The Theoretical Minimum Quantum Mechanics - Solutions L04E01

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April 17, 2023

Exercise 1. Prove that if U is unitary, and if $|A\rangle$ and $|B\rangle$ are any two state-vectors, then the inner product of $U|A\rangle$ and $U|B\rangle$ is the same as the inner product of $|A\rangle$ and $|B\rangle$. One could call this the conservation of overlaps. It expresses the fact that the logical relation between states is preserved with time.

The inner-product has been defined as the product of a bra and a ket. So the inner-product of $U|A\rangle$ and $U|B\rangle$ is the product of e.g. the bra associated to $U|A\rangle$ and $U|B\rangle$. But in section 3.1.5 of the book, we've established that:

$$|C\rangle = M|D\rangle \Leftrightarrow \langle C| = \langle D|M^{\dagger}$$

Hence the inner-product we're looking for is:

$$\langle A|\underbrace{U^{\dagger}U}_{I}|B\rangle = \langle A|B\rangle \quad \Box$$

Remark 1. The terminology is a bit confusing: we're talking about the inner-product of two kets, while we've defined the inner-product to be an operation between a bra and a ket. Overall, the bra-ket notation makes things a little more complicated than just having to deal with an inner-product space.