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# Nekhoroshev type estimates for quantum propagators 

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Received 10 August 1989


#### Abstract

We consider the Schrödinger operator for polynomially perturbed $d$-dimensional non-resonant harmonic oscillators. We adapt to quantum mechanics the argument of Giorgilli and Galgani based on the Lie perturbation method and leading to Nekhoroshev type estimates. As a consequence we show how to use the Rayieigh-Schrödinger series to describe the quantum propagator for exponentially large times.


## 1. Introduction and statement of results

Classical perturbation theory can boast two major results, namely the KAM theorem and the Nekhoroshev theorem. The former gives estimates of (eternally) almost periodic motions, the existence of which is proved for a high fraction of the phase space. The latter gives estimates for motions occurring in all of phase space for finite times, exponentially large as the perturbation parameter $\varepsilon$ decreases to zero. The theorem of Nekhoroshev establishes a third time scale for the perturbed motion, intermediate between the usual time scale $O\left(\varepsilon^{-1}\right)$ and 'long" times (or "eternity"). Some applications of Nekhoroshev estimates in classical mechanics are discussed in [1-3].

The aim of the present paper is to study this intermediate time scale for quantum propagators. We consider the restricted but physically significant example of polynomially perturbed harmonic oscillators with $d$ degrees of freedom and non-resonant frequencies. We study in $L^{2}\left(\mathbb{P}^{d}\right)$ the Schrödinger operator

$$
\begin{equation*}
H_{t}=H_{0}+\varepsilon V=\sum_{j=1}^{d}\left(-\frac{\hbar^{2}}{2} \frac{\hat{a}^{2}}{\partial q_{1}^{2}}+\omega_{i} q_{1}^{2}\right)-\frac{1}{2} \hbar|\omega|+\varepsilon V(q) \tag{1}
\end{equation*}
$$

where the potential $V$ is a real, bounded-below polynomial of degree $k$ and $\omega=\left(\omega_{1}, \ldots, \omega_{d}\right) \in \mathbb{R}_{-}^{d}$ satisfies the condition

$$
\begin{equation*}
|\omega \cdot \nu|^{-1} \leqslant C_{1}|\nu|^{\gamma} \tag{2}
\end{equation*}
$$

for any $\nu \neq 0, \nu \in \mathbb{Z}^{d}$, with $\omega \cdot \nu=\sum_{i=1}^{d} \omega_{,} \nu_{i},|\nu|=\sum_{i=1}^{d}|\nu|, C_{1}, \gamma$ positive. The shift by $\frac{1}{2} \hbar|\omega|$ in (1) is for reasons of simplicity, it gives inf $\sigma\left(H_{0}\right)=0$. The eigenvalues of $H_{0}$ are all simple, equal to $E_{0}(\nu)=\hbar \omega \cdot \nu, \nu \in \mathbb{N}^{i}$, where we let $0 \in \mathbb{N}$. We denote the corresponding normalised eigenfunctions $e_{i}$, and let $P_{E}$ be the projection onto the finite-dimensional $\operatorname{span}\left\{e_{i}: E_{0}(\nu) \leqslant E\right\}$. As is well known [4], for each $\nu \in \mathbb{N}^{d}$ there exist a Rayleigh-Schrödinger perturbation series $\sum_{j=0}^{x} \mathcal{E}^{\prime} E_{l}(\nu)$, divergent but Borel summable to the perturbed eigenvalue $E_{\xi}(\nu)$ of $H_{\epsilon}$. Let $K$, be the self-adjoint operator defined by $K, e_{\nu}=E_{j}(\nu) e_{\nu}$. The following is the main result of this paper.

Theorem 1. Let $\alpha=(\gamma+d+2+k / 2)^{-1}$, fix $E \geqslant 1$ and assume $\hbar<E\left(k \sup _{j=1, \ldots, d} \omega_{j}\right)^{-1}$. There exist positive constants $A, B, \varepsilon_{*}$ such that for any $0<\varepsilon<B \varepsilon_{*}$ there exist a unitary operator $U_{\varepsilon}$ and a self-adjoint operator $K_{\varepsilon}$ of the form $K_{\varepsilon}=\Sigma_{j=0}^{r(\varepsilon)} \varepsilon^{j} K_{j}$ for appropriate integer $r(\varepsilon)$ satisfying

$$
\begin{equation*}
\left\|\left(U_{\varepsilon} H_{\varepsilon} U_{\xi}^{*}-K_{\varepsilon}\right) P_{E}\right\| \leqslant A E^{k / 2} \exp \left[-\left(\varepsilon_{*} / \varepsilon\right)^{\alpha}\right] . \tag{3}
\end{equation*}
$$

Here $r(\varepsilon)$ is of the order of $\left(\varepsilon_{*} / \varepsilon\right)^{\alpha}, \varepsilon_{*}=D \hbar E^{-k / 2}$, and $A, B$ and $D$ are independent of $E$ and $\hbar$.

One should perhaps remark here that defining the unitary operator $\tilde{U}_{\varepsilon}$ and the self-adjoint operator $\tilde{\boldsymbol{K}}_{\varepsilon}$ by

$$
\tilde{U}_{\varepsilon} e_{f, \nu}=e_{\nu} \quad \tilde{K}_{\varepsilon} e_{\nu}=E_{\varepsilon}(\nu) e_{\nu}
$$

where $\left\{e_{\varepsilon, \nu}\right\}_{\nu \in \mathbb{N}^{d}}$ are the orthogonal eigenfunctions of $H_{\varepsilon}$ associated with $E_{\varepsilon}(\nu)$, $\left(H_{\varepsilon}-E_{\varepsilon}(\nu)\right) e_{\varepsilon, \nu}=0$, we obtain immediately

$$
\begin{equation*}
\tilde{U}_{\varepsilon} H_{\varepsilon} \tilde{U}_{\varepsilon}^{*}=\tilde{K}_{\varepsilon} \tag{4}
\end{equation*}
$$

Note, however, that usually one knows neither $e_{\varepsilon, \nu}$ nor $E_{\varepsilon}(\nu)$ except through their divergent Rayleigh-Schrödinger series. In other words, up to $r$ th order of perturbation theory we can only achieve an approximation of (4) with error $O\left(\varepsilon^{r+1}\right)$. Since, however, the operators $\tilde{U}_{\varepsilon}, \tilde{K}_{\varepsilon}$ are defined abstractly we have no control over the constants in these estimates and so cannot put $r=r(\varepsilon)=\varepsilon^{-\alpha}$ to obtain the exponential estimate (3). The proof of (3) consists, in fact, of a concrete iterative procedure with explicit estimates of the remainder.

