$$\hat{H} = T0 - Pk_{+}/\sqrt{2}\sqrt{2}Pk_{z}/\sqrt{3}Pk_{-}/\sqrt{6}0 - Pk_{z}/\sqrt{3}-Pk_{-}/\sqrt{3}0T0 - Pk_{+}/\sqrt{6}\sqrt{2}Pk_{z}/\sqrt{2}Pk_{z}/\sqrt{2}Pk_{z}/\sqrt{2}Pk_{z}/\sqrt{2}Pk_{z}/\sqrt{2}Pk_{z}/\sqrt{2}Pk_{z}$$