The longest wavelengths (a kilometer or more)

Wavelengths tens of meters long

Wavelengths a few meters long

Wavelengths centimeters long

Wavelengths about a centimeter long

Wavelengths millimeters long

Wavelengths about a millimeter long, like a pinpoint

Wavelengths about the size of a cell

Wavelengths just longer than a bacterium

Wavelengths just longer than the size of a virus

Wavelengths about the size of DNA

Wavelengths about the size of a protein

Wavelengths about the size of a water molecule

Wavelengths smaller than an atom

Wavelengths shorter than the width of an atomic nucleus

Radio frequencies:

- 10^6 Hz (1000 kHz)
- 10^7 Hz (10 MHz)
- 10^8 Hz (100 MHz)
- 10^9 Hz (1 GHz)
- 10^{10} Hz (10 GHz)

Microwave frequencies:

- 10^{11} Hz (100 GHz)
- 10^{12} Hz (1 THz)
- 10^{13} Hz (10 THz)
- 10^{14} Hz (100 THz)
- 10^{15} Hz (1 PHz)

Ultrasound frequencies:

- 10^16 Hz (10 PHz)
- 10^17 Hz (100 PHz)
- 10^18 Hz (1 EHHz)
- 10^19 Hz (10 EHHz)
- 10^{20} Hz (100 EHHz)