RMS for simusformet signal

$$= V_0 \sqrt{\frac{2}{\tau}} \sqrt{\frac{2}{5} \sin^2 w t} dt = V_0 \sqrt{\frac{2}{\tau}} \left[\frac{t}{2} - \frac{1}{4w} \sin(2wt) \right]^{\frac{7}{2}}$$

$$= V_0 \cdot \sqrt{\frac{2}{T} \left[\frac{T}{4} - \frac{1}{4w} \cdot \sin\left(\frac{2\pi}{T} \cdot t\right) - 0 - \sin 0 \right]} = V_0 \cdot \sqrt{\frac{2}{T} \cdot \frac{T}{4}} = \frac{V_0}{\sqrt{2}}$$

$$V_{0}^{2} = V_{0} \cdot \sqrt{\frac{1}{2}} = V_{0} \cdot \sqrt{\frac{1}{2$$