

SSD NVMe vs SATA (vsdiff.com)

Feature	SATA SSD	NVMe SSD
Data Transfer Rate	Up to 600 MB/s	Up to 7000 MB/s
Interface Type	SATA III	PCIe Gen 3/4
Form Factor	2.5-inch, mSATA	M.2, U.2
Latency	Higher	Lower
Price	Generally more affordable	Tends to be pricier

Source: <https://vsdiff.com/ssd-nvme-vs-sata/>