



**S-LAB**  
FOR ADVANCED  
INTELLIGENCE



NANYANG  
TECHNOLOGICAL  
UNIVERSITY  
SINGAPORE

# FreeU: Free Lunch in Diffusion U-Net



Chenyang Si



Ziqi Huang

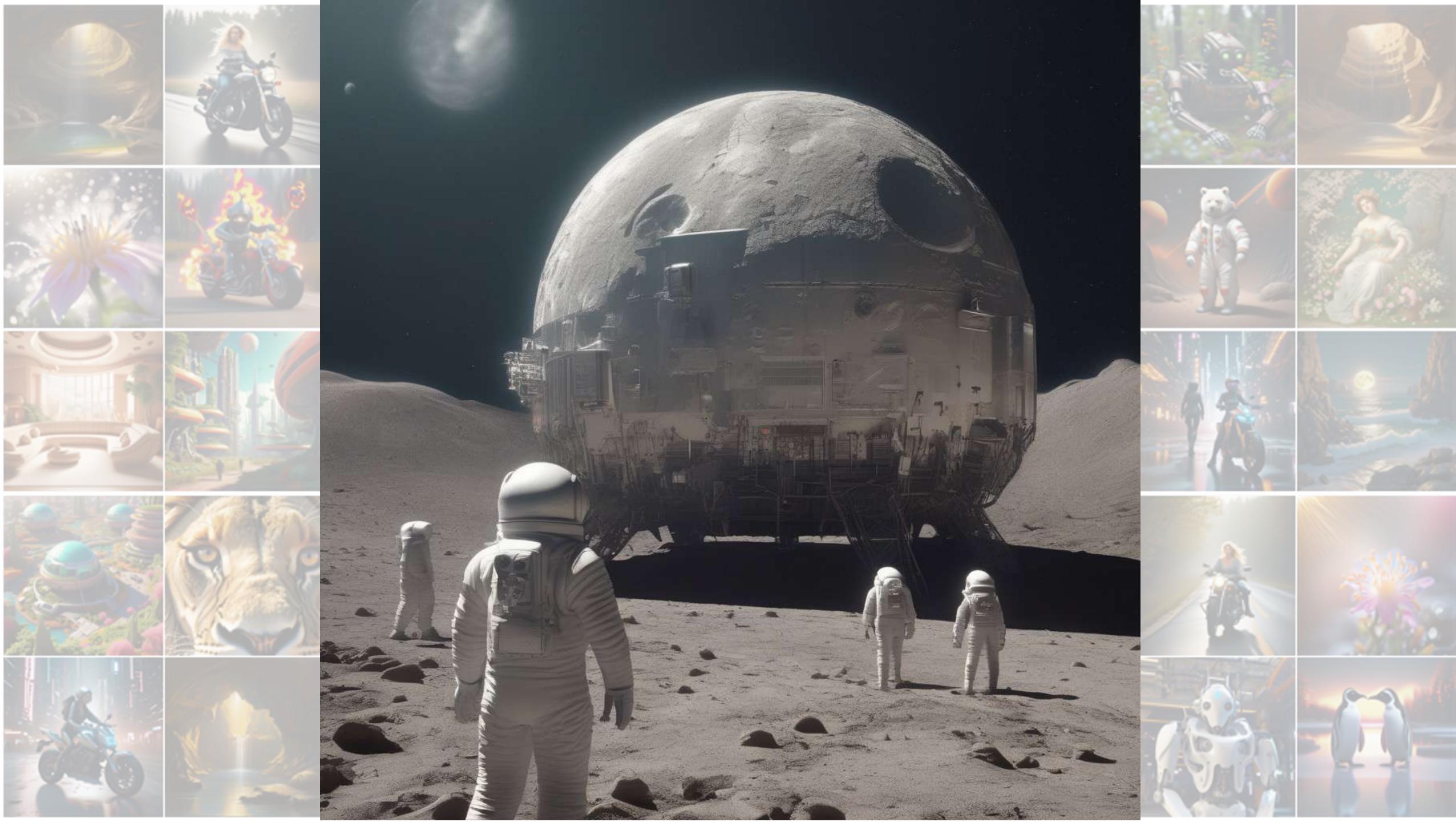


Yuming Jiang



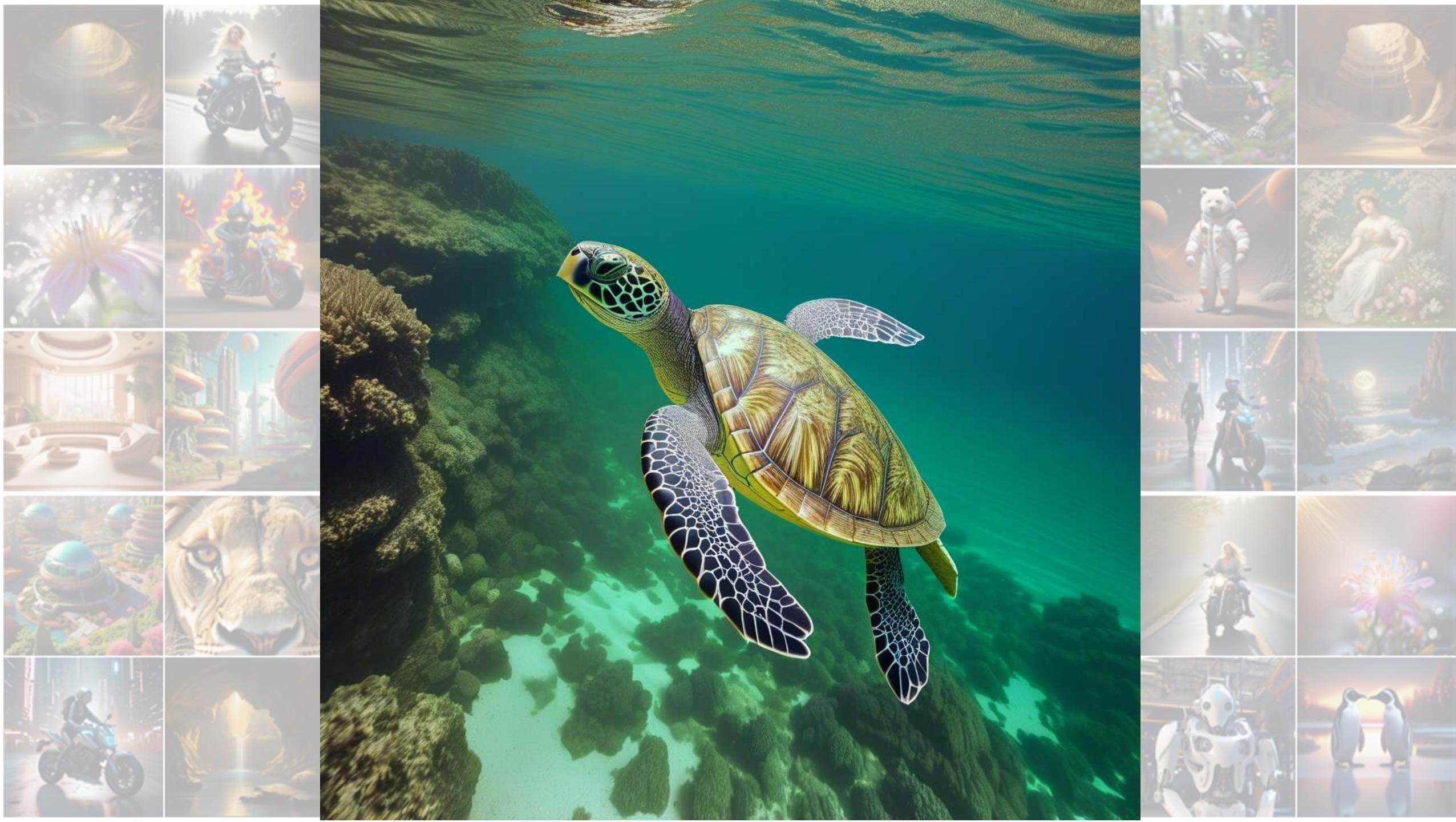
Ziwei Liu

*MMLab@NTU | S-Lab, Nanyang Technological University*









# Pre-trained Diffusion Models

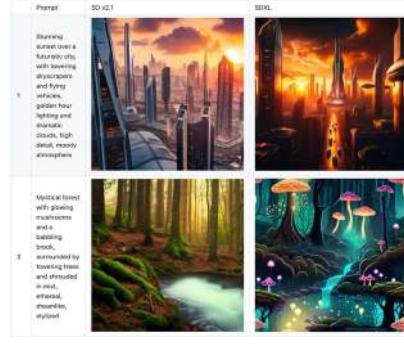
## *image generation*



ADM



LDM



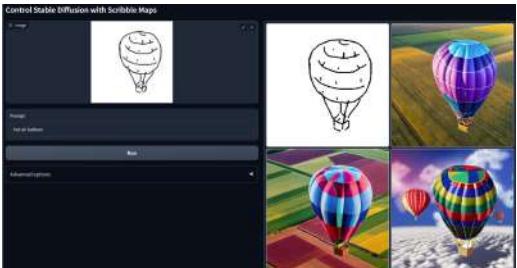
SDXL

## *video generation*



VideoCrafter

## *controllable generation, customization, editing*



ControlNet



Input images

DreamBooth



InstructPix2Pix

# Pre-trained Diffusion U-Nets

*image generation*



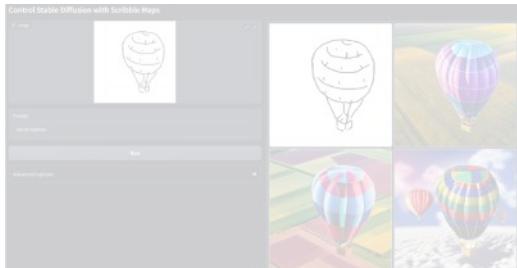
Diffusion U-Net remains under-explored

*video generation*

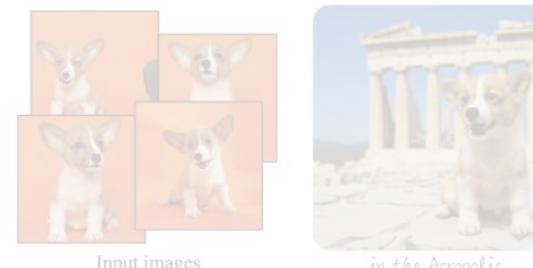


VideoCrafter

*controllable generation, editing, customization*



ControlNet



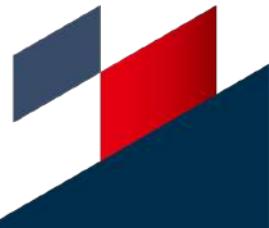
DreamBooth



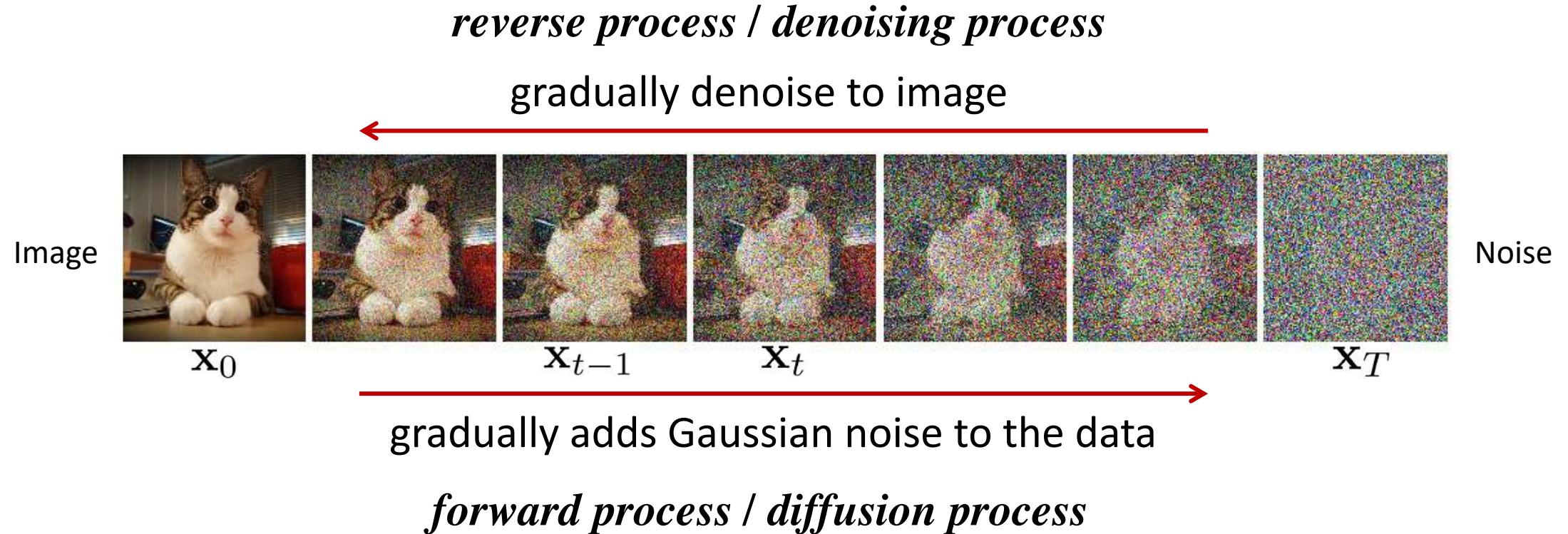
InstructPix2Pix

# Motivation

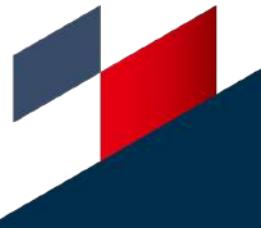
- Downstream applications
  - directly utilizing pre-trained diffusion U-Nets
  - internal properties of diffusion U-Net features remain under-explored
- Train better foundation models
  - expensive (e.g., SDXL)
  - besides scaling up (e.g., data scale, model size), what else can we do?
- Why not exploit pre-trained diffusion models?
  - Let's take a closer look at *diffusion U-Net* and the *denoising process*



