

# 1. Theoretical preliminaries ( $\hbar=1$ )

$i \frac{\partial}{\partial t}  \psi(t)\rangle = H  \psi(t)\rangle$ $i \frac{\partial}{\partial t} (U  \psi(0)\rangle) = H U  \psi(0)\rangle$ $i \dot{U}  \psi(0)\rangle = H U  \psi(0)\rangle$ $i \dot{U} = H U$	$ \psi(t)\rangle = U(t)  \psi(0)\rangle$ $ \psi(0)\rangle = U(0)  \psi(0)\rangle$ $\Rightarrow U(0) = \mathbb{I}$ <p>Additionally, <math>U(t) \equiv \mathcal{T} \exp(-i \int_0^t H(t') dt')</math>  <small>time-ordering operator</small></p> $[H(t_1), H(t_2)] \neq 0 \text{ for } t_1 \neq t_2$
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$$\left. \begin{array}{l} i \dot{U} = H U \\ U(0) = \mathbb{I} \end{array} \right\} \Rightarrow U(t) - U(0) = \int_0^t dt_1 \dot{U}(t_1)$$

$$\Rightarrow U(t) = \mathbb{I} + \int_0^t dt_1 \dot{U}(t_1)$$

$$= \mathbb{I} - i \int_0^t dt_1 H(t_1) U(t_1)$$

$$= \mathbb{I} - i \int_0^t dt_1 H(t_1) \left[ \mathbb{I} - i \int_0^{t_1} dt_2 H(t_2) U(t_2) \right]$$

$$= \mathbb{I} - i \int_0^t dt_1 H(t_1) - \int_0^t dt_1 \int_0^{t_1} dt_2 H(t_1) H(t_2) U(t_2)$$

$$= \mathbb{I} - i \int_0^t dt_1 H(t_1) - \int_0^t dt_1 \int_0^{t_1} dt_2 H(t_1) H(t_2) + \dots$$

For sufficiently short times, the propagator can be approximated in lowest order:  
**Approximation ①**  $U \approx \mathbb{I} - i \int_0^t dt_1 H(t_1)$

Consider  $\left\{ \begin{array}{l} \text{system } \mathcal{H}_s = \sum_j \omega_j |\phi_j\rangle \langle \phi_j| \\ \text{time-dependent external } \mathcal{H}_e = \sin(\omega t) \sum_{p \neq q} h_{pq} |\phi_p\rangle \langle \phi_q| \end{array} \right.$

$\mathcal{H}_s |\phi_j\rangle = \omega_j |\phi_j\rangle \Rightarrow E_j = \omega_j$

↓  
describing the interaction with a laser- or microwave field

→ weak field:  $|h_{pq}| \ll |\omega_i - \omega_j|$

$$(\mathcal{H}_s + \mathcal{H}_e) |\phi_q\rangle = \omega_j |\phi_q\rangle + \sin(\omega t) \sum_{p \neq q} h_{pq} |\phi_p\rangle$$

\* Interaction picture  
 $H(t) = H_0 + V(t)$   
free → interaction

$$\left\{ \begin{array}{l} |\psi_I(t)\rangle = e^{iH_0 t} |\psi_S(t)\rangle \\ \hat{O}_I(t) = e^{iH_0 t} \hat{O}_S e^{-iH_0 t} \end{array} \right.$$

Schrödinger

State evolution:  $i \frac{d}{dt} |\psi_I(t)\rangle = V_I(t) |\psi_I(t)\rangle$ ,  $V_I(t) = e^{iH_0 t} V(t) e^{-iH_0 t}$

- Advantages: } ① Simplifies Perturbation Theory: Only  $V(t)$  drives the dynamics, making it easier to treat perturbatively
- ② Decouple Evolution: The free evolution is handled separately.

