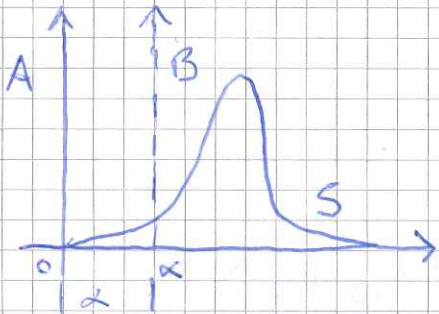


Lecture 1:

- Writing down a state uses implicitly a RF

$$|\psi\rangle = \int dx \psi(x) |x\rangle$$

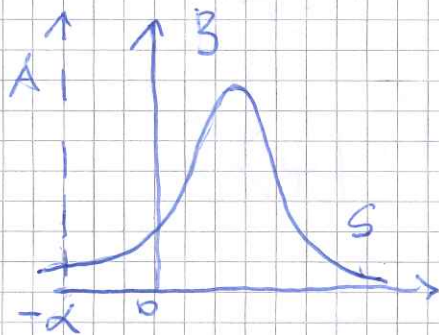
position relative to RF



$$\psi^{(A)}(x)$$

$$|\psi\rangle = \int dx \psi^{(A)}(x) |x\rangle^{(A)} = \int dx \psi^{(B)}(x) |x+\alpha\rangle^{(B)}$$

(passive transformation)



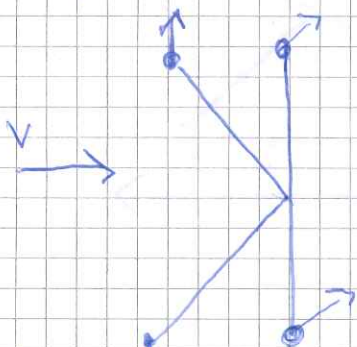
$$\psi^{(B)}(x) = \psi^{(A)}(x+\alpha)$$

Alternatively: $|\psi\rangle \mapsto e^{i\alpha \hat{p}} |\psi\rangle$

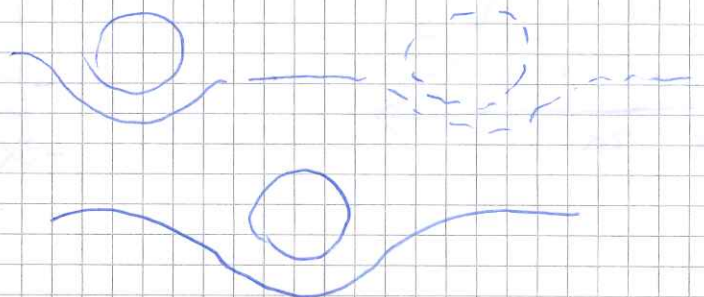
(active transformation)

- In practice, A & B are always physical systems, therefore quantum. Can we "jump" into the perspective of a quantum reference frame?

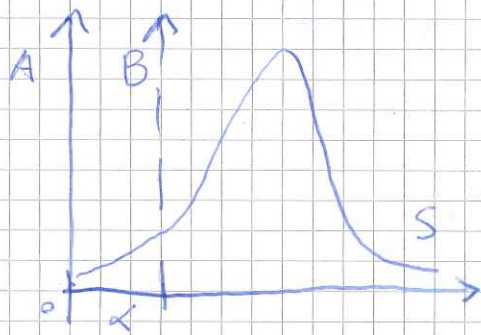
- Why would we? For example, QRF transf. are useful in i) & ii)
 - ii) Mass in superposition



i) Relativistic spin

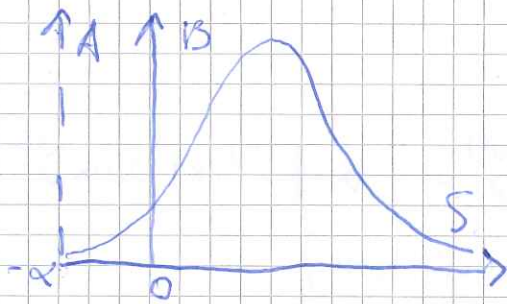


• Defining QRF transformations



$\langle A$
 $|\psi\rangle_{BS}^{(A)} = |\alpha\rangle_B^{(A)} \otimes |\psi\rangle_S^{(A)}$

Ref [1]



$\langle B$
 $|\tilde{\psi}\rangle_{AS}^{(B)} = |-\alpha\rangle_A^{(B)} \otimes |\tilde{\psi}\rangle_S^{(B)}$

