**Absolute Units**

Absolute units are a fixed value, like centimeters in the real world. These values don't change based on the size of the screen or the parent element.

1. **Pixels (px)**: The pixel is the little dot that your screen is made up of. Pixels are fixed-size units that are used in screen media. They are great when you want absolute control over your layout.
2. **Points (pt)**: Points are traditionally used in print media. One point is equal to 1/72 of an inch. Points are not recommended for screen use because they don’t scale well across devices.
3. **Picas (pc)**: Picas are another unit traditionally used in print. One pica is equivalent to 12 points.
4. **Inches (in)**: As you would expect, this unit represents an inch on the screen. It's not commonly used for web pages because it doesn't translate well to digital screens.
5. **Centimeters (cm) & millimeters (mm)**: These units represent centimeters and millimeters respectively, similar to their real-world counterparts. They are also not commonly used for screen designs.

**Relative Units**

Relative units are completely dependent on having something else as they are “subjective”. They're defined relative to another length, often the size of a parent element or the size of the viewport.

1. **Percentages (%)**: The percentage unit is a relative unit that's based on the parent element's size. For instance, if a parent element has a width of 500px, setting the child element’s width to 50% would make it 250px wide.
2. **Ems (em)**: The em is a scalable unit that is used in web document media. An em is equal to the current font-size, for instance, if the font-size of the document is 12pt, 1em is equal to 12pt.
3. **Rems (rem)**: The rem, or root em, is similar to the em unit, but it's relative to the root element (html) rather than its direct or nearest parent. It's great when you want to create a scalable and maintainable design system.
4. **Viewport Width (vw) and Viewport Height (vh)**: These units are relative to the viewport size. One unit is equal to 1% of the viewport size, so 100vw is equal to the whole width of the viewport, and 100vh is equal to the whole height.
5. **Ex (ex) and Cap (cap)**: The 'ex' unit is equal to the x-height of the current font, while 'cap' is equal to the height of the capital letters of the current font.
6. **Ch (ch)**: This unit is equal to the width of the "0" (zero) character of the current font.