Laser cooling and trapping IV

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A wealth of cooling methods

Previous courses:

Different cooling methods based on radiative forces:

sub-Doppler cooling in « bright » molasses
 Recoil limited temperature,
 due to the continuous scattering of photons
 Deleterious impact of multiple absorption at high atomic densities
 (increase of T, increase of MOT size ...)



sub-recoil cooling
 Cooling schemes (VSCPT)

Cooling schemes (VSCPT and Raman cooling) Rely on trapping atoms in « dark » states. Temperatures are well below the recoil limit

Phase space densities generally still < 1 A key limitation is spontaneous emission. Can we get rid of it?







- 1 : Conservative traps
- 2 : Evaporative cooling
- 3 : Bose-Einstein condensation
- 4 : Miscellaneous

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Atoms or paramagnetic molecules (ie having a permanent magnetic moment) do interact with gradients of static magnetic fields

Example: an atom in a Zeeman state $m \neq 0$ has an energy $E(B) \propto \mu B$ with $\mu \propto m\mu_B$

In a gradient, it feels a force $F \propto -\nabla E(B)$

This is what gives rise to the Stern Gerlach effect



NOTE:

B might vary not only in amplitude but also in direction.

Zeeman eigenstates thus depend on the position.

But if the rate at which the direction of B rotates is slower than the Larmor frequency, $\mu B/h$ the spin will remain aligned on the field.

It will stay adiabatically in the same state m.

 \rightarrow Only the spatial variations of |B| matter

Atoms can be

- « low field seekers » (the energy increases with *B*)
- « high field seekers » (the energy decreases with *B*)

One could thus think of trapping « low field seekers » at a minimum of *B* « high field seekers » at a maximum of *B*

Wing theorem: the modulus of a magnetic (or an electric) field cannot have a maximum in a region free of charges and currents.

This is a consequence of Maxwell equations.

 \rightarrow Only « low field seekers » can be trapped by static magnetic fields

 \rightarrow Atoms cannot be trapped in their fundamental (lowest energy) state.

 \rightarrow Inelastic collisions are exothermic which leads to losses





Massimo inguscio Majorana "spin-flip" and ultra-low temperature atomic physics

Problem with quadrupole traps: « Majorana spin flips » The direction of the field reverses when crossing the zero, and the spin cannot follow adiabatically



This leads to losses to untrapped states, which increase when decreasing the temperature

How to supress Majorana losses ?

Trick #1: Optical plugged quadrupole trap Davis et al., PRL 75, 3969 (1995)

Adding a repulsive potential around the zero, « plugging » the hole

3.5 W Ar+ laser 30 µm waist



Trick #2: TOP trap

W. Petrich, M. H. Anderson, J. R. Ensher, and E. A. Cornell, Phys. Rev. Lett. 74, 3352 (1995).

Adding a small rotating transverse field Shifts the zero, which rotates over a circle Time averaged potential has a non-zero minimum



Ioffe Pritchard traps: 3D harmonic traps



Ioffe Pritchard



Cloverleaf trap *He*, Institut d'optique



QUIC trap Esslinger et al, PRA 58, R2664 (1998)



Ivory et al, RSI 85, 043102 (2014)

Typically, atoms are transfered from a MOT or a molasses in the magnetic trap

- Optical pumping in the « low field seeking » states increase loading efficiency
- « Mode matched » transfer in the quadrupole trap requires

$$E = \mu b \sigma = \mathrm{kT}$$

For typical parameters (MOT size: $\sigma \sim 1 mm$, Temperature: T $\sim 10 \mu K$) and with $\mu \sim \mu_B \sim \hbar \times 1.4 \text{ MHz/G}$, we find $b \sim 10 \text{ G/cm}$

• Compression of the cloud by ramping up b up to few 100 G/cm

To produces such gradients, one needs:

- for coils of ~ 10 cm diameter, I ~ 10s A with 10s turns
- for a few μ m wide single wire, I ~ 1 A

Dipole traps

Use of far off resonance lasers

Potential depth $U \sim \frac{I}{\Delta}$ while scattering rate $\Gamma \sim \frac{I}{\Delta^2}$, so that $\frac{\Gamma}{U} \sim \frac{1}{\Delta}$

 \rightarrow Spontaneous emission can be neglected at very large detunings



Typical parameters: $\Delta \sim 100$ nm, P $\sim 10s$ of Watts, $w_0 \sim 10-100 \mu m$ Depth U/k $\sim 1 mK$ Scattering rate $\Gamma' \sim 0.01$ photon/s

- 1 : Conservative traps
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Principle:



1) Atoms initially at thermal equilibrium at a temperature T_i in a trap of depth $U_i >> kT_i$

2) The potential height is reduced down to U_t . Elastic collisions between atoms in the trap redistribute the energies of atom pairs. Most energetic atoms escape the trap

3) Least energetic atoms remain in the trap. They thermalize down to $T_f < T_i$

How to reduce the potential height?

