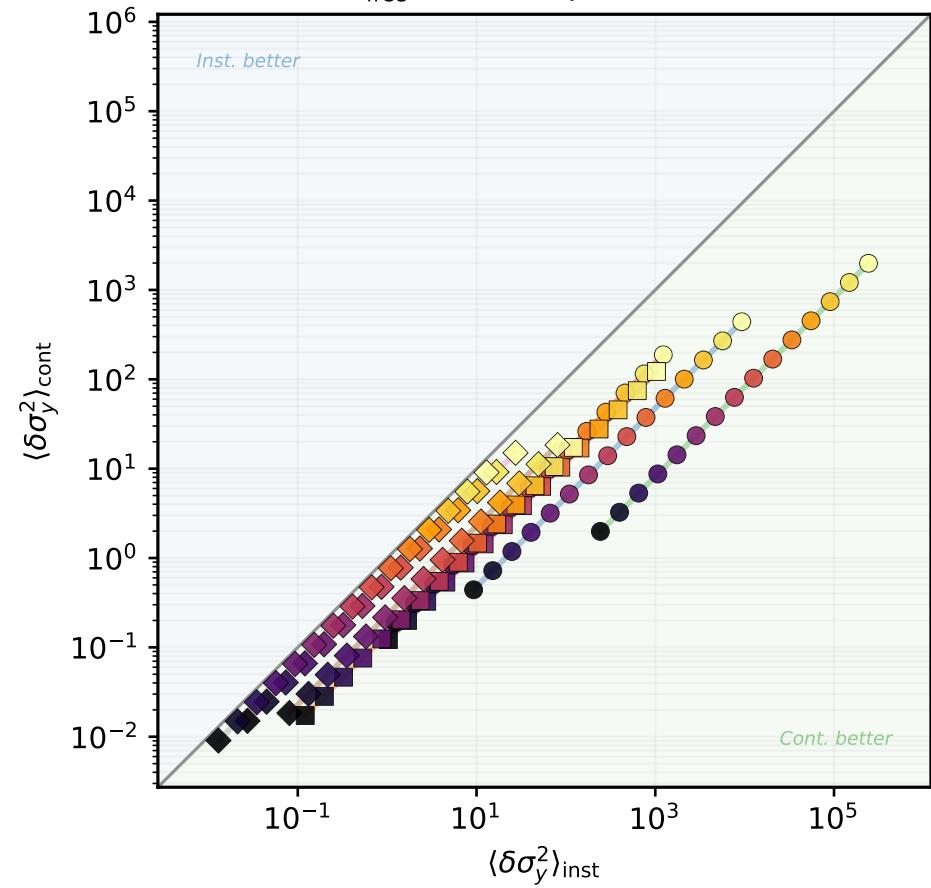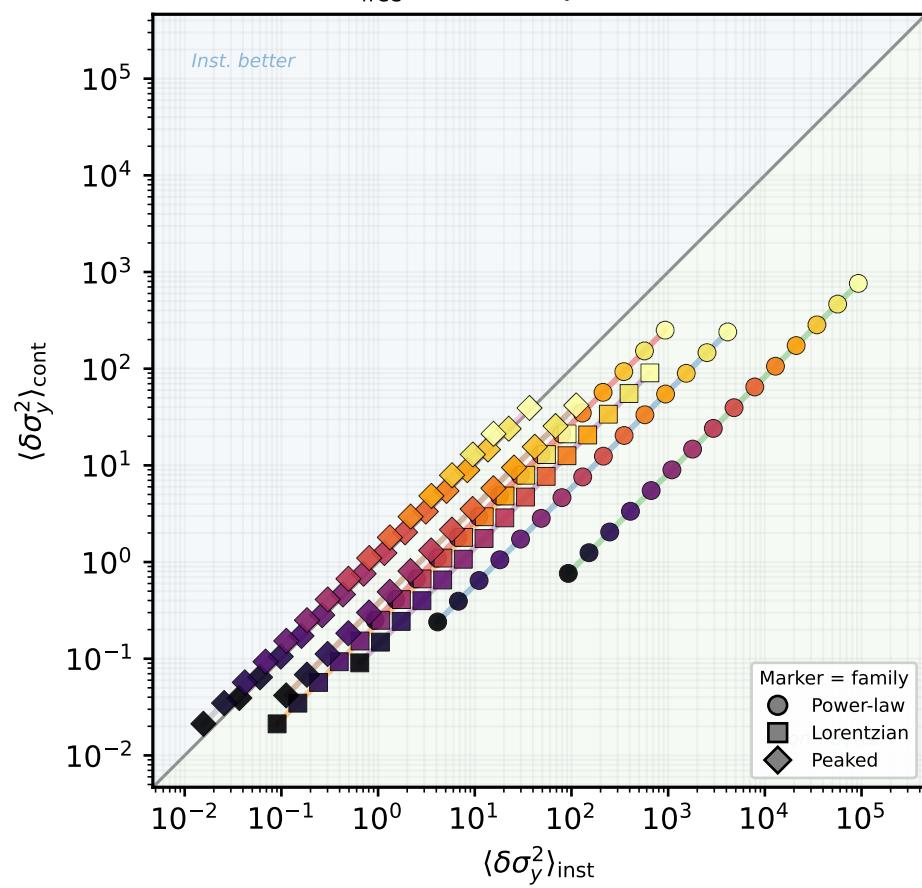$\langle\delta\sigma_y^2\rangle$: Instantaneous vs Continuous
Fixed $T = 6.28$, $\Omega = 6.28$, $\delta = 0.25$

