## Intuition behind the scaling of durations

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Let  $\{X(t)\}_{t\geq 0}$  be a continuous H-sssi process. Define the crossing duration as

$$w_n(t) = \inf\{s \ge t : |X(s) - X(t)| \ge 2^n \delta\} - t$$

for some  $\delta > 0$  and  $t \ge 0$ . By stationarity of increments and self-similarity of  $\{X(t)\}$  for any  $n \ge 0$ :

$$X(t+w_n)-X(t) \stackrel{\mathcal{D}}{\sim} X(w_n) \stackrel{\mathcal{D}}{\sim} w_n^H X(1)$$
.

(do ss ans si generalise to stopping times?).

Since  $\{X(t)\}$  is continuous

$$X(t+w_n)-X(t)=\delta 2^n$$
 a.s.,

whence almost surely

$$\frac{1}{\delta 2^n} \big( X(t+w_n) - X(t) \big) = \frac{1}{\delta} \big( X(t+w_0) - X(t) \big) \,.$$

Thus we get

$$\frac{1}{\delta} 2^{-n} w_n^H X(1) \stackrel{\mathcal{D}}{\sim} \frac{1}{\delta} w_0^H X(1),$$

which implies that (not sure here as well...)

$$2^{-n}w_n^H \stackrel{\mathcal{D}}{\sim} w_0^H$$

and

$$w_0 \stackrel{\mathcal{D}}{\sim} 4^{-\frac{n}{2H}} w_n$$