Magnetic Trap

 \rightarrow Use of an « RF knife » = a radiofrequency wave at frequency ω_{RF}

Leads to transitions to untrapped states selective in position

Dipole Trap

 \rightarrow Reduction of the laser intensity

Disadvantage: reduction of the confinement



Credit: H. Perrin

A simple model

Note: For U_t infinite and thermal equilibrium, the energy is given by

$$E = E_c + E_p = \frac{3}{2}k_BT + \frac{3}{2}k_BT = 3k_BT$$

Let us choose $U_t = \eta k_B T$, with $\eta \gg 1$

Let us consider dN atoms that leave the trap after a collision They carry an energy of $(\eta + \kappa)k_BT$, with $\kappa \ll \eta$



These atoms have received from the atoms that remained in the trap an energy

$$dE = dN((\eta + \kappa)k_BT - 3k_BT)$$

The N - dN remaining atoms, which have given dE, thermalize at a temperature T - dT

Conservation of energy: $3(N - dN)k_BT - dE = 3(N - dN)k_B(T - dT)$

$$\begin{cases} 3(N-dN)k_BT - dE = 3(N-dN)k_B(T-dT) \\ dE = dN((\eta + \kappa)k_BT - 3k_BT) \end{cases}$$

$$\rightarrow \frac{dT}{T} = \alpha \frac{dN}{N}$$
, with $\alpha = \frac{\eta + \kappa}{3} - 1$ which gives $T \propto N^{\alpha}$

Since $\eta \gg 1$, α can also be $\gg 1$

For a loss of a factor 10 in N, one reduces the temperature by $10^{\alpha} \gg 10$

The evaporation is a very efficient process

Scaling of relevant parameters:

- Temperature: $T \propto N^{\alpha}$
- Volume of the atomic cloud: $V \propto N^{3\alpha/2}$ (in an harmonic trap $\frac{1}{2}m\omega^2\sigma^2 = \frac{1}{2}k_BT$, $V \propto \sigma^3 \propto T^{3/2}$)
- Velocity: $v \propto T^{1/2} \propto N^{\alpha/2}$
- Density: $n \propto \frac{N}{\sigma^3} = N^{1-\frac{3\alpha}{2}}$

This gives:

• Elastic collision rate $\gamma = nv\sigma_{el} \propto N^{1-\alpha}$, since $\sigma_{el} = 8\pi a^2$, independent of *T*, with *a* the scattering length.

• Phase space density $\rho = n\Lambda^3 \propto n/T^{3/2} \propto N^{1-3\alpha}$ For $\alpha > 1$, γ and ρ increase while *N* decreases \rightarrow « Runaway » regime of evaporation \rightarrow Eventually reach quantum degeneracy $\rho \sim 1$

Optimization of the evaporation: kinetic aspects

Choice of U_t : high (η high) for efficient cooling

BUT the rate of « good events » is low and decreases as the temperature *T* decreases

 \rightarrow Reduce progressively U_t in order to keep the process efficient

Choice of \dot{U}_t :

An optimum has to be found as

- if too slow, inelastic losses, such as due to background collisions, become important
- if too fast, no time for thermalization, atoms will end up spilling out of the trap
- \rightarrow one need a high enough rate of elastic collisions
- \rightarrow Importance of a large enough scattering length

Typical behaviour for *T*, *N* and ρ



Metastable He in a magnetic trap F. Pereira dos Santos et al, EPJD 19, 103 (2002)

For a loss in N of 2 of magnitude, gain on ρ is 6 orders of magnitude

What about $\gamma(0)$?

