

## Recitation 9 – WSS Processes through LTI Systems, Wiener Filter

### WSS Random Process through an LTI System

Let  $X(t)$  be a WSS random process.  $X(t)$  is set as the input of an LTI system with impulse response  $h(t)$ , whose Fourier transform is  $H(\omega)$ . In the output of the system is the random process  $Y(t)$ , that is JWSS with  $X(t)$ . Furthermore:

$$\begin{aligned}\eta_Y &= E\{Y(t)\} = E\left\{\int_{-\infty}^{+\infty} h(\alpha) X(t-\alpha) d\alpha\right\} = \eta_X \int_{-\infty}^{+\infty} h(\alpha) d\alpha = \eta_X H(\omega=0) \\ R_{YX}(\tau) &= E\{Y(t)X(t-\tau)\} = E\{(h(t)*X(t))X(t-\tau)\} = E\left\{\left(\int_{-\infty}^{+\infty} h(\alpha) X(t-\alpha) d\alpha\right)X(t-\tau)\right\} \\ &= \int_{-\infty}^{+\infty} h(\alpha) E\{X(t-\alpha)X(t-\tau)\} d\alpha = \int_{-\infty}^{+\infty} h(\alpha) R_{XX}(\tau-\alpha) d\alpha = h(\tau)*R_{XX}(\tau) \\ R_{XY}(\tau) &= R_{YX}(-\tau) = \int_{-\infty}^{+\infty} h(\alpha) R_{XX}(-\tau-\alpha) d\alpha = R_{XX}(-\tau)*h(-\tau) = R_{XX}(\tau)*h(-\tau) \\ R_{YY}(\tau) &= E\{Y(t)Y(t-\tau)\} = E\left\{\left(\int_{-\infty}^{+\infty} h(\alpha) X(t-\alpha) d\alpha\right)Y(t-\tau)\right\} = \int_{-\infty}^{+\infty} h(\alpha) E\{X(t-\alpha)Y(t-\tau)\} d\alpha \\ &= \int_{-\infty}^{+\infty} h(\alpha) R_{XY}(\tau-\alpha) d\alpha = h(\tau)*R_{XY}(\tau) = h(\tau)*R_{XX}(\tau)*h(-\tau) \\ \Rightarrow S_{YX}(\omega) &= H(\omega)S_{XX}(\omega), \quad S_{XY}(\omega) = S_{XX}(\omega)H^*(\omega), \quad S_{YY}(\omega) = S_{XX}(\omega)|H(\omega)|^2\end{aligned}$$

Similarly, these can be developed for discrete time random processes and systems:

$$\begin{aligned}R_{YX}[k] &= h[k]*R_{XX}[k] \\ R_{XY}[k] &= R_{YX}[-k] = R_{XX}[k]*h[-k] \\ R_{YY}[k] &= h[k]*R_{XX}[k]*h[-k] \\ \Rightarrow S_{YX}(e^{j\omega}) &= H(e^{j\omega})S_{XX}(e^{j\omega}), \quad S_{XY}(e^{j\omega}) = S_{XX}(e^{j\omega})H^*(e^{j\omega}), \quad S_{YY}(e^{j\omega}) = S_{XX}(e^{j\omega})|H(e^{j\omega})|^2\end{aligned}$$

### **Definition: White Noise**

Random process  $X(t)$  is called white noise in continuous time iff it is WSS and satisfies  $R_{XX}(\tau) = \sigma^2 \delta(\tau)$ .

Random process  $Y_n$  is called white noise in discrete time iff it is WSS and satisfies  $R_{YY}[k] = \sigma^2 \delta[k]$ .

Notice that in both cases, every pair of different samples of the random process is uncorrelated. For a Gaussian white noise random process, we get that every pair of different samples of the random process are statistically independent.

## Optimal Linear Estimation (for two JWSS Processes) – Wiener Filter

Given two JWSS random processes,  $X(t)$  and  $Y(t)$  with expectations zero, we would like to calculate the optimal linear MMSE estimator of  $X(t)$  from the samples

$\{Y(t), t \in \mathcal{R}\}$ , i.e., we want to find a filter  $h(\bullet)$  such that  $\hat{X}_{LMMSE}(t) = \int_{-\infty}^{+\infty} h(t, s)Y(s)ds$ .

