1. 
$$a = \sqrt{\frac{m\omega}{2\hbar}} \left[ x + i \frac{p}{m\omega} \right]$$
  
2.  $[a, a^{\dagger}] = 1$ 

3.  $a^{\dagger} |n\rangle = \sqrt{n+1} |n+1\rangle$ 

4.  $a|n\rangle = \sqrt{n-1}|n-1\rangle$ 

5.  $a^{\dagger}a|n\rangle = n|n\rangle$