Slow heating, effective Hamiltonians, prethermalization

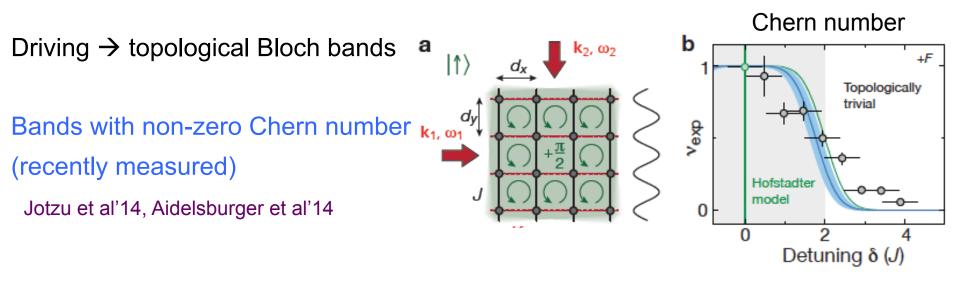
#### Kapitza pendulum

Rapidly oscillating suspension point: "inverted" pendulum



Periodic driving  $\rightarrow$  new states, not possible in static systems

## Realization of topological states by driving



Many theory works: Floquet topological insulators, fractional Chern insulators, SPTs

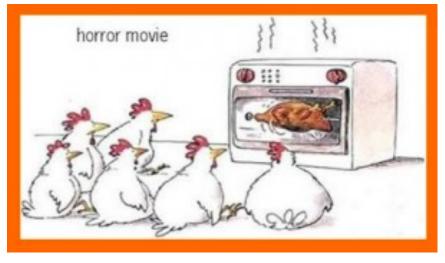
Oka, Aoki'09, Lindner, Refael, Galitski'10, Kitagawa, Rudner, Berg, Demler'10, Caysoll, Moessner'12, Rudner et al'13, Neupert, Grushin'14, many others

BUT: Theory mostly limited to single-particle physics

This talk: Driven many-body systems

## Driven many-body systems

-Many-body systems heat up to infinite T -- a challenge for "Floquet engineering"



How rapid is heating in driven <u>lattice</u> ergodic systems?

-At fast driving, heating is exponentially slow (theorem for spins and fermions)

Is this the fate of all driven systems? NO! Driven MBL systems do not heat up (at high enough driving frequency)

$$H(t+T) = H(t)$$
Floquet operator  $F = T \exp(-i\int_{0}^{T} H(t) dt$ 

$$F = \exp[-iH_{eff}T]$$
Conventional approach: (low order) Magnus expansion in  $T = \frac{1}{v}$ 

$$H(t+T) = H(t)$$
  
Floquet operator  $F = T \exp - i \int_{0}^{T} H(t) dt$   
 $F = \exp[-iH_{eff}T]$   
Conventional approach: (low order) Magnus expansion in  $T = \frac{1}{v}$   
 $H_{eff} = H_{eff}^{(0)} + H_{eff}^{(1)} + H_{eff}^{(2)} + ...$   
 $H_{eff}^{(0)} = \frac{1}{T} \int_{0}^{T} H(t) dt$   $H_{eff}^{(1)} = \frac{1}{2T} \int_{0}^{T} dt_{1} \int_{0}^{t_{1}} dt_{2} [H(t_{1}), H(t_{2})], ....$ 

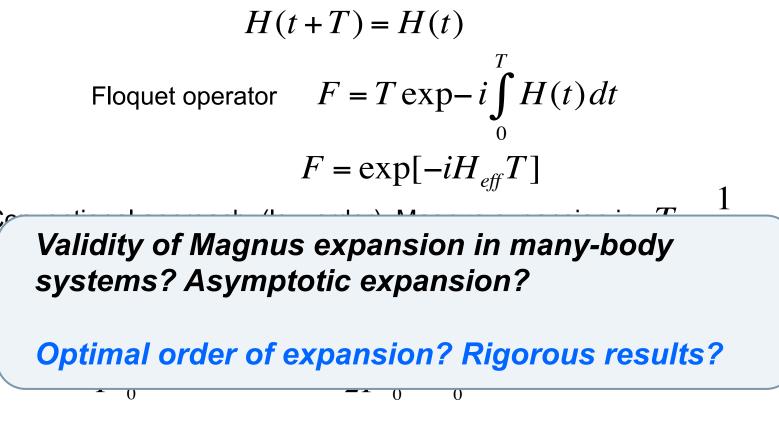
Magnus expansion  $\rightarrow$  effective, time-independent Hamiltonian