The resulting solution is:

$$\hat{X}_{LMMSE}(t) = h_{Wiener}(t) * Y(t)$$

where  $h_{Wiener}(t)$  is given by:

$$H_{Wiener}(\omega) = \frac{S_{XY}(\omega)}{S_{YY}(\omega)}$$

The estimation error process of the optimal linear estimator  $e(t) = X(t) - \hat{X}_{LMMSE}(t)$  is orthogonal to all linear functions of the samples. That is to say:

$$E\{e(t')g(t)*Y(t)\} = 0 \quad \forall t, t'$$

for any  $g(t)$ . Furthermore,  $\hat{X}_{LMMSE}(t)$  is a WSS process, since it is the result of passing a WSS process  $Y(t)$  through an LTI system.

The auto-correlation function of the estimation error is:

$$\begin{aligned} R_{ee}(\tau) &= E[e(t+\tau)e(t)] = E[e(t+\tau)(X(t) - \hat{X}_{LMMSE}(t))] \\ &\stackrel{(1)}{=} E[e(t+\tau)X(t)] = E[(X(t+\tau) - \hat{X}_{LMMSE}(t+\tau))X(t)] \\ &= R_{XX}(\tau) - E[\hat{X}_{LMMSE}(t+\tau)X(t)] = R_{XX}(\tau) - E[\hat{X}_{LMMSE}(t+\tau)(e(t) + \hat{X}_{LMMSE}(t))] \\ &\stackrel{(2)}{=} R_{XX}(\tau) - R_{\hat{X}\hat{X}}(\tau) \end{aligned}$$

where (1)-(2) follow since the estimation error process is orthogonal to all linear functions of the samples, and hence also to  $\hat{X}_{LMMSE}(t)$ .

The spectrum of the estimation error:

$$S_{ee}(\omega) = S_{XX}(\omega) - S_{\hat{X}\hat{X}}(\omega) = S_{XX}(\omega) - H_{Wiener}(\omega)S_{XY}^*(\omega) \stackrel{(1)}{=} S_{XX}(\omega) - \frac{|S_{XY}(\omega)|^2}{S_{YY}(\omega)}$$

(1) if  $S_{YY}(\omega) \neq 0$ .

And the expectation of the squared error is, of course:

$$E\{e^2(t)\} = R_{ee}(0) = \frac{1}{2\pi} \int_{-\infty}^{\infty} S_{ee}(\omega) d\omega$$

**Problem 1:**

Given are two JWSS random processes  $X(t), Y(t)$  with expected value zero. Let us denote by  $H_{Y \rightarrow X}(\omega)$  the optimal linear estimation filter of  $X(t)$  from the random process  $Y(t)$  (Wiener filter).

1. Consider the process  $Z(t)$  that is created by the transition of the random process  $X(t)$  through an LTI system with frequency response  $G(\omega)$ . What is the optimal linear estimation filter of  $Z(t)$  from  $Y(t)$  and what is the spectrum of the estimation error?
2. Given the random process  $\tilde{Y}(t)$  created by passing the random process  $Y(t)$  through an LTI system with frequency response  $F(\omega) \neq 0 \forall \omega$ . What is the optimal linear estimation filter of  $X(t)$  from  $\tilde{Y}(t)$  and what is the spectrum of the estimation error?

**Solution:**

1. First, we will show that  $Y(t), Z(t)$  are JWSS. The process  $Z(t)$  is WSS since it is created from the passing the process  $X(t)$  through an LTI system.  $Y(t)$  is WSS from the given. The only condition left to check is whether  $R_{ZY}(t + \tau, t) = R_{ZY}(\tau)$ .

$$\begin{aligned} R_{ZY}(t + \tau, t) &= E\{Z(t + \tau)Y(t)\} = E\left\{\int_{-\infty}^{\infty} g(\alpha) X(t + \tau - \alpha) Y(t) d\alpha\right\} = \int_{-\infty}^{\infty} g(\alpha) R_{XY}(\tau - \alpha) d\alpha \\ &= g(\tau) * R_{XY}(\tau) \end{aligned}$$

Since the processes are JWSS, the optimal estimation filter is Wiener filter:

$$H_{Y \rightarrow Z}(\omega) = \frac{S_{ZY}(\omega)}{S_Y(\omega)} = \frac{G(\omega) S_{XY}(\omega)}{S_Y(\omega)} = G(\omega) H_{Y \rightarrow X}(\omega)$$

The spectrum of the estimation error is:

$$S_{e, Y \rightarrow Z}(\omega) = S_Z(\omega) - \frac{|S_{ZY}(\omega)|^2}{S_Y(\omega)} = |G(\omega)|^2 S_X(\omega) - |G(\omega)|^2 \frac{|S_{XY}(\omega)|^2}{S_Y(\omega)} = |G(\omega)|^2 S_{e, Y \rightarrow X}(\omega)$$

where  $S_{e, Y \rightarrow Z}(\omega)$  is the spectrum of the error of the optimal linear estimator of  $Z(t)$  from  $Y(t)$  and  $S_{e, Y \rightarrow X}(\omega)$  is the spectrum of the error of the optimal linear estimator of  $X(t)$  from  $Y(t)$ .