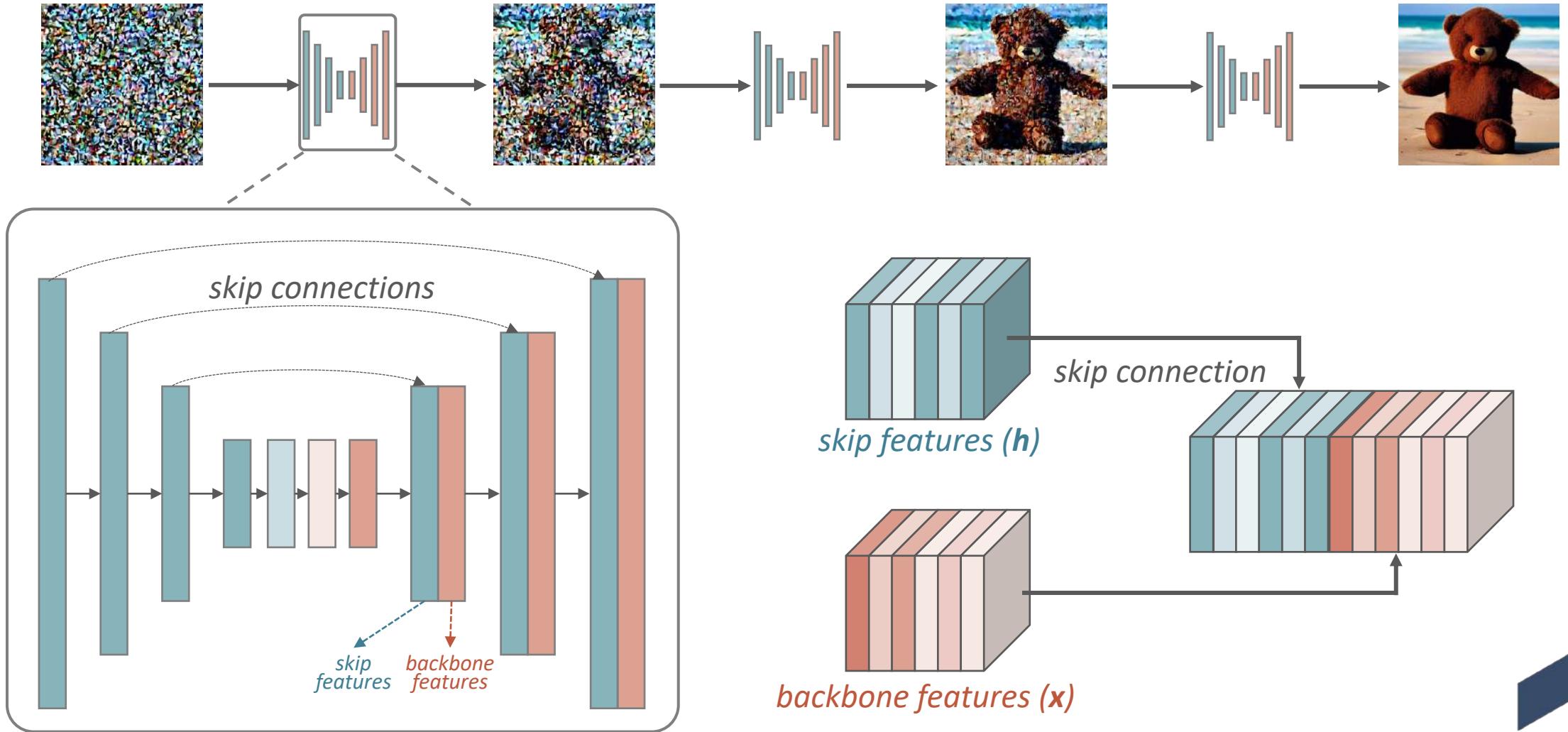
# Recap: Diffusion Models



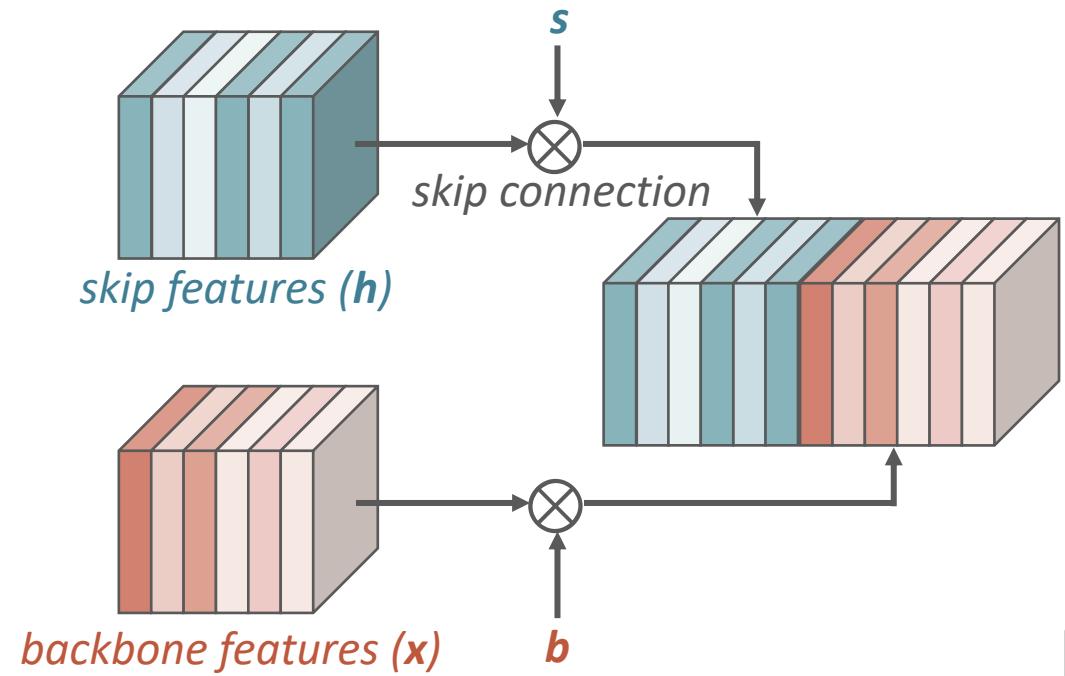
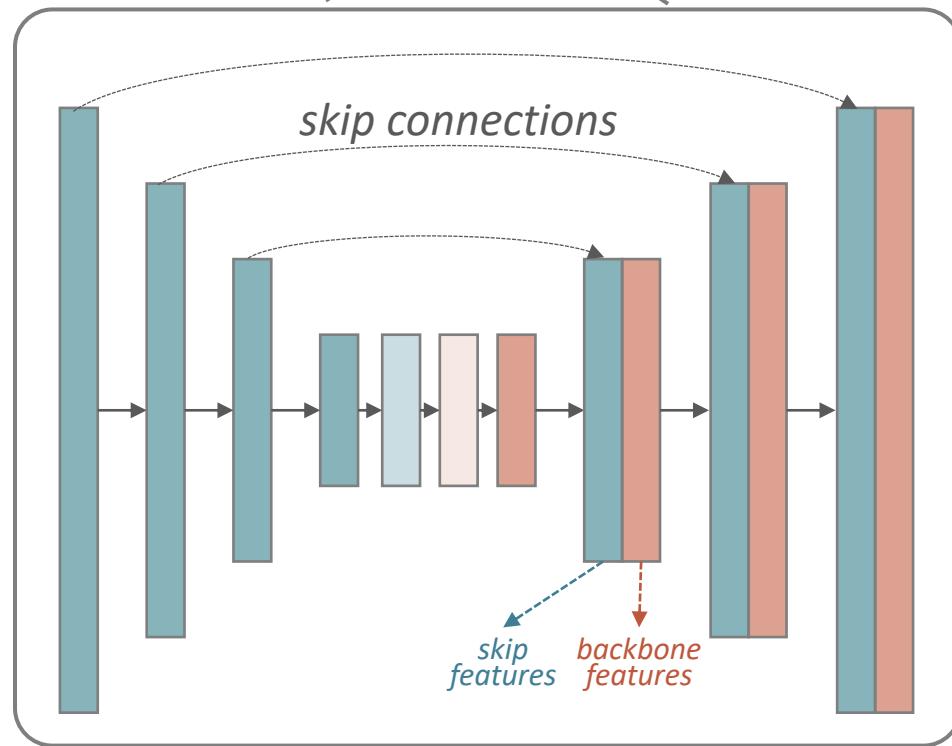
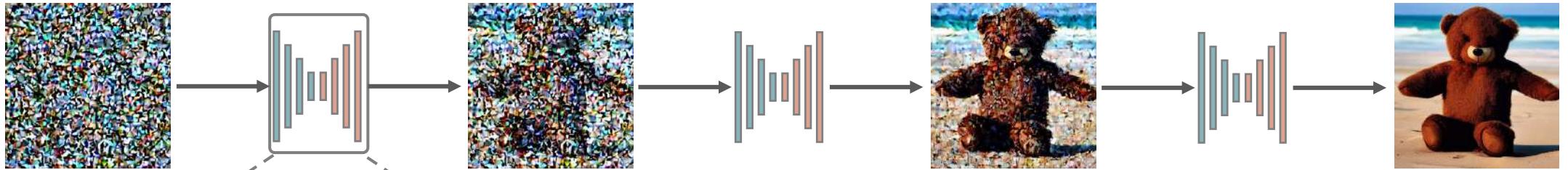
# How does diffusion U-Net perform denoising?



# Denoising Process: U-Net



# Denoising Process: U-Net



# Role of Backbone and Skip Features

- **Backbone**: denoising
- **Skip**: limited impact during inference



b=0.6, s=1.0

b=0.8, s=1.0

b=1.0, s=1.0

b=1.2, s=1.0

b=1.4, s=1.0



b=1.0, s=0.6

b=1.0, s=0.8

b=1.0, s=1.0

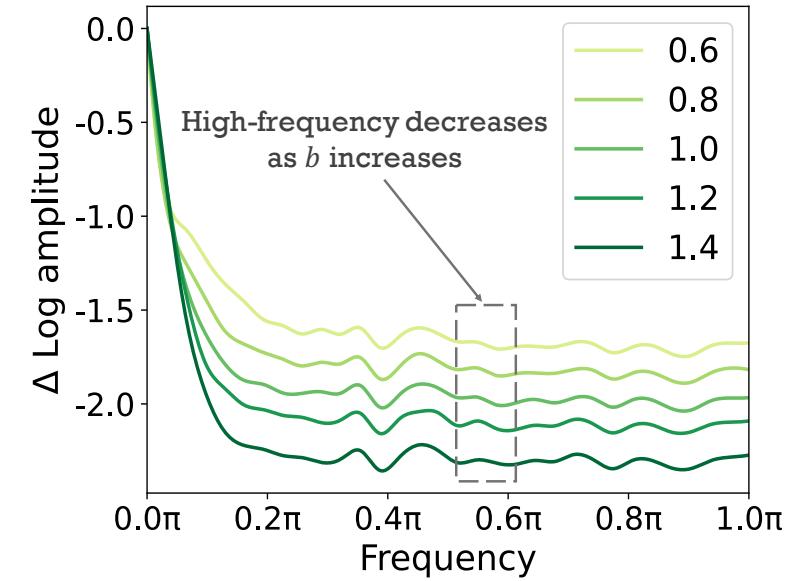
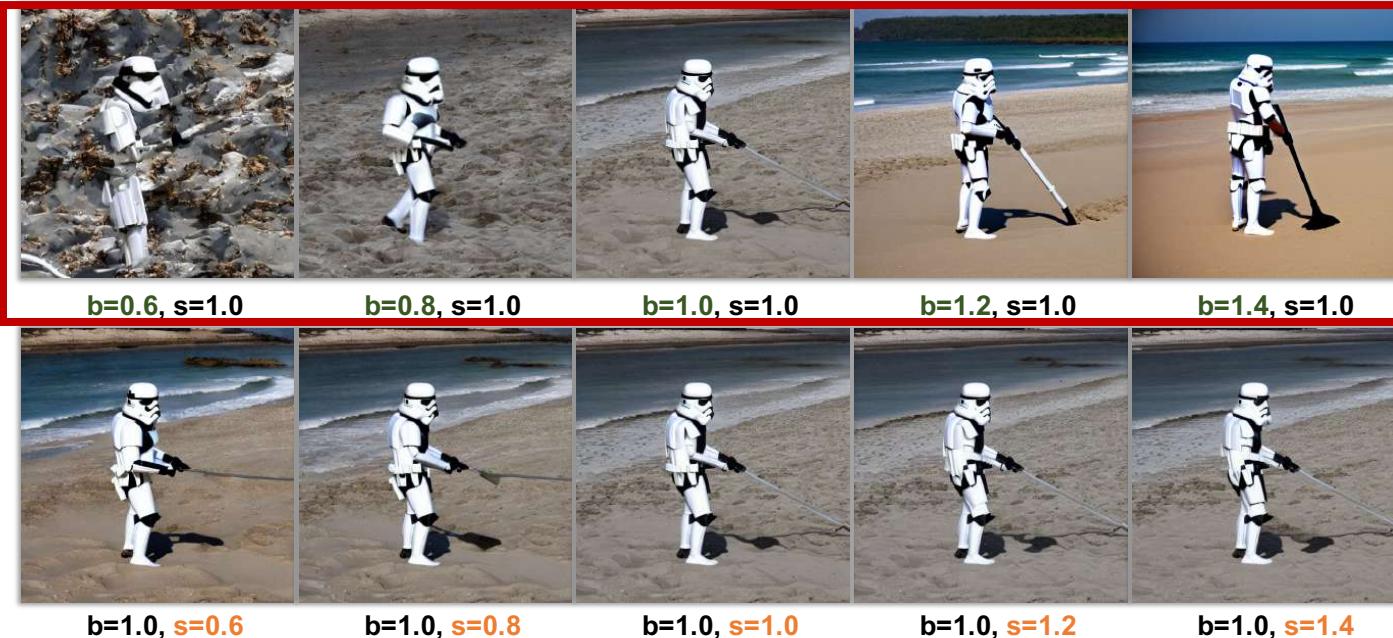
b=1.0, s=1.2

