

# ANALYSIS & PDE

Volume 13

No. 3

2020

RUI HAN AND WILHELM SCHLAG

A HIGHER-DIMENSIONAL BOURGAIN–DYATLOV  
FRACTAL UNCERTAINTY PRINCIPLE



## A HIGHER-DIMENSIONAL BOURGAIN–DYATLOV FRACTAL UNCERTAINTY PRINCIPLE

RUI HAN AND WILHELM SCHLAG

We establish a version of the fractal uncertainty principle, obtained by Bourgain and Dyatlov in 2016, in higher dimensions. The Fourier support is limited to sets  $Y \subset \mathbb{R}^d$  which can be covered by finitely many products of  $\delta$ -regular sets in one dimension, but relative to arbitrary axes. Our results remain true if  $Y$  is distorted by diffeomorphisms. Our method combines the original approach by Bourgain and Dyatlov, in the more quantitative 2017 rendition by Jin and Zhang, with Cartan set techniques.

### 1. Introduction

Bourgain and Dyatlov [2018] proved the following result.

**Theorem 1.1.** *Let  $X, Y \subset \mathbb{R}$  and  $N \geq 1$  be such that  $X \subset [-1, 1]$  is  $\delta$ -regular with constant  $C_R$  on scales  $N^{-1}$  to 1 and  $Y \subset [-N, N]$  is  $\delta$ -regular with constant  $C_R$  on scales 1 to  $N$ . Then there exist constants  $\beta > 0$  and  $C$  depending on  $\delta, C_R$  so that*

$$\|f\|_{L^2(X)} \leq CN^{-\beta} \|f\|_{L^2(\mathbb{R})}$$

for all  $f \in L^2(\mathbb{R})$  with  $\text{supp}(\hat{f}) \subset Y$ .

The  $\delta$ -regularity condition is akin to asking for a Frostman measure at dimension  $\delta$ ; see Definition 6.1 below for the precise statement. Theorem 1.1 is most interesting for  $\delta$  close to 1. For  $\delta < \frac{1}{2}$ , Cauchy–Schwarz and measure estimates in phase space suffice. The  $\beta$  was made effective later by Jin and Zhang [2017]. Combining this fractal uncertainty principle with earlier results by Dyatlov and Zahl [2016] led to a breakthrough on the existence for an essential spectral gap for convex cocompact hyperbolic surfaces. This refers to a strip to the left of the  $\frac{1}{2}$  line in the complex plane in which the Selberg zeta function has only finitely many zeros. This result can be reformulated in terms of strips below the real axis in which the meromorphic continuation of the resolvent of the Laplacian of the hyperbolic surface exhibits only finitely many resonances. This in turn can be rephrased as a decay rate of the resolvent for large energies within such a strip.

For other applications see [Bourgain and Dyatlov 2017; Dyatlov and Jin 2017; 2018], and for a survey [Dyatlov 2017].

It remained an open problem to establish an analogue of Theorem 1.1 in higher dimensions. This is the main goal of this paper.

*MSC2010:* 32U15, 42B30.

*Keywords:* uncertainty principle, fractal sets, subharmonic functions, Cartan estimates, Beurling–Malliavin theorem.

We now present our main results. Let  $X \subset [-1, 1]^d$  be a  $\delta$ -regular set in the sense of Bourgain and Dyatlov with  $\delta \in (0, d)$  and constant  $C_R$ , on scales  $N^{-1}$  to 1. In [Bourgain and Dyatlov 2018] this concept is defined only on the line, but the definition, together with its main properties, carries over to higher dimensions. Strictly speaking, we do not need the regularity condition per se, but rather the porosity property of such sets as stated precisely in Definition 5.1 below. Second, let  $Y \subset [-N, N]^d$  be of the form

$$Y = \left\{ \sum_{i=1}^d \xi_i \vec{e}_i : \xi_i \in Y_i \right\}, \quad (1-1)$$

where  $\vec{e}_i$  are unit vectors with  $|\det(\vec{e}_1, \dots, \vec{e}_d)| \geq \varepsilon_0$ , a positive constant (possibly small), and  $Y_i \subset [-2N, 2N]$  is a  $\delta_1$ -regular set with  $\delta_1 \in (0, 1)$  and constant  $C_R$ , on scales 1 to  $N$ .

**Theorem 1.2.** *Let  $X, Y$  be as in the previous paragraph in dimension  $d \geq 2$ . Then there exists a constant  $C = C(d, \varepsilon_0, \delta, \delta_1, C_R) > 0$  such that for*

$$\beta = \exp \left\{ -\exp \left[ \left( \frac{(C_R^2/\iota)^{\frac{2d-2\delta+2}{d-\delta}}}{\delta_1(1-\delta_1)} \right)^{\frac{2}{1-\delta_1}} \right] \right\},$$

where  $\iota > 0$  is a small constant depending on  $d$  and  $\varepsilon_0$ , and for any  $f \in L^2(\mathbb{R}^d)$  with  $\text{supp}(\hat{f}) \subset Y$  one has

$$\|f\|_{L^2(X)} \leq CN^{-\beta} \|f\|_{L^2(\mathbb{R}^d)} \quad (1-2)$$

for sufficiently large  $N \geq N_0(d, \varepsilon_0, \delta, \delta_1, C_R)$ .

As a corollary of our main theorem, we allow  $Y$  to be covered by the union of a finite number of  $Y_j$ 's, each satisfying (1-1) but with a uniform  $\varepsilon_0$ :

$$Y \subset \bigcup_{j=1}^m Y_j, \quad \text{where } Y_j = \left\{ \sum_{i=1}^d \xi_{j,i} \vec{e}_{j,i} : \xi_{j,i} \in Y_{j,i} \right\}. \quad (1-3)$$

Furthermore, the number  $m$  of covers can grow in  $N$ . To be specific, we prove:

**Corollary 1.3.** *Let  $X$  be as above and  $Y$  be as in (1-3). Suppose  $m$  grows with  $N$  as follows:*

$$m = \lfloor N^\gamma \rfloor,$$

in which  $0 \leq \gamma < \beta$ . Then for any  $f \in L^2(\mathbb{R}^d)$  with  $\text{supp}(\hat{f}) \subset Y$ , and constants  $C, \beta$  in Theorem 1.2, one has

$$\|f\|_{L^2(X)} \leq CN^{\gamma-\beta} \|f\|_2 \quad (1-4)$$

for sufficiently large  $N \geq N_0(d, \varepsilon_0, \delta, \delta_1, C_R)$ .

Theorem 1.2 and Corollary 1.3 require that the Fourier support  $Y$  may be covered by products of regular sets in one dimension *along lines*; see (1-3). Our third result asserts that one may distort these lines by means of diffeomorphisms which are obtained as follows. Let  $\Psi_N : [-N, N]^d \rightarrow [-N, N]^d$  be a diffeomorphism such that

$$\|D\Phi_N\|_\infty + \|D\Phi_N^{-1}\|_\infty + N\|D^2\Phi_N\|_\infty \leq C(d, D_0), \quad (1-5)$$

where the supremum norm is taken over the cube  $[-N, N]^d$ . One example of a diffeomorphism satisfying (1-5) is  $\Psi_N(x) = N\Psi_0(x/N)$ , where  $\Psi_0$  is a diffeomorphism from  $[-1, 1]^d$  to  $[-1, 1]^d$  such that

$$\|D\Psi_0\|_\infty + \|D\Psi_0^{-1}\|_\infty + \|D^2\Psi_0\|_\infty \leq D_0, \quad (1-6)$$

where the supremum norm is taken over the cube.

**Theorem 1.4.** *Theorem 1.2 remains correct with  $\Phi_N(Y)$  in place of  $Y$ . Constants depend on  $D_0$ , but not on  $\Psi_0$ .*

In the following section we demonstrate the Cartan techniques by reproving a certain step in [Bourgain and Dyatlov 2018] which was proved there by means of harmonic measure of the strip with a real line-segment removed. In Section 3 we go beyond the one-dimensional setting via these Cartan methods. The subsequent sections implement the argument in analogy with [Bourgain and Dyatlov 2018] albeit in dimensions and higher. We have striven to present the argument in a modular fashion. In particular, the delicate Beurling–Malliavin step appears only in Section 6 in order to prove the existence of *damping functions*. We do not use a higher-dimensional version of the Beurling–Malliavin theorem, which appears to be unknown. Rather, we reduce ourselves in that step to the aforementioned product structure of  $Y$  (or covers of finitely many of such products) precisely so as to be able to still use the one-dimensional construction of such damping functions. Moreover, as in [Jin and Zhang 2017] it is important for us to use the weaker form of the Beurling–Malliavin theorem obtained via outer functions; see [Mashregi et al. 2005]. Any other construction of damping functions in Section 6 would lead to different formulations of our main theorems in terms of the conditions on  $Y$  without needing to change anything in the other sections. Theorem 1.4 is proved in Section 6D. An FUP for Fourier integral operators is presented in Section 6E.

## 2. $L^2$ localization in one dimension

Let us first introduce notation. For  $\xi = (\xi_1, \xi_2, \dots, \xi_d) \in \mathbb{R}^d$ , let

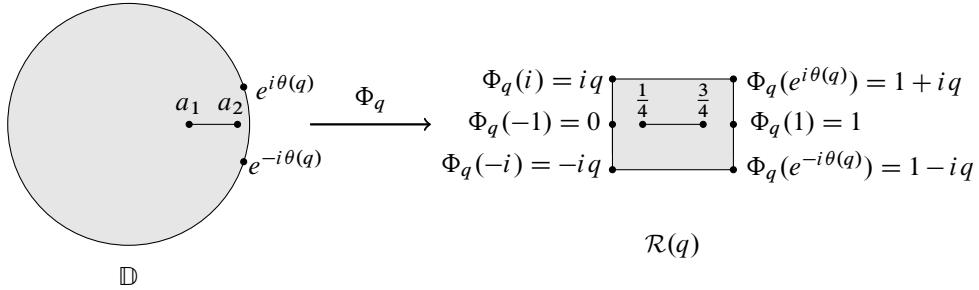
$$|\xi|_1 := \sum_{j=1}^d |\xi_k|, \quad |\xi|_2 := \sum_{j=1}^d |\xi_k|^2, \quad \text{and} \quad \langle \xi \rangle := (1 + |\xi|_2^2)^{\frac{1}{2}}.$$

Let  $e(\theta) := e^{2\pi i \theta}$ . For  $x \in \mathbb{R}$ , let  $\lceil x \rceil := \min\{n \in \mathbb{N} : n \geq x\}$ , and  $\lfloor x \rfloor := \max\{n \in \mathbb{N} : n \leq x\}$ .

Throughout, we let  $\mathcal{R}(q)$  be the rectangle with vertices  $\pm iq, 1 \pm iq$ . We begin with quantitative bounds on the Schwarz–Christoffel map from the disk onto a rectangle. The goal is to control this conformal mapping as the eccentricity of  $\mathcal{R}(q)$  tends to 0.

**Lemma 2.1.** *Let  $0 < q \leq 1$  and define  $\Phi_q$  to be the unique conformal map, continuous up to the boundary, which takes the unit disk  $\mathbb{D}$  onto the rectangle  $\mathcal{R}(q)$  and so that  $\Phi_q(-1) = 0$  and  $\Phi_q(\pm i) = \pm iq$ ; see Figure 1. Then  $\Phi_q(1) = 1$  and  $\Phi_q(e^{\pm i\theta(q)}) = 1 \pm iq$ , where*

$$\theta(q) = 8 \exp\left(-\frac{\pi}{2q}\right)(1 + O(q)), \quad q \rightarrow 0.$$



**Figure 1.** Conformal map  $\Phi_q$ .

Moreover,

$$\Phi_q([a_1(q), a_2(q)]) = \left[\frac{1}{4}, \frac{3}{4}\right], \quad a_j(q) = 1 - \delta_j(q),$$

with

$$\delta_1(q) = 4 \exp\left(-\frac{\pi}{8q}\right)(1 + O(q)), \quad \delta_2(q) = 4 \exp\left(-\frac{3\pi}{8q}\right)(1 + O(q))$$

as  $q \rightarrow 0$ . Let  $E \subset [a_1(q), a_2(q)]$  be a measurable set. Then for sufficiently small  $q$  one has  $|\Phi_q(E)| \leq 2\delta_2(q)^{-2}|E|$ , where  $|\cdot|$  denotes Lebesgue measure.

*Proof.* Let  $0 < k < 1$  and consider the elliptic integral of the first kind

$$\operatorname{arcsn}(z, k) = \int_0^z \frac{dt}{\sqrt{(1-t^2)(1-k^2t^2)}}, \quad \operatorname{Im} z > 0,$$

which maps the upper half-plane onto the rectangle with vertices  $\pm L(k)$ ,  $\pm L(k) + iH(k)$ ; see Figure 2. Here  $2L(k)$  and  $iH(k)$  are the periods of the elliptic function  $\operatorname{sn}(z, k)$  and satisfy, as  $k \rightarrow 0$ ,

$$\begin{aligned} L(k) &= \int_0^1 \frac{dt}{\sqrt{(1-t^2)(1-k^2t^2)}} = \frac{\pi}{2} + O(k^2), \\ H(k) &= \int_1^{k^{-1}} \frac{dt}{\sqrt{(t^2-1)(1-k^2t^2)}} = \int_0^\infty \frac{ds}{\sqrt{(1+s^2)(1+k^2s^2)}} = \log 4 - \log k + O(k). \end{aligned}$$

The latter expansion is a standard fact; see for example [Abramowitz and Stegun 1966, Section 17.3.26]. Let  $q := L(k)/H(k)$  and set

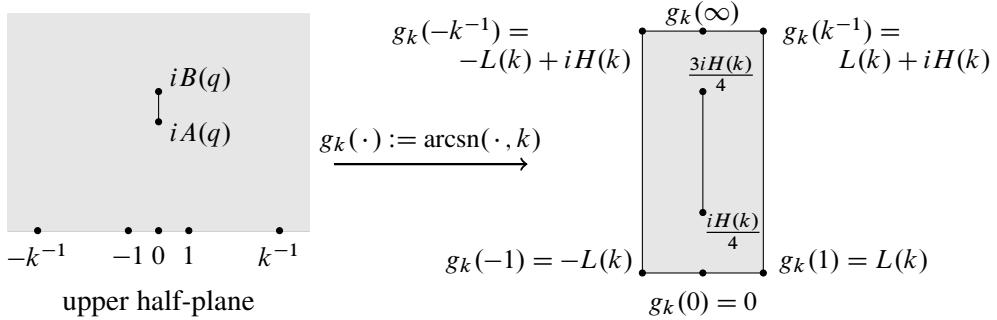
$$F_q(z) = -\frac{i}{H(k)} \operatorname{arcsn}(z, k), \tag{2-1}$$

which maps the upper half-plane onto the rectangle with vertices  $\pm iq$ ,  $1 \pm iq$ . With  $k = e^{-(\pi/2)\ell}$ ,

$$q = \frac{\frac{\pi}{2} + O(k^2)}{\log 4 + \frac{\pi}{2}\ell + O(k)} = \ell^{-1} \left(1 - \frac{\log 16}{\pi\ell} + O(k)\right),$$

and thus

$$\ell = q^{-1} \left(1 - \frac{2\log 4}{\pi}q + O(q^2)\right), \quad k = 4 \exp\left(-\frac{\pi}{2q}\right)(1 + O(q)).$$



**Figure 2.** Elliptic integral  $\text{arcsn}(z, k)$ .

Define  $A(q)$ ,  $B(q)$  by  $F_q(iA(q)) = \frac{1}{4}$  and  $F_q(iB(q)) = \frac{3}{4}$ . Thus,

$$\begin{aligned} \int_0^{A(q)} \frac{ds}{\sqrt{(1+s^2)(1+k^2s^2)}} &= \frac{1}{4}H(k), \\ \int_0^{B(q)} \frac{ds}{\sqrt{(1+s^2)(1+k^2s^2)}} &= \frac{3}{4}H(k). \end{aligned}$$

We make the ansatz  $A(q) = ck^{-1/4}(1 + \varepsilon(q))$ . Then

$$\begin{aligned} \int_0^{A(q)} \frac{ds}{\sqrt{(1+s^2)(1+k^2s^2)}} &= (1 + O(k^{\frac{3}{2}})) \int_0^{A(q)} \frac{ds}{\sqrt{1+s^2}} \\ &= \text{arcsinh}(ck^{-\frac{1}{4}}(1 + \varepsilon(q)))(1 + O(k^{\frac{3}{2}})) \\ &= \log(2ck^{-\frac{1}{4}}(1 + \varepsilon(q)))(1 + O(k^{\frac{3}{2}})) \\ &= \frac{1}{4}(\log 4 - \log k + O(k)). \end{aligned}$$

Hence,

$$\begin{aligned} \log(2c) - \frac{1}{4} \log k + \log(1 + \varepsilon(q)) &= \frac{1}{4}(\log 4 - \log k + O(k)), \\ c &= \frac{1}{2}\sqrt{2}, \quad \varepsilon(q) = O(k), \\ A(q) &= \frac{1}{2}\sqrt{2}k^{-\frac{1}{4}}(1 + O(k)). \end{aligned}$$

Similarly, with  $B(q) = \tilde{c}k^{-3/4}(1 + \tilde{\varepsilon}(q))$ ,

$$\begin{aligned} \log(2\tilde{c}) - \frac{3}{4} \log k + \log(1 + \tilde{\varepsilon}(q)) &= \frac{3}{4}(\log 4 - \log k + O(k))(1 + O(k^{\frac{1}{2}})), \\ \tilde{c} &= \sqrt{2}, \quad \tilde{\varepsilon}(q) = O(k^{\frac{1}{2}} \log k), \end{aligned}$$

and so

$$B(q) = \sqrt{2}k^{-\frac{3}{4}}(1 + O(k^{\frac{1}{2}} \log k)).$$

Expressing  $k$  in terms of  $q$  we obtain

$$A(q) = \frac{1}{2} \exp\left(\frac{\pi}{8q}\right)(1 + O(q)), \quad B(q) = \frac{1}{2} \exp\left(\frac{3\pi}{8q}\right)(1 + O(q)).$$

Next, we conformally map the upper half-plane  $\operatorname{Im} z > 0$  onto the unit disk  $|w| < 1$  via

$$z = \varphi(w) = i \frac{w+1}{1-w}, \quad w = \frac{z-i}{z+i}.$$

One has  $\varphi(-1) = 0$ ,  $\varphi(\pm i) = \mp 1$ ,  $\varphi(e^{i\theta}) = -k^{-1}$  with  $\theta = 2k + O(k^3)$ . Furthermore,  $\varphi([a_1(q), a_2(q)]) = i[A(q), B(q)]$ , where

$$\begin{aligned} a_1(q) &= \frac{A(q)-1}{A(q)+1} = 1 - 2A(q)^{-1} + O(A(q)^{-2}), \\ a_2(q) &= \frac{B(q)-1}{B(q)+1} = 1 - 2B(q)^{-1} + O(B(q)^{-2}). \end{aligned}$$

Setting  $a_j(q) = 1 - \delta_j(q)$  we have

$$\delta_1(q) = 4 \exp\left(-\frac{\pi}{8q}\right)(1 + O(q)), \quad \delta_2(q) = 4 \exp\left(-\frac{3\pi}{8q}\right)(1 + O(q)),$$

as claimed. The final claim of the lemma follows from

$$|(F_q \circ \varphi)'(w)| \leq |F'_q(z)| |\varphi'(w)| \leq 2(1 - |w|)^{-2},$$

where  $\varphi(w) = z$ ,  $w \in (0, 1)$ . We used here that for  $z = is$ ,  $s > 0$ ,

$$|F'_q(z)| = H(k)^{-1}(1 + |z|^2)^{-\frac{1}{2}}(1 + k^2|z|^2)^{-\frac{1}{2}} \leq H(k)^{-1}(1 + |z|^2)^{-\frac{1}{2}} \leq 1$$

for small  $q$ . □

By a subharmonic function  $v$  on a domain  $\Omega \subset \mathbb{C}$  we mean a function  $v : \Omega \rightarrow [-\infty, \infty)$ , which is upper semicontinuous and satisfies the submean-value property. We recall the basic Riesz representation of a subharmonic function on the disk, albeit with precise quantitative control on the Riesz mass and the harmonic part. In view of Lemma 2.1 we need to consider the case where the lower bound on the subharmonic function is attained arbitrarily close to the boundary of the unit disk.

**Lemma 2.2.** *Let  $v$  be subharmonic on a neighborhood of  $\mathbb{D}$ , with  $v \leq M$  on  $\mathbb{D}$ , and assume  $\sup_{\rho\mathbb{D}} v \geq m$  for some  $0 < \rho < 1$ . Let  $\rho < r_1 < r < 1$ . Then there exists a nonnegative measure  $\mu$  on  $\mathbb{D}$ , called the Riesz measure, with the property that for all  $w \in r\mathbb{D}$*

$$v(w) = \int_{r\mathbb{D}} \log |z - w| \mu(dz) + h(w), \tag{2-2}$$

with  $h$  harmonic on  $r\mathbb{D}$ . We have the quantitative bounds on the Riesz mass

$$\mu(r\mathbb{D}) \leq \frac{M - m}{\log((1 + \rho r)/(\rho + r))} \tag{2-3}$$

and on the deviations of the harmonic function

$$\min_{c \in \mathbb{R}} \max_{|w| \leq r_1} |h(w) - c| \leq \frac{1}{2}(M - m) \frac{r + r_1}{r - r_1} \frac{\log((1 + \rho r)/(1 - r^2))}{\log((1 + \rho r)/(\rho + r))} =: \varepsilon. \tag{2-4}$$

The constant  $c$  which minimizes the left-hand side satisfies

$$c \geq m - \varepsilon - \log(r + \rho)\mu(r\mathbb{D}). \quad (2-5)$$

*Proof.* We will assume that  $v$  is smooth, the general case following by approximation. The Green's function  $G : \mathbb{D} \times \mathbb{D} \rightarrow \mathbb{R}$  given by

$$G(z, w) := \frac{1}{2\pi} \log \left| \frac{z - w}{1 - z\bar{w}} \right|$$

satisfies  $\Delta_z G(z, w) = \delta_w$  and  $G(z, w) = 0$  when  $|z| = 1$ .

