## Cold Atomic Ensembles in the Strong Coupling Regime of Cavity QED

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## Cavity QED meets Ultracold







## Cavity QED+ Cold atoms

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## Demonstration and Development of New techniques

Limitations of Squeezing

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Fundamental questions and surprises BEC in a Cavity? Nature of Light Quanta: (Fock/Coherent States, Quantum and Classical fields)

## Cavity QED: Strong Coupling Nonlinear Phenomena

Typically Nonlinear optics occurs at high intensities as conventional materials mediate weak coupling between light and matter

Strong Coupling allows access to nonlinear phenomenon at very low average photon number:

g - atom cavity coupling

κ - cavity decay rate

 $\Gamma$  - atomic decay rate

Critical photon number  $n_0 = \gamma^2/2g_0^2 = .02$ 

Critical atom number  $N_0 = 2\gamma \kappa / g_0^2 = .02$ 

Single atom cooperativity

 $C = g_0^2 / 2\gamma \kappa = 50$ 

Optical bistability, cross phase modulation, photon blockade

Cold atoms introduce long lived motional coherence, hence, nonlinearities resulting form collective atomic motion may occur at very low average photon number:

### $\overline{\mathsf{n}} \sim \Gamma_{\mathsf{m}} / \kappa$

(Rempe '91, Gripp '96, Stauer '04, Turchette '95, Birnbaum '05)

## Heart of the Cold Atom-Cavity Machine



## Dispersive Cavity QED (far from atomic resonances)



### Details of the Lattice

Atoms occupy a 1D lattice in the cavity



Interaction depends on intensity of the probe: this differs from well to well.

$$\Delta_N = \sum_{sites} \frac{N_i g_i^2}{\Delta_a} \simeq \frac{N g_0^2}{2 \Delta_A}$$

Varies depending on detuning from cavity resonance



### Modified cavity lineshape



Kerr Effect:  $n = n_0 + n_2 I$ 



## Dispersive/Refractive bistability



## Dispersive/Refractive bistability



## Non-linearity at very low photon numbers





As we reduce the atomic detuning, fewer photons will suffice for bistability; nonlinearities at very low photon number are obtainable.

When photons arrive less frequently than the period of harmonic motion, granularity of individual photons becomes important.



In Granular regime, each photon's impulse excites a transient oscillation, evident in the cavity resonance, and the correlation of subsequent photons

## Non-linearity at very low photon numbers





As we reduce the atomic detuning, fewer photons will suffice for bistability; nonlinearities at very low photon number are obtainable.

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Ultimately, the damping of atomic motion forces a technical limit on the nonlinearity.



Diabatic excitation of collective oscillation

## Using atoms to measure aspects of the field



Fluctuations of the cavity field?

Atoms are buffeted by quantum fluctuations in the intracavity field intensity and heat up..

the atoms thus serve as a *fluctuation bolometer*, sensing the fluctuations of incident intensity by an increase in thermal energy.

Figure 2: Birth, life and death of a photon: a QND Detection





#### Gordon & Ashkin 1979, Dalibard & Cohen-Tannoudji 1985



## The dipole force



The dipole force is:

 $F = -\hbar\partial_z \left[ g(z)(\sigma^+ a + a^\dagger \sigma^-) \right]$ 

For large detuning from the atomic resonances and weak drive

$$F = -\frac{\hbar \partial_z g^2(z)}{\Delta_a} \ \hat{n} = f(z)\hat{n}$$

The gradient of the AC stark shift

## Fluctuating force = momentum diffusion

An atom with a force history acquires momentum

$$p(t) = p_0 + \int_0^t dt' F(t')$$

diffusion is the change of the momentum variance

$$2D = \frac{d}{dt} (\langle p^2 \rangle - \langle p \rangle^2)$$

The momentum diffusion due to cavity fluctuations

$$2D_{cav} = f^2(z) \int_0^\infty d\tau \cos(\omega_t \tau) \left( \langle \hat{n}(\tau) \hat{n}(0) \rangle - \langle \hat{n}(0) \rangle^2 \right)$$

Two-time correlation is quantum-optics property of cavity, independent of atoms

## Temporal fluctuations



Monochromatic Beam:

Coherent state in single mode vacuum in other modes

Temporal fluctuations due to "beating" between coherent state and vacuum at other frequencies. White noise spectrum of fluctuations.

Cavity



Density of states is accentuated at frequencies near cavity resonance

Temporal fluctuations of an input coherent state is now colored.

## The fluctuation bolometer: momentum diffusion

The total diffusion is:



When single atom cooperativity is large diffusion is due primarily to cavity fluctuations

Hechenblaikner et al 1998, Fischer et al 2001, Murr et al 2006

# Spectrum of noise in a cavity



### The Bolometer

Diffusion leads to an increase in thermal energy

$$\frac{dE}{dt} = \frac{d}{dt} \frac{(\Delta p)^2}{2m} = \frac{D}{m}$$

An increase in energy is sensed by a loss of atoms from the finite depth trap



Each atom leaves with and amount of energy equal to the trap depth on average

$$\frac{dE}{dt} = \frac{U}{N}\frac{dN}{dt}$$

## Cavity heating



Simultaneous Measurements of N, and  $\overline{n}$ :

Overall timescale is long compared to evaporative timescale ~3ms

Temperature remains constant: 4ms TOF images



# Spectrum of noise in a cavity



## Cavity measurements of number:



### GOAL: Non-destructive number counting below standard quantum limit

Need to non-destructively count number to squeeze: QND measurement.

Number measurement improves in time as;

$$(\Delta N)^2 = \frac{1}{4\bar{n}\kappa\eta T} \frac{\Delta_a}{g(z)^2} (\kappa (1 + (\delta/\kappa)^2)^2)$$

Heating process adds excitations to the system;

 $\frac{H(\Delta_a, z, \delta)\bar{n}T}{\hbar\omega_t} \Rightarrow (\Delta N)^2 = H\bar{n}T$ 



### Minimum Uncertainty

On resonance,

$$(\Delta N)^2 = 2\left(\frac{1}{\eta C \cos^2(kz)} \frac{\hbar^2 k^2}{\omega_t m} \left(1\right)\right)^{1/2}$$

Fluctuations in the cavity cancel the benefit of using a cavity to squeeze. Except;

When  $\omega_{\tau} > \kappa$ 

If sites where heating occurs are avoided

Our measurement of number was also sensitive to the position of the atoms. Heating can be avoided if atoms are only located where we are insensitive to the position.

## Review: applications and outlook



Diabatic excitation of collective oscillation











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## Free Space diffusion

Away from the cavity resonance, the diffusion is the same as for free-space, and due to regular dipole fluctuations and spontaneous emission:

