Code splitting in React is a technique used to optimize the performance of your application by splitting your code into smaller bundles that can be loaded on demand. This helps reduce the initial load time and improves the overall user experience.

React provides built-in support for code splitting through dynamic imports and the React.lazy function.

Suspense is a component in React that allows you to display a fallback UI while your application is loading something, such as a lazily-loaded component or data fetched from an API. This helps in managing the loading state and improving the user experience by showing a placeholder instead of a blank screen.