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Subject: Re: Peak power and RMS power  
Posted by [Wayne Parham](#) on Tue, 16 Jan 2018 21:17:40 GMT  
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These are terms with specific meanings:

- Peak power is the max power level of one-half cycle.
- Peak-to-peak power is double the value of peak.
- Root-mean-squared (RMS) power is equal to  $\sin 45^\circ$  \* peak. It is approximately 70.7% of the peak power level.