Importance of Optimizers in Deep Learning

Github Repository Link - https://github.com/saikumar-gaddam/Vision_Transformers-vs-CNNs-Image-Classification

1. Introduction

Optimizers play a crucial role in deep learning by determining how a neural network learns. They adjust model parameters (weights and biases) to minimize the error (loss function), helping the model make better predictions. The choice of optimizer can significantly impact:

- Training Speed How fast the model converges to a good solution.
- Model Accuracy How well the model generalizes to unseen data.
- Computational Efficiency How much time and resources the training requires.

1.1 Why Are Optimizers Important?

Training a deep learning model involves minimizing a loss function (e.g., cross-entropy loss for classification or mean squared error for regression). The optimizer determines how weight updates are performed based on the loss gradient. A well-chosen optimizer helps:

- Avoid local minima in complex loss landscapes.
- Handle exploding or vanishing gradients in deep networks.
- Achieve faster and more stable convergence.

1.2 Gradient Descent and Its Challenges

Most optimizers are based on **Gradient Descent**, where model weights are updated using the equation:

Wnew = Wold $- \eta \cdot \nabla L$

Where:

- W = Model parameters (weights).
- η = Learning rate (step size).
- ∇ L = Gradient of the loss function.

However, vanilla gradient descent has major issues, such as:

- **Slow convergence** for high-dimensional data.
- Getting stuck in local minima, making training unstable.
- Sensitivity to learning rate (too high leads to overshooting; too low results in slow training).

To address these challenges, advanced optimizers like SGD, Momentum, RMSprop, and Adam have been developed.

1.3 Types of Optimizers to Compare

This tutorial will analyze five key optimizers:

- 1. Stochastic Gradient Descent (SGD) Simple but slow; requires careful tuning of the learning rate.
- 2. Momentum-based SGD Uses past gradients to accelerate learning.
- 3. RMSprop (Root Mean Square Propagation) Adapts learning rates for stable updates.
- 4. Adam (Adaptive Moment Estimation) Combines Momentum and RMSprop for efficiency.
- 5. **AdamW (Weight Decay Adam)** Improved version of Adam, widely used in modern deep learning.

2. Mathematical Understanding of Optimizers

Now that we understand the importance of optimizers, let's explore the **mathematical foundations** behind different optimization techniques. Each optimizer modifies the weight update rule to improve **learning speed**, **stability**, **and convergence**.

2.1 Stochastic Gradient Descent (SGD)

Standard Gradient Descent updates model parameters using the equation:

$$W_{\text{new}} = W_{\text{old}} - \eta \cdot \nabla L$$

Where:

- W = Model parameters (weights).
- η = Learning rate (step size).
- \(\nabla L\) = Gradient of the loss function.

However, Batch Gradient Descent computes gradients using the entire dataset, which is computationally expensive. SGD (Stochastic Gradient Descent) solves this by updating weights after each individual data sample, leading to:

$$W_{\text{new}} = W_{\text{old}} - \eta \cdot \nabla L(W; x_i, y_i)$$

where (x_i, y_i) is a single training sample.

Advantages of SGD

- Faster updates since computations are done on **single samples** rather than the full dataset.
- Works well for large-scale datasets.

Disadvantages of SGD

- **Highly noisy updates**, which may cause the model to fluctuate rather than converge smoothly.
- May get stuck in local minima instead of reaching the optimal solution.

2.2 Momentum-Based SGD

Momentum helps SGD overcome noisy updates by **accumulating past gradients**. Instead of directly updating weights using the current gradient, it applies an **exponential moving average** of past gradients:

$$v_t = \beta v_{t-1} + (1 - \beta) \nabla L$$

 $W_{\text{new}} = W_{\text{old}} - \eta \cdot v_t$

Why where:

- v_t is the velocity term (gradient accumulation).
- β is the momentum coefficient (typically 0.9).

Momentum Works

- Helps the optimizer move past sharp local minima, preventing oscillations.
- Allows faster convergence in deep networks.

Challenges

• Requires **careful tuning** of momentum β and learning rate η .