$$H(t+T) = H(t)$$
  
Floquet operator  $F = T \exp[-i \int_{0}^{T} H(t) dt$   
 $F = \exp[-i H_{eff}T]$   
Conventional approach: (low order) Magnus expansion in  $T = \frac{1}{v}$   
 $H_{eff} = H_{eff}^{(0)} + H_{eff}^{(1)} + H_{eff}^{(2)} + ...$   
 $H_{eff}^{(0)} = \frac{1}{T} \int_{0}^{T} H(t) dt$   $H_{eff}^{(1)} = \frac{1}{2T} \int_{0}^{T} dt_{1} \int_{0}^{t_{1}} dt_{2} [H(t_{1}), H(t_{2})], ....$ 

Magnus expansion  $\rightarrow$  effective, time-independent Hamiltonian BUT: known to converge <u>only for bounded Hamiltonians</u>

$$\|H(t)\|T < \pi$$

#### **PROBLEM: BREAKS DOWN IN MANY-BODY SYSTEMS**



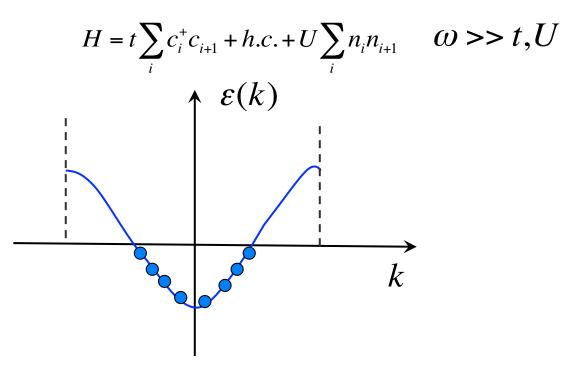
Magnus expansion  $\rightarrow$  effective, time-independent Hamiltonian