$= e^{i\alpha \hat{p}_S} |\psi\rangle_S^{(A)}$

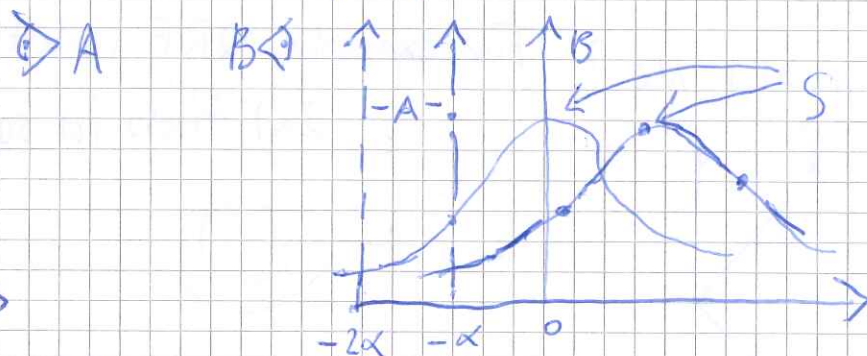
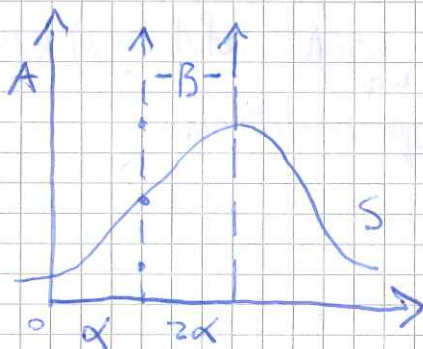
$|\tilde{\psi}\rangle_{AS}^{(B)} = \underbrace{P_{A \rightarrow B}}_{\text{QRF transformation!}} e^{i\hat{x}_B \hat{p}_S} |\psi\rangle_{BS}^{(A)} ; P_{A \rightarrow B} |x\rangle_B = |-\alpha\rangle_A$

$\hat{S}_{A \rightarrow B} : \mathcal{H}_B \otimes \mathcal{H}_S \rightarrow \mathcal{H}_A \otimes \mathcal{H}_S$

$\hat{S}_{A \rightarrow B} = P_{A \rightarrow B} e^{+i\hat{x}_B \hat{p}_S}$

→ more precision later.

• Jumping onto a QRF in superposition



Transformation of the Hamiltonian

Let V be a (time dependent in gen.) unitary

$$i \frac{d}{dt} |\psi(t)\rangle = H |\psi(t)\rangle$$

$$i V \frac{d}{dt} |\psi\rangle = V H V^\dagger V |\psi\rangle$$

$$i \frac{d}{dt} \underbrace{V |\psi\rangle}_{=: |\varphi\rangle} = \left(V H V^\dagger + i \frac{dV}{dt} V^\dagger \right) \underbrace{V |\psi\rangle}_{=: |\varphi\rangle}$$

$$\hat{H}_S^{(B)} = \hat{S}_{A \rightarrow B} \hat{H}_S^{(A)} \hat{S}_{A \rightarrow B}^\dagger + i \frac{d\hat{S}_{A \rightarrow B}}{dt} \hat{S}_{A \rightarrow B}^\dagger$$

Equivalence principle for superposition of accelerations

Free particle Hamiltonian

$$H_S^{(A)} = \frac{\hat{p}_s^2}{2m}$$

$H_B^{(A)}$: trivial

$$\hat{S}_{A \rightarrow B} = \hat{W}(t) \hat{V}(t)$$

$$W(t) = P e^{-im \left(\hat{x}_B \hat{x}_s + \frac{t}{2} \right) \int \hat{x}_B^2}$$

$$V(t) = P e^{i \hat{x}_B \hat{p}_s}$$

$$P |\hat{x}_B\rangle_B = |-\hat{x}_B\rangle_A$$

Assume:

- B is a semiclassical state s.t. its trajectory is well defined
- B can be in a "cat state" superposition of trajectories

$$\frac{1}{\sqrt{2}} \left(|\hat{x}_1(t)\rangle + |\hat{x}_2(t)\rangle \right)$$

$$\rightarrow \hat{x}_1(t) \ \& \ \hat{x}_2(t)$$

are well defined approx.

- Promote $\hat{x}_i(t)$ (+ time derivatives) to quantum operators

$$H' := V H V^T + i \frac{dV}{dt} V^T$$

$$V H V^T = H = \frac{p_s^2}{2m}$$

$$i \frac{dV}{dt} V^T = -i \frac{d}{dt} i \sum_A \hat{p}_s = \sum_A \hat{p}_s$$

Ref[2]

using $P e^{i(\cdot)} = P e^{i(\cdot)} P^T P = e^{i(P(\cdot)P^T)} P$

$$H' = \frac{\hat{p}_s^2}{2m} + \sum_A \hat{p}_s$$

$$H'' := W H' W^T + i \frac{dW}{dt} W^T$$

$$i \frac{dW}{dt} W^T = i \frac{d}{dt} \left[-im \left(-\sum_A \hat{X}_s + \frac{1}{2} \int \sum_A^2 \right) \right]$$

$$= -\sum_A m \hat{X}_s + \frac{m}{2} \sum_A^2$$

$$W \frac{p_s^2}{2m} W^T = \frac{\hat{p}_s^2}{2m} + \left[im \sum_A \hat{X}_s, \frac{\hat{p}_s^2}{2m} \right]$$

$$+ \frac{1}{2} \left[im \sum_A \hat{X}_s, \left[im \sum_A \hat{X}_s, \frac{p_s^2}{2m} \right] \right]$$

$$= \frac{\hat{p}_s^2}{2m} - \sum_A \hat{p}_s + \frac{1}{2} \left[im \sum_A \hat{X}_s, -\sum_A \hat{p}_s \right]$$