Let  $w \in \mathbb{D}$ . By Green's second identity for the domain  $\mathbb{D}$ , we have

$$v(w) - \int_{\mathbb{D}} G(z, w) \Delta v(z) \text{ Vol}(dz) = \int_{\partial\mathbb{D}} v(z) \frac{\partial G}{\partial n_z}(z, w) \sigma(dz),$$

where  $\text{Vol}$  is the standard volume measure and  $\sigma$  is the (unnormalized) arc-length measure on the circle  $\partial\mathbb{D}$ . Since  $v$  is smooth and subharmonic,  $\Delta v$  is a nonnegative, continuous function, call it  $2\pi\mu$ . Therefore

$$v(w) = \int_{\mathbb{D}} 2\pi G(z, w) \mu(dz) + h_0(w), \quad (2-6)$$

where

$$h_0(w) := \int_{\partial\mathbb{D}} v(z) \frac{\partial G}{\partial n_z}(z, w) \sigma(dz). \quad (2-7)$$

Let  $0 < r < 1$ . On the disk  $r\mathbb{D}$  we have the Riesz representation

$$v(w) = \int_{r\mathbb{D}} \log |z - w| \mu(dz) + h(w), \quad (2-8)$$

where

$$h(w) := \int_{\mathbb{D} \setminus r\mathbb{D}} \log \left| \frac{z - w}{1 - z\bar{w}} \right| \mu(dz) - \int_{r\mathbb{D}} \log |1 - z\bar{w}| \mu(dz) + h_0(w) \quad (2-9)$$

is harmonic in  $r\mathbb{D}$ . Note that  $(\partial G / \partial n_z)(z, w)$  is the Poisson kernel, whence

$$h_0(w) = \int_0^1 v(e(\theta)) P_{|w|}(\varphi - \theta) d\theta, \quad w = |w|e(\varphi). \quad (2-10)$$

We now set out to bound the Riesz measure  $\mu$ . Without loss of generality, assume  $m = v(\rho)$ . Then setting  $w = \rho$  in (2-6) yields

$$\int_{\mathbb{D}} \log \frac{|1 - \rho z|}{|z - \rho|} \mu(dz) = h_0(\rho) - v(\rho) \leq M - m, \quad (2-11)$$

in which we used

$$h_0(\rho) \leq M. \quad (2-12)$$

This follows from the maximum principle and the fact that  $h_0$  is the harmonic function on  $\mathbb{D}$  with boundary values  $v$  by (2-10). By an elementary calculation,

$$\min_{|z| \leq r} \frac{|1 - \rho z|}{|z - \rho|} = \frac{1 + \rho r}{\rho + r} > 1$$

for all  $0 < \rho, r < 1$ . Inserting this bound into (2-11) implies

$$\mu(r\mathbb{D}) \leq \frac{M-m}{\log((1+\rho r)/(\rho+r))}. \quad (2-13)$$

Let  $\rho < r_1 < r < 1$ . For all  $w \in r\mathbb{D}$  we have

$$\begin{aligned} h(w) &= \int_{\mathbb{D} \setminus r\mathbb{D}} 2\pi G(w, z) \mu(dz) - \int_{r\mathbb{D}} \log|1-z\bar{w}| \mu(dz) + h_0(w) \\ &\leq -\log(1-r^2) \mu(r\mathbb{D}) + M =: h^*. \end{aligned} \quad (2-14)$$

By Harnack's inequality on  $r_1\mathbb{D}$  we conclude from this that for any  $w \in r_1\mathbb{D}$

$$(h^* - h(w)) \leq \frac{r+r_1}{r-r_1} (h^* - h(\rho)),$$

whence

$$h(w) \geq \frac{r+r_1}{r-r_1} h(\rho) - \frac{2r_1}{r-r_1} h^*.$$

By (2-8),

$$h(\rho) = v(\rho) - \int_{r\mathbb{D}} \log|z-\rho| \mu(dz) \geq m - \log(r+\rho) \mu(r\mathbb{D}) \quad (2-15)$$

and thus

$$h(w) \geq \frac{r+r_1}{r-r_1} (m - \log(r+\rho) \mu(r\mathbb{D})) - \frac{2r_1}{r-r_1} h^* =: h_*.$$

In summary,

$$\begin{aligned} \min_{c \in \mathbb{R}} \max_{|w| \leq r_1} |h(w) - c| &\leq \frac{1}{2} (h^* - h_*) \\ &= \frac{1}{2} \frac{r+r_1}{r-r_1} (h^* - m + \log(r+\rho) \mu(r\mathbb{D})) \\ &= \frac{1}{2} \frac{r+r_1}{r-r_1} \left( M - m + \log\left(\frac{r+\rho}{1-r^2}\right) \mu(r\mathbb{D}) \right). \end{aligned} \quad (2-16)$$

Finally, bounding the  $\mu$ -mass by (2-13) finally implies

$$\min_{c \in \mathbb{R}} \max_{|w| \leq r_1} |h(w) - c| \leq \frac{1}{2} (M - m) \frac{r+r_1}{r-r_1} \frac{\log((1+\rho r)/(1-r^2))}{\log((1+\rho r)/(\rho+r))} =: \varepsilon,$$

as claimed. Finally, to establish (2-5), we return to (2-15) and note that the left-hand side is at most  $c + \varepsilon$  for  $c$  the minimizer in the previous line. Then

$$c \geq m - \log(r+\rho) \mu(r\mathbb{D}) - \varepsilon.$$

Note that one may insert (2-13) on the right-hand side to control the mass.  $\square$

We now apply the Cartan estimate for logarithmic potentials to the Riesz representation (2-2) in order to derive lower bounds on  $v$  up to a small measure of exceptions.

**Corollary 2.3.** *Let  $v$  be as in Lemma 2.2 with  $\rho = 1 - 3\delta$ ,  $0 < \delta < \frac{1}{3}$ . Then for all  $0 < H \leq 1$  there exist disks  $D(z_j, s_j)$  so that*

$$v(z) \geq m - (M - m) \left[ 2\delta^{-3} \log\left(\frac{2}{\delta}\right) + \delta^{-2} \log\left(\frac{2e}{H}\right) \right]$$

for all  $z \in r_1 \mathbb{D} \setminus \bigcup_j D(z_j, s_j)$  with  $\sum_j s_j \leq 5H$  and  $r_1 = 1 - 2\delta$ .

*Proof.* By Cartan's estimate, for any  $H > 0$  there exist disks  $D(z_j, s_j)$  such that  $\sum_j s_j \leq 5H$  and

$$\int_{r \mathbb{D}} \log |w - z| \mu(dw) \geq \mu(r \mathbb{D}) \log\left(\frac{H}{e}\right) \quad \text{for all } z \in r_1 \mathbb{D} \setminus \bigcup_j D(z_j, s_j). \quad (2-17)$$

See [Levin 1996, Theorem 3, Section 11.2]. To invoke the measure bound (2-3) we estimate

$$\log\left(\frac{1 + \rho r}{\rho + r}\right) = \log\left(\frac{2 - 4\delta + 3\delta^2}{2 - 4\delta}\right) = \log\left(1 + \frac{3\delta^2}{2 - 4\delta}\right) \geq \log\left(1 + \frac{3\delta^2}{2}\right) \geq \delta^2$$

since  $\delta^2 \leq \frac{1}{2}$  and  $\log(1 + \frac{3}{2}x) \geq x$  for  $0 \leq x \leq \frac{1}{2}$ . Consequently,

$$\mu(r \mathbb{D}) \leq \delta^{-2}(M - m).$$

Next,

$$\frac{1 + \rho r}{1 - r^2} \leq \frac{2}{2\delta - \delta^2} \leq \delta^{-1}(1 + \delta),$$

as well as

$$\frac{r + r_1}{r - r_1} = \frac{2 - 3\delta}{\delta} \leq 2\delta^{-1},$$

whence (2-4) implies

$$\min_{c \in \mathbb{R}} \max_{|w| \leq r_1} |h(w) - c| \leq \varepsilon \leq (M - m)\delta^{-3} \log\left(\frac{2}{\delta}\right) =: \tilde{\varepsilon}.$$

Finally, by (2-5), one has

$$c \geq m - \varepsilon - \log(r + \rho)\mu(r \mathbb{D}) \geq m - \varepsilon - \log(2)\mu(r \mathbb{D}).$$

In view of (2-2) and the preceding estimates we obtain

$$\begin{aligned} v(z) &\geq c + \mu(r \mathbb{D}) \log\left(\frac{H}{e}\right) - \varepsilon \geq m - 2\varepsilon + \log\left(\frac{H}{2e}\right)\mu(r \mathbb{D}) \\ &\geq m - (M - m) \left[ 2\delta^{-3} \log\left(\frac{2}{\delta}\right) - \delta^{-2} \log\left(\frac{H}{2e}\right) \right] \end{aligned} \quad (2-18)$$

for all  $z$  as in (2-17).  $\square$

By means of the conformal transformation  $\Phi_q$  from Lemma 2.1 we can obtain a version of the Riesz representation theorem on thin rectangles  $\mathcal{R}(q)$ .

**Corollary 2.4.** *There exists  $q_* \in (0, 1]$  with the following property: Let  $u$  be subharmonic on  $\mathcal{R}(q)$  for some  $0 < q \leq q_*$ , continuous up to the boundary. Assume that  $u \leq M$  on  $\mathcal{R}(q)$  and  $\max_{x \in [\frac{1}{4}, \frac{3}{4}]} u(x) \geq m$ . Then*

$$u(x) \geq m - (M - m) \exp\left(\frac{9\pi}{8q}\right) \left[ \log(4) + \frac{9\pi}{4q} + \exp\left(-\frac{3\pi}{8q}\right) \log\left(\frac{2e}{H}\right) \right] \quad (2-19)$$

for all  $x \in [\frac{1}{4}, \frac{3}{4}] \setminus \bigcup_j I_j$ , where  $\sum_j |I_j| \leq 3H \exp\left(\frac{3\pi}{4q}\right)$ .

*Proof.* Let  $v = u \circ \Phi_q$ , with  $\Phi_q$  as in Lemma 2.1. Then  $v$  satisfies the assumptions of Corollary 2.3 with  $\rho \geq 1 - \delta_2(q)$ , and

$$\begin{aligned} \delta_2(q) &= 4 \exp\left(-\frac{3\pi}{8q}\right) (1 + O(q)) \geq 3\delta, \\ \delta &:= \exp\left(-\frac{3\pi}{8q}\right) < \frac{1}{3}, \end{aligned} \quad (2-20)$$

provided  $q_*$  is small enough. By Corollary 2.3 we have

$$\begin{aligned} v(z) &\geq m - (M - m) \exp\left(\frac{9\pi}{8q}\right) \left[ 2 \log\left(\frac{2}{\delta}\right) + \delta \log\left(\frac{2e}{H}\right) \right] \\ &= m - (M - m) \exp\left(\frac{9\pi}{8q}\right) \left[ \log(4) + \frac{9\pi}{4q} + \exp\left(-\frac{3\pi}{8q}\right) \log\left(\frac{2e}{H}\right) \right] \end{aligned}$$

for all  $z \in r_1 \mathbb{D} \setminus \bigcup_j D(z_j, s_j)$ ,  $\sum_j s_j \leq 5H$ , where  $r_1 = 1 - 2\delta$ . The inverse image of  $[\frac{1}{4}, \frac{3}{4}]$  under  $\Phi_q$  is  $[a_1(q), a_2(q)]$ . Define  $\tilde{I}_j := \mathbb{R} \cap D(z_j, s_j)$ ,  $I_j = \Phi_q(\tilde{I}_j)$ , and  $E := \bigcup_j \tilde{I}_j$  so that  $\sum_j |\tilde{I}_j| \leq 10H$ . By Lemma 2.1 we have

$$|\Phi_q(E)| \leq 20H \delta_2(q)^{-2} < 3H \exp\left(\frac{3\pi}{4q}\right),$$

as claimed.  $\square$

Next, we apply the previous results on subharmonic functions to  $\log |F|$ , where  $F$  is analytic.

**Corollary 2.5.** *Let  $F$  be an analytic function on a neighborhood of  $\mathcal{R}(q)$  with  $0 < q \leq q^*$ , and  $F$  not identically equal to zero. Define*

$$B_1 := \|F\|_{L^2([\frac{1}{4}, \frac{3}{4}])}, \quad B_2 := \|F\|_{L^2(\partial\mathcal{R}(q))}.$$

Then for some absolute constant  $C_0$ , and all  $H > 0$ ,

$$\begin{aligned} B_1^{K+1} &\leq e^{\frac{C_0 K}{q}} B_2^K |F(x)| \\ \text{holds for any } K &\geq \exp\left(\frac{9\pi}{8q}\right) \left[ \log(4) + \frac{9\pi}{4q} + \exp\left(-\frac{3\pi}{8q}\right) \log\left(\frac{2e}{H}\right) \right] \end{aligned} \quad (2-21)$$

for all  $x \in [\frac{1}{4}, \frac{3}{4}] \setminus \bigcup_j I_j$ , where  $\sum_j |I_j| \leq 3H \exp\left(\frac{3\pi}{4q}\right)$ .

*Proof.* We apply our previous results to  $u(z) := \log |F(z)|$ , which is subharmonic on a neighborhood of  $\mathcal{R}(q)$ . However, Corollary 2.4 does not apply directly since we do not have a pointwise upper bound on  $u$ . Returning to the subharmonic function  $v = u \circ \Phi_q$  on the unit disk  $\mathbb{D}$ , we note that the pointwise upper bound  $M$  on  $v$  only entered through the estimate  $h_0 \leq M$ ; see (2-12), (2-14). The analytic function

$\tilde{F} = F \circ \Phi_q$  satisfies  $\log |\tilde{F}| = v$ . Denoting by

$$P_w(d\theta) = P_{|w|}(d(\theta - \varphi)) = \frac{1 - |w|^2}{1 - 2|w| \cos(2\pi(\theta - \varphi)) + |w|^2}$$

the Poisson kernel centered at  $w = |w|e(\varphi)$ , we estimate  $h_0$  from (2-11) as follows:

$$\begin{aligned} h_0(w) &= \int_0^1 v(e(\theta)) P_w(d\theta) = \int_0^1 \log |\tilde{F}(e(\theta))| P_w(d\theta) \\ &\leq \log \left( \int_0^1 |\tilde{F}(e(\theta))| P_w(d\theta) \right) \\ &\leq \log \left( \int_0^1 |\tilde{F}(e(\theta))| d\theta \left\| \frac{P_w(d\theta)}{d\theta} \right\|_\infty \right) \\ &\leq \log(B_2) + \log \left( \left\| \frac{d\theta}{d\sigma} \right\|_{L^2(\partial\mathcal{R}(q))} \right) + \log \left\| \frac{P_w(d\theta)}{d\theta} \right\|_\infty, \end{aligned} \quad (2-22)$$

where  $d\sigma$  denotes arc-length measure on  $\partial\mathcal{R}(q)$ , and the correspondence between  $\partial\mathbb{D}$  and  $\partial\mathcal{R}(q)$  is given by  $\xi \mapsto \Phi_q(e(\xi))$ . On the one hand,

$$\left\| \frac{P_w(d\theta)}{d\theta} \right\|_\infty \leq 2(1 - |w|)^{-1},$$

and on the other hand,

$$\left\| \frac{d\theta}{d\sigma} \right\|_{L^2(\partial\mathcal{R}(q))}^2 = \int_{\partial\mathcal{R}(q)} \left| \frac{d\theta}{d\sigma} \right|^2 d\sigma = \int_0^1 \left| \frac{d\sigma}{d\theta}(\xi) \right|^{-1} d\xi. \quad (2-23)$$

Using the notation of Lemma 2.1, the boundary map  $\partial\mathbb{D} \rightarrow \partial\mathcal{R}(q)$  induced by  $\Phi_q$  is

$$\begin{aligned} \xi &\mapsto \zeta(\xi) := iH(k)^{-1} \operatorname{arcsn}(x(\xi), k), \\ x(\xi) &:= \varphi(e(\xi)) = -\cot(\pi\xi), \quad x'(\xi) = \pi(1 + x(\xi)^2) \end{aligned}$$

where  $\varphi(w) = i(w + 1)/(1 - w)$  takes the disk to the upper half-plane. If  $0 < 2\pi\xi < \theta(q)$ , then  $\zeta(\xi) = 1 + iy(\xi)$ , where

$$\frac{dy}{d\xi} = \frac{\pi}{H(k)} \frac{1 + x^2}{\sqrt{(x^2 - 1)(k^2 x^2 - 1)}} \geq \frac{\pi}{kH(k)}, \quad x(\xi) < -k^{-1}.$$

Therefore, this region contributes at most

$$\frac{1}{2}kH(k)\theta(q) \lesssim 1 \quad \text{uniformly in } q$$

to the integral in (2-23). Next, if  $\theta(q) < 2\pi\xi < \frac{\pi}{2}$ , then  $\zeta = u + iq$ , with

$$\left| \frac{du}{d\xi} \right| = \frac{\pi}{H(k)} \frac{1 + x^2}{\sqrt{(x^2 - 1)(1 - k^2 x^2)}} \geq \frac{\pi}{H(k)}, \quad -k^{-1} < x(\xi) < -1,$$

and so this case contributes  $\lesssim H(k)$  to (2-23). Finally, the region  $\frac{\pi}{2} < 2\pi\xi < 2\pi$  similarly adds  $\lesssim H(k)$  to (2-23).

Combining these estimates with (2-22) yields

$$h_0(w) \leq \log(B_2) + \log(CH(k)) + \log\left(\frac{2}{\pi(1-r)}\right) \leq \log(B_2) + C_0q^{-1} =: M \quad (2-24)$$

for all  $|w| < r = 1 - \delta$  with some absolute constant  $C_0$ ; see (2-20). This bound replaces (2-12) and (2-14) above.

As for the lower bound  $m$  on  $u$ , one has  $m \geq \log(B_1)$  and thus (2-19) holds with

$$M - m \leq \log\left(\frac{B_2}{B_1}\right) + C_0q^{-1}.$$

Finally, (2-21) follows from (2-19) by exponentiating.  $\square$

Integrating the previous result over a small set of  $x$  yields the following localization estimate for the  $L^2$  norm of  $F$ .

**Proposition 2.6.** *There exists an absolute constant  $C_1 > 0$  with the following property: Let  $F$  be an analytic function on a neighborhood of  $\mathcal{R}(q)$  with  $0 < q \leq q^*$ , and  $F$  not identically equal to zero. Define*

$$B_1 := \|F\|_{L^2([\frac{1}{4}, \frac{3}{4}])}, \quad B_2 := \|F\|_{L^2(\partial\mathcal{R}(q))}.$$

For any  $J \subset [\frac{1}{4}, \frac{3}{4}]$  some Borel set of positive measure,

$$B_1 \leq e^{\frac{C_1}{q}} B_2^{1-\kappa} \|F\|_{L^2(J)}^\kappa,$$

with  $0 < \kappa \leq e^{-C_1/q} (\log(1/|J|))^{-1}$ .

*Proof.* We apply Corollary 2.5 with  $3H \exp(\frac{3\pi}{4q}) = |J|/2$ . Thus,

$$\begin{aligned} B_1^{K+1} \left(\frac{|J|}{2}\right)^{\frac{1}{2}} &\leq e^{\frac{C_0K}{q}} B_2^K \|F\|_{L^2(J)}, \\ K &:= \exp\left(\frac{9\pi}{8q}\right) \left[ \log(4) + \frac{9\pi}{4q} + \exp\left(-\frac{3\pi}{8q}\right) \left( \log\left(\frac{12e}{|J|}\right) + \frac{3\pi}{4q} \right) \right] \end{aligned} \quad (2-25)$$

or

$$B_1 \leq e^{\frac{C_0}{q}} \left(\frac{|J|}{2}\right)^{-\frac{\kappa}{2}} B_2^{1-\kappa} \|F\|_{L^2(J)}^\kappa, \quad \kappa \leq (1+K)^{-1}. \quad (2-26)$$

We write  $\kappa \leq (1+K)^{-1}$  instead of  $\kappa = (1+K)^{-1}$ , since we may increase the value of  $K$ . One checks that

$$\log\left(\left(\frac{|J|}{2}\right)^{-\frac{\kappa}{2}}\right) \leq \frac{\log(2/|J|)}{\exp(\frac{9\pi}{8q}) [\log(4) + \frac{9\pi}{4q} + \exp(-\frac{3\pi}{8q}) (\log(12e/|J|) + \frac{3\pi}{4q})]} \leq \exp\left(-\frac{3\pi}{4}\right) < 0.1, \quad (2-27)$$

uniformly in  $0 < q < 1$  and in  $|J|$ . Note that

$$\begin{aligned} K &\leq \begin{cases} \exp\left(\frac{9\pi}{8q}\right)\left[\log(4) + \frac{9\pi}{4q} + \exp\left(-\frac{3\pi}{8q}\right)\left(\log(12e) + \frac{3\pi}{2q}\right)\right] & \text{if } \log 2 \leq \log(1/|J|) < \frac{3\pi}{4q}, \\ 8\exp\left(\frac{9\pi}{8q}\right)\left[1 + \exp\left(-\frac{3\pi}{8q}\right)\right]\log(1/|J|) & \text{if } \max\left(\log 2, \frac{3\pi}{4q}\right) \leq \log(1/|J|) \end{cases} \\ &\leq e^{\frac{C_2}{q}}\log(1/|J|) - 1 \end{aligned}$$

for some absolute constant  $C_2 > 0$ . Taking  $C_1 := \max(2C_0, C_2)$  and

$$K_0 := e^{\frac{C_1}{q}}\log\left(\frac{1}{|J|}\right),$$

we conclude from (2-25), (2-26) and (2-27) with the estimate  $K \leq K_0 - 1$  that

$$B_1 \leq e^{\frac{C_0}{q}+0.1}B_2^{1-\kappa}\|F\|_{L^2(J)}^\kappa \leq e^{\frac{C_1}{q}}B_2^{1-\kappa}\|F\|_{L^2(J)}^\kappa, \quad \kappa \leq K_0^{-1},$$

as claimed.  $\square$

We next apply Proposition 2.6 to a band-limited  $L^2$  function in order to obtain the main result of this section.

**Proposition 2.7.** *Fix  $\lambda \in (0, \frac{1}{2}]$  and for each integer  $n$  let  $I_n \subset [n, n+1]$  be some Borel set with  $|I_n| = \lambda$ . Let  $f \in L^2(\mathbb{R})$  be band-limited; i.e.,  $\hat{f}$  is of compact support. Then for each  $0 < q \leq q^*$*

$$\|f\|_{L^2(\mathbb{R})}^2 \leq 12e^{\frac{10C_1}{q}}\left(\sum_n\|f\|_{L^2(I_n)}^2\right)^\kappa\|e^{2\pi q|\xi|}\hat{f}(\xi)\|_{L^2(\mathbb{R})}^{2(1-\kappa)}, \quad (2-28)$$

with  $0 < \kappa \leq e^{-5C_1/q}(-\log \lambda)^{-1}$ , and  $C_1, q^*$  are as in Proposition 2.6.

*Proof.* Let  $F$  be the entire function with  $F = f$  on the real line. Fix  $0 \leq t \leq 1$  and define  $\mathcal{R}_{n,t}(q)$  to be the rectangle with vertices  $n-1-t \pm iq, n+2+t \pm iq$ . We claim that by Proposition 2.6 we have

$$\|f\|_{L^2([n,n+1])} \leq e^{\frac{5C_1}{q}}\|F\|_{L^2(\partial\mathcal{R}_{n,t}(q))}^{1-\kappa}\|f\|_{L^2(I_n)}^\kappa, \quad (2-29)$$

with  $\kappa \leq e^{-5C_1/q}(\log((3+2t)/|I_n|))^{-1}$ . To see this, we set  $n = 0$  without loss of generality, translate  $\mathcal{R}_{n,t}(q) \rightarrow \mathcal{R}_{n,t}(q) + 1 + t$ , and dilate  $z \mapsto z/(3+2t)$ . After these operations, the transformed interval  $I_0$  lies in

$$\left[\frac{1+t}{3+2t}, \frac{2+t}{3+2t}\right] \subset \left[\frac{1}{4}, \frac{3}{4}\right],$$

and the height  $q$  becomes  $q/(3+2t) \geq q/5$ , whence the claim.

