The EM Spectrum

The whole spectrum, with wavelengths and uses.

Physics

In order of increasing frequency.

Type	Wavelength	Use
Radio	> 1 m	Broadcasting, communications
Microwave	1 mm – 1 m	Radar, cooking, mobile
Infrared	700 nm – 1 mm	Heating, remote controls, thermal imaging
Visible	400–700 nm	Sight
Ultraviolet	10–400 nm	Sterilisation, fluorescence
X-ray	0.01–10 nm	Imaging, crystallography
Gamma	< 0.01 nm	Sterilisation, radiotherapy

$c = f\lambda$. Higher frequency means shorter wavelength and higher photon energy, which is why gamma rays are ionising.