

Sample	e_1 -hh ₁	e_1 -lh ₁	ΔE_e (meV)	ΔE_{hh} (meV)	ΔE_{lh} (meV)	ΔE_n (meV)
SCQWs	(N)1.5328 (E)1.5297	(N)1.5380 (E)1.5341	8.9	0.9	6.9	$\Delta E_1 = 4.4$ $\Delta E_2 = 10.5$
ACQWs-1	(N)1.5265 (E)1.5273	(N)1.5296 (E)1.5314	8.4	1.3	6.4	$\Delta E_1 = 4.1$ $\Delta E_2 = 9.2$
ACQWs-2	(N)1.5181 (E)1.5190	(N)1.5206 (E)1.5210	11.8	3.4	7.5	$\Delta E_1 = 2.0$ $\Delta E_2 = 6.4$