Spin sign change

An electron is at rest in the following magnetic field.

$$\mathbf{B} = B_0 \cos(\omega t) \begin{pmatrix} 0 \\ 0 \\ 1 \end{pmatrix}$$

What is the minimum B_0 that changes the sign of spin in the x direction?

These are the spin operators.

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

This is the spin angular momentum operator.

$$\mathbf{S} = \begin{pmatrix} S_x \\ S_y \\ S_z \end{pmatrix}$$

This is the Hamiltonian.

$$H = \frac{ge}{2m} \mathbf{S} \cdot \mathbf{B} = \frac{ge}{2m} S_z B_0 \cos(\omega t)$$

Let s(t) be the spin state

$$s(t) = \begin{pmatrix} c_1(t) \\ c_2(t) \end{pmatrix}$$

By the Schrodinger equation

$$i\hbar \frac{\partial}{\partial t} s(t) = H s(t)$$

we have

$$i\hbar \frac{\partial}{\partial t}c_1(t) = \frac{ge\hbar}{4m}B_0\cos(\omega t)c_1(t)$$
$$i\hbar \frac{\partial}{\partial t}c_2(t) = -\frac{ge\hbar}{4m}B_0\cos(\omega t)c_2(t)$$

Hence

$$c_{1}(t) = C \exp\left(-\frac{ige}{4m\omega}B_{0}\sin(\omega t)\right)$$

$$c_{2}(t) = C \exp\left(\frac{ige}{4m\omega}B_{0}\sin(\omega t)\right)$$
(1)

By the normalization requirement |s(t)| = 1 we have

$$C = \frac{1}{\sqrt{2}}$$

This is the expectation value for S_x .

$$\langle S_x \rangle = \langle s | S_x | s \rangle = \frac{\hbar}{2} \cos \left(\frac{ge}{2m\omega} B_0 \sin(\omega t) \right)$$
 (2)

As a result of $-1 \le \sin(\omega t) \le 1$ the cosine in (2) is always positive for

$$\frac{ge}{2m\omega}B_0 \le \frac{\pi}{2}$$

Hence to change the sign of $\langle S_x \rangle$ requires

$$B_0 > \frac{\pi m \omega}{ge}$$