**Conclusion:** The Wiener filter of a random process that is the output of an LTI system, is the Wiener filter of the input process of the system, concatenated to the system.

2. We will show that  $X(t), \tilde{Y}(t)$  are JWSS. The process  $\tilde{Y}(t)$  is WSS since it is created by the transition of the process  $Y(t)$  through an LTI system.  $X(t)$  is WSS based on the given. We are left to check whether  $R_{X\tilde{Y}}(t+\tau, t) = R_{X\tilde{Y}}(\tau)$ .

$$\begin{aligned} R_{X\tilde{Y}}(t+\tau, t) &= E\{X(t+\tau)\tilde{Y}(t)\} = E\left\{X(t+\tau) \int_{-\infty}^{+\infty} f(\alpha)Y(t-\alpha)d\alpha\right\} = \int_{-\infty}^{+\infty} f(\alpha)R_{XY}(\tau+\alpha)d\alpha = \\ &= R_{XY}(\tau) * f(-\tau) \end{aligned}$$

Therefore, here, too, the solution is Wiener filter:

$$H_{\tilde{Y} \rightarrow X}(\omega) = \frac{S_{X\tilde{Y}}(\omega)}{S_{\tilde{Y}}(\omega)} = \frac{S_{XY}(\omega)F^*(\omega)}{|F(\omega)|^2 S_Y(\omega)} = \frac{1}{F(\omega)} \cdot H_{Y \rightarrow X}(\omega)$$

The estimation error's spectrum:

$$\begin{aligned} S_{e, \tilde{Y} \rightarrow X}(\omega) &= S_X(\omega) - H_{\tilde{Y} \rightarrow X}(\omega)S_{X\tilde{Y}}^*(\omega) = S_X(\omega) - \frac{1}{F(\omega)}H_{Y \rightarrow X}(\omega) \cdot (S_{XY}(\omega)F^*(\omega))^* \\ &= S_X(\omega) - H_{Y \rightarrow X}(\omega)S_{XY}^*(\omega) \end{aligned}$$

The conclusion is that, in order to estimate  $X(t)$  from the random process  $\tilde{Y}(t)$ , we must invert the system that created  $\tilde{Y}(t)$ , and to estimate  $X(t)$  from the output by the optimal filter  $H_{Y \rightarrow X}(\omega)$ .

Moreover, notice that:

$$S_{e, \tilde{Y} \rightarrow X}(\omega) = S_{e, Y \rightarrow X}(\omega)$$

and, in particular, due to the invertibility of  $F(\omega)$ :

$$MSE_{Linear, \tilde{Y} \rightarrow X} = MSE_{Linear, Y \rightarrow X}$$

### **Problem 2 (Exam B, Winter 2010)**

Consider the process  $Y[n] = X[n] + W[n]$ , where:

$$\begin{aligned} X[n] &= \begin{cases} A & \text{w.p. } 1/2 \\ -A & \text{w.p. } 1/2 \end{cases}, \text{ iid} \\ Z[n] &\sim N(0,1), \text{ iid} \\ W[n] &= \alpha Z[n] + \beta Z[n-1] \end{aligned}$$

It is given that  $X[n], Z[n]$  are independent,  $A > 0$  and  $\alpha^2 + \beta^2 = 1$ .

1. Find the expectation of the processes  $X[n], Y[n], W[n]$ .
2. Find the autocorrelation function of the processes  $X[n], Y[n], W[n]$ .
3. What is the optimal linear MMSE estimator of the process  $W[n]$  from the entire process  $Y[n]$ ?

4. What is the optimal estimator in the sense of probability of error of  $X[n_0]$  from  $Y[n_0]$  (i.e. from only the  $n_0$ -th sample of the process  $Y[n]$ )?
5. Find the optimal MMSE estimator of  $W[n_0]$  from  $Y[n_0]$ ?

