



RMS Measurements

• RMS is described as a measure of equivalent heating value, with a relationship to the amount of power dissipated by a resistive load driven by the equivalent DC value. For example, a 1Vpk sine wave will deliver the same power to a resistive load as a 0.707Vdc signal. A reliable RMS reading on a signal will give you a better idea of the effect the signal will have in your circuit.

$$\mathbf{X}_{\rm rms} = \sqrt{\frac{1}{T} \int_0^T \mathbf{x}^2 dt}$$



AC Measurements

- For sine waves, the negative half of the waveform cancels out the positive half and averages to zero over one cycle. This type of average would be useless so most meters compute V_{avg} based on the absolute value of the waveform. For a sine wave, this works out to $V_{pk} \ge 0.637$.
- This scaling factor applies only to pure sine waves. For every other type of signal, **using this approach produces misleading answers**. If you are using a meter that is not really designed for the task, you easily can end up with significant error depending on the meter and the signal.



















