Induce a change of trap geometry and measure the evolution of the shape of the cloud



Typical parameters

Magnetic trap

Initial parameters:

N ~ 10^9 T ~ 1 mK $\omega/2\pi \sim 0.1 - 1 \text{ kHz}$ $\gamma \sim 10 - 100/\text{s}$

 $\tau \sim 10 - 100 \text{ s}$

Final parameters:

 $N \sim 10^{6} - 10^{7}$ $T \sim 1 \,\mu K$ $\gamma \sim 1000/s$

Dipole trap

Initial parameters:

 $N \sim 10^7$ - Smaller trapping volume $T \sim 1 \text{ mK}$ $\omega/2\pi \sim 1 - 10 \text{ kHz}$ ←──── Tighter confinement $\gamma \sim 1000/s$ $\tau \sim 1 - 10 \, {\rm s}$ Final parameters: $N \sim 10^{5}$ **Reduction of confinement** $T \sim 1 \, \mu K$ $\omega/2\pi \sim 10 - 100 \, \text{Hz}$ γ∼10/s ⊷ Decrease of the collisional rate No runaway evaporation

TABLE III									
Overview	OF	EVAPORATIVE	COOLING	EXPERIMENTS					

Atom	N ^a	$n_0^{a} (\text{cm}^{-3})$	<i>T</i> ^a (K)	Dª	$\tau_{\rm el}^{-1a}({ m sec}^{-1})$	t^{b} (sec)	γ_{tot}	
¹ H ^d	$\begin{array}{c} 2\times10^{12}\\ 3\times10^{11} \end{array}$	$\begin{array}{c} 5\times10^{12}\\ 8\times10^{12}\end{array}$	$0.05 \\ 3 \times 10^{-3}$	2×10^{-6} - 2×10^{-4}	20 7	200	2.5	
¹ H ^e	$\begin{array}{c} 7\times10^{12}\\ 3\times10^{11} \end{array}$	$\begin{array}{c} 2\times10^{13}\\ 8\times10^{13} \end{array}$	1.1×10^{-3} 1 × 10^{-4}	2×10^{-3} 0.4	9 13	250	1.6	
ιH	$\begin{array}{l} 5\times10^{11}\\ 4\times10^{10} \end{array}$	3×10^{11} 4×10^{11}	0.2 0.06	2×10^{-8} 1.5×10^{-7}	2 2	100	0.8	
¹ H ^g	$\begin{array}{c} 8\times10^{10} \\ 7\times10^9 \end{array}$	5×10^{12} 4×10^{12}	0.011 3 × 10 ⁻³	2×10^{-5} 1.3×10^{-4}	8 4	40	0.8	
⁷ Li [#]	2×10^8 1×10^5	7×10^{10} 1.4×10^{12}	2×10^{-4} 4×10^{-7}	7 × 10 ⁻⁶ 2.6 ¹	3 2	300	1.7	
²³ Na ^{<i>i</i>}	$\begin{array}{c} 5\times10^3\\ 5\times10^2\end{array}$	$\begin{array}{c} 4 \times 10^{12} \\ 6 \times 10^{11} \end{array}$	1.4×10^{-4} 4×10^{-6}	1.2×10^{-4} 4×10^{-3}	8×10^{2} 20	2	1.5	
²³ Na ^j	1 × 10 ⁹ 7 × 10 ⁵	1×10^{11} 1.5×10^{14}	2×10^{-4} 2×10^{-6}	2×10^{-6} 2.6 ¹	$\begin{array}{c} 23\\ 3\times10^3\end{array}$	- 7	1.9	*
⁸⁷ Rb [*]	$\begin{array}{c} 4\times10^6\\ 2\times10^4 \end{array}$	4×10^{10} 3×10^{12}	9 × 10 ⁻⁵ 1.7 × 10 ⁻⁷	3×10^{-7} 2.6 ¹	5 15	70	3.0	×

^{*a*} Upper row: initial value, lower row: final value, for number of atoms N, peak density n_0 , temperature T, phase space density D, and peak elastic collision rate τ_{el}^{-1} .

^b Duration of forced evaporation sweep t.

^c The overall efficiency of evaporation $\gamma_{tot} = \log(D_f/D_i)/\log(N_i/N_f)$.

^d Masuhara et al. (1988), MIT, cryogenic Ioffe-Pritchard (IP) trap, saddle-point evaporation.

^e Doyle et al. (1991), MIT, cryogenic IP trap, saddle-point evaporation.

^f Luiten et al. (1993), Amsterdam, cryogenic IP trap, saddle-point evaporation.

⁸ Setija et al. (1993), Amsterdam, cryogenic IP trap, light-induced evaporation.

^h Bradley et al. (1995), Rice, permanent-magnet IP trap, rf-induced evaporation.

ⁱAdams et al. (1995), Stanford, crossed-dipole trap, evaporation by lowering the trap potential.

^j Davis et al. (1995b), MIT, optically plugged, linear magnetic trap, rf-induced evaporation. ^k Anderson et al. (1995), JILA, time-averaged, orbiting potential trap, rf-induced evaporation.

¹Bose-Einstein condensation was reached; the number in this row reflect the situation at the transition point.

