Class			Frequency	Wavelength	Energy
	γ	Gamma rays	300 EHz	1 pm	1.24 MeV
	HX	Hard X-rays	30 EHz	10 pm	124 keV
	SX	Soft X-rays	3 EHz	100 pm	12.4 keV
	EUV	Extreme ultraviolet	300 PHz	1 nm	1.24 keV
	NUV	Near ultraviolet	30 PHz	10 nm	124 eV
Visible	NIR	Near Infrared	3 PHz	100 nm	12.4 eV
	MIR	Mid infrared	300 THz	1 μm	1.24 eV
	FIR	Far infrared	30 THz	10 μm	124 meV
	EHF	Extremely high frequency	3 THz	100 μm	12.4 meV
	SHF	Super high frequency	300 GHz	1 mm	1.24 meV
	UHF	Ultra high frequency	30 GHz	1 cm	124 μeV
	VHF	Very high frequency	3 GHz	1 dm	12.4 μeV
Radio waves	HF	High frequency	300 MHz	1 m	1.24 μeV
	MF	Medium frequency	30 MHz	10 m	124 neV
	LF	Low frequency	3 MHz	100 m	12.4 neV
	VLF	Very low frequency	300 kHz	1 km	1.24 neV
	VF / ULF	Voice frequency	30 kHz	10 km	124 peV
	SLF	Super low frequency	3 kHz	100 km	12.4 peV
	ELF	Extremely low frequency	300 Hz	1 Mm	1.24 peV
			30 Hz	10 Mm	124 feV
			3 Hz	100 Mm	12.4 feV

Sources: File:Light spectrum.svg [1] [2] [3]