

PHYS 234 Assignment 2

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1. Computing Probabilities

A beam of spin- $\frac{1}{2}$ particles is prepared in the state

$$|\psi\rangle = \frac{3i}{5} |+\rangle_y + \frac{4}{5} |-\rangle_y.$$

The state is given in terms of the S_y eigenvectors. Since we derived relations for the S_z operator in class, I will express $|\psi\rangle$ in terms of S_z eigenvectors to ease the calculations.

First, I will confirm that $|\psi\rangle$ is normalized:

$$\begin{aligned}\langle\psi|\psi\rangle &\stackrel{?}{=} 1 \\ \left(-\frac{3i}{5} \langle+| + \frac{4}{5} \langle-|\right) \left(\frac{3i}{5} |+\rangle_y + \frac{4}{5} |-\rangle_y\right) &\stackrel{?}{=} 1 \\ \frac{9}{25} + \frac{16}{25} &\stackrel{?}{=} 1 \\ 1 &= 1\end{aligned}$$

Then, I find the projection of $|\psi\rangle$ onto $|+\rangle$:

$$\begin{aligned}\langle+|\psi\rangle &= \langle+| \left(\frac{3i}{5} |+\rangle_y + \frac{4}{5} |-\rangle_y\right) \\ &= \frac{3i}{5} \langle+|+\rangle_y + \frac{4}{5} \langle+|-\rangle_y\end{aligned}$$

From class, $|+\rangle_y = \frac{1}{\sqrt{2}}(|+\rangle + i|-\rangle)$ and $|-\rangle_y = \frac{1}{\sqrt{2}}(|+\rangle - i|-\rangle)$:

$$\begin{aligned}&= \frac{3i}{5} \langle+| \cdot \frac{1}{\sqrt{2}}(|+\rangle + i|-\rangle) + \frac{4}{5} \langle+| \cdot \frac{1}{\sqrt{2}}(|+\rangle - i|-\rangle) \\ &= \frac{3i}{5\sqrt{2}}(\langle+|+\rangle + i\langle+|-\rangle) + \frac{4}{5\sqrt{2}}(\langle+|+\rangle - i\langle+|-\rangle) \\ &= \frac{4+3i}{5\sqrt{2}}\end{aligned}$$

And again with $|-\rangle$:

$$\begin{aligned}\langle-|\psi\rangle &= \langle-| \left(\frac{3i}{5} |+\rangle_y + \frac{4}{5} |-\rangle_y\right) \\ &= \frac{3i}{5} \langle-|+\rangle_y + \frac{4}{5} \langle-|-\rangle_y \\ &= \frac{3i}{5} \langle-| \cdot \frac{1}{\sqrt{2}}(|+\rangle + i|-\rangle) + \frac{4}{5} \langle-| \cdot \frac{1}{\sqrt{2}}(|+\rangle - i|-\rangle) \\ &= \frac{3i}{5\sqrt{2}}(\langle-|+\rangle + i\langle-|-\rangle) + \frac{4}{5\sqrt{2}}(\langle-|+\rangle - i\langle-|-\rangle) \\ &= \frac{3i^2}{5\sqrt{2}} - \frac{4i}{5\sqrt{2}} \\ &= \frac{-3-4i}{5\sqrt{2}}\end{aligned}$$

So $|\psi\rangle$ is then

$$|\psi\rangle = \frac{1}{5\sqrt{2}}((4 + 3i)|+\rangle - (3 + 4i)|-\rangle).$$

(a) **What are the possible measurement results of the spin operator S_x and with what probability would they occur?**

The two possible measurement results are $+\frac{\hbar}{2}$ and $-\frac{\hbar}{2}$.

