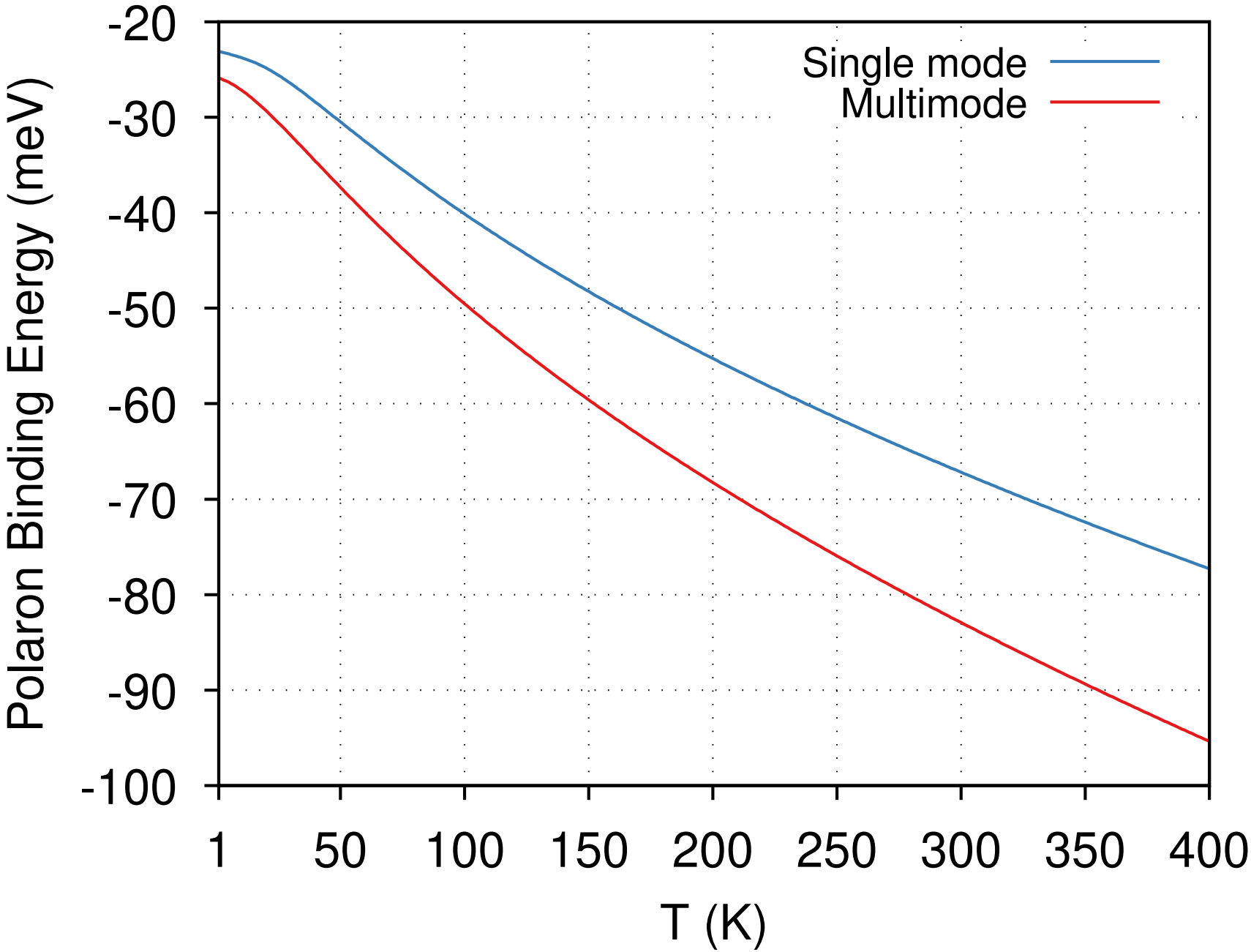
Single mode
Multimode
Polaron Binding Energy (meV)
-20
-30
-40
-50
-60
-70
-80
-90
-100
1
50
100
150
200
250
300
350
400
T (K)