

# Fractal Geometry

Alex Rutar\*  
University of Waterloo

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\*[arutar@uwaterloo.ca](mailto:arutar@uwaterloo.ca)

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# Contents

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<b>Chapter I</b>	<b>Topics in Fractal Geometry</b>	
1	Dimension Theory . . . . .	1
1.1	Constructing Measures in Metric Spaces . . . . .	1
1.2	Hausdorff Measure and Dimension . . . . .	2
1.3	Box Dimensions . . . . .	5
1.4	Potential-Theoretic Methods . . . . .	9
1.5	Projections of Fractals . . . . .	11
2	Iterated Function Systems . . . . .	13
2.1	Invariant Sets and Measures . . . . .	13
2.2	Dimensional Properties of the Attractor . . . . .	16



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# I. Topics in Fractal Geometry

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## 1 DIMENSION THEORY

### 1.1 CONSTRUCTING MEASURES IN METRIC SPACES

[*TODO: fill in proofs and transfer to measure section*] Let  $X$  be a metric space.

**Definition.** Given  $A, B \subseteq X$ , say  $d(A, B) = \inf\{d(a, b) : a \in A, b \in B\}$ . Say  $A, B$  have **positive separation** if  $d(A, B) > 0$ .

If  $A, B$  are compact and disjoint, then they have positive separation. We say that an outer measure  $\mu^*$  is a **metric outer measure** if  $\mu^*(A \cup B) = \mu^*(A) + \mu^*(B)$  when  $A, B$  have positive separation.

*Example.* The Lebesgue outer measure is a metric outer measure. [*TODO: prove*]

**1.1 Theorem.**  $\mu^*$  is a metric outer measure if and only if every Borel set is  $\mu^*$ -measurable (in the sense of Caratheodory).

PROOF [*TODO: prove this (homework), and find a proof of the converse? (may not be true)*] ■

Suppose  $\mathcal{A} \subseteq \mathcal{B}$  are both covers of  $X$  containing  $\emptyset$  and  $\mathcal{C} : \mathcal{B} \rightarrow [0, \infty]$  with  $\mathcal{C}(\emptyset) = 0$ . Let  $\mu_{\mathcal{A}}^*$  and  $\mu_{\mathcal{B}}^*$  be the corresponding extensions of  $\mathcal{C}$  and  $\mathcal{C}|_{\mathcal{A}}$ . Then by definition,  $\mu_{\mathcal{B}}^*(E) \leq \mu_{\mathcal{A}}^*(E)$  for all  $E \in \mathcal{P}(X)$ .

Let  $X$  be a metric space,  $\mathcal{A}$  cover  $X$  containing  $\emptyset$ . Suppose for each  $x \in X$  and  $\delta > 0$ , there exists  $A \in \mathcal{A}$  such that  $x \in A$  and  $\text{diam } A \leq \delta$ . Let  $\mathcal{C} : \mathcal{A} \rightarrow [0, \infty]$  with  $\mathcal{C}(\emptyset) = 0$ . Set  $\mathcal{A}_{\epsilon} = \{A \in \mathcal{A} : \text{diam}(A) \leq \epsilon\}$ , and define  $\mu_{\epsilon}^*$  by extending  $\mathcal{C}|_{\mathcal{A}_{\epsilon}}$ . In particular, as  $\epsilon$  decreases,  $\mu_{\epsilon}^*$  increases, and define

$$\mu^*(E) = \sup_{\epsilon} \mu_{\epsilon}^*(E) = \lim_{\epsilon \rightarrow 0} \mu_{\epsilon}^*(E)$$

**1.2 Theorem.** As defined above,  $\mu^*$  is a metric outer measure.

PROOF [*TODO: prove this, homework*] ■

*Example.* The Lebesgue measure arises this way; in fact, the  $\mu_{\epsilon}^*$  are all the same outer measure.

**Definition.** We say that a collection of subsets  $\mathcal{C}$  is a **semi-algebra** if it contains  $\emptyset$ , is closed under finite intersections, and complements are finite disjoint unions of sets in  $\mathcal{C}$ . We then say that  $\mu$  is a **measure on a semi-algebra** if  $\mu : \mathcal{C} \rightarrow [0, \infty]$  has

- (i)  $\mu(\emptyset) = 0$
- (ii) If  $E_1, \dots, E_n \in \mathcal{C}$  are disjoint and  $\bigcup_{i=1}^n E_i \in \mathcal{C}$ , then  $\mu\left(\bigcup_{i=1}^n E_i\right) = \sum_{i=1}^n \mu(E_i)$ .
- (iii) If  $\{E_i\}_{i=1}^{\infty} \in \mathcal{C}$  are pairwise disjoint and  $\bigcup_{i=1}^{\infty} E_i \in \mathcal{C}$ , then  $\mu\left(\bigcup_{i=1}^{\infty} E_i\right) \leq \sum_{i=1}^{\infty} \mu(E_i)$

An **algebra** is a semi-algebra which is closed under finite unions and complements. Then a **measure on an algebra** is a map  $\mu$  satisfying the same above constraints.

**1.3 Theorem.** *A measure  $\mu$  on a semi-algebra  $\mathcal{C}$  has a unique extension to a measure on  $\mathcal{A} = \langle \mathcal{C} \rangle$ , the algebra generated by  $\mathcal{C}$ .*

PROOF It is easy to verify that  $\mathcal{A}$  is the set of all finite unions of elements in  $\mathcal{C}$ . Thus we extend  $\mu$  to  $\mathcal{A}$  where if  $A = \bigcup_{i=1}^n C_i$ , set  $\mu(A) = \sum_{i=1}^n \mu(C_i)$ .

Check: well-defined and a measure ■

We then appeal to Caratheodory extension theorem to get a measure  $\mu$  (on a  $\sigma$ -algebra) that extends  $\mu$  from  $\mathcal{A}$ .

Let  $\Sigma = \{1, \dots, k\}$  be our alphabet and let  $\Sigma^*$  denote the set of all words on  $\Sigma$ . We then associate to  $\Sigma^*$  a heirarchy of subsets of  $\mathbb{R}^n$  where to each  $\sigma \in \Sigma$ , get some subset  $X_\sigma$ ; set  $\mathcal{E} = \{X_\sigma : \sigma \in \Sigma^*\}$ . We also assume that

$$X_\sigma \supseteq \bigcup_{i=1}^k X_{\sigma i}$$

disjointly. Suppose  $\tilde{\mu} : \mathcal{E} \rightarrow [0, \infty]$  has  $\mu(X_\sigma) = \sum_{i=1}^k \mu(X_{\sigma i})$ . We assume that for every infinite sequence  $(i_1, i_2, \dots)$ , with  $\sigma_j = (i_1, \dots, i_j)$ ,  $\lim_{j \rightarrow \infty} |X_{\sigma_j}| = 0$  and  $\lim_{j \rightarrow \infty} \mu(X_{\sigma_j}) = 0$  uniformly with respect to length.

We set  $E_k = \bigcup_{\omega \in \Sigma^k} X_\omega$  and  $E = \bigcap_{k=1}^\infty E_k$ . Let  $\mathcal{C} = \{\emptyset, X_\omega \cap E : \omega \in \Sigma^*\}$ . Define  $\mu : \mathcal{C} \rightarrow [0, \infty]$  by  $\mu(X_\omega \cap E) = \tilde{\mu}(X_\omega)$  and  $\mu(\emptyset) = 0$ .

**1.4 Proposition.**  *$\mathcal{C}$  is a semialgebra and  $\mu$  is a measure on a semialgebra.*

PROOF We have closure under finite intersections due to the disjoint / nested property. Moreover,

$$(X_\omega \cap E)^c = \bigcup_{\substack{\sigma \in \Sigma^{|\omega|} \\ \sigma \neq \omega}} X_\sigma \cap E$$

is closed under complementation.

It is left as an exercise to verify that  $\mu$  is a measure. ■

Thus  $\mu$  extends to a measure  $\mu$  on the  $\sigma$ -algebra generated by  $\mathcal{C}$ . Moreover, since  $\text{diam } X_\omega \rightarrow 0$  as  $|\omega| \rightarrow \infty$ ,  $\mu$  extends to a metric outer measure and hence the  $\sigma$ -algebra contains the Borel sets.

## 1.2 HAUSDORFF MEASURE AND DIMENSION

For the remainder of this chapter, if  $X$  is a metric space and  $U \subseteq X$ , we denote  $|U| = \text{diam}(U)$ .

**Definition.** A  $\delta$ -**cover** of a set  $F \subseteq X$  is any countable collection  $\{U_n\}_{n=1}^\infty$  such that  $\bigcup_{n=1}^\infty U_n \supseteq F$  and  $|U_n| \leq \delta$ .

