

**\*1. Doppler cooling of free atoms (see figure 1)**

Consider an atom of mass  $m$  traveling at a non-relativistic velocity  $v$ . It possesses two internal electronic states,  $\Psi_g$  (ground) and  $\Psi_e$  (excited), which are separated by an energy  $\Delta E = E_e - E_g = \hbar\omega_0$ .

- a) If we irradiate the traveling atom with photons of energy  $\hbar\omega$ , what (angular) frequency  $\omega$  should we choose to efficiently drive the  $\Psi_g$  to  $\Psi_e$  transition? [You can assume the photons are anti-parallel to  $v$ , for simplicity.]
- b) Apply the concepts of energy and momentum conservation for the absorption of a single, resonant photon. Show that the frequency of the incoming photon can be expressed in the following way:

$$\omega_{abs} = \omega_0 + \mathbf{k}_{abs} \cdot \mathbf{v} + \frac{\hbar k_{abs}^2}{2m}, \quad (1)$$

where  $\mathbf{k}_{abs}$  is the wave vector of the incoming photon.

- c) The lifetime of  $\Psi_e$  is finite, therefore spontaneous emission will eventually occur. Apply energy and momentum conservation once again, this time to the re-emission process, in order to find the following:

$$\omega_{em} = \omega_0 + \mathbf{k}_{em} \cdot \mathbf{v}' - \frac{R}{\hbar}, \quad (2)$$

where  $\mathbf{k}_{em}$  is the wave vector of the emitted photon,  $\mathbf{v}'$  is the atom's velocity while in the excited state, and  $R = \hbar^2 k^2 / 2m$  is the recoil energy. [Hint: remember that the radiative wave vector is invariant under Galilean transformations, such that  $|\mathbf{k}_{em}| = |\mathbf{k}_{abs}| = k = \omega_0/c$ .]

- d) The change in atomic kinetic energy per scattering event is equal, but opposite, to the average difference between the photon energies:

$$\Delta E_K = -(\hbar\omega_{em} - \hbar\omega_{abs}) = \hbar\mathbf{k}_{abs} \cdot \mathbf{v} + 2R \quad (3)$$

We have neglected the  $\mathbf{k}_{em} \cdot \mathbf{v}'$  term because the direction of each emitted photon is random, and thus averages out after many scattering events. However, the  $\mathbf{k}_{abs} \cdot \mathbf{v}$  and  $R$  terms are always present. Since  $R > 0$  it increases  $E_K$  and causes heating. In contrast, if  $\mathbf{k}_{abs} \cdot \mathbf{v}' < 0$  (anti-parallel for maximum effect), the laser beam will cool the atom. For counter-propagating lasers in three dimensions, the highest cooling rate (in one of these dimensions) can be shown to be:

$$\frac{dE_x}{dt} = 2 \frac{dN}{dt} \left( \frac{-\hbar k^2 \langle v_x^2 \rangle}{\gamma} + R \right), \quad (4)$$

where  $dN/dt$  is the rate at which photons scatter off the atom and  $\gamma$  ( $\gg$  Doppler width in this example) is the natural linewidth of  $\Psi_e$ . Starting from Eq. (4), find the minimum kinetic energy and temperature that are attainable with Doppler cooling.

## 2. Sideband cooling of trapped atoms (see figure 2)

Consider a two-level atom confined to a harmonic oscillator potential:

$$\sum_{i=x,y,z} \hbar\Omega_i \left( N_i + \frac{1}{2} \right), \quad (5)$$

where the number operator  $N_i = a_i^\dagger a_i$  is the product of the creation and annihilation operators. Each vibrational energy level is characterized by an occupation number  $n_i$  (Eigenvalue of  $N_i$ ). We are interested in detuning the laser to drive transitions between  $\Psi_g$  and  $\Psi_e$  of different vibrational levels. Some atoms and ions can be efficiently cooled below the Doppler limit using this technique. The regime of interest is shown in figure2(b) ( $\Omega \gg \gamma$ ).

- a) We begin with the time derivative of the average occupation number  $\langle n \rangle$ , which can be derived from rate equations for the populations  $P_{n+1}$ ,  $P_n$  and  $P_{n-1}$ . Determine its equilibrium value  $\langle n \rangle_{eq}$  using:

$$\frac{d\langle n \rangle}{dt} = A_+ + A_+ \langle n \rangle - A_- \langle n \rangle, \quad (6)$$

where  $A_-$  and  $A_+$  are the transition rate coefficients related to decreases and increases of  $n$ , respectively. [Hint: simply express  $\langle n \rangle_{eq}$  in terms of  $A_-$  and  $A_+$ .]

