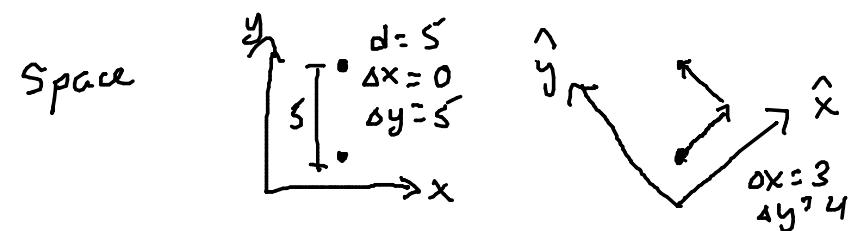
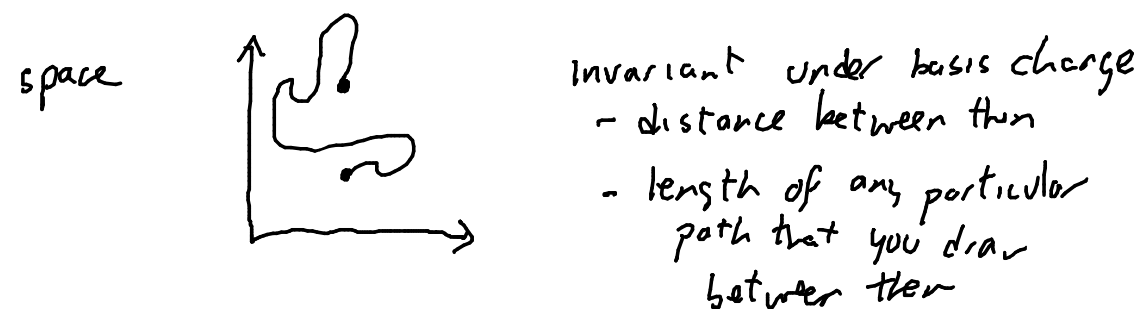


# Time



in relativity,  $\Delta x$  &  $\Delta y \leftrightarrow \Delta x$  &  $\Delta t$   
 basis  $\leftrightarrow$  frame



## Time Intervals

- coordinate time  $\Delta t$   
 as measured in one particular frame  
 frame-dependent (cf  $\Delta y$  above)
- proper time  $\Delta \tau$  between two events  
 take a clock from 1st event to 2nd event  
 clock will record proper time between them  
 frame-independent (everyone reads same clock)  
 BUT depends on clock's worldline

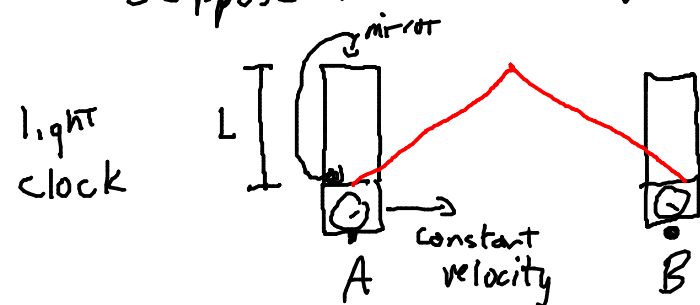
clock isn't necessarily  
 inertial



- spacetime interval  $\Delta s$   
 is proper time on a clock with  
 an inertial worldline between events  
 universal - everyone agrees  
unique

also the coordinate time  $\Delta t$  in  
 clock's inertial frame

Suppose I have two events, A & B



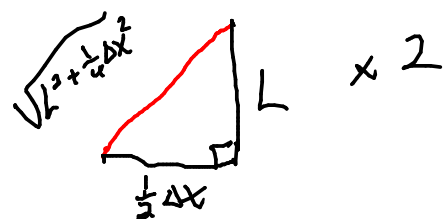
going from A to B  
is 1 "tick"

$$\Delta s = 2L \quad (= \Delta t \text{ in clock's frame})$$

in clock's frame,  $\Delta s = \Delta t$

If A & B are a distance  $\Delta x$  apart in rest frame.

how far does the light travel in rest frame?