Squaring, summing, and applying Hölder's inequality yields

$$\|f\|_{L^2(\mathbb{R})}^2 \leq e^{\frac{10C_1}{q}}\left(\sum_n\|F\|_{L^2(\partial\mathcal{R}_{n,t}(q))}^2\right)^{1-\kappa}\left(\sum_n\|f\|_{L^2(I_n)}^2\right)^\kappa.$$

Let  $\mathbb{E}$  denote the expected value with respect to  $0 \leq t \leq 1$ , uniformly distributed. On the one hand, taking expectations of the previous line yields

$$\|f\|_{L^2(\mathbb{R})}^2 \leq e^{\frac{10C_1}{q}}\left(\sum_n\mathbb{E}\|F\|_{L^2(\partial\mathcal{R}_{n,t}(q))}^2\right)^{1-\kappa}\left(\sum_n\|f\|_{L^2(I_n)}^2\right)^\kappa. \quad (2-30)$$

On the other hand, since

$$\sup_{0 \leq t \leq 1} \sum_n \mathbb{1}_{[n-1-t, n+2+t)} \leq 5, \quad (2-31)$$

we have

$$\begin{aligned} \sum_n \mathbb{E} \|F\|_{L^2(\partial\mathcal{R}_{n,t}(q))}^2 \\ \leq 5 \|F(\cdot + iq)\|_{L^2(\mathbb{R})}^2 + 5 \|F(\cdot - iq)\|_{L^2(\mathbb{R})}^2 + 2 \sum_n \int_0^1 \int_{-q}^q |F(n-t+is)|^2 ds dt. \end{aligned} \quad (2-32)$$

Since  $\|F(\cdot \pm iq)\|_{L^2(\mathbb{R})} = \|e^{\pm 2\pi q \xi} \hat{f}(\xi)\|_{L^2(\mathbb{R})}$  and

$$\begin{aligned} \sum_n \int_0^1 \int_{-q}^q |F(n-t+is)|^2 ds dt &= \int_{\mathbb{R}} \int_{-q}^q |F(x+is)|^2 ds dx \\ &= \int_{-q}^q \int_{\mathbb{R}} e^{4\pi s \xi} |\hat{f}(\xi)|^2 d\xi ds \leq 2q \|e^{2\pi q |\xi|} \hat{f}(\xi)\|_{L^2(\mathbb{R})}^2, \end{aligned}$$

assuming as we may that  $q^* \leq \frac{1}{2}$ , we infer from (2-32) that

$$\sum_n \mathbb{E} \|F\|_{L^2(\partial\mathcal{R}_{n,t}(q))}^2 \leq 12 \|e^{2\pi q |\xi|} \hat{f}(\xi)\|_{L^2(\mathbb{R})}^2.$$

Inserting this into (2-30) concludes the proof.  $\square$

### 3. $L^2$ localization in higher dimensions

Our goal is to prove a version of Proposition 2.7 for band-limited functions  $f \in L^2(\mathbb{R}^d)$ ,  $d \geq 2$ . For the sake of simplicity, we first limit ourselves to  $d = 2$  and begin with a Cartan-type estimate for functions on  $\mathbb{D} \times \mathbb{D}$  which are subharmonic relative to each variable.

We begin with the definition of a Cartan-2 set; see [Goldstein and Schlag 2001, Definition 8.1; 2008, Definition 2.12].

**Definition 3.1.** We say that  $\mathcal{B} \subset \mathbb{C}^2$  is a Cartan-2 set with parameter  $H > 0$  if for all  $(z_1, z_2) \in \mathcal{B}$  one has either

- $z_1 \in \bigcup_j D(\xi_j, s_j)$  with  $\sum_j s_j \leq 5H$ ,
- or for all other  $z_1$ , one has  $z_2 \in \bigcup_k D(w_k, t_k)$  with  $\sum_k t_k \leq 5H$  and  $(w_k, t_k)$  depend on  $z_1$ .

Of particular relevance to us will be the fact that a Cartan-2 set has a real “trace” of small measure.

**Lemma 3.1.** Let  $\mathcal{B} \subset \prod_{j=1}^2 D(z_{j,0}, 1)$  be a Cartan-2 set with parameter  $H > 0$ . Then

$$|\mathcal{B} \cap \mathbb{R}^2| \leq 40H.$$

*Proof.* This follows from Fubini and  $|D(\xi, s) \cap \mathbb{R}| \leq 2s$  for all  $\xi \in \mathbb{C}$ .  $\square$

We can now formulate a Cartan-type bound for plurisubharmonic functions.

**Lemma 3.2.** *Let  $v : \overline{\mathbb{D} \times \mathbb{D}} \rightarrow [-\infty, \infty)$  be continuous so that  $v = v(z_1, z_2)$  is separately subharmonic in each variable. Suppose for  $0 < \rho < r < 1$*

$$\max_{|z_1| \leq r, |z_2| \leq r} \int_{\mathbb{S}^1 \times \mathbb{S}^1} v(e(\theta_1), e(\theta_2)) P_{z_1}(d\theta_1) P_{z_2}(d\theta_2) \leq M \quad (3-1)$$

and

$$\max_{|z_1| \leq \rho, |z_2| \leq \rho} v(z_1, z_2) \geq m. \quad (3-2)$$

Let  $\rho = r(1 - 3\delta)$  with  $0 < \delta < \frac{1}{3}$ . Then for any  $0 < H \leq 1$  one has

$$v(z_1, z_2) \geq m - (M - m)(L + 1)^2, \quad \text{where } L := 2\delta^{-3} \log\left(\frac{2}{\delta}\right) + \delta^{-2} \log\left(\frac{2e}{H}\right), \quad (3-3)$$

for all  $(z_1, z_2) \in r_1 \mathbb{D} \times r_1 \mathbb{D} \setminus \mathcal{B}$  where  $\mathcal{B}$  is a Cartan-2 set with parameter  $rH$ , and  $r_1 = r(1 - 2\delta)$ .

*Proof.* The function

$$h(z_1, z_2) := \int_{\mathbb{S}^1 \times \mathbb{S}^1} v(e(\theta_1), e(\theta_2)) P_{z_1}(d\theta_1) P_{z_2}(d\theta_2) \quad (3-4)$$

is separately harmonic in each variable, is continuous up to  $\partial(\mathbb{D} \times \mathbb{D})$ , and satisfies  $v \leq h$  pointwise. The latter property follows from the pointwise inequalities

$$v(z_1, z_2) \leq \int_{\mathbb{S}^1} v(z_1, e(\theta_2)) P_{z_2}(d\theta_2),$$

which hold due to harmonicity of the right-hand side in  $z_2$ , whence

$$v(z_1, z_2) \leq \int_{\mathbb{S}^1} v(e(\theta_1), z_2) P_{z_1}(d\theta_1) \leq \int_{\mathbb{S}^1 \times \mathbb{S}^1} v(e(\theta_1), e(\theta_2)) P_{z_1}(d\theta_1) P_{z_2}(d\theta_2) = h(z_1, z_2) \quad (3-5)$$

as claimed. Define

$$\tilde{v}(z_1) := \max_{|z_2| \leq \rho} v(z_1, z_2). \quad (3-6)$$

Then  $\tilde{v}$  is continuous (by uniform continuity) and subharmonic (as the supremum of a family of subharmonic functions). It satisfies  $\tilde{v}(z_1) \leq M$  for all  $|z_1| \leq r$  by (3-1) and (3-5), and  $\max_{|z_1| \leq \rho} \tilde{v}(z_1) \geq m$ . The latter follows from

$$v(z_1, z_2) \leq \tilde{v}(z_1) \quad \text{for all } |z_1| \leq r, |z_2| \leq \rho,$$

and (3-2).

We apply Corollary 2.3 to  $\tilde{v}$ , which requires rescaling from  $\mathbb{D}$  to  $r\mathbb{D}$ . Thus, with  $\rho = r(1 - 3\delta)$ , and  $r_1 = r(1 - 2\delta)$ ,

$$\tilde{v}(z_1) \geq m - (M - m)L =: m^* \quad (3-7)$$

for all  $z_1 \in r_1 \mathbb{D} \setminus \bigcup_j D(\zeta_j, s_j)$  with  $\sum_j s_j \leq 5rH$ . Fix such a *good*  $z_1$ . By definition, there exists  $z_2^*$  with  $|z_2^*| \leq \rho$  and  $v(z_1, z_2^*) \geq m^*$ . On the other hand,  $v(z_1, z_2) \leq M$  for all  $|z_2| \leq r$ .

Once again, by Corollary 2.3 rescaled from  $\mathbb{D}$  to  $r\mathbb{D}$ , it follows that

$$v(z_1, z_2) \geq m^* - (M - m)L \geq m - (M - m)L(2 + L) \quad (3-8)$$

for all  $z_2 \in r_1 \mathbb{D} \setminus \bigcup_j D(w_j, t_j)$  with  $\sum_j t_j \leq 5rH$ . These disks depend on  $z_1$ .  $\square$

By means of Lemma 3.2 we establish a two-dimensional analogue of Proposition 2.6.

**Proposition 3.3.** *Let  $F$  be an analytic function of two variables on a neighborhood of  $\mathcal{R}(q) \times \mathcal{R}(q)$  with  $0 < q \leq q^*$ , and  $F$  not identically equal to zero. Define*

$$B_1 := \|F\|_{L^2([\frac{1}{4}, \frac{3}{4}] \times [\frac{1}{4}, \frac{3}{4}])}, \quad B_2 := \|F\|_{L^2(\partial\mathcal{R}(q) \times \partial\mathcal{R}(q))}.$$

For any  $J \subset [\frac{1}{4}, \frac{3}{4}] \times [\frac{1}{4}, \frac{3}{4}]$  some Borel set of positive measure,

$$B_1 \leq e^{\frac{C}{q}} B_2^{1-\kappa} \|F\|_{L^2(J)}^\kappa,$$

with  $0 < \kappa \leq e^{-C/q} (\log(1/|J|))^{-2}$  with some absolute constant  $C$ .

*Proof.* Set  $u(z_1, z_2) := \log |F(z_1, z_2)|$ , which is plurisubharmonic on a neighborhood of  $\mathcal{R}(q) \times \mathcal{R}(q)$ . We pull  $u$  back to the polydisk  $\mathbb{D} \times \mathbb{D}$ , and define

$$v(z_1, z_2) = u(\Phi_q(z_1), \Phi_q(z_2)) = \log |\tilde{F}(z_1, z_2)|, \quad \tilde{F}(z_1, z_2) = F(\Phi_q(z_1), \Phi_q(z_2)).$$

With  $h$  defined as in (3-4), for all  $|z_1|, |z_2| \leq r$ ,

$$\begin{aligned} h(z_1, z_2) &= \int_0^1 \int_0^1 v(e(\theta_1), e(\theta_2)) P_{z_1}(d\theta_1) P_{z_2}(d\theta_2) \\ &= \int_0^1 \int_0^1 \log |\tilde{F}(e(\theta_1), e(\theta_2))| P_{z_1}(d\theta_1) P_{z_2}(d\theta_2) \\ &\leq \log \left( \int_0^1 \int_0^1 |\tilde{F}(e(\theta_1), e(\theta_2))| P_{z_1}(d\theta_1) P_{z_2}(d\theta_2) \right) \\ &\leq \log \left( \int_0^1 \int_0^1 |\tilde{F}(e(\theta_1), e(\theta_2))| d\theta_1 d\theta_2 \left\| \frac{P_{z_1}(d\theta)}{d\theta} \right\|_\infty \left\| \frac{P_{z_2}(d\theta)}{d\theta} \right\|_\infty \right) \\ &\leq \log(B_2) + 2 \log \left( \left\| \frac{d\theta}{d\sigma} \right\|_{L^2(\partial\mathcal{R}(q))} \right) + 2 \sup_{|w| \leq r} \log \left\| \frac{P_w(d\theta)}{d\theta} \right\|_\infty \\ &\leq \log(B_2) + \log(Cq^{-1}) + 2 \log \left( \frac{2}{1-r} \right), \end{aligned} \tag{3-9}$$

where  $d\sigma$  denotes arc-length measure on  $\partial\mathcal{R}(q)$ ; see (2-24). By Lemma 2.1, we can apply Lemma 3.2 to  $v$  with  $\rho = 1 - \exp(-A/q)$  with some absolute constant  $A$ ,

$$m = \log B_1, \quad M = \log(B_2) + 3Aq^{-1}, \quad \delta = \exp\left(-\frac{2A}{q}\right), \quad r = \rho(1-3\delta)^{-1},$$

and  $0 < q \leq q^* \ll 1$ . Thus, for any  $H > 0$  there exists a Cartan-2 set  $\mathcal{B}$  with parameter  $H$  such that for

$$r_1 = 1 - \exp\left(-\frac{A}{q}\right) < r(1-2\delta),$$

and any  $(z_1, z_2) \in r_1\mathbb{D} \times r_1\mathbb{D} \setminus \mathcal{B}$ , we have

$$v(z_1, z_2) \geq m - (M-m)(L+1)^2,$$

where

$$L = 2e^{\frac{6A}{q}} \log(2e^{\frac{2A}{q}}) + e^{\frac{4A}{q}} \log\left(\frac{2e}{H}\right) < e^{\frac{8A}{q}} + e^{\frac{4A}{q}} \log\left(\frac{2e}{H}\right) - 1.$$

Returning to the original geometry, and analytic function  $F$ , we conclude the following via Lemmas 2.1 and 3.1: with  $K := (e^{8A/q} + e^{4A/q} \log(2e/H))^2$ ,

$$B_1^{K+1} \leq e^{\frac{3AK}{q}} |F(x_1, x_2)| B_2^K$$

for all  $(x_1, x_2) \in [\frac{1}{4}, \frac{3}{4}] \times [\frac{1}{4}, \frac{3}{4}] \setminus \mathcal{E}$ , where  $\mathcal{E} \subset \mathbb{R}^2$  and  $|\mathcal{E}| \leq e^{5A/q} H$ .

We now pick  $H$  so that  $e^{5A/q} H = |J|/2$ , and integrate over  $J$ , and we obtain

$$B_1^{K+1} \left( \frac{|J|}{2} \right)^{\frac{1}{2}} \leq e^{\frac{3AK}{q}} B_2^K \|F\|_{L^2(J)}$$

or

$$B_1 \leq e^{\frac{3A}{q}} \left( \frac{|J|}{2} \right)^{-\frac{\kappa}{2}} B_2^{1-\kappa} \|F\|_{L^2(J)}^\kappa, \quad \kappa \leq (1+K)^{-1}. \quad (3-10)$$

We write  $\kappa \leq (1+K)^{-1}$  instead of  $\kappa = (1+K)^{-1}$  since we could increase  $K$ . One easily checks that  $(|J|/2)^{-\kappa/2} \lesssim 1$ , and

$$K \leq e^{\frac{C_1}{q}} \left( \log\left(\frac{1}{|J|}\right) \right)^2 - 1,$$

with some absolute constant  $C_1$ . Taking  $C := \max(4A, C_1)$ , and

$$K_0 := e^{\frac{C}{q}} \left( \log\left(\frac{1}{|J|}\right) \right)^2.$$

We conclude from (3-10) with the estimate  $K \leq K_0 - 1$  that

$$B_1 \leq e^{\frac{C}{q}} B_2^{1-\kappa} \|F\|_{L^2(J)}^\kappa, \quad \kappa \leq K_0^{-1},$$

as claimed.  $\square$

In analogy with the one-dimensional case in Proposition 2.7, we can deduce the following  $L^2$  localization result.

**Proposition 3.4.** *Fix  $\lambda \in (0, \frac{1}{2}]$  and for each integers  $n_1, n_2$  let*

$$I_{n_1, n_2} \subset [n_1, n_1 + 1] \times [n_2, n_2 + 1]$$

*be some Borel set with  $|I_{n_1, n_2}| = \lambda$ . Let  $f \in L^2(\mathbb{R}^2)$  be band-limited; i.e.,  $\hat{f}$  is of compact support. Then for each  $0 < q \leq q^*$*

$$\|f\|_{L^2(\mathbb{R}^2)}^2 \leq e^{\frac{2C}{q}} \left( \sum_{(n_1, n_2) \in \mathbb{Z}^2} \|f\|_{L^2(I_{n_1, n_2})}^2 \right)^\kappa \|e^{2\pi q(|\xi_1| + |\xi_2|)} \hat{f}(\xi)\|_{L^2(\mathbb{R}^2)}^{2(1-\kappa)}, \quad (3-11)$$

*with  $0 < \kappa \leq e^{-C/q}(-\log \lambda)^{-2}$ , and  $C$  some absolute constant.*

*Proof.* Let  $F$  be the entire function with  $F = f$  on  $\mathbb{R}^2$ . Fix  $0 \leq t_1, t_2 \leq 1$  and for  $j = 1, 2$  define  $\mathcal{R}_{n,t_j}(q)$  to be the rectangle with vertices  $n - 1 - t_j \pm iq, n + 2 + t_j \pm iq$ . We obtain from Proposition 3.3 that for any  $n_1, n_2 \in \mathbb{Z}$

$$\|f\|_{L^2([n_1, n_1+1] \times [n_2, n_2+1])} \leq e^{\frac{5C}{q}} \|F\|_{L^2(\partial\mathcal{R}_{n_1, t_1}(q) \times \partial\mathcal{R}_{n_2, t_2}(q))}^{1-\kappa} \|f\|_{L^2(I_{n_1, n_2})}^\kappa,$$

with

$$\kappa \leq e^{-\frac{5C}{q}} \left( \log \left( \frac{(3+2t_1)(3+2t_2)}{|I_{n_1, n_2}|} \right) \right)^{-2},$$

and  $C$  being the absolute constant in Proposition 3.3. Squaring, summing, and applying Hölder's inequality, we have

$$\|f\|_{L^2(\mathbb{R}^2)}^2 \leq e^{\frac{10C}{q}} \left( \sum_{(n_1, n_2) \in \mathbb{Z}^2} \|F\|_{L^2(\partial\mathcal{R}_{n_1, t_1}(q) \times \partial\mathcal{R}_{n_2, t_2}(q))}^2 \right)^{1-\kappa} \left( \sum_{(n_1, n_2) \in \mathbb{Z}^2} \|f\|_{L^2(I_{n_1, n_2})}^2 \right)^\kappa.$$

Taking expectation of the previous line with respect to  $0 \leq t_1, t_2 \leq 1$ , we obtain

$$\|f\|_{L^2(\mathbb{R}^2)}^2 \leq e^{\frac{10C}{q}} \left( \sum_{(n_1, n_2) \in \mathbb{Z}^2} \mathbb{E}_{t_1} \mathbb{E}_{t_2} \|F\|_{L^2(\partial\mathcal{R}_{n_1, t_1}(q) \times \partial\mathcal{R}_{n_2, t_2}(q))}^2 \right)^{1-\kappa} \left( \sum_{(n_1, n_2) \in \mathbb{Z}^2} \|f\|_{L^2(I_{n_1, n_2})}^2 \right)^\kappa. \quad (3-12)$$

By decomposing each  $\partial\mathcal{R}_{n,t}(q)$  into its four sides, we decompose

$$\sum_{(n_1, n_2) \in \mathbb{Z}^2} \mathbb{E}_{t_1} \mathbb{E}_{t_2} \|F\|_{L^2(\partial\mathcal{R}_{n_1, t_1}(q) \times \partial\mathcal{R}_{n_2, t_2}(q))}^2 \quad (3-13)$$

into the following three parts:

*Part 1: vertical and horizontal mixed terms.* This part contains eight terms; each can be bounded in the same way. Taking the left vertical side of  $\mathcal{R}_{n_1, t_1}(q)$  and upper horizontal side of  $\mathcal{R}_{n_2, t_2}(q)$  for example, we have

$$\begin{aligned} \sum_{(n_1, n_2) \in \mathbb{Z}^2} \mathbb{E}_{t_2} \int_{\mathbb{R}} \mathbb{1}_{[n_2-1-t_2, n_2+2+t_2]} \mathbb{E}_{t_1} \int_{-q}^q |F(n_1 - 1 - t_1 + is, x_2 + iq)|^2 ds dx_2 \\ \leq 5 \sum_{n_1 \in \mathbb{Z}} \mathbb{E}_{t_1} \int_{\mathbb{R}} \int_{-q}^q |F(n_1 - 1 - t_1 + is, x_2 + iq)|^2 ds dx_2 \\ = 5 \int_{-q}^q \int_{\mathbb{R}^2} |F(x_1 + is, x_2 + iq)|^2 dx_1 dx_2 ds \\ \leq 5 \int_{-q}^q \int_{\mathbb{R}^2} e^{4\pi(s\xi_1 + q\xi_2)} |\hat{f}(\xi_1, \xi_2)|^2 d\xi_1 d\xi_2 ds \\ \leq 10q \|e^{2\pi q(|\xi_1| + |\xi_2|)} \hat{f}(\xi)\|_{L^2(\mathbb{R}^2)}^2, \end{aligned}$$

in which we used (2-31) in the first step. Hence, Part 1 contributes in total at most

$$80q \|e^{2\pi q(|\xi_1| + |\xi_2|)} \hat{f}(\xi)\|_{L^2(\mathbb{R}^2)}^2. \quad (3-14)$$

*Part 2: vertical+vertical sides.* This part contains four terms. Taking the left vertical sides of  $\mathcal{R}_{n_1, t_1}(q)$  and  $\mathcal{R}_{n_2, t_2}(q)$  for example, we have

$$\begin{aligned} \sum_{(n_1, n_2) \in \mathbb{Z}^2} \mathbb{E}_{t_1} \mathbb{E}_{t_2} \int_{-q}^q \int_{-q}^q |F(n_1 - 1 - t_1 + is_1, n_2 - 1 - t_2 + is_2)|^2 ds_1 ds_2 \\ = \int_{-q}^q \int_{-q}^q \int_{\mathbb{R}^2} |F(x_1 + is_1, x_2 + is_2)|^2 dx_1 dx_2 ds_1 ds_2 \\ \leq 4q^2 \|e^{2\pi q(|\xi_1| + |\xi_2|)} \hat{f}(\xi)\|_{L^2(\mathbb{R}^2)}^2. \end{aligned}$$

Hence, Part 2 contributes in total at most

$$16q^2 \|e^{2\pi q(|\xi_1| + |\xi_2|)} \hat{f}(\xi)\|_{L^2(\mathbb{R}^2)}^2. \quad (3-15)$$

*Part 3: horizontal+horizontal sides.* This part also contains four terms. Taking the upper horizontal sides of  $\mathcal{R}_{n_1, t_1}(q)$  and  $\mathcal{R}_{n_2, t_2}(q)$  for example, we have

$$\begin{aligned} \sum_{(n_1, n_2) \in \mathbb{Z}^2} \mathbb{E}_{t_1} \mathbb{E}_{t_2} \int_{\mathbb{R}^2} \mathbb{1}_{[n_1 - 1 - t_1, n_1 + 2 + t_1]} \mathbb{1}_{[n_2 - 1 - t_2, n_2 + 2 + t_2]} |F(x_1 + iq, x_2 + iq)|^2 dx_1 dx_2 \\ \leq 25 \int_{\mathbb{R}^2} |F(x_1 + iq, x_2 + iq)|^2 dx_1 dx_2 \\ \leq 25 \|e^{2\pi q(|\xi_1| + |\xi_2|)} \hat{f}(\xi)\|_{L^2(\mathbb{R}^2)}^2, \end{aligned}$$

in which we used (2-31) in the first step. Hence, the contribution of Part 3 is at most

$$100 \|e^{2\pi q(|\xi_1| + |\xi_2|)} \hat{f}(\xi)\|_{L^2(\mathbb{R}^2)}^2. \quad (3-16)$$

Plugging the estimates in (3-14), (3-15) and (3-16) into (3-13), we obtain

$$\begin{aligned} \sum_{(n_1, n_2) \in \mathbb{Z}^2} \mathbb{E}_{t_1} \mathbb{E}_{t_2} \|F\|_{L^2(\partial \mathcal{R}_{n_1, t_1}(q) \times \partial \mathcal{R}_{n_2, t_2}(q))}^2 &\leq (4q + 10)^2 \|e^{2\pi q(|\xi_1| + |\xi_2|)} \hat{f}(\xi)\|_{L^2(\mathbb{R}^2)}^2 \\ &\leq 144 \|e^{2\pi q(|\xi_1| + |\xi_2|)} \hat{f}(\xi)\|_{L^2(\mathbb{R}^2)}^2 \end{aligned} \quad (3-17)$$

for  $q \leq \frac{1}{2}$ . Plugging (3-17) into (3-12) yields

$$\|f\|_{L^2(\mathbb{R}^2)}^2 \leq 144 e^{\frac{10C}{q}} \left( \sum_{(n_1, n_2) \in \mathbb{Z}^2} \|f\|_{L^2(I_{n_1, n_2})}^2 \right)^\kappa \|e^{2\pi q(|\xi_1| + |\xi_2|)} \hat{f}(\xi)\|_{L^2(\mathbb{R}^2)}^{2(1-\kappa)},$$

as claimed.  $\square$

In general dimensions, one can proceed similarly. First, we inductively define Cartan sets in higher dimensions.

