

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

α

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

Holstein Polaron Mass (m_0)