2.3 RMSprop (Root Mean Square Propagation)

RMSprop is an adaptive optimizer that adjusts the learning rate based on recent gradient magnitudes. It maintains a **moving average of squared gradients**:

$$egin{aligned} S_t &= eta S_{t-1} + (1-eta)
abla L^2 \ W_{ ext{new}} &= W_{ ext{old}} - rac{\eta}{\sqrt{S_t + \epsilon}} \cdot
abla L \end{aligned}$$

where:

- St is the moving average of squared gradients.
- β is the decay rate (typically 0.9).
- ε is a small constant to prevent division by zero.

Why RMSprop Works

- Adapts the learning rate for each weight individually.
- Works well for non-stationary objectives, such as training RNNs.

Challenges

• The decay parameter β needs to be tuned for best performance.

4. Adam (Adaptive Moment Estimation)

Adam combines Momentum and RMSprop, using both past gradients and squared gradients:

$$egin{aligned} m_t &= eta_1 m_{t-1} + (1-eta_1)
abla L \ S_t &= eta_2 S_{t-1} + (1-eta_2)
abla L^2 \ \hat{m_t} &= rac{m_t}{1-eta_1^t}, \quad \hat{S_t} &= rac{S_t}{1-eta_2^t} \ W_{ ext{new}} &= W_{ ext{old}} - rac{\eta}{\sqrt{\hat{S_t}} + \epsilon} \cdot \hat{m_t} \end{aligned}$$

where:

- m_t is the exponentially moving average of past gradients (like Momentum).
- S_t is the moving average of squared gradients (like RMSprop).
- β₁ and β₂ are decay rates (commonly 0.9 and 0.999).
- \hat{m}_t and \hat{S}_t are bias-corrected estimates.

Why Adam Works

- Adapts both learning rate and momentum dynamically.
- Works well in most deep learning tasks without much tuning.

Challenges

- Can sometimes overfit due to aggressive updates.
- Can be sensitive to batch size.

5. AdamW (Weight Decay Adam)

AdamW is an improved version of Adam that fixes weight decay handling, making it more suitable for modern architectures like Transformers and ResNets. The key difference is that L2 regularization (weight decay) is decoupled from the optimization step:

$$W_{
m new} = W_{
m old} - rac{\eta}{\sqrt{\hat{S}_t + \epsilon}} \cdot \hat{m_t} - \lambda W_{
m old}$$

where λ is the weight decay parameter.

Why AdamW is Better

- Fixes Adam's weight decay issues, leading to better generalization.
- Used in modern deep learning architectures like BERT and Vision Transformers.

Summary of Optimizers

Optimizer	Speed	Convergence	Adaptability	Best Use Cases
SGD	Slow	Can get stuck in local minima	No	Simple models, convex optimization
Momentum	Faster than SGD	Better at escaping local minima	No	Deep learning, CNNs
RMSprop	Fast	Adapts to different gradients	Yes	RNNs, NLP tasks
Adam	Very Fast	Best for general deep learning	Yes	CNNs, RNNs, NLP, GANs
AdamW	Very Fast	Best generalization	Yes	Large-scale models, Transformers

3. Dataset Selection & Preprocessing

3.1 Dataset Selection: MNIST Handwritten Digits

For this tutorial, we have selected the MNIST dataset, which consists of grayscale images of handwritten digits (0-9).

Why MNIST?

- Widely used in deep learning benchmarks.
- Simple but effective for testing different optimizers.
- Small dataset size, allowing fast training and comparisons.

Dataset Summary

DatasetTraining SamplesTest SamplesImage SizeClassesMNIST60,00010,00028 × 28 (Grayscale)10 (Digits 0-9)

3.2 Data Preprocessing

Before training, we need to **prepare the dataset** by performing the following preprocessing steps:

Step 1: Loading the Dataset

We load the dataset directly from Keras:

Step 2: Visualise the MNIST Data

```
fig, axes = plt.subplots(1, 5, figsize=(12, 3))
for i in range(5):
    axes[i].imshow(X_train[i], cmap='gray')
    axes[i].set_title(f"Label: {y_train[i]}")
    axes[i].axis("off")
plt.show()
```

Step 3: Data Preprocessing

Normalization

Neural networks work best when input values are in the range 0 to 1 instead of 0 to 255. We normalize the pixel values by dividing by 255.0

Reshaping the Data

Since CNNs require **4D input tensors** (batch, height, width, channels), we reshape the dataset:

