The state-of-the-art noise figures of 2.17 dB and 3.0 dB at 5 GHz band from monolithic CMOS LNA's with 10 mW dissipation on thin (\sim 20 μ m) and normal (750 μ m) substrates are presented. Excellent Input return loss (S_{11}) of -45 dB, high P_{1dB} of -8.3 dBm and large IIP3 of 0.3 dBm were also obtained. The excellent performance of the LNA's is attributed to the methodology we developed.