$$\begin{aligned}
 \tilde{H}_e &= e^{iH_0 t} H e^{-iH_0 t} = e^{iH_0 t} \sin(\omega t) \sum_{p \neq q} h_{pq} |\phi_p\rangle \langle \phi_q| e^{-iH_0 t} \\
 &= \sin(\omega t) \sum_{p \neq q} h_{pq} e^{i\omega_p t} |\phi_p\rangle \langle \phi_q| e^{-i\omega_q t} \\
 &= \sum_{p \neq q} \sin(\omega t) e^{i(\omega_p - \omega_q)t} h_{pq} |\phi_p\rangle \langle \phi_q| \\
 &= \sum_{p \neq q} \frac{1}{2i} (e^{i\omega t} - e^{-i\omega t}) e^{i(\omega_p - \omega_q)t} h_{pq} |\phi_p\rangle \langle \phi_q| \\
 &= \sum_{p \neq q} \frac{1}{2i} (e^{i(\omega_p - \omega_q + \omega)t} - e^{i(\omega_p - \omega_q - \omega)t}) h_{pq} |\phi_p\rangle \langle \phi_q|
 \end{aligned}$$

### Approximation ②

If  $|\omega_p - \omega_q \pm \omega| t \gg 1$ , the propagator  $U(t) \approx \mathbb{I} - i \int_0^t dt_1 H(t_1)$  induces only negligible transitions between level  $|\phi_p\rangle$  and  $|\phi_q\rangle$

$$\begin{aligned}
 \text{Derive: } i \int_0^t dt_1 \tilde{H}_e(t_1) &= \frac{1}{2} \sum_{p \neq q} \left( \int_0^t dt_1 e^{i(\omega_p - \omega_q + \omega)t_1} h_{pq} |\phi_p\rangle \langle \phi_q| - \int \dots \right) \\
 &= \frac{1}{2} \sum_{p \neq q} \left( \frac{1}{i(\omega_p - \omega_q + \omega)} e^{i(\omega_p - \omega_q + \omega)t} h_{pq} |\phi_p\rangle \langle \phi_q| - \frac{1}{i(\omega_p - \omega_q - \omega)} \dots \right)
 \end{aligned}$$

When  $|\omega_p - \omega_q \pm \omega| t \gg 1$ , the dynamics between  $|\phi_p\rangle$  and  $|\phi_q\rangle$  are restricted.  $\hat{t}$ ?

## 2. Trapped ion Hamiltonian

theoretical idealisation ①

Assume a chain of ions trapped in a 1D harmonic trap.

Ions repel each other, they oscillate in collective modes.

For one ion and one oscillatory mode:  $\rightarrow$  collective excitation frequency

$$H = \underbrace{\frac{\omega_0}{2} \sigma_z}_{\text{(internal)}} + \underbrace{\omega_t a^\dagger a}_{\text{(motional)}}$$

$E_1 - E_0 = \omega_0$

The interaction between the ion and a laser:

$$H_I = \Omega_R \sigma_x \otimes \cos(\omega t - kx)$$

often neglected  $\leftarrow$

For ions in a harmonic trap, position operator  $x$  can be written in terms of the equilibrium position  $x_0$  and the normal mode operators:

$$\begin{cases} \sigma_+ = \frac{\sigma_x + i\sigma_y}{2} & \text{raising operators} \\ \sigma_- = \frac{\sigma_x - i\sigma_y}{2} & \text{lowering operators} \end{cases}$$

$\Rightarrow \sigma_x = \sigma_+ + \sigma_-$

$$\begin{aligned} x_0 &= 0 \\ \Rightarrow x &= \sqrt{\frac{\hbar}{2m\omega_t}} (a + a^\dagger) = \frac{\eta}{k} (a + a^\dagger) \end{aligned}$$

$$\Rightarrow H_I = \frac{\Omega_R}{2} (\sigma_+ + \sigma_-) (e^{i\omega t} e^{-i\eta(a+a^\dagger)} + e^{-i\omega t} e^{i\eta(a+a^\dagger)})$$

