Some calculations, phonons

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Remember $k_n=n\frac{2\pi}{Na}$, and $-\pi/a \leq k < \pi/a$. Hence, $\Delta k=\frac{2\pi}{Na}$. So:

$$E_0 = \frac{1}{2} \sum_k \hbar \omega(k) = \frac{1}{2} \frac{1}{\Delta k} \sum_k \hbar \omega(k) \Delta k \to \frac{1}{2} \frac{1}{\Delta k} \int_{-\pi/a}^{\pi/a} \hbar \omega(k) dk = \frac{1}{2} \frac{Na}{2\pi} \int_{-\pi/a}^{\pi/a} \hbar \omega(k) dk. \tag{1}$$

This is the standard approach of replacing a discrete sum with an integral. It is allowed to do as long as the function we integrate varies slowly over Δk . This is obtained for $N \gg 1$.