# A note on the Gaussian maximal function - Version 8 October 2013 + JvN additions

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ABSTRACT. This note presents a proof that the non-tangential maximal function of the Ornstein-Uhlenbeck semigroup is bounded almost surely by the Gaussian Hardy-Littlewood maximal function. In particular this entails improvement on a result by Pineda and Urbina [3] who proved a similar result for a 'trunctated' version of the non-tangential maximal function. We actually obtain boundedness of the maximal function on non-tangential cones of arbitrary aperture.

### 1. Introduction

Maximal functions are among the most studied objects in harmonic analysis. It is well known that the classical real-valued maximal function associated with the heat semigroup is bounded almost everywhere by the Hardy-Littlewood maximal function,

(1) 
$$\sup_{(y,t)\in\Gamma_x} |\mathrm{e}^{-t\Delta}u(y)| \lesssim \sup_{r>0} \int_{B_r(x)} |u| \,\mathrm{d}\lambda.$$

Here the action of *heat semigroup*  $e^{-t^2\Delta}u = \rho_t * u$  is given by a convolution of u with the *heat kernel* 

$$\rho_t(s) := \frac{e^{-|s|^2/4t}}{\pi^{\frac{d}{2}}} \frac{1}{(4t)^{\frac{d}{2}}}.$$

In this note we are interested in its gaussian counterpart. The change from Lebesgue measure to the gaussian measure

(2) 
$$d\gamma(x) := \pi^{-\frac{d}{2}} e^{-|x|^2} dx$$

introduces quite some intricate technical and conceptually difficulties which appears to be due to the fact that the Gaussian measure is non-doubling.

As an analogue to the Laplacian which is symmetric in  $L^2$  with respect to the Lebesgue measure next we introduce the *Ornstein-Uhlenbeck* operator L which is symmetric with respect to the Gaussian measure:

(3) 
$$L := -\frac{1}{2}\Delta + \langle x, \nabla \rangle = \frac{1}{2}\nabla_{\gamma}^* \nabla_{\gamma},$$

where  $\nabla_{\gamma}$  denotes the realisation of the gradient in  $L^2(\mathbf{R}^d, \gamma)$ . Our main result, to be proved in (1), is the following gaussian analogue of (1):

(4) 
$$\sup_{(y,t)\in \Gamma_x^{(A,a)}} |\mathrm{e}^{-tL}u(y)| \lesssim \sup_{r>0} \int_{B_r(x)} |u| \, \mathrm{d}\gamma.$$

Here,  $\Gamma_{x}^{(A,a)}$  is the Gaussian cone defined by

(5) 
$$\Gamma_x^{(A,a)} := \Gamma_x^{(A,a)}(\gamma) := \{ (y,t) \in \mathbb{R}_+^d : |x-y| < At \text{ and } t \le am(x) \},$$

where

(6) 
$$m(x) := \min\left\{1, \frac{1}{|x|}\right\} = 1 \wedge \frac{1}{|x|}.$$

A slighly weaker version of the inequality (4) has been proved by Pineda and Urbina [3] who shows that

$$\sup_{(y,t)\in\widetilde{\Gamma}_x} |\mathrm{e}^{-t\Delta}u(y)| \lesssim \sup_{r>0} \int_{B_r(x)} |u| \,\mathrm{d}\gamma,$$

where

$$\widetilde{\Gamma}_{x}(x) = \{(y, t) \in \mathbf{R}^{d}: |x - y| < t \leq \widetilde{m}(x)\}$$

is the 'reduced' gaussian cone corresponding to the function

$$\widetilde{m}(x) = \min \left\{ \frac{1}{2}, \frac{1}{|x|} \right\}.$$

Their proof does not seem to easily generalize the range of t from  $\frac{1}{2}$  up to 1. The proof of (4) is different and, we believe, more transparent than the one presented in [3]. It has the further virtue of allowing the extension to the cones with arbitrary aperture A > 0 and cut-off parameter a > 0. This additional generality is very important and has already been used by Portal (cf. the claim made by [4, discussion preceding Lemma 2.3]) to prove the  $H^1$ -boundedness of the Riesz transform associated with L.