The result of theorem 1 is useful for perturbation theory, i.e. for taking the limit $\varepsilon \rightarrow 0$ for $\hbar$ fixed. Unfortunately, the dependence of $\varepsilon_{*}$ on $\hbar$ excludes the semiclassical limit $\hbar \rightarrow 0$ for $\varepsilon$ fixed. We also note that in the classical case Giorgilli and Galgani [5,6] obtain a better exponent $\alpha$, essentially $\alpha=(\gamma+2)^{-1}$, independent of $V$.

Theorem 1 has a consequence for propagators, which seems to be the first result establishing the intermediate time scale in the framework of quantum perturbation theory.

Theorem 2. With constants as in theorem 1, and $A_{1}$ independent of $E$ and $\hbar$, we have

$$
\left\|\left(\exp \left(-\mathrm{i} t H_{\varepsilon}\right)-\exp \left(-\mathrm{i} t K_{\varepsilon}\right)\right) P_{E}\right\| \leqslant A_{1} \hbar^{-\alpha} E^{k / 2} \varepsilon^{\alpha}
$$

for $|t| \leqslant \varepsilon^{\alpha} \exp \left[\left(\varepsilon_{*} / \varepsilon\right)^{\alpha}\right]$.
The proof of theorem 1 is an adaptation to quantum perturbation theory of a proof of Nekhoroshev theorem given by Giorgilli and Galgani [5], see also [7]. Note that the rigorous implementation of classical perturbation algorithms in quantum mechanics was initiated by Graffi and Paul [8], where a wkb-type ansatz in the Bargmann representation reduced the Schrödinger equation to a Hamilton-Jacobi equation with quantum corrections and allowed the calculation of the semiclassical limit for all terms of Rayleigh-Schrödinger series to all orders in $\hbar$. These results were re-established by Degli Esposti, Graffi and Herczyński [9] by implementing the perturbation theory based on the Lie method, where no generating functions in mixed variables and no Hamilton-Jacobi equations appear. Since Giorgilli and Galgani use the Lie method in their proof, we will follow [9].

We observe that Ali [10] considered the Lie perturbation method in quantum mechanics. His results are formal in that he does not give the estimates of the operators involved, and thus cannot obtain, for instance, the unitary operator $U_{\varepsilon}$. He provides, however, a numerical test of the quantisation procedures. We point out also that a recent interesting application of Nekhoroshev like perturbation technique to the onedimensional Schrödinger operator by Benettin et al [11] is based on rewriting the Schrödinger equation as a dynamical system (one-dimensionality is essential here) and then applying the Nekhoroshev approach in this classical situation. In contrast, we implement here the classical perturbation algorithm directly in the Hilbert space.

The plan of the paper is as follows. In section 2 we formulate the Lie perturbation algorithm in quantum mechanics and give the appropriate estimates. The proof of theorem 1 and theorem 2 is carried out in section 3. In the appendix we prove a lemma on polynomial perturbations necessary for our analysis.

## 2. The Lie method in quantum mechanics

Our first aim is to derive equations for perturbation theory of $H_{\varepsilon}=H_{0}+\varepsilon V$, so we proceed formally and will consider the convergence problem later. Let $W_{\varepsilon}=$ $\sum_{j=0}^{x} \varepsilon^{j} W_{j+1}$, where $W$, are self-adjoint operators. We will consider the equation $U_{\varepsilon} H_{\varepsilon} U_{\varepsilon}^{*}=K_{\varepsilon}$, where $U_{\varepsilon}$ is the unitary solution of $(\mathrm{d} / \mathrm{d} \varepsilon) U_{\varepsilon}=\mathrm{i} U_{\varepsilon} W_{\varepsilon}, U_{0}=I$, so denote $T_{\varepsilon} A=U_{\varepsilon} A U_{\varepsilon}^{*}$ for any self-adjoint operator $A$ and expand $T_{\varepsilon}$ as a power series in $\varepsilon$ : $T_{\varepsilon} A=\Sigma_{j=0}^{x} \varepsilon^{\prime} T_{j} A$, where $T_{0} A=A$ (here $W_{\varepsilon}, W_{j}$ are operators acting in the Hilbert space, and $T_{\epsilon}, T_{j}$ are operators acting on operators). We want to express $T_{j}$ in terms of $W_{j}$. Differentiating $T_{f} A=U_{q} A U_{F}^{*}$ with respect to $\varepsilon$ we obtain

$$
\begin{equation*}
\frac{\mathrm{d}}{\mathrm{~d} \varepsilon} T_{\epsilon} A=U_{\epsilon} \mathrm{i}\left[W_{\varepsilon}, A\right] U_{\varepsilon}^{*} \tag{5}
\end{equation*}
$$

so letting $\tilde{L}_{j} A=\mathrm{i}\left[W_{j}, A\right]$ we obtain

$$
n T_{n} A=\sum_{j=1}^{n} T_{n-j} \tilde{L}_{j} A
$$

whence we can inductively find $T_{n}$ in terms of commutators with $W_{j}$, similarly to the Lie method in classical mechanics as discussed, for instance, in Lieberman and Lichtenberg [12]. These expressions for $T_{n}$ were used by Degli Esposti, Graffi and Herczyński [9]. It turns out, however, that for the purposes of perturbation theory a different formulation is more convenient. We rewrite (5) as

$$
\frac{\mathrm{d}}{\mathrm{~d} \varepsilon} T_{\varepsilon} A=\mathrm{i}\left[U_{\varepsilon} W_{\varepsilon} U_{\varepsilon}^{*}, T_{\varepsilon} A\right]=\mathrm{i}\left[X_{\varepsilon}, T_{\varepsilon}\right]
$$

where $X_{\varepsilon}=U_{f} W_{\varepsilon} U_{f}^{*}=\sum_{j=0}^{\infty} \varepsilon^{j} X_{j+1}$, and letting $L_{j} A=\mathrm{i}\left[X_{j}, A\right]$ we obtain

$$
\begin{equation*}
T_{n} A=\frac{1}{n} \sum_{j=1}^{n} L_{j} T_{n-j} A \tag{6}
\end{equation*}
$$

similar to expressions considered by Giorgilli and Galgani [5] (see also [6]).
All our estimates of $U_{\varepsilon}$ will be expressed in terms of $X_{j}$, therefore to ensure that the operator $U_{\varepsilon}$ is then well defined, we need the following result.