Ramsey
τ_{free}: inst=6.3, cont=5.8
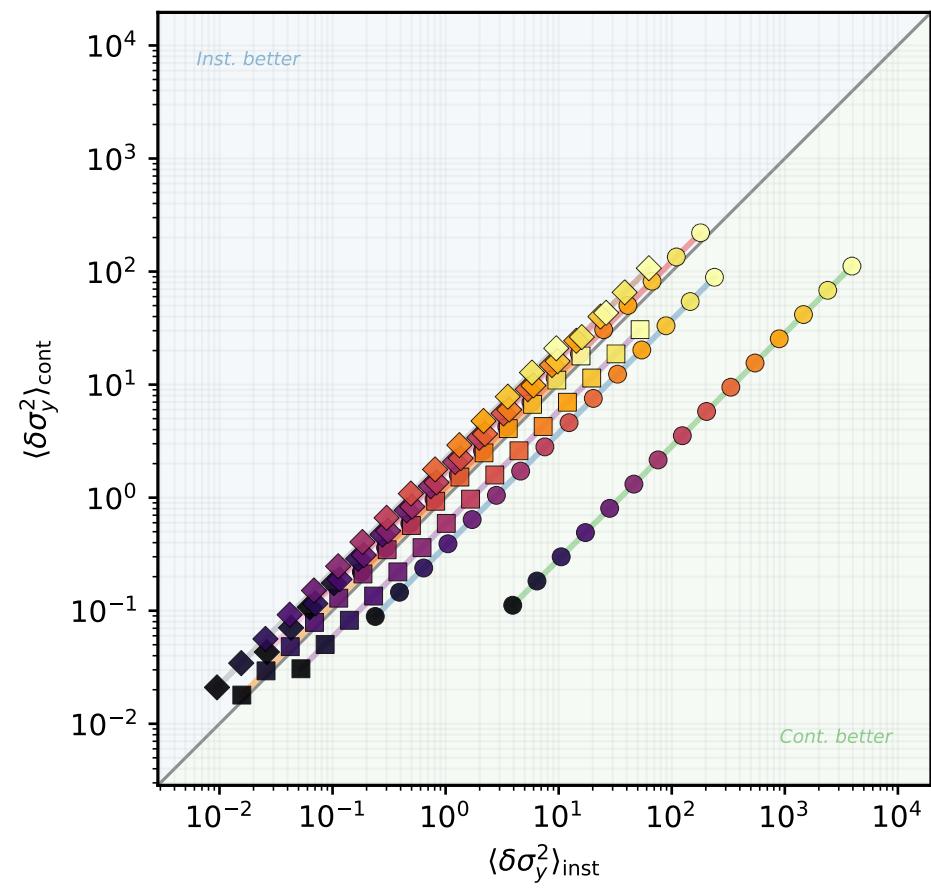
CPMG-1
τ_{free}: inst=6.3, cont=5.3
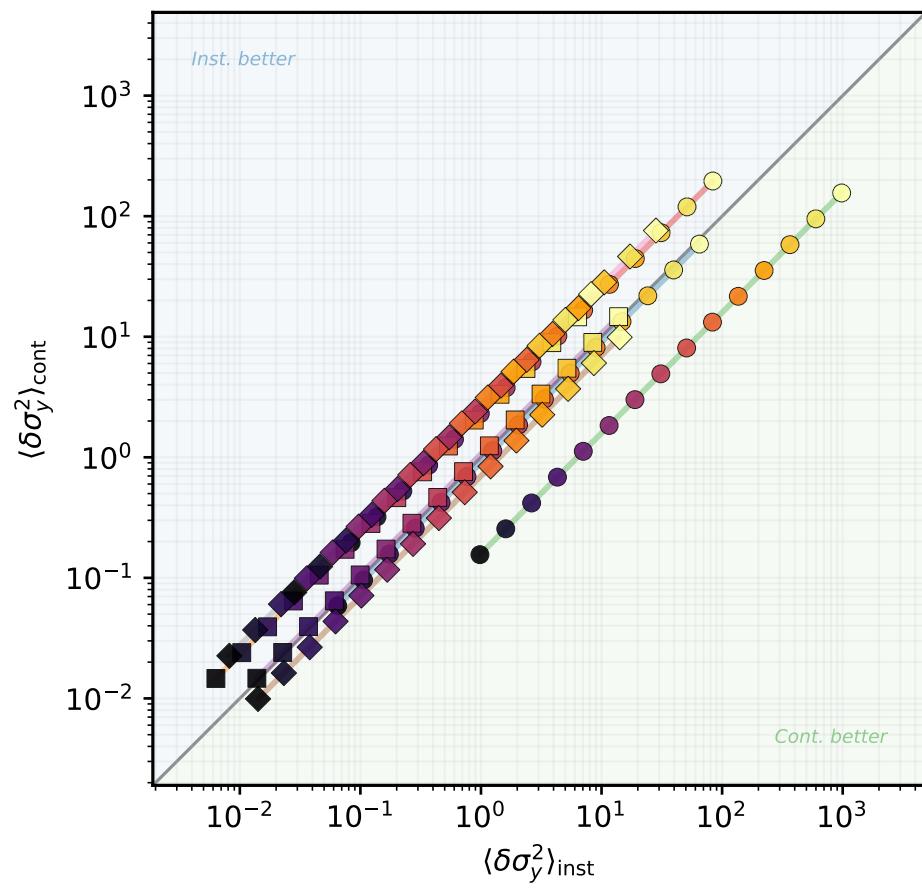
CPMG-4
τ_{free}: inst=6.3, cont=3.8

CPMG-8
τ_{free}: inst=6.3, cont=1.8

Inst. better

Cont. better

Noise amplitude A

Marker = family
- Power-law
- Lorentzian
- Peaked

Noise PSD shapes
- White
- $1/f$
- $1/f^2$
- Lor $\gamma=1$
- Lor $\gamma=10$
- Peak $\omega_0=2$
- Peak $\omega_0=7$
- Peak $\omega_0=20$