b=1.0, s=1.4



# How Diffusion U-Net Perform Denoising?

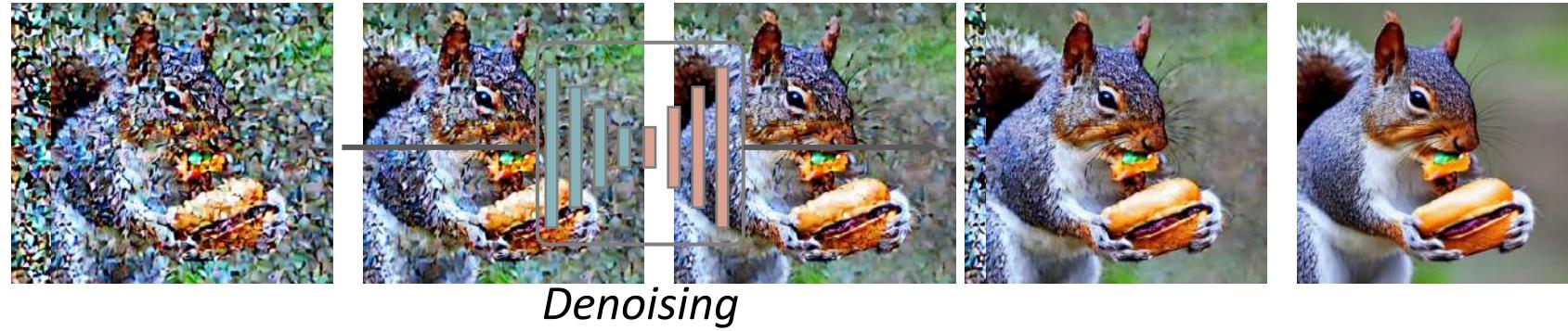
- **Backbone features**: primarily contributes to denoising
  - Consistent with visualization on the next page



*Fourier relative log amplitudes of variations of  $b$*

# Denoising Process

**Input:** A squirrel eating a burger

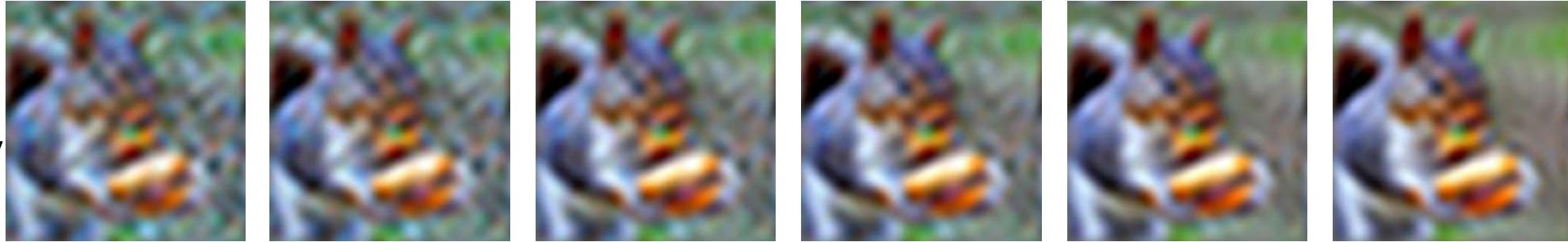


# Denoising Process

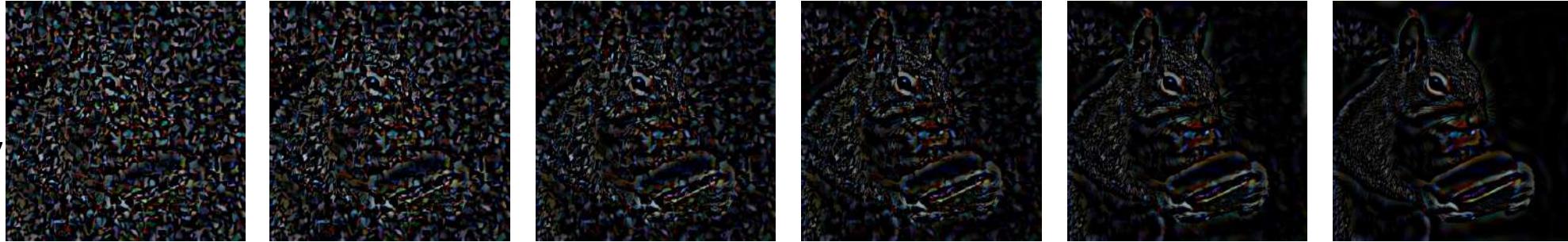
**Input:** A squirrel eating a burger



Low  
frequency

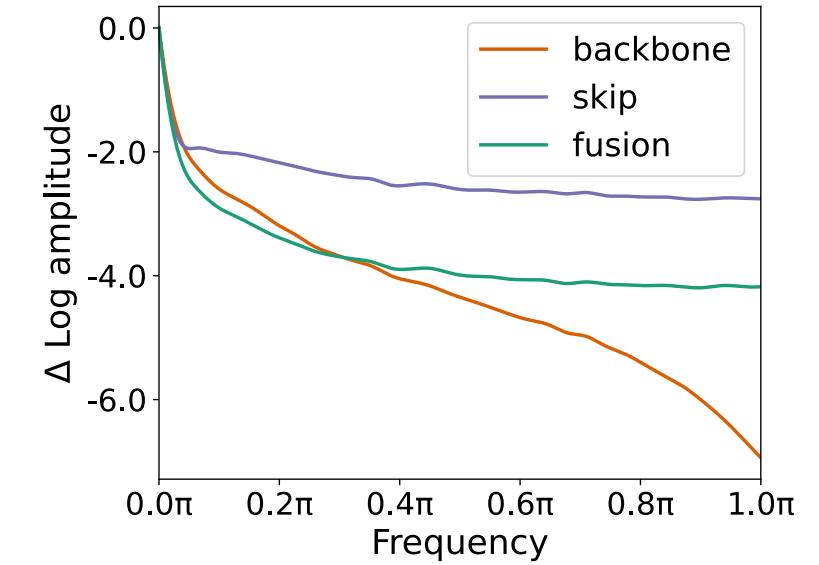
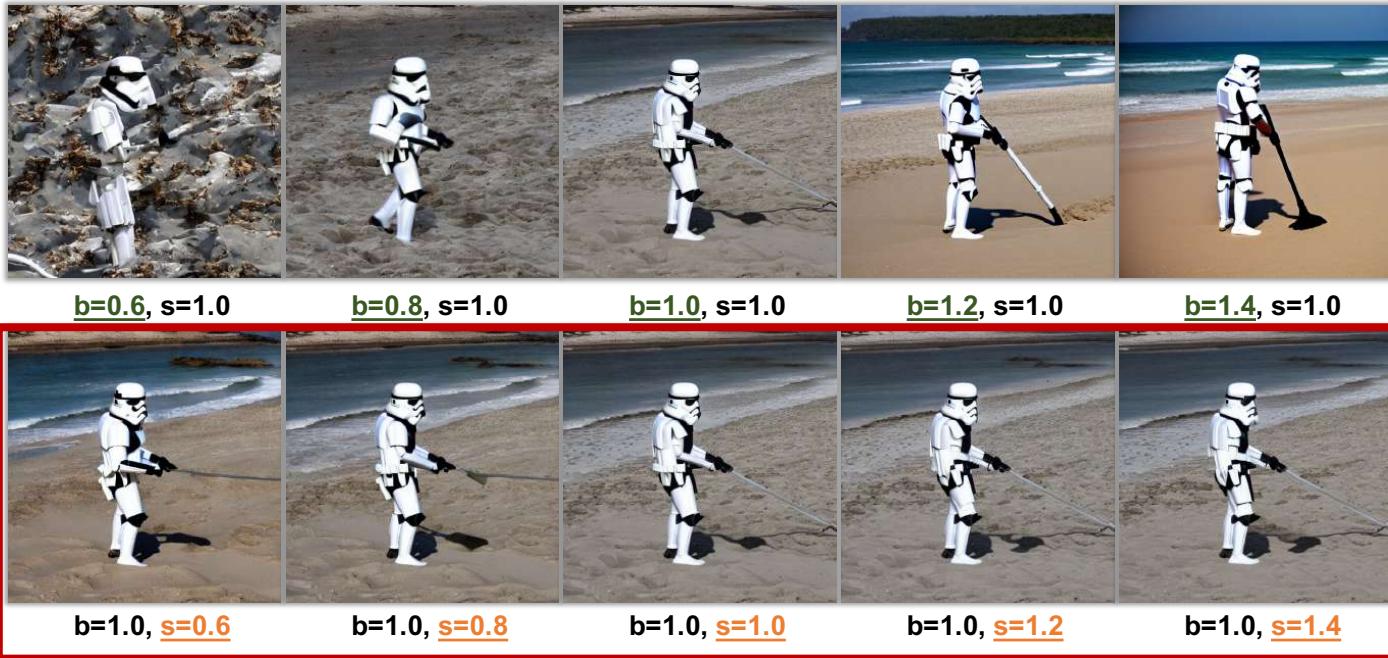


High  
frequency



# How Diffusion U-Net Perform Denoising?

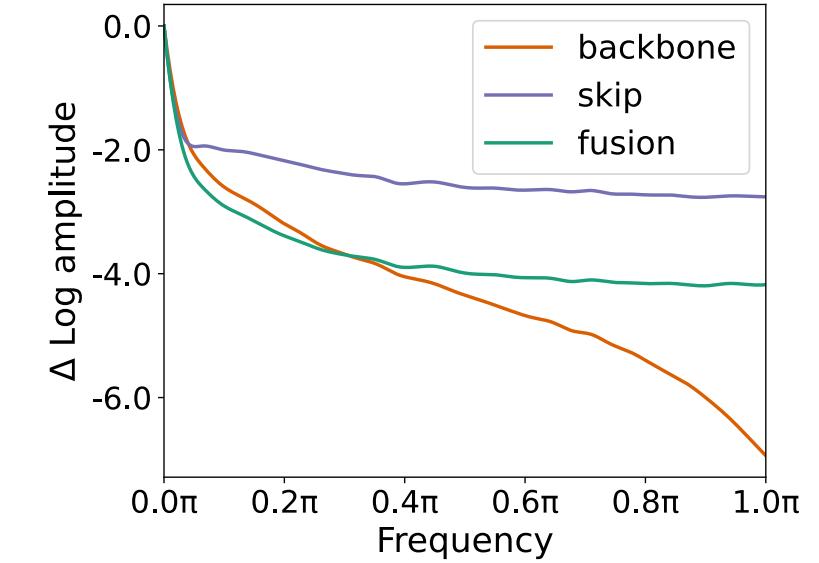
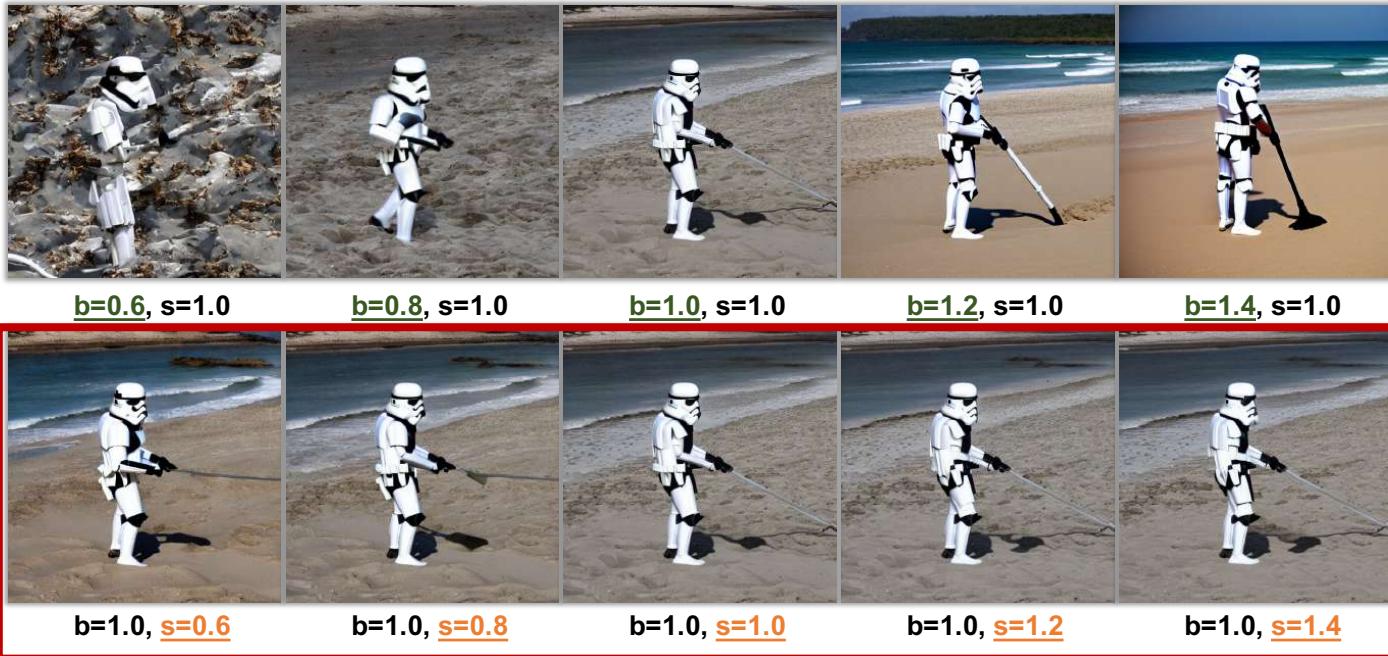
- **Backbone**: primarily contributes to denoising
- **Skip**: introduce high-frequency features into the decoder module