The probability of $+\frac{\hbar}{2}$ is:

$$\begin{aligned} |{}_x\langle+|\psi\rangle|^2 &= \left| {}_x\langle+| \cdot \frac{1}{5\sqrt{2}}((4 + 3i)|+\rangle - (3 + 4i)|-\rangle) \right|^2 \\ &= \left| \frac{4+3i}{5\sqrt{2}} {}_x\langle+|+\rangle - \frac{3+4i}{5\sqrt{2}} {}_x\langle+|-\rangle \right|^2 \end{aligned}$$

From class, $|+\rangle_x = \frac{1}{\sqrt{2}}(|+\rangle + |-\rangle)$:

$$\begin{aligned} &= \left| \frac{4+3i}{5\sqrt{2}} \cdot \frac{1}{\sqrt{2}}(\langle+| + \langle-|)|+\rangle - \frac{3+4i}{5\sqrt{2}} \cdot \frac{1}{\sqrt{2}}(\langle+| + \langle-|)|-\rangle \right|^2 \\ &= \left| \frac{4 + 3i}{5 \cdot 2} - \frac{3 + 4i}{5 \cdot 2} \right|^2 \\ &= \left| \frac{1 - i}{10} \right|^2 \\ &= \frac{1 + 1}{100} \\ &= \frac{1}{50} \end{aligned}$$

The probability of $-\frac{\hbar}{2}$ is:

$$\begin{aligned} |{}_x\langle-|\psi\rangle|^2 &= \left| {}_x\langle-| \cdot \frac{1}{5\sqrt{2}}((4 + 3i)|+\rangle - (3 + 4i)|-\rangle) \right|^2 \\ &= \left| \frac{4+3i}{5\sqrt{2}} {}_x\langle-|+\rangle - \frac{3+4i}{5\sqrt{2}} {}_x\langle-|-\rangle \right|^2 \end{aligned}$$

From class, $|-\rangle_x = \frac{1}{\sqrt{2}}(|+\rangle - |-\rangle)$:

$$\begin{aligned} &= \left| \frac{4+3i}{5\sqrt{2}} \cdot \frac{1}{\sqrt{2}}(\langle+| - \langle-|)|+\rangle - \frac{3+4i}{5\sqrt{2}} \cdot \frac{1}{\sqrt{2}}(\langle+| - \langle-|)|-\rangle \right|^2 \\ &= \left| \frac{4 + 3i}{5 \cdot 2} + \frac{3 + 4i}{5 \cdot 2} \right|^2 \\ &= \left| \frac{7 - 7i}{10} \right|^2 \\ &= \frac{49 + 49}{100} \\ &= \frac{49}{50} \end{aligned}$$

(b) **What are the possible measurement results of the spin operator S_y and with what probability would they occur?**

The two possible measurement results are $+\frac{\hbar}{2}$ and $-\frac{\hbar}{2}$.

The probability of $+\frac{\hbar}{2}$ is:

$$\begin{aligned} \left| {}_y\langle +|\psi\rangle \right|^2 &= \left| {}_y\langle +| \cdot \frac{1}{5\sqrt{2}}((4+3i)|+\rangle - (3+4i)|-\rangle) \right|^2 \\ &= \left| \frac{4+3i}{5\sqrt{2}} {}_y\langle +|+\rangle - \frac{3+4i}{5\sqrt{2}} {}_y\langle +|-\rangle \right|^2 \end{aligned}$$

From class, $|+\rangle_y = \frac{1}{\sqrt{2}}(|+\rangle + i|-\rangle)$:

$$\begin{aligned} &= \left| \frac{4+3i}{5\sqrt{2}} \cdot \frac{1}{\sqrt{2}}(\langle +| + i\langle -|)|+\rangle - \frac{3+4i}{5\sqrt{2}} \cdot \frac{1}{\sqrt{2}}(\langle +| + i\langle -|)|-\rangle) \right|^2 \\ &= \left| \frac{4+3i}{5 \cdot 2} - \frac{3+4i}{5 \cdot 2} i \right|^2 \\ &= \left| \frac{4+3i}{5 \cdot 2} - \frac{-4+3i}{5 \cdot 2} \right|^2 \\ &= \left| \frac{8}{10} \right|^2 \\ &= \frac{16}{25} \end{aligned}$$

The probability of $-\frac{\hbar}{2}$ is:

$$\begin{aligned} \left| {}_y\langle -|\psi\rangle \right|^2 &= \left| {}_y\langle -| \cdot \frac{1}{5\sqrt{2}}((4+3i)|+\rangle - (3+4i)|-\rangle) \right|^2 \\ &= \left| \frac{4+3i}{5\sqrt{2}} {}_y\langle -|+\rangle - \frac{3+4i}{5\sqrt{2}} {}_y\langle -|-\rangle \right|^2 \end{aligned}$$

