

# Density Operators and the Uncertainty Principle






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Maurice de Gosson

University of Vienna-NuHAG

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# The Density Operator

Let  $\mathcal{H}$  be a Hilbert space. A density operator on  $\mathcal{H}$  is a bounded operator  $\hat{\rho} : \mathcal{H} \longrightarrow \mathcal{H}$  having the three following properties:

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- *It is the last property which causes problems, because the condition  $\hat{\rho} \geq 0$  usually holds for some values of  $\mathcal{H}$  and is violated for others...*

# The Density Operator

It follows from the spectral theorem for compact operators that there exist normalized functions  $\psi_1, \psi_2, \dots$  in  $\mathcal{H}$  such that

$$\hat{\rho} = \sum_j \alpha_j P_j \quad \text{with } \alpha_j \geq 0 \text{ and } \sum_j \alpha_j = 1$$

where  $P_j$  is the orthogonal projection of the ray generated by  $\psi_j$ , that is  $P_j\phi = \langle \psi_j | \phi \rangle \psi_j$ .

The operator  $\hat{\rho}$  is the density operator of the mixed state  $\psi = \sum_j \alpha_j \psi_j$ .

The average (mean value) of an operator  $\hat{A}$  (or “observable”) is given by the formula

$$\langle \hat{A} \rangle_{\hat{\rho}} = \text{Tr}(\hat{A}\hat{\rho}).$$

# Density Operator and Wigner Distribution

We now assume  $\mathcal{H} = L^2(\mathbb{R}^n)$ .

- The operator kernel of the density operator  $\hat{\rho} = \sum_j \alpha_j P_j$  is  $K_{\hat{\rho}} = \sum_j \alpha_j \psi_j \otimes \psi_j^*$  hence we can write  $\hat{\rho}$  as a Weyl pseudodifferential operator

$$\hat{\rho}\psi(x) = \iint_{\mathbb{R}^n \times \mathbb{R}^n} e^{\frac{i}{\hbar} p \cdot (x-y)} \rho\left(\frac{1}{2}(x+y), p\right) \psi(y) dy dp.$$

where  $\rho$  is the *Wigner distribution* of  $\hat{\rho}$ :

$$\rho(x, p) = \left(\frac{1}{2\pi\hbar}\right)^n \int_{\mathbb{R}^n} e^{-\frac{i}{\hbar} p \cdot y} K_{\hat{\rho}}\left(x + \frac{1}{2}y, x - \frac{1}{2}y\right) dy .$$



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- Equivalently:  $\rho(x, p) = \sum_j \alpha_j W\psi_j(x, p)$  where

$$W\psi_j(x, p) = \left(\frac{1}{2\pi\hbar}\right)^n \int_{\mathbb{R}^n} e^{-\frac{i}{\hbar}p \cdot y} \psi_j\left(x + \frac{1}{2}y\right) \psi_j^*\left(x - \frac{1}{2}y\right) dy$$

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is the Wigner distribution of  $\psi_j$ .

- The condition  $\text{Tr} \hat{\rho} = 1$  is equivalent to  $\int_{\mathbb{R}^n \times \mathbb{R}^n} \rho(x, p) dp dx = 1$ .

# Density operator and Wigner Distribution for Physicists!

If you *really* insist on preferring bra-ket notation:  
The density operator can be written as

$$\hat{\rho} = \sum_j \alpha_j |\psi_j\rangle \langle \psi_j|.$$

and

$$\rho(x, p) = \left(\frac{1}{2\pi\hbar}\right)^n \int_{\mathbb{R}^n} \langle x + \frac{1}{2}y | \hat{\rho} | x - \frac{1}{2}y \rangle dy.$$

Also: the kernel can be rewritten:

$$\langle y | \hat{\rho} | x \rangle = \int_{\mathbb{R}^n} e^{\frac{i}{\hbar}(y-x) \cdot p} \rho\left(\frac{1}{2}(x+y), p\right) dp.$$

# Density operator and Weyl–Heisenberg Operators

- Let  $z = (x, p)$  and  $z' = (x', p')$ . The symplectic Fourier  $\rho_\sigma^{\hbar} = \mathcal{F}_\sigma \rho$  transform of the Wigner distribution  $\rho$  of  $\hat{\rho}$  is defined by

$$\rho_\sigma^{\hbar}(z) = \left(\frac{1}{2\pi\hbar}\right)^n \int_{\mathbb{R}^{2n}} e^{-\frac{i}{\hbar}\sigma(z,z')} \rho(z') dz'$$

where  $\sigma(z; z') = p \cdot x' - p' \cdot x$  is the standard symplectic form.