*Fourier relative log amplitudes of  
backbone, skip, and their fused feature maps*

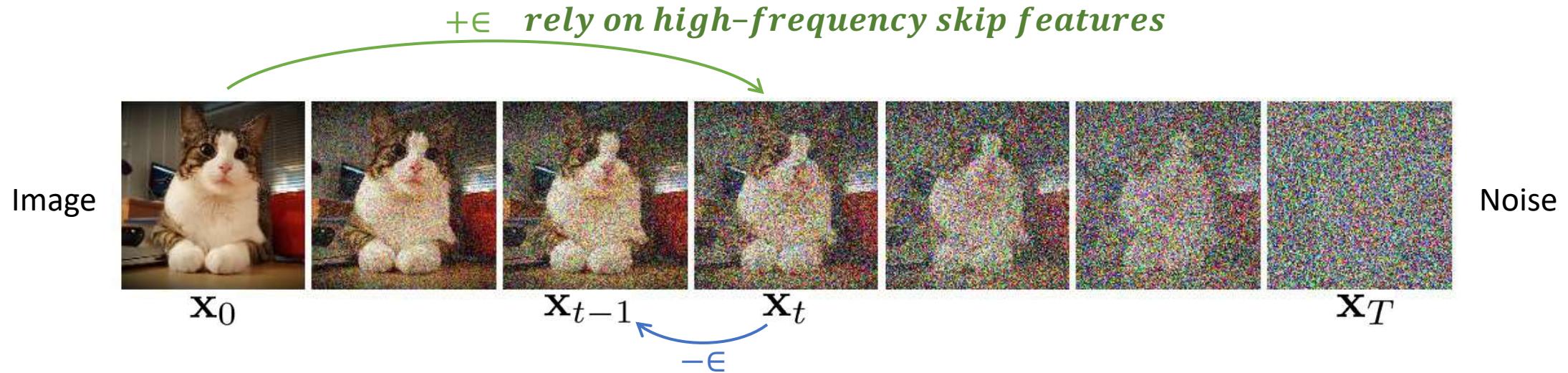
# How Diffusion U-Net Perform Denoising?

- Gap between training and sampling



*Fourier relative log amplitudes of  
backbone, skip, and their fused feature maps*

# Training & Sampling




---

## Algorithm 1 Training

```

1: repeat
2:    $\mathbf{x}_0 \sim q(\mathbf{x}_0)$ 
3:    $t \sim \text{Uniform}(\{1, \dots, T\})$ 
4:    $\boldsymbol{\epsilon} \sim \mathcal{N}(\mathbf{0}, \mathbf{I})$ 
5:   Take gradient descent step on
        
$$\nabla_{\theta} \|\boldsymbol{\epsilon} - \boldsymbol{\epsilon}_{\theta}(\sqrt{\bar{\alpha}_t} \mathbf{x}_0 + \sqrt{1 - \bar{\alpha}_t} \boldsymbol{\epsilon}, t)\|^2$$

6: until converged
    
```

---

## Algorithm 2 Sampling

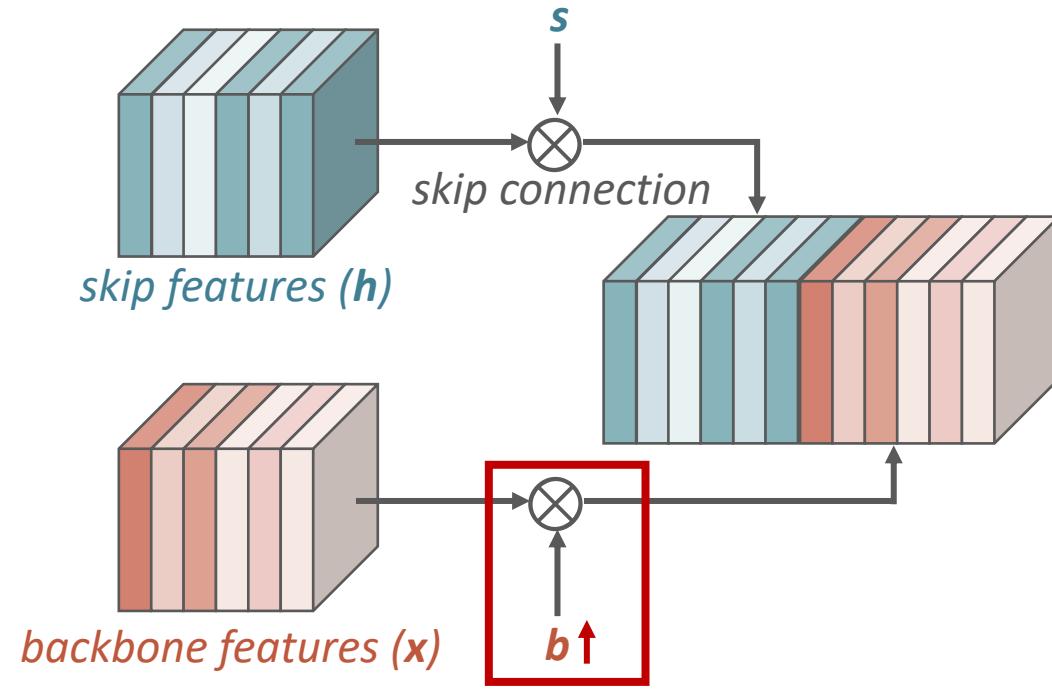
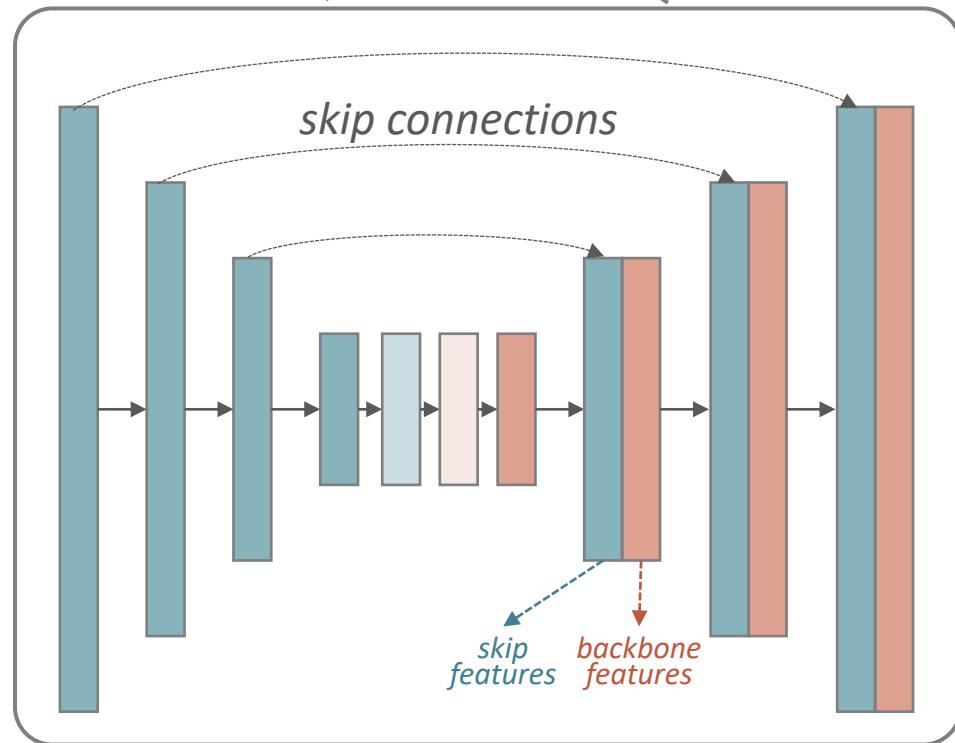
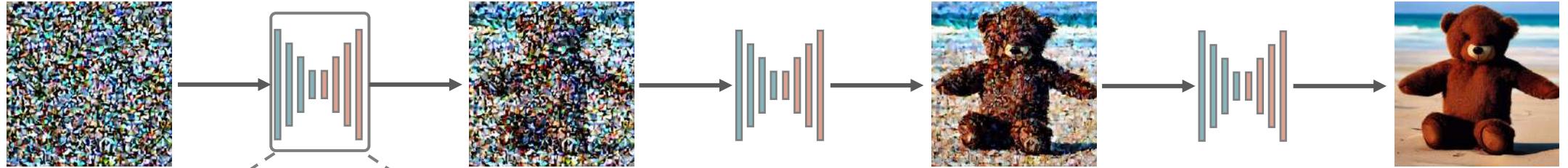
```

1:  $\mathbf{x}_T \sim \mathcal{N}(\mathbf{0}, \mathbf{I})$ 
2: for  $t = T, \dots, 1$  do
3:    $\mathbf{z} \sim \mathcal{N}(\mathbf{0}, \mathbf{I})$  if  $t > 1$ , else  $\mathbf{z} = \mathbf{0}$ 
4:   
$$\mathbf{x}_{t-1} = \frac{1}{\sqrt{\bar{\alpha}_t}} \left( \mathbf{x}_t - \frac{1 - \bar{\alpha}_t}{\sqrt{1 - \bar{\alpha}_t}} \boldsymbol{\epsilon}_{\theta}(\mathbf{x}_t, t) \right) + \sigma_t \mathbf{z}$$

5: end for
6: return  $\mathbf{x}_0$ 
    
```