Before we continue, let us fix some notation. We will use without further reference notation such as  $\mathbf{Z}^d$  while we implicitly imply that d is a positive integer. To avoid possible confusion, we define the *positive integers* as the set  $\mathbf{Z}_+ = \{1, 2, 3, \ldots\}$ .

1.0.1. *minimal function*. We recall the lemma from [1, lemma 2.3] which first –although implicitly– appeared in [2]. <sup>1</sup>

## 2. The Mehler kernel

**2.1. Setting.** Recall that we work with the *Ornstein-Uhlenbeck* operator L as given by (3).

We define the Mehler kernel (see e.g., Sjögren [5]) as the Schwartz kernel associated to the Ornstein-Uhlenbeck semigroup ( $e^{-tL}$ )<sub> $t \ge 0$ </sub>. More precisely, this means:

(7) 
$$e^{-tL}u(x) = \int_{\mathbb{R}^d} M_t(x,\cdot)u \, d\gamma.$$

It is often more convenient to use  $e^{-t^2L}$  instead of  $e^{-tL}$  as is done in e.g., Portal [4].

**2.2.** The Mehler kernel. There is an abundance of literature on the Mehler kernel an its properties available, but for the present purpose Sjögren [5] will suffice. For instance, the Mehler kernel  $M_t$  of (7) is computed there. In addition it offers related results with to the Hermite polynomials.

The kernel  $M_t$  is invariant under the permutation  $x \longleftrightarrow y$ . A formula for  $M_t$  which honors this observation is:

(8) 
$$M_t(x,y) = \frac{\exp\left(-e^{-2t} \frac{|x-y|^2}{1 - e^{-2t}}\right)}{(1 - e^{-t})^{\frac{d}{2}}} \frac{\exp\left(2e^{-t} \frac{\langle x, y \rangle}{1 + e^{-t}}\right)}{(1 + e^{-t})^{\frac{d}{2}}}.$$

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### 3. Some lemmata and definitions

We use m as defined in (6) in our next lemma.

- 1. Lemma. Let a, A be strictly positive real numbers and t > 0. We have for  $x, y \in \mathbf{R}^d$  that:
  - (1) If |x y| < At and  $t \le am(x)$ , then  $t \le (1 + aA)m(y)$ ;

(2) If 
$$|x - y| < Am(x)$$
, then  $m(x) \le (1 + A)m(y)$  and  $m(y) \le 2(1 + A)m(x)$ .

The next lemma will come useful when we want to cancel exponential growth in one variable with exponential decay in the other as long both variables are in a Gaussian cone.

2. Lemma. Let  $\alpha > 0$  and  $|x - y| \le \alpha m(x)$ . We get the equivalence:

$$e^{-\alpha^2(1+\alpha)^2}e^{-2\alpha(1+\alpha)}e^{-|y|^2}\leqslant e^{-|x|^2}\leqslant e^{\alpha^2}e^{2\alpha}e^{-|y|^2}.$$

PROOF. By the inverse triangle inequality and  $m(x)|x| \le 1$  we get,

(9) 
$$|y|^2 \le (\alpha m(x) + |x|)^2 \le \alpha^2 + 2\alpha + |x|^2$$
.

For the reverse direction we use Lemma 1 to infer  $m(x) \le (1 + \alpha)m(y)$ . Proceeding as before we obtain:

$$|x|^2 \le \alpha^2 (1+\alpha)^2 + 2\alpha(1+\alpha) + |y|^2$$
.

Combining we get:

(10) 
$$e^{-\alpha^2(1+\alpha)^2}e^{-2\alpha(1+\alpha)}e^{-|y|^2} \leqslant e^{-|x|^2} \leqslant e^{\alpha^2}e^{2\alpha}e^{-|y|^2}.$$

As required.

# 4. On-diagonal estimates

**4.1. Kernel estimates.** Before we proceed with the technicalities we define  $\kappa$  and  $\mu$  as:

$$\kappa = 2\left(1 + \frac{1}{a}\right)^{-1}$$
, and  $\mu = 2\left(1 - \frac{1}{a}\right)^{-1}$ .

such that  $\kappa$  and  $\mu$  are conjugate exponents, which means:

$$\frac{1}{\kappa} + \frac{1}{\mu} = 1.$$

We proceed with a simple technical lemma which is given here as it will be used on several occasions.

