

Temperature ( $\hbar\omega_0/kB$ )

$2^5$   
 $2^4$   
 $2^3$   
 $2^2$   
 $2^1$   
 $2^0$   
 $2^{-1}$   
 $2^{-2}$   
 $2^{-3}$   
 $2^{-4}$

0 1 2 3 4 5 6 7 8 9 10 11 12

$\alpha$

Polaron Mass ( $m_0$ )

$2^8$   
 $2^7$   
 $2^6$   
 $2^5$   
 $2^4$   
 $2^3$   
 $2^2$   
 $2^1$   
 $2^0$