# FreeU Method

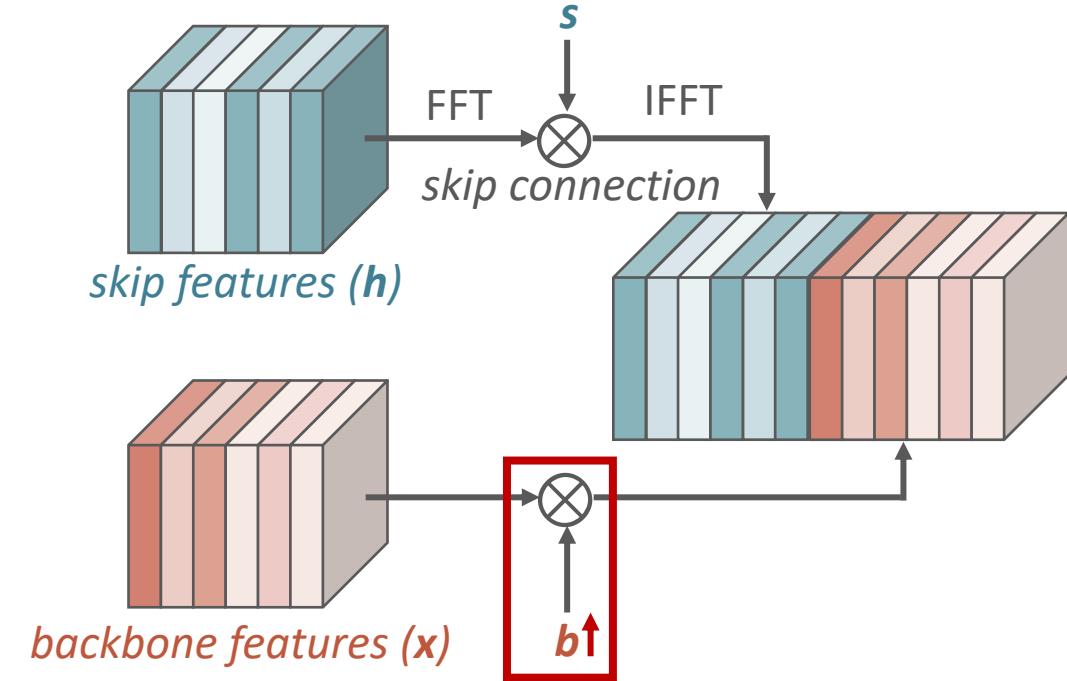
(1) enhance backbone features



# FreeU Method

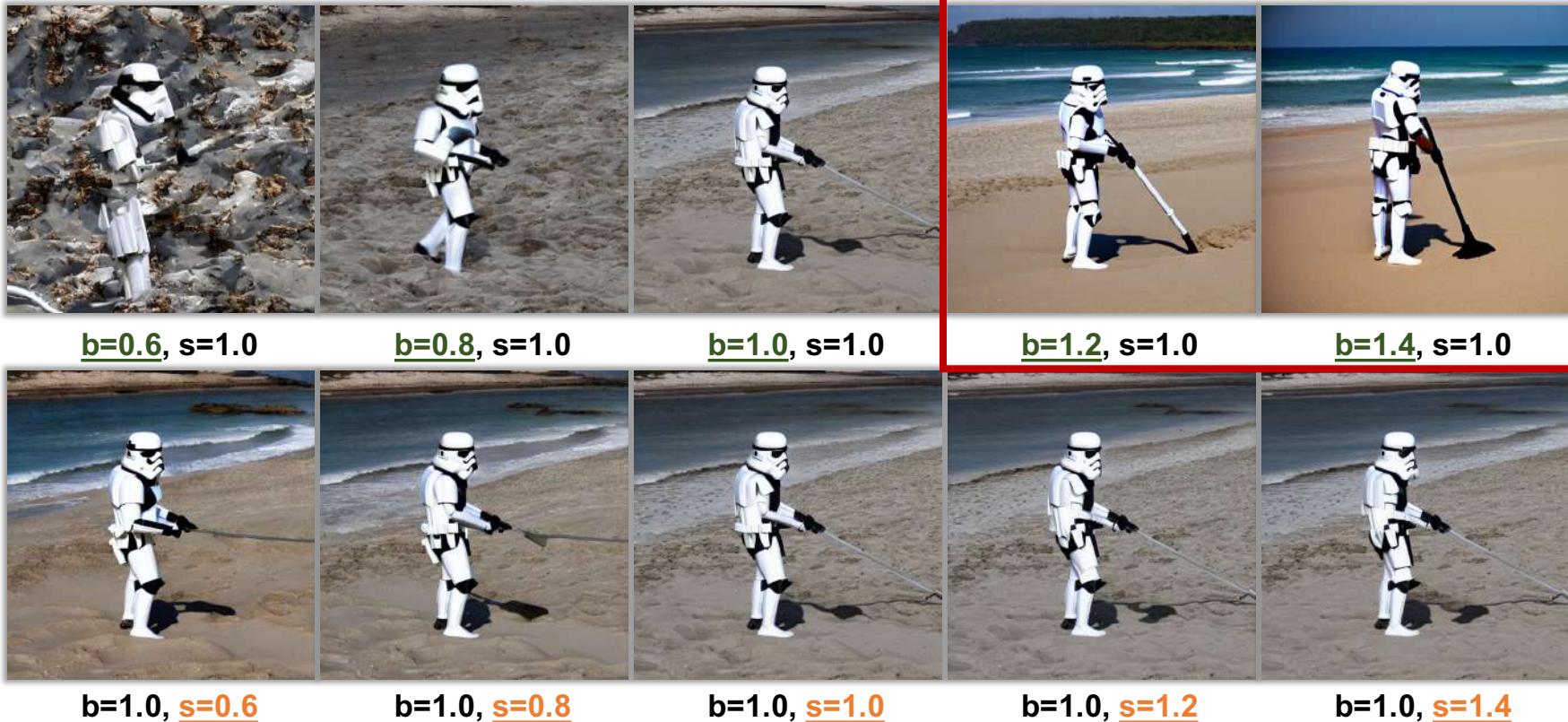
## (1) enhance backbone features

Scale backbone features up  
by a factor of  $b$  (e.g.,  $b=1.4$ )



# Ablation: Backbone Scaling Factor

- Enhancing backbone features can improve image quality



# Ablation: Backbone Scaling Factor

$b = 1.0$



$b = 1.2$



$b = 1.4$



$b = 1.6$



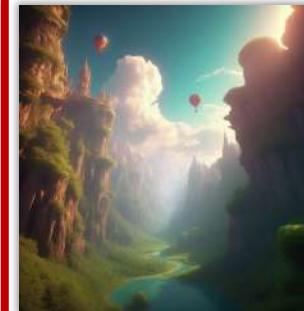
$b = 1.8$



*A small cabin on top of a snowy mountain in the style of Disney, artstation*



*A drone view of celebration with Christmas tree and fireworks, starry sky - background.*



*Flying through fantasy landscapes, 4k, high resolution.*

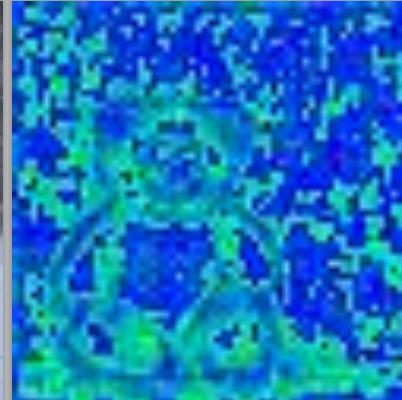
# Average Backbone Feature Maps

- Now: same backbone scaling everywhere.
- Is there a better way?

*Generated image*



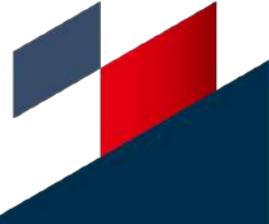
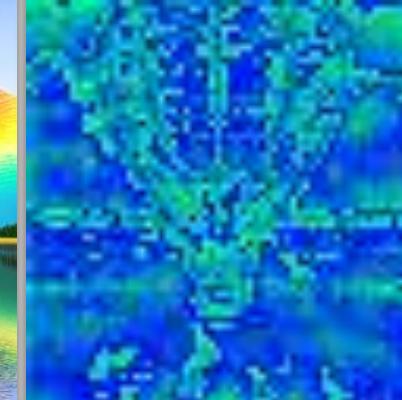
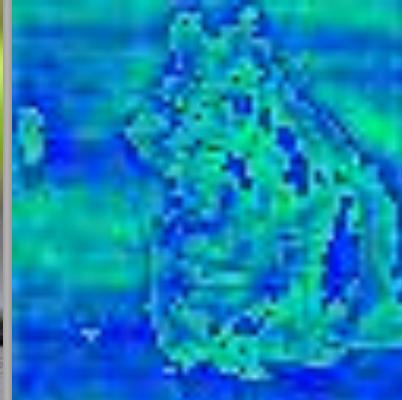
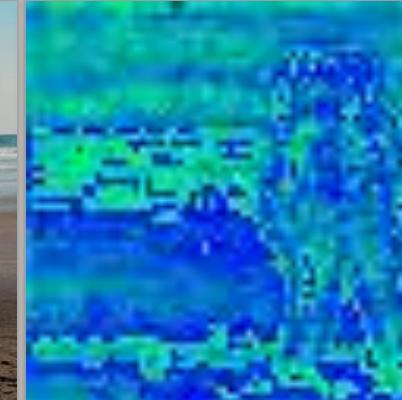
*Avg Feature map*



*Generated image*



*Avg Feature map*

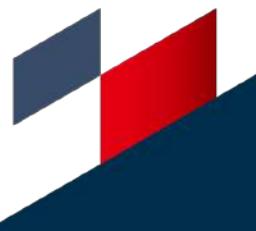
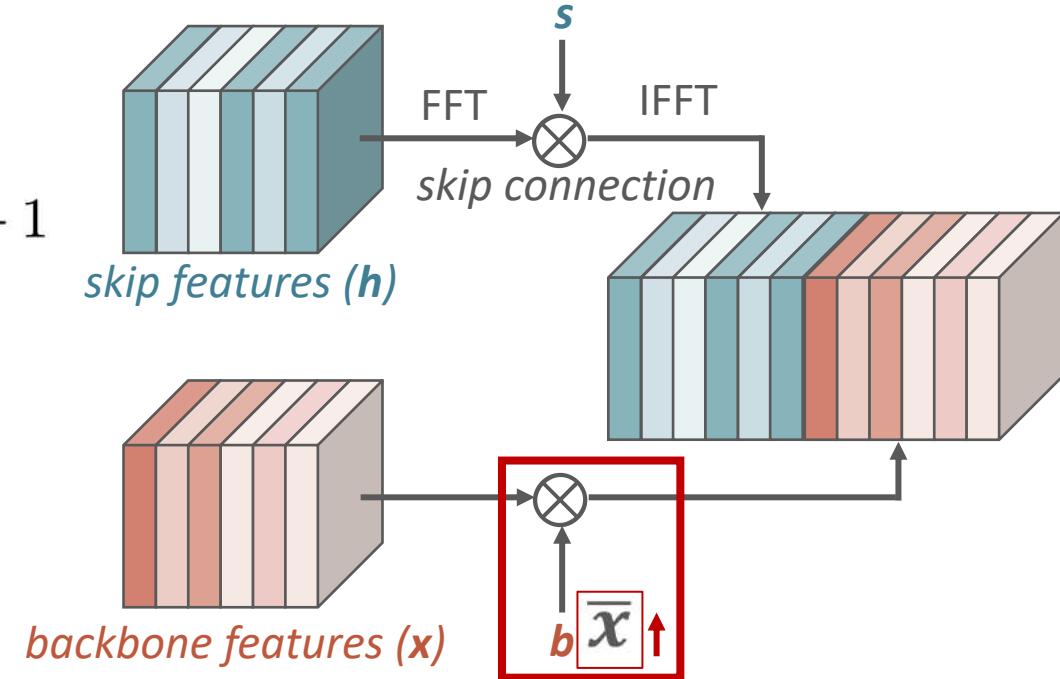


# FreeU Method

- (1) enhance backbone features
- (2) content-aware backbone enhancement

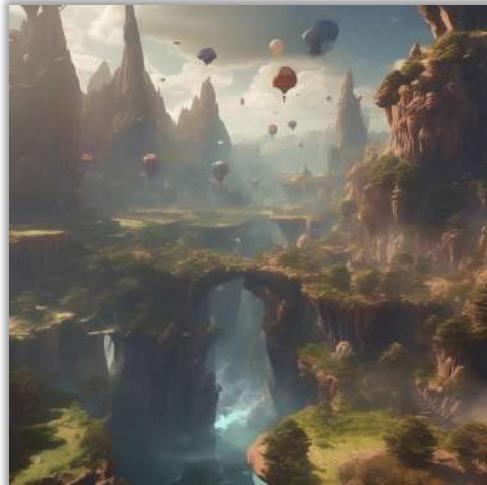
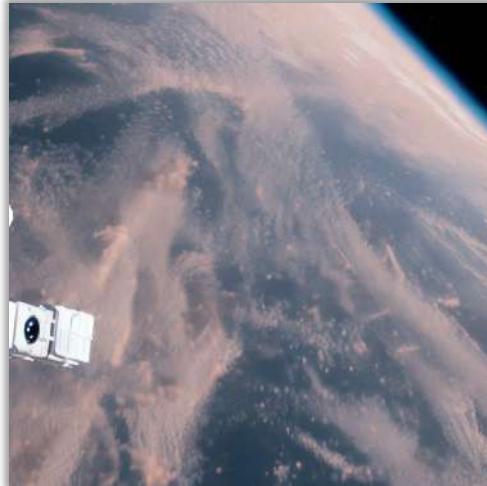
$$\bar{x}_l = \frac{1}{C} \sum_{i=1}^C x_{l,i} \quad \alpha_l = (b_l - 1) \cdot \frac{\bar{x}_l - \text{Min}(\bar{x}_l)}{\text{Max}(\bar{x}_l) - \text{Min}(\bar{x}_l)} + 1$$