**Definition 3.2.** We say that  $\mathcal{B} \subset \mathbb{C}^2$  is a Cartan- $d$  set with parameter  $H > 0$  if for all  $(z_1, z_2, \dots, z_d) \in \mathcal{B}$  one has either

- $z_1 \in \bigcup_j D(\zeta_j, s_j)$  with  $\sum_j s_j \leq 5H$  or for all other  $z_1$  one has
- $(z_2, \dots, z_d)$  belongs to a Cartan- $(d-1)$  set with parameter  $H > 0$  depending on  $z_1$ .

By arguments analogous to those used above for  $d = 2$ , one can exploit these Cartan sets in higher dimensions to obtain the following result. We leave the details to the reader. Throughout, we let  $C(d) \geq 1$  be a constant depending only on the dimension  $d$ . It is allowed to change its values from line to line.

**Proposition 3.5.** *Fix  $\lambda \in (0, \frac{1}{2}]$  and for each integer vector  $n = (n_1, \dots, n_d) \in \mathbb{Z}^d$ ,  $d \geq 2$ , let*

$$I_n \subset \prod_{j=1}^d [n_j, n_j + 1)$$

*be some Borel set with  $|I_n| = \lambda$ . Let  $f \in L^2(\mathbb{R}^d)$  be band-limited; i.e.,  $\hat{f}$  is of compact support. Then for each  $0 < q \leq q^* = q^*(d) \ll 1$*

$$\|f\|_{L^2(\mathbb{R}^d)}^2 \leq e^{\frac{2C(d)}{q}} \left( \sum_{n \in \mathbb{Z}^d} \|f\|_{L^2(I_n)}^2 \right)^\kappa \|e^{2\pi q|\xi|_1} \hat{f}(\xi)\|_{L^2(\mathbb{R}^d)}^{2(1-\kappa)}, \quad (3-18)$$

*with  $0 < \kappa \leq e^{-C(d)/q}(-\log \lambda)^{-d}$ ,  $C(d) \geq 1$  some absolute constant depending on  $d$ .*

As a precursor to the results of the next section, which involve  $L^2$  functions with Fourier support in thin sets, we now establish an uncertainty principle for  $L^2(\mathbb{R}^d)$  functions under a quantitative decay assumption on their Fourier transforms.

**Corollary 3.6.** *Let  $\Theta(\xi) = \Theta(|\xi|_1) = (\log(2 + |\xi|_1))^{-\alpha}$ ,  $0 < \alpha < 1$ . Let  $\mathcal{S} := \bigcup_{n \in \mathbb{Z}^d} I_n$  be as in Proposition 3.5. Then*

$$\|f\|_2 \leq C(d, \alpha, A, \lambda) \|f\|_{L^2(\mathcal{S})} \quad (3-19)$$

*for all  $f \in L^2(\mathbb{R}^d)$  with  $\|e^{\Theta(\xi)|\xi|_1} \hat{f}\|_{L^2(\mathbb{R}^d)} \leq A \|f\|_{L^2(\mathbb{R}^d)}$ .*

*Proof.* With  $0 < q$  small to be determined, we fix  $R \geq 1$  so that  $2\pi q = \Theta(R)$ . Split  $f = f_1 + f_2$ ,  $\hat{f}_1(\xi) = \hat{f}(\xi) \mathbb{1}_{\{|\xi|_1 \leq R\}}$ . Then by (3-18), and since  $2\pi q \leq \Theta(\xi)$  for  $|\xi|_1 \leq R$ ,

$$\|f_1\|_2^2 \leq e^{\frac{2C(d)}{q}} \|f_1\|_{L^2(\mathcal{S})}^{2\kappa} \|e^{\Theta(\xi)|\xi|_1} \hat{f}_1\|_2^{2(1-\kappa)} \leq e^{\frac{2C(d)}{q}} \|f_1\|_{L^2(\mathcal{S})}^{2\kappa} (A \|f\|_2)^{2(1-\kappa)},$$

with

$$\kappa = e^{-\frac{C(d)}{q}} (-\log \lambda)^{-d} = e^{-\frac{2\pi C(d)}{\Theta(R)}} (-\log \lambda)^{-d}.$$

Moreover, since

$$\|f\|_2^2 = \|f_1\|_2^2 + \|f_2\|_2^2 \leq e^{\frac{2C(d)}{q}} (\|f\|_{L^2(\mathcal{S})} + \|f_2\|_2)^{2\kappa} (A \|f\|_2)^{2(1-\kappa)} + \|f_2\|_2^2$$

and

$$\|f_2\|_2 \leq e^{-\Theta(R)R} \|e^{\Theta(\xi)|\xi|_1} \hat{f}\|_2 \leq A e^{-\Theta(R)R} \|f\|_2 \leq \frac{1}{2} \|f\|_2,$$

where we chose  $R$  large enough depending on  $A \geq 1$ , it follows that

$$\|f\|_2^2 \leq 2e^{\frac{2C(d)}{q}} (\|f\|_{L^2(\mathcal{S})} + A e^{-\Theta(R)R} \|f\|_2)^{2\kappa} (A \|f\|_2)^{2(1-\kappa)},$$

whence

$$\begin{aligned} \|f\|_2 &\leq 2^{\frac{1}{2\kappa}} A^{\frac{1-\kappa}{\kappa}} e^{\frac{C(d)}{\kappa q}} (\|f\|_{L^2(\mathcal{S})} + A e^{-\Theta(R)R} \|f\|_2) \\ &= 2^{\frac{1}{2\kappa}} A^{\frac{1-\kappa}{\kappa}} e^{\frac{C(d)}{\kappa q}} \|f\|_{L^2(\mathcal{S})} + \exp(-T(R)) \|f\|_2, \end{aligned}$$

with

$$\begin{aligned} T(R) &= \Theta(R)R - \frac{C(d)}{\kappa q} - \kappa^{-1} \log(\sqrt{2}A) \\ &= \Theta(R)R - \left( \frac{2\pi C(d)}{\Theta(R)} + \log(\sqrt{2}A) \right) e^{\frac{2\pi C(d)}{\Theta(R)}} (-\log \lambda)^d. \end{aligned}$$

In addition to  $2A \leq e^{\Theta(R)R}$  we require that  $T(R) \geq 1$ . These conditions hold for sufficiently large  $R$ .  $\square$

The proof of the corollary gives an explicit and effective dependence of the constant  $C(d, \alpha, A, \lambda)$  on  $A, \lambda$ , but we have no need for it. Corollary 3.6 follows (perhaps with a different dependence on the constants) from a quantitative version of the Logvinenko–Sereda theorem; see, e.g., [Kovrijkine 2001; Muscalu and Schlag 2013]. The results in the next section, however, do not.

#### 4. Uncertainty principle with thin Fourier support

We begin with the concept of a damping function.

**Definition 4.1.** Let  $\Theta$  be as in Corollary 3.6, with  $\alpha \in (0, 1)$  fixed. Let  $Y \subset \mathbb{R}^d$ . We say that  $Y$  *admits a damping function* with parameters  $c_1, c_2, c_3$ , all falling into the interval  $(0, 1)$ , if there exists a function  $\psi \in L^2(\mathbb{R}^d)$  satisfying

- $\text{supp}(\psi) \subset [-c_1, c_1]^d$ ,
- $\|\widehat{\psi}\|_{L^2([-1, 1]^d)} \geq c_2$ ,
- $|\widehat{\psi}(\xi)| \leq \langle \xi \rangle^{-d}$  for all  $\xi \in \mathbb{R}^d$ ,
- $|\widehat{\psi}(\xi)| \leq \exp(-c_3 \Theta(|\xi|_1) |\xi|_1)$  for all  $\xi \in Y$ .

**Lemma 4.1.** Fix  $c_1 \in (0, \frac{1}{2}]$  and for each integer vector  $n = (n_1, \dots, n_d) \in \mathbb{Z}^d$ ,  $d \geq 2$ , let

$$I_n \subset \prod_{j=1}^d [n_j, n_j + 1]$$

be a square with side length  $2c_1$ . Define  $\mathcal{S} := \bigcup_{n \in \mathbb{Z}^d} I_n$ . Suppose  $Y \subset \mathbb{R}^d$  is such that  $Y + [-2, 2]^d$  admits a damping function with parameters  $c_1$ , and  $c_2, c_3 \in (0, 1)$ . Then every  $f \in L^2(\mathbb{R}^d)$  with  $\text{supp}(\widehat{f}) \subset Y$  satisfies

$$\begin{aligned} \|\widehat{f}\|_{L^2([-1, 1]^d)}^2 &\leq C(d) c_2^{-2} \langle R \rangle^{2d} e^{\frac{4\pi C(d)}{c_3 \Theta(R)}} \left( \|\mathbb{1}_{\mathcal{S}} f\|_{H^{-d}}^{2\kappa} \|f\|_{H^{-d}}^{2(1-\kappa)} + \exp(-2c_3 \kappa \Theta(R) R) \|f\|_{H^{-d}}^2 \right) \end{aligned} \quad (4-1)$$

and  $\kappa = e^{-2\pi C(d)/(c_3 \Theta(R))} (-d \log c_1)^{-d}$ , provided  $R \geq (2d/c_3)^2$  and  $0 < c_3 \leq c_3^*(d) := 2\pi q_*$ , where  $q_*$  is as in Proposition 3.5.

*Proof.* Let  $\eta \in [-2, 2]^d$ . Set  $f_\eta(x) := e^{2\pi i x \cdot \eta} f(x)$ , and  $g_\eta := f_\eta * \psi$ , where  $\psi$  is the damping function as in Definition 4.1 associated with  $Y + [-2, 2]^d$ . Split  $g_\eta$  into

$$\begin{aligned} g_\eta &= g_1 + g_2, \\ \text{supp}(\widehat{g}_1) &\subset \{\xi \in \mathbb{R}^d : |\xi|_1 \leq R\}, \quad \text{supp}(\widehat{g}_2) \subset \{\xi \in \mathbb{R}^d : |\xi|_1 > R\}, \end{aligned} \quad (4-2)$$

where  $2\pi q = c_3\Theta(R)$ . Note that our assumption  $c_3 \leq 2\pi q_*$  guarantees that  $q \leq q_*$  holds for any  $R \geq 1$ . Note also that since  $\text{supp}(\psi) \subset [-c_1, c_1]^d$ , we have  $\mathbb{1}_{S'} g_\eta = \mathbb{1}_{S'}(\mathbb{1}_S f_\eta * \psi)$ , where  $S' := \bigcup_{n \in \mathbb{Z}^d} I'_n$ , with  $I'_n$  a square with the same center as  $I_n$ , but half the side length. By Proposition 3.5 with  $\lambda = c_1^d$  one has

$$\|g_\eta\|_2^2 = \|g_1\|_2^2 + \|g_2\|_2^2 \leq e^{\frac{2C(d)}{q}} (\|g_\eta\|_{L^2(S')} + \|g_2\|_2)^{2\kappa} \|e^{2\pi q|\xi|_1} \hat{g}_1\|_2^{2(1-\kappa)} + \|g_2\|_2^2, \quad (4-3)$$

with

$$0 < \kappa \leq e^{-\frac{C(d)}{q}} (-d \log c_1)^{-d} = e^{-\frac{2\pi C(d)}{c_3\Theta(R)}} (-d \log c_1)^{-d},$$

$C(d)$  some absolute constant. By construction,  $\text{supp}(\hat{f}_\eta) \subset Y + \eta \subset Y + [-2, 2]^d$ ; hence

$$|\hat{g}_\eta(\xi)| \leq |\hat{f}_\eta(\xi)| \exp(-c_3\Theta(|\xi|_1)|\xi|_1) \quad \text{for all } \xi \in \mathbb{R}^d,$$

whence

$$\|e^{2\pi q|\xi|_1} \hat{g}_1\|_2 = \|e^{c_3\Theta(R)|\xi|_1} \hat{g}_1\|_2 \leq \sup_{|\xi|_1 \leq R} \langle \xi \rangle^d \|f_\eta\|_{H^{-d}} \leq \langle R \rangle^d \|f_\eta\|_{H^{-d}},$$

$$\|g_2\|_2 \leq \sup_{|\xi|_1 \geq R} \exp(-c_3\Theta(|\xi|_1)|\xi|_1) \langle \xi \rangle^d \|f_\eta\|_{H^{-d}} \leq \exp(-c_3\Theta(R)R) \langle R \rangle^d \|f_\eta\|_{H^{-d}},$$

where we used that  $|\xi|_2 \leq |\xi|_1$ , and that  $r \mapsto \exp(-c_3\Theta(r)r) \langle r \rangle^d$  is decreasing for large  $r$ . To be specific,

$$\exp(-c_3\Theta(r)r) \langle r \rangle^d = \exp(-h(r)), \quad h(r) = c_3(\log(2+r))^{-\alpha} r - \frac{d}{2} \log(1+r^2).$$

Differentiating, we obtain

$$\begin{aligned} h'(r) &= c_3(\log(2+r))^{-\alpha} \left[ 1 - \frac{\alpha r}{2+r} (\log(2+r))^{-1} \right] - \frac{dr}{1+r^2} \\ &\geq \frac{c_3}{2} (\log(2+r))^{-\alpha} - dr^{-1} \geq \frac{c_3}{2} (\log(2+r))^{-1} - dr^{-1}, \end{aligned}$$

where we used that

$$\frac{\alpha r}{2+r} (\log(2+r))^{-1} \leq \frac{1}{2}$$

for all  $r \geq 0$ . One has  $u > \log(2+u^2)$  for  $u \geq 2$ , say. Hence, if  $r \geq (2d/c_3)^2$ , then

$$\frac{c_3}{2} (\log(2+r))^{-1} - dr^{-1} > 0$$

and thus  $h'(r) > 0$ . So it suffices to assume that  $R \geq (2d/c_3)^2$ .

Inserting these bounds into (4-3) yields

$$\begin{aligned} \|g_\eta\|_2^2 &\leq e^{\frac{2C(d)}{q}} (\|\mathbb{1}_S f_\eta\|_{H^{-d}} + \exp(-c_3\Theta(R)R) \langle R \rangle^d \|f_\eta\|_{H^{-d}})^{2\kappa} (\langle R \rangle^d \|f_\eta\|_{H^{-d}})^{2(1-\kappa)} \\ &\quad + \exp(-2c_3\Theta(R)R) \langle R \rangle^{2d} \|f_\eta\|_{H^{-d}}^2. \end{aligned}$$

Since  $\sup_{\eta \in [-2, 2]^d} \|f_\eta\|_{H^{-d}} \leq C(d) \|f\|_{H^{-d}}$ , we can simplify this further:

$$\|g_\eta\|_2^2 \leq C(d) \langle R \rangle^{2d} e^{\frac{4\pi C(d)}{c_3\Theta(R)}} (\|\mathbb{1}_S f\|_{H^{-d}}^{2\kappa} \|f\|_{H^{-d}}^{2(1-\kappa)} + \exp(-2c_3\kappa\Theta(R)R) \|f\|_{H^{-d}}^2). \quad (4-4)$$

Finally,

$$\begin{aligned} \|\hat{f}\|_{L^2([-1,1]^d)}^2 &\leq c_2^{-2} \int_{[-1,1]^d} |\hat{f}(\xi)|^2 d\xi \int_{[-1,1]^d} |\hat{\psi}(\xi)|^2 d\xi \\ &\leq c_2^{-2} \int_{[-1,1]^d} \int_{[-2,2]^d} |\hat{f}(\xi - \eta)|^2 |\hat{\psi}(\xi)|^2 d\eta d\xi \\ &\leq c_2^{-2} \int_{[-2,2]^d} \int_{\mathbb{R}^d} |\hat{f}(\xi - \eta)|^2 |\hat{\psi}(\xi)|^2 d\xi d\eta = c_2^{-2} \int_{[-2,2]^d} \|g_\eta\|_2^2 d\eta, \end{aligned}$$

and we are done.  $\square$

We now remove the localization in Fourier space on the left-hand side of (4-1) in order to obtain the main result of this section.

**Corollary 4.2.** *Fix  $c_1 \in (0, \frac{1}{2}]$  and for each integer vector  $n = (n_1, \dots, n_d) \in \mathbb{Z}^d$ ,  $d \geq 2$ , let*

$$I_n \subset \prod_{j=1}^d [n_j, n_j + 1)$$

*be a square with side length  $2c_1$ . Define  $\mathcal{S} := \bigcup_{n \in \mathbb{Z}^d} I_n$ . Suppose  $Y \subset [-\alpha_1, \alpha_1]^d \subset \mathbb{R}^d$  with  $\alpha_1 \geq 1$  is such that  $Y + [-2, 2]^d + \eta$  admits a damping function with parameters  $c_1$ , and  $c_2, c_3 \in (0, 1)$  for each  $\eta \in [-\alpha_1 - 1, \alpha_1 + 1]^d$ . Assume further that  $0 < c_3 < c_3^*(d) \ll 1$ , with  $c_3^*(d)$  as in Lemma 4.1. Then every  $f \in L^2(\mathbb{R}^d)$  with  $\text{supp}(\hat{f}) \subset Y$  satisfies*

$$\|f\|_2 \leq C_* \|f\|_{L^2(\mathcal{S})}, \quad (4-5)$$

*with constant  $C_*$  depending only on  $d, c_1, c_2, c_3, \alpha$  explicitly as in (4-15).*

*Proof.* Let  $\ell \in (2\mathbb{Z})^d$  be such that  $\ell + [-1, 1]^d \cap [-\alpha_1, \alpha_1]^d \neq \emptyset$  and define  $f_\ell(x) := e^{2\pi i x \cdot \ell} f(x)$  so that  $\hat{f}_\ell(\xi) = \hat{f}(\xi - \ell)$  and  $\text{supp}(\hat{f}_\ell) \subset Y + \ell$ . In order to apply Lemma 4.1, we also need to ensure that  $Y + [-2, 2]^d + \ell$  admits a damping function. This, however, follows from our assumptions. Hence, for each such  $\ell$ ,

$$\begin{aligned} \|\hat{f}\|_{L^2([-1,1]^d + \ell)}^2 &\leq C(d) c_2^{-2} \langle R \rangle^{2d} e^{\frac{4\pi C(d)}{c_3 \Theta(R)}} (\|\mathbb{1}_{\mathcal{S}} f_\ell\|_{H^{-d}}^{2\kappa} \|f_\ell\|_{H^{-d}}^{2(1-\kappa)} + \exp(-2c_3\kappa\Theta(R)R) \|f_\ell\|_{H^{-d}}^2) \quad (4-6) \end{aligned}$$

and  $\kappa = e^{-2\pi C(d)/(c_3 \Theta(R))} (-d \log c_1)^{-d}$ , provided  $R \geq (2d/c_3)^2$ . Summing over  $\ell \in (2\mathbb{Z})^d$ , and using Hölder's inequality yields

$$\begin{aligned} \|f\|_2^2 &\leq C(d) c_2^{-2} \langle R \rangle^{2d} e^{\frac{4\pi C(d)}{c_3 \Theta(R)}} (\|\mathbb{1}_{\mathcal{S}} f\|_2^{2\kappa} \|f\|_2^{2(1-\kappa)} + \exp(-2c_3\kappa\Theta(R)R) \|f\|_2^2) \\ &= C(d) c_2^{-2} \langle R \rangle^{2d} e^{\frac{4\pi C(d)}{c_3 \Theta(R)}} \|\mathbb{1}_{\mathcal{S}} f\|_2^{2\kappa} \|f\|_2^{2(1-\kappa)} + C(d) c_2^{-2} \langle R \rangle^{2d} e^{\frac{4\pi C(d)}{c_3 \Theta(R)}} e^{-2c_3\kappa\Theta(R)R} \|f\|_2^2. \quad (4-7) \end{aligned}$$

Suppose further that  $R$  satisfies

$$R \geq R_0(d, c_1, c_2, c_3, \alpha) := \max \begin{cases} \text{(i)} & \exp \left[ \left( \frac{16\pi C(d)}{c_3} \right)^{\frac{1}{1-\alpha}} \right], \\ \text{(ii)} & \exp(4^{\frac{1}{1-\alpha}}), \\ \text{(iii)} & \left( \frac{(-d \log c_1)^d}{c_3} \right)^8, \\ \text{(iv)} & \left( 4 \log \frac{2C(d)}{c_2^2} \right)^2, \\ \text{(v)} & (8d)^4. \end{cases} \quad (4-8)$$

Note that (i), (ii), (iii) of (4-8) imply

$$e^{-\frac{2\pi C(d)}{c_3 \Theta(R)}} (R+2)^{\frac{1}{4}} \geq 1, \quad \Theta(R)(R+2)^{\frac{1}{8}} \geq 1, \quad \text{and} \quad \frac{c_3}{(-d \log c_1)^d} (R+2)^{\frac{1}{8}} \geq 1, \quad (4-9)$$

respectively. Hence multiplying the three inequalities of (4-9) yields

$$c_3 \kappa \Theta(R)(R+2) \geq \sqrt{R+2} \quad \text{or} \quad \kappa \geq (c_3 \Theta(R) \sqrt{R+2})^{-1}, \quad (4-10)$$

and thus

$$e^{2c_3 \kappa \theta(R) R} \geq e^{c_3 \kappa \theta(R) (R+2)} \geq e^{\sqrt{R+2}}. \quad (4-11)$$

One also derives from (iv), (v) and (i) that

$$\frac{1}{4} \sqrt{R+2} \geq \log \frac{2C(d)}{c_2^2}, \quad \frac{1}{2} \sqrt{R+2} \geq 2d \log(R+2) \geq \log \langle R \rangle^{2d}, \quad \text{and} \quad \frac{1}{4} \sqrt{R+2} \geq \frac{4\pi C(d)}{c_3 \Theta(R)}, \quad (4-12)$$

respectively. Hence by summing up the three inequalities of (4-12), and exponentiating, we obtain

$$e^{\sqrt{R+2}} \geq 2C(d) c_2^{-2} \langle R \rangle^{2d} e^{\frac{4\pi C(d)}{c_3 \Theta(R)}}. \quad (4-13)$$

Combining (4-11) with (4-13), we arrive at

$$C(d) c_2^{-2} \langle R \rangle^{2d} e^{\frac{4\pi C(d)}{c_3 \Theta(R)}} e^{-2c_3 \kappa \Theta(R) R} \leq \frac{1}{2}.$$

Thus (4-7) yields

$$\|f\|_2 \leq (2C(d) c_2^{-2} \langle R \rangle^{2d} e^{\frac{4\pi C(d)}{c_3 \Theta(R)}})^{\frac{1}{2\kappa}} \|\mathbb{1}_S f\|_2.$$

Combining the estimate of  $\kappa$  in (4-10) with (4-13), we obtain

$$(2C(d) c_2^{-2} \langle R \rangle^{2d} e^{\frac{4\pi C(d)}{c_3 \Theta(R)}})^{\frac{1}{2\kappa}} \leq e^{\frac{c_3 \Theta(R)(R+2)}{2}}.$$

Now we take  $R_0$  as in (4-8) and define  $R_1$  as

$$R_1(d, c_1, c_2, c_3, \alpha) := \max \left( \left( \frac{2d}{c_3} \right)^2, R_0(d, c_1, c_2, c_3, \alpha) \right). \quad (4-14)$$

Then

$$\|f\|_2 \leq C_*(d, c_1, c_2, c_3, \alpha) \|\mathbb{1}_S f\|_2,$$

with

$$C_*(d, c_1, c_2, c_3, \alpha) = e^{\frac{c_3 \Theta(R_1)(R_1+2)}{2}}, \quad (4-15)$$

as claimed.  $\square$

## 5. FUP assuming damping functions on $Y$

In this section we prove, by the same iteration as in [Bourgain and Dyatlov 2018], the fractal uncertainty principle for sets  $X \subset [-1, 1]^d$  and  $Y \subset [-N, N]^d$ . On  $Y$  we do not impose a geometric condition. Rather, in this section we still restrict ourselves to assuming the existence of damping functions living on  $Y$ , as well as on sets derived from  $Y$  through translations and dilations; see Definition 4.1. On  $X$  we impose a certain tree structure “with gaps”; see [Bourgain and Dyatlov 2018, Lemma 2.10].

