

PROMTPRESS PUBLIC REPORT

Channel audit

Homo Sapiens



@homosapiens_tg

Here your body is literally turned inside out and shown from the reverse side. Ads: @J_A_Sh Collab: @Spiral_Miya, @swaymedia Exchange: telega.in/c/+UM_xleV51bU3OWMyRKN: <https://rkn.link/iQ8>

SUBSCRIBERS

368 008

-2841 per month

ERR (% WHO SEE
POSTS)

5.0%

Daily 2.3%

REACH/POST

15.3K

Ad reach 8.3K/24h

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SECTION 01 · CHANNEL SNAPSHOT

Key channel metrics

Each card is a separate channel health indicator. The subtitle below the number shows the period it covers.

 SUBSCRIBERS 368 008 —	 SUBSCRIBER REACH 4.15% Avg % subs see post	 VIEWS/POST 15.3K Median 16.1K · 29 days	 POSTS/WEEK 24.2 For period
 7D TREND -5.7% vs previous week	 REACTS/POST 124.2 Total 12,667 reactions, 6,712 reposts, 0 comments	 POST LENGTH 474 chars Median 460 · 29 days	 POSTS ANALYZED 102 29 days
 AD REACH 8.3K 24h avg	 CHURN / MONTH -2841 Last month	 CITATION RATE 1 958 Citation index · 1,992 channels mentioned all time	 CHANNEL AGE 3 years 11 months Created 25.07.2022

AI EDITOR SUMMARY

Channel «Homo Sapiens» — 368 008 subs. Each post avg views 15.3K people (4% from subs), reach is low — expand audience. Publishes 24 posts/week (~3/day) — active posting. Week Jun 8–14 reach dropped -5.7% vs week Jun 1–7 — investigate reasons.

SECTION 02 · CONTENT ANALYSIS

What works best

Top posts by engagement and underperformers — to see what to repeat and what to drop.

WHAT SUCCESSFUL POSTS HAVE IN COMMON

- 01 Analysis based on **102** posts over 29 days.
- 02 Dominant format — **Video** (101/102 posts).
- 03 Avg post length — **474** chars (median 460).
- 04 Audience peak activity — **Thu**, 17:00 MSK.
- 05 Top posts get **2x** More views than weakest (top avg 19.1K vs worst 11.3K) — across 102 posts in 29 days. Analyze what top posts share: topic, format, timing.

TOP 5 POSTS

Nº1 28.05 · 05:11 VIDEO Three stages of abscess formation Even an abscess has its rules: 1☐ Infiltration – neutrophils arrive at bacteria...	VIEWS 19 196 REP. 45	REACTS 143 ER 5.2%
Nº2 30.05 · 05:11 VIDEO Arcoxia against hernia: not to numb, but to free Herniated disc is not always pain from nerve compression. Often it's pain...	VIEWS 19 019 REP. 318	REACTS 157 ER 5.2%
Nº3 29.05 · 05:11 VIDEO PE and stroke: different diseases, same outcome? Pulmonary embolism hits the lungs, stroke hits the brain. Different organs, but...	VIEWS 18 936 REP. 25	REACTS 126 ER 5.1%

Nº4 07.06 • 09:11 VIDEO Plank – your slow decline In a plank there is not a second of rest. The body literally hangs on three support points: toes and elbows. The brain...	VIEWS 18 733 REACTS 241 REP. 207 ER 5.1%
Nº5 31.05 • 17:11 VIDEO Kidney cyst: how it forms and what to do? A simple cyst forms from a dilated nephron tubule that loses connection with...	VIEWS 18 502 REACTS 151 REP. 71 ER 5.0%