Notice that the condition  $\text{Tr} \hat{\rho} = 1$  is equivalent to  $\rho_\sigma^{\hbar}(0) = \left(\frac{1}{2\pi\hbar}\right)^n$ .

# Density operator and Weyl–Heisenberg Operators

- Let  $z = (x, p)$  and  $z' = (x', p')$ . The symplectic Fourier  $\rho_\sigma^h = \mathcal{F}_\sigma \rho$  transform of the Wigner distribution  $\rho$  of  $\hat{\rho}$  is defined by

$$\rho_\sigma^h(z) = \left(\frac{1}{2\pi\hbar}\right)^n \int_{\mathbb{R}^{2n}} e^{-\frac{i}{\hbar}\sigma(z,z')} \rho(z') dz'$$

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Notice that the condition  $\text{Tr} \hat{\rho} = 1$  is equivalent to  $\rho_\sigma^h(0) = \left(\frac{1}{2\pi\hbar}\right)^n$ .

- We then have the beautiful formula

$$\hat{\rho} = \int_{\mathbb{R}^{2n}} \rho_\sigma^h(z_0) \hat{T}^h(z_0) dz_0$$

where  $\hat{T}^h(z_0)$  is the Heisenberg–Weyl operator:

$$\hat{T}^h(z_0)\psi(x) = e^{\frac{i}{\hbar}(p_0 \cdot x - \frac{1}{2}p_0 \cdot x_0)} \psi(x - x_0).$$

# Positivity and Uncertainty Principle

- The positivity of a density operator is related to the *uncertainty principle* of quantum mechanics in its strong (Robertson–Schrödinger) form. This principle can be stated as follows: let  $\hat{\rho}$  be a putative density operator. Then

$$(\Delta X_j)_{\hat{\rho}}^2 (\Delta P_j)_{\hat{\rho}}^2 \geq [\text{Cov}(X_j, P_j)_{\hat{\rho}}]^2 + \frac{1}{4} \hbar^2$$

where, by definition,

$$(\Delta X_j)_{\hat{\rho}}^2 = \langle X_j^2 \rangle_{\hat{\rho}} - \langle X_j \rangle_{\hat{\rho}}^2, \quad (\Delta P_j)_{\hat{\rho}}^2 = \langle P_j^2 \rangle_{\hat{\rho}} - \langle P_j \rangle_{\hat{\rho}}^2$$

and

$$\text{Cov}(X_j, P_j)_{\hat{\rho}} = \int_{\mathbb{R}^{2n}} (x_j - \langle x_j \rangle_{\rho})(x_k - \langle x_k \rangle_{\rho}) \rho(z) dz.$$

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- The condition  $\hat{\rho} \geq 0$  implies the UP.
- **However: the UP is not sufficient to ensure that  $\hat{\rho} \geq 0$ !**



...here is a counterexample due to Narcowich: take for simplicity  $\hbar = 1$  and choose

$$\rho_{\sigma}(x, p) = \left(1 - \frac{1}{2}\alpha x^2 - \frac{1}{2}\beta p^2\right) e^{-(\alpha^2 x^4 + \beta^2 p^4)} \quad , \quad \alpha, \beta > 0.$$

One verifies that although the uncertainty relations are satisfied we have

$$\langle P^4 \rangle_{\hat{\rho}} = \int_{\mathbb{R}^2} p^4 \rho(x, p) dx dp = -24\alpha^2 < 0$$

so that  $\hat{\rho}$  is not positive semi-definite! So the UP is not a sufficient condition for a self-adjoint operator with trace one to be a density operator.

# Positivity and the KLM conditions

- It turns out that the “true” conditions ensuring positive semi-definiteness are known in mathematics; they are the KLM (Kastler, Loupias, Miracle-Sole) conditions. Defining the  $\hbar = 1$  symplectic Fourier transform  $\rho_\sigma(z) = \rho_\sigma^{\hbar=1}(z)$  the KLM conditions can be stated in the following way:

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- For *any* sequence  $z_1, \dots, z_N$  of phase space points  $z_j = (x_j, p_j)$  the Hermitian  $N \times N$  operator  $M^\hbar = (M_{jk}^\hbar)_{1 \leq j, k \leq N}$  with  $(j, k)$  entry

$$M_{jk}^\hbar = \rho_\sigma(z_j - z_k) e^{-i\hbar\sigma(z_j, z_k)}$$

is *positive-definite*, that is

$$\sum_{1 \leq j, k \leq N} \rho_\sigma(z_j - z_k) e^{-\frac{i}{2}\hbar\sigma(z_j, z_k)} \lambda_j \lambda_k^* \geq 0$$

for all complex numbers  $\lambda_1, \dots, \lambda_N$ . (We assume from now on that  $\rho_\sigma$  is continuous).