$$= \frac{\hat{p}_s^2}{2m} - \sum_A \hat{p}_s + \frac{m}{2} \sum_A^2$$

$$W \sum_A \hat{p}_s W^T = \sum_A \hat{p}_s - m \sum_A^2$$

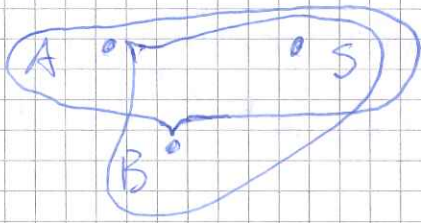
$$H'' = W \frac{p_s^2}{2m} W^T + W \sum_A \hat{p}_s W^T - \sum_A m \hat{X}_s + \frac{m}{2} \sum_A^2$$

$$\frac{p_s^2}{2m} - \sum_A \hat{p}_s + \frac{m}{2} \sum_A^2 + \sum_A \hat{p}_s - m \sum_A^2$$

$$\hat{H}'' = \frac{\hat{p}_s^2}{2m} - m \sum_A \hat{X}_s$$

→ eq. principle!

• Constraint systems



- 3 "players" but only 2 particles
- No external RF for translations

$$\Rightarrow \boxed{(\hat{p}_A + \hat{p}_B + \hat{p}_S) |\psi\rangle_{ABS} = 0}$$

• Derivation of $P_{A \rightarrow B} e^{+i\hat{X}_B \hat{P}_S}$ from $|\psi\rangle_{ABS}$

$$|\psi\rangle_{ABS} = \int dp_A dp_B dp_S \delta(p_A + p_B + p_S) \psi(p_A, p_B, p_S) |p_A, p_B, p_S\rangle_{ABS}$$

$$= \int dp_B dp_S \psi(-p_B - p_S, p_B, p_S) |-p_B - p_S, p_B, p_S\rangle_{ABS}$$

$$U_{BS}^\dagger(\hat{X}_A) := e^{i\hat{X}_A(\hat{P}_B + \hat{P}_S)}$$

$$U_{BS}^\dagger(\hat{X}_A) |\psi\rangle_{ABS} = \int dp_B dp_S \psi(\dots) |-p_B - p_S + p_B + p_S, p_B, p_S\rangle_{ABS}$$

$$= |p=0\rangle_A \otimes \underbrace{\int dp_B dp_S \psi(-p_B - p_S, p_B, p_S) |p_B, p_S\rangle_{BC}}_{=: |\psi\rangle_{BC}^{(A)}}$$

$$U_{AS}^\dagger(\hat{X}_B) U_{BS}^\dagger(\hat{X}_A) |p=0\rangle_A \otimes |\psi\rangle_{BC}^{(A)} =$$

$$= |p=0\rangle_B \otimes \underbrace{\int dp_A dp_S \psi(p_A, -p_A - p_S, p_S) |p_A, p_S\rangle_{AS}}_{=: |\tilde{\psi}\rangle_{AS}^{(B)}}$$

$$=: |\tilde{\psi}\rangle_{AS}^{(B)}$$

Ref. [3]

$$= \int dp_B dp_S \psi(-p_B - p_S, p_B, p_S) |-p_B - p_S, p_B, p_S\rangle_{AS}$$

$$= e^{-i\hat{X}_B \hat{P}_S} \int dp_B dp_S \psi(\dots) P_{B \rightarrow A} |p_B, p_S\rangle_{BS}$$

$$= \underbrace{P_{A \rightarrow B}}_{=: S_{A \rightarrow B}} e^{i\hat{X}_B \hat{P}_S} \underbrace{\int dp_B dp_S \psi(-p_B - p_S, p_B, p_S) |p_B, p_S\rangle_{BS}}_{=: |\psi\rangle_{BS}^{(A)}}$$

$$\boxed{U_{AS}^\dagger(\hat{X}_B) U_{BS}^\dagger(\hat{X}_A) |p=0\rangle_A \otimes |\psi\rangle_{BS}^{(A)} = |p=0\rangle_B \otimes S_{A \rightarrow B} |\psi\rangle_{BS}^{(A)}}$$

• Group theoretic generalisation

Position QRF = QRF for translation group \longrightarrow QRF for group G
 $|x\rangle_A \longrightarrow |g\rangle_A \in L^2(G)$

$|g\rangle$: Regular representation

Ref. [16]
 Ref. [17]

$U_g U_h = U_{gh}$
 $g \rightarrow |g\rangle$; $L_g |h\rangle = |gh\rangle$, $R_g |h\rangle = |hg^{-1}\rangle$
 $\langle g | h \rangle = \delta(g^{-1}h)$; $[L_g, R_h] = 0$

• Getting rid of external degrees of freedom means averaging over the (global) action of G .

Ref. [5, 4]

- Incoherent group averaging T_{in}

$\rho \mapsto \int dg U_g \rho U_g^\dagger$

$U_h \rho U_h = \rho$

- Coherent group averaging

$|\psi\rangle \mapsto \int dg U_g |\psi\rangle$

$U_h |\psi\rangle = |\psi\rangle$

\hookrightarrow no phases!

