Alfven turbulence rate in the WNM phase $n_{{
m tot}} = 0.2~{
m cm}^{-3}$ - $B = 5 {
m e} - 0.6~\mu{
m G}$ - $T = 6000~{
m K}$ - ${
m grad}(P_{
m CR}) = 1 {
m e} - 29~{
m erg}~{
m cm}^{-4}$ 10⁻¹ 10⁻² Alfven turbulence rate 10⁻³ 10-4 10⁻⁵ 10⁻⁶ 10⁻⁷ 10⁻² 10^{-1} 10⁰ 10² 10³ 10⁷ 10¹ 10⁴ 10⁶ 10⁵ Mass normalised kinetic energy