3. Lemma. Let t > 0 and  $\alpha \ge 1$ . Then,

(11) 
$$\alpha e^{-2\frac{t}{\mu}} \leqslant \frac{1 - e^{-t}}{1 - e^{-\frac{t}{\alpha}}} \leqslant \alpha,$$

(12) 
$$0 \le \frac{1}{t} \left[ \frac{e^{-t}}{1 + e^{-t}} - \frac{e^{-\frac{t}{a}}}{1 + e^{-\frac{t}{a}}} \right] \le \frac{1}{2\mu}.$$

PROOF. We start with (11) and apply the mean value theorem to the function  $f(\xi) = \xi^{\alpha}$ . For  $0 < \xi < \xi'$  this gives that:

$$f(\xi) - f(\xi') = \alpha \hat{\xi}^{\alpha - 1}(\xi - \xi')$$
 for some  $\hat{\xi}$  in  $[\xi, \xi']$ .

Picking  $\xi = 1$  and  $\xi' = e^{-\frac{t}{a}}$  yields:

(13) 
$$\frac{1 - e^{-t}}{1 - e^{-\frac{t}{a}}} = \alpha \hat{\xi}^{\alpha - 1} \text{ for some } \hat{\xi} \text{ in } \left[ e^{-\frac{t^2}{a}}, 1 \right].$$

Combining this result with the monotonicity of  $\xi \mapsto \alpha \xi^{\alpha-1}$  we obtain:

$$\alpha e^{\frac{t}{\alpha}} e^{-t} \leqslant \frac{1 - e^{-t}}{1 - e^{-\frac{t}{\alpha}}} \leqslant \alpha,$$

where the last bound follows from the monotonicity together with the limit as  $t \downarrow 0$ . We proceed with (12). Recalling that  $\alpha \ge 1$  one can directly verify that the function

$$\frac{1}{t} \left[ \frac{1}{1 + \mathrm{e}^{-t}} - \frac{1}{1 + \mathrm{e}^{-\frac{t}{a}}} \right]$$

is non-negative and decreasing in t. To find an upper bound we compute the limit as t goes to 0. That is:

$$\lim_{t \to 0} \frac{1}{t} \left[ \frac{e^{-t}}{1 + e^{-t}} - \frac{e^{-\frac{t}{\alpha}}}{1 + e^{-\frac{t}{\alpha}}} \right] = \lim_{t \to 0} \left[ \frac{e^{-2t}}{(1 + e^{-t})^2} - \frac{1}{\alpha} \frac{e^{-2\frac{t}{\alpha}}}{(1 + e^{-\frac{t}{\alpha}})^2} \right] \uparrow \frac{1}{2\mu}.$$

Which is as asserted and completes the proof.

The following lemma will be useful when transfering estimates from  $M_{\frac{t}{\alpha}}$  to  $M_t$ . It follows from the mean value theorem applied to  $\xi \mapsto \xi^{\alpha}$ .

4. Lemma. For  $\alpha \ge 1$  and  $0 < t \le T < \infty$  and all let  $x, y \in \mathbb{R}^d$  we have that:

(14) 
$$\exp\left(-\frac{1}{e^{2\frac{t}{a}}}\frac{|x-y|^2}{1-e^{-2\frac{t}{a}}}\right) \leqslant \exp\left(-\frac{\alpha}{2e^{2\frac{t}{\kappa}}}\frac{|x-y|^2}{1-e^{-t}}\right).$$

PROOF. It is fruitful to note that

$$1 - e^{-2t} = (1 - e^{-t})(1 + e^{-t})$$

holds. The same holds true for the inequality

$$\frac{1}{2e^{2t}} \leqslant \frac{e^{-2t}}{1 + e^{-t}} \leqslant \frac{1}{2}.$$

Therefore,

$$\exp\left(-e^{-2t}\frac{|x-y|^2}{1-e^{-2t}}\right) = \exp\left(-\frac{e^{-2t}}{1+e^{-t}}\frac{|x-y|^2}{1-e^{-t}}\right)$$
$$\leqslant \exp\left(-\frac{1}{2e^{2t}}\frac{|x-y|^2}{1-e^{-t}}\right).$$

