

common in chemical literature. $1000~\text{cm}^{-1}$ is the frequency corresponding to light of wavelength 0.001~cm, or $10~\mu\text{m}$. The energy is about 0.1eV. The term "wavenumber" is used for the unit cm⁻¹. If means the reciprocal of the wavelength of light that has the same frequency as the resonance under discussion.