**Solution:**

1.

$$\eta_x = E[X_n] = \sum_i \Pr(X = x_i) \cdot x_i = 0.5A - 0.5A = 0$$

$$\eta_w = E[W_n] = E[\alpha \cdot Z_n + \beta \cdot Z_{n-1}] = \alpha \cdot E[Z_n] + \beta \cdot E[Z_{n-1}] = 0$$

$$\eta_y = E[Y_n] = E[X_n + W_n] = E[X_n] + E[W_n] = 0 + 0 = 0$$

2. The autocorrelation function of the process  $X[n]$ :

It is given that the process  $X[n]$  is i.i.d and, thus, there is no correlation between samples of different times of the process. Thus, the process  $X[n]$  is white noise with autocorrelation function  $R_X[k] = \sigma_X^2 \cdot \delta[k]$ , where:

$$\sigma_X^2 = \text{Var}(X_n) = E[X_n^2] = 0.5(A)^2 + 0.5(-A)^2 = A^2$$

Let us find the autocorrelation function of the process  $W[n]$  by calculating the power spectrum of  $W[n]$  and then use the inverse Fourier transform. We will treat  $W[n]$  as the output of an LTI system, whose input is the process  $Z[n]$ :

$$Z[n] \longrightarrow \boxed{h[n] = \alpha \cdot \delta[n] + \beta \cdot \delta[n-1]} \longrightarrow W[n]$$

$Z[n]$  is white noise with variance 1. Its spectrum is given by the Fourier transform of delta function:  $R_Z[k] = \delta[k] \Rightarrow S_Z(e^{j\omega}) = 1$

The spectrum of the process  $W[n]$  can be found by using the formula of a random process passing through an LTI system:

$$S_W(e^{j\omega}) = S_Z(e^{j\omega}) |H(e^{j\omega})|^2 = (\alpha + \beta \cdot e^{j\omega})(\alpha + \beta \cdot e^{-j\omega}) = 1 + \alpha\beta(e^{j\omega} + e^{-j\omega})$$

where we made use of the given  $\alpha^2 + \beta^2 = 1$ .

By using inverse Fourier transform, we can find the autocorrelation function:

$$R_W[k] = \delta[k] + \alpha\beta \cdot \delta[k-1] + \alpha\beta \cdot \delta[k+1]$$

The autocorrelation function of the process  $Y[n]$ :

$$\begin{aligned} R_Y[k] &= E[Y[n+k]Y[n]] = E[(X[n+k] + W[n+k]) \cdot (X[n] + W[n])] = \\ &= E(X[n]X[n-k]) + E(W[n+k]W[n]) + E(X[n+k]W[n]) + E(W[n+k]X[n]) \stackrel{(1)}{=} R_X[k] + R_W[k] \\ R_Y[k] &= (A^2 + 1)\delta[k] + \alpha\beta \cdot \delta[k-1] + \alpha\beta \cdot \delta[k+1] \end{aligned}$$

(1)  $X[n]$  and  $Z[n]$  are independent and, therefore, also  $X[n]$  and  $W[n]$  are independent. As a result, the cross-correlation between them is zero.

3. First we show that  $W[n]$  and  $Y[n]$  are JWSS. From the previous sections, the expectation and autocorrelation functions of the above processes are not dependent of  $n$ , thus each one of them is WSS. Moreover:

$$R_{WY}[k] = E(W[n+k]Y[n]) = E(W[n+k](X[n] + W[n])) = R_W[k]$$

In order to find the optimal linear MMSE estimator of the process  $W[n]$  from the process  $Y[n]$ , we will use Wiener filter:

$$H(e^{j\omega}) = \frac{S_{WY}(e^{j\omega})}{S_Y(e^{j\omega})}$$

Taking the Fourier Transform of  $R_Y[k]$  and  $R_{WY}[k]$  we have:

$$H(e^{j\omega}) = \frac{S_{WY}(e^{j\omega})}{S_Y(e^{j\omega})} = \frac{1 + \alpha\beta \cdot e^{-j\omega} + \alpha\beta \cdot e^{j\omega}}{1 + A^2 + \alpha\beta \cdot e^{-j\omega} + \alpha\beta \cdot e^{j\omega}} = \frac{1 + 2\alpha\beta \cdot \cos(\omega)}{1 + A^2 + 2\alpha\beta \cdot \cos(\omega)}$$

Notes:

- For  $A \rightarrow 0$  we get  $H(e^{j\omega}) = 1$ , that is to say  $h[n] = \delta[n]$ .  
This is clearly correct seeing as how, when  $A \rightarrow 0$ , we get that  $Y[n] \approx W[n]$  and certainly the best estimator is  $\hat{W}[n] = Y[n]$ .
- For  $A \rightarrow \infty$  we get  $H(e^{j\omega}) = 0$ , namely  $h[n] = 0$ . This is true since, in this case,  $X[n]$  constitutes "noise" with infinite variance to  $W[n]$  - therefore, the best estimator of  $W[n]$  is its expectation (zero).