Setting  $\beta := 1 + \alpha^{-1}$  and applying (11) we get:

$$\exp\left(-e^{-2\frac{t}{a}}\frac{|x-y|^2}{1-e^{-2\frac{t}{a}}}\right) = \exp\left(-\frac{e^{-2\frac{t}{a}}}{1+e^{-\frac{t}{a}}}\frac{1-e^{-t}}{1-e^{-\frac{t}{a}}}\frac{|x-y|^2}{1-e^{-t}}\right)$$

$$\leq \exp\left(-\frac{a}{2e^{2\frac{t}{a}}}\frac{1}{a}\frac{|x-y|^2}{1-e^{-t}}\right)$$

$$\leq \exp\left(-\frac{a}{2e^{2\frac{t}{k}}}\frac{|x-y|^2}{1-e^{-t}}\right).$$

Which is as asserted.

Our first lemma is about estimating  $M_{\frac{t}{a}}$  in terms of  $M_t$ .

4.1.1. Time-scaling of the Mehler kernel.

5. Lemma. Let T > 0,  $\alpha \ge 1$ , and  $x, y \in \mathbb{R}^d$ . Then:

$$(15) M_{\frac{t}{\alpha}}(x,y) \leqslant \alpha^{\frac{d}{2}} \exp\left(\frac{t}{2\mu} |\langle x,y \rangle|\right) \exp\left(-\frac{\alpha}{4e^{2T}} \frac{|x-y|^2}{1-e^{-t}}\right) M_t(x,y).$$

PROOF. To prove the lemma we compute  $M_{\pm}M_t^{-1}$ . First recall that (11) gives

$$\alpha e^{-\frac{t}{\mu}} \leqslant \frac{1 - e^{-t}}{1 - e^{-\frac{t}{\alpha}}} \leqslant \alpha.$$

Combining the exponentials also gives

$$\begin{split} \exp\!\left(-2\mathrm{e}^{-\frac{t}{a}} \frac{\langle x,y\rangle}{1+\mathrm{e}^{-\frac{t}{a}}}\right) &\exp\!\left(2\mathrm{e}^{-t} \frac{\langle x,y\rangle}{1+\mathrm{e}^{-t}}\right) \\ &= \exp\!\left(\frac{2}{t} \left[\frac{\mathrm{e}^{-t}}{1+\mathrm{e}^{-t}} - \frac{\mathrm{e}^{-\frac{t}{a}}}{1+\mathrm{e}^{-\frac{t}{a}}}\right] t \langle x,y\rangle\right) \\ &\stackrel{\text{(12)}}{\leqslant} \exp\!\left(\frac{t}{\mu} |\langle x,y\rangle|\right). \end{split}$$

Combining Lemma 4 and equation (14) almost gives the final estimate.

$$\begin{split} \frac{M_{\frac{t}{\alpha}}(x,y)}{M_{t}(x,y)} & \leq \alpha^{\frac{d}{2}} \exp\left(\frac{t}{\mu} |\langle x,y \rangle|\right) \exp\left(e^{-2t} \frac{|x-y|^2}{1-e^{-2t}}\right) \exp\left(-e^{-2\frac{t}{\alpha}} \frac{|x-y|^2}{1-e^{-2\frac{t}{\alpha}}}\right) \\ & \leq \alpha^{\frac{d}{2}} \exp\left(\frac{t}{\mu} |\langle x,y \rangle|\right) \exp\left(\left[1 - \frac{\alpha}{4e^{2\frac{t}{\kappa}}} \frac{|x-y|^2}{1-e^{-t}}\right) \exp\left(-\frac{\alpha}{4e^{2\frac{t}{\kappa}}} \frac{|x-y|^2}{1-e^{-t}}\right). \end{split}$$

Finally, we apply the assumption  $\alpha \geqslant 4e^{2\frac{t}{\kappa}}$  to obtain:

$$\frac{M_{\frac{t}{\alpha}}(x,y)}{M_{t}(x,y)} \leqslant \alpha^{\frac{d}{2}} \exp\left(\frac{t}{\mu} |\langle x,y \rangle|\right) \exp\left(-\frac{\alpha}{4e^{2\frac{t}{\kappa}}} \frac{|x-y|^{2}}{1-e^{-t}}\right).$$

Which is as asserted. The assumption  $\alpha \ge 4e^{2\frac{t}{\kappa}}$  can be rephrased as the requirement that  $\left(1+\frac{1}{\alpha}\right)^{-1}\log\left(\frac{\alpha}{4}\right) \ge t$ .

