Why Is My WordPress Admin So Slow And How To Fix It

A slow-loading WordPress admin dashboard can be one of the most annoying things for a while. If your WordPress admin dashboard is too slow, this article has some solutions for you.

Unfortunately, it can turn out to be pathetic to manage a site with a slow dashboard. A slow-loading dashboard lessens the productivity in generating content and managing a site. However, you may ask - why is my WordPress admin so slow? So, let's search for the potential causes of a slow WordPress admin.

Today, I'll tell you everything about a slow WordPress admin and how to fix a slow-loading WordPress dashboard. Let's dive in!

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Reasons Behind a Slow WordPress Admin Dashboard

There are several factors liable for causing a slow WordPress admin dashboard. It might be for PHP memory limit, themes, slow plugins, or anything else. Before finding the solutions, let's identify the potential causes of a slow WordPress admin:

- Older PHP Version
- WordPress Version Not Updated
- WordPress Admin Toolbar Issue
- Unnecessary Dashboard Widgets
- Slow Plugins and Themes
- Caching Issues
- Overburdened Database
- WordPress Memory Limit
- Third-party Scripts or APIs

- Low Ram on the Server
- Server Response Issue
- Slow Hosting Provider

These are the most common reasons behind slow WordPress admin issues. Now, I'll move on to how to fix the slow-loading WordPress admin dashboard.

How to Fix a Slow WordPress Admin Dashboard

I've recommended some solutions to speed up your WordPress admin dashboard. Follow the tips accordingly.
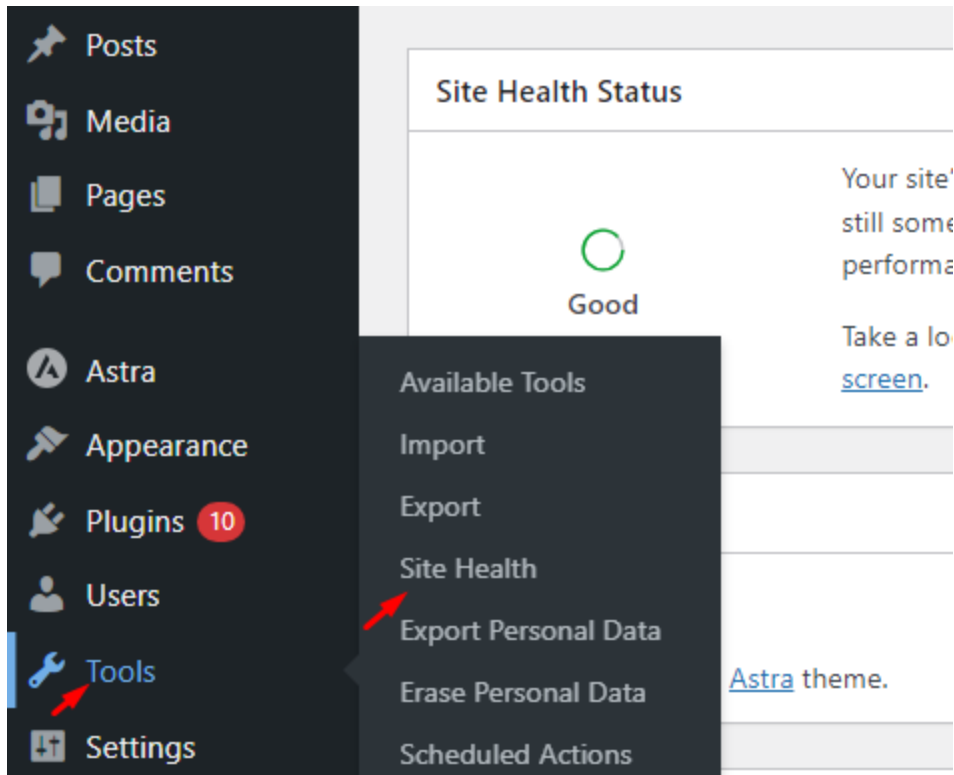1. Updating your PHP version
2. Increasing the WordPress memory limit
3. Limiting some of the active plugins
4. Optimizing the WordPress database
5. Disabling Heartbeat API
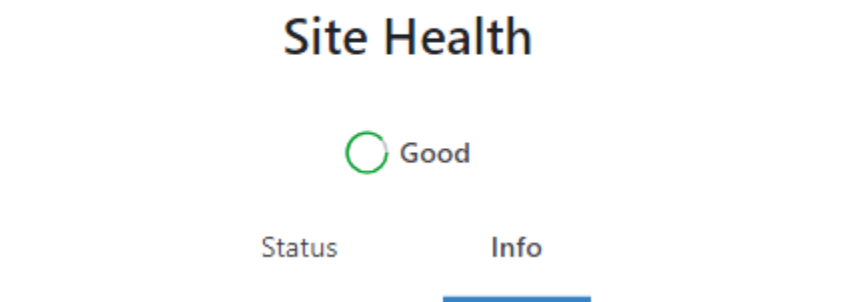6. Changing your hosting provider