In the interaction picture,

$$\tilde{H}_I = e^{i(\frac{\omega_0}{2}\sigma_z + \omega_t a^\dagger a)t} H_I e^{-i(\frac{\omega_0}{2}\sigma_z + \omega_t a^\dagger a)t}$$

$$= \frac{\Omega_R}{2} \left[ (\sigma_+ e^{i\omega_0 t} + \sigma_- e^{-i\omega_0 t}) (e^{i\omega t} e^{-i\eta(ae^{-i\omega t} + a^\dagger e^{i\omega t})} + e^{-i\omega t} e^{i\eta(ae^{-i\omega t} + a^\dagger e^{i\omega t})}) \right]$$

$$\times [\sigma^+, \sigma_x] = \sigma^-, \quad [\sigma^-, \sigma_x] = -\sigma^+$$

$$[\sigma^+, \sigma_y] = i\sigma^+, \quad [\sigma^-, \sigma_y] = -i\sigma^-$$

$$[\sigma^+, \sigma_z] = -2\sigma^+, \quad [\sigma^-, \sigma_z] = 2\sigma^-$$

$$\sigma^+ \sigma_z - \sigma_z \sigma^+ = -2\sigma^+$$

$$\sigma^+ \sigma_z = \sigma_z \sigma^+ - 2\sigma^+$$

$\Rightarrow$

$$\begin{aligned} & e^{i\omega_0 \sigma_z / 2} \sigma^+ e^{-i\omega_0 \sigma_z / 2} \\ &= e^{i\omega_0 \sigma_z / 2} e^{-\frac{i\omega_0}{2} (\sigma_z - 2)} \sigma^+ \\ &= \sigma^+ e^{i\omega_0} \end{aligned}$$

$$\times [\hat{n}, a] = -a, \quad [\hat{n}, a^\dagger] = a^\dagger$$

$$\hat{n}a = a\hat{n} - a$$

$$\Rightarrow e^{i\omega t a^\dagger a} a e^{-i\omega t a^\dagger a} = a e^{i\omega t (a^\dagger a - 1)} e^{-i\omega t a^\dagger a} = a e^{-i\omega t}$$

$\eta = k \sqrt{\frac{\hbar}{2m\omega_t}}$  : Lamb-Dicke parameter, describing the strength of motion coupling

$$= \frac{\hbar k}{\sqrt{2m\hbar\omega_t}} = \frac{p_{\text{photon}}}{p_{\text{phonon}}} \approx \frac{1}{10}$$

$\hookrightarrow$  momentum

approximation ②

In the Lamb Dicke regime,  $\eta \ll 1$

$$e^{\pm i\eta(ae^{-i\omega t} + a^\dagger e^{i\omega t})} \approx \mathbb{I} \pm i\eta (ae^{-i\omega t} + a^\dagger e^{i\omega t})$$

$$\begin{aligned} \tilde{H}_I &\approx \frac{\Omega_R}{2} \left[ \sigma_+ e^{i\omega_0 t} \left( e^{i\omega t} (\bar{1} - i\eta (a e^{-i\omega t} + a^\dagger e^{i\omega t})) + e^{-i\omega t} (\bar{1} + i\eta (a e^{-i\omega t} + a^\dagger e^{i\omega t})) \right) \right. \\ &\quad \left. + \sigma_- e^{-i\omega_0 t} \left( e^{i\omega t} (\bar{1} - i\eta (a e^{-i\omega t} + a^\dagger e^{i\omega t})) + e^{-i\omega t} (\bar{1} + i\eta (a e^{-i\omega t} + a^\dagger e^{i\omega t})) \right) \right] \\ &\approx \frac{\Omega_R}{2} \left[ \sigma_+ e^{i\omega_0 t} (e^{i\omega t} + e^{-i\omega t}) - i\eta \sigma_+ e^{i\omega_0 t} (e^{i\omega t} - e^{-i\omega t}) (a e^{-i\omega t} + a^\dagger e^{i\omega t}) \right. \\ &\quad \left. + \sigma_- e^{-i\omega_0 t} (e^{i\omega t} + e^{-i\omega t}) - i\eta \sigma_- e^{-i\omega_0 t} (e^{i\omega t} - e^{-i\omega t}) (a e^{-i\omega t} + a^\dagger e^{i\omega t}) \right] \\ &\approx \frac{\Omega_R}{2} \left[ \sigma_+ e^{-i\Delta t} + \sigma_+ e^{i(\omega_0 + \omega)t} - i\eta \sigma_+ (e^{i(\omega_0 + \omega)t} - e^{-i\Delta t}) (a e^{-i\omega t} + a^\dagger e^{i\omega t}) \right. \\ &\quad \left. + \sigma_- e^{i\Delta t} + \sigma_- e^{-i(\omega_0 + \omega)t} - i\eta \sigma_- (e^{i\Delta t} - e^{-i(\omega_0 + \omega)t}) (a e^{-i\omega t} + a^\dagger e^{i\omega t}) \right] \end{aligned}$$