Lemma 1. If $\left\|X_{j}\right\| \leqslant \frac{1}{2} \beta^{\prime}$ for any $j$, then $\left\|W_{j}\right\| \leqslant \frac{1}{2}(2 \beta)^{j}$ and $W_{f}$ is convergent for $|\varepsilon|<1 / 2 \beta$. Moreover, if $X_{j}$ are self-adjoint, then so are $W_{j}$.

Proof. The proof uses the result of lemma 2 below, which is independent of lemma 1. Since $X_{f}=U_{\varepsilon} W_{f} U_{t}=T_{t} W_{t}$, we have $W_{1}=X_{1}$ and

$$
\begin{equation*}
W_{n}=X_{n}-\sum_{j=1}^{n-1} T_{n-j} W_{j} \tag{7}
\end{equation*}
$$

for $n \geqslant 2$. Now we prove the lemma inductively. For $j=1$ it is immediate. Suppose we have $\left\|W_{j}\right\| \leqslant \frac{1}{2}(2 \beta)^{\prime}$ for $j=1, \ldots, n-1$. Then by (7) and lemma 2 we find

$$
\left\|W_{n}\right\| \leqslant\left\|X_{n}\right\|+\sum_{i=1}^{n}\left\|T_{n}, W_{i}\right\| \leqslant \frac{1}{2} \beta^{n}+\frac{1}{2} \beta^{n} \sum_{i=1}^{n-1} 2^{\prime} \leqslant \frac{1}{⿺}(2 \beta)^{n} .
$$

The self-adjointness statement is obvious from (7), and thus the lemma is proved.
We next want to consider the convergence of $\sum_{i=1,}^{x} \varepsilon^{\prime} T_{,}$. Although $X$, are bounded operators, we will have to consider expressions of the type $T_{n} H_{0}$, which are not bounded. We therefore introduce the following definitions. We say that an operator $\boldsymbol{A}$ is in the class $F_{,}, \boldsymbol{A} \in F_{\text {, }}$, if $\boldsymbol{A}$ is relatively bounded with respect to some power of $H_{0}$ and, moreover, $\left(e_{\nu}, A e_{\mu}\right)=0$ whenever $|\nu-\mu|>s$, where (,) denotes the scalar product in $L^{2}\left(\mathbb{R}^{d}\right)$ (as in section 1 , we put $\left.|\nu|=\sum_{j=1}^{d}|\nu|,\right)$. Moreover, we let $\|\boldsymbol{A}\|_{E}$ denote $\left\|A P_{E}\right\|$, which is well defined since $A P_{E}$ is, for any $A$, a finite-rank operator. Let $\omega^{*}=\sup _{i=1, \ldots, d} \omega_{i}$. The inequality

$$
\|A B\|_{E}=\left\|A P_{E+, h \omega^{\nu}} B P_{E}\right\| \leqslant\|A\|_{E+, h \omega^{*}}\|B\|_{E}
$$

holds for $B \in F$, and arbitrary $A$. If, furthermore, $B$ is bounded, we obtain

$$
\begin{equation*}
\|[A, B]\|_{E} \leqslant 2\|A\|_{E \cdots h \ldots, \cdots}\|B\| . \tag{8}
\end{equation*}
$$

Lemma 2. Suppose $X_{l} \in F_{l h},\left\|X_{j}\right\| \leqslant \frac{1}{2} \beta^{\prime}$ for $j=1,2, \ldots$ Then

$$
\left\|T_{,} A\right\|_{E} \leqslant \beta^{\prime}\|A\|_{E-, \cdot}
$$

where $\mathscr{E}=\hbar k \omega^{*}$.
Proof. For $j=0$ the result of the lemma is true. Suppose we have proved that $\left\|T_{j} A\right\|_{E} \leqslant \beta^{j}\|A\|_{E+j}$ for $j=0, \ldots, n-1$. Then by (6) and (8)

$$
\left\|T_{n} A\right\|_{E} \leqslant \frac{1}{n} \sum_{j=1}^{n}\left\|\left[X_{l}, T_{n-}, A\right]\right\|_{E} \leqslant \frac{2}{n} \sum_{j=1}^{n}\left\|X_{i}\right\|\left\|T_{n-,} A\right\|_{E+i \delta} \leqslant \beta^{n}\|A\|_{E+n \delta} .
$$

The lemma is proved.
Lemma 2 can be used to estimate the remainder of the series $\sum_{,=0}^{x} \varepsilon^{\prime} T_{,} A$.
Lemma 3. Suppose $X_{,}$are as in lemma 2. If $A$ is bounded then $\sum_{l=0}^{x} \varepsilon^{\prime} T_{j} A$ is convergent for $|\varepsilon| \leqslant 1 / \beta$ and

$$
\left\|\boldsymbol{R}_{r}(\boldsymbol{A})\right\| \leqslant(1-\varepsilon \beta)^{-1}(\varepsilon \beta)^{r+1}\|\boldsymbol{A}\|
$$

where $R_{r}(A)=U_{\varepsilon} A U_{\xi}^{*}-\Sigma_{j=0}^{r} \varepsilon^{\prime} T_{f} A$. If $A$ is such that $\|A\|_{E} \leqslant C E^{\kappa}$, then $\Sigma_{j=0}^{x} \varepsilon^{j} T_{j}(A) P_{E}$ is convergent for $|\varepsilon| \leqslant 1 / 2 \beta$, for any $E$, and

$$
\left\|R_{r}(A)\right\|_{E} \leqslant C C_{\kappa}(E+\mathscr{E})^{\kappa}(1-2 \varepsilon \beta)^{-1}(2 \varepsilon \beta)^{r+1}
$$

where $C_{\kappa}$ depends only on $\kappa$.