**Definition 5.1.** We say that  $X \subset [-1, 1]^d \subset \mathbb{R}^d$  is porous at scale  $L \geq 3$  with depth  $n$ , where  $L$  is an integer, if the following holds: denote by  $\mathcal{C}_n$  the cubes obtained from  $[-1, 1]^d$  by partitioning it into congruent cubes of side length  $L^{-n}$ . Thus,  $\#\mathcal{C}_n = 2^d L^{nd}$ . The condition on  $X$  is that for all  $Q \in \mathcal{C}_n$  with  $Q \cap X \neq \emptyset$ , there exists  $Q' \in \mathcal{C}_{n+1}$  so that  $Q' \subset Q$  and  $Q' \cap X = \emptyset$ .

It is shown in [Bourgain and Dyatlov 2018] that sets  $X \subset \mathbb{R}$  obeying the  $\delta$ -regularity condition on scales  $N^{-1}$  to 1 (see Definition 6.1) satisfy this porosity property at depth  $n$  for all  $n \geq 0$  with  $L^{n+1} \leq N$ . We include a  $d$ -dimensional analogy in Appendix A; see Lemma A.7. We can now formulate the fractal uncertainty principle, conditionally on the existence of damping functions in  $Y$ . As in [Bourgain and Dyatlov 2018] the argument is based on an induction on scales, where at each step a small gain is achieved by means of Corollary 4.2. Recall that  $\alpha \in (0, 1)$  is the parameter from the damping function.

**Theorem 5.1.** Let  $X \subset [-1, 1]^d \subset \mathbb{R}^d$  be porous at scale  $L \geq 3$  with depth  $n$  for all  $n \geq 0$  with  $L^{n+1} \leq N$ . Suppose  $Y \subset [-N, N]^d$  is such that for all  $n \geq 0$  with  $L^{n+1} \leq N$  one has that for all

$$\eta \in [-NL^{-n} - 3, NL^{-n} + 3]^d$$

the set

$$L^{-n}Y + [-4, 4]^d + \eta \tag{5-1}$$

admits a damping function with parameters  $c_1 = (2L)^{-1} \in (0, \frac{1}{2}]$ , and  $c_2, c_3 \in (0, 1)$ . Assume  $0 < c_3 < c_3^*(d)$  as in Corollary 4.2. Then there exists  $\beta = \beta(L, c_2, c_3, d, \alpha) > 0$  and  $\tilde{C} = \tilde{C}(L, c_2, c_3, d, \alpha) > 0$  so that any  $f \in L^2(\mathbb{R}^d)$  with  $\text{supp}(\hat{f}) \subset Y$  satisfies

$$\|f\|_{L^2(X)} \leq \tilde{C} N^{-\beta} \|f\|_{L^2(\mathbb{R}^d)} \tag{5-2}$$

for all  $N \geq N_0(L, c_2, c_3, d, \alpha)$ .

*Proof.* We pick a nonnegative Schwartz function  $\varphi$  in  $\mathbb{R}^d$  with  $\text{supp}(\hat{\varphi}) \subset [-1, 1]^d$  and  $\hat{\varphi}(0) = 1$ . With  $T \in \mathbb{N}$  to be determined, we set  $\psi(x) := L^{Td} \varphi(L^T x)$  so that  $\text{supp}(\hat{\psi}) \subset [-L^T, L^T]^d$ . Let

$$\mathcal{S}_n := \bigcup_{\substack{Q \in \mathcal{C}_n \\ Q \cap X \neq \emptyset}} Q \quad \text{and} \quad \mathcal{S}_n^* := \mathcal{S}_n + \left[ -\frac{L^{-n}}{10}, \frac{L^{-n}}{10} \right]^d, \tag{5-3}$$

and define  $\Psi_n := \psi_n * \mathbb{1}_{\mathcal{S}_{n+1}^*}$ , where  $\psi_k(x) := L^{kd} \psi(L^k x)$ . There exists a constant  $C_\varphi$  depending only on  $\varphi$  such that for any  $n \geq 0$

$$\Psi_n \geq \left( 1 - \frac{C_\varphi}{L^{T-1}} \right) \mathbb{1}_X.$$

Thus, for all  $m \geq 1$ ,

$$\prod_{n=0}^{m-1} \Psi_n \geq \left(1 - \frac{C_\varphi}{L^{T-1}}\right)^m \mathbb{1}_X. \quad (5-4)$$

Moreover, if  $Q \in \mathcal{C}_{n+1}$  with  $n \geq 0$  satisfies  $Q \cap X = \emptyset$ , denote by  $Q^*$  the cube with the same center as  $Q$ , but half the side length, i.e., of side length  $L^{-(n+1)}/2$ . Denote the collection of all such cubes  $Q^*$  by  $U_{n+1}$ . By the definitions of  $S_{n+1}^*$  and  $Q^*$ , we clearly have

$$S_{n+1}^* \cap (U_{n+1} + [-\frac{1}{10}L^{-(n+1)}, \frac{1}{10}L^{-(n+1)}]^d) = \emptyset.$$

Then for  $x \in U_{n+1}$ , and a constant  $c_\varphi$  that depends on  $\varphi$  only, we have

$$\begin{aligned} \Psi_n(x) &= \int_{\mathbb{R}^d} \varphi_{n+T}(x) \mathbb{1}_{S_{n+1}^*}(x-y) dy \\ &= \int_{\mathbb{R}^d} \varphi(y) \mathbb{1}_{S_{n+1}^*}(x - L^{-(n+T)}y) dy \\ &\leq \int_{\mathbb{R}^d \setminus [-\frac{1}{10}L^{T-1}, \frac{1}{10}L^{T-1}]^d} \varphi(y) dy \leq \frac{c_\varphi}{L^{T-1}}, \end{aligned} \quad (5-5)$$

uniformly in  $n$ .

Let  $f \in L^2(\mathbb{R}^d)$  with  $\text{supp}(\hat{f}) \subset Y$ . Then for  $m \geq 1$ ,

$$f_m := \prod_{n=0}^{m-1} \Psi_{nT} \cdot f$$

satisfies

$$\begin{aligned} \text{supp}(\hat{f}_m) &\subset Y + \sum_{n=0}^{m-1} \text{supp}(\hat{\psi}_{nT}) \\ &\subset Y + \sum_{n=0}^{m-1} [-L^{(n+1)T}, L^{(n+1)T}]^d = Y + \ell_m [-1, 1]^d, \end{aligned} \quad (5-6)$$

where

$$\ell_m := L^T \frac{L^{mT} - 1}{L^T - 1}.$$

One has  $f_{m+1} = \Psi_{mT} f_m$  for all  $m \geq 0$  with  $f_0 = f$ . We claim that there exists  $\gamma_0 = \gamma_0(L, d, c_1, c_2, c_3) \in (0, 1)$  with

$$\|f_{m+1}\|_{L^2([-1, 1]^d)} \leq (1 - \gamma_0) \|f_m\|_{L^2([-1, 1]^d)}. \quad (5-7)$$

Define  $g_m(x) := f_m(L^{mT} x)$ . Then

$$\text{supp}(\hat{g}_m) \subset L^{-mT} Y + \ell_m L^{-mT} [-1, 1]^d \subset L^{-mT} Y + [-2, 2]^d, \quad (5-8)$$

where we used

$$\ell_m L^{-mT} \leq \frac{L^T}{L^T - 1} \leq 2.$$

In particular, assuming also that  $L^{mT} \leq N$ ,

$$\text{supp}(\hat{g}_m) \subset [-NL^{-mT}, NL^{-mT}]^d + [-2, 2]^d = [-NL^{-mT} - 2, NL^{-mT} + 2]^d,$$

where  $NL^{-mT} + 2$  will be our parameter  $\alpha_1$  in Corollary 4.2.

Under this rescaling, the cubes in  $\mathcal{C}_{mT}$  turn into unit cubes. Assuming further  $L^{mT+1} \leq N$ , the porosity condition at scale  $L$  with depth  $mT$  ensures that we always have a “missing cube” of side length  $L^{-1}$  inside. In view of our definition of  $Q^*$ , we only use the concentric cube of half that side length. In view of the conditions on  $Y$  in the theorem we can apply Corollary 4.2 to  $g_m$  to obtain the following: with all norms being taken locally on  $[-1, 1]^d$ , and with  $U_{mT+1}$  the missing cubes of the next generation as above,

$$\begin{aligned} \|\Psi_{mT} f_m\|_2^2 &\leq \|\Psi_{mT}\|_\infty^2 \|f_m\|_{L^2([-1, 1]^d \setminus U_{mT+1})}^2 + \|\Psi_{mT}\|_{L^\infty(U_{mT+1})}^2 \|f_m\|_{L^2(U_{mT+1})}^2 \\ &\leq \|f_m\|_{L^2([-1, 1]^d \setminus U_{mT+1})}^2 + \|\Psi_{mT}\|_{L^\infty(U_{mT+1})}^2 \|f_m\|_{L^2(U_{mT+1})}^2 \\ &= \|f_m\|_{L^2([-1, 1]^d)}^2 - (1 - \|\Psi_{mT}\|_{L^\infty(U_{mT+1})}^2) \|f_m\|_{L^2(U_{mT+1})}^2 \\ &\leq \left(1 - C_*^{-2} \left(1 - \frac{c_\varphi^2}{L^{2(T-1)}}\right)\right) \|f_m\|_2^2. \end{aligned} \tag{5-9}$$

To obtain this estimate, we used that

$$\|\Psi_{mT}\|_\infty \leq 1, \quad \|\Psi_{mT}\|_{L^\infty(U_{mT+1})} \leq \frac{c_\varphi}{L^{T-1}},$$

and

$$\|f_m\|_{L^2(U_{mT+1})} \geq C_*^{-1} \|f_m\|_2^2,$$

with  $C_* = C_*(d, L, c_2, c_3, \alpha)$  by Corollary 4.2. Choosing

$$\gamma_0(T) := \frac{1 - c_\varphi^2/L^{2(T-1)}}{2C_*^2}, \tag{5-10}$$

and using  $(1 - x)^{1/2} \leq 1 - x/2$  for  $0 \leq x \leq 1$ , we have

$$\left(1 - C_*^{-2} \left(1 - \frac{c_\varphi^2}{L^{2(T-1)}}\right)\right)^{\frac{1}{2}} \leq 1 - \gamma_0(T).$$

This establishes the claim (5-7).

Applying (5-7) iteratively and using (5-4), we obtain

$$\begin{aligned} \|f\|_{L^2(X)} &\leq \left(1 - \frac{C_\varphi}{L^{T-1}}\right)^{-(m+1)} \left\| \prod_{n=0}^m \Psi_n f \right\|_{L^2(X)} \\ &\leq \left[ \left(1 - \frac{C_\varphi}{L^{T-1}}\right)^{-1} (1 - \gamma_0(T)) \right]^{m+1} \|f\|_2 \leq \left(1 - \frac{\gamma_0(T)}{2}\right)^{m+1} \|f\|_2. \end{aligned} \tag{5-11}$$

In the last inequality we used

$$1 - \gamma_0(T) \leq 1 - \frac{\gamma_0(T)}{2} - \frac{C_\varphi}{L^{T-1}} \leq \left(1 - \frac{\gamma_0(T)}{2}\right) \left(1 - \frac{C_\varphi}{L^{T-1}}\right),$$

which requires

$$L^{T-1} - \frac{c_\varphi^2}{L^{T-1}} \geq 4C_\varphi C_*^2 \quad \text{or} \quad T \geq T_0(d, L, c_2, c_3, \alpha) := \left\lceil \frac{\log(2C_\varphi C_*^2 + \sqrt{4C_\varphi^2 C_*^4 + c_\varphi^2})}{\log L} \right\rceil. \quad (5-12)$$

Finally, for any  $T \geq T_0$ , taking  $m \in \mathbb{N}$  be such that  $L^{mT+1} \leq N < L^{(m+1)T+1}$ , (5-11) yields (5-2) with

$$\beta = -\frac{\log(1 - \gamma_0(T)/2)}{T \log L}, \quad (5-13)$$

and

$$\tilde{C} = \left(1 - \frac{\gamma_0(T)}{2}\right)^{-\frac{1}{T}}, \quad (5-14)$$

as claimed. In the current theorem, we could simply choose  $T = T_0$ . The flexibility of choosing  $T$  will simplify our computations in our proof of Theorem 1.2.  $\square$

## 6. Geometry of $Y$ and damping functions

**6A. Regular sets.** We will call a set  $I = [a_1, b_1] \times [a_2, b_2] \times \cdots \times [a_d, b_d]$  of equal side lengths a  $d$ -dimensional cube in  $\mathbb{R}^d$ ; we denote its side length by  $r_I$ .

Recall the notion of  $\delta$ -regularity from [Bourgain and Dyatlov 2018, Definition 1.1]; below is a  $d$ -dimensional analogy.

**Definition 6.1.** Suppose  $X \subset \mathbb{R}^d$ ,  $X \neq \emptyset$  is closed, and  $0 < \delta < d$ ,  $C_R \geq 1$ ,  $0 \leq \alpha_0 \leq \alpha_1 \leq \infty$ . Then  $X$  is  $\delta$ -regular on scales  $\alpha_0$  to  $\alpha_1$ , with constant  $C_R$ , if there exists a Borel measure  $\mu_X$  with the following properties:

- $\mu_X$  is supported on  $X$ .
- $\mu_X(I) \leq C_R r_I^\delta$  for each  $d$ -dimensional cube  $I$  of side length  $\alpha_0 \leq r_I \leq \alpha_1$ .
- $\mu_X(I) \geq C_R^{-1} r_I^\delta$  for each  $d$ -dimensional cube  $I \subset \mathbb{R}^d$ , centered at a point in  $X$  and of side length  $\alpha_0 \leq r_I \leq \alpha_1$ .

See [Bourgain and Dyatlov 2018, Section 2.2] for the geometry of such sets in  $\mathbb{R}$ . Loosely speaking, they behave like  $\delta$ -dimensional fractal sets. The properties of  $\delta$ -regular sets carry over to higher dimensions. We include some properties in Appendix A.

**6B. Geometry of  $Y$  and damping functions.** Bourgain and Dyatlov observed that  $\delta$ -regular sets on  $\mathbb{R}$  admit damping functions as in Definition 4.1 above with  $\alpha = (1 + \delta)/2$ . They obtained these functions as a consequence of the Beurling–Malliavin theorem [1962]. However, one does not need the full strength of this theorem. To be more precise, in place of the original Beurling–Malliavin condition  $\|(\log \omega)'\|_\infty < \infty$ , with  $\omega$  the weight, a much easier proof is possible (via outer functions) if we assume instead that  $\|(H \log \omega)'\|_\infty \ll 1$  where  $H$  is the Hilbert transform on  $\mathbb{R}$ ; see [Mashregi et al. 2005, Section 1.14, Theorem 1]. By means of this technique, Jin and Zhang [2017, Lemma 4.1] proved the following quantitative result on damping functions.

**Lemma 6.1.** *Let  $S \geq 1$  be a constant. Let  $Y \subset [-SN, SN]$  be  $\delta_1$ -regular on scales 2 to  $N$ , with constant  $C_R$ ,  $0 < \delta_1 < 1$ . For any  $0 < c_1 < 1$ ,  $Y$  admits a damping function with  $\alpha = (1 + \delta_1)/2$  and parameters  $c_1$ ,*

$$c_2 = \iota c_1^6, \quad c_3 = \iota c_1 C_R^{-2} \delta_1 (1 - \delta_1), \quad (6-1)$$

where  $\iota > 0$  is some small constant that depends on  $S$ . Instead of the pointwise global decay of  $\langle \xi \rangle^{-1}$  in Definition 4.1, we have

$$|\hat{\psi}(\xi)| \leq \exp(-c_3 \langle \xi \rangle^{\frac{1}{2}}) \quad \text{for all } \xi \in \mathbb{R}. \quad (6-2)$$

In this paper we need a slightly different version, where we have pointwise lower bound of  $|\hat{\psi}(\xi)|$  on  $[-\frac{3}{4}, \frac{3}{4}]$ . The advantage of a pointwise lower bound over an  $L^2$  bound is that it leads to a lower bound of the product of several  $\hat{\psi}$ 's. Let us also note that in Lemma 4.1 of [Jin and Zhang 2017],  $S = 1$ . But it is clear from their proof that it works for any  $S \geq 1$ . We will briefly discuss the changes of constants caused by  $S$  in Appendix B. We need the extra factor  $S$  in our proof of Lemma 6.3.

**Lemma 6.2.** *Let  $S \geq 1$  be a constant. Assume that  $Y \subset [-SN, SN]$  is a  $\delta_1$ -regular set with constant  $C_R$  on scales 2 to  $N$  and  $\delta_1 \in (0, 1)$ . Fix  $0 < c_1 < 1$ ; then there exists a function  $\psi \in L^2(\mathbb{R})$  such that*

$$\begin{aligned} \text{supp } \psi &\subset \left[-\frac{1}{10}c_1, \frac{1}{10}c_1\right], \\ |\hat{\psi}(\xi)| &\leq \exp(-c_3 \langle \xi \rangle^{\frac{1}{2}}) \quad \text{for all } \xi \in \mathbb{R}, \\ |\hat{\psi}(\xi)| &\leq \exp(-c_3 \Theta(|\xi|)|\xi|) \quad \text{for all } \xi \in Y, |\xi| \geq 10, \end{aligned}$$

and

$$|\hat{\psi}(\xi)| \geq c_2 \quad \text{for all } \xi \in \left[-\frac{3}{4}, \frac{3}{4}\right], \quad (6-3)$$

with

$$\alpha = \frac{1 + \delta_1}{2}, \quad c_2 = \iota c_1^{10}, \quad c_3 = \iota c_1 C_R^{-2} \delta_1 (1 - \delta_1),$$

where  $\iota > 0$  is some small constant that depends on  $S$ .

We include the proof of Lemma 6.2 in Appendix B.

In higher dimensions, we reduce ourselves to this one-dimensional setting by taking finite unions of products. For simplicity, we restrict ourselves to two dimensions, although the exact analogue can be done in any finite dimension.

**Definition 6.2.** Pick some  $\varepsilon_0 \in (0, 1)$  and let  $Y \subset \mathbb{R}^2$  be of the form

$$Y \subset \bigcup_{j=1}^m Y_j, \quad \text{where } Y_j = \{\xi_1 \vec{e}_{j,1} + \xi_2 \vec{e}_{j,2} : \xi_i \in Y_{j,i}, i = 1, 2\}. \quad (6-4)$$

Here  $\vec{e}_{j,i} \in \mathbb{S}^1$  with  $|\vec{e}_{j,1} \cdot \vec{e}_{j,2}| < 1 - \varepsilon_0$  for all  $1 \leq j \leq m$ , and  $Y_{j,i}$  are  $\delta_1$ -regular on scales  $\alpha_0$  to  $\alpha_1$  with constant  $C_R$ , where  $0 < \delta_1 < 1$ . In that case  $Y$  is called *admissible on scales  $\alpha_0$  to  $\alpha_1$*  with parameters  $\delta_1, C_R, \varepsilon_0, m$ . In general dimensions, we require that  $\vec{e}_{j,i}$  are unit vectors with  $|\det(\vec{e}_{j,1}, \dots, \vec{e}_{j,d})| \geq \varepsilon_0$ ; see (1-3).

Throughout, we will freeze  $\varepsilon_0$  and constants are allowed to depend on it. The admissible sets on scale 2 to  $N$  that are contained in  $[-N, N]^d$  carry damping functions.

We note that for our proof of Theorem 1.2, we only need  $m = 1$ . We give a construction with arbitrary  $m \geq 1$  here, since the construction itself may be of independent interest.

**Lemma 6.3.** *Let  $Y \subset [-N, N]^2$  be admissible on scales 2 to  $N$  as in Definition 6.2. Then  $Y$  admits a damping function with parameters  $c_1$ ,*

$$c_2 = \iota^{2m+4} c_1^{20m+4} m^{-20m} C_R^{-8} (\delta_1(1-\delta_1))^4,$$

$$c_3 = \iota c_1 m^{-1} C_R^{-2} \delta_1(1-\delta_1),$$

where  $\iota > 0$  is a small constant that depends on  $\varepsilon_0$ .

**Remark 6.4.** For general dimension  $d$ , we can take

$$c_2 = \iota^m c_1^{(10m+2)d} m^{-10md} C_R^{-4d} (\delta_1(1-\delta_1))^{2d},$$

$$c_3 = \iota c_1 m^{-1} C_R^{-2} \delta_1(1-\delta_1),$$

where  $\iota > 0$  is a small constant that depends on  $\varepsilon_0$  and  $d$ .

*Proof.* Let  $\psi_{j,i}$  be the damping function associated with  $Y_{j,i} \subset [-SN, SN]$ , with  $S = S(\varepsilon_0) \geq 1$ , via Lemma 6.2 with parameters  $\tilde{c}_1 := \varepsilon_1 c_1 m^{-1}$ , where  $\varepsilon_1$  is a small parameter depending on  $\varepsilon_0$ , and  $c_2, c_3$  are as given by Lemma 6.2, but in terms of  $\tilde{c}_1$ ; i.e.,

$$c_2 = \iota \varepsilon_1^{10} c_1^{10} m^{-10},$$

$$c_3 = c_1 m^{-1} \iota \varepsilon_1 C_R^{-2} \delta_1(1-\delta_1),$$

where  $\iota$  depends  $\varepsilon_0$ . We will absorb the constant  $\varepsilon_1$  into  $\iota$ . In the following we will also allow  $\iota$  to change its value from line to line, as long as it only depends on  $\varepsilon_0$ .

