

## 0.1 Unstable States

So far we've been calculating probabilities to transition to another state ( $i \rightarrow n$ ). Now we want to talk about the probability of staying in a particular state ( $i \rightarrow i$ ). Recall that at second order in perturbation theory, we found that

$$c_n^{(2)} = \frac{i}{\hbar} \sum_m \frac{V_{nm} V_{mi}}{E_m - E_i} \int_0^t \left( e^{i\omega_{mi}t'} - e^{i\omega_{nm}t'} \right) dt'$$

Notice this value is singular when  $E_m = E_i$ , which means this formula isn't very useful to calculate probabilities of  $i \rightarrow i$ . The reason for this is because we derived this formula assuming the interactions turn on instantaneously, which is never possible. Instead, let's adiabatically turn on the potential:

$$V(t) = e^{\eta t} V$$

and take the limit as  $\eta \rightarrow 0$ .

$$\begin{aligned} c_n^{(1)} &= -\frac{i}{\hbar} \lim_{t_0 \rightarrow -\infty} \int_{t_0}^t e^{\eta t'} e^{i\omega_{ni}t'} V_{ni} dt' \\ &= -\frac{i}{\hbar} \frac{V_{ni}}{\eta + i\omega_{ni}} e^{\eta t + i\omega_{ni}t} \end{aligned}$$

so

$$\begin{aligned} |c_n^{(1)}|^2 &= \frac{1}{\hbar^2} \frac{|V_{ni}|^2 e^{2\eta t}}{(\eta^2 + \omega_{ni}^2)} \\ \lim_{\eta \rightarrow 0} dt |c_n^{(1)}|^2 &= \frac{2\eta e^{2\eta t} |V_{ni}|^2}{\hbar^2 (\eta^2 + \omega_{ni}^2)} \end{aligned}$$

We would imagine this would go to 0, but in reality,

$$\lim_{\eta \rightarrow 0} \frac{\eta}{\eta^2 + \omega_{ni}^2} = \pi \delta(\omega_{ni})$$

so

$$\lim_{\eta \rightarrow 0} dt |c_n^{(1)}|^2 = \frac{2\pi}{\hbar} |V_{ni}|^2 \delta(E_n - E_i)$$

Again, we regain the Fermi Golden Rule, and  $\eta$  is irrelevant using this  $\eta$  derivation. Now let's examine the second-order:

$$\begin{aligned} c_n^{(2)}(t) &= \langle n | \left( -\frac{i}{\hbar} \right)^2 \int_{t_0}^t dt' \int_{t_0}^{t'} dt'' V_I(t') V_I(t'') |i\rangle \\ &= \sum_m \langle n | \left( -\frac{i}{\hbar} \right)^2 \int_{t_0}^t dt' \int_{t_0}^{t'} dt'' V_I(t') |m\rangle \langle m| \underbrace{V_I}_{=e^{iH_0 t} V e^{-iH_0 t}}(t'') |i\rangle \\ &= \sum_m \left( -\frac{i}{\hbar} \right)^2 \int_{t_0}^t dt' \int_{t_0}^{t'} dt'' e^{i\omega_{nm}t' + \eta t'} V_{nm} \int_{t_0}^{t'} dt'' e^{i\omega_{mi}t'' + \eta t''} V_{mi} \\ &= \sum_m \left( -\frac{i}{\hbar} \right)^2 \int_{t_0}^t dt' e^{i\omega_{nm}t' + \eta t'} (-i)(V_{nm})(V_{mi}) \frac{e^{i\omega_{mi}t' + \eta t'}}{(\omega_{mi} - i\eta)} \\ (n=i) &= \sum_m \left( -\frac{i}{\hbar} \right)^2 (-i) \int_{t_0}^t dt' \frac{e^{2\eta t'}}{(\omega_{mi} - i\eta)} \end{aligned}$$

$$\begin{aligned}
&= \left(\frac{i}{\hbar^2}\right) \int_{t_0}^t \frac{e^{2\eta t'} |V_{ii}|^2}{(-i\eta)} dt' + \frac{i}{\hbar^2} \int_{t_0}^t \sum_{m \neq i} \frac{e^{2\eta t'} |V_{im}|^2}{(\omega_{mi} - i\eta)} dt' \\
c_i(t) &= 1 - \frac{i}{\hbar} \frac{V_{ii}}{\eta} e^{\eta t} - \left(-\frac{i}{\hbar}\right)^2 \frac{|V_{ii}|^2 e^{2\eta t}}{2\eta^2} + \frac{i}{\hbar^2} \sum_{m \neq i} \frac{|V_{im}|^2 e^{2\eta t}}{(2\eta)(\omega_{mi} - i\eta)}
\end{aligned}$$

We want to know about the stability of this state, so let's take the time derivative:

$$\begin{aligned}
\dot{c}_i(t) &= -\frac{i}{\hbar} V_{ii} + \frac{1}{\hbar^2} |V_{ii}|^2 + \frac{i}{\hbar^2} \sum_{m \neq i} \frac{|V_{im}|^2}{(\omega_{mi} - i\eta)} \\
\frac{\dot{c}_i}{c_i} &= \frac{-\frac{i}{\hbar} V_{ii} + \frac{1}{\hbar^2} |V_{ii}|^2 + \frac{i}{\hbar^2} \sum_{m \neq i} \frac{|V_{im}|^2}{(\omega_{mi} - i\eta)}}{\left(1 - \frac{i}{\hbar^2} \frac{V_{ii}}{\eta}\right)} \\
&= -\frac{i}{\hbar} V_{ii} + \frac{i}{\hbar} \sum_{m \neq i} \frac{|V_{im}|^2}{(\omega_{mi} - i\eta)}
\end{aligned}$$

so

$$c_i(t) = e^{-i\Delta_i t/\hbar}$$

where

$$\Delta = V_{ii} + \frac{i}{\hbar} \sum_{i \neq m} \frac{|V_{im}|^2}{(\omega_{mi} - i\eta)} = \underbrace{V_{ii}}_{\Delta^{(1)}} - \underbrace{\frac{i}{\hbar} \sum_{m \neq i} \frac{|V_{im}|^2}{(\omega_i - \omega_m + i\eta)}}_{\Delta^{(2)}}$$

so to first order,  $\Delta \rightarrow \Delta E_i = \langle i|V|i \rangle$  and we obtain the typical result

$$c_i(t) = e^{-\frac{\Delta E_i t}{\hbar}}$$

What happens with the second-order term?

$$\begin{aligned}
\Delta^{(2)} &= \sum_{m \neq i} \frac{|V_{im}|^2}{(E_i - E_m + i\eta)} \\
&= \sum_{m \neq i} \text{Pr}\left(\frac{|V_{im}|^2}{E_i - E_m}\right) - i\pi \delta(E_i - E_m) |V_{im}|^2
\end{aligned}$$

where here, by  $\text{Pr}(\cdot)$  we mean the principal part:

$$\text{Pr}(f(x)) = \lim_{\delta \rightarrow 0} \int_{-\infty}^{\delta} f(x)$$

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$$|c_i|^2 = e^{2\Delta_i t/\hbar} = e^{-\Gamma t/\hbar}$$

where  $\Gamma$  is the width of the state:

$$\tau = \frac{\hbar}{\Gamma}$$

What this is telling us is if we have some initial state and  $\Delta$  has an imaginary part, we will see spontaneous emission from this state down to a lower state.

If we have a particle, even a fundamental particle, the mass of the particle has some uncertainty because of the uncertainty in the energy,  $\Delta E \tau = 0$ .