Let  $\mathcal{A} = \mathcal{P}(X)$ , and  $\mathcal{A}_\delta = \{A \subseteq X : |A| \leq \delta\}$ . For  $\delta \geq 0$ , put  $\mathcal{C}_s(A) = |A|^s$ . Then for  $s \geq 0$ ,  $\delta > 0$ , and  $E \subseteq X$ , we define

$$\begin{aligned} H_\delta^s(E) &= \inf \left\{ \sum_{n=1}^{\infty} |U_n|^s : \{U_n\} \text{ is a } \delta\text{-cover of } E \right\} \\ &= \inf \left\{ \sum_{n=1}^{\infty} \mathcal{C}_s(U_n) : \bigcup_{n=1}^{\infty} U_n \supseteq E, U_n \in \mathcal{A}_\delta \right\} \end{aligned}$$

This is the outer measure as constructed in ?? with covering family  $\mathcal{A}_\delta$  and function  $\mathcal{C}_s$ . In particular, as  $\delta \rightarrow 0$ ,  $H_\delta^s$  increases; in particular, by [Theorem 1.2](#),  $H^s(E) = \sup_\delta H_\delta^s(E)$  is a metric outer measure. Then apply Caratheodory (??) to get the  $s$ -dimensional Hausdorff measure, which is a complete Borel measure.

*Example.* (i)  $H^0$  is the counting measure on any metric space.

(ii) Take  $X = \mathbb{R}$  and  $s = 1$ . Then  $H^1$  is the Lebesgue measure (on Borel sets). To see this, we have

$$\begin{aligned} \lambda(E) &= \inf \left\{ \sum_{n=1}^{\infty} |I_n| : \bigcup_{n=1}^{\infty} I_n \supseteq E, |I_n| \leq \delta \right\} \\ &\geq H_\delta^1(E) \end{aligned}$$

for any  $\delta > 0$ ; and conversely, take any  $\delta$ -cover of  $E$ , say  $\{U_n\}_{n=1}^{\infty}$  and set  $I_n = \overline{\text{conv } U_n}$  so  $|I_n| = |U_n| \leq \delta$ . Thus  $\sum_{n=1}^{\infty} |U_n| = \sum_{n=1}^{\infty} |I_n| \geq \lambda(E)$  for any such cover, so  $\lambda(E) = H_\delta^1(E)$  for any  $\delta > 0$ . Thus  $\lambda(E) = H^1(E)$  for any Borel set  $E$ .

(iii) More generally, if  $X = \mathbb{R}^n$  and  $s = n$ , then  $\lambda = \pi_n \cdot H^n$  where  $\pi_n$  is the  $n$ -dimensional volume of the ball of diameter 1.

We will verify that  $H^n \leq m$  where  $m$  is  $n$ -dimensional Lebesgue measure on  $\mathbb{R}^n$ ; the general result is harder and left as an exercise. To see this, we have

$$\begin{aligned} m(E) &= \inf \left\{ \sum_{i=1}^{\infty} \text{vol}(C_i) : C_i \text{ cube}, \bigcup_{i=1}^{\infty} C_i \supseteq E, \text{sides} \leq \frac{1}{\sqrt{n}} \delta \right\} \\ &= \inf \left\{ \sum_{i=1}^{\infty} \left( \frac{1}{\sqrt{n}} \right)^n |C_i|^n : \{C_i\} \text{ } \delta\text{-cover of cubes of } E \right\} \\ &\geq c_n \inf \left\{ \sum_{i=1}^{\infty} |c_i|^n : \text{all } \delta\text{-covers of } E = c_n H_\delta^n(E) \right\} \end{aligned}$$

where  $c_n = (1/\sqrt{n})^n \leq 1$ .

(iv) If  $s < t$ , then  $H^s(E) \geq H^t(E)$ .

Suppose  $s < t$ . Clearly  $H^s(E) \geq H^t(E)$ , but we can in fact make stronger statements. Suppose we have some  $U_i$  where  $|U_i| \leq \delta$ , and

$$\sum_{i=1}^{\infty} |U_i|^t = \sum_{i=1}^{\infty} |U_i|^s |U_i|^{t-s} \leq \delta^{t-s} \sum_{i=1}^{\infty} |U_i|^s$$

so that

$$H_\delta^t(E) \leq \delta^{t-s} \inf \left\{ \sum_{i=1}^{\infty} |U_i|^s : \{U_i\}_{i=1}^{\infty} \text{ } \delta\text{-cover of } E \right\} = \delta^{t-s} H_\delta^s(E).$$

In particular, as  $\delta \rightarrow 0$ ,  $H_\delta^t(E) \rightarrow H^t(E)$  and  $H_\delta^s(E) \rightarrow H^s(E)$  and  $\delta^{t-s} \rightarrow 0$  since  $s < t$ . Thus if  $H^s(E) \neq \infty$ , then  $H^t(E) = 0$  for all  $t > s$ . Similarly, if  $H^t(E) > 0$ , then  $H^s(E) = \infty$  for all  $s < t$ . As a result, there exists some unique number  $S_0 := \dim_H(E) \geq 0$  such that for all  $s < S_0$ ,  $H^s(E) = \infty$ , and for all  $t > S_0$ ,  $H^t(E) = 0$ . We call this value the **Hausdorff dimension** of  $E$ . Note that  $H^{S_0}(E) \in [0, \infty]$  and all choices are possible.

*Example.* (i) Since  $1 = m([0, 1]) = H^1([0, 1])$ ,  $\dim_H[0, 1] = 1$

(ii)  $\dim_H \mathbb{R} = 1$  but  $m(\mathbb{R}) = H^1(\mathbb{R}) = \infty$ .

(iii) It is possible to have  $S_0 = 1$  but  $m(E) = 0$ .

(iv) There is a Cantor-like set with Hausdorff-dimension 0.

(v) If  $E$  is countable and  $s > 0$ ,  $H_\delta^s(E) \leq \sum_{x \in E} |\{x\}|^s = 0$ . In particular, there exist compact countable sets, and in this case,  $\dim_H C = 0$  while  $H^0(C) = \infty$ .

Here are some basic properties of Hausdorff dimension.

**1.5 Proposition. (Properties of Hausdorff Dimension)** (i) If  $A \subseteq B$ , then  $\dim_H A \leq \dim_H B$ .

(ii) If  $F \subseteq \mathbb{R}^n$ , then  $\dim_H F \leq n$ .

(iii) If  $U \subset \mathbb{R}^n$  is open, then  $\dim_H U = n$ .

(iv) If  $F = \bigcup_{i=1}^\infty F_i$ , then  $\dim_H(F) = \sup_{i \in \mathbb{N}} \dim_H F_i$ .

**PROOF** (i) If  $H^s(B) = 0$ , then  $H^s(A) = 0$  by monotonicity of measures so  $\dim_H A \leq \dim_H B$ .

(ii) First consider the unit cube  $I^n \subset \mathbb{R}^n$ . Then

$$H_{\sqrt{n}\delta}^s(I^n) \leq \left(\frac{2}{\delta}\right)^n (\sqrt{n}\delta)^s = 2^n \sqrt{n}^n \delta^{s-n}$$

so if  $s > n$ , then  $\delta^{s-n} \rightarrow 0$  as  $\delta \rightarrow 0$ . Thus for all  $s > n$ ,  $H^s(I^n) = \lim_{\delta \rightarrow 0} H_{\sqrt{n}\delta}^s(I^n) = 0$  so that  $\dim_H(I^n) \leq n$ . Moreover,  $\mathbb{R}^n$  is the countable union of unit cubes, so that  $H^s(\mathbb{R}^n) = 0$  and  $\dim_H(\mathbb{R}^n) \leq n$ . Then appeal to (i).

(iii) Cubes have positive Hausdorff  $n$ -measure.

(iv) If  $s > \sup\{\dim_H F_i\}$ , then  $H^s(F_i) = 0$  for all  $i$  and by subadditivity  $H^s(F) = 0$ . Thus  $s \geq \dim_H F$ . By monotonicity,  $\dim_H F \geq \dim_H F_j$  for all  $j$ . ■

Suppose  $X = \mathbb{R}^n$ ,  $E \subseteq \mathbb{R}^n$ ,  $\lambda > 0$ . Set  $\lambda E = \{\lambda e : e \in E\}$ : then  $H^s(\lambda E) = \lambda^s H^s(E)$  since there is a bijection between  $\delta$ -covers and  $\lambda\delta$ -covers.

**Definition.** Let  $X, Y$  be metric spaces. A function  $f : X \rightarrow Y$  is called **Lipschitz** if there exists  $C$  such that  $d(f(x), f(y)) \leq Cd(x, y)$ .

Certainly if  $f$  is Lipschitz, then  $f$  is uniformly continuous. Functions  $f : \mathbb{R} \rightarrow \mathbb{R}$  with bounded derivative are Lipschitz by the mean value theorem.

**Definition.** A function  $f : X \rightarrow Y$  is **Hölder continuous** with exponent  $\alpha$  if there exists  $c$  such that  $d(f(x), f(y)) \leq cd(x, y)^\alpha$ .