$\Delta = \omega - \omega_0$ : Laser detuning

①  $\Delta = 0$ , carrier transition

$$\begin{aligned} \tilde{H}_I &\approx \frac{\Omega_R}{2} \left[ \sigma_+ + \sigma_+ e^{2i\omega_0 t} - i\eta \sigma_+ (e^{2i\omega_0 t} - 1) (a e^{-i\omega t} + a^\dagger e^{i\omega t}) \right. \\ &\quad \left. + \sigma_- + \sigma_- e^{-2i\omega_0 t} - i\eta \sigma_- (1 - e^{-2i\omega_0 t}) (a e^{-i\omega t} + a^\dagger e^{i\omega t}) \right] \end{aligned}$$

Using rotating wave approximation (RWA) approximation ③

$$\tilde{H}_I \approx \frac{\Omega_R}{2} (\sigma_+ + \sigma_-) = \frac{\Omega_R}{2} \sigma_x \quad \text{"Hc"}$$

\* RWA: simplify by neglecting fast oscillating terms. These terms average out to zero over time due to their high frequency relative to the timescale of the interaction.

e.g.  $H_I' = g(e^{i(\omega - \omega_0)t} + e^{i(\omega + \omega_0)t}) \approx g e^{i(\omega - \omega_0)t}$

$\downarrow$  slowly varying term (if  $\omega \approx \omega_0$ )       $\rightarrow$  rapidly oscillating term

②  $\Delta = -\omega_t \Rightarrow \omega = \omega_0 - \omega_t$  red sideband

$$\begin{aligned} \tilde{H}_I &\approx \frac{\Omega_R}{2} \left[ \sigma_+ e^{i\omega t} + \sigma_+ e^{i(2\omega_0 - \omega_t)t} - i\eta \sigma_+ (e^{i(2\omega_0 - \omega_t)t} - e^{i\omega t}) (a e^{-i\omega t} + a^\dagger e^{i\omega t}) \right. \\ &\quad \left. + \sigma_- e^{-i\omega t} + \sigma_- e^{-i(2\omega_0 - \omega_t)t} - i\eta \sigma_- (e^{-i\omega t} - e^{-i(2\omega_0 - \omega_t)t}) (a e^{-i\omega t} + a^\dagger e^{i\omega t}) \right] \\ &\approx \frac{\Omega_R}{2} \left[ \sigma_+ e^{i\omega t} + \sigma_+ e^{i(2\omega_0 - \omega_t)t} + i\eta \sigma_+ (a + a^\dagger e^{2i\omega t}) - i\eta \sigma_+ e^{i(2\omega_0 - \omega_t)t} (a e^{-i\omega t} + a^\dagger e^{i\omega t}) \right. \\ &\quad \left. + \sigma_- e^{-i\omega t} + \sigma_- e^{-i(2\omega_0 - \omega_t)t} - i\eta \sigma_- (a e^{-2i\omega t} + a^\dagger) - i\eta \sigma_- e^{-i(2\omega_0 - \omega_t)t} (a e^{-i\omega t} + a^\dagger e^{i\omega t}) \right] \end{aligned}$$

RWA  $\Rightarrow \tilde{H}_I \approx -i\eta \frac{\Omega_R}{2} (\sigma_- a^\dagger - \sigma_+ a)$  "Hr"

③  $\Delta = \omega_t \Rightarrow \omega = \omega_0 + \omega_t$  blue sideband  
 $\rightarrow \rightarrow \tilde{H}_I \approx -i\eta \frac{\Omega_R}{2} (\sigma_- a - \sigma_+ a^\dagger)$  "H<sub>b</sub>"