Proof. The first part of the lemma follows by geometric series estimates, and the second from the inequality

$$
C(E+j \mathscr{E})^{\kappa} \leqslant C C_{\kappa}(E+\mathscr{E})^{\kappa} 2^{j} .
$$

With the above lemmas we can now proceed to write down the perturbation theory algorithm. Consider the equation

$$
U_{r}\left(H_{0}+\varepsilon V\right) U_{\varepsilon}^{*}=\sum_{l=0}^{x} \varepsilon^{\prime} K_{j}
$$

where we want $K$, to commute with $H_{0}$, i.e. to belong to $F_{0}$. Expanding in $\varepsilon$, we rewrite the above as $K_{0}=H_{0}$ and

$$
\begin{equation*}
T_{n} H_{0}+T_{n-1} V=K_{n} . \tag{9}
\end{equation*}
$$

Using (6), we rewrite (9) as

$$
\begin{equation*}
\frac{\mathrm{i}}{n}\left[X_{n}, H_{0}\right]+V^{(n)}=K_{n} \tag{10}
\end{equation*}
$$

where

$$
\begin{equation*}
V^{(n)}=T_{n-1} V+\frac{1}{n} \sum_{j=1}^{n-1} L_{i} T_{n-j} H_{0} \tag{11}
\end{equation*}
$$

Equation (10) is solved for $X_{n}, K_{n}$, assuming $X_{1}, \ldots, X_{n-1}$, and hence also $V^{(n)}$, known, as follows. We have ( $e_{v},\left[X_{n}, H_{0}\right] e_{\nu}$ ) $=0$ for any $\nu \in \mathbb{N}^{d}$, and we assume $K_{n} \in F_{0}$. Therefore

$$
\begin{equation*}
\left(e_{\nu}, K_{n} e_{v}\right)=\left(e_{\nu}, V^{(n)} e_{\nu}\right) \tag{12}
\end{equation*}
$$

and

$$
\begin{equation*}
\left(e_{\nu}, X_{n} e_{\mu}\right)=n \mathrm{i} \frac{\left(e_{\nu}, V^{(n)} e_{\mu}\right)}{\hbar \omega \cdot(\mu-\nu)} \tag{13}
\end{equation*}
$$

for $\mu \neq \nu$. We put, by convention, $\left(e_{\nu}, X_{n} e_{\nu}\right)=0$. We will be able to estimate the norm of $X_{n}$ using the Diophantine condition (2) and the fact that $V^{(n)} \in F_{n k}$. But before proceeding we will follow Giorgilli and Galgani in deriving another expression for $V^{(n)}$, more useful than (11). We find, using (6) and (9), that

$$
\begin{align*}
V^{(n)} & =\frac{1}{n-1} \sum_{j=1}^{n-1} L_{j} T_{n-1-j} V+\frac{1}{n} \sum_{j=1}^{n-1} L_{j} T_{n-j} H_{0} \\
& =\frac{1}{n} \frac{1}{n-1} \sum_{j=1}^{n-1} L_{j}\left(n T_{n-1-j} V+(n-1) T_{n-j} H_{0}\right) \\
& =\frac{1}{n} \frac{1}{n-1} \sum_{j=1}^{n-1} L_{j}\left(T_{n-1-j} V+(n-1) K_{n-j}\right) \\
& =\frac{1}{n} T_{n-1} V+\frac{1}{n} \sum_{j=1}^{n-1} L_{j} K_{n-j} . \tag{14}
\end{align*}
$$

From our point of view the main value of the formula (14) is that it allows one to estimate the norm of $V^{(n)}$ when $V$ is bounded. Moreover, we note that

$$
\left(e_{\nu}, K_{n} e_{\nu}\right)=\frac{1}{n}\left(e_{\nu}, T_{n-1} V e_{\nu}\right)
$$

which may be more useful than (12), though we will not use it.

Equations (10), (12), (13) and (14) constitute the perturbation algorithm based on the Lie method implemented directly in the Hilbert space. Because of the uniqueness of the Rayleigh-Schrödinger series for simple eigenvalues, ( $e_{\nu}, K_{n} e_{\nu}$ ) will turn out to be $E_{n}(\nu)$. Note, however, that if $V$ is a polynomial in $q$, then it is an unbounded operator and so will be $X_{1}, K_{1}$ and in general all $X_{j}$, and we will not be able to obtain the estimates needed for lemmas 3 and 4. Therefore we proceed in the following manner: instead of $V$ we consider $\Phi=P_{E_{0}} V P_{E_{0}}$ for appropriately chosen $E_{0}$. This is a bounded operator. Thus our perturbation equations become

$$
\begin{align*}
& \frac{\mathrm{i}}{n}\left[X_{n}, H_{0}\right]+V^{(n)}=\tilde{K}_{n}  \tag{15}\\
& V^{(n)}=\frac{1}{n} T_{n-1} \Phi+\frac{1}{n} \sum_{j=1}^{n-1} L_{j} \tilde{K}_{n-1} \tag{16}
\end{align*}
$$

for $n \geqslant 2, V^{(1)}=\Phi$, where $\left(e_{\nu}, \tilde{K}_{n} e_{\nu}\right)$ is the $n$th term of the Rayleigh-Schrödinger series for $H_{0}+\varepsilon \Phi$ for perturbation of $E_{0}(\nu)$. Equation (15) is solved as in (12), (13). Since now all operators $X_{j}, \tilde{K}_{j}$ are bounded, we may estimate the norm of $V^{(n)}$. This will depend on the norm of $\Phi$ and hence on the choice of $E_{0}$, to be discussed in the next section.

