$$[P, \times] = -i \hbar \longrightarrow [a, a^{\dagger}] = 1 \qquad [A, B] = AB - BA = -[B, A]$$

$$ad^{\dagger} = \frac{m\omega}{2\hbar} \left( X + \frac{iP}{m\omega} \right) \left( X - \frac{iP}{m\omega} \right) = \frac{m\omega}{2\hbar} \left( X^{2} + \frac{P^{2}}{m^{2}\omega^{2}} + \frac{iPX}{m\omega} - \frac{iPX}{m\omega} \right)$$

$$(\cdots)$$

$$ad^{\dagger} = \frac{1}{2} + \frac{1}{n\omega} \left( \frac{P^{2}}{2m} + \frac{1}{2} m\omega^{2} x^{2} \right)$$

$$ad^{\dagger} = \frac{1}{2} + \frac{H}{\hbar\omega} \qquad a^{\dagger}a = -\frac{1}{2} + \frac{H}{\hbar\omega}$$

$$H = \hbar\omega \left( a^{\dagger}a + \frac{1}{2} \right) \quad [AB, C] = A[B, C] + [A, C]B$$

$$[H, a] = [\hbar\omega \left( a^{\dagger}a + \frac{1}{2} \right), a] = \hbar\omega \left[ a^{\dagger}a, a \right] \qquad Numbers commute.$$

$$[H, a] = -\hbar\omega a \qquad [H, a^{\dagger}] = +\hbar\omega a^{\dagger}$$

$$H\Psi_{E} = E\Psi_{E} \qquad (\Psi_{E}, \Psi_{E}) = \begin{cases} 0 & \text{if } E \neq E' \\ 1 & \text{if } E = E \end{cases}$$

$$(Ha - aH) \Psi_{E} = -\hbar\omega a \Psi_{E} \qquad new eigenvector$$

$$(Ha \Psi_{E}) = (E - \hbar\omega) (a \Psi_{E}) \qquad new eigenvector$$

$$(B + 2\mu) = (E - \hbar\omega) (a \Psi_{E}) \qquad new eigenvector$$

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$$H(a^{\dagger} \psi_{E}) = (E + \hbar w)(a^{\dagger} \psi_{E}) \quad eigenvector$$

$$Condition: \quad \psi_{ground} \quad exists \quad with \quad Egrand > 0 \quad s.t.$$

$$a \psi_{g} = 0$$

$$(x + \frac{\hbar}{mw} \frac{d}{dx}) \quad \psi_{g}(x) = 0$$

$$\psi' = -\frac{mwx}{\hbar} \quad \psi \qquad \frac{\gamma'}{\psi} = \frac{d \ln \psi}{dx} = -\frac{mwx}{\hbar}$$