light travels a distance

$$2\sqrt{L^2 + \frac{1}{4}\Delta x^2}$$

in rest frame  $\Delta t = \sqrt{4L^2 + \Delta x^2}$  in rest frame

$$(\Delta t)^2 = (2L)^2 + (\Delta x)^2$$

$$\Delta t^2 = \Delta s^2 + \Delta x^2$$

$$\boxed{\Delta s^2 = \Delta t^2 - \Delta x^2}$$

invariant

metric equation

in 3D

$$\Delta s^2 = \Delta t^2 - \Delta x^2 - \Delta y^2 - \Delta z^2$$

$$= \Delta t^2 - \Delta r^2$$

Notice that  $\Delta s \leq \Delta t$

& only  $\Delta s = \Delta t$

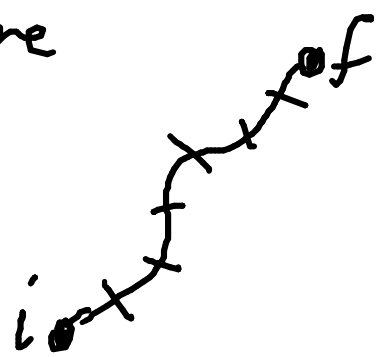
in frame where two events happen  
at the same place



in rocket's frame,  $\Delta x = 0$

# Proper Time for a Worldline

break into a bunch  
of little inertial paths



$$\Delta \tau = \int_i^f ds \approx \int_i^f \sqrt{dt^2 - dx^2}$$

$$\approx \int_{t_i}^{t_f} dt \sqrt{1 - \left(\frac{dx}{dt}\right)^2}$$

$$= \int_{t_i}^{t_f} \sqrt{1 - v^2} dt$$

$t$  &  $v$  are  
measured in  
some particular  
frame

if  $|\vec{v}|$  is constant

$$\Delta \tau = \sqrt{1 - v^2} \Delta t = \frac{1}{\gamma} \Delta t$$

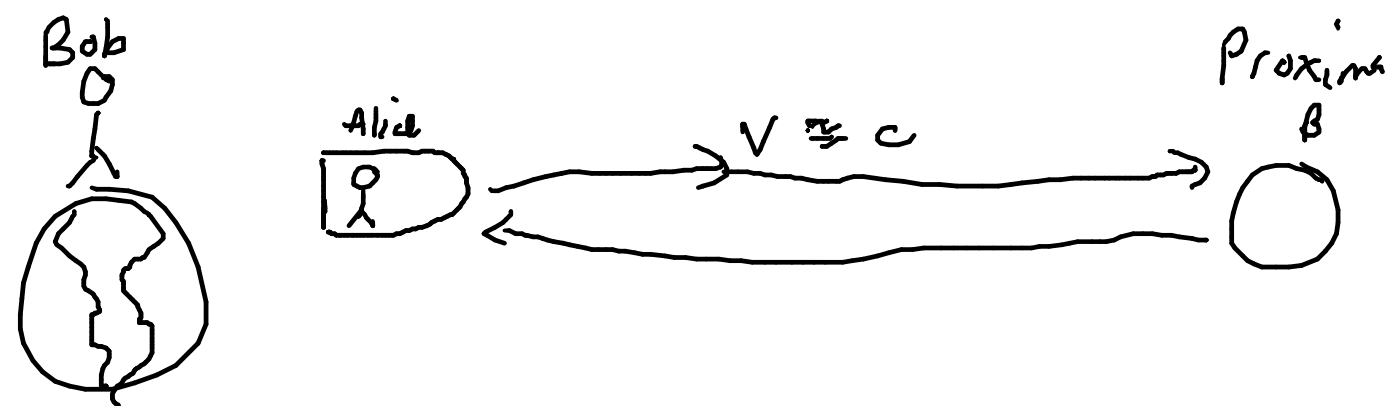
$\uparrow$   
clock reads

$\uparrow$  time dilation  
less than what observer  
thinks it should

$$\Delta \tau \leq \Delta t$$

$$\Delta \tau \leq \Delta s \leq \Delta t$$

# Twin Paradox



Alice & Bob are twins

- Bob says, "Alice was moving really fast, so she aged more slowly than me. She should be younger."
- Alice says, "Bob was moving really fast, so Bob should be younger."

Alice accelerated, so travelled a noninertial worldline.

In Sun's frame,

Bob is not moving  
& his age  $\Delta\tau_B = \Delta t$  because Bob is not moving in Sun's frame.

Alice is moving relative to Sun,

$$\Delta\tau_A < \Delta t$$

Alice can't make the same claim because

there is no  $\Delta t$  in a noninertial reference frame.

⇒ Alice will be younger.