Evaporative Cooling of Trapped Atoms W. Ketterle, N.J. VanDruten Advances In Atomic, Molecular, and Optical Physics 37, 181-236 (1996)

Magnetically trapped hydrogen
 First evaporative cooling in 1998

3 pioneer BEC experiments in 1995 RF evaporation in magnetic traps

Evaporation in a dipole trap



How to speed it up ?

Use for tight potentials : magnetic traps on atom chips or dipole traps



Optimized atom chip structure with a two-layer chip and mesoscopic structures



Jan Rudolph et al, New J. Phys. 17, 065001 (2015)

How to speed it up ?



Figure 6. Comparison of the fastest BEC machines. Circles denote atom chip based experiments [42–45], squares indicate experiments using dipole traps [46, 47]. The diamond symbol indicates a Sr experiment reported in [48]. Semi-filled symbols mark compact and transportable setups. The results of this work are represented by three cases, ①–③.

Production of a BEC in less than a second (loading of the MOT + evaporation in chip traps)

BEC with 3 10⁵ atoms in 1.6 s

And in dipole traps ?

M. D. Barrett, J. A. Sauer, and M. S. Chapman, Phys. Rev. Lett. 87 (2001)

2 crossed CO2 lasers (very very far detuned, wavelength 10 µm) Quasi-electrostatic traps, spontaneous emission completely negligible

12 W per beam, with 50 μm waists, trapping frequency 1.5 kHz

Loading from subDoppler MOT: initial density 2 10¹⁴ at/cm³, initial Phase space density 1/200 Initial collisional rate : 12 kHz!

Evaporation:

- 2.5 s of evaporation led to the creation of a BEC
- Thermalization rate dops by a factor 50

A notable difference with respect to magnetic traps: All spin states are simultaneously cooled



Time of flight after 10 ms of Stern Gerlach gradient $F=1, m_F=\{-1,0,1\}$

Dipole traps: how to circumvent the loss in collisional rate ?

Trick #1 : shift dynamically the waist positions



Kinoshita et al, PRA A 71, 011602(R) (2005)

Crossing point can be shifted

- \rightarrow Large volume for the loading
- \rightarrow Compression of the cloud
- \rightarrow Increase of collisional rate
- \rightarrow Depth/confinement adjustable

Trick #2:



- 1 : Conservative traps
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Bose Einstein condensation



 $n\Lambda^{3} \sim 10^{-7}$

Evaporative cooling $n\Lambda^3 \sim 1$

Bose Einstein condensation

BEC is a consequence of Bose-Einstein statistics

For a given number of atoms, the number of atoms in excited states is bounded

Below a critical temperature, the ground state becomes macroscopically populated $N_0 \sim N$

 T_c corresponds to $n\Lambda^3 \sim 1$, where $\Lambda = h/\sqrt{2\pi m kT}$





J. R. Ensher, D. S. Jin, M. R. Matthews, C. E. Wieman, and E. A. Cornell, Phys. Rev. Lett. 77, 4984 (1996)

Bose Einstein condensation



M.H. Anderson, J.R. Ensher, M.R. Matthews, C.E. Wieman, E.A. Cornell, Science 269, 198–201 (1995)

Time of flight in absorption imaging





Characteristic ellipticity of the BEC Signature of interactions

And for fermions?



A different statistics

At most one fermion per state

Pb: no (s-wave) collisions at low temperature Evaporative cooling does not work



the minimal size of the cloud

Cool two spin states of 40K B. DeMarco and D. S. Jin, Science 285, 1703 (1999)

Use a mixture:

Sympathetic cooling: Cool ⁷Li (boson) and 6Li (fermion) in the same trap *Truscott et al, Science 291, 2570 (2001)* BEC + « Fermi sea »

- 1 : Conservative traps
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Hubert Ammann and Nelson Christensen, PRL 78, 2088 (1997)

- 1) Free expansion
- 2) Subsequent application of a pulsed potential
- \rightarrow narrows the momentum distribution (provided the atoms were initially well localized)

$$t < 0: H = \frac{p^2}{2m} + U(x)$$

At t=0, turn off the potential, and apply after a free evolution time a Gaussian pulse (of the very same potential)

$$t > 0: H = \frac{p^2}{2m} + U(x)e^{(-\frac{t-T}{2\tau_p^2})} \approx \frac{p^2}{2m} + V(x)\delta(t-T)$$

with
$$V(x) = \sqrt{2\pi}\tau_p U(x)$$

After a (long enough) free evolution, the momentum of the atom is linear with position

p = mx/T (principle of the time of flight)