Denote the coordinates associated with the basis  $\vec{e}_{j,1}, \vec{e}_{j,2}$  by  $(\xi_{j,1}, \xi_{j,2})$ . We set, with  $\xi \in \mathbb{R}^2$ ,

$$\hat{\psi}(\xi) := \prod_{j=1}^m \hat{\psi}_j(\xi), \quad \hat{\psi}_j(\xi) := \widehat{\psi_{j,1}}(\xi_{j,1}) \widehat{\psi_{j,2}}(\xi_{j,2}).$$

Then

$$|\hat{\psi}_j(\xi)| \leq \exp(-c_3 \langle \xi_{j,1} \rangle^{\frac{1}{2}}) \exp(-c_3 \langle \xi_{j,2} \rangle^{\frac{1}{2}}) \leq \exp(-c_3 \langle \xi \rangle^{\frac{1}{2}}), \quad (6-5)$$

where  $c_3$ , more precisely,  $\iota$ , can change its value in the last line depending on  $\varepsilon_0$ . Taking products gives

$$|\hat{\psi}(\xi)| \leq \exp(-mc_3 \langle \xi \rangle^{\frac{1}{2}}) = \exp(-c_1 v \langle \xi \rangle^{\frac{1}{2}}), \quad v = \iota C_R^{-2} \delta_1(1-\delta_1). \quad (6-6)$$

In particular,  $\psi \in L^2(\mathbb{R}^2)$  as well as  $\psi_j \in L^2(\mathbb{R}^2)$ . Since  $\psi_j$  are also compactly supported functions,  $\psi_j \in L^1(\mathbb{R}^2)$ . Hence in the sense of  $L^1$  functions,

$$\psi = \bigstar_{j=1}^m \psi_j,$$

whence

$$\text{supp}(\psi) \subset \sum_{j=1}^m \text{supp}(\psi_j) \subset \sum_{j=1}^m [-c_1 m^{-1}, c_1 m^{-1}]^2 \subset [-c_1, c_1]^2,$$

where we used that each  $\psi_{j,i}$  is a damping function with  $\tilde{c}_1 = \varepsilon_1 c_1 m^{-1}$ . Next, if  $\xi \in Y_j$ , then

$$|\hat{\psi}_j(\xi)| \leq \exp(-c_3 \Theta(|\xi_{j,1}|) |\xi_{j,1}|) \exp(-c_3 \Theta(|\xi_{j,2}|) |\xi_{j,2}|) \leq \exp(-c_3 \Theta(|\xi|_1) |\xi|_1),$$

where again  $\iota$  is allowed to change in the second line. Since  $Y$  is covered by the union of  $Y_j$ , we have

$$|\hat{\psi}(\xi)| \leq \exp(-c_3 \Theta(|\xi|_1) |\xi|_1) \quad \text{for all } \xi \in Y. \quad (6-7)$$

Finally, from (6-3), for each  $1 \leq j \leq m$ ,

$$|\hat{\psi}_j(\xi)| \geq c_2^2 \quad \text{for all } \xi_{j,1}, \xi_{j,2} \in \left[-\frac{3}{4}, \frac{3}{4}\right].$$

Hence,

$$\|\hat{\psi}\|_{L^2([-1,1]^2)} \geq c_2^{2m} |\iota|^{1/2},$$

where  $E$  is the subset of  $[-1, 1]^2$  where all conditions  $\xi_{j,i} \in \left[-\frac{3}{4}, \frac{3}{4}\right]$ ,  $i = 1, 2$ ,  $1 \leq j \leq m$ , are met. Clearly,  $|\iota|^{1/2}$  is some number depending on  $\varepsilon_0$ . It follows that

$$\|\hat{\psi}\|_{L^2([-1,1]^2)} \geq \iota^{2m} c_1^{20m} m^{-20m}, \quad (6-8)$$

where  $\iota$  depends on  $\varepsilon_0$ .

We required  $|\hat{\psi}(\xi)| \leq \langle \xi \rangle^{-2}$  in our definition of damping function; see Definition 4.1. Since for any  $0 < \rho < 1$

$$\exp(-\rho \langle \xi \rangle^{\frac{1}{2}}) \leq 5\rho^{-4} \langle \xi \rangle^{-2},$$

it follows from (6-6) that  $\tilde{\psi} := \frac{1}{5}(c_1 \nu)^4 \psi$  is a damping function in the sense of the definition. Since  $\frac{1}{5}(c_1 \nu)^4 \leq 1$ , the decay (6-7) remains intact, as does the support condition. However, (6-8) needs to be modified:

$$\|\hat{\tilde{\psi}}\|_{L^2([-1,1]^2)} \geq \frac{1}{5}(c_1 \nu)^4 \iota^{2m} c_1^{20m} m^{-20m} = \frac{1}{5} \iota^{2m+4} c_1^{20m+4} m^{-20m} C_R^{-8} (\delta_1(1-\delta_1))^4.$$

Absorbing the  $\frac{1}{5}$  into  $\iota$ , the lemma is proved.  $\square$

Finally, we need to check that  $Y$  remains admissible if it is transformed by the similarities in (5-1).

**Lemma 6.5.** *Let  $Y \subset [-N, N]^d$  with  $N \geq 10$  be admissible on scales 2 to  $N$  with parameters  $\delta_1$ ,  $C_R, \varepsilon_0, m$ . Let  $L \geq 4$  be an integer. Then for all integers  $n \geq 0$  with  $L^{n+1} \leq N$  and for all*

$$\eta \in [-NL^{-n} - 3, NL^{-n} + 3]^d,$$

the set

$$L^{-n} Y + [-4, 4]^d + \eta \subset [-(2NL^{-n} + 7), 2NL^{-n} + 7]^d$$

is admissible at scale  $S(2NL^{-n} + 7)$  with parameters  $\delta_1, 576S^2C_R, \varepsilon_0, m$ , where  $S = S(\varepsilon_0, d) \geq 1$ .

*Proof.* First,

$$L^{-n}Y + [-4, 4]^d + \eta \subset [-2NL^{-n} - 7, 2NL^{-n} + 7]^d$$

for all  $\eta$  as above. Second, by (6-4),

$$L^{-n}Y + [-4, 4]^d + \eta \subset \bigcup_{j=1}^m (L^{-n}Y_j + [-4, 4]^d + \eta),$$

where

$$L^{-n}Y_j = \left\{ \sum_{k=1}^d \xi_k \vec{e}_{j,k} : \xi_k \in L^{-n}Y_{j,k}, k = 1, 2, \dots, d \right\},$$

and

$$L^{-n}Y_j + [-4, 4]^d + \eta \subset \left\{ \sum_{k=1}^d \xi_k \vec{e}_{j,k} : \xi_k \in L^{-n}Y_{j,k} + [-4S, 4S] + \eta_{j,k}, k = 1, 2, \dots, d \right\},$$

where  $S = S(\varepsilon_0, d) \geq 1$  and  $|\eta_{j,k}| \leq S(NL^{-n} + 3)$ . By Lemmas 2.1, 2.2, and 2.3 in [Bourgain and Dyatlov 2018], see also Lemmas A.2, A.3, and A.4 with  $d = 1$ , the sets

$$L^{-n}Y_{j,k} + [-4S, 4S] + \eta_{j,k} \subset [-S(2NL^{-n} + 7), S(2NL^{-n} + 7)]$$

are  $\delta_1$ -regular with constant  $576S^2C_R$  on scales 2 to  $S(2NL^{-n} + 7)$ . Indeed, for  $n \geq 1$ , Lemma A.2 implies that  $L^{-n}Y_{j,k}$  is  $\delta_1$ -regular on scales  $2L^{-n} \leq \frac{1}{2}$  to  $L^{-n}N$  with constant  $C_R$ . Lemma A.4 implies that

$$L^{-n}Y_{j,k} + [-4S, 4S] = L^{-n}Y_{j,k} + 8S\left[-\frac{1}{2}, \frac{1}{2}\right]$$

is  $\delta_1$ -regular on scales 1 to  $L^{-n}N$  with constant  $32SC_R$ . Lemma A.3 allows us to increase the upper scale from  $L^{-n}N$  to  $9SL^{-n}N \geq S(2L^{-n}N + 7)$ , with changing the constant from  $32SC_R$  to  $576S^2C_R$ . Note that shifting a set does not change its  $\delta_1$ -regularity; hence  $L^{-n}Y_{j,k} + [-4S, 4S] + \eta_{j,k}$  is  $\delta_1$ -regular with constant  $576S^2C_R$ . The proof for  $n = 0$  is similar.

The lemma now follows from Definition 6.2.  $\square$

## 6C. Proof of Theorem 1.2.

*Proof.* The proof of Theorem 1.2 is now a corollary to Theorem 5.1 and the considerations in this section, with  $m = 1$ . We will keep track of various constants in order to obtain the effective exponent  $\beta$ .

First, let

$$L := \lceil (2^{\frac{d}{2}} \sqrt{2d+1} C_R)^{\frac{2}{d-8}} \rceil \geq 4$$

be as in (A-3). Lemma A.7 implies that for all  $n \geq 0$  with  $L^{n+1} \leq N$ ,  $X$  is porous at scale  $L$  with depth  $n$ . This verifies the porosity condition on  $X$  in Theorem 5.1.

Combining Lemma 6.3, more specifically Remark 6.4, with Lemma 6.5, we obtain that for any  $n \in \mathbb{N}$  such that  $L^{n+1} \leq N$ , and for all  $\eta \in [-L^{-n}N - 3, L^{-n}N + 3]^d$ , the set

$$L^{-n}Y + [-4, 4]^d + \eta$$

admits a damping function with parameters  $c_1$ ,

$$\begin{aligned} c_2 &= \iota c_1^{12d} (576S^2C_R)^{-4d} (\delta_1(1-\delta_1))^{2d}, \\ c_3 &= \iota c_1 (576S^2C_R)^{-2} \delta_1(1-\delta_1), \end{aligned}$$

where  $\iota$  and  $S$  are constants depending on  $\varepsilon_0$ . We absorb the constant  $S$  into  $\iota$ , and allow  $\iota$  to depend on  $d$  as well. Hence we can simply write

$$\begin{aligned} c_2 &= \iota c_1^{12d} C_R^{-4d} (\delta_1(1-\delta_1))^{2d}, \\ c_3 &= \iota c_1 C_R^{-2} \delta_1(1-\delta_1). \end{aligned}$$

Note that this verifies the condition on  $Y$  in Theorem 5.1.

Before applying Theorem 5.1, let us first determine the constant  $C_*$  in Corollary 4.2 with  $c_1, c_2, c_3$  defined above. Recall that

$$C_* = e^{\frac{c_3 \Theta(R_1)(R_1+2)}{2}},$$

with  $\alpha = (1 + \delta_1)/2$  and let

$$R_1 = \max \begin{cases} \exp \left[ \left( \frac{C_R^2}{\iota c_1 \delta_1 (1-\delta_1)} \right)^{\frac{2}{1-\delta_1}} \right] \\ \exp(4^{\frac{2}{1-\delta_1}}) \\ \left( \frac{C_R^2 (-\log c_1)^d}{\iota c_1 \delta_1 (1-\delta_1)} \right)^8 \\ \left[ 4 \log \left( \frac{C_R^{8d}}{\iota c_1^{24d} (\delta_1(1-\delta_1))^{4d}} \right) \right]^2 \\ (8d)^4 \\ \frac{C_R^4}{\iota c_1^2 (\delta_1(1-\delta_1))^2} \end{cases} \quad (6-9)$$

be as in (4-14), in which we absorb all the  $d$ -dependent constants into  $\iota$ .

Now we can apply Theorem 5.1 with

$$c_1 = (2L)^{-1} = (2 \lceil (2^{\frac{d}{2}} \sqrt{2d+1} C_R)^{\frac{2}{d-\delta}} \rceil)^{-1}.$$

We need to trace out the constant  $\beta$ .

Plugging  $c_1$  into (6-9), and making  $\iota$  smaller if necessary (depending only on  $d$  and  $\varepsilon_0$ ), we have

$$R_1 \leq \exp \left[ \left( \frac{(C_R^2/\iota)^{\frac{2d-2\delta+2}{d-\delta}}}{\delta_1(1-\delta_1)} \right)^{\frac{2}{1-\delta_1}} \right] =: R_2.$$

This implies

$$C_* = \exp(c_1 C_R^{-2} \delta_1(1-\delta_1) \Theta(R_1)(R_1+2)) \leq \exp(R_2).$$

Recall  $T_0$  as in (5-12) and  $\gamma_0$  as in (5-10). We compute that

$$T_0 = \left\lceil \frac{\log(2C_\varphi C_*^2 + \sqrt{4C_\varphi^2 C_*^4 + c_\varphi^2})}{\log L} \right\rceil \leq \frac{2 \log C_* + \log(5C_\varphi)}{\log L} \leq \frac{2R_2 + \log(5C_\varphi)}{\log L} =: T_1, \quad (6-10)$$

and

$$\gamma_0(T_1) = \frac{1 - c_\varphi^2 / L^{2(T_1-1)}}{2C_*^2} \geq \frac{1}{4C_*^2} \geq \frac{1}{4} \exp(-2R_2). \quad (6-11)$$

In both inequalities above, we used  $C_* \leq \exp(R_2)$ .

Recall  $\beta$  as in (5-13). Using that  $-\log(1-x) \geq x$  for  $x < 1$ , we have

$$\beta = -\frac{\log(1 - \gamma_0(T_1)/2)}{T_1 \log L} \geq \frac{\gamma_0(T_1)}{2T_1 \log L}.$$

Combining this with the estimates of  $T_1$  and  $\gamma_0(T_1)$  as in (6-10) and (6-11), we have

$$\beta \geq \exp \left\{ -\exp \left[ \left( \frac{(C_R^2/\iota)^{\frac{2d-2\delta+2}{d-\delta}}}{\delta_1(1-\delta_1)} \right)^{\frac{2}{1-\delta_1}} \right] \right\},$$

with  $\iota$  being a small constant depending on  $\varepsilon_0$  and  $d$ .  $\square$

Corollary 1.3 follows from Theorem 1.2 by the triangle inequality.

**Remark 6.6.** If we try to combine the construction of a damping function for  $m$  covers as in Lemma 6.3, with Theorem 5.1, we could allow  $m$  to grow in  $N$  like  $\log \log \log N$ . This is worse than the power-law growth obtained via the triangle inequality.

**6D. Distortion of  $Y$  by diffeomorphisms.** Let  $\mathcal{F}_\hbar$  be the unitary semiclassical Fourier transform on  $L^2(\mathbb{R}^d)$  defined by

$$\mathcal{F}_\hbar f(\xi) = \hbar^{-\frac{d}{2}} \int_{\mathbb{R}^d} e^{-\frac{2\pi i x \cdot \xi}{\hbar}} f(x) dx = \hbar^{-\frac{d}{2}} \hat{f}\left(\frac{\xi}{\hbar}\right).$$

We will use the following proposition which roughly says that the intersection of an admissible set with a cube is still admissible. We only work with admissible sets with  $m = 1$  throughout this section.

**Proposition 6.7.** *Let  $Y \subset \mathbb{R}^d$  be an admissible set on scales  $N^{-1}$  to 1 with parameters  $\delta_1, C_R, \varepsilon_0$ . Let  $Q \subset \mathbb{R}^d$  be a cube of side length  $r_Q \leq r_0$ . Then*

$$Y \cap Q \subseteq \bigcup_{j=1}^{C(\varepsilon_0, d, r_0)} W_j,$$

where each  $W_j$  is contained in a cube of side length  $C(\varepsilon_0, d)$ , and is admissible on scales  $N^{-1}$  to 1 with parameters  $\delta_1, (4C_R)^{2/(1-\delta_1)} C_R, \varepsilon_0$ .

*Proof.* Let  $Y = \{\sum_{k=1}^d \xi_k \vec{e}_k : \xi_k \in Y_k\}$ , where  $\vec{e}_k \in \mathbb{S}^1$  and  $|\det(\vec{e}_1, \dots, \vec{e}_d)| \geq \varepsilon_0$ . We cover  $Q$  by the smallest parallelepiped  $\tilde{Q}$ , whose edges are determined by  $\vec{e}_1, \dots, \vec{e}_d$ , that contains  $Q$ . We can write  $\tilde{Q} = \{\sum_{k=1}^d \xi_k \vec{e}_k : \xi_k \in \tilde{Q}_k\}$ .

By Lemma A.1, there exist disjoint intervals  $\mathcal{J}_k$  such that

$$Y_k = \bigcup_{J_{k,\ell} \in \mathcal{J}_k} (Y_k \cap J_{k,\ell}), \quad \text{with } (4C_R)^{-\frac{2}{1-\delta_1}} \leq |J_{k,\ell}| \leq 1 \quad \text{for all } J_{k,\ell} \in \mathcal{J}_k,$$

where the  $(Y_k \cap J_{k,\ell})$ 's are  $\delta_1$ -regular sets with constant  $\tilde{C}_R = (4C_R)^{2/(1-\delta_1)} C_R$  on scales  $N^{-1}$  to 1. For any  $\underline{\ell} \in \mathbb{N}^d$ , let  $Y_{\underline{\ell}} := \{\sum_{k=1}^d \xi_k \vec{e}_k : \xi_k \in Y_k \cap J_{k,\ell_k}\}$ . Hence  $Y_{\underline{\ell}}$  is admissible on scales  $N^{-1}$  to 1 with parameters  $\delta_1, \tilde{C}_R, \varepsilon_0$ . Furthermore,  $Y_{\underline{\ell}}$  is contained in a cube of side length  $C(\varepsilon_0, d)$ . Finally note that  $\tilde{Q}_k$  intersects at most finitely many  $J_{k,\ell}$ 's, and this number depends only on  $\varepsilon_0, d$  and  $r_0$ .  $\square$

In this section we prove Theorem 1.4. We need to show that Theorem 1.2 remains valid if an admissible set  $Y$  is distorted by a diffeomorphism  $\Phi_N(x)$  from the cube  $[-N, N]^d \rightarrow [-N, N]^d$ ; see (1-5). The argument is related to Section 4 of [Bourgain and Dyatlov 2018]. Thus, let  $Y = \Phi_N(\tilde{Y})$ , where  $\tilde{Y} \subset [-N, N]^d$  is an admissible set with constants  $C_R, \varepsilon_0$  on scales 1 to  $N$ . Suppose  $f \in L^2(\mathbb{R}^d)$  with  $\text{supp}(\hat{f}) \subset Y$  and set  $\hat{g} := \hat{f} \circ \Phi_N$  so that  $\text{supp}(\hat{g}) \subset \tilde{Y}$ . Furthermore,

$$\begin{aligned} f(x) &= \int_{[-N, N]^d} e^{2\pi i x \cdot \xi} \hat{f}(\xi) d\xi = \int_{[-N, N]^d} e^{2\pi i x \cdot \xi} \hat{g}(\Phi_N^{-1}(\xi)) d\xi \\ &= \int_{[-N, N]^d} e^{2\pi i x \cdot \Phi_N(\eta)} \hat{g}(\eta) |\det(D\Phi_N(\eta))| d\eta. \end{aligned} \quad (6-12)$$

We claim that for some  $\beta > 0$  and  $C > 0$  depending on all the same parameters in Theorem 1.2 as well as on  $D_0$

$$\left\| \int_{[-N, N]^d} e^{2\pi i x \cdot \Phi_N(\eta)} \hat{h}(\eta) d\eta \right\|_{L^2(X)} \leq C N^{-\beta} \|h\|_2 \quad (6-13)$$

for all  $h \in L^2$  with  $\text{supp}(\hat{h}) \subset \tilde{Y}$ , in which  $\tilde{Y} \subset [-N, N]^d$  is an admissible set with constants  $C_R, \varepsilon_0$  on scales 1 to  $N$ . Setting  $\hat{h}(\eta) := \hat{g}(\eta) |\det(D\Phi_N(\eta))|$ , we conclude from (6-13) that

$$\|f\|_{L^2(X)} \leq C N^{-\beta} \|\hat{h}\|_2 \leq C N^{-\beta} \|\hat{f}\|_2 = C N^{-\beta} \|f\|_2,$$

with possibly a different constant. So it remains to prove the claim (6-13). We will prove it from another statement, namely

$$\left\| \int_{[-N, N]^d} e^{2\pi i x \cdot \Phi_N(\eta)} \mathbb{1}_{\tilde{Y}}(\eta) h(\eta) d\eta \right\|_{L^2(X)} \leq C N^{-\beta} \|h\|_2 \quad (6-14)$$

for all  $h \in L^2$ . Notice that by Plancherel we could remove the Fourier transform from  $h$ .

To prove (6-14), divide  $[-N, N]^d = \bigcup_k Q_k$  into congruent cubes of side length  $L_N$  with  $\frac{1}{2}\sqrt{N} \leq L_N \leq \sqrt{N}$ . Let  $\{\chi_k\}_k$  be a partition of unity adapted to these cubes. With  $\eta_k$  being the center of  $Q_k$ ,

$$\begin{aligned} \int_{[-N, N]^d} e^{2\pi i x \cdot \Phi_N(\eta)} \mathbb{1}_{\tilde{Y}}(\eta) h(\eta) d\eta &= \sum_k \int_{\mathbb{R}^d} e^{2\pi i x \cdot \Phi_N(\eta)} \chi_k(\eta) \mathbb{1}_{\tilde{Y}}(\eta) h(\eta) d\eta \\ &= \sum_k \int_{\mathbb{R}^d} e^{2\pi i x \cdot (\Phi_N(\eta_k) + D\Phi_N(\eta_k)(\eta - \eta_k))} a_k(x, \eta) \mathbb{1}_{\tilde{Y}}(\eta) h(\eta) d\eta \\ &=: \sum_k (T_k h)(x), \end{aligned} \quad (6-15)$$

where

$$\begin{aligned} a_k(x, \eta) &:= e^{2\pi i x \cdot R_k(\eta)} \chi_k(\eta), \\ R_k(\eta) &:= \int_0^1 (1-t) \langle D^2 \Phi_N(\eta_k + t(\eta - \eta_k))(\eta - \eta_k), \eta - \eta_k \rangle dt, \end{aligned} \quad (6-16)$$

the latter being the error in the second-order Taylor expansion (we are suppressing the parameter  $N$  here). Then

$$\begin{aligned} \|R_k\|_{L^\infty(\text{supp } \chi_k)} &\leq C = C(d, D_0), \\ \|\partial_x^\alpha a_k(x, \eta)\|_{L^\infty([-1, 1]^d \times \text{supp } \chi_k)} &\leq C(d, D_0, \alpha), \quad \text{diam supp } \chi_k \leq C\sqrt{N}, \end{aligned} \quad (6-17)$$

for every multi-index  $\alpha$ . By Hörmander's variable-coefficient Plancherel theorem,

$$\max_k \|T_k\|_{2 \rightarrow 2} \leq C(d, D_0). \quad (6-18)$$

This follows by the usual  $T^*T$  argument:

$$\begin{aligned} \|T_k h\|_2^2 &= \langle T_k^* T_k h, h \rangle, \\ (T_k^* T_k h)(\eta') &= \int_{\mathbb{R}^d} K_k(\eta', \eta) h(\eta) d\eta, \\ K_k(\eta', \eta) &= \int_{\mathbb{R}^d} e^{2\pi i x \cdot (\Phi_N(\eta) - \Phi_N(\eta'))} \mathbb{1}_{\tilde{Y}}(\eta) \mathbb{1}_{\tilde{Y}}(\eta') \chi_k(\eta) \chi_k(\eta') dx. \end{aligned} \quad (6-19)$$

Since  $\|\Phi_N(\eta) - \Phi_N(\eta')\| \geq D_0^{-1} \|\eta - \eta'\|$  in the sense of Euclidean lengths, repeated integrations by parts yield the decay

$$|K_k(\eta', \eta)| \leq C(d, D_0) \langle \eta - \eta' \rangle^{-d-1},$$

whence (6-18) follows by Schur's test. In particular,  $\|\mathbb{1}_X T_k\|_{2 \rightarrow 2} \leq C$  with the same constant as in (6-18).