BUT: known to converge only for bounded Hamiltonians

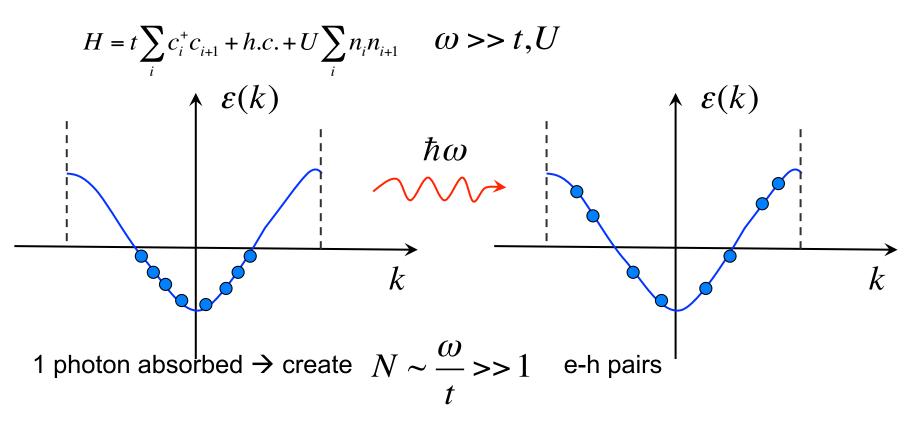
 $\left\| H(t) \right\| T < \pi$ 

#### **PROBLEM:** BREAKS DOWN IN MANY-BODY SYSTEMS

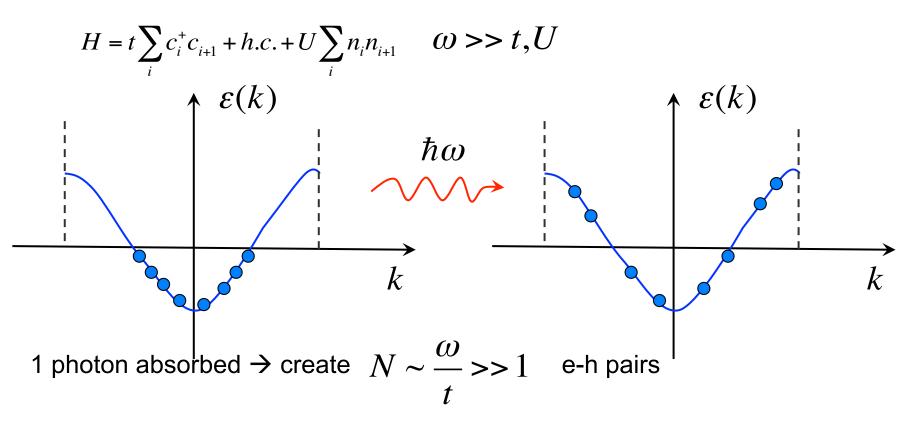
Driven many-body lattice system  $H(t) = H + gV \cos \omega t$ 



Driven many-body lattice system  $H(t) = H + gV \cos \omega t$ 

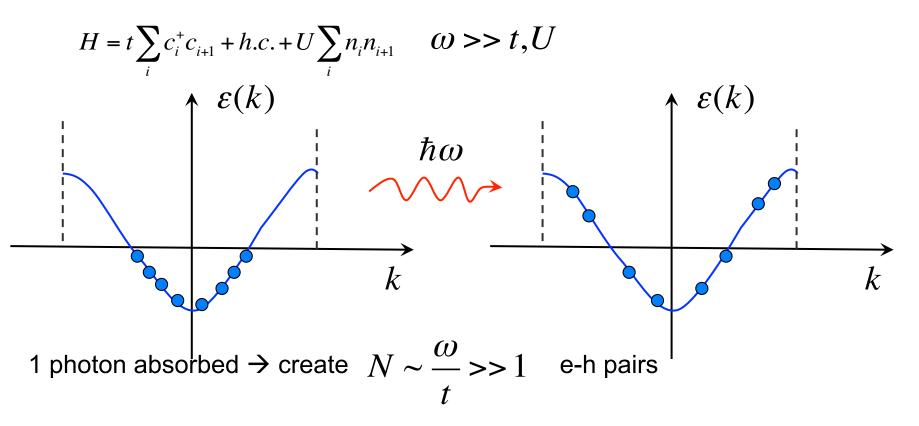


Driven many-body lattice system  $H(t) = H + gV \cos \omega t$ 



Seems difficult, starting from ground state at weak interaction (V is local!)

Driven many-body lattice system  $H(t) = H + gV \cos \omega t$ 



Seems difficult, starting from ground state at weak interaction (V is local!)

*E.g.:* Doublon decay in large-U Hubbard model is slow (exp+perturbation th.) Strohmaier et al'10; Sensarma et al'10

Driven many-body lattice system  $H(t) = H + gV \cos \omega t$ 

Locality: 
$$H = \sum_{i} h_{i}$$
  $V = \sum_{i} V_{i}$   
Heating rate (golden rule)  $\Gamma_{\beta}(\omega) \propto g^{2} \sum_{\eta,\eta'} e^{-\beta E_{\eta}} \left| \langle \eta' | V | \eta \rangle \right|^{2} \delta(\omega - (E_{\eta'} - E_{\eta}))$ 

Driven many-body lattice system  $H(t) = H + gV \cos \omega t$ 

Locality: 
$$H = \sum_{i} h_{i}$$
  $V = \sum_{i} V_{i}$   
Heating rate (golden rule)  $\Gamma_{\beta}(\omega) \propto g^{2} \sum_{\eta,\eta'} e^{-\beta E_{\eta}} \left| \langle \eta' | V | \eta \rangle \right|^{2} \delta(\omega - (E_{\eta'} - E_{\eta}))$ 

