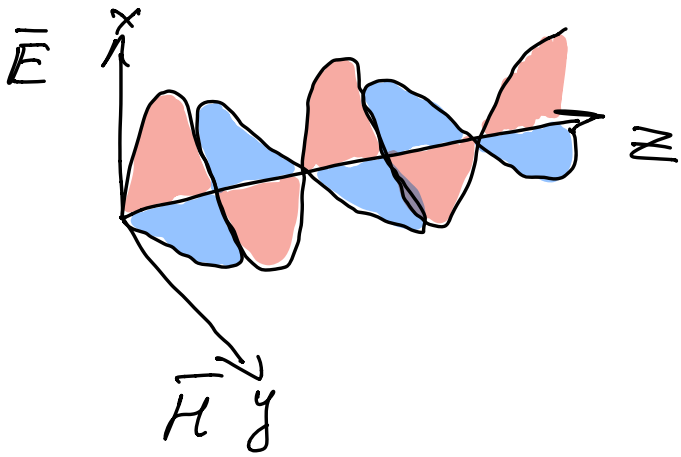
$$w = \varepsilon \varepsilon_0 E^2$$

$$w = \mu \mu_0 H^2$$

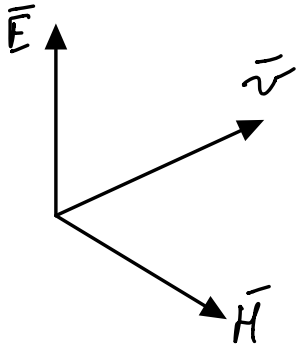


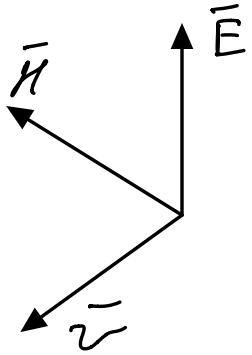
$$\bar{E} = \bar{E}_0 \cdot \cos(\omega t - kz)$$

$$\bar{H} = \bar{H}_0 \cdot \cos(\omega t - kz)$$

$$\begin{cases} E_{x1} = E_0 \cdot \cos(\omega t - kz) \\ H_{y1} = H_0 \cdot \cos(\omega t - kz) \end{cases}$$

$$\begin{cases} E_{x2} = E_0 \cdot \cos(\omega t + kz) \\ H_{y2} = -H_0 \cdot \cos(\omega t + kz) \end{cases}$$





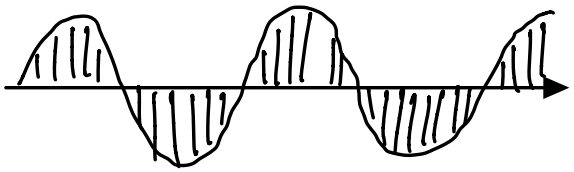
$$E = E_x = E_{x1} + E_{x2}$$

$$H = H_y = H_{y1} + H_{y2}$$

$$E_x = E_0 \cdot \cos(\omega t - kz) +$$

$$+ E_0 \cdot \cos(\omega t + kz) =$$

$$= 2E_0 \cos(\omega t) \cdot \cos(kz)$$



$$w = \varepsilon \varepsilon_0 E^2 = 4 \varepsilon \varepsilon_0 E_0^2 \cos^2(\omega t) \cdot \cos^2(kz)$$

$$H_y = H_0 \cdot \cos(\omega t - kz) - H_0 \cdot \cos(\omega t + kz) =$$
$$= -2 H_0 \sin(\omega t) \sin(kz)$$

$$w = \mu \mu_0 H^2 = 4 \mu \mu_0 H_0^2 \sin^2(\omega t) \cdot \sin^2(kz)$$