1. Updating your PHP version

WordPress is built on the programming language - PHP. As PHP lets your WordPress website function properly, it's an important thing to keep the PHP version updated.

PHP is developing regularly. If your PHP version is outdated, it can affect your website's performance and make it slower. So, find out the current PHP version. Follow the below steps to find it:

1. Go to navigating bar and find Tools → Site Health in your admin dashboard

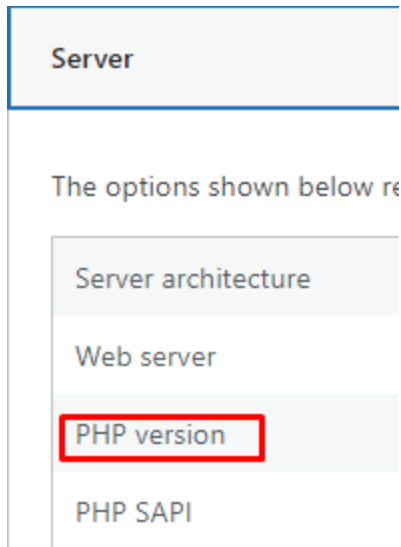2. Then, click on the Info tab and go to 'Server'.

3. Now, you can know the active PHP version of your website

It's high time to update your PHP version. But before doing so, I suggest backing up your website. Perform it either manually or with a backup plugin for WordPress. Also, check whether your plugins and themes are updated or not.

Follow the below steps to update the PHP version:

1. You can do the PHP update by logging into the cPanel admin panel.
2. Head over to Software → Select PHP Version
3. Choose the most recent PHP version in cPanel.

4. Press in the Set as current and save changes.
Thus, you can update your PHP to the latest version.

2. Increasing the WordPress memory limit

WordPress has a memory limit. Usually, the default PHP memory is 32MB. But in case of a slow loading site, you will need to obtain more memory limit.

Edit the wp-config.php file to increase the memory limit. Follow the steps below:
1. Open the file using File Transfer Protocol (FTP)
2. Apply the code: define('WP_MEMORY_LIMIT', 'X') In the limit option, you can keep it up to 256MB.
3. Finally, save the changes and upload the wp-config.php file via FTP once again.