*Example.* (i) If  $\alpha = 1$ , then  $f$  is Lipschitz, and if  $\alpha = 0$ , then  $f$  is bounded.

(ii) If  $f : \mathbb{R}^n \rightarrow \mathbb{R}^n$  and  $\alpha > 0$ , then  $f$  is constant (by considering derivatives). Thus the most interesting cases occur for  $0 < \alpha \leq 1$ .

**1.6 Proposition.** If  $f : X \rightarrow Y$  is Hölder continuous with exponent  $\alpha$ . Then  $H^{s/\alpha}(f(E)) \leq cH^s(E)$  for some constant  $c$ .



**PROOF** If  $\{U_i\}$  are a  $\delta$ -cover of  $E$ , then  $\{f(U_i)\}$  cover  $f(E)$ . Then  $\text{diam } f(U_i) = \sup\{d(f(x), f(y)) : x, y \in U_i\} \leq c \sup\{d(x, y)^\alpha : x, y \in U_i\} = C \cdot (\text{diam } U_i)^\alpha$ . Thus if  $\{U_i\}$  is a  $\delta$ -cover of  $E$ , then  $\{f(U_i)\}$  is a  $c\delta^\alpha$ -cover of  $f(E)$ . Passing through the definition, we get  $H^{s/\alpha} \leq c^{s/\alpha} H^s(E)$ . ■

We then have the easy corollaries

**1.7 Corollary.**  $\dim_H f(X) \leq \frac{1}{\alpha} \dim_H X$ .

**1.8 Corollary.** If  $f$  is an isometry, then  $H^s(f(X)) = H^s(X)$ .

**1.9 Corollary.** If  $f : X \rightarrow Y$  are bi-Lipschitz, then  $\dim_H X = \dim_H Y$ .

*Example.* Let  $C$  denote the Cantor set. Let's show that  $\frac{1}{2} \leq H^s(C) \leq 1$  for  $s = \frac{\log 2}{\log 3}$ . In particular, this implies that  $\dim_H C = \frac{\log 2}{\log 3}$ .

Let  $\delta = 3^{-n}$  and cover  $C$  with a  $\delta$ -covering with generation  $n$  Cantor intervals. Then  $H_\delta^s(C) \leq \sum_{I \in C_n} |I|^s = 2^n 3^{-ns} = 1$  by choice of  $s$ . Thus  $\lim_{\delta \rightarrow 0} H_\delta^s(C) = \lim_{n \rightarrow \infty} H_{3^{-n}}^s(C) \leq 1$ .

For the lower bound, take any  $\delta$ -cover  $\{U_i\}$  of  $C$ . Without loss of generality, we may assume that the  $U_i$  are open intervals. Since  $C$  is compact, get some finite subcover  $U_1, \dots, U_N$ . For each  $i$ , get  $k_i \in \mathbb{N}$  so that  $3^{-(k_i+1)} \leq |U_i| < 3^{-k_i}$ ; set  $k = \max\{k_1, \dots, k_N\}$ . Since  $U_i$  intersects at most 1 interval in  $C_{k_i}$ ,  $U_i$  intersects at most  $2^{k-k_i}$  intervals of  $C_k$ . Thus  $2^k \leq \sum_{i=1}^N 2^{k-k_i}$  where  $2^{k-k_i} = 2^k 3^{-sk_i} = 2^k 3^{-s(k_i+1)} \leq 2^k |U_i|^s 3^s$ . Thus

$$2^k \leq \sum_{i=1}^N 2^k |U_i|^s 3^s$$

so  $\frac{1}{2} = 3^{-s} \leq \sum_{i=1}^N |U_i|^s \leq \sum_{i=1}^\infty |U_i|^s$  so  $H_\delta^s(C) \geq \frac{1}{2}$  so  $H^s(C) \geq \frac{1}{2}$ .

**1.10 Proposition.** Let  $(X, d)$  be a metric space. If  $\dim_H X < 1$ , then  $X$  is totally disconnected.

**PROOF** Let  $x \in X$  and define  $f : X \rightarrow [0, \infty)$  by  $f(z) = d(z, x)$ . Then  $f$  is Lipschitz with constant 1 so  $\dim_H f(X) \leq \dim_H X < 1$  so  $m(f(X)) = 0$ . Then if  $y \neq x$ ,  $d(y, x) = f(y) > 0$  while  $f(x) = 0$ . In particular,  $(0, f(y)) \not\subset f(X)$  so there exists  $0 < r < f(y)$  such that  $r \notin f(X)$ . Then  $U_1 = \{z \in X : f(z) < r\}$  and  $U_2 = \{z \in X : f(z) > r\}$  are disconnecting sets for  $X$  separating  $x$  and  $y$ .

### 1.3 BOX DIMENSIONS

**Definition.** Let  $E \subseteq \mathbb{R}^n$  be a bounded Borel set, and for each  $\delta > 0$ , let  $N_\delta(E)$  be the least number of closed balls of diameter  $\delta$ . We then define the **upper box dimension** of  $E$

$$\overline{\dim}_B E = \limsup_{\delta \rightarrow 0} \frac{\log N_\delta(E)}{|\log \delta|}$$

and similarly  $\underline{\dim}_B E$  (the **lower box dimension**) with a  $\liminf$  in place of  $\limsup$ . If  $\underline{\dim}_B E = \overline{\dim}_B E$ , then we define the **box dimension** to be this shared quantity.

If  $I$  is any interval, it is easy to see that  $\dim_B I = 1$ . Note that if  $N_\delta(E) \sim \delta^{-s}$ , then  $\dim_B E = S$ .

*Example.* Let's show that the box dimension of  $C_{1/3}$  exists, and compute it. Given some  $\delta > 0$ , let  $n$  be so that  $3^{-n} \leq \delta < 3^{-(n-1)}$ . Certainly we can cover  $C_{1/3}$  by Cantor intervals of level  $n$ , so that  $N_\delta(C_{1/3}) \leq 2^n$ . Moreover, the endpoints of Cantor intervals of level  $n-1$  are distance at least  $3^{-(n-1)} > \delta$  apart. Thus  $N_\delta(C_{1/3})$  is at least the number of endpoints of level  $n-1$ , i.e.  $N_\delta(C_{1/3}) \geq 2^n$ . Thus  $N_\delta(C_{1/3}) = 2^n$ , so that

$$\frac{\log 2}{\log 3} = \frac{\log 2^n}{\log 3^n} \leq \frac{\log N_\delta(C_{1/3})}{|\log \delta|} \leq \frac{\log 2^n}{\log 3^{n-1}} = \frac{n}{n-1} \cdot \frac{\log 2}{\log 3}$$

and, as  $\delta \rightarrow 0$ ,  $n \rightarrow \infty$  so that the  $\dim_B C_{1/3} = \frac{\log 2}{\log 3}$ .

More generally, using the same technique, we may compute  $\dim_B C_r = \frac{\log 2}{\log 1/r}$ .

However, the box dimension has poor properties: for example, we may verify  $\dim_B \{0, 1, 1/2, 1/3, \dots\} = \frac{1}{2}$ . In particular, the box dimension does not have countable stability (the box dimension of any singleton is 0). But this is very concerning from a measure theoretic perspective, since this is a countable set with larger "dimension" than some uncountable sets (e.g.  $C_r$  for small  $r$ ).

**1.11 Theorem.** *The value of the various box dimensions are equal for all following definitions of  $N_\delta(E)$ :*

1. least number of open balls of radius  $\delta$  that cover  $E$
2. least number of cubes of side length  $\delta$
3. the number of  $\delta$ -mesh cubes that intersect  $E$ :  $[m_1\delta, (m_1+1)\delta] \times \dots \times [m_n\delta, (m_n+1)\delta]$  for  $(m_1, \dots, m_n) \in \mathbb{Z}^n$ .
4. the largest number of disjoint closed balls of radius  $\delta$  with centers in  $E$ .

**PROOF** Throughout, from the logarithms in the definition, it suffices to bound  $N_\delta^{(i)}(E)$  with respect to  $N_\delta(E)$  up to some constant factor either with respect to  $\delta$  or with respect to  $N_\delta$ .

1. Exercise.
2. Exercise.
3. In general, the diameter of a  $\delta$ -cube in  $\mathbb{R}^n$  is  $\sqrt{n}\delta$ . Let  $N_\delta^{(3)}(E)$  denote the number of  $\delta$ -mesh cubes intersecting  $E$ . Then the cubes which intersect  $E$  cover  $E$  and these have diameter  $\sqrt{n}\delta$ , so  $N_{\sqrt{n}\delta}(E) \leq N_\delta^{(3)}(E)$ .

Conversely, any set with diameter at most  $\delta$  is contained in at most  $3^n$   $\delta$ -mesh cubes. Thus  $N_\delta^{(3)}(E) \leq 3^n N_\delta(E)$ .