4. The optimal estimator in the sense of probability of error is the MAP estimator. Denote  $Y_{n_0} = Y[n_0]$ ,  $X_{n_0} = X[n_0]$ .

$$\hat{X}_{n_0}^{MAP}(Y_{n_0}) = \arg \max_{x \in \{\pm A\}} \Pr(X_{n_0} = x | Y_{n_0}) = \arg \max_{x \in \{\pm A\}} \frac{\Pr(X_{n_0} = x) \cdot f_{Y_{n_0}|X_{n_0}}(Y_{n_0} | X_{n_0} = x)}{f_{Y_{n_0}}(y)}$$

The denominator is independent of  $x$  and does not affect the maximization. Moreover,  $\Pr(X_{n_0} = A) = \Pr(X_{n_0} = -A)$  so we can eliminate the left element of the numerator. Hence, the expression we would like to maximize is:

$$\hat{X}_{n_0}^{MAP}(Y_{n_0}) = \arg \max_{x \in \{\pm A\}} f_{Y_{n_0}|X_{n_0}}(Y_{n_0} | X_{n_0} = x)$$

It is given that  $W[n] = \alpha Z[n] + \beta Z[n-1]$  and  $Z[n] \sim N(0,1)$  is i.i.d. Therefore,  $[Z[n] \ Z[n-1]]$  constitute a Gaussian random vector.  $W[n]$  is a Gaussian random variable as a linear combination of the above vector with expectation zero and variance  $\alpha^2 + \beta^2 = 1$ , therefore,  $W[n] \sim N(0,1)$ .

Consequently:

$$Y_{n_0} | (X_{n_0} = x) = x + W_{n_0} \sim N(x, 1)$$

$$\Rightarrow f_{Y_{n_0}|X_{n_0}}(Y_{n_0} = y | X_{n_0} = x) = \frac{1}{\sqrt{2\pi}} e^{-\frac{(y-x)^2}{2}}$$

This estimation problem was encountered in previous lessons! The MAP estimator is, once again,  $\hat{X}_{n_0}^{MAP}(Y_{n_0}) = A \cdot \text{sign}(Y_{n_0})$ .

5. Let us denote  $\hat{X}_{n_0,MMSE} = E[X_{n_0} | Y_{n_0}]$  and  $\hat{W}_{n_0,MMSE} = E[W_{n_0} | Y_{n_0}]$ .

$$\hat{W}_{n_0,MMSE} = E[W_{n_0} | Y_{n_0}] \stackrel{W_{n_0} = Y_{n_0} - X_{n_0}}{=} E[Y_{n_0} - X_{n_0} | Y_{n_0}] = E[Y_{n_0} | Y_{n_0}] - E[X_{n_0} | Y_{n_0}] = Y_{n_0} - \hat{X}_{n_0,MMSE}$$

In order to complete the solution, we must find  $\hat{X}_{n_0,MMSE}$ .

Let us find the conditional probability  $\Pr(X_{n_0} = x | Y_{n_0} = y)$  and calculate the expectation based on this probability to get the estimator:

$$f_{Y_{n_0}}(y) = \frac{1}{2} f_{Y_{n_0}|X_{n_0}=A}(y | x = A) + \frac{1}{2} f_{Y_{n_0}|X_{n_0}=-A}(y | x = -A) = \frac{1}{2} \frac{1}{\sqrt{2\pi}} (e^{-\frac{(y-A)^2}{2}} + e^{-\frac{(y+A)^2}{2}})$$

Based on Bayes' theorem:

$$\Pr(X_{n_0} = x | Y_{n_0} = y) = \frac{f_{Y_{n_0}|X_{n_0}}(y | x) \Pr(X_{n_0} = x)}{f_{Y_{n_0}}(y)} = \frac{e^{-\frac{(y-x)^2}{2}} \Pr(X_{n_0} = x)}{\frac{1}{2} (e^{-\frac{(y-A)^2}{2}} + e^{-\frac{(y+A)^2}{2}})} = \frac{e^{-\frac{(y-x)^2}{2}}}{(e^{-\frac{(y-A)^2}{2}} + e^{-\frac{(y+A)^2}{2}})}$$

