Optimized quantifiers over cooling power spectrum for thermal with Lorentzian peak and dip Highest efficency Lowest noise Lowest noise-eff. fraction 1.0 0.12 -0.06 -0.9 0.05 -0.10 -0.8 -0.04 -0.08 - $[S_R/S_L]$ $S_{\dot{S}_R}/\eta$ 80.0 °C 0.06 0.02 0.6 -0.04 0.01 -0.5 -0.02 0.00 0.015 0.00 0.01 0.02 0.01 0.02 0.005 0.020 0.00 0.010 J_R J_R J_R thermal nonthermal