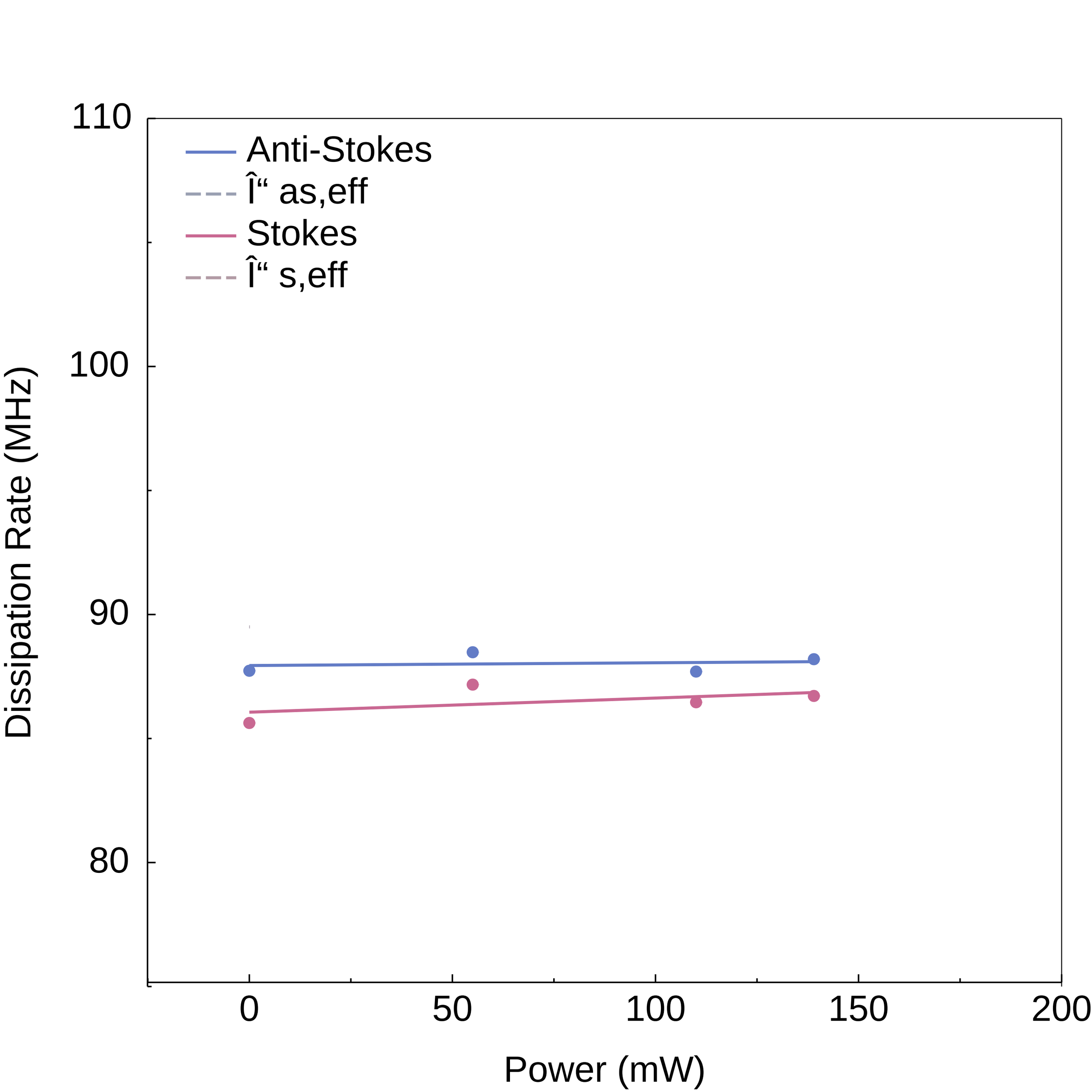
Anti-Stokes
Î“ as,eff
Stokes
Î“ s,eff
110
100
90
80
Dissipation Rate (MHz)
0
50
100
150
200
Power (mW)