One-Hot Encoding of Labels

The labels are integers (0-9), but we need **one-hot encoded vectors** for multi-class classification

```
# Import necessary libraries
from tensorflow.keras.utils import to_categorical

# Step 1: Normalize pixel values to range [0, 1]
X_train = X_train.astype("float32") / 255.0
X_test = X_test.astype("float32") / 255.0

# Step 2: Reshape images to (28, 28, 1) to match CNN input requirements
X_train = X_train.reshape(-1, 28, 28, 1)
X_test = X_test.reshape(-1, 28, 28, 1)

# Step 3: Convert labels to one-hot encoding
y_train = to_categorical(y_train, num_classes=10)

# Step 4: Print the new shapes after preprocessing
print("Dataset after Preprocessing:")
print(f"- Training set shape: {X_train.shape}, Labels shape: {y_train.shape}")
print(f"- Test set shape: {X_test.shape}, Labels shape: {y_test.shape}")
```

```
Dataset after Preprocessing:
- Training set shape: (60000, 28, 28, 1), Labels shape: (60000, 10)
- Test set shape: (10000, 28, 28, 1), Labels shape: (10000, 10)
```

Final Preprocessing Summary

After preprocessing, the dataset is structured as follows:

- Training Images: (60,000, 28, 28, 1)
- Test Images: (10,000, 28, 28, 1)
- Training Labels: (60,000, 10) (one-hot encoded)
- **Test Labels**: (10,000, 10) (one-hot encoded)

4. Model Implementation

4.1 Building the CNN Model

To effectively classify the MNIST handwritten digits, we implement a Convolutional Neural Network (CNN). This model consists of:

- Convolutional Layers: Extract spatial features from images.
- MaxPooling Layers: Reduce spatial dimensions while retaining key features.
- Flatten Layer: Converts the extracted features into a vector for classification.
- Dense Layers: Fully connected layers for learning high-level patterns.
- Output Layer: A softmax layer with 10 neurons (one for each digit 0-9).

Step 1: Define the CNN Model

The model architecture includes:

- Conv2D Layer 1: 32 filters, (3×3) kernel, ReLU activation.
- MaxPooling Layer 1: Pool size (2×2).
- Conv2D Layer 2: 64 filters, (3×3) kernel, ReLU activation.

- MaxPooling Layer 2: Pool size (2×2).
- Flatten Layer: Converts 2D feature maps into a 1D vector.
- Fully Connected Dense Layer: 128 neurons, ReLU activation.
- Output Layer: 10 neurons with softmax activation for classification.

Layer (type)	Output Shape	Param #
conv2d (Conv2D)	(None, 26, 26, 32)	320
max_pooling2d (MaxPooling2D)	(None, 13, 13, 32)	0
conv2d_1 (Conv2D)	(None, 11, 11, 64)	18,496
max_pooling2d_1 (MaxPooling2D)	(None, 5, 5, 64)	0
flatten (Flatten)	(None, 1600)	0
dense (Dense)	(None, 128)	204,928
dense_1 (Dense)	(None, 10)	1,290

4.2 Model Compilation & Training

Before training, we compile the model with different optimizers to compare their effectiveness:

- Loss Function: categorical crossentropy (used for multi-class classification).
- Metrics: accuracy (to measure classification performance).
- Optimizers: We will train using SGD, Momentum, RMSprop, Adam, and AdamW.

```
from tensorflow.keras.optimizers import SGD, RMSprop, Adam, AdamW
import time

# Define a function to train the model with a specific optimizer
def train_model_with_optimizer(optimizer, optimizer_name, epochs=15):
    model = create_cnn_model()  # Recreate the model for each optimizer
    model.compile(optimizer=optimizer, loss='categorical_crossentropy', metrics=['accuracy'])

print(f'\nTraining Model with {optimizer_name} Optimizer...\n')
    start_time = time.time()  # Track training time
    history = model.fit(X_train, y_train, epochs=epochs, batch_size=64, validation_data=(X_test, y_test), verbose=1)
    end_time = time.time()

training_time = end_time - start_time
    print(f"\n{optimizer_name} Training Time: {training_time:.2f} seconds\n')
    return history
```

```
# Train models with different optimizers
history_sgd = train_model_with_optimizer(SGD(learning_rate=0.01), "SGD")
history_momentum = train_model_with_optimizer(SGD(learning_rate=0.01), momentum=0.9), "SGD with Momentum")
history_rmsprop = train_model_with_optimizer(RMSprop(learning_rate=0.001), "RMSprop")
history_adam = train_model_with_optimizer(Adam(learning_rate=0.001), "Adam")
history_adamw = train_model_with_optimizer(AdamW(learning_rate=0.001), "Adam")
```