- spatially adaptive
- instance specific

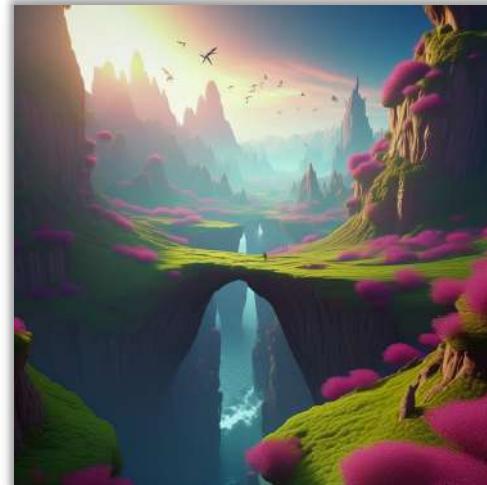


# Content-Aware Backbone Scaling

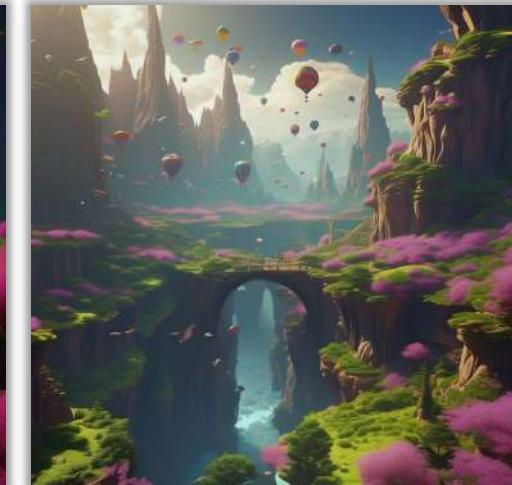
Without FreeU



Constant  
Backbone Scaling



Content-Aware  
Backbone Scaling

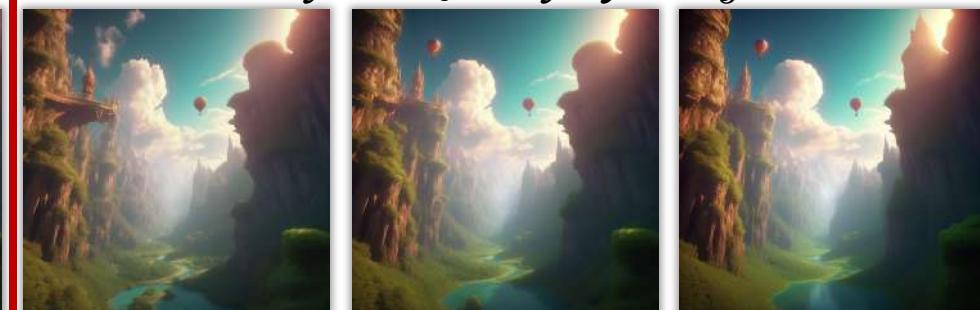
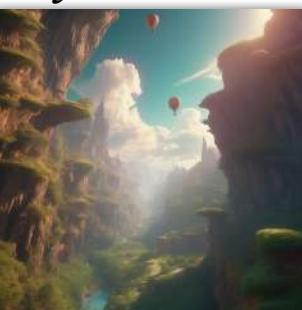
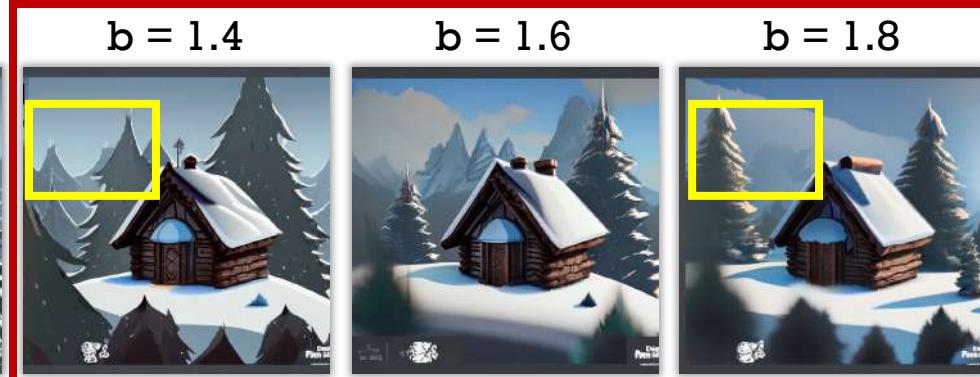
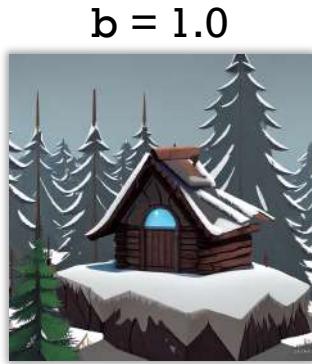


(a)

(b)

(c)

# Ablation: Backbone Scaling Factor



with increased backbone scaling, image can be oversmoothed

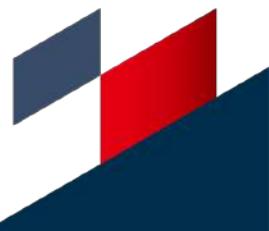
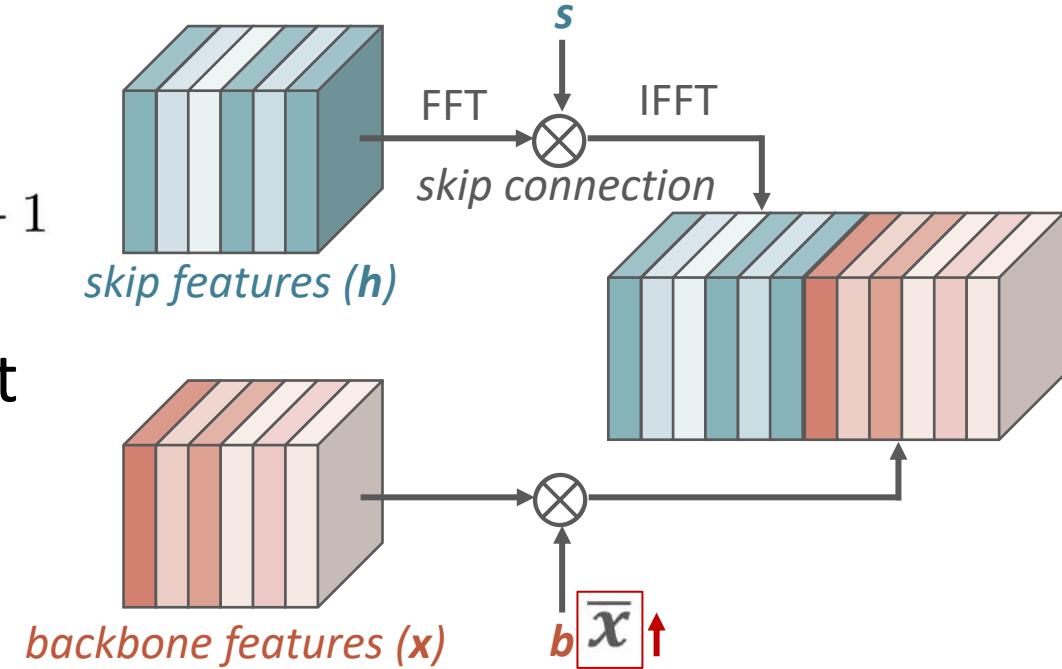
# FreeU Method

- (1) enhance backbone features
- (2) content-aware backbone enhancement

$$\bar{\mathbf{x}}_l = \frac{1}{C} \sum_{i=1}^C \mathbf{x}_{l,i} \quad \alpha_l = (b_l - 1) \cdot \frac{\bar{\mathbf{x}}_l - \text{Min}(\bar{\mathbf{x}}_l)}{\text{Max}(\bar{\mathbf{x}}_l) - \text{Min}(\bar{\mathbf{x}}_l)} + 1$$

- (3) channel-selective backbone enhancement

$$\mathbf{x}'_{l,i} = \begin{cases} \mathbf{x}_{l,i} \odot \alpha_l, & \text{if } i < C/2 \\ \mathbf{x}_{l,i}, & \text{otherwise} \end{cases}$$



# Channel Selection of Backbone Scaling



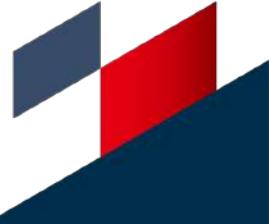
A drone view of celebration with Christmas tree and fireworks, starry sky - background.



Flying through fantasy landscapes, 4k, high resolution.



A fat rabbit wearing a purple robe walking through a fantasy landscape.



# FreeU Method

- (1) enhance backbone features
- (2) content-aware backbone enhancement

$$\bar{\mathbf{x}}_l = \frac{1}{C} \sum_{i=1}^C \mathbf{x}_{l,i} \quad \alpha_l = (b_l - 1) \cdot \frac{\bar{\mathbf{x}}_l - \text{Min}(\bar{\mathbf{x}}_l)}{\text{Max}(\bar{\mathbf{x}}_l) - \text{Min}(\bar{\mathbf{x}}_l)} + 1$$

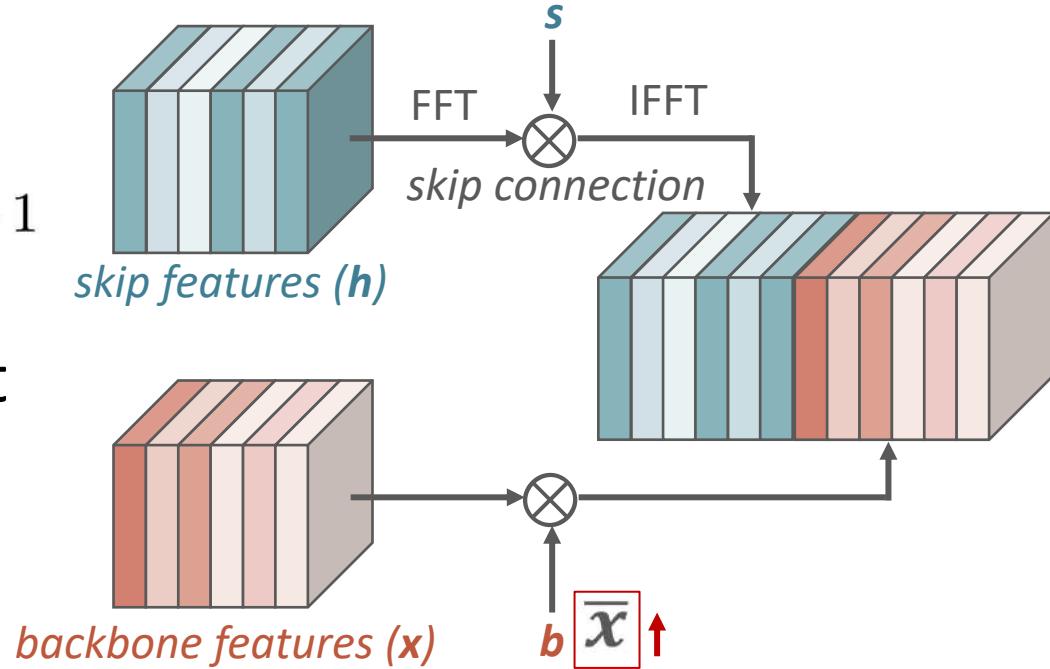
- (3) channel-selective backbone enhancement

$$\mathbf{x}'_{l,i} = \begin{cases} \mathbf{x}_{l,i} \odot \alpha_l, & \text{if } i < C/2 \\ \mathbf{x}_{l,i}, & \text{otherwise} \end{cases}$$

- (4) suppress low-frequency in skip features

$$\beta_{l,i}(r) = \begin{cases} s_l & \text{if } r < r_{\text{thresh}}, \\ 1 & \text{otherwise.} \end{cases}$$

$$\begin{aligned} \mathcal{F}(\mathbf{h}_{l,i}) &= \text{FFT}(\mathbf{h}_{l,i}) \\ \mathcal{F}'(\mathbf{h}_{l,i}) &= \mathcal{F}(\mathbf{h}_{l,i}) \odot \beta_{l,i} \\ \mathbf{h}'_{l,i} &= \text{IFFT}(\mathcal{F}'(\mathbf{h}_{l,i})) \end{aligned}$$



