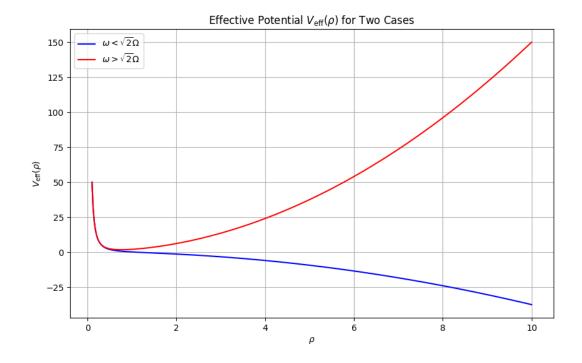
Problem 1 Plotting



We can see clearly that in the case of $\omega > \sqrt{2} \Omega$, there is a local minimum in the effective potential, so it can form an efficient trap.

On the other hand, for $\omega < \sqrt{2} \Omega$, there is not a local minimum in the effective potential, so it cannot form an efficient trap.