

ATOMIC UNITS

Units of:	(Hartree)	(Rydberg)
charge	$e^2 = 1$	$e^2 = 2$
mass	$m_e = 1$	$m_e = \frac{1}{2}$
length	$a_0 = \frac{\hbar^2}{me^2} = 1$	$a_0 = \frac{\hbar^2}{me^2} = 1$
energy	$H = \frac{e^2}{a_0} = \frac{m_e e^4}{\hbar^2} = 1$	$\text{Ryd} = \frac{e^2}{2a_0} = \frac{m_e e^4}{2\hbar^2} = 1 = \frac{1}{2}H$

$$1 \text{ Ryd} = 13.6 \text{ eV}$$