WORST 3

↓ 22.06 • 05:11 VIDEO Extreme extraction: pliers instead of a dentist Yes, theoretically you can pull a tooth without anesthesia. Pain receptors will send a signal to the brain...	VIEWS 11 757 REACTS 123 REP. 18 ER 3.2%
↓ 22.06 • 18:33 VIDEO Chew and remember! Chewing mechanically activates the hippocampus – the brain's memory center. This is called...	VIEWS 11 128 REACTS 150 REP. 163 ER 3.0%
↓ 22.06 • 17:11 VIDEO Ancient pregnancy test: barley and wheat In Ancient Egypt, a unique method: women urinated on bags of barley and...	VIEWS 10 927 REACTS 142 REP. 117 ER 3.0%

SECTION 03 · SUBSCRIBER DYNAMICS

How the channel grew over the year

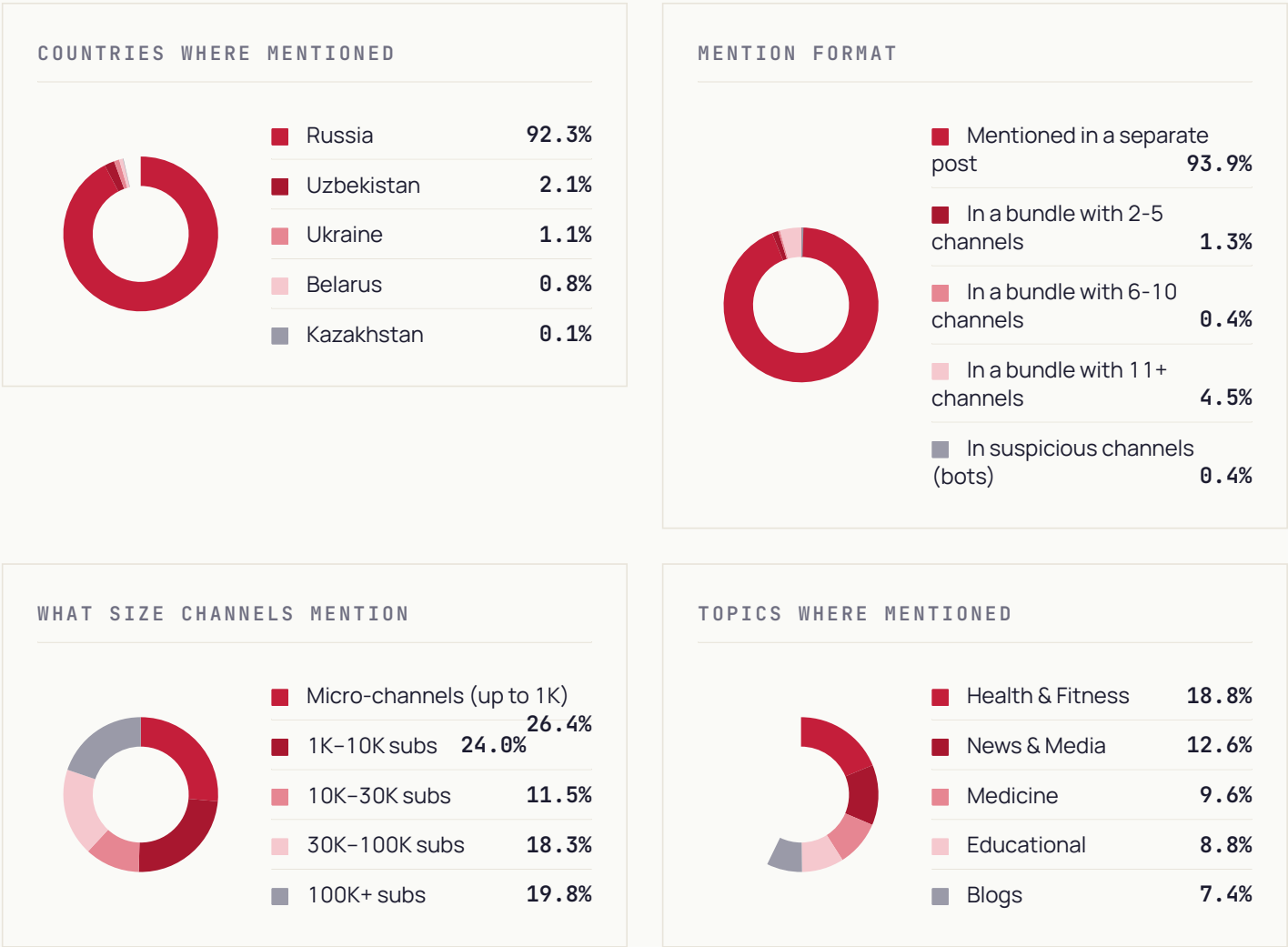
Subscriber growth chart for the year. Key months show exact subscriber count.
Shows months of growth and decline.