# Positivity and the KLM conditions

The KLM conditions serve to clarify the connection between classical and quantum states. When  $\hbar = 0$  the KLM conditions reduce to the condition for  $\rho_\sigma$  to be a function of positive type:

$$\sum_{1 \leq j, k \leq N} \rho_\sigma(z_j - z_k) \lambda_j \lambda_k^* \geq 0.$$

By Bochner's theorem  $\rho_\sigma$  is then the (symplectic) Fourier transform of a non-negative finite measure on phase space, that is, of a *classical state*.

## Example

Suppose that  $\hat{\rho}$  is the density operator of a pure state:  $\rho = W\psi$ . Then  $\hat{\rho} > 0$  (strict inequality!) if and only if  $\psi$  is a Gaussian: this is the famous "Hudson's theorem".

Consider now the covariance operator of  $\hat{\rho}$ ; it is defined as in classical statistical mechanics by

$$\Sigma_{\hat{\rho}} = \begin{bmatrix} \text{Cov}(X, X)_{\hat{\rho}} & \text{Cov}(X, P)_{\hat{\rho}} \\ \text{Cov}(P, X)_{\hat{\rho}} & \text{Cov}(P, P)_{\hat{\rho}} \end{bmatrix}$$

where  $\text{Cov}(X, X)_{\hat{\rho}} = (\text{Cov}(X_j, X_k)_{\hat{\rho}})_{1 \leq j, k \leq n}$  with

$$\text{Cov}(X_j, P_j)_{\hat{\rho}} = \int_{\mathbb{R}^{2n}} (x_j - \langle x_j \rangle_{\hat{\rho}})(x_k - \langle x_k \rangle_{\hat{\rho}}) \rho(z) dz$$

etc.... For instance, when  $n = 1$ :

$$\Sigma_{\hat{\rho}} = \begin{bmatrix} (\Delta X)_{\hat{\rho}}^2 & \text{Cov}(X, P)_{\hat{\rho}} \\ \text{Cov}(P, X)_{\hat{\rho}} & (\Delta P)_{\hat{\rho}}^2 \end{bmatrix}.$$

# Positivity and the KLM conditions

- It turns out that the KLM conditions ensuring positive semi-definiteness of  $\hat{\rho}$  imply (but are not equivalent to, except in the Gaussian case) the following condition on the condition  $\Sigma_{\hat{\rho}}$ :

$$\Sigma_{\hat{\rho}} + \frac{1}{2}i\hbar J \geq 0.$$

This condition, well-known in quantum optics, is rigorously equivalent to the UP! But it is also equivalent to a topological condition, which can be stated in two equivalent ways. Consider the “Wigner ellipsoid”  $W_{\hat{\rho}} : \frac{1}{2}\Sigma_{\hat{\rho}}^{-1}z \cdot z \leq 1$ ; then

- There is no way one can embed a phase space ball with radius  $\sqrt{\hbar}$  into  $W_{\hat{\rho}}$  using only *canonical transformations* (but one can always find a general volume preserving transformations which does the job!).
- The symplectic capacity of the Wigner ellipsoid  $W_{\hat{\rho}}$  is  $\geq \pi\hbar = \frac{1}{2}h$  (half the quantum of action...)