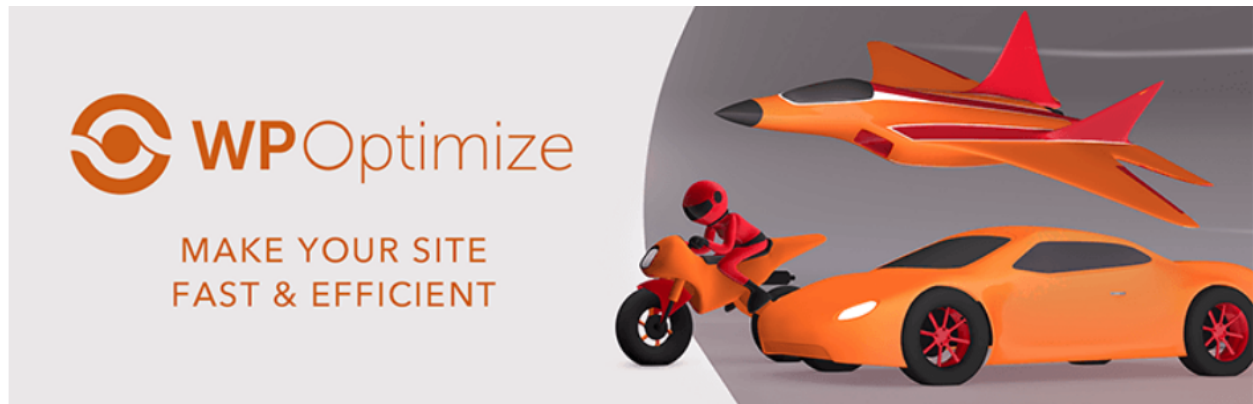## 3. Limiting some of the active plugins

Yes, we all know that plugins extend the functionality of a site. But too many active plugins can hinder your web performance. So, you should carefully evaluate the importance of each plugin.

Then consider deactivating or removing any plugins that are not essential. Additionally, choose plugins wisely which improves performance and regular updates.

4. Optimizing the WordPress database

After using your site for an extended period, a lot of data may be stored on the site. As the WordPress database has plenty of useful data, you can't clean it all. But you should regularly clean up the unnecessary data. For example, delete the excess data like post revisions, spam comments, etc.

To fix a slow admin panel, you have to optimize your WordPress site. You can do it easily using a database optimization plugin like WP Optimize.

5. Disabling the WordPress Heartbeat API

The WordPress Heartbeat API can also slow down your WordPress site. It may increase CPU usage and slow down your server. So, limit or disable the API.

WP Rocket's Heartbeat Control plugin can help you to disable the Heartbeat API. There are also some other free Heartbeat Control plugins you can find in the wordpress.org plugin directory.

6. Changing your hosting provider

Lastly, it's time to check your hosting provider. If nothing else working out, the problem might be with this.

I suggest getting a host that offers speed and performance. There are several hosting providers available on WordPress. Check the useful features of a hosting provider like uptime guarantees, caching tools, and content delivery networks. Finally, choose a new hosting service to speed up your WordPress admin.

Frequently Asked Questions (FAQs)

In addition to the causes and fixes of a slow admin dashboard, three might be some other relevant queries. Here, I've tried to cover a few most asked questions about WordPress admin dashboard issues.

How do I increase the PHP memory limit in WordPress?

You can increase the PHP memory limit in WordPress by editing your wp-configuration.

Firstly, open the wp-config. php file and find the string: define('WP_MEMORY_LIMIT', '32M'). Secondly, edit it for ('WP_MEMORY_LIMIT', '128M'). However, if you need higher PHP memory, you can get it up to 256MB.

Do plugins make WordPress slow?

Yes, some of the plugins can make your dashboard slow. There are several types of plugins you can use on your site. Too much use of plugins can slow down a WordPress site.

However, WordPress plugins are very helpful for your WordPress website and add functionality and features to your site. But, you need to choose and maintain plugins carefully. So, you've to be careful while using plugins to ensure a responsive website.

How to Change or Reset Your Admin Password?

You can change or reset your WordPress admin password from the WordPress dashboard. Follow these steps to do this:
Step 1: Log in to your WordPress dashboard.
Step 2: Go to the username from the top right corner & select Profile.
Step 3: Choose the Account Management section & go for the Generate Password option.
Step 4: Here you can change or reset your password.
Step 5: Now, scroll down and click on the Update Profile.

Conclusion

If your WordPress admin is too slow, it will diminish the overall site performance and speed. It will also affect productivity, user experience, SEO, and a lot of other aspects. I've suggested how to fix a low WordPress admin and turn it into a faster-loading WordPress admin dashboard.

Hopefully, you have got the answer to your query - why is my WordPress admin so slow? Now, it's your turn to take the required steps to optimize your WordPress admin dashboard. Thus, you can ensure a faster website for you and your visitors.