Finally, we will find the expectation of the random variable  $X_{n_0} | y$ :

$$\hat{X}_{n_0,MMSE} = \sum_{x=\pm A} x \Pr(X_{n_0} = x | Y_{n_0} = y) = \frac{A e^{-\frac{(y-A)^2}{2}} - A e^{-\frac{(y+A)^2}{2}}}{e^{-\frac{(y-A)^2}{2}} + e^{-\frac{(y+A)^2}{2}}} =$$

$$= A \cdot \frac{e^{-\frac{y^2+A^2}{2}}}{e^{-\frac{y^2+A^2}{2}}} \cdot \frac{e^{Ay} - e^{-Ay}}{e^{Ay} + e^{-Ay}} = A \cdot \frac{e^{Ay} - e^{-Ay}}{e^{Ay} + e^{-Ay}} \Rightarrow \hat{X}_{n_0,MMSE} = A \cdot \tanh(A \cdot Y_{n_0})$$

By substituting back into the estimator  $\hat{W}_{n_0,MMSE}$  we get:

$$\hat{W}_{n_0,MMSE} = Y_{n_0} - A \cdot \tanh(A \cdot Y_{n_0})$$

## Extra Questions

### Problem 3:

Given is a WSS random process  $X(t)$  with expectation zero.

Let us define a new random process:

$$Y(t) = \frac{1}{2T} \int_{t-T}^{t+T} X(\alpha) \cdot d\alpha$$

1. Express  $Y(t)$  as a transition of  $X(t)$  through an LTI system. Write down the impulse response of the system,  $h(t)$ .
2. Express  $S_{YY}(\omega)$  and  $S_{YX}(\omega)$  using  $S_{XX}(\omega)$ .
3. What is the expected value and variance of the random variable  $Y(0)$ ?

### Solution:

1. The integration limits can be expressed by a multiplication by a window – this is the filter:

$$Y(t) = \frac{1}{2T} \cdot \int_{-T}^T X(t-\tau) \cdot d\tau = \int_{-\infty}^{\infty} X(t-\tau) \cdot \left( \frac{1}{2T} \cdot \text{rect}\left(\frac{\tau}{T}\right) \right) \cdot d\tau = X(t) * h(t)$$

where:

$$h(t) = \frac{1}{2T} \cdot \text{rect}\left(\frac{t}{T}\right) \overset{FT}{\longleftrightarrow} \frac{\sin(\omega \cdot T)}{\omega \cdot T} \quad ; \quad \text{rect}(x) = \begin{cases} 1 & |x| < 1 \\ 0 & o.w. \end{cases}$$

2. We can immediately write:

$$S_{YX}(\omega) = S_{XX}(\omega) \frac{\sin(\omega \cdot T)}{\omega \cdot T}, \quad S_{YY}(\omega) = S_{XX}(\omega) |H(\omega)|^2 = S_{XX}(\omega) \frac{\sin^2(\omega \cdot T)}{(\omega \cdot T)^2}$$

3. Note that  $Y(0)$  is essentially the estimator of the expectation of the process  $X(t)$ , as defined in previous recitation:

$$Y(0) = \frac{1}{2T} \int_{-T}^T X(\alpha) \cdot d\alpha \quad (= \hat{\eta}_X(T))$$

$$E\{Y(0)\} = E\left\{ \frac{1}{2T} \int_{-T}^T X(\alpha) \cdot d\alpha \right\} = \frac{1}{2T} \int_{-T}^T E\{X(\alpha)\} d\alpha \underset{\substack{\uparrow \\ \text{w.s.s.}}}{=} \frac{1}{2T} \int_{-T}^T \eta_X d\alpha = \eta_X = 0$$

$$\text{Var}\{Y(0)\} = \text{Var}\{Y(t)\}_{\eta_X=0} = R_{YY}(0) = \frac{1}{2\pi} \int_{-\infty}^{+\infty} S_{YY}(\omega) d\omega = \frac{1}{2\pi} \int_{-\infty}^{+\infty} S_{XX}(\omega) \frac{\sin^2(\omega \cdot T)}{(\omega \cdot T)^2} d\omega$$