# The Narcowich–Wigner Spectrum

- As we mentioned before, a given self-adjoint operator with trace one can be positive semi-definite for some values of Planck's constant, and not for others. The situation is particularly embarrassing when one wants to study the classical limit  $\hbar \rightarrow 0\dots$

# The Narcowich–Wigner Spectrum

- As we mentioned before, a given self-adjoint operator with trace one can be positive semi-definite for some values of Planck's constant, and not for others. The situation is particularly embarrassing when one wants to study the classical limit  $\hbar \rightarrow 0$ ...
- Narcowich (1986) has introduced the notion of “Wigner spectrum”. It is defined as follows: let  $\rho$  be such that  $\int \rho(z) dz = 1$ . Then  $WS(\rho)$  is the set of all numbers  $\eta \geq 0$  for which the KLM conditions are satisfied by  $\rho_\sigma$ : for *any* sequence  $z_1, \dots, z_N$  of phase space points  $z_j = (x_j, p_j)$  the Hermitian  $N \times N$  operator  $M^\eta = (M_{jk}^\eta)_{1 \leq j, k \leq N}$  with  $(j, k)$  entry

$$M_{jk}^\eta = \rho_\sigma(z_j - z_k) e^{-\frac{i}{2}\eta\sigma(z_j, z_k)}$$

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  - 4  $WS(\rho) \subset [-A, A]$  for some  $A \geq 0$ .
  - 5  $WS(\rho * \rho')$  contains  $WS(\rho) + WS(\rho')$ .

# Two Questions...

- **Question 1:** For which quantum states  $\hat{\rho}$  do we have  $WS(\rho) = [-\hbar, \hbar]$ ? This is an interesting question, because (if they exist) such states go “smoothly” to classical states when  $\hbar \rightarrow 0$ .

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- **Question 2:** What about the condition  $\{-\hbar, 0, \hbar\} \subset WS(\rho)$  ?
- **Answers:** Unknown in general.... Werner and Bröcker have shown that in general a mixture of the three first states of the harmonic oscillator does not satisfy  $WS(\rho) = [-\hbar, \hbar]$ , so such a mixture does not qualify for the limit  $\hbar \rightarrow 0$ . We can however give a characterization of pure states, following ideas of Narcowich, O’Connell, Dias, Prata....

# Wigner Spectrum of Pure States

The following result completely describes the Wigner spectrum of the Wigner transform of a function in  $L^2(\mathbb{R}^n)$ :

## Theorem

Let  $\rho = W\psi$ . Then:

- (i) If  $\psi$  is (and hence  $\rho$ ) a Gaussian then  $WS(\rho) \supset [-\hbar, \hbar]$ ;
- (ii) Otherwise  $WS(\rho) = \{-\hbar, \hbar\}$ .

## Proof.

(i) Since the state is Gaussian we have  $\eta \in WS(\rho)$  if and only if  $\Sigma_{\hat{\rho}} + \frac{1}{2}i\eta J \geq 0$ . Since  $\hbar \in WS(\rho)$  we have  $\Sigma_{\hat{\rho}} + \frac{1}{2}i\hbar J \geq 0$ . Set now  $\eta = r\hbar$  with  $0 \leq r \leq 1$ . We have

$$\Sigma_{\hat{\rho}} + \frac{1}{2}i\eta J = (1-r)\Sigma_{\hat{\rho}} + r\left(\Sigma_{\hat{\rho}} + \frac{1}{2}i\hbar J\right) \geq 0.$$

□

## Proof.

(ii) Set  $G_\eta(z) = (\pi\eta)^{-n} \exp(-\frac{1}{\eta}|z|^2)$  for  $\eta > 0$ . Assume  $WS(\rho)$  contains  $\eta < \hbar$  (and  $> 0$ ). We have

$$WS(G_\eta * \rho) \supset WS(G_\eta) + WS(\rho) \supset \{-\hbar, 0, \hbar\}$$

since  $WS(G_\eta) = [-\eta, \eta]$  and  $WS(\rho) \supset \{-\hbar, \eta, 0, \eta, \hbar\}$ . It follows that  $G_\eta * \rho$  is the Wigner distribution of some state; in view of the KLM conditions we also have  $G_\eta * \rho \geq 0$ . Define  $F = G_\hbar * \rho$ ; we have  $F \geq 0$  (it is a "Husimi distribution"). Since  $G_\eta * G_{\eta'} = G_{\eta+\eta'}$  we can write  $F = G_{\hbar-\eta} * (G_\eta * \rho)$  for  $0 < \eta < \hbar$ . But  $F$  is not a Gaussian (because  $\rho$  isn't) and hence there exists  $z_0$  such that

$$F(z_0) = \int_{\mathbb{R}^n} e^{-\frac{1}{\hbar-\eta}|z_0-z|^2} (G_\eta * \rho)(z) dz = 0.$$

But this forces  $G_\eta * \rho$  to be  $< 0$  on a whole set with measure  $> 0$ , which is impossible because  $G_\eta * \rho \geq 0$ . □

# Symplectic capacities

A symplectic capacity on the symplectic space  $(\mathbb{R}^{2n}, \sigma)$  assigns to every subset  $\Omega$  of  $\mathbb{R}^{2n}$  a number  $c(\Omega) \geq 0$  or  $+\infty$ ; this assignment has the four properties listed below. We denote by  $B(R)$  the ball  $|z| \leq R$  and by  $Z_j(R)$  the cylinder  $x_j^2 + p_j^2 \leq R^2$ .