From class, $|-\rangle_y = \frac{1}{\sqrt{2}}(|+\rangle - i|-\rangle)$:

$$\begin{aligned} &= \left| \frac{4+3i}{5\sqrt{2}} \cdot \frac{1}{\sqrt{2}}(\langle +| - i\langle -|)|+\rangle - \frac{3+4i}{5\sqrt{2}} \cdot \frac{1}{\sqrt{2}}(\langle +| - i\langle -|)|-\rangle) \right|^2 \\ &= \left| \frac{4+3i}{5 \cdot 2} + \frac{3+4i}{5 \cdot 2} i \right|^2 \\ &= \left| \frac{4+3i}{5 \cdot 2} + \frac{-4+3i}{5 \cdot 2} \right|^2 \\ &= \left| \frac{6i}{10} \right|^2 \\ &= \frac{36}{100} \\ &= \frac{9}{25} \end{aligned}$$

(c) What are the possible measurement results of the spin operator S_z and with what probability would they occur?

The two possible measurement results are $+\frac{\hbar}{2}$ and $-\frac{\hbar}{2}$.

The probability of $+\frac{\hbar}{2}$ is:

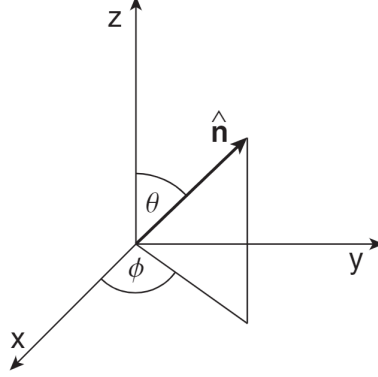
$$\begin{aligned}
 |\langle + | \psi \rangle|^2 &= \left| \langle + | \cdot \frac{1}{5\sqrt{2}} ((4 + 3i) | + \rangle - (3 + 4i) | - \rangle) \right|^2 \\
 &= \left| \frac{4 + 3i}{5\sqrt{2}} \right|^2 \\
 &= \frac{16 + 9}{25 \cdot 2} \\
 &= \frac{1}{2}
 \end{aligned}$$

The probability of $-\frac{\hbar}{2}$ is:

$$\begin{aligned}
 |\langle - | \psi \rangle|^2 &= \left| \langle - | \cdot \frac{1}{5\sqrt{2}} ((4 + 3i) | + \rangle - (3 + 4i) | - \rangle) \right|^2 \\
 &= \left| -\frac{3 + 4i}{5\sqrt{2}} \right|^2 \\
 &= \frac{9 + 16}{25 \cdot 2} \\
 &= \frac{1}{2}
 \end{aligned}$$

2. Spin Operator in an Arbitrary Direction

Find the representation of the spin operator $S_n := \vec{S} \cdot \hat{n}$ that measures the projection of the spin- $\frac{1}{2}$ particle along the \hat{n} direction. Calculate its representation in the S_z -basis. Here, \hat{n} is the unit vector in spherical-polar coordinates.



$$\hat{n} = \sin(\theta) \cos(\phi) \hat{x} + \sin(\theta) \sin(\phi) \hat{y} + \cos(\theta) \hat{z}$$

and

$$\vec{S} = S_x \hat{x} + S_y \hat{y} + S_z \hat{z}$$

where S_x , S_y , and S_z are the three components of the spin- $\frac{1}{2}$ operator.

(a) Show that

$$S_n = \frac{\hbar}{2} \begin{bmatrix} \cos \theta & \sin(\theta) e^{-i\phi} \\ \sin(\theta) e^{i\phi} & -\cos \theta \end{bmatrix}.$$

$$S_n = \vec{S} \cdot \hat{n}$$

$$= S_x \sin(\theta) \cos(\phi) + S_y \sin(\theta) \sin(\phi) + S_z \cos(\theta)$$

$$S_x = \frac{\hbar}{2} \begin{bmatrix} 0 & 1 \\ 1 & 0 \end{bmatrix} \quad S_y = \frac{\hbar}{2} \begin{bmatrix} 0 & -i \\ i & 0 \end{bmatrix} \quad S_z = \frac{\hbar}{2} \begin{bmatrix} 1 & 0 \\ 0 & -1 \end{bmatrix}$$