- b) The ratio of the above coefficients can be approximated by:

$$\frac{A_+}{A_-} = \frac{W(\delta - \Omega) + W(\delta)/3}{W(\delta + \Omega) + W(\delta)/3}, \quad (7)$$

where  $\delta$  is the detuning, and the lineshape function is given by:

$$W(q) = \frac{1}{\left(\frac{2q}{\gamma}\right)^2 + 1}. \quad (8)$$

Assuming a Maxwell-Boltzmann distribution, approximate the equilibrium temperature that corresponds to  $\langle n \rangle_{eq}$  when the laser is red-detuned by the trap frequency ( $\delta = -\Omega$ )? [Hint: note that for steady state conditions,  $A_- P_{n+1} = A_+ P_n$ .]

- c) What dominates the atomic kinetic energy at the lowest temperature?

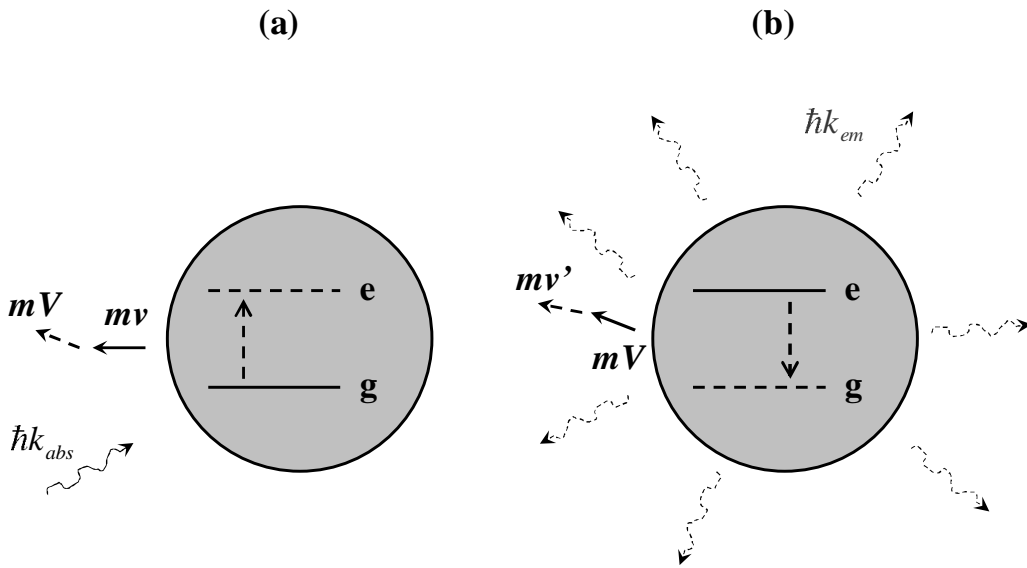


Abbildung 1: (a) Absorption of photon drives an electronic transition and causes the atom to recoil. (b) The photon is re-emitted following the lifetime of the excited state. Its direction is random. Again, a recoil energy is dissipated.

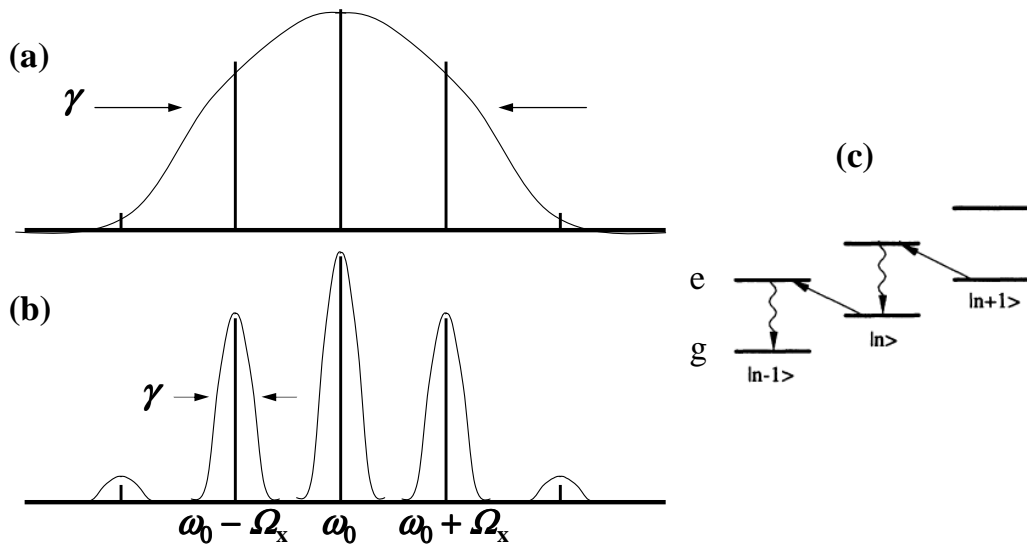


Abbildung 2: (a) Doppler broadened limit. (b) Sideband resolved limit where the trap frequency is much greater than the linewidth. (c) Energy level schematic showing transitions between successively lower sidebands.