$$|H(jw)| = \frac{w\frac{w_0}{Q}}{\sqrt{(w_0^2 - w^2)^2 + (w\frac{w_0}{Q})^2}}$$

$$\frac{w\frac{w_0}{Q}}{\sqrt{(w_0^2 - w^2)^2 + (w\frac{w_0}{Q})^2}} = \frac{\sqrt{2}}{2}$$

$$(\frac{w\frac{w_0}{Q}}{\sqrt{(w_0^2 - w^2)^2 + (w\frac{w_0}{Q})^2}})^2 = \frac{1}{2}$$

$$\frac{(w\frac{w_0}{Q})^2}{(w_0^2 - w^2)^2 + (w\frac{w_0}{Q})^2} = \frac{1}{2}$$

$$w_0^4 - (2w_0^2 + (\frac{w_0}{Q})^2)w^2 + w^4 = 0$$

Hago un cambio de variable  $x = w^2$ 

$${\rm w}_{1,2} = \frac{{\rm w}_0(\sqrt{1+{\rm Q}^2}\ \pm 1)}{2\,{\rm Q}}{\rm Y}\,{\rm con}\,{\rm w}_0 \,=\, 2\pi^*1{\rm Hz}\,{\rm y}\,\frac{{\rm w}_0}{{\rm Q}} = \frac{{\rm R}}{{\rm L}}\,\to {\rm Q}\,={\rm L}$$

Ancho de banda = 
$$w_2 - w_1 = (\frac{(\sqrt{1+L^2} - 1)}{2L}) - (-\frac{(\sqrt{1+L^2} + 1)}{2L})$$