$$\begin{aligned} S_n &= \frac{\hbar}{2} \left(\begin{bmatrix} 0 & \sin \theta \cos \phi \\ \sin \theta \cos \phi & 0 \end{bmatrix} + \begin{bmatrix} 0 & -i \sin \theta \sin \phi \\ i \sin \theta \sin \phi & 0 \end{bmatrix} + \begin{bmatrix} \cos \theta & 0 \\ 0 & -\cos \theta \end{bmatrix} \right) \\ &= \frac{\hbar}{2} \begin{bmatrix} \cos \theta & \sin \theta \cos \phi - i \sin \theta \sin \phi \\ \sin \theta \cos \phi + i \sin \theta \sin \phi & -\cos \theta \end{bmatrix} \\ &= \frac{\hbar}{2} \begin{bmatrix} \cos \theta & \sin \theta (\cos \phi - i \sin \phi) \\ \sin \theta (\cos \phi + i \sin \phi) & -\cos \theta \end{bmatrix} \\ &= \frac{\hbar}{2} \begin{bmatrix} \cos \theta & \sin(\theta) e^{-i\phi} \\ \sin(\theta) e^{i\phi} & -\cos \theta \end{bmatrix} \end{aligned}$$

(b) Show that the eigenvalues of S_n are $\pm \frac{\hbar}{2}$, as expected from the S-G experiment.

$$\begin{aligned}
(S_n - \lambda I) |\psi\rangle &= 0 \\
\left(\frac{\hbar}{2} \begin{bmatrix} \cos \theta & \sin(\theta)e^{-i\phi} \\ \sin(\theta)e^{i\phi} & -\cos \theta \end{bmatrix} - \begin{bmatrix} \lambda & 0 \\ 0 & \lambda \end{bmatrix} \right) |\psi\rangle &= 0 \\
\begin{vmatrix} \frac{\hbar}{2} \cos \theta - \lambda & \frac{\hbar}{2} \sin(\theta)e^{-i\phi} \\ \frac{\hbar}{2} \sin(\theta)e^{i\phi} & -\frac{\hbar}{2} \cos \theta - \lambda \end{vmatrix} &= 0 \\
-\left(\frac{\hbar}{2} \cos \theta - \lambda \right) \left(\frac{\hbar}{2} \cos \theta + \lambda \right) - \left(\frac{\hbar}{2} \sin \theta \right)^2 (e^{i\phi} e^{-i\phi}) &= 0 \\
-\left(\frac{\hbar}{2} \cos \theta \right)^2 + \lambda^2 - \left(\frac{\hbar}{2} \sin \theta \right)^2 &= 0 \\
\lambda^2 &= \left(\frac{\hbar}{2} \cos \theta \right)^2 + \left(\frac{\hbar}{2} \sin \theta \right)^2 \\
&= \left(\frac{\hbar}{2} \right)^2 \\
\lambda &= \pm \frac{\hbar}{2}
\end{aligned}$$

(c) Show that the eigenvectors of S_n can be represented as

$$\begin{aligned}
|+\rangle_n &= \cos\left(\frac{\theta}{2}\right) |+\rangle + \sin\left(\frac{\theta}{2}\right) e^{i\phi} |-\rangle \\
|-\rangle_n &= \sin\left(\frac{\theta}{2}\right) |+\rangle - \cos\left(\frac{\theta}{2}\right) e^{i\phi} |-\rangle
\end{aligned}$$

The eigenvector $|\psi\rangle$ corresponding to the eigenvalue $\lambda = +\frac{\hbar}{2}$ is $|+\rangle_n$, and the eigenvector $|\psi\rangle$ corresponding to the eigenvalue $\lambda = -\frac{\hbar}{2}$ is $|-\rangle_n$.

