

Sample	e1-hh1	e1-lh1	$\Delta E_e$ (meV)	$\Delta E_{hh}$ (meV)	$\Delta E_{lh}$ (meV)	$\Delta E_n$ (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	$\Delta E_1 = 2.0$ $\Delta E_2 = 6.4$