For signals,

Energy and power can be denoted as the following:

$$E_{\infty} = \int_{-\infty}^{\infty} |x(t)|^2 dt$$
$$P_{\infty} = \lim_{T \to \infty} \frac{1}{2T} \int_{-T}^{T} |x(t)|^2 dt$$

With x(t) being the signal. Note that power is derived from its definition, where power is the amount of work/energy over the time duration.

In this case,  $E_{\infty} > 0$  due to the nature of signal being energy that is absorbed and not generated. In other words, signals are a passive energy that can be seen from the equation where the absolute of the original signal was taken into measure.

From this,  $P_{\infty} \ge 0$  because by definition, power is the amount of energy absorbed over the time duration. Since a time duration could never be a negative value, therefore if  $E_{\infty}$  is a positive value,  $P_{\infty} \ge 0$  where

1.  $P_{\infty} = 0$  happens when  $E_{\infty}$  is a finite value,

$$P_{\infty} = \lim_{T \to \infty} \frac{1}{2T} \int_{-T}^{T} |x(t)|^2 dt$$
  
As  $T \to \infty$ ,  $\left\{ \lim_{T \to \infty} \frac{1}{2T} \int_{-T}^{T} |x(t)|^2 dt \right\} \cong 0$ 

- 2.  $P_{\infty} > 0$  when  $E_{\infty} = \infty$ .
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