# 4.2. An estimate on Gaussian balls.

6. Lemma. Let  $B_t(x)$  be the Euclidean ball with radius t and center x and let  $\gamma$  be the Gaussian measure (2). We have the inequality:

(16) 
$$\frac{\gamma(B_t(x))}{V_d(t)} \le d\pi^{-\frac{d}{2}} e^{-(t-|x|)^2}.$$

PROOF. Remark that

$$\begin{split} \int_{B} e^{-|\xi|^{2}} d\xi &= e^{-|x|^{2}} \int_{B} e^{-|\xi - x|^{2}} e^{-2\langle x, \xi - x \rangle} d\xi \\ &\leqslant e^{-|x|^{2}} \int_{B} e^{-|\xi - x|^{2}} e^{2|x||\xi - x|} d\xi \\ &\leqslant e^{-|x|^{2}} e^{2|x|t} \int_{B} e^{-|\xi - x|^{2}} d\xi \\ &= \pi^{\frac{d}{2}} e^{-|x|^{2}} e^{2t|x|} \gamma(B_{t}(0)). \end{split}$$

So, for a ball  $B := B_t(x)$  there holds that

(17) 
$$\gamma(B_t(x)) \leq e^{-|x|^2} e^{2t|x|} \gamma(B_t(0)).$$

We will estimate the Gaussian volume of the ball  $B_t(0)$ . To save writing, let  $S_d$  and  $V_d$  be the surface area and volume respectively of the d-dimensional unit sphere. Using polar coordinates we proceed by:

$$\gamma(B_t(0)) = \pi^{-\frac{d}{2}} \int_{B_t(0)} e^{-|\xi|^2} d\xi$$

$$= S_d \pi^{-\frac{d}{2}} \int_0^t e^{-r^2} r^{d-1} dr$$

$$\leq S_d t^d \pi^{-\frac{d}{2}} e^{-t^2}$$

$$= dV_d(t) \pi^{-\frac{d}{2}} e^{-t^2}.$$

Upon combining this result with (17) we obtain (16), which is as promised.

**4.3. On-diagonal kernel estimates on annuli.** As is common in harmonic analysis, we often wish to decompose  $\mathbf{R}^d$  into sets on which certain phenomena are easier to handle. Here we will decompose the space into disjoint annuli  $C_k$ . For the sake of simplicity we will write  $B := B_t(x)$  and mean that B is the closed ball with center x and radius t. Furthermore, we use notations such as 2B to mean the ball obtained from B by multiplying its radius by 2.

The  $C_k$  are given by,

(18) 
$$C_k(B) := C_k = (2^{k+1} - 1)B \setminus (2^k - 1)B.$$

So, whenever  $\xi$  is in  $C_k(B_{\sqrt{t}}(x))$ , we get for  $k \ge 0$ :

(19) 
$$(2^k - 1)t < |y - \xi| \le (2^{k+1} - 1)t.$$

7. Lemma. Given A > 0, let  $B = B_{At}(y)$ ,  $0 < t \le T < \infty$  and  $\xi \in C_k$ . Then we have:

$$M_{t^2}(y,\xi) \le \frac{e^{-\beta}e^{|y|^2}}{(1-e^{-t^2})^{\frac{d}{2}}} \exp((2^{k+1}-1)At^2|y|)e^{\beta 2^{k+1}}e^{-\beta 4^k},$$

where  $\beta = \frac{A^2}{2e^{2T}}$ .