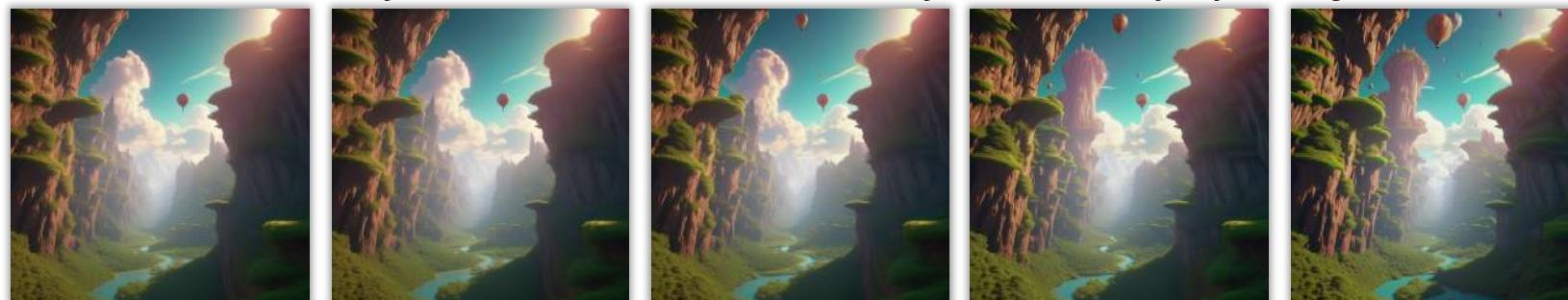
# Ablation: Skip Scaling Factor



*A small cabin on top of a snowy mountain in the style of Disney, artstation*



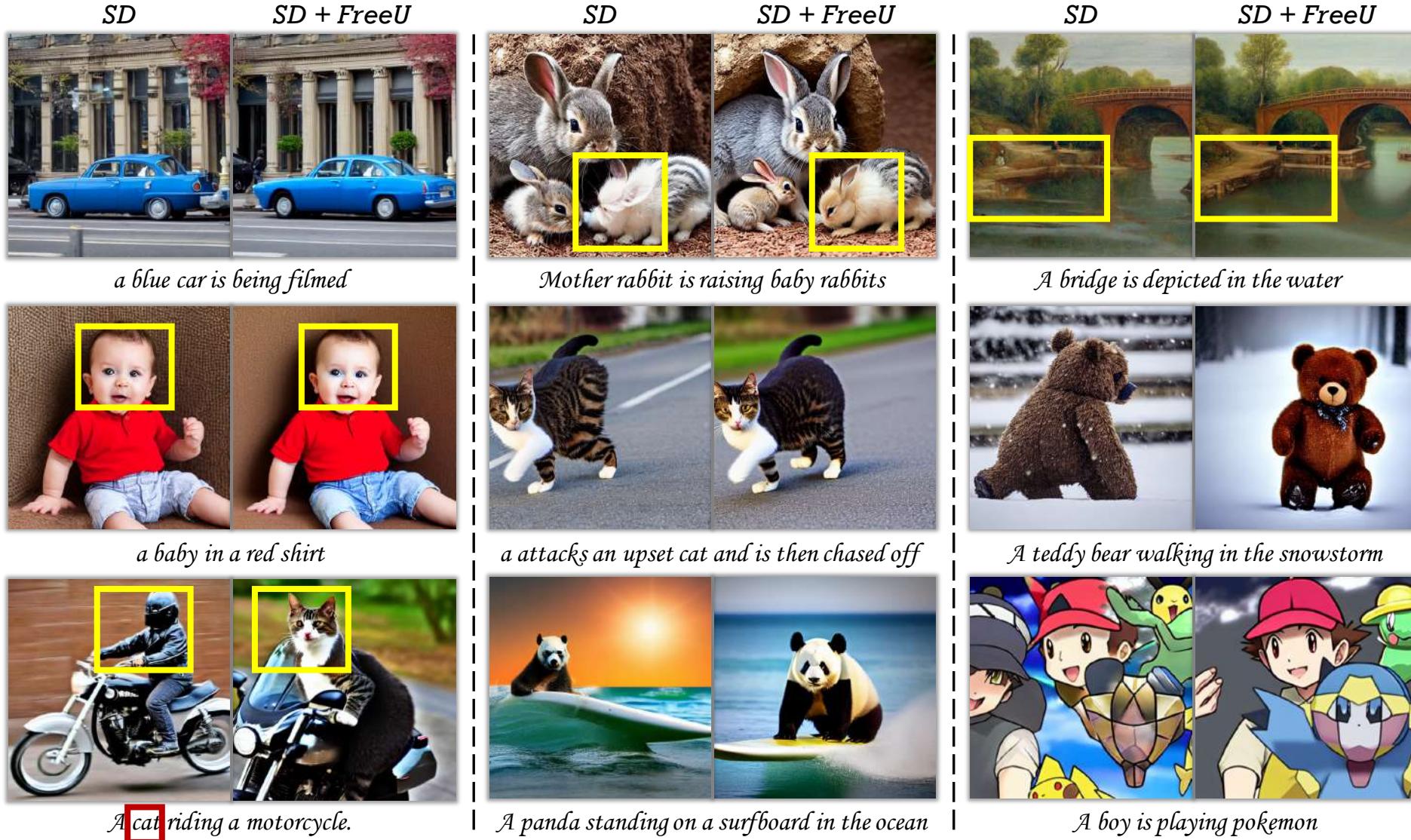
*A drone view of celebration with Christma tree and fireworks, starry sky - background.*



*Flying through fantasy landscapes, 4k, high resolution.*



# Visual Results: Text-to-Image



# Visual Results: Text-to-Video

*ModelScope*



*Pacific coast, carmel by the sea ocean and waves.*

*ModelScope + FreeU*



*Pacific coast, carmel by the sea ocean and waves.*

*ModelScope*



*Michelangelo's sculpture of David wearing headphones djing.*

*ModelScope + FreeU*



*ModelScope*



*Milk dripping into a cup of coffee*

*ModelScope + FreeU*



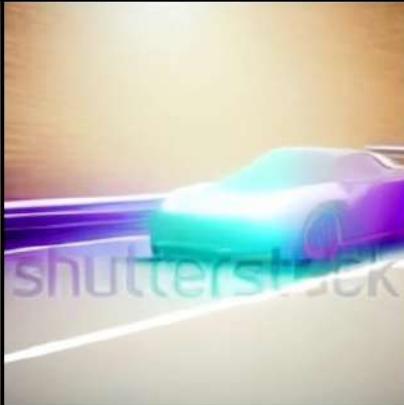
*An astronaut flying in space*



*Fireworks*



*Synthwave sports car*



# Visual Results: Text-to-Video

ModelScope



ModelScope + FreeU



ModelScope



ModelScope + FreeU



ModelScope



ModelScope + FreeU



*Fireworks*

*A galloping horse*

*A horse galloping on the ocean*



*Picturesque autumn scene of Altausseer See lake.*



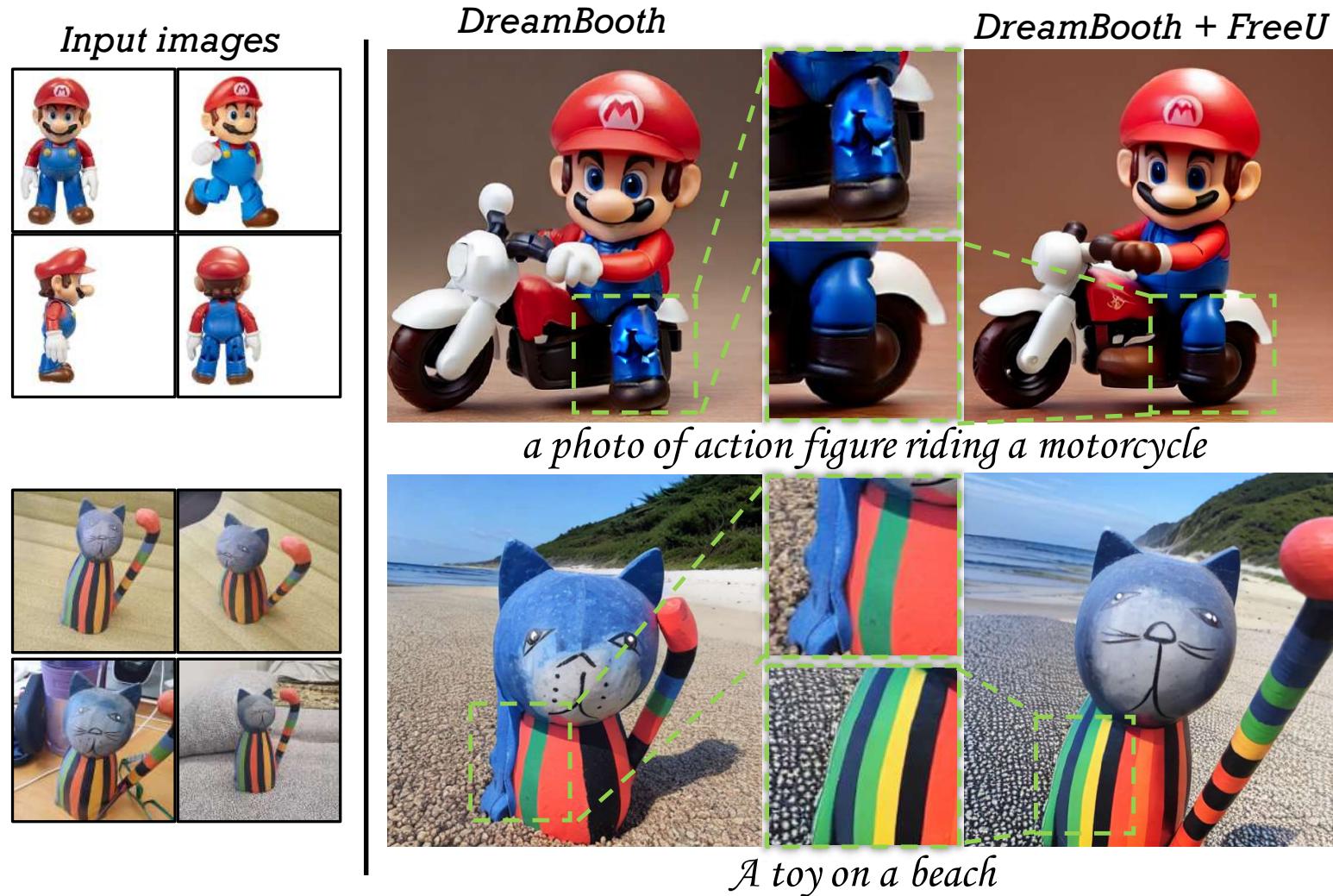
*Sunset time lapse at the beach with moving clouds and colors in the sky*