Next, we would like to show that  $\mathbb{1}_X T_k$  and  $\mathbb{1}_X T_\ell$  do not interact much for all cubes  $Q_k, Q_\ell$  which are not nearest neighbors. In order to integrate by parts in  $x$ , see (6-19), we need to smooth out  $\mathbb{1}_X$  at the correct scale. Define

$$X(N^{-\frac{1}{2}}) := X + [-N^{-\frac{1}{2}}, N^{-\frac{1}{2}}]^d.$$

By [Dyatlov and Zahl 2016, Lemma 3.3] there exists a smooth  $\psi$  taking values in  $[0, 1]$  with  $\psi = 1$  on  $X$  and with  $\text{supp}(\psi) \subset X(N^{-1/2})$ , as well as so that

$$\|\partial_x^\alpha \psi\|_\infty \leq C(\alpha) N^{\frac{|\alpha|}{2}} \quad (6-20)$$

for all multi-indices. Define  $S_k := \psi T_k$ . On the one hand,  $S_k$  still obeys (6-18). On the other hand, for any cubes  $Q_k, Q_\ell$  which are not nearest neighbors one has

$$\|S_k^* S_\ell\|_{2 \rightarrow 2} \leq C(d, D_0, p) N^{\frac{p}{2}} \text{dist}(Q_k, Q_\ell)^{-p} \quad (6-21)$$

for every positive integer  $p$ . This follows from the fact that the kernel of  $S_k^* S_\ell$  equals

$$K_{k,\ell}(\eta', \eta) = \int_{\mathbb{R}^d} e^{2\pi i x \cdot (\Phi_N(\eta) - \Phi_N(\eta'))} \mathbb{1}_{\tilde{Y}}(\eta) \mathbb{1}_{\tilde{Y}}(\eta') \chi_k(\eta) \chi_\ell(\eta') \psi(x)^2 dx.$$

Using the differential operator

$$\mathcal{L} = \frac{1}{2\pi i} \frac{\Phi_N(\eta) - \Phi_N(\eta')}{\|\Phi_N(\eta) - \Phi_N(\eta')\|^2} \cdot \nabla_x,$$

which obeys

$$\mathcal{L} e^{2\pi i x \cdot (\Phi_N(\eta) - \Phi_N(\eta'))} = e^{2\pi i x \cdot (\Phi_N(\eta) - \Phi_N(\eta'))},$$

repeated integration by parts now yields (6-21). Finally, given any  $k$ , only a uniformly bounded number of choices of  $\ell$  will satisfy

$$S_k S_\ell^* = \psi T_k T_\ell^* \psi \neq 0.$$

This is due to the fact that  $\chi_k(\eta) \chi_\ell(\eta) = 0$  up to a bounded number of choices of  $\ell$  given  $k$ . If we label the cubes by lattice points  $\underline{k} \in \mathbb{Z}^d$ , then  $\eta_{\underline{k}} = L_N \underline{k}$ , whence

$$N^{\frac{p}{2}} \text{dist}(Q_{\underline{k}}, Q_{\underline{\ell}})^{-p} \lesssim N^{\frac{p}{2}} (L_N |\underline{k} - \underline{\ell}|)^{-p} \lesssim |\underline{k} - \underline{\ell}|^{-p},$$

which is summable over  $\mathbb{Z}^d$  provided  $p > d$ . On the other hand, we also have

$$\|S_{\underline{k}}^* S_\ell\|_{2 \rightarrow 2} \leq \|S_{\underline{k}}\|_{2 \rightarrow 2} \|S_\ell\|_{2 \rightarrow 2} \leq B^2, \quad B := \sup_j \|S_j\|_{2 \rightarrow 2}.$$

Combining these two estimates we infer that for any  $0 < \varepsilon < 1$

$$\|S_{\underline{k}} S_{\underline{\ell}}^*\|_{2 \rightarrow 2} + \|S_{\underline{k}}^* S_{\underline{\ell}}\|_{2 \rightarrow 2} \leq C(d, D_0, \varepsilon) B^{2(1-\varepsilon)} \langle \underline{k} - \underline{\ell} \rangle^{-2(d+1)}$$

for all  $\underline{k}, \underline{\ell} \in \mathbb{Z}^d$ . Note that  $B \leq C(d, D_0)$  by Hörmander's bound (6-18). Hence by Cotlar's lemma,

$$\left\| \int_{[-N, N]^d} e^{2\pi i x \cdot \Phi_N(\eta)} \mathbb{1}_{\tilde{Y}}(\eta) h(\eta) d\eta \right\|_{L^2(X)} \leq C(\varepsilon, d, D_0) \max_k \|S_k\|_{2 \rightarrow 2}^{1-\varepsilon}. \quad (6-22)$$

The claim (6-14) will now follow from (6-22) by applying the fractal uncertainty principle of Theorem 1.2 to each  $S_k$ . For this we need to linearize the phase as in (6-15), which in turn makes the localization to scales  $\sqrt{N}$  necessary.

To be specific, we reduce (6-14) to the following estimate. Let  $\psi_0$  be compactly supported functions satisfying the bounds

$$\|\partial_x^\alpha \psi_0\|_\infty \leq C_s N^s \quad \text{for all } |\alpha| = s \geq 0, \quad (6-23)$$

where  $N \geq 1$  is arbitrary and all constant are independent of  $N$ . We assume that  $\psi_0$  is supported in a  $\delta$ -regular set in  $[-1, 1]^d$  on scales  $1/N$  to 1, and with  $0 < \delta < d$ . Let

$$Z = N^{-1} Y_1$$

be a rescaled version of an admissible set  $Y_1$  with constants  $C_R, \delta_1, \varepsilon_0$  on scales 1 to  $N$ . The point is  $Y_1$  is not assumed to be contained in  $[-N, N]^d$ ; hence Theorem 1.2 does not apply directly. Hence we need to use Proposition 6.7 instead, for which we need to make assumptions on  $\text{supp } a$ . Suppose that the symbol  $a$  is smooth and compactly supported with the bounds

$$\|\partial_x^\alpha a(x, \xi)\|_\infty \leq C(\alpha) \quad \text{for all } \alpha, \quad \text{and} \quad \text{supp } a(x, \cdot) \subset Q, \quad (6-24)$$

where  $Q$  is a cube in  $\mathbb{R}^d$  that is independent of  $x$ , and is of side length  $r_Q \leq r_0$ . Then for some  $\beta > 0$  and  $C$  as above,

$$\|\psi_0 A \mathbb{1}_Z h\|_2 \leq CN^{-\beta} \|h\|_2, \quad (6-25)$$

where

$$(Ah)(x) := N^{\frac{d}{2}} \int_{\mathbb{R}^d} e^{2\pi i Nx \cdot \xi} a(x, \xi) h(\xi) d\xi.$$

Indeed,

$$\begin{aligned} & \left\| \int_{\mathbb{R}^d} e^{2\pi i x \cdot (\Phi_N(\eta_k) + D\Phi_N(\eta_k)(\eta - \eta_k))} \psi(x) a_k(x, \eta) \mathbb{1}_{\tilde{Y}}(\eta) h(\eta) d\eta \right\|_2 \\ & \lesssim \left\| \int_{\mathbb{R}^d} e^{2\pi i x \cdot \xi} \psi(x) a_k(x, D\Phi_N(\eta_k)^{-1}\xi + \eta_k) \mathbb{1}_{\tilde{Y} - \eta_k}(D\Phi_N(\eta_k)^{-1}\xi) h(D\Phi_N(\eta_k)^{-1}\xi + \eta_k) d\xi \right\|_2 \\ & = N^{\frac{d}{4}} \left\| \int_{\mathbb{R}^d} e^{2\pi i N^{1/2} x \cdot \xi} \psi(x) \tilde{a}_k(x, N^{\frac{1}{2}}\xi) N^{\frac{d}{4}} \mathbb{1}_{Y_1}(N^{\frac{1}{2}}\xi) \tilde{h}(N^{\frac{1}{2}}\xi) d\xi \right\|_2. \end{aligned}$$

Here  $\tilde{a}$ ,  $\tilde{h}$  signify the functions on the second line but with the linear isomorphism  $D\Phi_N(\eta_k)^{-1}$  and the shift  $\eta_k$  included, and  $Y_1 = D\Phi_N(\eta_k)(\tilde{Y} - \eta_k)$  is an admissible set on scales 1 to  $N$  with constants that depend on  $D_0$ . Note that  $\mathbb{1}_{Y_1}(N^{1/2}\xi) = \mathbb{1}_Z(\xi)$ , with  $Z = N^{-1/2}Y_1$ , which is an admissible set on scales  $N^{-1/2}$  to 1. By (6-20),  $\psi_0(x) := \psi(x)$  satisfies the required bound, and furthermore  $\psi_0$  is supported on  $X(N^{-1/2})$ , which is a  $\delta$ -regular set on scales  $N^{-1/2}$  to 1; see Lemma A.4. As for the amplitude, ignoring the distinction between  $\tilde{a}_k$  and  $a_k$ ,

$$\begin{aligned} a_k(x, N^{\frac{1}{2}}\xi) &:= e^{2\pi i x \cdot R_k(N^{1/2}\xi)} \chi_k(N^{\frac{1}{2}}\xi), \\ R_k(N^{\frac{1}{2}}\xi) &:= N \int_0^1 (1-t)(D^2\Phi_N(\eta_k + t(N^{\frac{1}{2}}\xi - \eta_k))(\xi - \eta'_k), \xi - \eta'_k) dt, \end{aligned}$$

where  $\eta'_k = N^{-1/2}\eta_k$ . Setting  $a(x, \xi) = a_k(x, N^{1/2}\xi)$ , we conclude from (6-17) that  $a$  satisfies (6-24) with constant  $r_0 = C$ , which is an absolute constant. Finally,

$$\|N^{\frac{d}{4}} \tilde{h}(N^{\frac{1}{2}}\xi)\|_2 \simeq \|h\|_2.$$

Thus, we can apply (6-25) with  $N$  replaced by  $N^{1/2}$  to obtain a gain of  $N^{-\beta/2}$ , and we are done.

It remains to prove (6-25). Note that this is equivalent to proving

$$\|\psi_0 A \mathbb{1}_{Z \cap Q} h\|_2 \leq CN^{-\beta} \|h\|_2. \quad (6-26)$$

By Proposition 6.7, we can cover  $Z \cap Q$  by  $C(\varepsilon_0, d, r_0)$  many admissible sets  $W_j$  with constants  $\delta_1$ ,  $\tilde{C}_R := (4C_R)^{2/(1-\delta_1)}C_R$ ,  $\tilde{\varepsilon}_0 = \tilde{\varepsilon}_0(\varepsilon_0, D_0)$ . Hence, via triangle inequality, it suffices to prove (6-26) with  $Z \cap Q$  replaced by  $W_j$ .

If  $a = 1$  on the  $\text{supp}(\psi_0) \times W_j$ , then this follows immediately from Theorem 1.2 by a rescaling. Indeed, one has by that theorem

$$\begin{aligned} \left\| N^{\frac{d}{2}} \int_{\mathbb{R}^d} e^{2\pi i Nx \cdot \xi} \psi_0(x) \mathbb{1}_{W_j}(\xi) h(\xi) d\xi \right\|_2 &= \left\| \int_{\mathbb{R}^d} e^{2\pi i x \cdot \xi} \psi_0(x) \mathbb{1}_{W_j}\left(\frac{\xi}{N}\right) N^{-\frac{d}{2}} h\left(\frac{\xi}{N}\right) d\xi \right\|_2 \\ &\lesssim N^{-\beta} \left\| N^{-\frac{d}{2}} h\left(\frac{\xi}{N}\right) \right\|_2 = N^{-\beta} \|h\|_2. \end{aligned}$$

Let us now consider general  $a$  satisfying (6-24). Let  $\rho \in (0, 1)$  with its value determined later.

Let us note that by the usual  $A^*A$  argument, we have Hörmander's bound,

$$\|A\|_{2 \rightarrow 2} \leq C. \quad (6-27)$$

Next we decompose  $\psi_0 A \mathbb{1}_{W_j}$  into

$$\begin{aligned} \psi_0 A \mathbb{1}_{W_j} &= \psi_0 \mathcal{F}_\hbar^{-1} A_1 + A_2 \mathcal{F}_\hbar A \mathbb{1}_{W_j}, \\ A_1 &:= \mathbb{1}_{\mathbb{R}^d \setminus W_j(N^{-\rho})} \mathcal{F}_\hbar A \mathbb{1}_{W_j}, \quad A_2 := \psi_0 \mathcal{F}_\hbar^{-1} \mathbb{1}_{W_j(N^{-\rho})}, \end{aligned}$$

where  $\hbar = N^{-1}$ . Clearly, by (6-27), we have

$$\|\psi_0 A \mathbb{1}_{W_j}\|_{2 \rightarrow 2} \lesssim \|A_1\|_{2 \rightarrow 2} + \|A_2\|_{2 \rightarrow 2}. \quad (6-28)$$

Thus it suffices to bound  $\|A_1\|_{2 \rightarrow 2}$  and  $\|A_2\|_{2 \rightarrow 2}$ .

We compute the integral kernel of  $A_1$ :

$$K_{A_1}(\xi, \eta) = \mathbb{1}_{\mathbb{R}^d \setminus W_j(N^{-\rho})}(\xi) \mathbb{1}_{W_j}(\eta) N^d \int_{\mathbb{R}^d} e^{2\pi i N x \cdot (\eta - \xi)} a(x, \eta) dx.$$

Note that the Euclidean distance satisfies  $\|\eta - \xi\| \geq N^{-\rho}$  on the support of  $K_{A_1}$ . Hence by repeated integration by parts in  $x$ , we obtain that

$$|K_{A_1}(\xi, \eta)| \leq C_{d, \rho} N^{d - \lceil \frac{d+10}{1-\rho} \rceil} (\eta - \xi)^{-\lceil \frac{d+10}{1-\rho} \rceil} \leq C_{d, \rho} N^{-10}.$$

By Schur's test, we arrive at

$$\|A_1\|_{2 \rightarrow 2} \leq C N^{-10}. \quad (6-29)$$

In view of  $A_2$ . Note that

$$W_j(N^{-\rho}) \subset \bigcup_{\substack{\|k\|_\infty \leq N^{1-\rho} \\ k \in \mathbb{Z}^d}} (W_j(N^{-1}) + k),$$

and

$$W_j(N^{-1}) \subset \widehat{W}_j := \left\{ \sum_{\ell=1}^d \xi_\ell \vec{e}_\ell : \xi_\ell \in N^{-1} \cdot W_{j, \ell}(2) \right\},$$

which is an admissible set on scales  $2N^{-1}$  to 1. Thus by Theorem 1.2 and triangle inequality, we have for  $f \in L^2(\mathbb{R}^d)$

$$\begin{aligned} \|A_2 f\| &\leq \sum_{\|k\| \leq N^{1-\rho}} \|\psi_0 \mathcal{F}_\hbar^{-1} \mathbb{1}_{\widehat{W}_j + k} f\|_2 \\ &\lesssim \sum_{\|k\| \leq N^{1-\rho}} \|\mathbb{1}_{\text{supp } \psi_0} \mathcal{F}_\hbar^{-1} \mathbb{1}_{\widehat{W}_j + k} f\|_2 \leq C N^{-\beta + d(1-\rho)} \|f\|_2, \end{aligned}$$

where  $\hbar = N^{-1}$ . Hence for  $\rho = 1 - \beta/2d$ ,

$$\|A_2\|_{2 \rightarrow 2} \leq C N^{-\frac{\beta}{2}}. \quad (6-30)$$

Combining (6-28), (6-29) with (6-30), we obtain (6-25). This concludes the proof of Theorem 1.4.

**6E. Fourier integral operator.** In this section, we prove a fractal uncertainty principle for Fourier integral operators on  $\mathbb{R}^d$ . The proof follows that of the one-dimensional case in [Bourgain and Dyatlov 2018, Section 4]; thus we shall be very brief.

Let

$$(B(\hbar)f)(x) := \hbar^{-\frac{d}{2}} \int_{\mathbb{R}^d} e^{-\frac{2\pi i \Phi(x,y)}{\hbar}} b(x, y) f(y) dy, \quad (6-31)$$

where for some open set  $U \subset \mathbb{R}^{2d}$

$$\begin{aligned} \Phi \in C^\infty(U; \mathbb{R}), \quad b \in C_0^\infty(U), \quad \det\left(\frac{\partial^2 \Phi}{\partial x_j \partial y_k}\right) \neq 0 \quad \text{on } U, \\ \left(\sup_U \left\| \left(\frac{\partial^2 \Phi}{\partial x_j \partial y_k}\right) \right\| \right) \cdot \left(\sup_U \left\| \left(\frac{\partial^2 \Phi}{\partial x_j \partial y_k}\right)^{-1} \right\| \right) \leq C_\Phi \end{aligned} \quad (6-32)$$

for some constant  $C_\Phi \geq 1$ , in which  $\|\cdot\|$  is the matrix norm.

**Proposition 6.8.** *Let  $X, Y \subset [-1, 1]^d$ . Assume that  $X$  is a  $\delta$ -regular set on scales 0 to 1 with constant  $C_R$ , and  $Y$  is an admissible set on scales 0 to 1 with parameters  $\delta_1, C_R, \varepsilon_0$ . Assume (6-32) holds. Then there exist  $\beta > 0$ ,  $\rho \in (0, 1)$  depending only on  $\delta, \delta_1, C_R, \varepsilon_0, d, C_\Phi$ , and  $C > 0$  depending only on  $\delta, \delta_1, C_R, \varepsilon_0, d, \Phi, b$  such that for  $0 < \hbar < h_0(\Phi) < 1$ ,*

$$\|\mathbb{1}_{X(\hbar^{\rho/2})} B(\hbar) \mathbb{1}_{Y(\hbar^\rho)}\|_{L^2(\mathbb{R}^d) \rightarrow L^2(\mathbb{R}^d)} \leq C \hbar^\beta.$$

*Proof.* As was pointed out in [Bourgain and Dyatlov 2018], it is enough to prove Proposition 6.8 under the assumption that

$$1 < \left| \det\left(\frac{\partial^2 \Phi}{\partial x_j \partial y_k}\right) \right| < 2 \quad \text{on } U. \quad (6-33)$$

Let  $\tilde{\hbar} := \hbar^{1/2}$ . Divide  $[-2, 2]^d = \bigcup_k Q_k$  into congruent cubes of side length  $L$  with  $\tilde{\hbar}/2 \leq L < \tilde{\hbar}$ . Let  $\{\chi_k\}_k$  be a partition of unity adapted to these cubes. With  $y_k$  being the center of  $Q_k$ , we have

$$\begin{aligned} \hbar^{-\frac{d}{2}} \int_{\mathbb{R}^d} e^{-\frac{2\pi i \Phi(x,y)}{\hbar}} b(x, y) \mathbb{1}_{Y(\hbar^\rho)}(y) f(y) dy \\ = \sum_k \hbar^{-\frac{d}{2}} \int_{\mathbb{R}^d} e^{-\frac{2\pi i \Phi(x,y)}{\hbar}} b(x, y) \chi_k(y) \mathbb{1}_{Y(\hbar^\rho)}(y) f(y) dy \\ = \sum_k e^{-\frac{2\pi i \Phi(x,y_k)}{\hbar}} \hbar^{-\frac{d}{2}} \int_{\mathbb{R}^d} e^{-\frac{2\pi i \nabla_y \Phi(x,y_k) \cdot (y-y_k)}{\hbar}} \tilde{b}_k(x, y) \mathbb{1}_{Y(\hbar^\rho)}(y) f(y) dy \\ =: \sum_k (T_k f)(x), \end{aligned}$$

where

$$\begin{aligned} \tilde{b}_k(x, y) &= e^{-\frac{2\pi i \Psi_k(x,y)}{\hbar}} \chi_k(y) b(x, y), \\ \Psi_k(x, y) &= \int_0^1 (1-t) \langle (y - y_k), \text{H}\Phi(x, y_k + t(y - y_k)) (y - y_k) \rangle dt, \end{aligned} \quad (6-34)$$

in which  $\text{H}\Phi(x, \cdot)$  is the Hessian of  $\Phi(x, \cdot)$  in the  $y$ -variable.

We will prove

$$\|\mathbb{1}_{X(\tilde{h}^\rho)} T_k\|_{L^2 \rightarrow L^2} \leq C \tilde{h}^\beta, \quad (6-35)$$

and the estimate for  $\sum_k \mathbb{1}_{X(\tilde{h}^\rho)} T_k$  follows from almost orthogonality and Cotlar's lemma; see the proof of Proposition 4.3 in [Bourgain and Dyatlov 2018].

Let

$$\varphi(x) := \nabla_y \Phi(x, y_k).$$

By (6-33), the Jacobian matrix  $J\varphi$  satisfies  $1 < |\det(J\varphi(x))| < 2$ ; hence  $\varphi$  admits an inverse function.

We have, by a change variable  $x \rightarrow \varphi^{-1}(x)$ ,

$$\begin{aligned} & \|\mathbb{1}_{X(\tilde{h}^\rho)}(x)(T_k f)(x)\|_{L^2} \\ &= \|\mathbb{1}_{\varphi(X(\tilde{h}^\rho))}(x)|\det(J\varphi^{-1}(x))|^{\frac{1}{2}} \tilde{h}^{-\frac{d}{2}} \int_{\mathbb{R}^d} e^{-\frac{2\pi i x \cdot y}{\tilde{h}}} \tilde{b}_k(\varphi^{-1}(x), y + y_k) \mathbb{1}_{Y(\tilde{h}^\rho) - y_k}(y) f(y + y_k) dy\|_{L^2} \\ &= \|\mathbb{1}_{\varphi(X(\tilde{h}^\rho))}(x)|\det(J\varphi^{-1}(x))|^{\frac{1}{2}} \int_{\mathbb{R}^d} e^{-\frac{2\pi i x \cdot y}{\tilde{h}}} \tilde{b}_k(\varphi^{-1}(x), \tilde{h}y + y_k) \mathbb{1}_{Y(\tilde{h}^\rho) - y_k}(\tilde{h}y) f(\tilde{h}y + y_k) dy\|_{L^2} \\ &\leq \|\mathbb{1}_{\varphi(X(\tilde{h}^\rho))} A(\tilde{h}) \mathbb{1}_{\tilde{h}^{-1}(Y(\tilde{h}^{2\rho}) - y_k)}\|_{L^2 \rightarrow L^2} \cdot \|\tilde{h}^{\frac{d}{2}} f(\tilde{h}y + y_k)\|_{L^2} \\ &= \|\mathbb{1}_{\varphi(X(\tilde{h}^\rho))} A(\tilde{h}) \mathbb{1}_{Y(\tilde{h}^{2\rho-1}) - \tilde{h}^{-1} y_k}\|_{L^2 \rightarrow L^2} \cdot \|f\|_{L^2}, \end{aligned}$$

where

$$\begin{aligned} (A(\tilde{h})f)(x) &= \tilde{h}^{-\frac{d}{2}} \int_{\mathbb{R}^d} e^{-\frac{2\pi i x \cdot y}{\tilde{h}}} \hat{b}_k(x, y) f(y) dy, \\ \tilde{b}(x, y) &= |\det(J\varphi^{-1}(x))|^{\frac{1}{2}} \tilde{b}_k(\varphi^{-1}(x), \tilde{h}y + y_k). \end{aligned} \quad (6-36)$$

Now it suffices to bound

$$\|\mathbb{1}_{\varphi(X(\tilde{h}^\rho))} A(\tilde{h}) \mathbb{1}_{Y(\tilde{h}^{2\rho-1}) - \tilde{h}^{-1} y_k}\|_{L^2 \rightarrow L^2}. \quad (6-37)$$

Let  $\tilde{X} := \varphi(X)$ . By (6-32),

$$(\sup \|J\varphi\|) \cdot (\sup \|(J\varphi)^{-1}\|) \leq C_\Phi.$$

Note (6-33) implies  $C_1 := \sup \|J\varphi\| \geq 1$  and hence  $C_2 := \sup \|(J\varphi)^{-1}\| \leq C_\Phi$ . By Lemma A.5,  $\tilde{X}$  is  $\delta$ -regular with constant  $C_R(d C_\Phi)^{\delta/2}$  on scales 0 to  $d^{-1/2} C_2^{-1}$ .