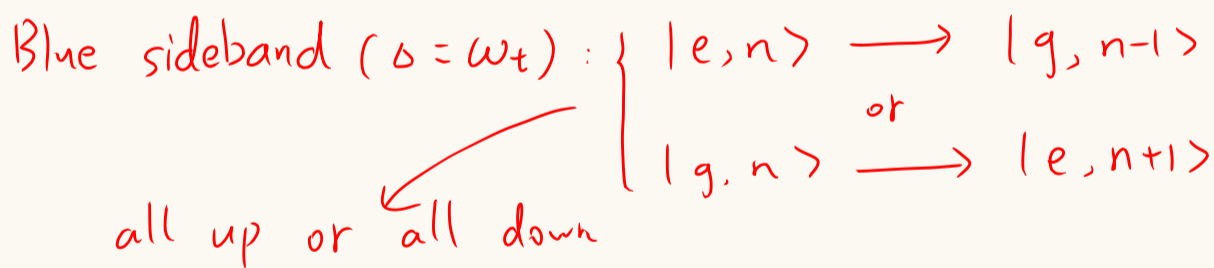
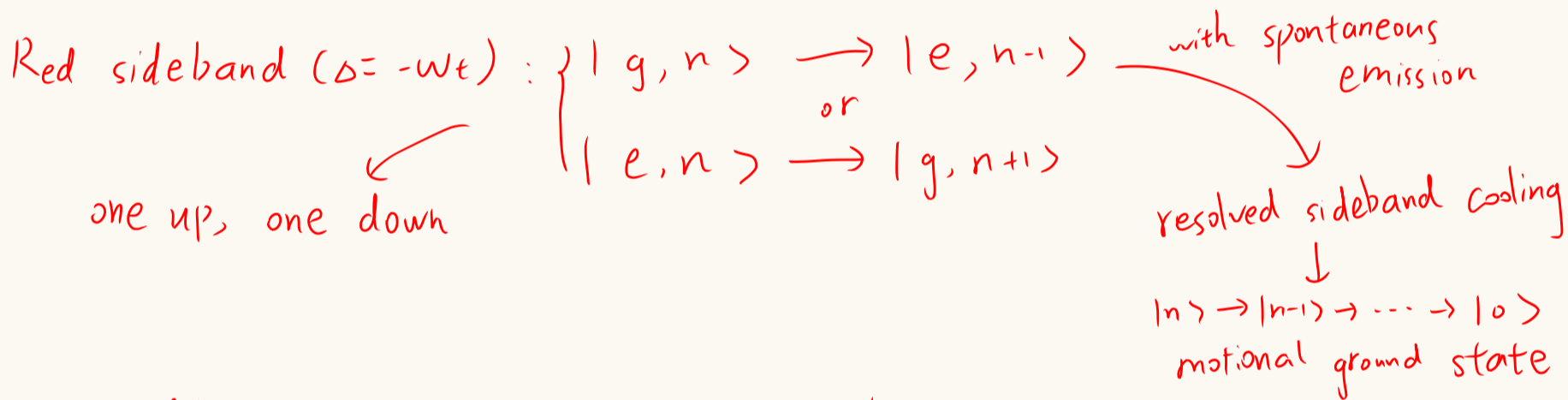
\* Physical meaning

$|g\rangle = \begin{pmatrix} 0 \\ 1 \end{pmatrix}$ ,  $|e\rangle = \begin{pmatrix} 1 \\ 0 \end{pmatrix}$ ,  $\sigma_z |g\rangle = \begin{pmatrix} 1 & 0 \\ 0 & -1 \end{pmatrix} \begin{pmatrix} 0 \\ 1 \end{pmatrix} = -1 |g\rangle$

$\sigma_x = \begin{pmatrix} 0 & 1 \\ 1 & 0 \end{pmatrix}$ ,  $\sigma_y = \begin{pmatrix} 0 & -i \\ i & 0 \end{pmatrix}$ ,  $\sigma_+ = \begin{pmatrix} 0 & 1 \\ 0 & 0 \end{pmatrix}$ ,  $\sigma_- = \begin{pmatrix} 0 & 0 \\ 1 & 0 \end{pmatrix}$

$\sigma_+ = |e\rangle\langle g|$  ( $\sigma_x = |e\rangle\langle g| + |g\rangle\langle e|$ ,  $\sigma_z = |g\rangle\langle g| - |e\rangle\langle e|$ )  
 $\sigma_- = |g\rangle\langle e|$

Carrier transition ( $\Delta=0$ ): the laser induces a flip between the two internal states ( $|g\rangle \leftrightarrow |e\rangle$ ) of the ion without affecting its motional state.