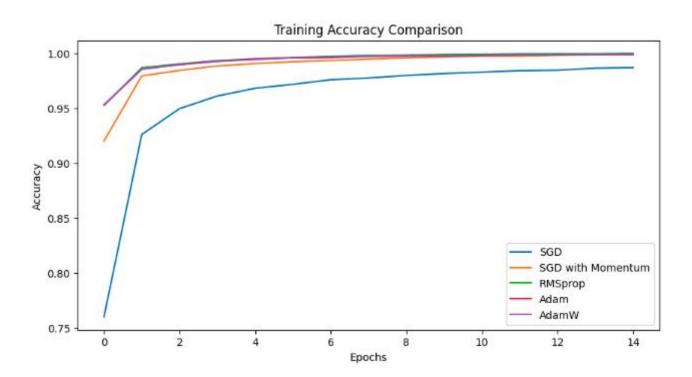
```
Training Model with SGD Optimizer...
   Epoch 11/15
938/938
Epoch 12/15
938/938
Epoch 13/15
               23s 25ms/step - accuracy: 0.9839 - loss: 0.0530 - val_accuracy: 0.9837 - val_loss: 0.0520
  Epoch 13/15
938/938
Epoch 14/15
938/938
Epoch 15/15
938/938
               22s 24ms/step - accuracy: 0.9838 - loss: 0.0511 - val_accuracy: 0.9841 - val_loss: 0.0504
                23s 25ms/step - accuracy: 0.9856 - loss: 0.0475 - val accuracy: 0.9841 - val loss: 0.0482
               23s 25ms/step - accuracy: 0.9870 - loss: 0.0438 - val_accuracy: 0.9853 - val_loss: 0.0471
  SGD Training Time: 366.34 seconds
  Training Model with SGD with Momentum Optimizer...
  Epoch 1/15
938/938
Epoch 2/15
  Epoch 7/15
938/938
Epoch 8/15
938/938
Epoch 9/15
 Epoch 3,
938/938
Epoch 10/15
938/938
Epoch 11/15
               23s 24ms/step - accuracy: 0.9966 - loss: 0.0111 - val accuracy: 0.9886 - val loss: 0.0340
  Epoch 11/15
938/938
Epoch 12/15
938/938
Epoch 13/15
938/938
Epoch 14/15
938/938
Epoch 15/15
938/938
               23s 24ms/step - accuracy: 0.9972 - loss: 0.0097 - val_accuracy: 0.9911 - val_loss: 0.0339
               23s 25ms/step - accuracy: 0.9976 - loss: 0.0085 - val_accuracy: 0.9908 - val_loss: 0.0347
                23s 25ms/step - accuracy: 0.9986 - loss: 0.0054 - val_accuracy: 0.9907 - val_loss: 0.0310
                _______ 23s 24ms/step + accuracy: 0.9982 + loss: 0.0056 + val_accuracy: 0.9910 + val_loss: 0.0308
                          - 23s 25ms/step - accuracy: 0.9990 - loss: 0.0036 - val_accuracy: 0.9906 - val_loss: 0.0344
   SGD with Momentum Training Time: 365.15 seconds
```