PROOF. Let  $B = B_{At}(y)$  and let  $C_k$  be as in (18). Considering the first exponential which occurs in the Mehler kernel (8) together with (19) gives for  $k \ge 0$ :

$$\exp\left(-e^{-2t}\frac{|y-\xi|^2}{1-e^{-2t}}\right) \leqslant \exp\left(-e^{-2t}\frac{(2^k-1)^2A^2t}{1-e^{-2t}}\right)$$

$$\stackrel{1}{\leqslant} \exp\left(-\frac{A^2}{2e^{2t}}(2^k-1)^2\right).$$

Where (1) follows from

$$\frac{t}{1 - \mathrm{e}^{-2t}} \geqslant \frac{1}{2}.$$

Before we consider the last exponential in the Mehler kernel we note that by Cauchy-Schwarz:

$$(20) |\langle y, \xi \rangle| \le |\langle y - \xi, y \rangle| + |\langle y, y \rangle| \le |y - \xi||y| + |y|^2.$$

Furthermore we have the estimate:

$$\frac{\mathrm{e}^{-t}}{1+\mathrm{e}^{-t}} \leqslant \frac{1}{2},$$

Using these we get for the last exponential in the Mehler kernel (8):

$$\begin{split} \exp & \left( 2 \mathrm{e}^{-t} \frac{\langle y, \xi \rangle}{1 + \mathrm{e}^{-t}} \right) \leqslant \exp(|\langle y, \xi \rangle|) \\ & \stackrel{\text{(20)}}{\leqslant} \exp(|y - \xi||y|) \mathrm{e}^{|y|^2}. \end{split}$$

Wrapping it up, we can estimate the Mehler kernel (8)  $M_t$  on  $C_k$  from above by:

$$M_t(y,\xi) \le \frac{e^{|y|^2}}{(1-e^{-t})^{\frac{d}{2}}} \exp((2^{k+1}-1)At|y|) \exp(-\frac{A^2}{2e^{2t}}(2^k-1)^2).$$

Setting  $\beta = \frac{A^2}{2\mathrm{e}^{2T}}$  and expanding the last exponential we get:

$$M_t(y,\xi) \leqslant \frac{e^{-\beta}e^{|y|^2}}{(1-e^{-t})^{\frac{d}{2}}} \exp((2^{k+1}-1)At|y|)e^{\beta 2^{k+1}}e^{-\beta 4^k}.$$

Which is as claimed.

Lemma 2 gives us by using  $|x - y| \le \alpha t \le \alpha^2 m(x)$  the following estimate:

$$\mathrm{e}^{|y|^2} \leqslant \mathrm{e}^{|x|^2} \mathrm{e}^{\alpha^4} \mathrm{e}^{2\alpha^2}$$

$$\begin{split} M_t(y,\xi) &\leqslant \frac{\mathrm{e}^{-\beta}\mathrm{e}^{|y|^2}}{(1-\mathrm{e}^{-t})^{\frac{d}{2}}} \exp \left( (2^{k+1}-1)\alpha(1+\alpha) \right) \mathrm{e}^{\beta 2^{k+1}}\mathrm{e}^{-\beta 4^k} \\ &\leqslant \mathrm{e}^{-(\alpha+\beta)}\mathrm{e}^{\alpha^4}\mathrm{e}^{\alpha^2} \frac{\mathrm{e}^{|x|^2}}{(1-\mathrm{e}^{-t})^{\frac{d}{2}}} \exp \left( 2^{k+1}\alpha(1+\alpha) \right) \mathrm{e}^{\beta 2^{k+1}}\mathrm{e}^{-\beta 4^k}. \end{split}$$

Which is as claimed.

# 5. The boundedness of some non-tangential maximal operators

Our theorem is a small modification of [3, lemma 1.1] with a new proof.

1. Theorem. Let A, a > 0. For all x in  $\mathbf{R}^d$  and all u in  $L^2_{\gamma}$  we have

(21) 
$$\sup_{(y,t)\in\Gamma_x^{(A,a)}} |\mathrm{e}^{-t^2L}u(y)| \lesssim \sup_{r>0} \int_{B_r(x)} |u| \,\mathrm{d}\gamma.$$

PROOF. First we note that  $\Gamma_x^{(A,a)} \subset \Gamma_x^{(1+aA,aA)}$  as  $a,A \geqslant 1$ .

$$|x - y| \le At \le aAt$$
  
 $t \le am(x) \le aAm(x)$ 

So if  $y \in \Gamma_x^{(A,a)}$  then  $x \in \Gamma_y^{(aA,aA)}$ . So set  $\alpha = aA$  and  $\Gamma_x^{\alpha} = \Gamma_x^{(\alpha,\alpha)}$  We will prove (21) by splitting up the integration domain in annuli.

$$e^{-tL}|u(y)| \le \sum_{k=0}^{\infty} I_k(y)$$
, where  $I_k(y) := \int_{C_k(B)} M_t(y,\cdot)|u| d\gamma$ .

