SONET vs SDH:

SONET	SDH	Velocità	Carico SONET	Carico SDH
0 C -1	STM-0	51,84 M bps	28 DS-1 or 1 DS-3	21 E-1
O C -3	STM-1	155, 52 Mbps	82 DS-1 or 3 DS-3	63 E-1 or 1 E-4
0 C-12	STM -4	622,08 M bps	336 DS-1 or 12 DS-3	252 E-1 or 4 E-4
O C -48	STM-16	2,488 Gbps	1344 DS-1 or 48 DS-3	1008 E-1 or 16 E-4
OC-198	STM-64	9,953 Gbps	5376 DS-1 or 192 DS-3	4032 E-1 or 64 E-4