3. Realistic parameters and some of the experimental reality  
 $\omega_t \sim 1 \text{ MHz}$       M, Mega ; G, Giga ; T, Tera

At room temperature ( $T = 300 \text{ K}$ ,  $k_B \approx 1.38 \times 10^{-23} \text{ J/K}$ ,  $\hbar = 1.05 \times 10^{-34} \text{ J}\cdot\text{s}$ ),  
one thus has a typical phonon occupation of  $\frac{k_B T}{\hbar \omega_t} \approx 10^7$

For one single excitation  $\frac{k_B T}{\hbar \omega_t} \approx 10^0$

$$\Rightarrow T = \frac{\hbar \omega_t}{k_B} \approx 10^{-5} \text{ K}$$

Therefore one has to employ Doppler-cooling and side-band cooling to cool the ions close to their ground state.

# \* Examples of quantum gates

## ① Hadamard gate

single-qubit gate, creates superposition

$$H = \frac{1}{\sqrt{2}} \begin{bmatrix} 1 & 1 \\ 1 & -1 \end{bmatrix}$$

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

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

$$H \cdot H = \mathbb{I}$$

$$|0\rangle \xrightarrow{H} |+\rangle$$

$$|1\rangle \xrightarrow{H} |-\rangle$$

## ② Controlled phase gate (CP gate)

two-qubit gate, both qubits are control qubit, only if the control qubit is in the  $|1\rangle$  state, CP gate applies a phase shift to the target qubit

$$U_{CP}(\phi) = \begin{pmatrix} 1 & & & \\ & 1 & & \\ & & e^{i\phi} & \\ & & & e^{i\phi} \end{pmatrix} \xrightarrow{\phi = \pi} U_{CZ} = \begin{pmatrix} 1 & & & \\ & 1 & & \\ & & 1 & \\ & & & -1 \end{pmatrix}$$

$$|00\rangle \rightarrow |00\rangle, |01\rangle \rightarrow |01\rangle, \\ |10\rangle \rightarrow |10\rangle, |11\rangle \rightarrow e^{i\phi}|11\rangle$$

controlled-Z gate (CZ gate)

## ③ Controlled-Not gate (CNOT gate)

two-qubit gate, flips the target qubit only if the control qubit is in the  $|1\rangle$  state

$$U_{CNOT} = \begin{pmatrix} 1 & 0 & 0 & 0 \\ 0 & 1 & 0 & 0 \\ 0 & 0 & 0 & 1 \\ 0 & 0 & 1 & 0 \end{pmatrix} = \begin{pmatrix} \mathbb{I} & \\ & \sigma_x \end{pmatrix}$$

$$|00\rangle \rightarrow |00\rangle, |01\rangle \rightarrow |01\rangle, \\ |10\rangle \rightarrow |11\rangle, |11\rangle \rightarrow |10\rangle$$

$$|a\rangle \xrightarrow{\text{CNOT}} |a\rangle \\ |b\rangle \xrightarrow{\text{CNOT}} |a \oplus b\rangle$$

$$U_{CNOT} = (\mathbb{I} \otimes H) U_{CZ} (\mathbb{I} \otimes H)$$

Application: Bell state preparation:

$$|00\rangle \xrightarrow[\text{first qubit}]{H} \frac{1}{\sqrt{2}}(|00\rangle + |10\rangle) \xrightarrow{CNOT} \frac{1}{\sqrt{2}}(|00\rangle + |11\rangle)$$

## ④ Toffoli gate (3 qubit gate)

$$\begin{array}{c} a \text{---} \bullet \text{---} a \\ | \\ b \text{---} \bullet \text{---} b \\ | \\ c \text{---} \otimes \text{---} c \oplus a \cdot b \end{array}$$

#### 4. Cirac - Zoller gates

A controlled-phase gate between two ions.

