Figure 3. from Empirical Tidal Dissipation in Exoplanet Hosts From Tidal Spin-up null 2018 AJ 155 165 doi:10.3847/1538-3881/aaaf71 https://dx.doi.org/10.3847/1538-3881/aaaf71 © 2018. The American Astronomical Society. All rights reserved.

7.5 7.0  $\underset{0}{\log_{10}} \ Q_{\star}'$ 6.0 5.55.0  $4\pi^2 R_{\star}^3 / (GM_{\star} P_{\rm spin}^2) \times 10^6$  $10^{0}$  $10^{2}$