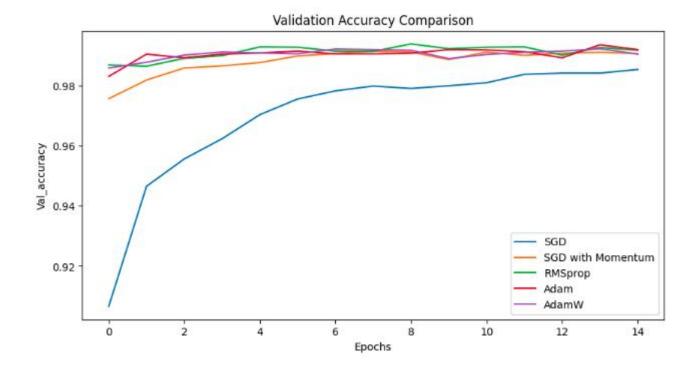
```
Training Model with RMSprop Optimizer...
Epoch 1/15
938/938
Epoch 2/15
938/938
Epoch 3/15
938/938
Epoch 4/15
938/938
Epoch 5/15
                        — 23s 24ms/step - accuracy: 0.9856 - loss: 0.0480 - val_accuracy: 0.9864 - val_loss: 0.0377
                     ______ 23s 24ms/step - accuracy: 0.9896 - loss: 0.0306 - val_accuracy: 0.9890 - val_loss: 0.0329
938/938
938/938
Epoch 6/15
938/938
Epoch 7/15
                         - 23s 24ms/step - accuracy: 0.9967 - loss: 0.0106 - val_accuracy: 0.9927 - val_loss: 0.0255
938/938
Epoch 8/15
938/938
Epoch 9/15
938/938
Epoch 19/15
938/938
Epoch 11/15
938/938
Epoch 12/15
938/938
Epoch 13/15
               40s 24ms/step = accuracy: 0.9975 = loss: 0.0078 = val_accuracy: 0.9913 = val_loss: 0.0369
                23s 25ms/step - accuracy: 0.9980 - loss: 0.0061 - val_accuracy: 0.9930 - val_loss: 0.0284
                23s 25ms/step - accuracy: 0.9988 - loss: 0.0050 - val_accuracy: 0.9922 - val_loss: 0.0363
               23s 24ms/step - accuracy: 0.9992 - loss: 0.0024 - val_accuracy: 0.9927 - val_loss: 0.0345
                  23s 25ms/step = accuracy: 0.9993 = loss: 0.0031 = val_accuracy: 0.9928 = val_loss: 0.0382
938/938
Epoch 13/15
938/938
Epoch 14/15
                   23s 25ms/step = accuracy: 0.9994 = loss: 0.0016 = val_accuracy: 0.9901 = val_loss: 0.0002
Epoch 14/15
938/938
Epoch 15/15
                23s 25ms/step - accuracy: 0.9995 - loss: 0.0015 - val accuracy: 0.9926 - val loss: 0.0397
938/938
                      ______ 23s 24ms/step - accuracy: 0.9995 - loss: 0.0014 - val_accuracy: 0.9917 - val_loss: 0.0519
RMSprop Training Time: 365.02 seconds
Training Model with Adam Optimizer...
Epoch 1/15
938/938
                      938/938
Epoch 2/15
938/938
Epoch 3/15
938/938
Epoch 4/15
938/938
Epoch 5/15
                    24s 25ms/step - accuracy: 0.9841 - loss: 0.0562 - val_accuracy: 0.9904 - val_loss: 0.0300
             24s 25ms/step - accuracy: 0.9932 - loss: 0.0224 - val_accuracy: 0.9904 - val_loss: 0.0298
             24s 25ms/step - accuracy: 0.9947 - loss: 0.0175 - val_accuracy: 0.9900 - val_loss: 0.0285
Epoch 5/15
938/938
Epoch 6/15
938/938
Epoch 7/15
938/938
Epoch 8/15
938/938
Epoch 16/15
938/938
Epoch 16/15
938/938
Epoch 11/15
938/938
Epoch 11/15
             42s 26ms/step - accuracy: 0.9976 - loss: 0.0081 - val_accuracy: 0.9905 - val_loss: 0.0329
             40s 25ms/step - accuracy: 0.9976 - loss: 0.0065 - val_accuracy: 0.9907 - val_loss: 0.0361
             24s 25ms/step - accuracy: 0.9978 - loss: 0.0060 - val_accuracy: 0.9919 - val_loss: 0.0278
938/938
               24s 25ms/step = accuracy: 0.9983 = loss: 0.0948 = val accuracy: 0.9912 = val loss: 0.0367
Epoch 13/15
938/938
Epoch 14/15
               24s 25ms/step - accuracy: 8.9989 - loss: 8.8838 - val accuracy: 8.9892 - val loss: 8.8454
938/938
                15/15
                        Adam Training Time: 389.34 seconds
```