$$\begin{aligned}
(S_n - \lambda I) |\psi\rangle &= 0 \\
\left(\frac{\hbar}{2} \begin{bmatrix} \cos \theta & \sin(\theta)e^{-i\phi} \\ \sin(\theta)e^{i\phi} & -\cos \theta \end{bmatrix} - \frac{\hbar}{2} \begin{bmatrix} 1 & 0 \\ 0 & 1 \end{bmatrix} \right) |+\rangle_n &= 0 \\
\begin{bmatrix} \cos \theta - 1 & \sin(\theta)e^{-i\phi} \\ \sin(\theta)e^{i\phi} & -\cos \theta - 1 \end{bmatrix} |+\rangle_n &= 0 \\
\begin{bmatrix} \cos \theta - 1 & \sin(\theta)e^{-i\phi} \\ \sin(\theta)e^{i\phi} & -\cos \theta - 1 \end{bmatrix} \begin{bmatrix} 0 \\ 0 \end{bmatrix} &\xrightarrow{R_2 - \frac{\sin(\theta)e^{i\phi}}{\cos \theta - 1} R_1} \begin{bmatrix} \cos \theta - 1 & \sin(\theta)e^{-i\phi} \\ 0 & -\cos \theta - 1 - \frac{(\sin(\theta)e^{-i\phi})(\sin(\theta)e^{i\phi})}{\cos \theta - 1} \end{bmatrix} \begin{bmatrix} 0 \\ 0 \end{bmatrix} \\
&\sim \begin{bmatrix} \cos \theta - 1 & \sin(\theta)e^{-i\phi} \\ 0 & -\frac{(\cos \theta + 1)(\cos \theta - 1)}{\cos \theta - 1} - \frac{\sin^2(\theta)}{\cos \theta - 1} \end{bmatrix} \begin{bmatrix} 0 \\ 0 \end{bmatrix} \\
&\sim \begin{bmatrix} \cos \theta - 1 & \sin(\theta)e^{-i\phi} \\ 0 & -\frac{\cos^2(\theta) - 1 + \sin^2(\theta)}{\cos \theta - 1} \end{bmatrix} \begin{bmatrix} 0 \\ 0 \end{bmatrix} \\
&\sim \begin{bmatrix} \cos \theta - 1 & \sin(\theta)e^{-i\phi} \\ 0 & 0 \end{bmatrix} \begin{bmatrix} 0 \\ 0 \end{bmatrix}
\end{aligned}$$

If $|+\rangle_n = a|+\rangle + b|-\rangle$, then the above matrix corresponds to the equation

$$\begin{aligned}(\cos \theta - 1)a + \sin(\theta)e^{-i\phi}b &= 0 \\(1 - \cos \theta)a &= \sin(\theta)e^{-i\phi}b \\ \sin^2\left(\frac{\theta}{2}\right)a &= \frac{1}{2}\sin(\theta)e^{-i\phi}b \\ \sin^2\left(\frac{\theta}{2}\right)e^{i\phi}a &= \sin(\theta)\cos^2\left(\frac{\theta}{2}\right)b\end{aligned}$$

$$\text{So } |+\rangle_n = \sin^2\left(\frac{\theta}{2}\right)e^{i\phi}|+\rangle + \sin(\theta)\cos^2\left(\frac{\theta}{2}\right)|-\rangle.$$

(I couldn't get the equation to match the form above.)

(d) For which values of θ and ϕ does the state $|+\rangle_n$ reduce to $|+\rangle_x$ and $|+\rangle_y$?

$|+\rangle_x$ was $\frac{1}{\sqrt{2}}(|+\rangle + |-\rangle)$, so for $|+\rangle_n$ to equal $|+\rangle_x$, we must set

$$\cos \frac{\theta}{2} = \frac{1}{\sqrt{2}}$$

and

$$\sin\left(\frac{\theta}{2}\right)e^{i\phi} = \frac{1}{\sqrt{2}}.$$

Starting with the first equation:

$$\begin{aligned}\cos \frac{\theta}{2} &= \frac{1}{\sqrt{2}} \\ \frac{\theta}{2} &= \frac{\pi}{4} \\ \theta &= \frac{\pi}{2}\end{aligned}$$

Then the second equation:

$$\begin{aligned}\sin\left(\frac{\theta}{2}\right)e^{i\phi} &= \frac{1}{\sqrt{2}} \\ \frac{1}{\sqrt{2}}e^{i\phi} &= \frac{1}{\sqrt{2}} \\ e^{i\phi} &= 1 \\ \phi &= 0\end{aligned}$$

So for $|+\rangle_n$ to reduce to $|+\rangle_x$, θ must be $\frac{\pi}{2}$, and ϕ must be 0.

