

Power level (dBm)	Power level (Watt)
60 dBm	W
dBm	10 W
36 dBm	W
dBm	2 W
30 dBm	mW
dBm	100 mW
10 dBm	mW
dBm	4.0 mW
3 dBm	mW
dBm	1.0 mW
-3 dBm	mW
dBm	0.1 mW
-20 dBm	mW
dBm	0.001 mW

$$Power \text{ (in dB)} = 10 \log_{10} \frac{P}{1 \text{ W}}$$

$$Power \text{ (in dBm)} = 10 \log_{10} \frac{P}{1 \text{ mW}}$$