What causes performance Issues?

* Poor Database Design
  + Poor Normalized tables.
  + Improper usage of Check, default, not null, primary key constraint.
  + Index not properly utilized.
* Physical Database layout
  + Table file can be on C:/ but Transaction file should be on SSD or RAID
  + Tempdb should be placed on SSD.
  + Excessive Unused data
* Poorly Designed Queries
  + Excessive Joins
  + N+1 queries… which takes more network traffic

Creating index for small table is not necessary. Because index is based on searching by BTree structure, which is good only for table with many rows.