

SSD NVMe vs SATA SSD (vsdiff.com)

Feature	SSD NVMe	SATA SSD
Interface	PCIe	SATA III
Data Transfer Speed	<i>Up to 7000 MB/s</i>	<i>Up to 600 MB/s</i>
Latency	<i>Lower</i>	<i>Higher</i>
Compatibility	Limited (requires M.2 or PCIe slot)	Widely compatible with older systems
Price	<i>Generally higher</i>	<i>More affordable</i>
Ideal Use Cases	Gaming, high-performance applications	Basic computing, budget laptops

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