- Monotonicity:  $c(\Omega) \leq c(\Omega')$  if  $\Omega \subset \Omega'$ ;
- Symplectic invariance:  $c(f(\Omega)) = c(\Omega)$  for every canonical transformation  $f$  (linear, or not);
- Conformality:  $c(\lambda\Omega) = \lambda^2 c(\Omega)$  if  $\lambda \in \mathbb{R}$ ;
- Nontriviality: We have  $c(B(R)) = c(Z_j(R)) = \pi R^2$ .

## Example

The “symplectic area” or “Gromov width”

$$c_{\text{Gr}}(\Omega) = \sup_{f \text{ canonical}} \{ \pi r^2 : f(B(R)) \subset \Omega \}.$$

That  $c_{\text{Gr}}$  is a symplectic capacity follows from Gromov’s non-squeezing theorem (it is in fact equivalent to it).

# Symplectic capacities and the UP

The Robertson–Schrödinger uncertainty principle

$$(\Delta X_j)_{\hat{\rho}}^2 (\Delta P_j)_{\hat{\rho}}^2 \geq [\text{Cov}(X_j, P_j)_{\hat{\rho}}]^2 + \frac{1}{4} \hbar^2$$

is equivalent to the condition

$$\Sigma_{\hat{\rho}} + \frac{1}{2} i \hbar J \geq 0$$

which is equivalent to the condition

$$c(\mathcal{W}) \geq \pi \hbar = \frac{1}{2} h$$

for every symplectic capacity; here

$$\mathcal{W} : \frac{1}{2} \Sigma_{\hat{\rho}}^{-1} z \cdot z \leq 1$$

is the so-called “Wigner ellipsoid”.

# Application: Sub-Gaussian Pure states

Let  $\psi$  be a normalized pure state (=wavefunction).

## Theorem

Assume that there exists a real symmetric operator  $M > 0$  such that  $\rho(z) = W\psi(z) \leq Ce^{-\frac{1}{\hbar}Mz \cdot z}$ .

(i) The ellipsoid  $\mathcal{M} = \{z : Mz \cdot z \leq \hbar\}$  has symplectic capacity  $c(\mathcal{M}) \geq \frac{1}{2}h$ .

(ii) If  $\mathcal{M}$  is the image of the ball  $B(\sqrt{\hbar}) : |z|^2 \leq \hbar$  by a linear symplectic transformation  $S$  then and  $\psi$  is a squeezed coherent state  $Ne^{-\frac{1}{2\hbar}(X+iY)x \cdot x}$ , image of  $\psi_0(x) = (\pi\hbar)^{-n/4} e^{-\frac{1}{2\hbar}|x|^2}$  by any one of the two metaplectic operators corresponding to the symplectic operator  $S$ ;

(iii) In this case the Wigner spectrum of  $\rho = W\psi$  is  $[-\hbar, \hbar]$  (and  $\lim_{\hbar \rightarrow 0} \rho(z) = \delta(z)$ ).

# Sub-Gaussian Pure states

## Proof.

(i) (Åskloster 2007!). The idea is to perform a symplectic diagonalization:  $M = S^T D S$  and to use Hardy's uncertainty principle: Let  $\psi$  be square integrable and let  $\widehat{\psi}(p)$  be its  $\hbar$ -Fourier transform. Assume that for some constant  $C > 0$ :

$$|\psi(x)| \leq C e^{-\frac{a}{2\hbar}x^2} \quad \text{and} \quad |\widehat{\psi}(p)| \leq C e^{-\frac{b}{2\hbar}p^2}.$$

If  $ab > 1$  then  $\psi = 0$ ; If  $ab = 1$  then  $\psi(x) \sim e^{-\frac{a}{2\hbar}x^2}$ . This leads to

$$W\psi(Sz) \leq C \exp \left[ -\frac{1}{\hbar} \sum_{j=1}^n \lambda_j (x_j^2 + p_j^2) \right]$$

where  $\lambda_1 \geq \dots \geq \lambda_n$  are positive real numbers such that  $\lambda_1 \leq 1$ . The symplectic capacity of  $\mathcal{M} = \{z : Mz \cdot z \leq \hbar\}$  is  $c(\mathcal{M}) = \pi\hbar/\lambda_1 \geq \pi\hbar$ . □

