

NVMe vs SATA SSD (vsdiff.com)

Feature	NVMe SSD	SATA SSD
Interface Type	PCIe (Peripheral Component Interconnect Express)	SATA III
Data Transfer Speed	Up to 7,000 MB/s	Up to 600 MB/s
Latency	Lower latency	Higher latency
Form Factor	M.2, U.2, add-in cards	2.5-inch
Cost	More expensive	Less expensive
Power Efficiency	More power-efficient	Less power-efficient

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