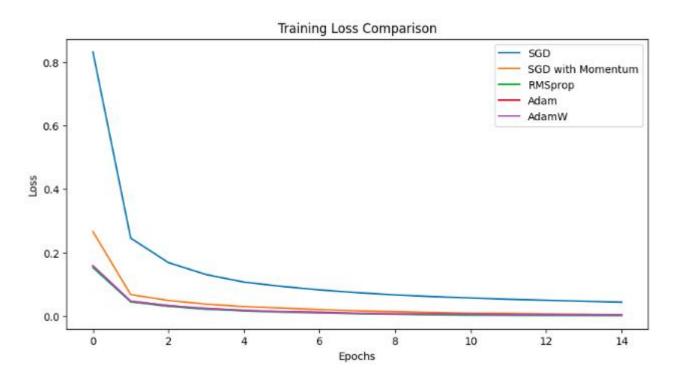
```
Training Model with AdamW Optimizer...
Epoch 1/15
938/938
                    26s 26ms/step - accuracy: 0.8885 - loss: 0.3719 - val_accuracy: 0.9858 - val_loss: 0.0449
938/938
Epoch 2/15
938/938
Epoch 3/15
               24s 26ms/step - accuracy: 0.9852 - loss: 0.0479 - val_accuracy: 0.9877 - val_loss: 0.0354
Epoch 3
938/938
              23s 25ms/step - accuracy: 0.9888 - loss: 0.0338 - val accuracy: 0.9901 - val loss: 0.0296
    h 4/15
938/938
Fnoch 5/15
               24s 25ms/step - accuracy: 0.9924 - loss: 0.0227 - val accuracy: 0.9911 - val loss: 0.0266
                48s 25ms/step - accuracy: 0.9947 - loss: 0.0170 - val accuracy: 0.9900 - val loss: 0.0273
938/938
Epoch 6/15
Epoch 6/15
938/938
Epoch 7/15
938/938
Epoch 7/15
938/938
Epoch 8/15
938/938
Epoch 10/15
938/938
Epoch 11/15
938/938
Epoch 12/15
938/938
Epoch 13/15
938/938
Epoch 13/15
938/938
Epoch 14/15
938/938
Epoch 14/15
               24s 25ms/step - accuracy: 0.9963 - loss: 0.0121 - val accuracy: 0.9905 - val loss: 0.0281
                24s 25ms/step - accuracy: 0.9970 - loss: 0.0101 - val_accuracy: 0.9921 - val_loss: 0.0304
                            - 24s 25ms/step - accuracy: 0.9977 - loss: 0.0073 - val accuracy: 0.9919 - val loss: 0.0294

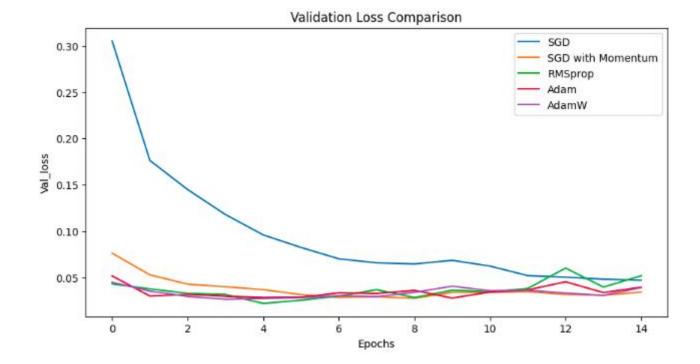
    23s 24ms/step - accuracy: 0.9983 - loss: 0.0058 - val_accuracy: 0.9917 - val_loss: 0.0348

                             - 23s 25ms/step - accuracy: 0.9988 - loss: 0.0058 - val_accuracy: 0.9889 - val_loss: 0.0407
                           —— 23s 25ms/step - accuracy: 0.9979 - loss: 0.0063 - val_accuracy: 0.9903 - val_loss: 0.0357
                            — 23s 24ms/step - accuracy: 0.9986 - loss: 0.0044 - val_accuracy: 0.9910 - val_loss: 0.0363
                  23s 25ms/step + accuracy: 0.9986 + loss: 0.0039 + val_accuracy: 0.9914 + val_loss: 0.0332
938/938
                            — 23s 25ms/step - accuracy: 0.9988 - loss: 0.0036 - val_accuracy: 0.9922 - val_loss: 0.0307
      15/15
                             - 23s 25ms/step - accuracy: 0.9993 - loss: 0.0018 - val accuracy: 0.9904 - val loss: 0.0391
938/938
Adamy Training Time: 378.29 seconds
```