It is easy to see inductively that $V^{(n)}, X_{n} \in F_{k n}$, and also that $T_{n} A \in F_{5+n k}$ for $A \in F_{5}$. Observe also that since $V^{(1)}$ is self-adjoint, so are $V^{(n)}$ and $X_{n}$ for any $n \geqslant 1$. Our next step is to provide estimates for the iterative procedure (15), (16).

Lemma 4. For any $j=1,2, \ldots$ we have

$$
\begin{align*}
& \left.\| V^{(j}\right)\|\leqslant\| \Phi \| \mathscr{E}(j)^{)^{-1}}  \tag{17}\\
& \left\|T_{j-1} \Phi\right\| \leqslant\|\Phi\| \mathscr{E}(j)^{j-1} \tag{18}
\end{align*}
$$

where $\mathscr{E}(1)=1, \mathscr{E}(j)=(1 / \hbar) 2^{d+1} C_{1} k^{\gamma+d}\|\Phi\| j^{\gamma+d+1}$, for $j \geqslant 2$.
Proof. The proof is by induction. For $j=1$, (16) and (17) are obvious, so suppose we have them for $j=1, \ldots, n-1$. Note first that by (12)

$$
\begin{equation*}
\left\|\tilde{K}_{j}\right\| \leqslant\left\|V^{(j)}\right\| \leqslant\|\Phi\| \mathscr{E}(j)^{)^{\prime-1}} \tag{19}
\end{equation*}
$$

and by (13), (2) and $V^{(j)} \in F_{i k}$ we have

$$
\begin{align*}
\left\|X_{j}\right\| & \leqslant \sup _{\|\mid f\|=\|\mathrm{g}\|=1}\left|\left(f, X_{j} g\right)\right| \\
& \leqslant \sup _{\|\cdot\|=\|\boldsymbol{\|}\|=1} \sum_{\mu,|\nu| \leqslant j k}\left|\left(f, e_{\nu}\right)\left(e_{\nu}, X_{i} e_{\nu+\mu}\right)\left(e_{\nu+\mu}, g\right)\right| \\
& \leqslant \sup _{\||f|=\|\| \|=1}\left\|V^{(j)}\right\| \frac{1}{\hbar} C_{1} j(j k)^{\gamma} \sum_{\mu, \nu \mid \leqslant j k}\left|\left(f, e_{\nu}\right)\left(e_{\nu+\mu}, g\right)\right| \\
& \leqslant\left\|V^{(j)}\right\| \frac{1}{\hbar} C_{1} j(j k)^{\gamma} \sum_{\| \nu \mid \leqslant j k} 1 \\
& \leqslant\|\Phi\| \mathscr{E}(j)^{j-1} \frac{1}{\hbar} C_{1} j(j k)^{\gamma}(2 j k)^{d} \\
& =\frac{1}{2} \mathscr{E}(j)^{\prime} . \tag{20}
\end{align*}
$$

We now consider (18) for $j=n$. We find, by (6) and (20), that

$$
\begin{aligned}
\left\|T_{n-1} \Phi\right\| & \leqslant \frac{1}{n-1} \sum_{j=1}^{n-1}\left\|L_{j} T_{n-1,}, \Phi\right\| \\
& \leqslant \frac{2}{n-1} \sum_{j=1}^{n-1}\|X,\|\left\|T_{n-1-} \Phi\right\| \\
& \leqslant \frac{1}{n-1} \sum_{j=1}^{n-1} \mathscr{E}(j)^{\prime}\|\Phi\| \mathscr{E}(n-j)^{n-1-1} \\
& \leqslant\|\Phi\| \mathscr{E}(n)^{n-1} .
\end{aligned}
$$

We pass to (17) for $j=n$ and use the elegant formula (14) to obtain

$$
\begin{aligned}
\left\|V^{(n)}\right\| & \leqslant \frac{1}{n}\left\|T_{n-1}\right\|+\frac{1}{n} \sum_{j=1}^{n-1}\left\|L_{j} K_{n-i}\right\| \\
& \leqslant \frac{1}{n}\left\|T_{n-1}\right\|+\frac{2}{n} \sum_{i=1}^{n-1}\left\|X_{i}\right\|\left\|K_{n-1}\right\| \\
& \leqslant \frac{1}{n}\|\Phi\| \mathscr{E}(n)^{n-1}+\frac{n-1}{n}\|\Phi\| \mathscr{E}(n)^{n-1} \\
& =\|\Phi\| \mathscr{E}(n)^{n-1} .
\end{aligned}
$$

The lemma is proved.
For our purposes the estimate (20) is essential. It shows that if we carry out the perturbation theory to all orders we will not get the estimate $\|X,\| \leqslant \frac{1}{2} \beta^{\prime}$, needed for lemma 2. We will, instead, again follow Giogilli and Galgani [5] by considering the perturbation theory up to order $r$, putting $\beta=\mathscr{E}(r)$, and then by choosing the best $r(\varepsilon)$ to minimise the remainder.

## 3. The proof of theorem 1

We carry out the perturbation theory as described in the previous section up to order $r$ and set $X_{j}=0$ for $j \geqslant r$. We then get $\left\|X_{j}\right\| \leqslant \frac{1}{2} \mathscr{E}(r)^{\prime}$ for any $j$ and we can apply lemma 3 to estimate the remainder. The heart of the argument is the optimisation of this estimate for a given $\varepsilon$ by choosing the right $r$. In contrast to Giorgilli and Galgani [5], however, we also have to be careful to make the right choice of $E_{0}$ in the definition of $\Phi$. We put $E_{0}=E+(r+1) \mathscr{E}$ where, we recall, $\mathscr{E}=\hbar k \omega^{*}$. The following two lemmas justify this choice.

Lemma 5. If $E_{0}=E+(r+1) \mathscr{E}$, then

$$
\begin{equation*}
\tilde{K}_{i} P_{E}=K, P_{E} \tag{21}
\end{equation*}
$$

for $j=1, \ldots, r$.
Lemma 6. Assume that $\varepsilon<1 / 2 \beta$ and $E>\mathscr{E}$. If $E_{0}$ is as above, then

$$
\left\|U_{\varepsilon}(V-\Phi) U_{r}^{*}\right\|_{E} \leqslant C_{2} E^{h / 2} r^{\kappa / 2}(2 \varepsilon \beta)^{r}
$$

where $C_{2}$ depends only on $V$ and $\beta=\mathscr{E}(r)$.