Next, $|+\rangle_y$ was $\frac{1}{\sqrt{2}}(|+\rangle + i|-\rangle)$, so for $|+\rangle_n$ to equal $|+\rangle_y$, we must set

$$\cos \frac{\theta}{2} = \frac{1}{\sqrt{2}}$$

and

$$\sin\left(\frac{\theta}{2}\right)e^{i\phi} = i\frac{1}{\sqrt{2}}.$$

The solution to the first equation we found earlier to be $\theta = \frac{\pi}{2}$. We then only have to solve the second equation:

$$\begin{aligned}\sin\left(\frac{\theta}{2}\right)e^{i\phi} &= i\frac{1}{\sqrt{2}} \\ \frac{1}{\sqrt{2}}e^{i\phi} &= i\frac{1}{\sqrt{2}} \\ e^{i\phi} &= i \\ \phi &= \frac{\pi}{2}\end{aligned}$$

So for $|+\rangle_n$ to reduce to $|+\rangle_y$, both θ and ϕ must be $\frac{\pi}{2}$.

(e) Suppose that a measurement of S_z is carried out on a particle in the $|-\rangle_n$ state. What is the probability that the measurement yields:

(i) $\frac{\hbar}{2}$?

The probability is:

$$\begin{aligned}|\langle+|-\rangle_n|^2 &= \left| \langle+| \left(\sin\left(\frac{\theta}{2}\right)|+\rangle - \cos\left(\frac{\theta}{2}\right)e^{i\phi}|-\rangle \right) \right|^2 \\ &= \left| \sin\left(\frac{\theta}{2}\right) \right|^2 \\ &= \sin^2\left(\frac{\theta}{2}\right)\end{aligned}$$

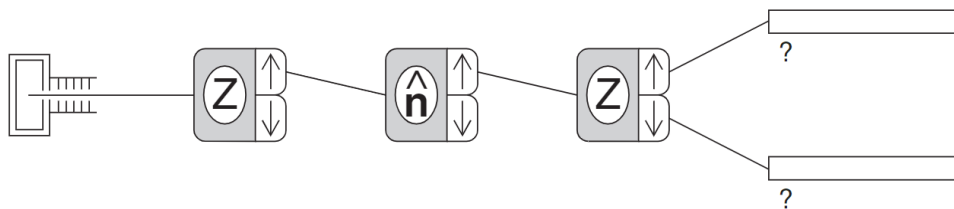
(ii) $-\frac{\hbar}{2}$?

The probability is:

$$\begin{aligned}|\langle-|-\rangle_n|^2 &= \left| \langle-| \left(\sin\left(\frac{\theta}{2}\right)|+\rangle - \cos\left(\frac{\theta}{2}\right)e^{i\phi}|-\rangle \right) \right|^2 \\ &= \left| -\cos\left(\frac{\theta}{2}\right)e^{i\phi} \right|^2 \\ &= \cos^2\left(\frac{\theta}{2}\right)\end{aligned}$$

3. Three Stern-Gerlach Analyzers with Arbitrary Direction

A beam of spin- $\frac{1}{2}$ particles is sent through a series of three S-G analyzers, as shown in the figure. The second S-G analyzer is aligned along the \hat{n} -direction.



- (a) Find the probability that particles transmitted through the first S-G analyzer are measured to have spin down at the third S-G analyzer.

This would be the probability of the particles going through the first two analyzers multiplied by the probability of those particles going through the third analyzer.

$$\begin{aligned}
 |\langle +|+\rangle_n|^2 |\langle +|- \rangle|^2 &= \left| \langle +| \left(\cos\left(\frac{\theta}{2}\right) |+\rangle + \sin\left(\frac{\theta}{2}\right) e^{i\phi} |-\rangle \right) \right|^2 \left| \left(\cos\left(\frac{\theta}{2}\right) \langle +| + \sin\left(\frac{\theta}{2}\right) e^{-i\phi} \langle -| \right) |-\rangle \right|^2 \\
 &= \left| \cos\left(\frac{\theta}{2}\right) \right|^2 \left| \sin\left(\frac{\theta}{2}\right) e^{-i\phi} \right|^2 \\
 &= \cos^2\left(\frac{\theta}{2}\right) \sin^2\left(\frac{\theta}{2}\right) \\
 &= \frac{\sin^2 \theta}{4}
 \end{aligned}$$

- (b) How must the angle θ of the second S-G analyzer be oriented so as to maximize the probability that particles are measured to have spin down at the third S-G analyzer? What is this maximum fraction?