- Mixed state formalism (ignorance)
- More common in Q info
- There could be another R/F at there

- Pure state formalism
- More common in QG
- No external R/F (does not exist)

$|g\rangle = \sum_{\alpha, \alpha'} \sqrt{\frac{\dim \alpha}{|G|}} D_{\alpha\alpha'}^{(\alpha)}(g) |\alpha; \alpha, \alpha'\rangle$

change labels in rep
 "global" dots destroyed by twirling
 multiplicities left untouched by group action
 "Relative" dofs

General red. rep:

$\mathcal{H} = \bigoplus_{\alpha} M^{\alpha} \otimes N^{\alpha}$
 \uparrow multiplicities

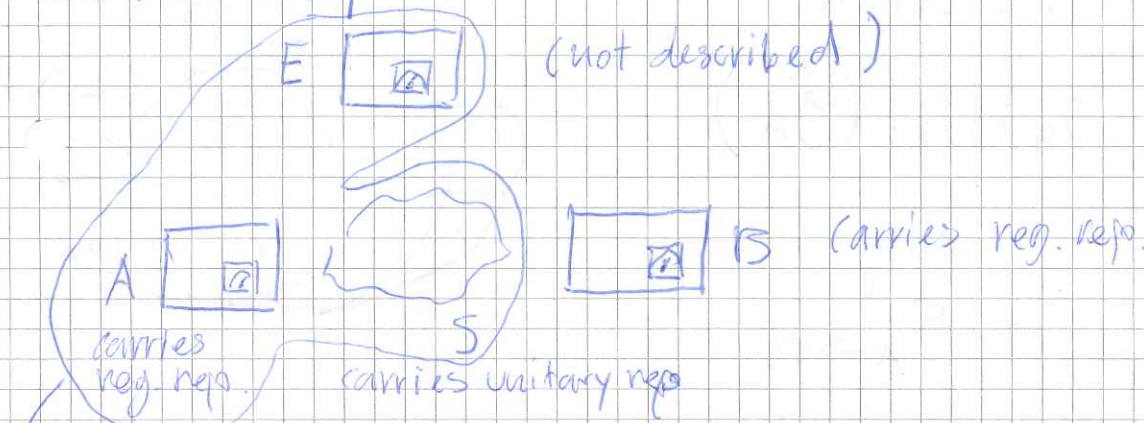
Reg rep multiplicities = dimension

$\rho = \begin{pmatrix} * & * & * \\ \vdots & \vdots & \vdots \\ * & * & * \end{pmatrix}$; $T_G[\rho] = \left(\bigoplus_{\alpha} \rho^{\alpha} \otimes \rho^{\alpha} \right) \otimes \rho^{\alpha}$

Example: 3 spin-1/2
 $\frac{1}{2} \otimes \frac{1}{2} \otimes \frac{1}{2} = \frac{3}{2} \oplus \frac{1}{2} \oplus \frac{1}{2}$
 multiplicity

Projects onto charges: blocks diagonal
 randomizes M^{α} subsystem
 does not touch multiplicities

• The setup



- How does A see B & S?
- How to "jump" from A to B?

• A: I measure M on the system

E. A ~~measures~~ performs $\int dg |g\rangle\langle g|_A \otimes U_g M_S U_g^\dagger$

Example: $\int dx |x\rangle\langle x|_A \otimes T_x \hat{X}_S T_x = \hat{X}_S - \hat{X}_A$

$SIA = \int dg |g\rangle\langle g| \otimes U_g M_S U_g^\dagger$ is a subalgebra of $\mathcal{H}^{(E)} := \mathcal{H}_A \otimes \mathcal{H}_S$

"S relative to A"

SIA is invariant: $L_g \otimes U_g SIA L_g^\dagger \otimes U_g^\dagger$

$$\mathcal{H}_{AS}^{(E)} = \bigoplus_{\mathcal{G}} \mathcal{H}_{AL} \otimes \mathcal{H}_{AR} \otimes \mathcal{H}_S$$

Ref [6]

Ref [7]

Group acts

Gauge subsystem = $\bigoplus_{\mathcal{G}} T_{\mathcal{G}}^L \otimes \mathbb{1}_{\mathcal{G}}^R \otimes T_{\mathcal{G}}^S$

$$U_S^\dagger(\hat{g}_A) = \int dg |g\rangle\langle g|_A \otimes U_g^\dagger$$

"Jumping" + AS QRF.

$$\mathcal{L}(\mathcal{H}_{AS}^{(A)}) = U_S^\dagger(\hat{g}_A) \mathcal{L}(\mathcal{H}_{AS}^{(E)}) U_S(\hat{g}_A)$$

system "as seen" by A.

$$= \bigoplus_{\mathcal{G}} (\mathcal{H}_{\text{gauge}} \otimes \mathcal{H}_{\text{extra particle}} \otimes \mathcal{H}_{SIA})$$

$\mathcal{H}_{SIA} = \overline{SIA}$

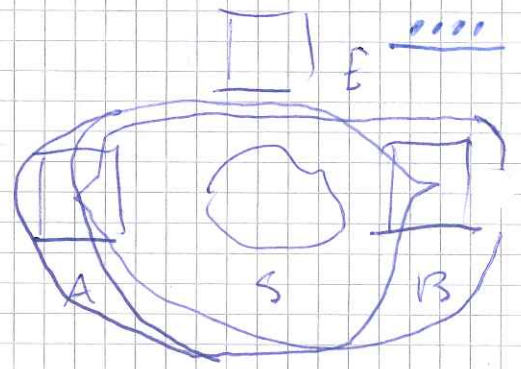
Ref [8]

group acts here!