Lemma 5 is essential if we want to have the Rayleigh-Schrödinger series for $H_{0}+\varepsilon V$ instead of $H_{0}+\varepsilon \Phi$ in theorem 1. Lemma 6 gives the estimate similar to that of lemma 3 , which will be important in the optimisation step.

Proof of lemma 5. For the purposes of this proof only, we introduce the following notation: $X_{i}, V^{(j)}, T_{j}$ for perturbation theory of $H_{0}+\varepsilon V, \tilde{X}_{j}, \tilde{V}^{(\prime)}, \tilde{T}_{j}$ for perturbation theory of $H_{0}+\varepsilon \Phi, V^{(1)}=V, \hat{V}^{(1)}=\Phi$. We will show a stronger statement than (21), namely

$$
\begin{equation*}
\tilde{V}^{(j)} P_{E_{0}-j \epsilon}=V^{(i)} P_{E_{0}-j \varepsilon} \tag{22}
\end{equation*}
$$

for $j \leqslant r$, from which (21) follows immediately. We prove (22) by a kind of 'finite' induction for $j \leqslant r$, together with

$$
\begin{equation*}
\tilde{T}_{j_{-1}} \Phi P_{E_{0}-j \epsilon}=T_{i-1} V P_{E_{i-1}-j t} \tag{23}
\end{equation*}
$$

For $j=1$ (22) and (23) are obvious. Suppose we have them for $j=1, \ldots, n<r$. Then also $\tilde{X}_{j} P_{E_{0}-j \varepsilon}=X_{j} P_{E_{0}-, \ell}$ for $j \leqslant n$, and

$$
\begin{aligned}
\tilde{T}_{n} \Phi P_{E_{0}-n \epsilon} & =\frac{i}{n} \sum_{j=1}^{n}\left(\tilde{X}_{j} \tilde{T}_{n-j} \Phi-\tilde{T}_{n-j} \Phi \tilde{X}_{j}\right) P_{E_{0}-n t} \\
& =\frac{i}{n} \sum_{j=1}^{n}\left(\tilde{X}_{j} P_{E_{0}-j \notin} \tilde{T}_{n-j} \Phi-\tilde{T}_{n-j} \Phi P_{E_{0}-(n-j) \epsilon} \tilde{X}_{j}\right) P_{E_{0}-n t} \\
& =\frac{i}{n} \sum_{j=1}^{n}\left(X_{j} P_{E_{n}-j \varepsilon} T_{n-j} V-T_{n-j} V P_{E_{0}-(n-j) \epsilon} X_{j}\right) P_{E_{0}-n t} \\
& =T_{n} V P_{E_{0}-n \epsilon}
\end{aligned}
$$

and similarly we prove, using (14), that (22) holds for $j=n+1$. The proof is thus complete.

Proof of lemma 6. For $\Omega \subset \mathbb{R}$ let $P_{\Omega}$ denote the orthogonal projection onto $\operatorname{span}\left\{e_{\nu}: E_{0}(\nu) \in \Omega\right\}$. Note that

$$
\begin{aligned}
V & =P_{E_{0}} V P_{E_{0}}+\left(I-P_{\left.E_{1}\right)}\right) V+V\left(I-P_{E_{0}}\right) \\
& =\Phi+P_{\left(E_{0}, E_{0}+x\right)} V P_{\left(E_{0}-f, E_{0}\right]}+V P_{\left(E_{0}, x\right)}
\end{aligned}
$$

since $V \in F_{k}$, therefore putting $E_{1}=E_{0}-\mathscr{E}$, we have

$$
\begin{aligned}
& \left\|U_{\xi}(V-\Phi) U_{F}^{*}\right\|_{E} \\
& \leqslant 2\left\|U_{\varepsilon} V P_{\left(E_{1}, x\right.} U_{\varepsilon}^{*}\right\|_{E} \\
& \leqslant 2 \sum_{j=1}^{x}\left\|U_{F} V P_{\left(j E_{1},(j+1) E_{1}\right]} U_{F}^{*}\right\|_{E} \\
& \leqslant 2 \sum_{j=1}^{\infty}\left(\sum_{t=0}^{t_{l}}\left\|T_{t}\left(V P_{\left(j E_{1},(j+1) E_{1}\right)}\right)\right\|_{E}+\left\|R_{t,}\left(V P_{\left(j E_{1}, i j+1\right) E_{1}}\right)\right\|_{E}\right) .
\end{aligned}
$$

We use now lemma 2 to note that we have $\left\|T_{t}\left(V P_{\left(j E_{1},(j+1) E_{1}\right]}\right)\right\|_{E}=0$ for $E+t \mathbb{E}<j E_{1}$, so we let $t_{j}=\operatorname{Int}\left(\left(j E_{1}-E\right) / \mathscr{E}\right)=\operatorname{lnt}(j r+(j-1) E / \mathscr{E})$ and obtain, using lemma 3 and
(A1),

$$
\begin{aligned}
\left\|U_{F}(V-\Phi) U_{f}^{*}\right\|_{E} & \leqslant 2 \sum_{l=1}^{x}\left\|R_{t}\left(V P_{1, E_{1}, l,+1, E_{1}}\right)\right\|_{F} \\
& \leqslant 2(1-\varepsilon \beta)^{-1} \sum_{l=1}^{x}(\varepsilon \beta)^{t,-1}\|V\|_{1,-1} E_{1} \\
& \leqslant 2 C_{V} E_{1}^{k}(1-\varepsilon \beta)^{-1} \sum_{i=1}^{x}(\varepsilon \beta)^{t_{1}-1}(j+1)^{k} 2 .
\end{aligned}
$$