More precisely, we will set B = B(y, aAt) in the above and find a suitable upper bound for each integral on the right-hand side which we will denote by  $I_k$  for the sake of simplicity.

$$M_t(y,\xi) \le \frac{e^{-\beta}e^{|y|^2}}{(1-e^{-t})^{\frac{d}{2}}} \exp((2^{k+1}-1)\alpha t|y|)e^{\beta 2^{k+1}}e^{-\beta 4^k},$$

where  $\beta = \frac{\alpha^2}{2e^{2\alpha^2}}$ .

Since we have  $|x - y| < \alpha t$  and  $t \le am(x)$  we infer that  $t|x| \le \alpha$ . By Lemma 1 we also have that  $t|y| \le 1 + \alpha$ . From this and Lemma 7 we infer that:

(22) 
$$M_t(y,\xi) \leq e^{-\beta} e^{-\alpha(1+\alpha)} \frac{e^{|y|^2}}{(1-e^{-t})^{\frac{d}{2}}} \exp(2^{k+1}\alpha(1+\alpha)) e^{\beta 2^{k+1}} e^{-\beta 4^k},$$

Setting  $\beta=\frac{\alpha^2}{2\mathrm{e}^{2\alpha^2}}$ . Note that  $\beta$  is maximal for  $\alpha=\frac{1}{2}$  and after this value,  $\beta$  is decreasing. Setting  $\lambda:=\alpha(1+\alpha)$  we get:

(23) 
$$M_t(y,\xi) \lesssim_{\alpha} e^{-(\alpha+\beta)} e^{\alpha^4} e^{\alpha^2} \frac{e^{|x|^2}}{(1-e^{-t})^{\frac{d}{2}}} e^{(\lambda+\beta)2^{k+1}} e^{-\beta 4^k}.$$

Where the implied constant is given by  $e^{-(\alpha+\beta)}e^{\alpha^4}e^{\alpha^2}$ Or, using  $\Lambda = \beta + \lambda$  we get:

(24) 
$$M_t(y,\xi) \lesssim_{\alpha} \frac{e^{|x|^2}}{(1-e^{-t})^{\frac{d}{2}}} e^{\Lambda 2^{k+1}} e^{-\beta 4^k},$$

Recalling Lemma 6 we get:

(25) 
$$\gamma(B_t(x)) \le V_d d\pi^{-\frac{d}{2}} t^d e^{-(t-|x|)^2}.$$

Where we abbreviate  $V_d(1)$  with  $V_d$ . Recall

$$V_d \leqslant \frac{1}{\sqrt{\pi}} \left( \frac{2\pi e}{d} \right)^{\frac{d}{2}}.$$

To get,

(26) 
$$\gamma(B_t(x)) \le \frac{d}{\sqrt{\pi}} \left(\frac{2e}{d}\right)^{\frac{d}{2}} t^d e^{-(t-|x|)^2} = C_d t^d e^{-(t-|x|)^2}.$$

This allows us to estimate the remaining unbounded exponential in the Mehler kernel and allow a penalty up to  $e^{-|x|^2}$ . Furthermore, we have the following estimate which will make clear how to handle the time part in the Mehler kernel:

$$\frac{t^d}{(1 - e^{-t^2})^{\frac{d}{2}}} \leqslant \left(\frac{t^2}{1 - e^{-t^2}}\right)^{\frac{d}{2}} \leqslant \frac{a^d}{(1 - e^{-a^2})^{\frac{d}{2}}}.$$

Let  $B' := B(x, 2^{k+1}\alpha t)$  and B as before the ball  $B(y, \alpha t)$ . In the next step we will bound .... by the maximal function centered at x. For this we need to scale up the  $C_k$ . So,

$$|x - \xi| \le |x - y| + |\xi - y| \le \alpha t + (2^{k+1} - 1)\alpha t = 2^{k+1}\alpha t$$
.