Theorem:

$$\Gamma_{\beta}(\omega) \le C_1 \exp\left(-\frac{\omega}{C_2 \|h_i\|}\right)$$

Fundamental reason: locality of quantum dynamics

Driven many-body lattice system  $H(t) = H + gV \cos \omega t$ 

Locality: 
$$H = \sum_{i} h_{i}$$
  $V = \sum_{i} V_{i}$   
Heating rate (golden rule)  $\Gamma_{\beta}(\omega) \propto g^{2} \sum_{\eta,\eta'} e^{-\beta E_{\eta}} \left| \langle \eta' | V | \eta \rangle \right|^{2} \delta(\omega - (E_{\eta'} - E_{\eta}))$ 

Theorem:

$$\Gamma_{\beta}(\omega) \le C_1 \exp\left(-\frac{\omega}{C_2 \|h_i\|}\right)$$

Fundamental reason: locality of quantum dynamics

EXPONENTIALLY SLOW HEATING AT FAST DRIVING

Driven many-body lattice system  $H(t) = H + gV \cos \omega t$ 

Locality: 
$$H = \sum_{i} h_{i}$$
  $V = \sum_{i} V_{i}$   
Heating rate (golden rule)  $\Gamma_{\beta}(\omega) \propto g^{2} \sum_{\eta,\eta'} e^{-\beta E_{\eta}} \left| \langle \eta' | V | \eta \rangle \right|^{2} \delta(\omega - (E_{\eta'} - E_{\eta}))$ 

Theorem:

$$\Gamma_{\beta}(\omega) \le C_1 \exp\left(-\frac{\omega}{C_2 \|h_i\|}\right)$$

Fundamental reason: locality of quantum dynamics

EXPONENTIALLY SLOW HEATING AT FAST DRIVING

General: holds for any initial state and for strong interactions

#### The idea of the proof

1) Consider the case of a local operator *V*. Rewrite

$$\begin{split} A(\omega) &\sim \sum_{\eta,\mu} \left| \left\langle \mu \left| V \right| \eta \right\rangle \right|^2 \delta(\omega - (E_{\mu} - E_{\eta})) = \sum_{\eta,\mu} \frac{\left| \left\langle \mu \left| [V,H] \right| \eta \right\rangle \right|^2}{\omega^2} \delta(\omega - (E_{\mu} - E_{\eta})) = \\ k \text{ commutators} \\ &= \sum_{\eta,\mu} \frac{\left| \left\langle \mu \left| [V,H,H,...,H] \right| \eta \right\rangle \right|^2}{\omega^{2k}} \delta(\omega - (E_{\mu} - E_{\eta})) \end{split}$$

2) Use locality of *H* to bound the commutators

$$\|[V, H, H, ..., H]\| < C^{k}k!$$
3) Choose optimal  $k_{*} \approx \frac{\omega}{Ce}$ 
4) Bound:  $A(\omega) < e^{-\kappa\omega}$   $\kappa = \frac{2}{ce}$ 

5) For global driving, use Lieb-Robinson bounds to estimate "cross-terms" involving  $V_i, V_j$  with large |i - j|

Driven many-body lattice system  $H(t) = H + gV \cos \omega t$ 

Locality: 
$$H = \sum_{i} h_{i}$$
  $V = \sum_{i} V_{i}$   
Heating rate (golden rule)  $\Gamma_{\beta}(\omega) \propto g^{2} \sum_{\eta,\eta'} e^{-\beta E_{\eta}} \left| \langle \eta' | V | \eta \rangle \right|^{2} \delta(\omega - (E_{\eta'} - E_{\eta}))$ 

Result can be made fully non-perturbative (in driving strength and not only in interaction!) → Controlled version of high-frequency expansion