4. Let  $N_\delta^{(4)}$  denote the largest number of disjoint balls of radius  $\delta$  centred in  $E$ . Say  $B_1, \dots, B_{N_\delta^{(4)}(E)}$  are such balls. If  $x \in E$ , then  $d(x, B_i) \leq \delta$  for some  $i$ , else  $B(x, \delta)$  would be disjoint from all  $B_i$ , contradicting maximality. Thus the balls  $B_1^1, \dots, B_{N_\delta^{(4)}(E)}^1$  cover

$E$  and have diameter  $4\delta$ , so  $N_{4\delta}(E) \leq N_\delta^{(4)}(E)$ .

Conversely, let  $U_1, \dots, U_{N_\delta(E)}$  be any collection of sets of diameter at most  $\delta$  that cover  $E$ . Let  $B_1, \dots, B_m$  be any disjoint balls with radius  $\delta$  and centres  $x_i \in E$ . Since the  $U_j$  cover  $E$ , each  $x_i \in U_{j(i)}$  for some  $j(i)$  so  $U_{j(i)} \subseteq B_i$  and  $U_{j(i)} \cap B_k = \emptyset$  for  $k \neq i$ .

Thus  $N_\delta(E) \geq N_\delta^{(4)}(E)$ . ■

Note that, in the box dimension computation, it suffices to verify along a sequence of  $(\delta_k)_{k=1}^\infty \rightarrow 0$  such that  $\delta_{k+1} \geq c \cdot \delta_k$  for some  $c > 0$  (i.e. not faster than exponentially).

**1.12 Proposition.**  $\dim_H(E) \leq \underline{\dim}_B(E)$ .

PROOF Suppose we cover  $E$  by  $N_\delta(E)$  sets of diameter at most  $\delta$ . Then  $\inf\{\sum |U_i|^s : \{U_i\} \delta\text{-cover of } E\} \leq \delta^s N_\delta(E)$  so that  $H_\delta^s(E) \leq \delta^s N_\delta(E)$ . Suppose  $s < \dim_H E$ , so  $H^s(E) > \lambda$  for some  $\lambda > 0$ . Then  $\delta^s N_\delta(E) \geq \lambda$  so that  $\frac{\log N_\delta(E)}{-\log \delta} \geq s + \frac{\log \lambda}{-\log \delta}$ . Then as  $\delta \rightarrow 0$ ,  $\liminf \frac{\log N_\delta(E)}{-\log \delta} \geq s$ . Thus  $\underline{\dim}_B E \geq \dim_H E$ . ■

**1.13 Proposition. (Properties of Box Dimension)** (i)  $\underline{\dim}_B E = \underline{\dim}_B \overline{E}$  and  $\overline{\dim}_B E = \overline{\dim}_B \overline{E}$   
 (ii)  $\underline{\dim}_B E = n$  if  $E$  is dense in an open set in  $\mathbb{R}^n$ .  
 (iii)  $\underline{\dim}_B(E \cup F) = \max(\underline{\dim}_B E, \underline{\dim}_B F)$ . However,  $\underline{\dim}_B E \cup \underline{\dim}_B F \geq \max\{\underline{\dim}_B E, \underline{\dim}_B F\}$  and the inequality can hold strictly.  
 (iv) Box dimension is Lipschitz invariant.

**1.14 Theorem. (Mass Distribution Principle)** Let  $\mu$  be a finite Borel measure on  $F$  with  $\mu(F) > 0$ . Suppose there exists  $c > 0$  and  $\delta_0 > 0$  such that whenever  $|U| \leq \delta_0$ ,  $\mu(U) \leq c|U|^s$ . Then  $H^s(F) \geq \frac{\mu(F)}{c} > 0$ .

PROOF Let  $\{U_i\}$  be a  $\delta$ -cover of  $F$  with  $\delta \leq \delta_0$ . Then  $\mu(F) \leq \mu(\bigcup_{i=1}^\infty U_i) \leq \sum_{i=1}^\infty \mu(U_i) \leq c \sum_{i=1}^\infty |U_i|^s$ . Thus  $\inf\{\sum_{i=1}^\infty |U_i|^s : \{U_i\} \delta\text{-cover of } F\} \geq \frac{\mu(F)}{c}$  and let  $\delta \rightarrow 0$ . ■

*Example.* Let  $C(r)$  denote the Cantor set with contraction ratio  $r$ . Define  $\mu(I_\omega \cap C) = r^{|\omega|}$ , and extend to the uniform  $r$ -Cantor measure. We now apply the mass distribution principle. Let  $U$  be arbitrary with  $r^{k+1} \leq |U| < r^k$ . Then  $U$  cannot intersect 3 level  $k$  intervals (or  $U$  would have diameter greater than  $r^k$ ). Thus  $\mu(U) = \mu(U \cap C) \leq c\mu(I_\omega) = 3^s \dots$  So  $\dim_G(C_r) = \frac{\log 2}{|\log r|}$ .

**1.15 Proposition.** Suppose  $\mu$  is a finite Borel measure on  $\mathbb{R}^n$  and  $F \subseteq \mathbb{R}^n$  is Borel. Let  $0 < c < \infty$ .

- (i) If  $\limsup_{r \rightarrow 0} \frac{\mu(B(x, r))}{r^s} \leq c$  for all  $x \in F$ , then  $H^s(F) \geq \frac{\mu(F)}{c}$
- (ii) If  $\limsup_{r \rightarrow 0} \frac{\mu(B(x, r))}{r^s} \geq c$  for all  $x \in F$ , then  $H^s(F) \leq \frac{10^s}{c} \mu(\mathbb{R}^n) < \infty$ .

PROOF (i) Fix  $\epsilon > 0$ . For each  $\delta > 0$ , let  $F_\delta = \{x \in X : \mu(B(x, r)) \leq (c + \epsilon)r^s\}$ . By hypothesis,  $F \subseteq \bigcup_{\delta > 0} F_\delta$ ; moreover, for  $\delta_1 < \delta_2$ ,  $F_{\delta_1} \supseteq F_{\delta_2}$ .

Fix some  $\delta$  and take a  $\delta$ -cover  $\{U_i\}_{i=1}^\infty$  of  $F$ . This is also a  $\delta$ -cover for  $F_\delta$ . If  $x \in F_\delta$ ,  $\mu(B(x, |U_i|)) \leq (c + \epsilon)|U_i|^s$  as  $|U_i| \leq \delta$ . Since  $U_i \subseteq B(x_i, |U_i|)$  for any  $x_i \in U_i$ , if  $U_i \cap F_\delta \neq \emptyset$ , then  $x_i \in U_i \cap F_\delta$ , so that  $\mu(U_i) \leq \mu(B(x_i, |U_i|)) \leq (c + \epsilon)|U_i|^s$ . Thus

$$\begin{aligned} F_\delta &= \bigcup_{U_i \cap F_\delta \neq \emptyset} (U_i \cap F_\delta) \\ &\leq \sum_{i=1}^\infty (c + \epsilon)|U_i|^s \end{aligned}$$

so that  $\mu(F_\delta) \leq (c + \epsilon)H_\delta^s(F)$ . But  $F_\delta \rightarrow F$  and  $H_\delta^s(F) \rightarrow H^s(F)$ , so that  $\mu(F) \leq (c + \epsilon)H^s(F)$ , where  $\epsilon > 0$  is arbitrary.

- (ii) Fix  $\epsilon > 0$  and  $\delta > 0$ . Let  $\mathcal{B} = \{B(x, r) : x \in F, 0 < r \leq \delta, \mu(B(x, r)) \geq (x - \epsilon)r^s\}$ . By assumption,  $F \subseteq \bigcup_{B \in \mathcal{B}} B$ . Use the Vitali covering lemma, so there exists disjoint balls  $B_1, B_2, \dots \in \mathcal{B}$  such that  $B'_i$  is the ball with the same centre and 5 times the radius, then  $\bigcup_{i=1}^{\infty} B'_i \supseteq F$ . Since  $\text{diam } B(x, r) = 2r$ ,  $|B'_i| \leq 10r \leq 10\delta$  so the  $\{B'_i\}_{i=1}^{\infty}$  are a  $10\delta$ -cover of  $F$ . Thus

$$\begin{aligned} H_{10\delta}^s(F) &\leq \sum_{i=1}^{\infty} |B'_i|^s = \sum_{i=1}^{\infty} |B_i|^s 5^s \\ &= \sum_{i=1}^{\infty} (2r_i)^s 5^s \\ &\leq 10^s \sum_{i=1}^{\infty} \frac{\mu(B_i)}{c - \epsilon} \\ &= \frac{10^s}{c - \epsilon} \mu\left(\bigcup_{i=1}^{\infty} B_i\right) \leq \frac{10^s}{c - \epsilon} \mu(\mathbb{R}^n) \end{aligned}$$

and taking  $\delta \rightarrow 0$  and noting that  $\epsilon > 0$  is arbitrary, we have  $H^s(F) \geq \frac{10^s \mu(\mathbb{R}^n)}{c}$ .  $\blacksquare$

**1.16 Proposition.** Suppose  $F$  is Borel and  $0 < H^s(F) < \infty$ . Then there exists  $c$  and a compact  $E \subseteq F$  such that  $H^s(E) > 0$  and  $H^s(B(x, r) \cap E) \leq cr^s$  for all  $x \in E$  and  $r > 0$ .

