

dBm vs. Volts vs. Watts(50-ohm system)  
 CONVERSION TABLE

dBm	V	W	dBm	V	mW	dBm	mV	uW
+60	224	1000	+15	1.25	32	-30	7.1	1
+59	199	794	+14	1.12	25	dBm	mV	nW
+58	177	631	+13	1.00	20	-31	6.3	
+57	158	500	+12	.89	16	-32	5.6	
+56	141	398	+11	.80	12.5	-33	5.0	
+55	125	316	+10	.71	10	-34	4.5	
+54	112	251	+9	.63	8	-35	4.0	
+53	100	200	+8	.56	6.3	-36	3.5	
+52	89.0	159	+7	.500	5	-37	3.2	
+51	79.3	126	+6	.446	4	-38	2.81	
+50	70.7	100	+5	.400	3.2	-39	2.5	
+49	63.0	80	+4	.355	2.5	-40	2.25	100nW
+48	56.1	63	+3	.320	2.0	-41	2.0	
+47	50.0	50	+2	.280	1.6	-42	1.8	
+46	44.6	40	+1	.251	1.25	-43	1.6	
+45	40.0	32	0	.224	1.0	-44	1.4	
+44	35.5	25	dBm	mV	uW	-45	1.25	
+43	31.5	20	-1	200	800	-46	1.12	
+42	28.0	16	-2	180	640	-47	1.00	
+41	25.1	12.5	-3	160	500	dBm	uV	nW
+40	22.4	10	-4	141	400	-48	890	
+39	20.0	8	-5	125	320	-49	800	
+38	17.8	6.3	-6	112	250	-50	710	10nW
+37	15.8	5	-7	100	200	-51	630	
+36	14.1	4	-8	90	160	-52	560	
+35	12.5	3.2	-9	80	125	-53	500	
+34	11.2	2.5	-10	71	100	-54	446	
+33	10.0	2	-11	63	80	-55	400	
+32	8.9	1.6	-12	56	63	-56	355	
+31	7.9	1.25	-13	50	50	-57	316	
+30	7.07	1.0	-14	45	40	-58	281	
dBm	V	mW	-15	40	32	-59	251	
+29	6.30	800	-16	35.5	25	-60	224	1nW
+28	5.60	640	-17	31.6	20	-61	200	
+27	5.00	500	-18	28.1	16	-62	180	
+26	4.45	400	-19	25.1	13	-63	160	
+25	4.00	320	-20	22.4	10	-64	141	
+24	3.55	250	-21	20.0	8	-65	125	
+23	3.15	200	-22	18.0	6.3	-66	112	
+22	2.80	160	-23	15.8	5	-67	100	
+21	2.51	125	-24	14.1	4	-68	89	
+20	2.25	100	-25	12.5	3.2	-69	79	
+19	2.00	80	-26	11.2	2.5	-70	71	.1nW
+18	1.80	64	-27	10.0	2.0	-71	63	
+17	1.60	50	-28	8.9	1.6	-72	56	
+16	1.41	40	-29	8.0	1.3	-73	50	