Fundamental reason: locality of quantum dynamics

The

EXPONENTIALLY SLOW HEATING AT FAST DRIVING

General: holds for any initial state and for strong interactions

7.01474

Very long heating times

$$au_* \sim e^{C\omega}$$

What governs dynamics at intermediate times?  $t \leq \tau_*$ 

Very long heating times

$$au_* \sim e^{C\omega}$$

What governs dynamics at intermediate times?  $t \leq \tau_*$ 

Dynamics is described by a quasi-conserved effective Hamiltonian

$$H_* = H_0 + \frac{1}{\omega}H_1 + \frac{1}{\omega^2}H_2 + \dots + \frac{1}{\omega^n}H_n$$

$$n \sim C\omega >> 1$$

Conservation breaks down only at exponentially long times  $t \sim au_*$ 

Very long heating times

$$au_* \sim e^{C\omega}$$

What governs dynamics at intermediate times?  $t \leq \tau_*$ 

Dynamics is described by a quasi-conserved effective Hamiltonian

$$H_* = H_0 + \frac{1}{\omega}H_1 + \frac{1}{\omega^2}H_2 + \dots + \frac{1}{\omega^n}H_n$$

$$n \sim C\omega >> 1$$

Conservation breaks down only <u>at exponentially long times</u>  $t \sim au_*$ 

$$\begin{array}{c|c} \textit{Prethermalization} & \textit{Heating to } T = \infty \\ \hline \\ 0 & \tau_* & t \end{array}$$

Very long heating times

$$au_* \sim e^{C\omega}$$

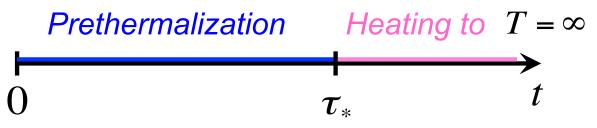
What governs dynamics at intermediate times?  $t \leq \tau_*$ 

Dynamics is described by a quasi-conserved effective Hamiltonian

$$H_* = H_0 + \frac{1}{\omega}H_1 + \frac{1}{\omega^2}H_2 + \dots + \frac{1}{\omega^n}H_n$$

$$n \sim C\omega >> 1$$

Conservation breaks down only <u>at exponentially long times</u>  $t \sim au_*$ 



Applies to: driven systems of spins and fermions with local interactions

Rapidly driven many-body systems show a long prethermalization regime

# Driven many-body systems: idea of the approach 1)"Gauge transformation": $|\psi(t)\rangle = \hat{Q}(t)|\varphi(t)\rangle$ $\hat{Q}^{\dagger}\hat{Q} = I$ $\hat{Q}(t+T) = \hat{Q}(t)$

Stroboscopic evolution not affected, but Hamiltonian changed:

$$H'(t) = \hat{Q}^{+}H(t)\hat{Q} - i\hat{Q}^{+}\frac{d\hat{Q}}{dt}$$
(1)

# Driven many-body systems: idea of the approach 1)"Gauge transformation": $|\psi(t)\rangle = \hat{Q}(t)|\varphi(t)\rangle$ $\hat{Q}^{\dagger}\hat{Q} = I$ $\hat{Q}(t+T) = \hat{Q}(t)$

Stroboscopic evolution not affected, but Hamiltonian changed:

$$H'(t) = \hat{Q}^{+}H(t)\hat{Q} - i\hat{Q}^{+}\frac{d\hat{Q}}{dt}$$
(1)

2) Goal: choose  $\,\hat{Q}\,$  to minimize the driving term

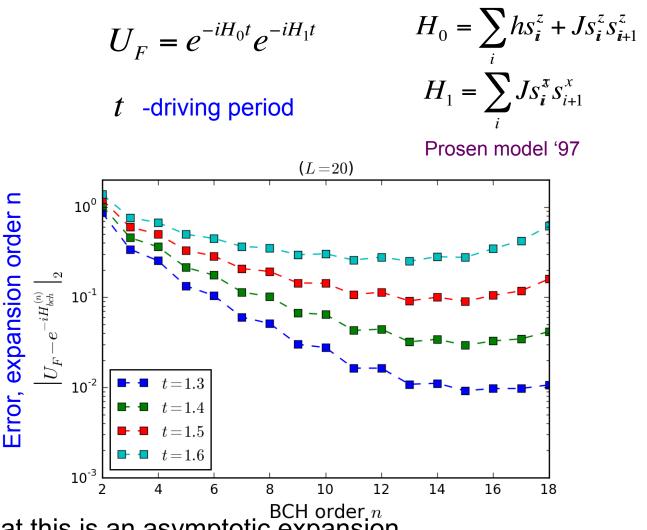
#### **Result:**

Using locality, can find  $\hat{Q} = e^{T\Omega_1 + T^2\Omega_2 + ... + T^n\Omega_n}$  for  $n \sim C\omega$  that <u>decreases driving term exponentially</u>, by  $e^{-C\omega}$ 