With $U(x) = \frac{1}{2}m\omega^2 x^2$, a kick changes the momentum of the atoms by $\Delta p \propto \nabla U \propto x \propto p$

Atom is at rest after the pulse for $\Delta p = p$, which leads to $\sqrt{2\pi}\tau_p\omega^2 T = 1$

Limitations:

- the atomic cloud has a finite initial size $\rightarrow T$ shall not be too short
- the potential might not be perfectly harmonic far off the center $\rightarrow T$ shall not be too long

 \rightarrow trade-off for *T*

Actually, the remperature ratio
$$\eta = \frac{\sigma_{p_l}^2}{\sigma_{p_i}^2}$$
 is bounded by $\eta_c = \frac{\sigma_{x_l}^2}{\sigma_{x_l}^2}$

DKC acts as a lens for matter waves



Interferometry with BEC in Microgravity H. Müntinga et al., PRL 110, 093602 (2013) ~ 1 nK in 3D Matter Wave Lensing to Picokelvin Temperatures Tim Kovachy et al, PRL 114, 143004 (2015) ~ 50 pK in 2D

Collective-Mode Enhanced Matter-Wave Optics Christian Deppner et al, PRL 127, 100401 (2021) ~ 40 pK in 3D



Some applications of laser cooling and trapping

- high-resolution spectroscopic measurements frequency standards: atomic fountain MW clocks, optical clocks
- study of ultracold quantum gases
 BEC physics and much more
- quantum optics research and applications in quantum information technology quantum computing, quantum simulation
- ultraprecise inertial sensors gravimeters, gyrometers ...

Atom interferometry

Beamsplitters for matter waves

Stimulated Raman transitions are used to manipulate the atomic wave packets

They realize mirrors and beamsplitters for atomic waves





 $Raman_2, \vec{k}_2, \omega_2$

Interferometer

Sequence of three lasers pulses separated by a free evolution time T

Populations in the output port depend on the phase difference between the two arms



measurement of g is

a measurement of the relative acceleration of the atoms with respect to the lasers equiphase

Benefit from cold atoms \rightarrow increase the interferometer duration $2T \rightarrow$ Increase the sensitivity



<u>Performances</u>

Best short term stability $\sim 6 \ 10^{-9} g @ 1 s$

Typical long term stability 2-3 10⁻¹⁰g @ 1 day

Best long term stability $\sim 5 \ 10^{-11} g$



Accuracy budget

Effect	Bias	u
	$\mu { m Gal}$	$\mu { m Gal}$
Alignments	0.3	0.5
Frequency reference	0.5	< 0.1
RF phase shift	0.0	< 0.1
vgg	-13.4	< 0.1
Self gravity effect	-2.1	0.1
Coriolis	-5.3	0.8
Wavefront aberrations	-5.6	1.3
LS1	0.0	< 0.1
Zeeman	0.0	< 0.1
LS2	-3.6	0.8
Detection offset	0.0	0.5
Optical power	0.0	0.5
Cloud indice	0.4	< 0.1
Cold collisions	< 0.1	< 0.1
CPT	0.0	< 0.1
Raman α LS	0.3	< 0.1
Finite Speed of Light	0.0	< 0.1
TOTAL	-28.5	2.0

 $1 \mu Gal \approx 10^{-9} g$

Evaluation of all systematic effects

Accuracy = combined uncertainty on the evaluation of all systematics

> Dominant systematic effect: Wavefront aberrations

Ultracold (evaporatively cooled) atoms were instrumental for the precise evaluation of this bias



Continuous gravity measurements with ultracold atoms over a week



Cycle time increased from 360 ms to 4.6 s Atom number reduced from 10^6 to 10^4

Stability degraded by a factor 5 to 10

Schemes for fast production of ultracold are needed

More cold atom inertial sensors at SYRTE



Gravity gradiometer

Gyrometer on a chip

GVIACh





Ultrasensitive atom gyrometer Stability 0.2 nrad/s

Trapped atom force sensor

See Yann Balland's poster

References

Review articles:

R. Grimm et al, « Optical dipole traps for neutral atoms » Advances in Atomic, Molecular, and Optical Physics 42, 95 (2000)

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W. Ketterle, D.S. Durfee, and D.M. Stamper-Kurn « Making, probing and understanding Bose-Einstein condensates »

N. Robins et al, "Atom lasers: Production, properties and prospects for precision inertial measurement", Physics Reports 529, 265 (2013)

R. Geiger, A. Landragin, S. Merlet, F. Pereira Dos Santos "High-accuracy inertial measurements with cold-atom sensors" AVS Quantum Sci. 2, 024702 (2020).