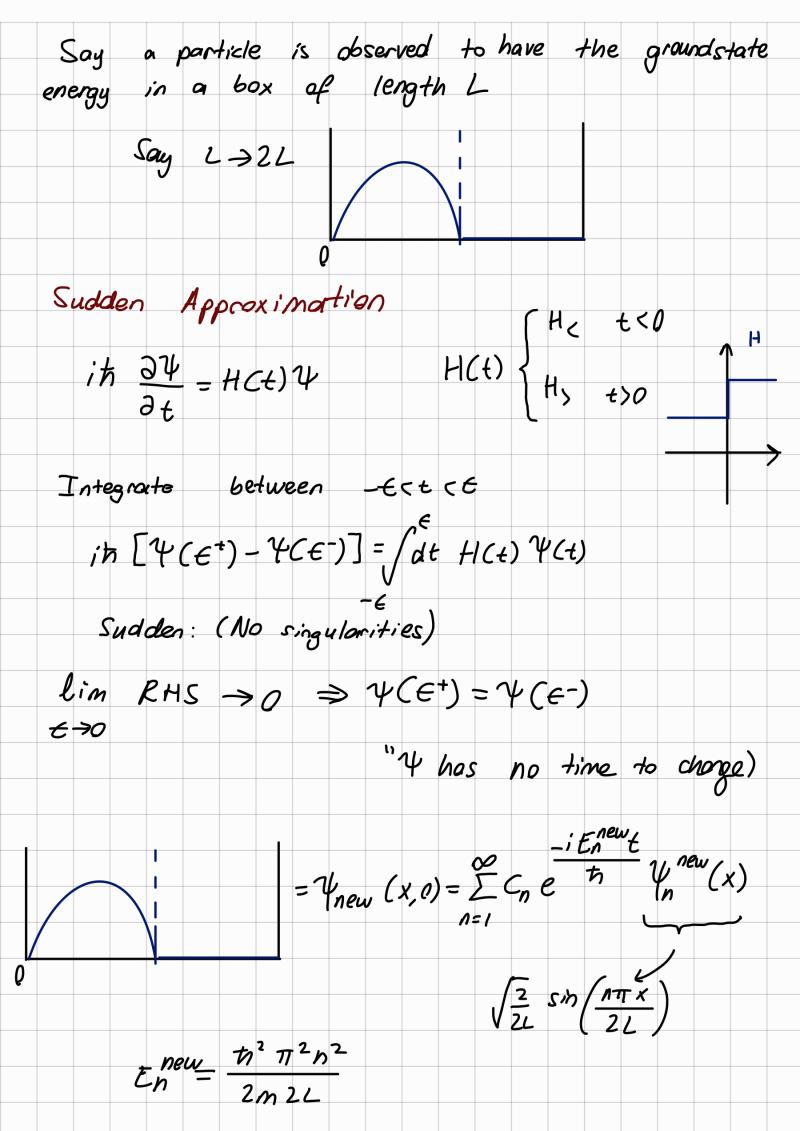
$$\ln \psi = -\frac{mwx^{2}}{2\hbar} \quad \Rightarrow \quad \psi_{g} = w \exp\left[-\frac{mw}{2\hbar}x^{2}\right]$$

$$E \quad \text{af} \quad \psi_{g}? \quad Eg = \frac{\hbar w}{2}$$

$$die \quad p^{linem} \approx \frac{w^{2}}{2}$$

$$\psi_{g} = \frac{mw}{2} \quad \text{af} \quad p^{linem} \approx \frac{w^{2}}{2}$$

$$\psi_{g} = \frac{mw}{2} \quad \text{af} \quad p^{linem} \approx \frac{w^{2}}{2}$$



$$C_{1} = \int dx \ \psi(x,o) \ \psi_{new}(x)$$

$$= \int dx \sqrt{\frac{2}{L}} \sin\left(\frac{\pi x}{L}\right) \sqrt{\frac{2}{2L}} \sin\left(\frac{\pi x}{2L}\right)$$

$$= \int dx \frac{\sqrt{2}}{L} \sin\left(\frac{\pi x}{L}\right) \sin\left(\frac{\pi x}{2L}\right)$$

$$= \int dx \frac{\sqrt{2}}{L} \sin^{2}\left(\frac{\pi x}{2L}\right) \cos\left(\frac{\pi x}{2L}\right)$$

$$= \int dx \frac{2\sqrt{2}}{L} \sin^{2}\left(\frac{\pi x}{2L}\right) \sin^{2}\left(\frac{\pi x}{2L}\right)$$

$$= \int dx \frac{2\sqrt{2}}{L} \sin^{2}\left(\frac{\pi x}{2L}\right) \sin^{2}\left(\frac{\pi x}{2L}\right)$$

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Slow	Cadiabetic	) Proces:	2			
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1 L(t	$sin\left(\frac{n\pi}{L(t)}\right)$	) if	$\frac{L}{L} \ll 1$			
En=	12π2th2 2mL(t)2	Ėn =	n <sup>2</sup> π <sup>2</sup> h <sup>2</sup> 2mL <sup>2</sup> (t)	_ Z <u>L</u> _	<u>2ί</u> ε <sub>η</sub>	
$\overline{E} = \sum_{r}$	Er pr 4	$\Delta \overline{E} = \sum_{C} \Delta$	Erpr+SE	rap)		
dEn dL	= +F	$\frac{dE_0}{dl} = -$	2 En L			