Since the maximum of $\sin \theta$ is 1, we must find a θ which will set the probability to $\frac{1}{4}$:

$$\begin{aligned}
 \frac{\sin^2 \theta}{4} &= \frac{1}{4} \\
 \sin^2 \theta &= 1 \\
 \theta &= \frac{\pi}{2}
 \end{aligned}$$

In other words, the second analyzer must be oriented along the xy -plane, and the maximum probability is $\frac{1}{4}$.

4. State Tomography

It is known that there is a 90% probability of obtaining $S_z = \frac{\hbar}{2}$ if a measurement of S_z is carried out on a spin- $\frac{1}{2}$ particle. In addition, it is known that there is a 20% probability of obtaining $S_y = \frac{\hbar}{2}$ if a measurement of S_y is carried out. Determine the spin state of a particle as completely as possible from this information. What is the probability of obtaining $S_x = -\frac{\hbar}{2}$ if a measurement of S_x is carried out?

From the first criterion:

$$\begin{aligned} |\langle + | \psi \rangle|^2 &= \frac{9}{10} \\ |\langle + | \psi \rangle| &= \frac{3}{\sqrt{10}} \end{aligned}$$

If $|\psi\rangle = a|+\rangle + b|-\rangle$:

$$\begin{aligned} |\langle + | (a|+\rangle + b|-\rangle)| &= \frac{3}{\sqrt{10}} \\ |a| &= \frac{3}{\sqrt{10}} \\ a &= \frac{3}{\sqrt{10}} e^{i\alpha} \end{aligned}$$

And from the second criterion:

$$\begin{aligned} \left| \langle y | \psi \rangle \right|^2 &= \frac{1}{5} \\ \left| \langle y | \psi \rangle \right|^2 &= \frac{1}{5} \\ \left| \frac{1}{\sqrt{2}} (\langle + | - i \langle - |) (a|+\rangle + b|-\rangle) \right|^2 &= \frac{1}{5} \\ \left| \frac{1}{\sqrt{2}} (a - bi) \right|^2 &= \frac{1}{5} \\ \frac{1}{2} (|a|^2 + |b|^2 + ab^*i - a^*bi) &= \frac{1}{5} \\ 1 + ab^*i - a^*bi &= \frac{2}{5} \\ a|b|e^{-i\beta}i - a^*|b|e^{i\beta}i &= -\frac{3}{5} \\ |b| (ae^{-i\beta} - a^*e^{i\beta}) &= \frac{3i}{5} \\ |a||b| (e^{i\alpha}e^{-i\beta} - e^{-i\alpha}e^{i\beta}) &= \frac{3i}{5} \\ |a||b| (e^{i(\alpha-\beta)} - e^{i(\beta-\alpha)}) &= \frac{3i}{5} \end{aligned}$$

Arbitrarily set $\beta = 0$:

$$\begin{aligned} |a||b| (e^{i\alpha} - e^{-i\alpha}) &= \frac{3i}{5} \\ |b| (e^{i\alpha} - e^{-i\alpha}) &= \frac{3\sqrt{10}i}{15} \\ b &= \frac{\sqrt{10}i}{5(e^{i\alpha} - e^{-i\alpha})} \end{aligned}$$

So $|\psi\rangle = \frac{3}{\sqrt{10}}e^{i\alpha}|+\rangle + \frac{\sqrt{10}i}{5(e^{i\alpha}-e^{-i\alpha})}|-\rangle$.

Now, we find the probability of measuring $S_x = -\frac{\hbar}{2}$:

$$\begin{aligned} \left|{}_x\langle-|\psi\rangle\right|^2 &= \left|\frac{1}{\sqrt{2}}(\langle+| - \langle-|) \left(\frac{3}{\sqrt{10}}e^{i\alpha}|+\rangle + \frac{\sqrt{10}i}{5(e^{i\alpha}-e^{-i\alpha})}|-\rangle\right)\right|^2 \\ &= \left|\frac{1}{\sqrt{2}}\left(\frac{3}{\sqrt{10}}e^{i\alpha} - \frac{\sqrt{10}i}{5(e^{i\alpha}-e^{-i\alpha})}\right)\right|^2 \end{aligned}$$