invariant part

PRF transformation:

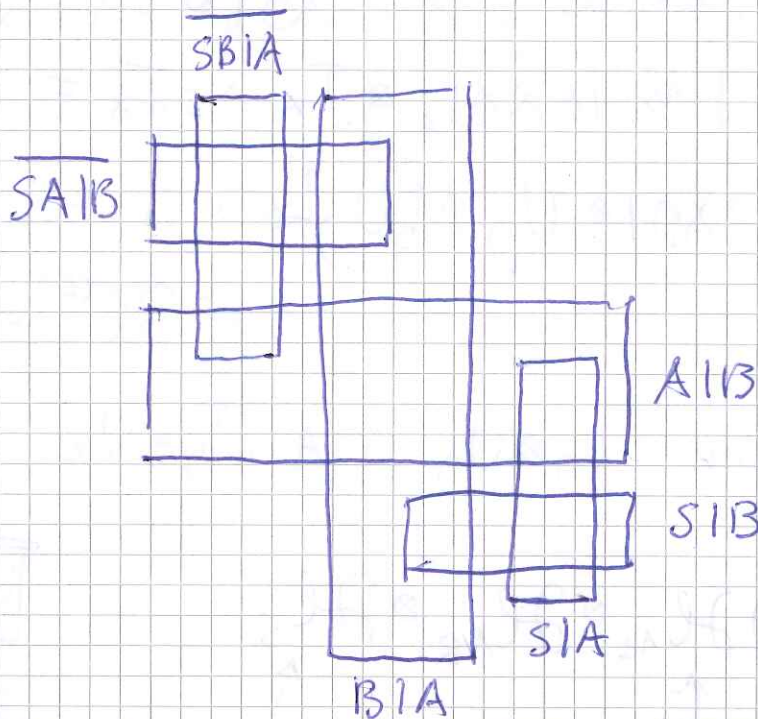
$$S_{A \rightarrow B} = U_{AS}^\dagger(\hat{g}_B) U_{BS}(\hat{g}_A)$$



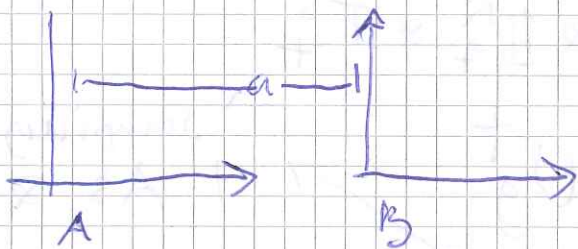
$$S_{A \rightarrow B} = S_{A \rightarrow B} \cdot S_{A \rightarrow B}^\dagger$$

$$S_{A \rightarrow B} [\mathbb{1} \otimes \mathbb{1} \otimes T_{SIA}] = \int dg |g\rangle\langle g| \otimes \mathbb{1} \otimes U_g^\dagger T_{SIB} U_g$$

...



Galilei group (1D)



$$(a', v') (a, b) = (a' + a, v' + b)$$

In Hilbert space

$$U(a, v) = e^{-i a \hat{p} - i v \hat{K}}$$

$$\hat{K} = \hat{p}t - m\hat{x}$$

$$\begin{aligned}
 & U^\dagger(\hat{g}) L_g \otimes U_g U(\hat{g}) = \\
 & = \int dg' dh' |g' X g'| L_g |h' X h'| \otimes U_{g'}^\dagger U_g U_{h'} \\
 & = \int dh' |g h' X h'| \otimes U_{h'}^\dagger U_g U_{h'} \\
 & = L_g \otimes \mathbb{1}
 \end{aligned}$$

$$\begin{aligned}
 & U^\dagger(\hat{g}) \int dg |g X g| \otimes U_g T U_g^\dagger U(\hat{g}) \\
 & = \int df dg dh |f X f| |g X g| |h X h| \\
 & \quad \otimes U_f^\dagger U_g T U_g^\dagger U_h \\
 & = \mathbb{1} \otimes T
 \end{aligned}$$

$$U(a', v') U(a, v) = e^{i \frac{m}{2} (a v' - a' v)} U(a' + a, v' + v) \quad \underline{\underline{=}}$$

The Galilei group has a projective representation in Hilbert space!

Define the centrally extended Galilei group

$$(\theta', a', v') (\theta, a, v) = (\theta' + \theta + \frac{1}{2} (a v' - a' v), a' + a, v' + v)$$

Reg. rep of the group

$$|(\theta', a', v')\rangle ; \langle (\theta', a', v') | (\theta, a, v) \rangle = \delta(\theta' - \theta) \delta(a' - a) \delta(v' - v)$$

$$|(\theta, a, v)\rangle = \int d^3m \int d^3p \sqrt{m} \left(\tilde{U}^{(m)}(\theta, a, v) |m, p\rangle_L \right) \otimes |m, p\rangle_R$$

$$\tilde{U}^{(m)}(\theta, a, v) = e^{i\theta} e^{-i(a \hat{p} + v \hat{K})}$$

$$\hat{K} = \hat{p} \hat{x} - m \hat{x} \hat{x} \quad \text{: boost generator}$$

$$[\hat{p}, \hat{K}] = i m$$

$$\hat{p}_{S|A} = U_S(\theta, \hat{a}, v) \hat{p}_S U_S^\dagger(\theta, \hat{a}, v)$$

