

①
11/30/05

Case II. $H_z \gg H_{so}$, but not so much that H_{so} can be dropped.

We ignore H_D and H_{RKE} for simplicity, not because it's realistic.

Write $H_{so} = f(r) \vec{L} \cdot \vec{S}$, where $f(r) = \frac{\alpha^2}{2} \frac{1}{r} \frac{dV}{dr}$.

Thus for perturbation theory, take:

$$H_0 = \frac{p^2}{2} + V(r) + H_z$$

$$H_1 = H_{so} = f(r) \vec{L} \cdot \vec{S}$$

Eigenstates of H_0 are (some of them) degenerate, as shown under Case I.

Can only use the uncoupled basis, since the coupled basis is not an eigenbasis of H_0 . So we look at matrix elements (think of $n=2$ levels in H)

$$\langle n l m_l m_s | H_{so} | n l m'_l m'_s \rangle$$

where we put primes to cover all degenerate eigenspaces of H_0 , as they appeared in Case I (there were 3 2-fold degenerate levels). However, we see right away that $[H_{so}, L^2] = 0$, so the prime on l is not necessary, and in fact we can do perturbation theory in the 2s and 2p sets of states separately. This means there is only one 2-fold degeneracy, that between states $|21, -1, 1/2\rangle$ and $|21, 1, -1/2\rangle$ (there are $|n l m_l m_s\rangle$). This makes one 2×2 matrix. Look at the off-diagonal element,

$$\langle 21, -1, 1/2 | f(r) \vec{L} \cdot \vec{S} | 21, 1, -1/2 \rangle.$$

Use the identity, $\vec{L} \cdot \vec{S} = \frac{1}{2} (L_+ S_- + L_- S_+) + L_z S_z$.

②
11/30/05

The term $L+S_-$ vanishes, because you can't raise m_l or lower m_s in $|211, -1/2\rangle$. The term $L-S_+$ gives a ket proportional to $|210, 1/2\rangle$, but this is orthog. to the bra in the M.E. and it vanishes too. The term $L_z S_z$ vanishes for the same reason. Thus, the off-diagonal element vanishes, and once again there are no matrices to diagonalize. (At least for $n=2$.)

So to get the energy shifts we need only look at diagonal matrix elements,

$$\Delta E = \langle n l m_l m_s | f(r) \vec{L} \cdot \vec{S} | n l m_l m_s \rangle$$

$$\rightarrow \frac{1}{2} (L+S_- + L-S_+) + L_z S_z.$$

Terms $L+S_-$, $L-S_+$ give 0 as above w. the off-diag. ME, while $L_z S_z$ brings out $m_l m_s$. Thus,

$$\Delta E = m_l m_s \langle n l m_l m_s | \frac{\alpha^2}{2} \frac{1}{r} \frac{dV}{dr} | n l m_l m_s \rangle$$

$$= m_l m_s \frac{\alpha^2}{2} \underbrace{\langle n l 0 | \frac{1}{r^3} | n l 0 \rangle}_{\rightarrow \frac{1}{2} \frac{\alpha^2}{n^3} \frac{1}{l(l+1/2)(l+1)}} \quad (\text{in H}) \quad (l \neq 0).$$

This is for $l \neq 0$ (the $2p$ state). For the $2s$ state, $\vec{L} = 0$ (the zero operator) and $\Delta E = 0$.

11/30/05

altogether, for 2p levels

$$\Delta E = \frac{\alpha^2}{n^3} \frac{m_e m_s}{l(l+1/2)(l+1)}$$

$$= \frac{\alpha^2}{48} m_e m_s \text{ in A.U.}$$

Case III. $H_{FS} \gg H_Z$ (weak B fields). Take

$$H_0 = \frac{p^2}{2} + V(r) + H_{FS}$$

$$H_1 = H_Z$$

Now unpert. energies are ~~E_n~~ E_{nj} (H) or E_{nej} (alkalis).Must use degen. pert. theory. Must use coupled basis $|nljm_j\rangle$ since uncoupled basis is not eigenbasis of H_0 . Naively might expect

$$\langle nljm_j | H_Z | nl'aj m_j' \rangle \quad (\text{H})$$

$$\text{or } \langle nljm_j | H_Z | nlj m_j' \rangle \quad (\text{Alk}),$$

for ME's in degen. pert. th., but since $[L^2, H_Z] = [J_z, H_Z] = 0$, in fact primes can be dropped and we need compute only diagonal matrix elements. So we need

$$\Delta E = \langle nljm_j | \underbrace{H_Z}_{\rightarrow (\mu_B B)(L_z + 2S_z)} | nljm_j \rangle$$