PROOF Let

$$F_1 = \left\{x : \limsup_{r \rightarrow 0} \frac{H^s(F \cap B(x, r))}{r^s} > 10^{s+1}\right\}$$

and apply (b) above with  $\mu = H^s|_F$  so that

$$H^s(F_1) \leq \frac{10^s}{10^{s+1}} \mu(\mathbb{R}^n) = \frac{1}{10} H^s(F).$$

In particular,  $H^s(F \setminus F_1) \geq \frac{9}{10} H^s(F) > 0$ . For all  $x \in F \setminus F_1$ , there exists  $r_0(x)$  such that for all  $r \leq r_0$ , then

$$\frac{H^s(F \cap B(x, r))}{r^s} \leq 10 \cdot 10^{s+1} = 10^{s+2}.$$

Let

$$E_n = \left\{x \in F \setminus F_1 : \frac{H^s(F \cap B(x, r))}{r^s} \leq 10^{s+2} \text{ for all } r \leq \frac{1}{n}\right\}$$

so that  $\bigcup_{n=1}^{\infty} E_n = F \setminus F_1$ . By continuity of measure,  $H^s(E_n) \rightarrow H^s(F \setminus F_1) > 0$  so there exists  $N$  such that  $H^s(E_N) > 0$ . Since  $H^s$  is inner regular (TODO prove), get  $E \subseteq E_N$  compact such that  $H^s(E) > 0$ . Then if  $x \in E$ ,  $x \in E_N$  so  $H^s(E \cap B(x, r)) \leq H^s(F \cap B(x, r)) \leq 10^{s+2} r^s$  if  $r \leq 1/N$ . For any  $r$ ,  $H^s(E \cap B(x, r)) \leq H^s(F) = C_0$ . If  $r > 1/N$ , then  $C_0 \leq C_0 N^s r^s$ . Take  $c = \max\{10^{s+2}, C_0 N^s\}$ .  $\blacksquare$

*Remark.* The assumption  $H^s(F) < \infty$  can be removed when  $F$  is closed.

#### 1.4 POTENTIAL-THEORETIC METHODS

**Definition.** For  $s \geq 0$ , the  $s$ -potential at  $x$  due to  $\mu$  is

$$\phi_s(x) = \int_{\mathbb{R}^n} \frac{d\mu(y)}{\|x - y\|^s}$$

and the  $s$ -energy of  $\mu$

$$I_s(\mu) = \int_{\mathbb{R}^n} \phi_s d\mu = \int_{\mathbb{R}^n \times \mathbb{R}^n} \frac{d\mu(x)d\mu(y)}{\|x - y\|^s}$$

*Example.* (i) If  $s = 0$ , then  $\phi_0(x) = \mu(\mathbb{R}^n)$  and  $I_0(\mu) = \mu(\mathbb{R}^n)^2 < \infty$ .

(ii) If  $s > 0$  and  $\mu = \delta_0$ , then  $I_s(\delta_0) = \phi_s(0) = \infty$

(iii) If  $n = 1$  and  $\mu = m|_{[0,1]}$ ,  $s < 1$ . Then  $I_s(\mu) = \int_0^1 \int_0^1 \frac{dx dy}{|x - y|^s} < \infty$ .

**1.17 Theorem.** Let  $F$  be a closed set,  $s > 0$ .

- (i) If there exists a finite, non-zero measure  $\mu$  supported on  $F$  such that  $I_s(\mu) < \infty$ , then  $H^s(F) = \infty$  implies that  $\dim_H F \geq s$ .
- (ii) If  $H^s(F) > 0$ , then there exists a finite non-zero measure  $\mu$  on  $F$  such that  $I_t(\mu) < \infty$  for all  $t < s$ .

**PROOF** (i) Suppose  $I_s(\mu) < \infty$  for  $\mu$  a finite measure on  $F$ . We will show that  $\limsup_{r \rightarrow 0} \frac{\mu(B(x, r))}{r^s} = 0$  for  $\mu$  a.e.  $x \in F$ . Assuming this, then  $H^s(F) \geq \frac{\mu(F \setminus N)}{\epsilon}$  for some  $\mu$ -null  $N$ , but this holds for any  $\epsilon > 0$ , so  $H^s(F) = \infty$ .

Let  $F_1 = \{x \in F : \limsup_{r \rightarrow 0} \frac{\mu(B(x, r))}{r^s} > 0\}$ . We want to show that  $\mu(F_1) = 0$ . We first show that  $\phi_s(\mu) = \infty$  on  $F_1$ . If  $x \in F_1$ , then there exists  $\epsilon > 0$  and  $\{r_i\}_{i=1}^\infty$  converging to 0 such that  $\mu(B(x, r_i)) \geq \epsilon r_i^s$ . Since  $I_s(\mu) < \infty$  for some  $s > 0$ ,  $\mu$  is not atomic so by downward continuity of measure,  $\mu(B(x, q)) \rightarrow \mu(\{x\}) = 0$  as  $q \rightarrow 0$ . Thus get  $q_i$  such that  $\mu(B(x, q_i)) < \frac{\epsilon}{2} r_i^s$ . Let  $A_i = B(x, r_i) \setminus B(x, q_i)$ , so that  $\mu(A_i) \geq \frac{\epsilon}{2} r_i^s$ . Relabelling the  $r_i$  if necessary, we may assume that  $r_{i+1} < q_i$  so that the annuli are disjoint and nested. In particular,

$$\begin{aligned} \phi_s(x) &= \int_{\mathbb{R}^n} \frac{d\mu(y)}{\|x - y\|^s} \\ &\geq \sum_{i=1}^\infty \int_{A_i} \frac{d\mu(y)}{\|x - y\|^s} \\ &\geq \sum_{i=1}^\infty \frac{1}{\max_{y \in A_i} \|x - y\|^s} \mu(A_i) \\ &\geq \sum_{i=1}^\infty \frac{1}{r_i^s} \mu(A_i) \geq \sum_{i=1}^\infty \frac{1}{r_i^s} \cdot \frac{\epsilon}{2} r_i^s = \infty \end{aligned}$$

But now,

$$\infty > I_s(\mu) = \int_{\mathbb{R}^n} \phi_s d\mu \geq \int_{F_1} \phi_s d\mu$$

so if  $\phi_s = +\infty$  on  $F_1$ , then  $\mu(F_1) = 0$ .

- (ii) Suppose  $H^s(F) > 0$ . By the previous proposition, there exists sompact  $E \subseteq F$  with  $0 < H^s(E) < \infty$  and  $H^s(E \cap B(x, r)) \leq cr^s$  for all  $x \in E$  and  $r > 0$ . Put  $\mu = H^s|_E$ . Then  $\mu(B(x, r)) \leq cr^s$  for all  $x \in E$ . For  $x \in E$ ,

$$\phi_i(x) = \int_{\|x-y\| \leq 1} \frac{d\mu(y)}{\|x-y\|^t} + \int_{\|x-y\| > 1} \frac{d\mu(y)}{\|x-y\|^t}.$$

Certainly the second integral is finite independent of  $x$ . The first integral is finite since

$$\begin{aligned} \int_{\|x-y\| \leq 1} \frac{d\mu(y)}{\|x-y\|^t} &= \sum_{k=0}^{\infty} \int_{B(x, 2^{-k}) \setminus B(x, 2^{-(k+1)})} \frac{d\mu(y)}{\|x-y\|^t} \\ &\leq \sum_{k=0}^{\infty} \frac{1}{2^{-(k+1)t}} \mu(B(x, 2^{-k})) \\ &\leq \sum_{k=0}^{\infty} \frac{c}{2^{-(k+1)t}} \cdot 2^{-ks} < \infty \end{aligned}$$

since  $s > t$ . Again, this bound does not depend on  $x$ . Thus  $\phi_t$  is a bounded function on  $E$ , so that  $I_t(\mu) < \infty$ . ■

“can’t have both the measure and it’s fourier transform small”

Suppose  $f$  is integrable on  $\mathbb{R}^n$  or  $\mu \in M(\mathbb{R}^n)$  is a complex measure. We then define the **fourier transform**

$$\begin{aligned} \hat{f}(z) &= \int_{\mathbb{R}^n} f(x) e^{-ix \cdot z} dm(x) \\ \hat{\mu}(z) &= \int_{\mathbb{R}^n} e^{-ix \cdot z} d\mu(x) \end{aligned}$$

If  $f, g \in L^1$ , then  $f * g \in L^1$  by

$$\begin{aligned} f * g(x) &= \int_{\mathbb{R}^n} f(x-y)g(y) dy \\ f * \mu(x) &= \int_{\mathbb{R}^n} f(x-y) d\mu(y) \end{aligned}$$

By Fubini,  $\|f * g\|_1 \leq \|f\|_1 \|g\|_1$  and  $\|f * \mu\| \leq \|f\|_1 \|\mu\|_{M(\mathbb{R}^n)}$ . One reason for doing this is that  $L^1$  is not closed under pointwise multiplication. Importantly, we have

$$\begin{aligned} (f * g)^\wedge(z) &= \hat{f}(z) \hat{g}(z) \\ (f * \mu)^\wedge(z) &= \hat{f}(z) \hat{\mu}(z) \end{aligned}$$

in other words that the fourier transform converts convolution to multiplication.

