Google's guide for getting started with structured data.

Schema.org 1



Schema.org 36



Meta Viewport

Congratulations! This webpage is using a viewport meta tag.

`width=device-width, initial-scale=1.0`



URL Canonicalization

Congratulations! This webpage has valid canonical link

`https://www.hypnobirthingmommy.com/`



Disallow Directive

Congratulations! Your robots.txt file includes a disallow command which instructs search engines to avoid certain parts of your website! You are advised to confirm if access to these resources or pages are intended to be blocked (e.g., if they contain internal-only content or sensitive information)



Speed optimizations



Load Time

Congratulations! The loading speed of this webpage, as measured is approximately **1.49 seconds**, which is faster than the average loading time of 2.5 seconds.



Page Size

Congratulations! This webpage's HTML is smaller than the average, clocking in **175.16** as opposed to the **typical 97.66 kB**. Websites that load quickly provide a superior user experience, and tend to have higher conversion rates and better search engine rankings.



Dom Size



The Document Object Model (DOM) of this webpage has **1760 nodes** which is greater than the recommended value of 1500 nodes! A large DOM size negatively affects site performance and increases the page load time.



HTML Compression/GZIP



This webpage is not compressed. The compressed HTML code could save up to 85% of download size. This helps ensure a faster loading webpage and improved user experience.





JavaScript execution time

Congratulations! Java script execute fastely



First Contentful Paint Test

Congratulations! The First Contentful Paint duration of this webpage is **0.79** seconds. For a good user experience, sites should aim for FCP of **1.8** seconds or less.



Largest Contentful Paint Test

Congratulations! The Largest Contentful Paint duration of this webpage is **0.9** seconds. To provide a good user experience, sites should strive to have Largest Contentful Paint of **2.5** seconds or less.



Cumulative Layout Shift Test

Congratulations! The Cumulative Layout Shift (CLS) score of this webpage is **0.0013**. To provide a good user experience, sites should aim for a CLS of **0.1** or less.



Render Blocking Resources Test

Not Eliminate render-blocking resources

Render Blocking Resources 24



Console Errors

Browser errors were logged to the console

Erros logged to the console 1



Http Requests

This webpage has **87 http requests**, which is more than the recommended 25 http requests. A higher number of http requests can slow down page loading and negatively impact user experience!

img 9



script 33



link 42



iframe 3



CDN Usage Test

This webpage is not serving all resources (images, javascript and css) from CDNs!

CDN List 15



Image Caching

Congratulations! This webpage is using cache headers for all Image resources.

Image Cache Links 9



 Modern Image Format	This webpage is serving 0 images that aren't in modern format! Legacy Format Images 9 
 Image Metadata Test	This webpage is using images with large metadata.
 JavaScript Minification	This webpage has total 8 JavaScript links JavaScript Minimized Links 8 
 JavaScript Caching	This webpage has total 8 JavaScript links JavaScript Cache Links 8 
 Defer Javascript	This webpage has 8 JavaScript resources without the defer attribute. JavaScripts without defer 8 
 CSS Minification	This webpage has total 8 Css links Css Minimized Links 5  Css Unminimized Links 3 
 CSS Caching	This webpage has total 8 Css links Css Cache Links 8 
 Mobile Snapshot & Responsiveness	Congratulations! This webpage is using CSS media queries, which is the base for responsive design functionalities. 

Server and Security



SSL Checker and HTTPS Test



This webpage does not have SSL and not using secure communication protocol over the Internet



Mixed Content (HTTP over HTTPS)



This webpage use mixed content



Server Signature

The server signature is on for this webpage! Turning off the server signature is generally a good idea from a security standpoint.

nginx



Unsafe Cross-Origin Links

This webpage is using target='_blank' **1 links** without rel='noopener' or rel='noreferrer' attribute, which can expose it to performance and security issues!

Unsafe Cross-Origin Links

1



HTTP2 Test



This webpage is not using the HTTP/2 protocol!



HSTS



This webpage is not using the **Strict-Transport-Security** header! This is a security header that was created as a way to force the browser to use secure connections when a site is running over HTTPS.



SPF Records

This DNS server is not using an SPF record.

Advance



Flash Test

Congratulations! This webpage does not include flash objects (an outdated technology that was sometimes used to deliver rich multimedia content). Flash content does not work well on mobile devices, and is difficult for crawlers to interpret.



Nested Tables

Congratulations! This webpage is not using nested tables. This speeds up page loading time and optimizes the user experience.



Framesets

Congratulations! This webpage does not use frames.



Doctype

Congratulations! This webpage has a doctype declaration.

<!DOCTYPE html>



URL Redirects

Congratulations! This URL doesn't have any redirects (which could potentially cause site indexation issues and site loading delays).



Safe Browsing Test

Congratulations! The URL is safe to browse.



Directory
Browsing Check

Congratulations! Directory Browsing is Disable



Content Length
Test

Congratulations! The webpage have **179292 words** on page.

Audit your next site free, no credit card
This report was generated with SEO Site Checker, 100+ free SEO and website tools.
[Run another free SEO audit](#) [Browse 100+ free tools](#) [seositechecker.pro](#)