3) Obtain the quasi-conserved quantity  $H_*$  using (1)

#### Numerics on finite-size systems

Kick protocol:



-Confirmed that this is an asymptotic expansion

 $n_* = C\omega$  The bound is saturated

# Implications

1) Broad prethermalization regime in driven many-body systems

2) Optimal order of the Magnus expansion  $n_* \sim C\omega$ 

3) "Floquet topological insulators" can be very long-lived

4) Suggests ways of experimental preparation of "Floquet fractional Chern insulators" and other correlated states in driven systems

OTHER APPLICATIONS:

- -Bounds of heating in bosonic lattice systems
- -Some rigorous results about quasi-adiabatic behavior in Floquet systems

Part II: MBL in periodically driven systems

#### Kicked rotor: localization in a periodically driven system

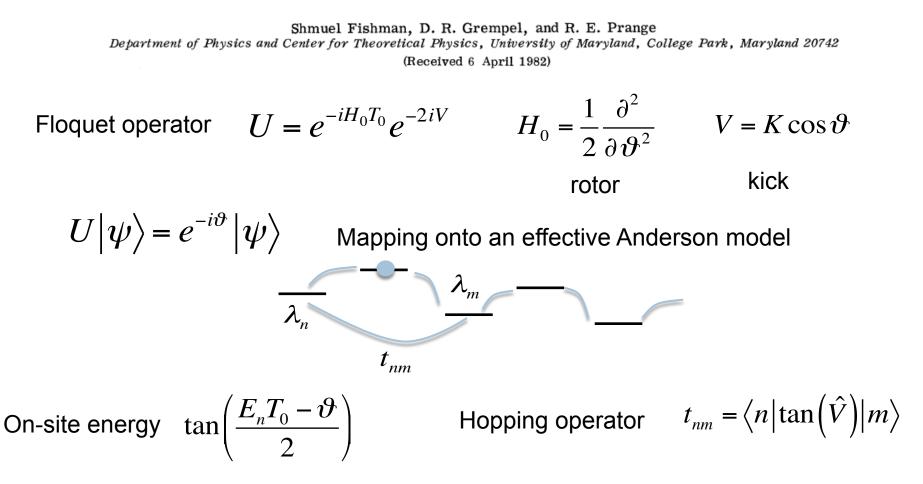
#### Chaos, Quantum Recurrences, and Anderson Localization

Shmuel Fishman, D. R. Grempel, and R. E. Prange Department of Physics and Center for Theoretical Physics, University of Maryland, College Park, Maryland 20742 (Received 6 April 1982)

Floquet operator 
$$U = e^{-iH_0T_0}e^{-2iV}$$
  $H_0 = \frac{1}{2}\frac{\partial^2}{\partial \vartheta^2}$   $V = K\cos\vartheta$   
rotor kick

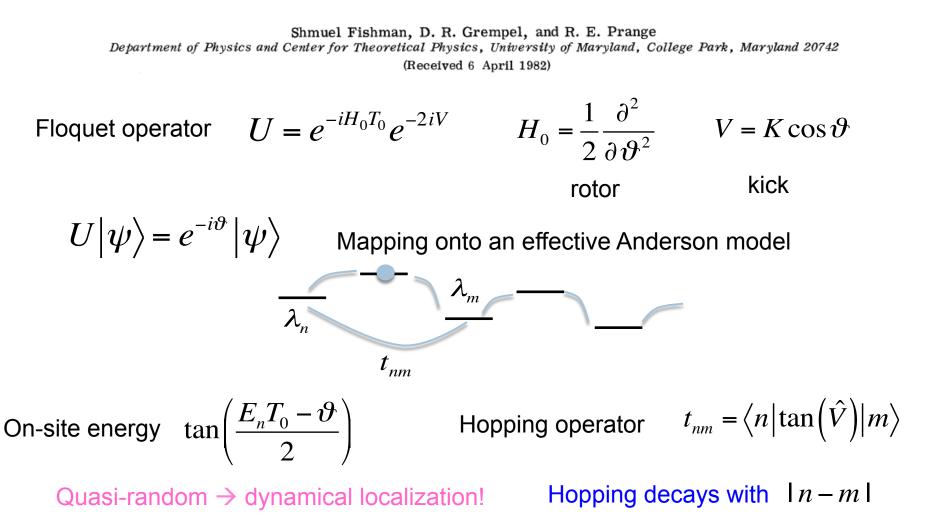
#### Kicked rotor: localization in a periodically driven system

