

$$|f|_{\mu} \leq |1|_{\frac{\mu q}{q-1}} |f|_{\mu q} = |\Omega|^{\frac{q-1}{\mu q}} |f|_s = |\Omega|^{\frac{\mu s-1}{s}} |f|_s \leq C |f|_{W^{1, \frac{ns}{n+s}}} \leq C |f|_{H^1}.$$