Recall that $\varepsilon \beta<\frac{1}{2}$ and $E>\mathscr{E}$, and observe that $t_{1}+1>j r+(j-1)$ so letting $C_{\kappa}$ be as in lemma 3, we get

$$
\begin{aligned}
\left\|U_{f}(V-\Phi) U_{\xi}^{*}\right\|_{E} & \leqslant 4 C_{k, 2} C_{V} E_{1}^{k / 2} \sum_{j=1}^{x}(2 \varepsilon \beta)^{r r} \\
& \leqslant 8 C_{k, 2} C_{V} E_{1}^{k / 2}(2 \varepsilon \beta)^{r} .
\end{aligned}
$$

Note now that $E_{1}=E+r \mathscr{E} \leqslant 2 E r$, and the result of lemma 6 follows.
We finally come to the proof of theorem 1 and observe that

$$
U_{\varepsilon}\left(H_{0}+\varepsilon V\right) U_{\varepsilon}^{*}-\sum_{j=0}^{r} \varepsilon^{\prime} K_{j}=\varepsilon U_{\varepsilon}(V-\Phi) U_{\varepsilon}^{*}+R_{r}\left(H_{0}\right)+\varepsilon R_{r-1}(V)+\sum_{j=0}^{r} \varepsilon^{\prime}\left(\tilde{K}_{j}-K_{j}\right)
$$

Using lemma 3, lemma 5 and lemma 6 we find, for $r \geqslant k$,

$$
\begin{equation*}
\left\|U_{\varepsilon}\left(H_{0}+\varepsilon V\right) U_{\varepsilon}^{*}-\sum_{j=0}^{r} \varepsilon^{\prime} K_{j}\right\|_{E} \leqslant C_{3} E^{k / 2}(2 \varepsilon \beta r)^{r} \tag{24}
\end{equation*}
$$

where, by lemma 4 and (A1),

$$
\begin{align*}
\beta=\mathscr{E}(r) & =\frac{2^{d+1} C_{1} k^{\gamma+d}}{\hbar} r^{\gamma+d+1}\left\|P_{E_{1}} V P_{E_{0}}\right\| \\
& \leqslant \frac{2^{d+1} C_{1} C_{\nu} k^{\gamma+d}}{\hbar} E^{k / 2} r^{\gamma+d+1+k / 2} . \tag{25}
\end{align*}
$$

Letting $\bar{\varepsilon}_{*}=\hbar\left(2^{d+2} C_{1} C_{V} k^{\gamma+d} E^{k / 2}\right)^{-1}$, and $\dot{\gamma}=\gamma+d+2+k / 2$, we find

$$
\begin{equation*}
\left\|U_{\varepsilon}\left(H_{0}+\varepsilon V\right) U_{*}^{*}-\sum_{i=0}^{r} \varepsilon^{\prime} K_{i}\right\|_{E} \leqslant C_{3} E^{k / 2}\left(\frac{\varepsilon r^{\dot{\gamma}}}{\bar{\varepsilon}_{*}}\right)^{r} \tag{26}
\end{equation*}
$$

where neither $C_{3}$ nor $\bar{\varepsilon}_{*}$ depends on $r$. This means we are now free to choose $r$ as we please, and it is easy to see that the best choice is $r(\varepsilon)=\operatorname{Int}(\bar{r}(\varepsilon))$, where

$$
\bar{r}(\varepsilon)=\mathrm{e}^{-1}\left(\frac{\bar{\varepsilon}_{*}}{\varepsilon}\right)^{1 / \dot{\gamma}}
$$

We then have

$$
\left(\frac{\varepsilon r(\varepsilon)^{\tilde{\gamma}}}{\bar{\varepsilon}_{*}}\right)^{r i+1} \leqslant\left(\frac{\varepsilon \bar{r}(\varepsilon)^{\tilde{\gamma}}}{\bar{\varepsilon}_{*}}\right)^{\tilde{r}(+1-1}=\exp (\tilde{\gamma}) \exp (-\bar{r}(\varepsilon) \tilde{\gamma})
$$

Note now that $\bar{r}(\varepsilon) \tilde{\gamma}=\left(\varepsilon_{*} / \varepsilon\right)^{\alpha}$ for $\varepsilon_{*}=\bar{\varepsilon}_{*}(\tilde{\gamma} / e)^{\dot{\gamma}}$, hence by (26) we obtain the estimate (3). We now check the consistency of conditions imposed on $\varepsilon$ in the above argument.

We need $r \geqslant k$, used in (24), and $2 \beta \varepsilon<1$, used in lemma 1, lemma 3 and lemma 6 . The first of these reduces to

$$
\mathrm{e}^{-1}\left(\frac{\bar{\varepsilon}_{*}}{\varepsilon}\right)^{\alpha} \geqslant k+1
$$

and is satisfied by the choice $B=[(k+1) \dot{\gamma}]^{-\dot{\gamma}}$. The second, using $\beta=$ $\left(2 \bar{\varepsilon}_{*}\right)^{-1} r(\varepsilon)^{\gamma+d+1+k / 2}$, follows from

$$
\begin{equation*}
2 \beta \varepsilon=\frac{\varepsilon r(\varepsilon)^{\gamma+d+1+k / 2}}{\bar{\varepsilon}_{*}} \leqslant \frac{\varepsilon \bar{r}(\varepsilon)^{\dot{\gamma}}}{\bar{\varepsilon}_{*}}=\exp (-\tilde{\gamma}) . \tag{27}
\end{equation*}
$$

This completes the proof of theorem 1 .
Using theorem 1, we can now give a simple proof of theorem 2. The identity

$$
\begin{aligned}
& \exp \left(-\mathrm{i} t U_{\varepsilon} H_{\varepsilon} U_{\varepsilon}^{*}\right)-\exp \left(-\mathrm{i} t K_{\varepsilon}\right) \\
&=-\mathrm{i} \int_{0}^{r} \exp \left(-\mathrm{i} s U_{\varepsilon} H_{\varepsilon} U_{F}^{*}\right)\left(U_{\digamma} H_{\varepsilon} U_{\xi}^{*}-K_{\varepsilon}\right) \exp \left[-\mathrm{i}(t-s) K_{\varepsilon}\right] \mathrm{d} s
\end{aligned}
$$