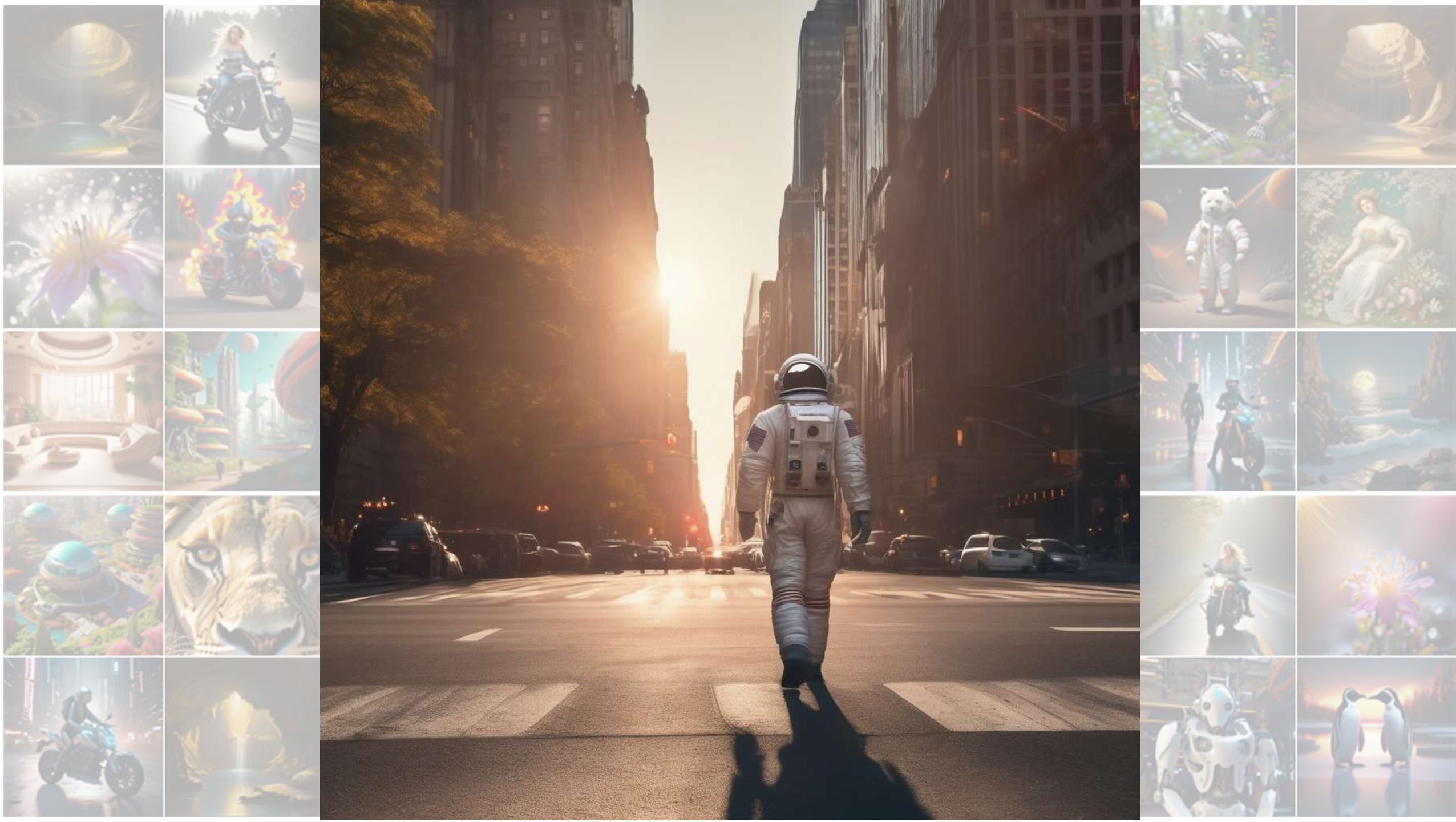


*a shark is swimming in the ocean.*



# Visual Results: Personalized Text-to-Image



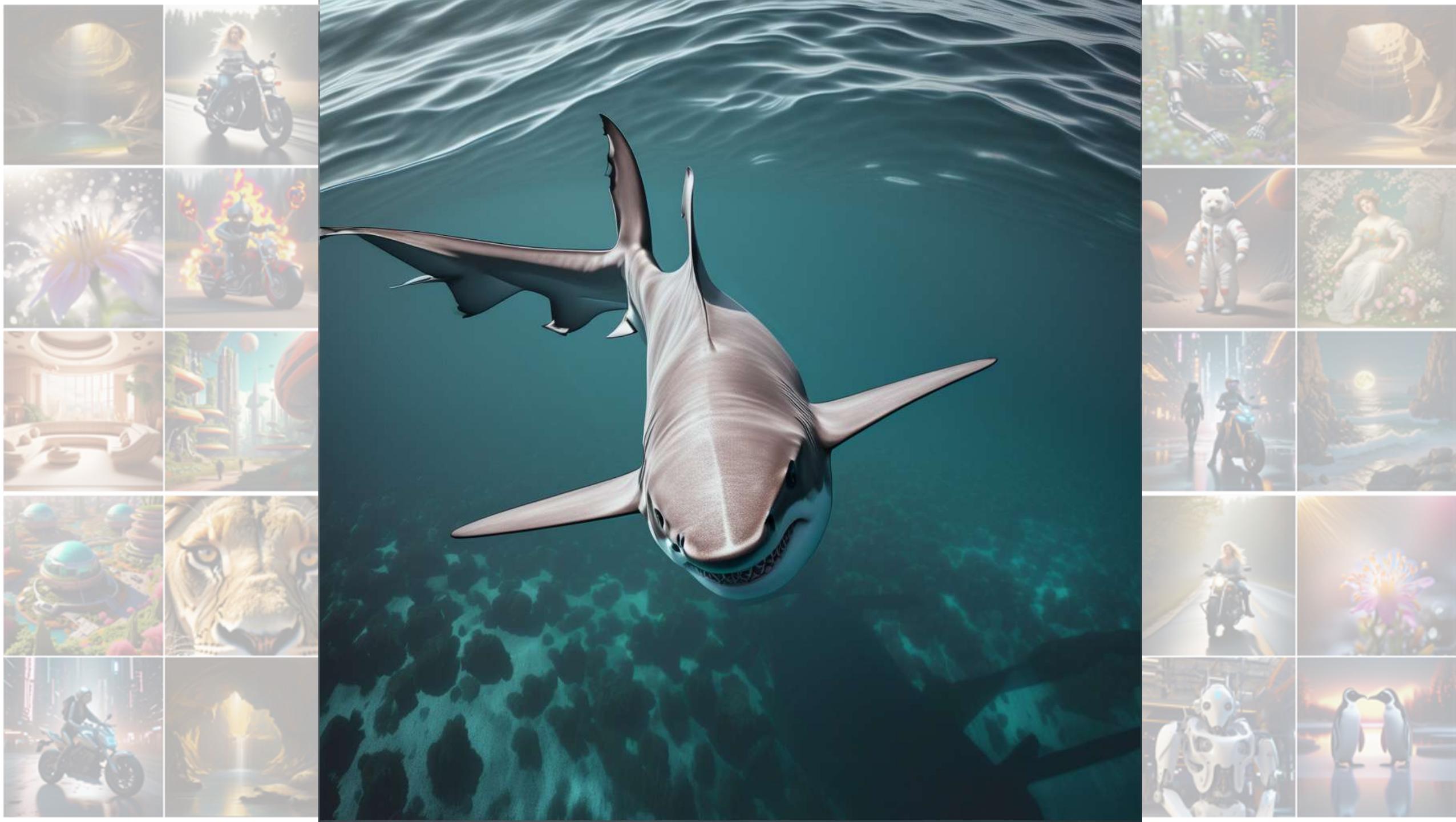














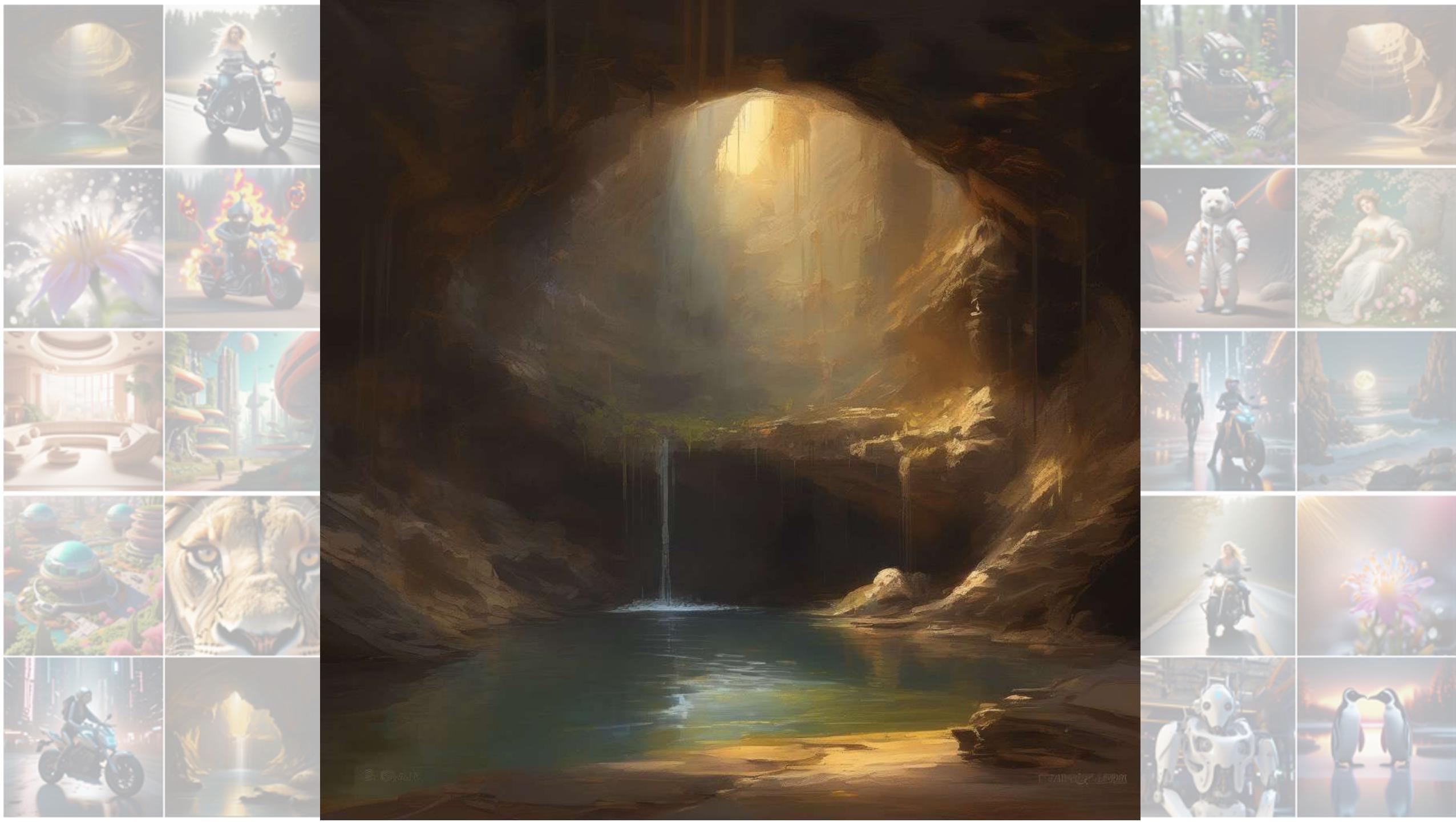


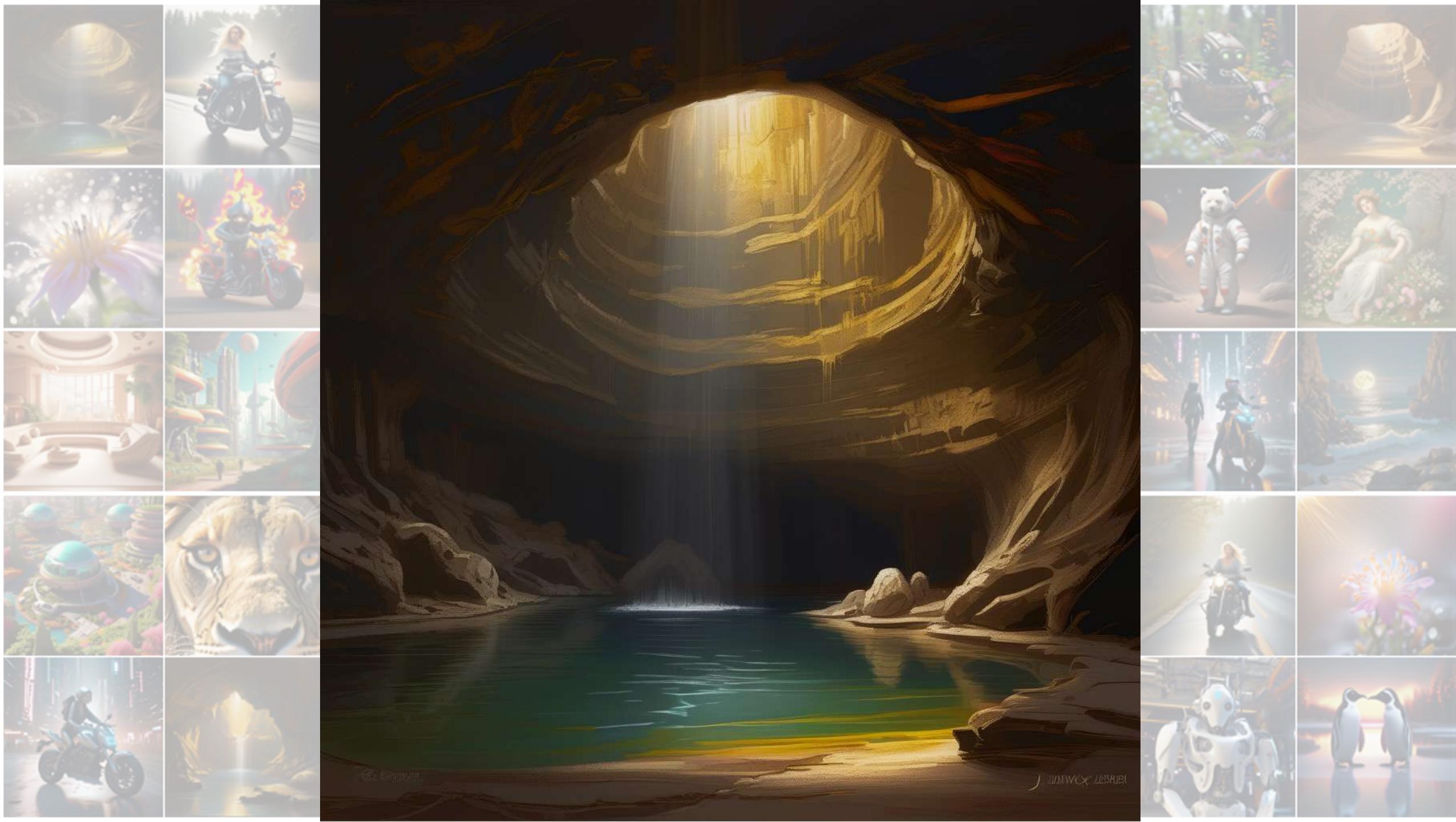




















# Community Contributions

**Sebastian**  
@seb\_cawai

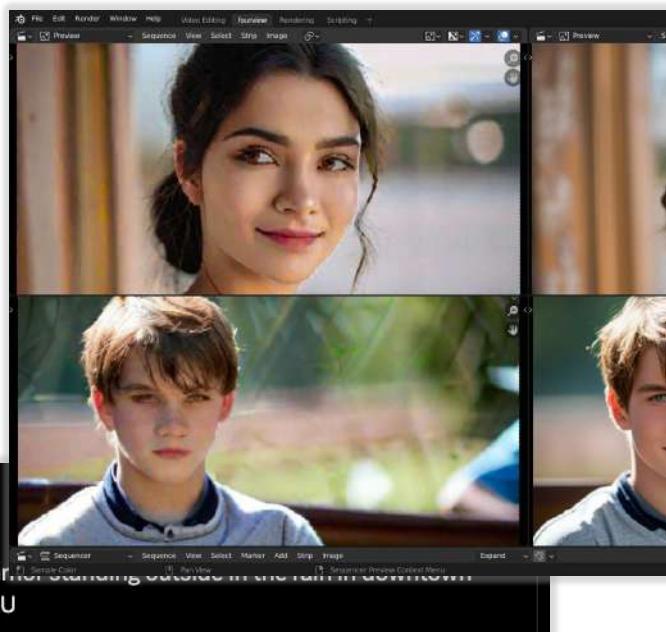
Spent a few hours experimenting with FreeU and I'm very pleased with the results! It's remarkable how it boosts the detail levels of SDXL without any impact on process time. I'm definitely keeping this in my workflow! 🎉

[github.com/ChenyangSi/Fre...](https://github.com/ChenyangSi/Fre...)



10:12 PM · Sep 24, 2023 · 18.3K Views

2 16 85 58



GM I've just uploaded the SD freeU ComfyUI workflow – give it a try and share your thoughts with me! Cheers! [huggingface.co/bramvera/comfy...](https://huggingface.co/bramvera/comfy...)

#stablediffusion #comfyui #AIArtCommunity #aigirls #AIArtwork cc @scy994



11:55 PM · Sep 27, 2023 · 1,007 Views

2 3 8 1



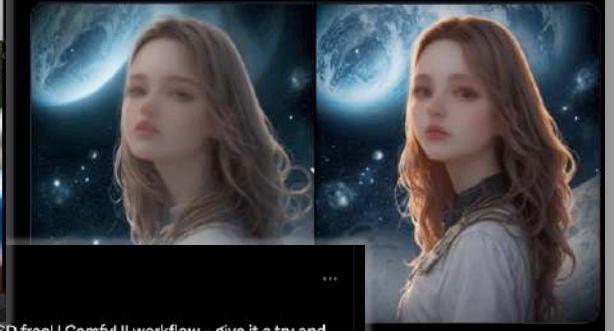
**Peps**  
@Peps\_61

exp 01) LCM, 4-steps, freeU (Y/N)

With proper hyperparameters, freeU gives better quality even with LCM.

seed=1024  
"photo of a beautiful girl in the space, universe, earth in the background" pipe.unet.enable\_freeu(s1=0.2, s2=0.2, b1=0.8, b2=1.4)

#LCM #huggingface #diffusers



11:55 PM · Sep 27, 2023 · 1,007 Views

2 3 8 1

# Q&A

## Poster Session

- Today 5 PM
- Arch 4A-E Poster #153
- Welcome any questions & discussions



**S-LAB**  
FOR ADVANCED  
INTELLIGENCE



**NANYANG  
TECHNOLOGICAL  
UNIVERSITY  
SINGAPORE**

## FreeU: Free Lunch in Diffusion U-Net



Chenyang Si



Ziqi Huang



Yuming Jiang



Ziwei Liu

*MMLab@NTU | S-Lab, Nanyang Technological University*