## Proof.

(ii) We have  $M = S^T S$  and  $W\psi(Sz) \leq Ce^{-\frac{1}{\hbar}|z|^2}$ . Since  $W\psi(Sz) = W\hat{S}^{-1}\psi(z)$  (symplectic/metaplectic covariance of the Wigner transform) Hardy's theorem now implies that we must have  $\psi = \hat{S}\psi_0$ . (iii) is obvious.  $\square$



# Sub-Gaussian Mixed states

Here is a generalization of the previous result:

## Theorem

*Assume that there exists a real symmetric operator  $M > 0$  such that  $\rho(z) \leq Ce^{-\frac{1}{\hbar}Mz \cdot z}$ . If  $\hat{\rho}$  is a density operator then the ellipsoid  $\mathcal{M} = \{z : Mz \cdot z \leq \hbar\}$  has symplectic capacity  $c(\mathcal{M}) \geq \frac{1}{2}h$ . (ii) If  $\mathcal{M}$  is the image of the ball  $B(\sqrt{\hbar}) : |z|^2 \leq \hbar$  by a linear symplectic transformation  $S$  then  $c(\mathcal{M}) = \frac{1}{2}h$  has full Wigner spectrum:  $WS(\rho) = [0, \hbar]$ ; in fact the state represented by  $\hat{\rho}$  is a pure (Gaussian) state.*

## Proof.

Using a symplectic diagonalization of  $M$  reduces the problem to the case where  $M$  is a diagonal operator; one then applies Hardy's uncertainty principle (cf. Åskloster 2007...) to show that  $M$  must satisfy the condition  $M^{-1} + iJ \geq 0$ , which is equivalent to  $c(\mathcal{M}) \geq \frac{1}{2}h$ . □

Here is a result that generalizes the Gaussian case:

## Theorem

Let  $Q$  be a real  $C^2$  function on  $\mathbb{R}^n$  which is strictly and uniformly convex. Assume that there exists  $C > 0$  such that  $\rho(z) \leq Ce^{-\frac{1}{h}Q(z)}$ .

- (i) If  $\hat{\rho}$  is a density operator then the set  $\mathcal{C} = \{z : Q(z) \leq h\}$  has symplectic capacity  $c(\mathcal{C}) \geq \frac{1}{2}h$  for every symplectic capacity  $c$ ;
- (ii) equivalently  $\oint_{\gamma} p dx \geq \frac{1}{2}h$  for every Hamiltonian periodic orbit  $\gamma$  carried by the boundary  $\partial\mathcal{C}$ .

**Remark 1:**  $Q$  is strictly and uniformly convex if and only if there exists  $c > 0$  such that  $Q''(z_0)z \cdot z \geq c|z|^2$  for all  $z_0, z$ . It follows that the set  $\mathcal{C}$  is compact and convex.

**Remark 2:** Periodic Hamiltonian orbits on a hypersurface are defined unambiguously; such orbits always exist when  $\partial\mathcal{C}$  bounds a convex and bounded set.

# Sketch of Proof

- 1 We may assume  $Q(0) = 0$  (trivial!) and  $Q'(0) = \nabla_z Q(0) = 0$  (replace  $\rho(z)$  by  $\rho(z - z_0)$  for a suitably chosen  $z_0$ ).

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$$c(\mathcal{C}) \geq c(B(\sqrt{2\hbar/\lambda_Q})) \geq \frac{1}{2}\hbar.$$

5. That we have  $c(\mathcal{C}) \geq \frac{1}{2}h \iff \oint_{\gamma_{\min}} p dx \geq \frac{1}{2}h$  in the Theorem follows from the existence of a particular symplectic capacity, the Hofer–Zehnder capacity  $c_{\text{HZ}}$ , which has the property that it is given by  $c_{\text{HZ}}(\Omega) = \oint_{\gamma_{\min}} p dx$  when  $\Omega$  is a compact and convex set. (See H. Hofer and E. Zehnder. *Symplectic Invariants and Hamiltonian Dynamics*. Birkhäuser 1994.)

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THANK YOU!