Now consider  $g_s(t) = \|t\|^{-s}$ . Then

$$\phi_s(x) = \int_{\mathbb{R}^n} \frac{d\mu(y)}{\|x-y\|^s} = \int_{\mathbb{R}^n} g_s(x-y) d\mu(y) = g_s * \mu(x)$$

It is known that  $\hat{g}_s(z) = c(n, s) \|z\|^{s-n}$  for  $0 < s < n$ . In particular,  $\hat{\phi}_s(z) = \hat{g}_s(z) \hat{\mu}(z) = c(n, s) \|z\|^{s-n} \hat{\mu}(z)$ .

**1.18 Theorem. (Parseval)** We have

$$\int f \cdot \bar{g} dx = (2\pi)^n \int \hat{f} \cdot \bar{\hat{g}} dz$$

for  $f, g \in L^2$  and thus  $\int |f|^2 = (2\pi)^n \int |\hat{f}|^2$ . When  $g$  is “nice”,

$$\int g(x) d\mu(x) = (2\pi)^n \int \hat{g}(z) \overline{\hat{\mu}(z)} dz$$

In particular (with some technicalities ...)

$$\begin{aligned} I_s(\mu) &= \int \phi_s(x) d\mu(x) = c_n \int \hat{\phi}_s(z) \overline{\hat{\mu}(z)} dz \\ &= c'_n \int \|z\|^{s-n} |\hat{\mu}(z)|^2 dz \end{aligned}$$

*Example.* If  $|\hat{\mu}(z)| \leq C \|z\|^{-t/z}$ , then  $\dim_H \text{supp } \mu \geq t$ .

**PROOF** We have since  $\hat{\mu}(z)$  is bounded that

$$\begin{aligned} I_s(\mu) &= c \int \|z\|^{s-n} |\hat{\mu}(z)|^2 dz \\ &= c \left( \int_{\|z\| \leq 1} \|z\|^{s-n} |\hat{\mu}(z)|^2 dz + \int_{\|z\| > 1} \|z\|^{s-n} |\hat{\mu}(z)|^2 dz \right) \\ &\leq c \left( \int_{\|z\| \leq 1} C_0 \|z\|^{s-n} dz + \int_{\|z\| \geq 1} \|z\|^{s-n} \|z\|^{-t} dz \right) \\ &= c \left( c_1 \int_0^1 r^{s-n} r^{n-1} dr + \int_1^\infty t^{s-t-1} dt \right) < \infty \end{aligned}$$

as  $s < t$ . Thus  $I_s(\mu) < \infty$  for any  $0 < s < t$ , and apply the energy theorem. ■

## 1.5 PROJECTIONS OF FRACTALS

Let  $F \subset \mathbb{R}^2$  be a region and consider the (orthogonal) projection onto some line through the origin. Write  $\text{proj}_\theta(f)$  to denote the projection onto the line  $L_\theta$ . Note that  $d(\text{proj}_\theta(x), \text{proj}_\theta(y)) \leq d_{\mathbb{R}^2}(x, y)$  so  $\text{proj}_\theta$  is Lipschitz and  $\dim_H \text{proj}_\theta F \leq \min\{1, \dim_H F\}$ .

If  $L$  is a line segment, then for all values of  $\theta$  (except for 2), then the projection has maximal dimension.

**1.19 Theorem.** Let  $F \subseteq \mathbb{R}^2$  be closed.

- (i) If  $\dim_H F \leq 1$ , then  $\dim_H \text{proj}_\theta F = \dim_H F$  for a.e.  $\theta$ .
- (ii) If  $\dim_H F > 1$ , then  $m(\text{proj}_\theta F) > 0$  for a.e.  $\theta$ .

**PROOF** (i) Choose  $0 < s < \dim_H F$ , so  $H^s(F) > 0$ . Thus there exists some  $\mu$  on  $F$  such that  $I_s(\mu) < \infty$ . Write  $x.\theta$  to denote the projection of  $x$  onto the line  $L_\theta$ . Then define  $\mu_\theta$  on  $\text{proj}_\theta F$  by

$$\int_{-\infty}^{\infty} f(t) d\mu_\theta(t) = \int f(x.\theta) d\mu(x)$$

for all  $f \in C_c(\mathbb{R})$  (Radon-Markov). Note that  $\mu_\theta(S) = \mu(\text{proj}_\theta^{-1}(S))$ . We will show that  $\int_0^\pi I_s(\mu_\theta) d\theta < \infty$ , so that  $I_s(\mu_\theta) < \infty$  for a.e.  $\theta$  and we will be done.

We have since  $|x.\theta - y.\theta| = \|x - y\| \cos(\theta - (x - y))$ .

$$\begin{aligned} \int_0^\pi I_s(\mu_\theta) d\theta &= \int_0^\pi \int_F \int_F \frac{d\mu(x) d\mu(y)}{|x.\theta - y.\theta|^s} \\ &= \int_0^\pi \int_F \int_F \frac{d\mu(x) d\mu(y)}{\|x - y\|^s |\cos(\theta - (x - y))|^s} \\ &= \int_F \int_F \left( \int_0^\pi \frac{d\theta}{|\cos(\theta - (x - y))|^s} \right) \frac{d\mu(x) d\mu(y)}{\|x - y\|^s} \\ &= \int_{F \times F} \left( \int_0^\pi \frac{d\theta}{|\cos \theta|^s} \right) \frac{d\mu(x) d\mu(y)}{\|x - y\|^s} \end{aligned}$$

Note that  $\int_0^\pi \frac{d\theta}{|\cos \theta|^s} < \infty$ , but the remaining term is just the  $s$ -energy of  $\mu$ , which is finite.

- (ii) Assume  $\dim_H F > 1$ , so there exists some  $t > 1$  such that  $H^t(F) > 0$ . Get  $\mu$  on  $F$  such that  $I_1(\mu) < \infty$ . Define  $\mu_\theta$  as above. We will show that  $\mu_\theta$  is absolutely continuous with density in  $L^2$  for almost every  $\theta$ . Then  $f_\theta \neq 0$  in  $L^2$  since  $\mu_\theta \neq 0$  so that  $m\{x : f_\theta(x) \neq 0\} > 0$  where  $\{x : f_\theta(x) \neq 0\} \subseteq \text{supp } \mu_\theta$ .

Recall that  $f \in L^2$  if and only if  $\hat{f} \in L^2$ . We have

$$\begin{aligned} |\hat{\mu}_\theta(z)|^2 &= \int e^{-ivz} d\mu_\theta(v) \overline{\int e^{-izw} d\mu_\theta(w)} \\ &= \int_{\mathbb{R} \times \mathbb{R}} e^{-iz(v-w)} d\mu_\theta(v) d\mu_\theta(w) \\ &= \int_{F \times F} e^{-iz(x-y).\theta} d\mu(x) d\mu(y) \end{aligned}$$

so that

$$\begin{aligned} |\hat{\mu}_\theta(z)|^2 + |\hat{\mu}_{\theta+\pi}(z)|^2 &= \int_{F \times F} (e^{-iz(x-y).\theta} + e^{-iz(x-y).(-\theta)}) d\mu(x) d\mu(y) \\ &= 2 \int_{F \times F} \cos(z(x-y).\theta) d\mu(x) d\mu(y) \end{aligned}$$

First note that

$$\begin{aligned} \int_0^{2\pi} |\hat{\mu}_\theta(z)|^2 d\theta &= \int_0^\pi |\hat{\mu}_\theta(z)|^2 + |\hat{\mu}_{\theta+\pi}(z)|^2 d\theta \\ &= 2 \int_0^\pi \int_f \int_F \cos(z(x-y).\theta) d\mu(x) d\mu(y) d\theta \\ &= 2 \int_0^\pi \int_f \int_F \cos(z\|x-y\| \cos(\theta - (x-y))) d\mu(x) d\mu(y) d\theta \\ &= \int_F \int_F \left( \int_0^{2\pi} \cos(z\|x-y\| \cos(\theta)) d\theta \right) d\mu(x) d\mu(y) \\ &= 2\pi \int_F \int_F J_0(z\|x-y\|) d\mu(x) d\mu(y). \end{aligned}$$



We now have (concealing some technicalities in verifying the application of Fubini)

$$\begin{aligned}
 \int_0^{2\pi} \int_{-\infty}^{\infty} |\hat{\mu}_\theta(z)|^2 dz d\theta &< \infty = \int_{-\infty}^{\infty} \int_0^{2\pi} |\hat{\mu}_\theta(z)|^2 dz d\theta < \infty \\
 &= 2\pi \int_{-\infty}^{\infty} \int_F \int_F J_0(z\|x-y\|) d\mu(x) d\mu(y) \\
 &= 2\pi \int_F \int_F \left( \int_{-\infty}^{\infty} J_0(z\|x-y\|) dz \right) d\mu(x) d\mu(y) \\
 &= 2\pi \int_F \int_F \left( \int_{-\infty}^{\infty} J_0(w) dw \right) \frac{d\mu(x) d\mu(y)}{\|x-y\|} < \infty
 \end{aligned}$$

by the integral of the Bessel function and the fact that  $I_1(\mu) < \infty$ . ■

Bessel function:  $J_0(\mu) = \frac{1}{2\pi} \int_0^{2\pi} \cos(u \cos \theta) d\theta$ .