$\searrow \quad \quad \quad \rightarrow J_z + S_z$

$$\rightarrow = (\mu_B B) \left[m_j + \langle nljm_j | S_z | nljm_j \rangle \right].$$

11/24/05

To evaluate remaining ME, we make a digression to cover the projection theorem. This follows from ~~an~~ an identity due to Dirac:

$$[J^2, [J^2, \vec{V}]] = 2(J^2 \vec{V} + \vec{V} J^2) - 4(\vec{V} \cdot \vec{J}) \vec{J}.$$

Accepting this identity, we sandwich both side by $\langle \alpha' j m' |$ and $| \alpha j m \rangle$, bra and ket from a std. angular momentum basis, with j values equal on both sides (the α and m values are allowed to be different).

To analyze the LHS, let

$$\vec{X} = [J^2, \vec{V}],$$

$$\text{so } \langle \alpha' j m' | \text{LHS} | \alpha j m \rangle = \langle \alpha' j m' | J^2 \vec{X} - \vec{X} J^2 | \alpha j m \rangle = 0$$

since each $\vec{X}$ brings out $j(j+1)$ (we set $\hbar=1$). So,

$$\langle \alpha' j m' | \text{RHS} | \alpha j m \rangle = 0$$

$$= 2 \underbrace{\langle \alpha' j m' | J^2 \vec{V} + \vec{V} J^2 | \alpha j m \rangle}_{\rightarrow 2j(j+1) \langle \alpha' j m' | \vec{V} | \alpha j m \rangle} - 4 \langle \alpha' j m' | (\vec{V} \cdot \vec{J}) \vec{J} | \alpha j m \rangle$$

$$\rightarrow 2j(j+1) \langle \alpha' j m' | \vec{V} | \alpha j m \rangle.$$

Thus we find

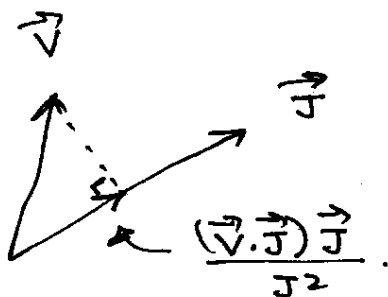
$$\boxed{\langle \alpha' j m' | \vec{V} | \alpha j m \rangle = \frac{1}{j(j+1)} \langle \alpha' j m' | (\vec{V} \cdot \vec{J}) \vec{J} | \alpha j m \rangle}$$

This is the projection theorem. It is called this because if $\vec{V}$ and

⑤

11/30/05

$\vec{J}$ were classical vectors, then $\frac{(\vec{V} \cdot \vec{J}) \vec{J}}{J^2}$ would be the projection of $\vec{V}$ onto $\vec{J}$,



So to go back to our matrix element,

$$\langle n l j m_j | S_z | n l j m_j \rangle$$

$$= \frac{1}{j(j+1)} \langle n l j m_j | \underbrace{(\vec{S} \cdot \vec{J})}_{\rightarrow \frac{1}{2} [J^2 + S^2 - L^2]} J_z | n l j m_j \rangle$$

$\nearrow m_j$

using $L^2 = (\vec{J} - \vec{S})^2$

$$= \frac{m_j}{2j(j+1)} [j(j+1) + s(s+1) - l(l+1)]$$

altogether,

$$\Delta E = (\mu_B B) m_j \left[1 + \frac{j(j+1) + s(s+1) - l(l+1)}{2j(j+1)} \right]$$

weak field limit, $[] = \text{Landé } g\text{-factor}$.

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