$$= \mathbb{1}_A \otimes \hat{p}_S - m \hat{v}_A \otimes \mathbb{1}$$

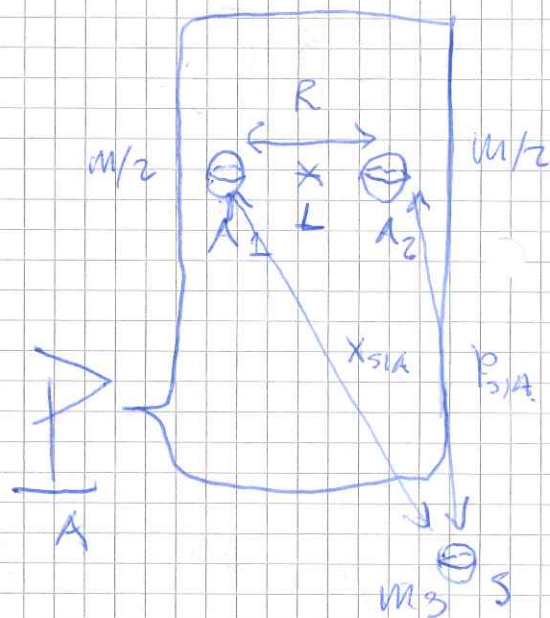
$$\hat{K}_{S|A} = \mathbb{1}_A \otimes \hat{X}_S + m \hat{a}_A \otimes \mathbb{1}$$

$$\hat{v}_A = \int d\theta d\hat{a} d\hat{v} a |(\theta, a, v)\rangle \langle (\theta, a, v)|$$

$$\hat{a}_A = \int d\theta d\hat{a} d\hat{v} v |(\theta, a, v)\rangle \langle (\theta, a, v)|$$

$$[\hat{a}_A, \hat{v}_A] = 0 \quad \text{Interpretation:}$$

In the reg. rep. relative momentum is measured w.r.t. one particle whereas relative position is measured w.r.t. another particle!



• QRFs for time

Generator of time translations H :

$$H|\psi\rangle = 0 \quad (\text{"no external time RF"})$$

$$H = H_c + H_s$$

↘ clock ↘ system

Ref [9, 10]

$$[H_c, T_c] = -i \quad (\text{perfect clock})$$

$$0 = (H_c + H_s)|\psi\rangle$$

Page-Wootters
Mechanism

$$0 = \langle t | H_c | \psi \rangle + \langle t | H_s | \psi \rangle$$

$$= -i \frac{d}{dt} |\psi(t)\rangle + H_s |\psi(t)\rangle$$

$:= \langle t | \psi \rangle$

$$i \frac{d}{dt} |\psi(t)\rangle = H |\psi(t)\rangle \quad (\text{we recover Schrödinger eq.})$$

• History states

$$|\psi\rangle = \int d\alpha e^{-i\alpha H} |\psi\rangle$$

coherent group
averaging

solves

$$H|\psi\rangle = 0$$

$$\langle t | \psi \rangle =: |\psi(t)\rangle \quad \text{"state of } s \text{ at time } t \text{"}$$

Probability for single measurement:

$$p_a = \text{Tr} |a\rangle\langle a| \psi(t) \langle \psi(t)|$$
$$= \text{Tr} |t\rangle\langle t| \otimes |a\rangle\langle a| \psi \langle \psi|$$

• Multi-time measurements

Problem: $P_{t,a} |\pm\rangle$ no longer satisfies $H|\psi\rangle = 0$ in general!

Different interpretation of $|\psi\rangle$ is needed

(A) Solution: Purify measurements

$$H = H_c + H_s + \underbrace{f_{as}(\hat{T}_c)}_{\text{e.g. } K_{as} \delta(\hat{T}_c - t^*)} + \hat{f}_{bs}(\hat{T}_c) + \dots$$

↓
"logarithm"
of Kraus
operator

↓
time of
measurement
according to
clock C.

• Solving $H|\psi\rangle = 0$ (assume $H_s = 0$)
for simplicity.

$$|\pm\rangle = \int e^{-i\alpha \hat{H}} |\psi\rangle d\alpha =: \mathbb{T}_0 \quad (\text{projector onto 0-energy subspace})$$

$$e^{-i\alpha \hat{H}} = e^{-i\alpha (H_c + H_s + f_{as}(\hat{T}_c))} + \dots$$

$$= \lim_{N \rightarrow \infty} \left[e^{-\frac{i\alpha}{N} H_c} e^{-\frac{i\alpha}{N} f_{as}(\hat{T})} \right]^N$$

consider
single measure-
ment for
simplicity

$$L |t, s, r\rangle_{csa} = e^{-\frac{i\alpha}{N} f_{as}(t)} =: L |t + \frac{\alpha}{N}, s, r\rangle$$