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And set  $D_k = B(2^{k+1}\alpha t)$ . So, we can bound the integral on the right-hand side of (??) by

$$\begin{split} \int_{C_{k}(B)} M_{t^{2}}(y,\cdot)|u| \; \mathrm{d}\gamma &\lesssim_{\alpha} \frac{\mathrm{e}^{\Lambda 2^{k+1}} \mathrm{e}^{-\beta 4^{k}}}{(1-\mathrm{e}^{-t^{2}})^{\frac{d}{2}}} \mathrm{e}^{|x|^{2}} \int_{C_{k}(B)} |u| \; \mathrm{d}\gamma \\ &\leqslant \frac{\mathrm{e}^{\Lambda 2^{k+1}} \mathrm{e}^{-\beta 4^{k}}}{(1-\mathrm{e}^{-t^{2}})^{\frac{d}{2}}} \mathrm{e}^{|x|^{2}} \int_{D_{k}(B)} |u| \; \mathrm{d}\gamma \\ &\leqslant (M_{\gamma}u)(x) \frac{\mathrm{e}^{\Lambda 2^{k+1}} \mathrm{e}^{-\beta 4^{k}}}{(1-\mathrm{e}^{-t^{2}})^{\frac{d}{2}}} \mathrm{e}^{|x|^{2}} \gamma(D_{k}) \\ &\stackrel{(1)}{\leqslant} (M_{\gamma}u)(x) C_{d} \alpha^{d} 2^{d(k+1)} t^{d} \frac{\mathrm{e}^{\Lambda 2^{k+1}} \mathrm{e}^{-\beta 4^{k}}}{(1-\mathrm{e}^{-t^{2}})^{\frac{d}{2}}} \mathrm{e}^{|x|^{2}} \mathrm{e}^{-(t-|x|)^{2}} \\ &\leqslant (M_{\gamma}u)(x) 2^{kd} \, \mathrm{e}^{\Lambda 2^{k+1}} \mathrm{e}^{-\beta 4^{k}} \frac{t^{d} \, \mathrm{e}^{-t^{2}}}{(1-\mathrm{e}^{-t^{2}})^{\frac{d}{2}}} C_{d} \mathrm{e}^{2\alpha}(2\alpha)^{d} \end{split}$$

Where (1) uses Lemma 6 and  $t|x| \le a$ .

We can then bound the maximal function:

$$e^{-t^{2}L}|u(y)| = \sum_{k=0}^{\infty} I_{k}$$

$$\leq (M_{\gamma}u)(x)C_{d,a,A} \sum_{k=0}^{\infty} 2^{kd} e^{A2^{k+1}} e^{-\beta 4^{k}}$$

Wrapping it up, we have that:

$$e^{-t^2L}|u(y)| \lesssim \int_{B_r(x)} |u| d\gamma.$$

With implied constant

Which is what we wanted to prove.

$$\sum_{k=0}^{\infty} 2^{kd} e^{-C4^k} = \sum_{k=0}^{\infty} x^{kd} e^{-Cx^{2k}}$$

Noting for  $x \ge 1$  that  $\exp(-Cx^{2k}) \le \exp(-Ckx^2)$ , thus,

$$\sum_{k=0}^{\infty} 2^{kd} e^{-C4^k} \le \sum_{k=0}^{\infty} x^{kd} (e^{-Cx^2})^k = \sum_{k=0}^{\infty} (x^d e^{-Cx^2})^k$$

Here x = 2, so

$$\sum_{k=0}^{\infty} 2^{kd} e^{-C4^k} \le \sum_{k=0}^{\infty} (2^d e^{-4C})^k$$

If  $2^d < e^{4C}$ , that is whenever  $d \log 2 < 4C$ , we can compute using the geometric series that

$$\sum_{k=0}^{\infty} 2^{kd} e^{-C4^k} \leqslant \frac{1}{1 - 2^d e^{-4C}} = \frac{e^{4C}}{e^{4C} - 2^d}$$

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