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NVMe (Non-Volatile Memory Express) is a relatively new technology that helps address some of the limitations of earlier storage solutions. It is a protocol designed for using high-speed storage media. Solid state drives (SSDs) provide faster read/write speeds compared to traditional hard drive disks (HDDs). However, over the years, the speed of SSDs increased until they reached the max transfer rate for the storage protocols.

NVMe SSDs are much faster compared to earlier SSDs. In fact, the typical NVMe drive handles read/write processes three to four times faster. When compared to traditional HDDs, NVMe drives perform up to 10 times faster.