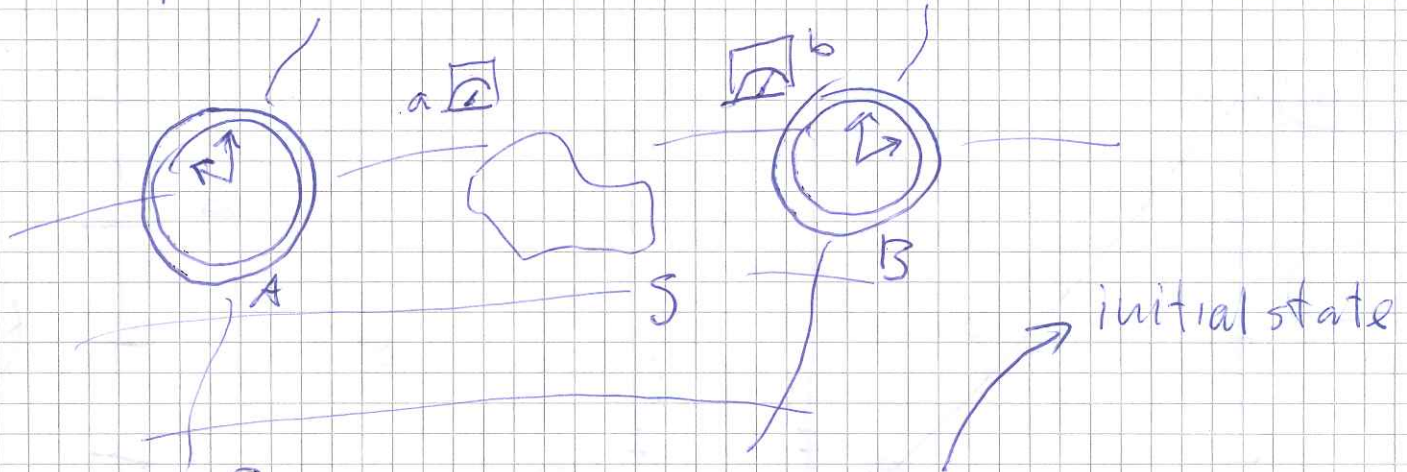
Result generalizes
naturally

$$L^N |t, s, r\rangle_{csa} = e^{-i\frac{\alpha}{N} (f_{as}(t + \frac{N-1}{N}\alpha) + f_{as}(t + \frac{N-2}{N}\alpha) + \dots + f_{as}(t))} |t + \alpha, s, r\rangle = e^{-i\alpha H_c} |t\rangle$$

$$\Rightarrow e^{-i\alpha \hat{H}} = e^{-i\alpha H_c} \int e^{-i\int_0^\alpha dx (f_{as}(\hat{T} + \lambda) + f_{bs}(\hat{T} + \lambda) + \dots)}$$

Multiple clocks: changing QRFs

0000



$$|\psi\rangle = \int dt_A |t_A\rangle_A \otimes U_A(t_A) |\psi_0\rangle_A$$

Everything that is not A
e.g. S B or b

A's reference frame

Evolution wrt A

Ref [11]

Ref [12]

$$= \int dt_B |t_B\rangle_B \otimes U_B(t_B) |\psi_0\rangle_B$$

Given U_A & $|\psi_0\rangle_A$, how do we find U_B and $|\psi_0\rangle_B$?

$$\langle t|_A \Pi_0 |t'\rangle_A = \int d\alpha \langle t|_A e^{-ix(H_A+H_B)} \frac{1}{T} e^{-i\int_0^t d\lambda \hat{f}_A(\lambda + \hat{T}_A) + \hat{f}_B(\lambda + \hat{T}_B)} |t'\rangle_A$$

$$\Pi_0 = \int dt' d\lambda |t'\rangle_A \otimes U_A(t-t')$$

$$= e^{-i(t-t')H_B} \frac{1}{T} e^{-i\int_{t'}^t d\lambda f_A(\lambda) + f_B(\lambda + \frac{a}{v_B})}$$

$$= U_A(t-t')$$

The event in B can be quantum uncertain in time wrt A!

$$\Rightarrow U_B(t-t') = \int ds ds' |s\rangle_B \langle s'|_A \otimes \langle t|_B U_A(s-s') |t'\rangle_B$$