5. Visualizing and Comparing Optimizer Performance

To analyze the effectiveness of each optimizer, we will:

- 1. Plot Training Accuracy vs. Epochs
- 2. Plot Validation Accuracy vs. Epochs
- 3. Plot Training Loss vs. Epochs
- 4. Plot Validation Loss vs. Epochs
- 5. Compare Total Training Time for Each Optimizer

5.1 Performance Analysis & Results Interpretation

Now that we have generated the accuracy and loss curves for different optimizers, let's analyze their performance.

1. Training Accuracy Comparison

Observations:

- Adam, AdamW, RMSprop, and SGD with Momentum achieved high accuracy (~99%) within a few epochs.
- SGD took longer to converge but eventually reached ~98% accuracy.
- Adam and AdamW reached peak accuracy the fastest, making them the most efficient.

Conclusion:

Adam and AdamW optimizers provide the fastest and most stable accuracy improvements.

2. Validation Accuracy Comparison

Observations:

- Adam, AdamW, and RMSprop consistently maintained higher validation accuracy.
- SGD showed a steady improvement but lagged behind other optimizers.

• SGD with Momentum performed better than standard SGD but still took more epochs to stabilize.

Conclusion:

Adam and AdamW offer the best **generalization** on validation data, while RMSprop also performs well.

3. Training Loss Comparison

Observations:

- Adam, AdamW, and RMSprop had the fastest loss reduction, reaching near-zero loss quickly.
- SGD showed the slowest reduction in loss, requiring more epochs to improve.
- SGD with Momentum helped accelerate loss reduction compared to plain SGD.

Conclusion:

Adaptive optimizers (Adam, AdamW, and RMSprop) converge **faster** and more **smoothly** than traditional gradient descent.

4. Validation Loss Comparison

Observations:

- SGD had the highest validation loss initially but gradually improved.
- Adam, AdamW, and RMSprop maintained the lowest validation loss.
- SGD with Momentum improved over standard SGD but still fluctuated slightly.

Conclusion:

AdamW and Adam consistently resulted in **lower validation loss**, suggesting better stability and generalization.

5.2 Final Optimizer Comparison

Optimizer	Speed	Convergenc e	Stability	Best Use Cases
SGD	Slow	Poor	Stable but requires tuning	Basic models, convex problems
SGD with Momentum	Faster than SGD	Medium	More stable than SGD	CNNs, image recognition
RMSprop	Fast	Good	Slight fluctuations	RNNs, NLP tasks
Adam	Very Fast	Best	Highly stable	Most deep learning applications
AdamW	Very Fast	Best	Most stable	Large-scale architectures (e.g., Transformers, ResNets)

6. Conclusion

6.1 Best Practices & Recommendations: When to Use Which Optimizer?

The choice of optimizer depends on the model, dataset, and training goals. Below is a quick guide:

Optimizer	Best For	Pros	Cons
SGD	Simple models, convex problems	Computationally efficient	Slow convergence
SGD + Momentum	CNNs, deep networks	Faster convergence, reduces oscillations	Requires tuning
RMSprop	RNNs, NLP tasks	Adaptive learning rates	May be unstable
Adam	Most deep learning tasks	Fast, works well in general	Can overfit
AdamW	Large-scale models	Best generalization	Slightly slower
	(Transformers, ResNets)		than Adam

6.2 Optimizer Selection Guidelines

- Use Adam or AdamW for most deep learning applications.
- **Use RMSprop** for RNNs and NLP tasks.
- Use SGD with Momentum if adaptive optimizers are not needed.
- Use AdamW for large-scale architectures requiring strong generalization.

6.3 Key Takeaways

- Adam and AdamW are the most efficient optimizers, achieving high accuracy quickly.
- SGD is slow but stable, while SGD with Momentum speeds up training.
- RMSprop works well for recurrent networks.
- AdamW generalizes better than Adam, making it ideal for modern architectures.

Selecting the right optimizer depends on your model's needs. Adam and AdamW are the best choices for most deep learning tasks.