## 2 ITERATED FUNCTION SYSTEMS

### 2.1 INVARIANT SETS AND MEASURES

Let  $X$  be a complete metric space and  $F_1, \dots, F_m$  a family of contractions from  $X$  to  $X$  (i.e. functions with  $0 < r_i < 1$  with  $d(F_i(x), F_i(y)) \leq r_i d(x, y)$ ). Then there exists  $E \subseteq X$  with  $E$  compact such that  $E = \bigcup_{i=1}^m F_i(E)$ .

Let  $\mathcal{K}(X)$  denote the set of non-empty compact subsets of  $X$ . For  $A \subseteq X$ , let  $A_r = \{y \in X : d(a, y) < r \text{ for some } a \in A\}$ . We then define the **Hausdorff metric** on  $\mathcal{K}(X)$  as follows:

$$D(A, B) = \inf\{r > 0 : A \subseteq B_r, B \subseteq A_r\}$$

**2.1 Proposition.**  *$D$ , as defined above, is in fact a metric and when  $X$  is complete,  $\mathcal{K}(X)$  is also complete.*

**PROOF** We verify the properties for  $D$  to be a metric:

- (i) Suppose  $D(A, B) = 0$ . Then get a sequence  $a_n$  in  $A$  converging to any  $b \in B$ , i.e.  $b \in A$  and  $B \subseteq A$ . Similarly,  $B \subseteq A$ .
- (ii)  $D(A, B) = D(B, A)$  is clear
- (iii) Fix  $A, B, C \in \mathcal{K}(X)$ ,  $d_1 = D(A, C)$ ,  $d_2 = D(C, B)$ . Fix  $\epsilon > 0$  and let  $a \in A$  be arbitrary. Get  $c \in C$  so that  $D(a, c) < d_1 + \epsilon/2$ . Then get  $b \in B$  so that  $D(c, b) < d_2 + \epsilon/2$ . Thus  $d(a, b) < d_1 + d_2 + \epsilon$  so  $A \subseteq B_{d_1+d_2+\epsilon}$  for all  $\epsilon > 0$ . Similarly,  $B \subseteq A_{d_1+d_2+\epsilon}$ . Thus  $D(A, B) \leq d_1 + d_2$ .

Completeness is left as an exercise. ■

**2.2 Theorem.** *Let  $\{F_1, \dots, F_m\}$  be an IFS on  $X$ . Then there exists a unique compact set  $E \subseteq X$  such that  $E = \bigcup_{i=1}^m F_i(E)$ .*

**PROOF** Define  $F : \mathcal{K}(X) \rightarrow \mathcal{K}(X)$  by  $F(A) = \bigcup_{i=1}^m F_i(A)$ . Let  $r = \max\{r_1, \dots, r_m\} < 1$ . We will show that  $D(F(A), F(B)) \leq rD(A, B)$ . Set  $d = D(A, B)$ ; it suffices to show that  $F_i(A) \subseteq (F_i(B))_{r(d+\epsilon)}$  for any  $\epsilon > 0$ . Indeed, take  $a \in A$ , so there exists  $b \in B$  so that  $d(a, b) \leq d + \epsilon$ . Then  $d(F_i(a), F_i(b)) \leq r(d + \epsilon)$ .

Then  $F$  is a contraction map on  $\mathcal{K}(X)$ , so that  $F^{(k)}(A) \rightarrow E$  for some unique  $E$ . ■

If  $F_i(A) \subseteq A$ , then  $E = \bigcap_{k=0}^{\infty} F^{(k)}(A)$ .

**2.3 Lemma.** *If  $(A_k)_{k=1}^{\infty} \subset \mathcal{K}(X)$  with  $A_1 \supseteq A_2 \supseteq \dots$ , then  $A_k \rightarrow \bigcap_{i=1}^{\infty} A_i$ .*

PROOF Let  $A_0 = \bigcap_{k=1}^{\infty} A_k$ . We want to prove that  $D(A_{k_1}, A_0) \rightarrow 0$ . Certainly  $A_0 \subseteq A_k$ . Conversely, we must check that for any  $r > 0$ , there exists  $n_r$  such that  $A_k \subseteq (A_0)_r$ . Note that  $(A_0)_r$  is an open set. Then  $\{(A_0)_r, A_n^c : n \in \mathbb{N}\}$  is an open cover for  $A_1$ . Hence there exists a finite subcover  $(A_0)_r, A_{n_1}^c, \dots, A_{n_N}^c$ . Thus for any  $k > \max\{n_1, \dots, n_N\}$ ,  $A_k \subseteq (A_0)_r$ , as required. ■

**2.4 Theorem.** *Let  $X \subseteq \mathbb{R}^n$  be compact and let  $\{F_i\}_{i=1}^m$  be an IFS on  $X$  with attractor  $E$ . Assume we are given probabilities  $\{p_i\}_{i=1}^m$  such that  $\sum_{i=1}^m p_i = 1$ . Then there exists a unique Borel probability measure  $\mu$  such that*

$$\mu(A) = \sum_{i=1}^m p_i \mu(F_i^{-1}(A))$$

for all Borel sets  $A$ . Moreover,

- (i)  $\int g \, d\mu = \sum_{i=1}^m p_i \int g(F_i(x)) \, d\mu(x)$
- (ii)  $\text{supp}(\mu) = E$
- (iii) If the IFS satisfies the strong separation condition, then  $\mu(E_{\sigma}) = p_{\sigma}$ .

*Remark.* In the case of an IFS of similarities,  $\mu$  is called a **self-similar measure**.

PROOF Let  $M_1(X)$  denote the set of all Borel probability measures on  $X$ . Define a metric on  $M(X)$  by

$$d(\mu, \nu) = \sup \left\{ \left| \int g \, d\mu - \int g \, d\nu \right| : |g(x) - g(y)| \leq \|x - y\| \right\}.$$

Step 1: verify that this in fact a metric which makes  $M(X)$  a complete metric space. [TODO: Falconer Techniques Proposition 1.9]

Step 2: Define  $H : M(X) \rightarrow M(X)$  where  $H(\nu) = H_{\nu}$  is the measure that satisfies

$$H_{\nu}(A) = \sum_{i=1}^m p_i \nu(F_i^{-1}(A))$$

for all  $A$  Borel. Verify that  $H_{\nu}$  is a Borel probability measure. We have

$$\begin{aligned} H_{\nu}(A) &= \int \mathbf{1}_A \, dH_{\nu} = \sum_{i=1}^m p_i \int \mathbf{1}_{F_i^{-1}(A)} \, d\nu \\ &= \sum_{i=1}^m p_i \int \mathbf{1}_A(F_i(x)) \, d\nu(x) \end{aligned}$$

and extending by density of simple functions in  $L^1$ , we have

$$\int g \, dH_{\nu} = \sum_{i=1}^m p_i \int g(F_i(x)) \, d\nu(x)$$

Step 3: Check that  $H_\nu$  is a contraction. We have

$$\begin{aligned} d(H_\mu, H_\nu) &= \sup \left\{ \left| \int_g dH_\mu - \int_G dH_\nu \right| : \text{Lip}(g) \leq 1 \right\} \\ &= \sup_{\text{Lip}(g) \leq 1} \left| \sum_{i=1}^m \left( \int g(F_i(x)) d\mu(x) - \int g(F_i(x)) d\nu(x) \right) \right| \\ &\leq \sup_{\text{Lip}(g) \leq 1} \left| \sum_{i=1}^m p_i r_i \int r_i^{-1} g(F_i(x)) d(\mu - \nu)(x) \right| \end{aligned}$$

where  $r_i$  is the contraction factor of  $F_i$ . Moreover, notice that

$$\begin{aligned} |r_i^{-1} g(F_i(x)) - r_i^{-1} g(F_i(y))| &\leq r_i^{-1} \|F_i(x) - F_i(y)\| \\ &\leq \|x - y\| \end{aligned}$$

so that  $r_i^{-1} g \circ F_i$  is Lipschitz with constant at most 1. Thus

$$d(\mu, \nu) \geq \left| \int r_i^{-1} g \circ F_i d(\mu - \nu)(x) \right|$$

so that

$$d(H_\mu, H_\nu) \leq \sum_{i=1}^m p_i r_i d(\mu, \nu) \leq \max\{r_i : i = 1, \dots, m\} d(\mu, \nu)$$

and thus  $H$  is in fact a contraction map.