Chaos, Quantum Recurrences, and Anderson Localization

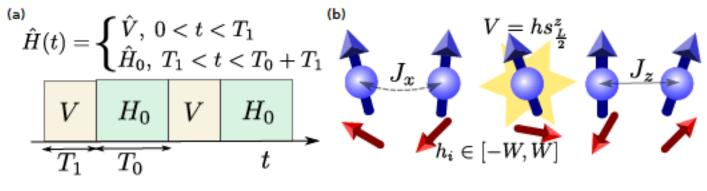


#### Kicked rotor: localization in a periodically driven system

Chaos, Quantum Recurrences, and Anderson Localization



## Driven many-body systems: ergodic vs MBL

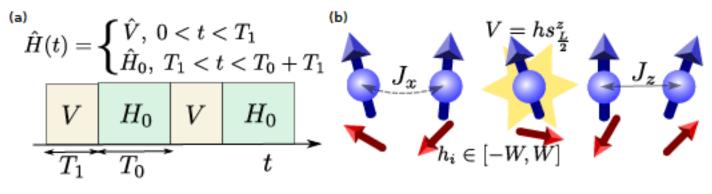


<u>L spins +local driving</u>  $\hat{V}$ 

$$U = e^{-iH_0T_0}e^{-2iV}$$

Mapping onto an effective hopping problem; sites=eigenstates of  $H_0$ 

#### Driven many-body systems: ergodic vs MBL



<u>*L* spins +local driving</u>  $\hat{V}$ 

$$U = e^{-iH_0T_0}e^{-2iV}$$

Mapping onto an effective hopping problem; sites=eigenstates of  $\,H_0\,$ 

	$H_0$ ergodic	$H_{\scriptscriptstyle 0}$ MBL
Effective level spacing	$\Delta \sim \frac{1}{D} \sim \frac{1}{2^L}$	$\Delta \sim \frac{1}{2^L}$
Hopping		$t_{nm} \sim \frac{e^{-L/\xi}}{2^L}$
	$t_{nm} >> \Delta \frac{\text{Nonlocal hopping}}{\text{delocalization}}$	$t_{nm} << \Delta$ localization

## Periodically driven many-body localized systems

 $H(t) = H_{\text{MBL}} + gV(t)$   $H_{\text{MBL}}$  many-body localized  $\omega$  driving frequency

1) Construct Floquet Hamiltonian iteratively (different from Magnus!) Show convergence and MBL at high driving frequency

2) Argue delocalization at low driving frequency

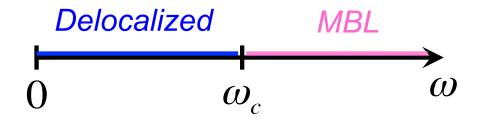
Periodically driven many-body localized systems

 $H(t) = H_{MBL} + gV(t)$   $H_{MBL}$  many-body localized  $\omega$  driving frequency

1) Construct Floquet Hamiltonian iteratively (different from Magnus!) Show convergence and MBL at high driving frequency

2) Argue delocalization at low driving frequency

3) Establish phase diagram (fixed disorder, interactions, and g)



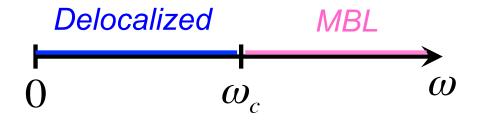
Periodically driven many-body localized systems