SECTION 04 · MENTIONS

Who mentions the channel and how

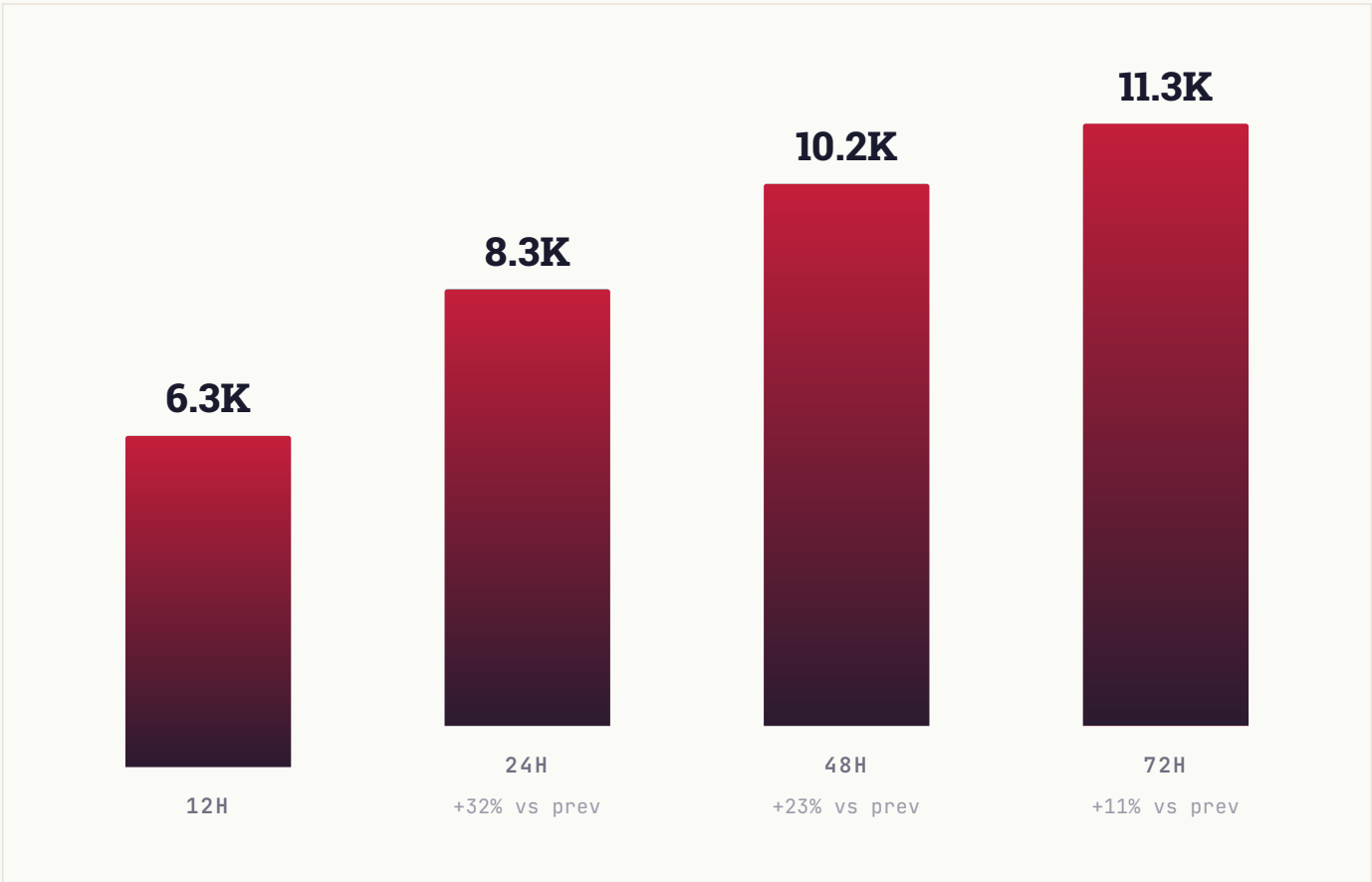
Citation index **1 958** — channel popularity rating based on mentions. Considers not only their count but also the weight of mentioning channels: a post from a 100K subs channel weighs more than from a 1K subs channel. All time channel was mentioned **1 992** different channels.