Step 4: By the Banach contraction mapping principle, there exists a unique fixed point  $\mu \in M_1(X)$ . But then

$$\mu(A) = H(\mu)(A) = \sum_{i=1}^m p_i \mu(F_i^{-1}(A))$$

for any Borel  $A$ .

It remains to show the properties.

- (i) Set  $S = \text{supp}(\mu)$ . Then  $1 = \mu(S) = \sum_{i=1}^m p_i \mu(F_i^{-1}(S))$  which forces  $\mu(F_i^{-1}(S)) = 1$ . Thus  $F_i^{-1}(S) \supseteq S$  since they are of full measure, so  $S \supseteq F_i(S)$ . If  $\mu(A) > 0$ , then  $\sum_{i=1}^m p_i \mu(F_i^{-1}(A)) > 0$ , so there exists  $i$  such that  $F_i^{-1}(A) \cap S \neq \emptyset$ . Thus  $A \cap F_i(S) \neq \emptyset$ . But  $S \setminus \left( \bigcup_{i=1}^m F_i(S) \right) \cap F_j(S) = \emptyset$  for all  $j$ , so that  $\mu(S \setminus \bigcup_{i=1}^m F_i(S)) = 0$  and thus  $\mu(S) = 1$ . Thus  $S = \bigcup_{i=1}^m F_i(S)$  so that  $S = E$ .
- (ii) Assume the SSC. Then

$$\begin{aligned} \mu(E_\sigma) &= \sum_{i=1}^m p_i \mu(F_i^{-1}(E_\sigma)) \\ &\geq p_{\sigma_1} \mu(E_{\sigma_2 \dots \sigma_k}) \\ &= p_{\sigma_1} \left( \sum_{i=1}^m p_i \mu(F_i^{-1}(E_{\sigma_2 \dots \sigma_k})) \right) \\ &\geq \dots \geq p_\sigma \end{aligned}$$

On the other hand, since  $E = \bigcup_{\sigma \in \Sigma^k} E_\sigma$  disjointly,

$$\begin{aligned} 1 &= \mu(E) = \sum_{\sigma \in \Sigma^k} \mu(E_\sigma) \\ &\geq \sum_{\sigma \in \Sigma^k} p_\sigma = \left( \sum_{i=1}^m p_i \right)^k = 1 \end{aligned} \quad \blacksquare$$

**Definition.** If the attractor  $E$  of an IFS  $\{F_1, \dots, F_m\}$  has the property that the sets  $F_i(E)$  are disjoint, we say  $E$  satisfies the **strong separation condition**. We say that the IFS satisfies the **open set condition** if there exists a non-empty bounded open  $V$  such that  $\bigcup_{i=1}^m F_i(V) \subseteq V$ .

The strong separation condition implies the open set condition by taking, say,  $U = \{x : d(x, E) < \epsilon\}$  where  $\epsilon = \frac{1}{2} \min_{i \neq j} (d(F_i(E), F_j(E))) > 0$ .

## 2.2 DIMENSIONAL PROPERTIES OF THE ATTRACTOR

**2.5 Theorem.** Let  $F$  be the attractor of the IFS  $\{F_i\}_{i=1}^m$  with contraction factors  $\{r_1, \dots, r_m\}$ . If the IFS satisfies the SSC, then  $\dim_H E = s$  where  $\sum_{i=1}^m r_i^s = 1$ . Moreover,  $0 < H^s(E) < \infty$ .

**PROOF** Write  $A_\sigma = F_\sigma(A)$  for each  $\sigma \in \Sigma^* = \{1, \dots, m\}^*$ . Fix  $\delta > 0$  and pick  $k$  such that  $r^k |E| < \delta$ . Then the sets  $\{E_\sigma : \sigma \in \Sigma^k\}$  is a  $\delta$ -cover of  $E$ . Then

$$\begin{aligned} H_\delta^s(E) &\leq \sum_{\sigma \in \Sigma^k} |E_\sigma|^s = \left( \sum_{\sigma \in \Sigma^k} r_\sigma^s \right) |E|^s \\ &= \left( \sum_{i=1}^m r_i^s \right)^k |E|^s = |E|^s \end{aligned}$$

so that  $H^s(E) \leq |E|^s < \infty$ .

To get a lower bound, intending to use the mass distribution principle, we will construct a measure  $\mu$  on  $E$  such that  $\mu(U) \leq c|U|^s$  for all open  $U$ . Define a measure  $\mu$  on  $E$  by the rule  $\mu(E_\sigma) = r_\sigma^s$ . Using the subdivision method, one may verify that this is in fact a measure. But then  $E_\sigma = \bigcup_{j=1}^m E_{\sigma j}$ , so

$$\sum_j \mu(E_{\sigma j}) = \sum_j (r_{\sigma j})^s = r_\sigma^s \sum_j r_j^s = r_\sigma^s = \mu(E_\sigma).$$

Now consider  $B(x, r)$  where  $x \in E$ . Let  $r < d = \min_{i \neq j} d(F_i(E), F_j(E)) > 0$ , and get  $k \in \mathbb{N}$  such that  $r_\sigma \cdot d \leq r < r_{\sigma'} \cdot d$  for  $\sigma \in \Sigma^k$ . Suppose  $\sigma \neq \sigma'$  with  $\sigma, \sigma' \in \Sigma^k$ , and let  $j$  be maximal such that  $\sigma|j = \sigma'|j$ . Then

$$d(F_{\sigma|j} \circ F_{\sigma'_{j+1}}(E), F_{\sigma|j} \circ F_{\sigma_{j+1}}(E)) = r_{\sigma|j} \cdot d \geq r_{\sigma|k-1} \cdot d > r$$

so that  $d(E_{\sigma'}, E_\sigma) > r$ . If  $y \in B(x, r) \cap E$ , then  $y \in E_\sigma$  so  $B(x, r) \cap E \subseteq E_\sigma$ . Thus  $\mu(B(x, r) \cap E) \leq \mu(E_\sigma) = r_\sigma^s \leq \frac{r^s}{d^s} = c(\text{diam } B(x, r))^s$ .

But given any  $U$  such that  $U \cap E \neq \emptyset$ , we may take  $U \subset B(x, |U|)$  for any choice of  $x \in E \cap U$ . ■

**2.6 Theorem.** Suppose  $E$  is a compact, non-empty subset of  $X$  and let  $a, r_0 > 0$ . Suppose for all closed balls  $B$  with centre in  $E$  and radius  $r < r_0$ , there exists a contraction map  $g : E \rightarrow E \cap B$  such that  $d(g(x), g(y)) \geq ar \cdot d(x, y)$  for all  $x, y \in E$ . Then if  $s = \dim_H E$ , then  $H^s(E) \leq 4^s a^{-s} < \infty$  and  $\underline{\dim}_B(E) = \overline{\dim}_B(E) = s$ .

*Example.* Let  $E$  denote the Cantor set under the IFS  $\{S_1, S_2\}$ , and let  $B$  be the Cantor interval  $C_\sigma$ . Then  $\text{diam}(B) = r_\sigma$ , and  $g : E \rightarrow E \cap B$  is the map  $S_\sigma$ . Then  $d(g(x), g(y)) = r_\sigma d(x, y)$ .

**PROOF** Let  $N_r(E)$  denote the maximum number of disjoint closed balls of radius  $r$  with centers in  $E$ . Assume for contradiction there exists  $r < \min\{a^{-1}, r_0\}$  with  $N_r(E) > a^{-s} r^{-s}$ .

Get some  $r > s$  such that  $N_r(E) > a^{-t} r^{-t}$ , so we may get  $m$  disjoint closed balls  $B_1, \dots, B_m$  with centres in  $E$  of radius  $r$ , and each of them gives rise to a map  $g_i : E \rightarrow E \cap B_i$  such that  $d(g_i(x), g_i(y)) \geq ar d(x, y)$  for all  $x, y$  in  $E$ . Set  $d_0 = \min_{i \neq j} d(B_i \cap E, B_j \cap E) > 0$ . But then

$$\begin{aligned} d(g_{i_1} \circ \dots \circ g_{i_k}(x), g_{j_1} \circ \dots \circ g_{j_k}(y)) &\geq (ar)^{q-1} d(g_{i_q} \circ \dots \circ g_{i_k}(x), g_{j_q} \circ \dots \circ g_{j_k}(y)) \\ &\geq (ar)^{q-1} d_0 \geq (ar)^k d_0 > 0 \end{aligned} \quad \blacksquare$$