 $H(t) = H_{MBL} + gV(t)$   $H_{MBL}$  many-body localized  $\omega$  driving frequency

1) Construct Floquet Hamiltonian iteratively (different from Magnus!) Show convergence and MBL at high driving frequency

2) Argue delocalization at low driving frequency

3) Establish phase diagram (fixed disorder, interactions, and g)



4) Driving: probe MBL (little/no heating), access MBL-ergodic transition

#### Driven MBL systems: numerical results

 $iH_1T_1$ 

Kicked spin chain 
$$\hat{F} = e^{-iH_0T_0}e^-$$
  
 $H_0 = \sum_i h_i \sigma_i^z + J_z \sigma_i^z \sigma_{i+1}^z$   
 $H_1 = J_x \sum_i \sigma_i^x \sigma_{i+1}^x + \sigma_i^y \sigma_{i+1}^y$ 

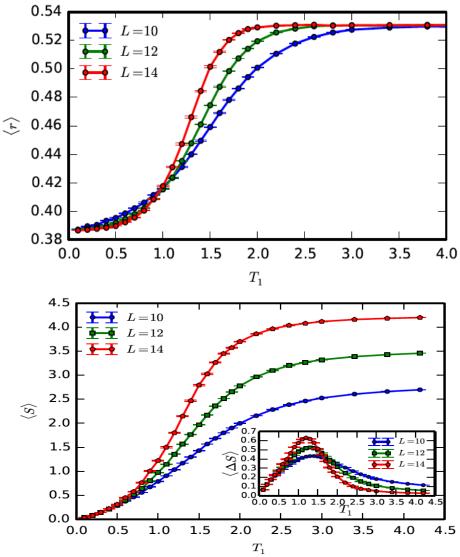
1) Spectral statistics: transition Between Poisson and Wigner-Dyson

2) Area-law for eigenstates in MBL phase

3) Log-growth of entanglement

4) Constructed a set of local integrals of motion

Confirms analytical theory



#### Iterative procedure and its convergence

P(t+T) = P(t)

Evolution operator:

$$i\frac{d}{dt}U(t) = H(t)U(t)$$

Decompose  $U(t) = P(t)e^{-iH_{eff}t}$ 

$$P^{+}(t)\left(H(t) - i\frac{d}{dt}\right)P(t) = H_{eff}$$

Solve for P(t) iteratively, gradually eliminating time-dependent terms

Perturbation theory in 
$$\left| \begin{array}{c} \frac{g}{v} << 1 \\ \frac{g}{v} << 1 \end{array} \right| \left| \begin{array}{c} \frac{g^2}{vW} << 1 \end{array} \right|$$
 Convergence criteria

Higher orders: combinatorics equivalent to time-independent MBL problem

Quasi-local Floquet Hamiltonian, which itself is MBL

#### Low frequency: delocalization via Landau-Zener transitions

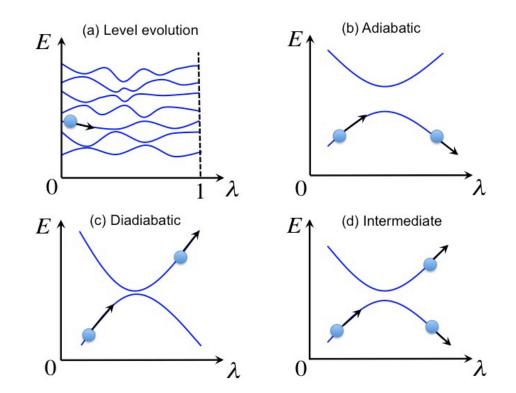
Consider instantaneous eigenstates of

 $H(\lambda) = H_{\text{MBL}} + gV(\lambda)$ 

Change  $\lambda = \frac{t}{T}$ Multi-level Landau-Zener problem

Diabatic crossing: not dangerous

"Intermediate" crossings: the state get mixed, delocalization



At low frequency, many intermediate/adiabatic crossings → delocalization DA, De Roeck, Huveneers, arXiv:1412.4752

See also: Khemani, Nandkishore, Sondhi'14 (local ramp)