SECTION 05 · AD POTENTIAL

How long a post generates reach

Avg ad post reach over time since publication. Helps estimate how long a placement stays relevant.



SECTION 06 · COMPETITORS

Who you compete with

11 Top similar channels by topic & audience. Your channel is highlighted — see its rank among niche peers.

CHANNEL	SUBSCRIBERS
KZ Test purchase	772.4K
BI Biohackers	585.5K
BI Biohacking	535.2K
SL Sport Life	526.8K
VN Eternity in Tibet	495.9K
NT Our body	482.9K
AU Ales Ulischenko Osteopath, PhD Face plastic surgery author	479.3K
BZ Stay Healthy	449.1K
ZE Healthy Food	418.9K
DZ Doctor Zubareva / Doctor Zubareva	414.2K
HS Homo Sapiens YOU	368K

COMPARATIVE CONCLUSION

Channel in Top quartile of niche (#12 of 96). Leader — Test purchase (772.4K). Goal for coming months: enter niche top 10 through systematic traffic work.

SECTION 07 · MENTION DYNAMICS

How often the channel is mentioned

Every month we record posts in other channels that mention yours. Over the last **6 months** Such mentions: **369**, they brought **23 190** new subs.

PERIOD	MENTIONS	CHANNELS	BROUGHT	SUBSCRIBERS
December 2025	75	44	5 426	
Nov 2025	39	26	6 608	
Oct 2025	74	62	0	
Sep 2025	66	47	11 007	
August 2025	29	23	36	
July 2025	86	78	113	

TOTAL MENTIONS	MONTHS OF DATA	ATTRACTED SUBSCRIBERS
369	6	23 190

Where the channel stands in its league

#12 /100 POSITION IN NICHE
Channel in top 12% – strong position



— SECTION 09 · STRATEGY

What to do right now

5 priority actions sorted by expected impact. Check off and revisit this report in a month.

01**Main post of the week — on Thursday**

Audience is most active on this day at 17:00 MSK.

EFFECT

**Best window
for an
important post****02****ER below niche benchmark — rethink formats**

Current ER 4.15% vs norm 7.0%. Try polls and interactive formats.

EFFECT

+2.8pp ER**03****Systematic traffic buying**

Three formats for your media: **Inhouse** (premium channels), **Native** (native integrations), **Premium** (target audience). PromptPress picks sources for your niche.

EFFECT

**+1000-3000
subs****04****Test polls and interactive formats**

Posts with polls/reactions usually boost ER by +5-15%.
One poll per week on a hot topic — easy win.

EFFECT

+5-15% ER**05****Cross-promo with neighboring channels**

Exchange posts quarterly with channels in the same segment. No need daily — 2-3 collabs give relevant growth.

EFFECT

**Growth from
relevant
audience**

★ WHAT'S NEXT

Want this done by **PromptPress?**

This audit is what we can do in a few minutes from public data.
To go further — run ads with us and close your growth plan in a
month.

01	Launch Telegram ads	https://panel.promptpress.com/register
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02	Contact manager	t.me/PromptPress_manager
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