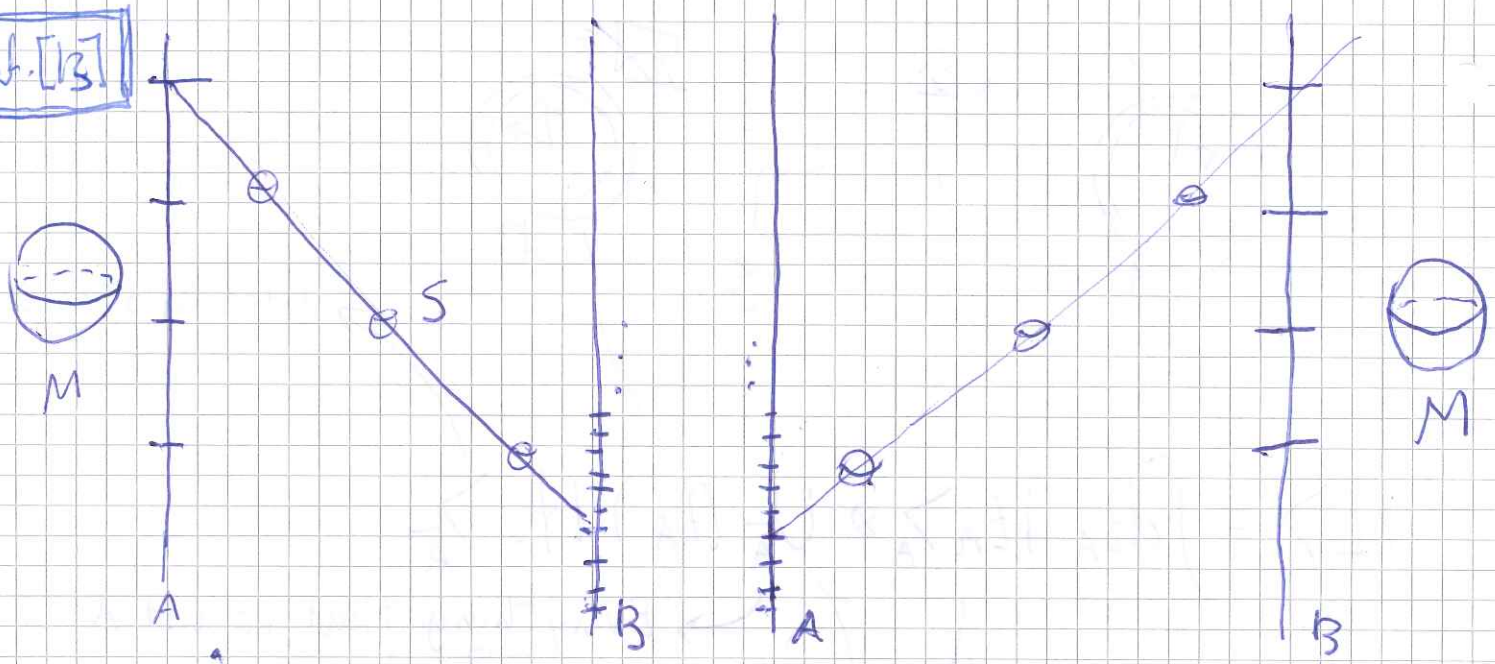
and

$$|\psi_0\rangle_B = \int dt |t\rangle_A \otimes \langle t=0|_B U_A(t) |\psi_0\rangle_A$$

Gravitational quantum switch



Ref. [13]



$$\hat{H} = \sum_{I=A,B,C} H_I (1 + \Phi_I) + \sum_{I=A,B} f_I (\hat{T}_I) (1 + \Phi_I)$$

$$= -GM / (c^2 \hat{X}_{IM})$$

(gravitational potential energy at clock I)

Goal: To find history state wrt C and history state wrt A (equiv. B)

$$|\Psi\rangle = \int dt |t\rangle_C \otimes \prod e^{-i \sum_I \int_0^t ds \frac{1+\Phi_I}{1+\Phi_C} (H_I + f_I (s \frac{1+\Phi_I}{1+\Phi_C} + \hat{T}_I))}$$

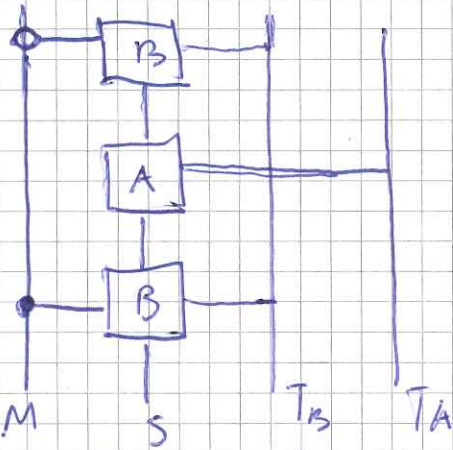
$$|\Psi\rangle = \int dt |t\rangle_A \otimes \prod e^{-i \int_0^t ds (f_A(s) + \sum_I \frac{1+\Phi_I}{1+\Phi_A} (H_I + f_I (s \frac{1+\Phi_I}{1+\Phi_A} + \hat{T}_I)))}$$

Localization of events in time has quantum uncertainty wrt C

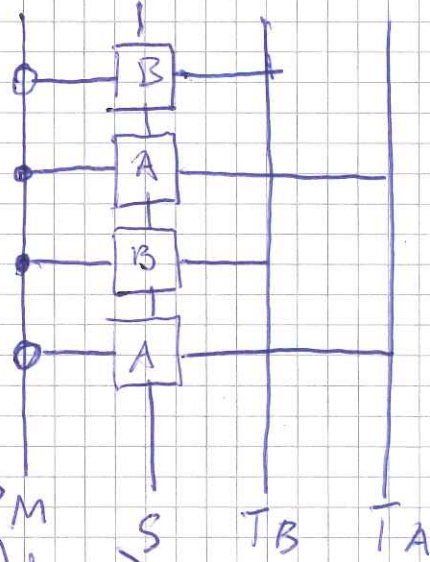
A's event is always localised in time wrt A.

$$|\Psi(t)\rangle_C = \int da - (U_A(t+\delta) U_B(t-\delta) |M_L\rangle + U_B(t+\delta) U_A(t-\delta) |M_R\rangle) |-\alpha\rangle$$

A:



C:



Refs.
[15, 14]

$$|\Psi(t)\rangle_A = \int dt_c |t_c\rangle \dots (U^A(t) U^B(\dots) |M_c\rangle_M + U^B(\dots) U^A(t) |M_c\rangle_M) | \dots \rangle_C$$