① "Write" the state of a qubit in the phonon mode

$$(\alpha|0\rangle + \beta|1\rangle) \otimes |0\rangle \xrightarrow{\text{red-sideband transition}} |0\rangle \otimes (\alpha|0\rangle + \beta|1\rangle)$$

$\swarrow$  a qubit       $\swarrow$  phonon mode       $\rightarrow$  requires that the motion is in ground state

② Direct interaction between qubit and phonon-mode

$\Rightarrow$  One can realise a controlled phase between qubit and phonon mode

Sequence:

$ 0\rangle_{q_1} \otimes  0\rangle_{q_2} \otimes  0\rangle_p =  000\rangle$	$\xrightarrow{\text{write}}$	$ 000\rangle$	$\xrightarrow{\text{c-phase}}$	$ 000\rangle$	$\xrightarrow{\text{write}^{-1}}$	$ 000\rangle$
$ 010\rangle$	$\rightarrow$	$ 010\rangle$	$\rightarrow$	$ 010\rangle$	$\rightarrow$	$ 010\rangle$
$ 1100\rangle$	$\rightarrow$	$ 1001\rangle$	$\rightarrow$	$ 1001\rangle$	$\rightarrow$	$ 1100\rangle$
$ 1110\rangle$	$\rightarrow$	$ 1011\rangle$	$\rightarrow$	$- 1011\rangle$	$\rightarrow$	$- 1110\rangle$

Here  $|1\rangle = \begin{pmatrix} 1 \\ 0 \end{pmatrix} = |e\rangle$

$\swarrow$  swap the state of first qubit and phonon mode

$\downarrow$  Controlled phase gate with second qubit and phonon mode



### 5. Mølmer Sørensen gate

Consider  $n$  ions and a single phonon mode,

collective spin operators:  $\vec{\Sigma}_{\pm} = \sum_{i=1}^n \sigma_{\pm}^{(i)}$ ,

$$\sigma_{\pm}^{(i)} = \underbrace{\mathbb{I} \otimes \dots \otimes \mathbb{I}}_{i-1} \otimes \sigma_{\pm} \otimes \underbrace{\mathbb{I} \otimes \dots \otimes \mathbb{I}}_{n-i}$$

With 2 suitably detuned laser, one has the Hamiltonian in the interaction picture:

$$\begin{aligned} H_{\text{ms}} &= i\eta\Omega (\vec{\Sigma}_- a^\dagger e^{i\delta t} - \vec{\Sigma}_+ a e^{-i\delta t}) + i\eta\Omega (\vec{\Sigma}_- a e^{-i\delta t} - \vec{\Sigma}_+ a^\dagger e^{i\delta t}) \\ &= i\eta\Omega (\vec{\Sigma}_- - \vec{\Sigma}_+) (a^\dagger e^{i\delta t} + a e^{-i\delta t}) \end{aligned}$$

At  $T = \frac{2\pi}{\delta}$ ,  $\int_0^T dt H(t)$  vanishes, so we need to consider the next higher order:

$$U \simeq \mathbb{I} - i \int_0^T dt_1 H(t_1) - \int_0^T dt_1 \int_0^{t_1} dt_2 H(t_1) H(t_2)$$

$$\begin{aligned} &\int_0^{2\pi/\delta} e^{i\delta t} dt \\ &= \frac{1}{i\delta} e^{i\delta t} \Big|_0^{2\pi/\delta} \\ &= \frac{1}{i\delta} (e^{i2\pi} - e^{i0}) = 0 \end{aligned}$$

Rewrite the propagator as:

$$U \simeq \exp \left[ -i \int_0^T dt_1 H(t_1) - \frac{1}{2} \int_0^T dt_1 \int_0^{t_1} dt_2 [H(t_1), H(t_2)] \right]$$

always unitary

This is called Magnus expansion.

When  $t=T$ ,  $\int_0^T dt_1 \int_0^{t_1} dt_2 [H(t_1), H(t_2)]$

$$\propto -\eta^2 \Omega^2 (\vec{\Sigma}_- - \vec{\Sigma}_+)^2 [a, a^\dagger] \int_0^T dt_1 \int_0^{t_1} dt_2 \sin \delta(t_1 - t_2)$$

$$\propto \frac{\eta^2 \Omega^2}{\delta} (\vec{\Sigma}_- - \vec{\Sigma}_+)^2 T$$

The propagator  $U(T)$  is of the form as a propagator induced by the Hamiltonian  $\sim (\vec{\Sigma}_- - \vec{\Sigma}_+)$

