

$$H(|0\rangle) = \frac{1}{\sqrt{2}}|0\rangle + \frac{1}{\sqrt{2}}|1\rangle =: |+\rangle$$

$$H(|1\rangle) = \frac{1}{\sqrt{2}}|0\rangle - \frac{1}{\sqrt{2}}|1\rangle =: |-\rangle$$

$$H(\frac{1}{\sqrt{2}}|0\rangle + \frac{1}{\sqrt{2}}|1\rangle) = \frac{1}{2}(|0\rangle + |1\rangle) + \frac{1}{2}(|0\rangle - |1\rangle) = |0\rangle$$

$$H(\frac{1}{\sqrt{2}}|0\rangle - \frac{1}{\sqrt{2}}|1\rangle) = \frac{1}{2}(|0\rangle + |1\rangle) - \frac{1}{2}(|0\rangle - |1\rangle) = |1\rangle$$