the fact that $K_{\varepsilon}$ commutes with $P_{E}$, and (3) yield

$$
\begin{equation*}
\left\|\left[\exp \left(-\mathrm{i} t U_{\epsilon} H_{\varepsilon} U_{F}^{*}\right)-\exp \left(-\mathrm{i} t K_{\varepsilon}\right)\right] P_{E}\right\| \leqslant A E^{k / 2} \varepsilon^{\alpha} \tag{28}
\end{equation*}
$$

for $|t| \leqslant \varepsilon^{\alpha} \exp \left[\left(\varepsilon_{*} / \varepsilon\right)^{\alpha}\right]$. We use lemma 3 with $r=0$ to note that

$$
\begin{aligned}
\exp \left(-\mathrm{i} t U_{F} H_{F} U_{f}^{*}\right)-\exp \left(-\mathrm{i} t H_{F}\right) & =T_{\varepsilon}\left[\exp \left(-\mathrm{i} t H_{F}\right)\right]-\exp \left(-\mathrm{i} t H_{f}\right) \\
& =R_{0}\left[\exp \left(-\mathrm{i} t H_{f}\right)\right]
\end{aligned}
$$

can be estimated by

$$
\begin{equation*}
\left\|\exp \left(-\mathrm{i} t U_{\varepsilon} H_{\varepsilon} U_{\varepsilon}^{*}\right)-\exp \left(-\mathrm{i} t H_{\varepsilon}\right)\right\| \leqslant(1-\beta \varepsilon)^{-1} \beta \varepsilon \leqslant 2 \beta \varepsilon \tag{29}
\end{equation*}
$$

since $\varepsilon \beta \leqslant \frac{1}{2}$. Using (25) we give another estimate of $2 \beta \varepsilon$, different from (27):

$$
2 \beta \varepsilon=\frac{\varepsilon}{\bar{\varepsilon}_{*}}\left(\frac{\bar{\varepsilon}_{*}}{\varepsilon}\right)^{1-\alpha} \exp [-(\gamma+d+1+k / 2)] \leqslant\left(\frac{\varepsilon}{\bar{\varepsilon}_{*}}\right)^{\alpha} .
$$

Putting (28), (29) and the above together, and using the definition of $\bar{\varepsilon}_{*}$, we obtain theorem 2.

## Acknowledgments

This work was performed during my stay at Dipartimento di Matematica, Università di Bologna. I am indebted to my Italian colleagues for their hospitality, in particular to Sandro Graffi for making my stay here possible and for many useful discussions. I thank Franco Nardini for his critical reading of the manuscript. The financial support of CNR in Firenze, Gruppo di Fisica Matematica, is most gratefully acknowledged.

## Appendix

The aim of this appendix is to prove the following lemma.
Lemma $A$. Let $V$ be a real polynomial of degree $k$. Then $V \in F_{k}$ and there exist $C_{V}>0$ such that

$$
\begin{equation*}
\|V\|_{E} \leqslant C_{V} E^{k / 2} \tag{A1}
\end{equation*}
$$

for $E \geqslant 1, \hbar<1$.

Proof. It is easiest to perform the proof in the Bargmann representation [8,13], which was already used for the purposes of perturbation theory in $[8,9]$. We consider the Hilbert space of analytic functions

$$
\mathscr{F}_{d}=\left\{f \text { analytic in } \mathbb{C}^{d}, \int|f(x+\mathrm{i} y)|^{2} \exp \left(-\left(|x|^{2}+|y|^{2}\right) / \hbar\right) \mathrm{d} x \mathrm{~d} y<\infty\right\}
$$

in which the operator $H_{0}$ becomes

$$
H_{0}=\hbar \omega z \nabla_{z}=\hbar \sum_{j=1}^{d} \omega_{i} z, \frac{\partial}{\partial z_{l}}
$$

with eigenfunction $e_{l}(z)=\left(\hbar^{\left|w^{i j}\right|} \nu!\right)^{-1 / 2} z^{\prime \prime}, \nu \in \mathbb{N}^{d}$. Moreover, the multiplication by $q_{j}$ becomes $\left(z_{j}+\hbar \partial / \partial z_{j}\right) / \sqrt{2} \omega_{i}$, see [8], so we see that $V$ becomes an operator of the form

$$
\begin{equation*}
V=\sum_{|\alpha+\beta| \leqslant h} v_{\alpha, \beta} z^{\alpha}\left(\hbar \nabla_{z}\right)^{\beta} \tag{A2}
\end{equation*}
$$

whence $V \in F_{k}$ is immediate. Moreover $v_{\alpha, \beta}$ in (A2) are polynomials in $\hbar$ of degree less than $k$. Note now that

$$
z^{\alpha} e_{\nu}=\hbar^{\alpha / / 2}\left(\frac{(\alpha+\nu)!}{\nu!}\right)^{1 / 2} e_{\nu+\alpha} \quad\left(\hbar \nabla_{2}\right)^{\beta} e_{\nu}=\hbar^{i \beta / 2}\left(\frac{\nu!}{(\nu-\beta)!}\right)^{1 / 2} e_{\nu-\beta}
$$

for $\beta \leqslant \nu$. Letting $\omega_{*}=\min \left\{\omega_{1}, \ldots, \omega_{d}, \frac{1}{2}\right\}$, we find

$$
\begin{aligned}
& \left\|z^{\alpha} e_{\nu}\right\| \leqslant(\hbar|\nu|+\hbar k)^{\mid \alpha / 2} \leqslant \omega_{*}^{-i \alpha / 2}(k+1)^{\mid \alpha i / 2} E_{0}(\nu)^{\mid \alpha / / 2} \\
& \left\|\left(\hbar \nabla_{-}\right)^{\beta} e_{\nu}\right\| \leqslant(\hbar|\nu|)^{\mid \beta / / 2} \leqslant \omega_{*}^{-i \beta / 2} E_{0}(\nu)^{|\beta| / 2}
\end{aligned}
$$

whence we obtain the estimate (Al) with

$$
C_{V}=\sum_{i \alpha+\beta \mid \leqslant k} \sup _{0<\hbar<1}\left|v_{\alpha, \beta}\right| \omega_{*}^{-i \alpha+\beta} / 2(k+1)^{\alpha \mid / 2}
$$

The proof is complete.

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