Uncoupled

$\frac{\omega_s}{2\pi} = 6.0$ [Hz], $NRMS = 0.02$

$\frac{\omega_s}{2\pi} = 37.9$ [Hz], $NRMS = 0.04$

$\frac{\omega_s}{2\pi} = 234.0$ [Hz], $NRMS = 0.1$