If  $d^{-1/2} C_2^{-1} < 1$ , Lemma A.3 implies  $\tilde{X}$  is  $\delta$ -regular with constant

$$2(d^{\frac{1}{2}} C_2)^d C_R(d C_\Phi)^{\frac{\delta}{2}} \leq 2d^{\frac{d+\delta}{2}} C_R C_\Phi^{\frac{d+\delta}{2}} =: \tilde{C}_R$$

on scales 0 to 1. If  $d^{-1/2} C_2^{-1} \geq 1$ , let  $\tilde{C}_R := C_R(d C_\Phi)^{\delta/2}$ . Hence  $\tilde{X}$  is always  $\delta$ -regular with constant  $\tilde{C}_R$  on scales 0 to 1.

It is also easy to see that  $\varphi(X(\tilde{h}^\rho)) \subseteq \tilde{X}(C(\Phi)\tilde{h}^\rho)$ , where  $C(\Phi)$  is a constant depending on  $\Phi$ . For  $0 < \tilde{h} < h_0(\Phi)$ , we have  $C(\Phi)\tilde{h}^\rho < \tilde{h}^{2\rho-1}$ ; hence

$$\|\mathbb{1}_{\varphi(X(\tilde{h}^\rho))} A(\tilde{h}) \mathbb{1}_{(Y(\tilde{h}^{2\rho-1}) - \tilde{h}^{-1} y_k)}\|_{L^2 \rightarrow L^2} \leq \|\mathbb{1}_{\tilde{X}(\tilde{h}^{2\rho-1})} A(\tilde{h}) \mathbb{1}_{(Y(\tilde{h}^{2\rho-1}) - \tilde{h}^{-1} y_k)}\|_{L^2 \rightarrow L^2}.$$

Next note that

$$\begin{aligned}\tilde{X}(\tilde{h}^{2\rho-1}) &\subseteq \bigcup_{\substack{j \in \mathbb{Z} \\ \|j\| \leq \tilde{h}^{2\rho-2}}} (\tilde{X}(\tilde{h}) + \tilde{h}j) =: \bigcup_{\substack{j \in \mathbb{Z} \\ \|j\| \leq \tilde{h}^{2\rho-2}}} \tilde{X}_j, \\ Y(\tilde{h}^{2\rho-1}) - \tilde{h}^{-1}y &\subseteq \bigcup_{\substack{k \in \mathbb{Z} \\ \|p\| \leq \tilde{h}^{2\rho-2}}} (Y(\tilde{h}) - \tilde{h}^{-1}y + \tilde{h}p) =: \bigcup_{\substack{k \in \mathbb{Z} \\ \|p\| \leq \tilde{h}^{2\rho-2}}} Y_p.\end{aligned}\tag{6-38}$$

Hence, it is eventually reduced to estimating each  $\|\mathbb{1}_{\tilde{X}_j} A(\tilde{h}) \mathbb{1}_{Y_p}\|_{L^2 \rightarrow L^2}$ .

It is easy to check that  $\hat{b}_k(x, y)$  satisfy (6-24); hence by (6-25), we have

$$\|\mathbb{1}_{\tilde{X}_j} A(\tilde{h}) \mathbb{1}_{Y_p}\|_{L^2 \rightarrow L^2} \leq C \tilde{h}^\beta$$

for some  $\beta > 0$ . Choosing  $2d(\rho - 1) < \beta/2$ , we conclude that

$$\|\mathbb{1}_{\tilde{X}(\tilde{h}^{2\rho-1})} A(\tilde{h}) \mathbb{1}_{(Y(\tilde{h}^{2\rho-1}) - \tilde{h}^{-1}y_k)}\|_{L^2 \rightarrow L^2} \leq C \tilde{h}^{\frac{\beta}{2}}$$

by the triangle inequality.  $\square$

## Appendix A: Regular sets

We show that certain operations preserve the class of  $\delta$ -regular sets if we allow one to increase the regularity constant and shrink the scales.

The first lemma is from [Bourgain and Dyatlov 2018]. It shows a  $\delta$ -regular set in  $\mathbb{R}^1$ ,  $0 < \delta < 1$ , can be split into smaller  $\delta$ -regular sets.

**Lemma A.1.** *Let  $X \subset \mathbb{R}^1$  be a  $\delta$ -regular set with constant  $C_R$  on scales  $\alpha_0$  to  $\alpha_1$ , and assume that  $0 < \delta < 1$  and  $(4C_R)^{2/(1-\delta)}\alpha_0 \leq \rho \leq \alpha_1$ . Then there exists a collection of disjoint intervals  $\mathcal{J}$  such that*

$$X = \bigcup_{J \in \mathcal{J}} (X \cap J), \quad (4C_R)^{-\frac{2}{1-\delta}}\rho \leq |J| \leq \rho \quad \text{for all } J \in \mathcal{J},$$

and each  $X \cap J$  is  $\delta$ -regular with constant  $\tilde{C}_R := (4C_R)^{2/(1-\delta)}C_R$  on scales  $\alpha_0$  to  $\rho$ .

The rest of this section concerns  $\delta$ -regular sets in  $\mathbb{R}^d$ . We show that certain operations preserve the class of  $\delta$ -regular sets if we allow one to increase the regularity constant and shrink the scales.

**Lemma A.2.** *Let  $X$  be a  $\delta$ -regular set with  $\delta \in (0, d)$  and constant  $C_R$  on scales  $\alpha_0$  to  $\alpha_1$ . Fix  $\lambda > 0$  and  $y \in \mathbb{R}^d$ . Then the set  $\tilde{X} := y + \lambda X$  is a  $\delta$ -regular set with constant  $C_R$  on scales  $\lambda\alpha_0$  to  $\lambda\alpha_1$ .*

*Proof.* Taking the measure

$$\mu_{\tilde{X}}(A) := \lambda^\delta \mu_X(\lambda^{-1}(A - y)),$$

it is easy to verify.  $\square$

**Lemma A.3.** *Let  $X$  be a  $\delta$ -regular set with constant  $C_R$  on scales  $\alpha_0$  to  $\alpha_1$ . Fix  $T > 1$ . Then  $X$  is  $\delta$ -regular with constant  $\tilde{C}_R := 2T^d C_R$  on scales  $\alpha_0$  to  $T\alpha_1$ .*

*Proof.* Let  $I$  be a cube such that  $\alpha_0 \leq r_I \leq T\alpha_1$ . For  $\alpha_0 \leq r_I \leq \alpha_1$ , the upper bound is immediate. For  $\alpha_1 < r_I \leq T\alpha_1$ ,  $I$  can be covered by  $\lceil T \rceil^d \leq 2T^d$  cubes of side length  $\alpha_1$  each; therefore

$$\mu_X(I) \leq 2T^d C_R \alpha_1^\delta \leq \tilde{C}_R r_I^\delta.$$

In view of the lower bound estimate, we assume  $I$  is centered at a point in  $X$ . As before, we may assume  $\alpha_1 < r_I \leq T\alpha_1$ . Let  $I' \subset I$  be the cube with the same center and  $r_{I'} = \alpha_1$ . Then

$$\mu_X(I) \geq \mu_X(I') \geq C_R^{-1} \alpha_1^\delta \geq \tilde{C}_R^{-1} r_I^\delta,$$

as claimed.  $\square$

**Lemma A.4.** *Let  $X$  be a  $\delta$ -regular set with constant  $C_R$  on scales  $\alpha_0$  to  $\alpha_1$ . Fix  $T \geq 1$ :*

- (1) *Suppose  $\alpha_1 \geq 2\alpha_0$ . Then the neighborhood  $X + [-T\alpha_0, T\alpha_0]^d$  is  $\delta$ -regular with constant  $\tilde{C}_R := 4^d T^d C_R$  on scales  $2\alpha_0$  to  $\alpha_1$ .*
- (2) *Suppose that  $\alpha_1 \geq T\alpha_0$ . Then  $X + [-T\alpha_0, T\alpha_0]^d$  is  $\delta$ -regular with constant  $C'_R = 4^d C_R$  on scales  $T\alpha_0$  to  $\alpha_1$ .*

*Proof.* Let  $\tilde{X} := X + [-T\alpha_0, T\alpha_0]^d$  and define  $\mu_{\tilde{X}}$  supported on  $\tilde{X}$  by convolution

$$\mu_{\tilde{X}}(A) := \frac{1}{(T\alpha_0)^d} \int_{[-T\alpha_0, T\alpha_0]^d} \mu_X(A + y) dy.$$

Let  $I$  be a cube such that  $M\alpha_0 \leq r_I \leq \alpha_1$  with  $M \geq 1$ . Then

$$\mu_{\tilde{X}}(I) \leq 2^d C_R r_I^\delta,$$

which proves the upper bound estimates for both cases.

Now assume that  $I$  is centered at a point  $x_1 \in \tilde{X}$ . Take  $x_0 \in X$  such that  $x_0 \in x_1 + [-T\alpha_0, T\alpha_0]^d$ , and let  $I'$  be the cube centered at  $x_0$  with side length  $r_{I'} = r_I/2$ . Then

$$\mu_X(I') \geq C_R^{-1} \left( \frac{r_I}{2} \right)^\delta \geq 2^{-d} C_R^{-1} r_I^\delta.$$

Let  $J = x_0 - x_1 + [-\alpha_0/2, \alpha_0/2]^d$ ; then  $J \cap [-T\alpha_0, T\alpha_0]^d$  contains a cube with side length at least  $\alpha_0/2$ . Clearly,  $I' \subset I + y$  for any  $y \in J$ . Hence

$$\mu_{\tilde{X}}(I) \geq \frac{1}{(2T)^d} \mu_X(I') \geq \tilde{C}_R^{-1} r_I^\delta,$$

which proves the lower bound estimate for (1).

Let  $J = x_0 - x_1 + [-T\alpha_0/2, T\alpha_0/2]^d$ ; then  $J \cap [-T\alpha_0, T\alpha_0]^d$  contains a cube with side length at least  $T\alpha_0/2$ . Clearly,  $I' \subset I + y$  for any  $y \in J$ . Hence

$$\mu_{\tilde{X}}(I) \geq \frac{1}{2^d} \mu_X(I') \geq (C'_R)^{-1} r_I^\delta,$$

which proves the lower bound estimate for (2).  $\square$

**Lemma A.5.** *Assume  $F : \mathbb{R}^d \rightarrow \mathbb{R}^d$  is  $C^1$  diffeomorphism. Let  $C_1 := \sup_{x \in \mathbb{R}^d} \|\mathbf{J}F(x)\|$  and  $C_2 := \sup_{x \in \mathbb{R}^d} \|\mathbf{J}F^{-1}(x)\|$ , where  $\mathbf{J}F$  is the Jacobian matrix and  $\|\cdot\|$  is the matrix norm. Assume that for some constant  $C_F \geq 1$ , we have*

$$C_1 C_2 \leq C_F. \quad (\text{A-1})$$

*Let  $X$  be a  $\delta$ -regular set with constant  $C_R$  on scales  $\alpha_0$  to  $\alpha_1 \geq C_F^2 \alpha_0$ . Then  $F(X)$  is a  $\delta$ -regular set with constant  $\tilde{C}_R := C_R (d C_F)^{\delta/2}$  on scales  $d^{1/2} C_1 \alpha_0$  to  $d^{-1/2} C_2^{-1} \alpha_1$ .*

*Proof.* Let  $\tilde{X} := F(X)$  and define the measure  $\mu_{\tilde{X}}$  supported on  $\tilde{X}$  as

$$\mu_{\tilde{X}}(A) := C_F^{-\frac{\delta}{2}} C_1^\delta \mu_X(F^{-1}(A)).$$

Let  $\tilde{I}$  be a cube with side length  $r_{\tilde{I}}$  with

$$d^{\frac{1}{2}} C_1 \alpha_0 \leq r_{\tilde{I}} \leq d^{-\frac{1}{2}} C_2^{-1} \alpha_1. \quad (\text{A-2})$$

Clearly,  $F^{-1} \tilde{I}$  is contained in a cube of side length  $r$ , where  $r \leq \sqrt{d} C_2 r_{\tilde{I}}$ . Indeed, let  $y$  be the center of  $\tilde{I}$ . Then for any  $x \in \tilde{I}$ , we have

$$\|F^{-1}(x) - F^{-1}(y)\| \leq C_2 \|x - y\| \leq \frac{\sqrt{d}}{2} C_2 r_{\tilde{I}}.$$

Let  $I$  be the cube centered at  $F^{-1}y$  of side length  $\sqrt{d} C_2 r_{\tilde{I}} \leq \alpha_1$ . Then

$$\mu_{\tilde{X}}(\tilde{I}) \leq \mu_X(I) \leq C_F^{-\frac{\delta}{2}} C_1^\delta C_R (\sqrt{d} C_2 r_{\tilde{I}})^\delta = C_R (d C_F)^{\frac{\delta}{2}} r_{\tilde{I}}^\delta.$$

If, in addition,  $y \in \tilde{X}$ , let  $y = F(z)$ , where  $z \in X$ . Then the cube  $Q$  centered at  $z$  of side length  $r = d^{-1/2} C_1^{-1} r_{\tilde{I}} \geq \alpha_0$  is contained in  $F^{-1}(\tilde{I})$ . Indeed, for any  $x \in Q$ , we have

$$\|F(x) - F(z)\| \leq \frac{\sqrt{d}}{2} C_1 r = \frac{r_{\tilde{I}}}{2}.$$

Hence

$$\mu_{\tilde{X}}(\tilde{I}) = C_F^{-\frac{\delta}{2}} C_1^\delta \mu_X(F^{-1}(\tilde{I})) \geq C_F^{-\frac{\delta}{2}} C_1^\delta C_R^{-1} (d^{-\frac{1}{2}} C_1^{-1} r_{\tilde{I}})^\delta = C_R^{-1} (d C_F)^{-\frac{\delta}{2}} r_{\tilde{I}}^\delta.$$

This proves the claim.  $\square$

**Lemma A.6.** *Let  $X$  be a  $\delta$ -regular set with constant  $C_R$  on scales  $\alpha_0$  to  $\alpha_1$ , and  $0 < \delta < d$ . Fix an integer*

$$L \geq (2^{\frac{d}{2}} \sqrt{2d+1} C_R)^{\frac{2}{d-\delta}}. \quad (\text{A-3})$$

*Assume that  $I$  is a cube with  $\alpha_0 \leq r_I/L \leq r_I \leq \alpha_1$  and  $I_1, \dots, I_{L^d}$  is the partition of  $I$  into cubes of side length  $r_I/L$ . Then there exists  $\ell$  such that  $X \cap I_\ell = \emptyset$ .*

*Proof.* Using Lemma A.2, it suffices to consider  $I = [0, L]^d$ ,  $\alpha_0 \leq 1 \leq L \leq \alpha_1$ . We argue by contradiction. Assume that each  $I_\ell$  intersects  $X$ . Then  $I'_\ell := I_\ell + [-\frac{1}{2}, \frac{1}{2}]^d$  contains a unit cube centered at a point in  $X$  and thus

$$\mu_X(I'_\ell) \geq C_R^{-1} \quad \text{for all } 1 \leq \ell \leq L^d.$$

On the other hand,

$$\bigcup_{\ell=1}^{L^d} I'_\ell = \left[-\frac{1}{2}, L + \frac{1}{2}\right]^d,$$

and each point in  $\left[-\frac{1}{2}, L + \frac{1}{2}\right]^d$  can be covered by at most  $2d + 1$  of the cubes  $I'_\ell$ . Therefore

$$C_R^{-1} L^d \leq \sum_{\ell=1}^{L^d} \mu_X(I'_\ell) \leq (2d + 1) \mu_X\left(\left[-\frac{1}{2}, L + \frac{1}{2}\right]^d\right) \leq (2d + 1) C_R (L + 1)^\delta,$$

which contradicts (A-3).  $\square$

Recall our definition of  $\mathcal{C}_n$  and porosity in Definition 5.1.

**Lemma A.7.** *Let  $X \subset [-1, 1]^d$  be a  $\delta$ -regular set with constant  $C_R$  on scales  $\alpha_0$  to  $\alpha_1$ . Let  $L$  satisfy (A-3), and take  $n \in \mathbb{Z}$  such that  $\alpha_0 \leq L^{-n-1} \leq L^{-n} \leq \alpha_1$ . Then  $X$  is porous at scale  $L$  with depth  $n$ .*

**Lemma A.8.** *Let  $X$  be a  $\delta$ -regular set with constant  $C_R$  on scales  $\alpha_0$  to  $\alpha_1$ . Let  $C \geq 1$  be a constant. Let  $I$  be a cube of side length  $r_I$  satisfying  $\alpha_0 \leq r_I \leq C\alpha_1$ . Let  $\rho > 0$  satisfy  $\alpha_0 \leq \rho \leq \min(r_I, \alpha_1)$ . Then there exists a nonoverlapping<sup>1</sup> collection  $\mathcal{J}$  of  $N_{\mathcal{J}}$  cubes of side length  $\rho$  each such that*

$$X \cap I \subset \bigcup_{J \in \mathcal{J}} J, \quad N_{\mathcal{J}} \leq \left(6 \left\lceil \frac{3+C}{2} \right\rceil\right)^d C_R^2 \left(\frac{r_I}{\rho}\right)^\delta.$$

We will only use this lemma in dimension 1. Note that in [Bourgain and Dyatlov 2018], this is formulated with  $C = 1$ . We use this form with a constant  $C$  in the proof of Lemma 6.2.

*Proof.* Let  $\mathcal{J}$  consist of all cubes of the form  $\times_{k=1}^d \rho[j_k, j_k + 1]$ ,  $(j_1, j_2, \dots, j_d) \in \mathbb{Z}^d$ , which intersect  $X \cap I$ . Then  $X \cap I \subset \bigcup_{J \in \mathcal{J}} J$ . Next, we will prove the upper bound on  $N_{\mathcal{J}}$ .

For each  $J \in \mathcal{J}$ , let  $J' \supset J$  be the cube with the same center and with side length  $2\rho$ . Since  $J$  intersects  $X$ ,  $J'$  contains a cube of side length  $\rho$  centered at a point in  $X$ . Therefore

$$\mu_X(J') \geq C_R^{-1} \rho^\delta.$$

It is also clear that  $\bigcup_{J \in \mathcal{J}} J' \subset I\left(\frac{3}{2}\rho\right)$ , and each point lies in at most  $3^d$  of the cubes  $J'$ .

If  $r_I \leq \alpha_1$ ,  $I\left(\frac{3}{2}\rho\right)$  can be covered by  $4^d$  cubes of side length  $r_I$ . If  $\alpha_1 < r_I \leq C\alpha_1$ ,  $I\left(\frac{3}{2}\rho\right)$  can be covered by  $2^d \lceil (3+C)/2 \rceil^d$  cubes of side length  $\alpha_1$ . Therefore, we always have

$$N_{\mathcal{J}} \cdot C_R^{-1} \rho^\delta \leq \sum_{J \in \mathcal{J}} \mu_X(J') \leq 3^d \mu_X\left(\bigcup_{J \in \mathcal{J}} J'\right) \leq \left(6 \left\lceil \frac{3+C}{2} \right\rceil\right)^d C_R r_I^\delta,$$

and this proves the upper bound on  $N_{\mathcal{J}}$ .  $\square$

## Appendix B: Proof of Lemma 6.2

We follow the proofs of Theorem 3.2 and Lemma 4.1 in [Jin and Zhang 2017]. Let us start with introducing some notation.

<sup>1</sup>A collection of cubes is nonoverlapping if the intersection of every two distinct cubes has empty interior.

**Hilbert transform.** Let  $\mathcal{H}_0$  be the standard Hilbert transform defined as convolution with p.v.  $\frac{1}{\pi x}$ : for  $f \in C_0^\infty(\mathbb{R})$  (or more generally,  $f \in L^1(\mathbb{R}, \langle x \rangle^{-1} dx)$

$$\mathcal{H}_0(f)(x) := \frac{1}{\pi} \lim_{\varepsilon \rightarrow 0^+} \int_{|x-t| \geq \varepsilon} \frac{f(t)}{x-t} dt.$$

Let  $\mathcal{H}$  be the modified Hilbert transform with integral kernel that decays like  $|x|^{-2}$  as  $|x| \rightarrow \infty$ :

$$\mathcal{H}(f)(x) := \frac{1}{\pi} \lim_{\varepsilon \rightarrow 0^+} \int_{|x-t| \geq \varepsilon} f(t) \left( \frac{1}{x-t} + \frac{t}{t^2+1} \right) dt, \quad f \in L^1(\mathbb{R}, \langle x \rangle^{-2} dx).$$

The advantage of  $\mathcal{H}$  is that it applies to a larger space that contains  $L^\infty(\mathbb{R})$  as well as functions that grow like  $|x|^{1-\varepsilon}$  as  $|x| \rightarrow \infty$ .

If  $f \in L^1(\mathbb{R}, \langle x \rangle^{-1} dx)$ , then  $\mathcal{H}(f)$  differs from  $\mathcal{H}_0(f)$  by a constant. Moreover, we have the inversion formula for all  $f \in L^1(\mathbb{R}, \langle x \rangle^{-2} dx)$  with  $\mathcal{H}(f) \in L^1(\mathbb{R}, \langle x \rangle^{-2} dx)$ :

$$\mathcal{H}(\mathcal{H}(f)) = -f + c(f), \tag{B-1}$$

where  $c(f)$  is a real constant depending on  $f$ .

We will use the following example later in the proof.

**Example B.1** [Jin and Zhang 2017, Example 2.3]. Let  $f(x) = \log(x^2 + 1)$ , then we can compute

$$\mathcal{H}(f)'(x) = \mathcal{H}_0(f')(x) = -\frac{2}{x^2+1}. \tag{B-2}$$

**Hardy space and outer functions.** We recall the definition of Hardy space on the real line

$$H^2 = H^2(\mathbb{R}) = \{f \in L^2(\mathbb{R}) : \text{supp } \hat{f} \subset [0, \infty)\}.$$

If  $f \in L^2(\mathbb{R})$ , then  $f + i\mathcal{H}_0(f) \in H^2(\mathbb{R})$ .

The space of modulus of functions in  $H^2$  can be characterized by the logarithmic integral: for  $\omega \in L^2$ ,  $\omega \geq 0$ , we define

$$\mathcal{L}(\omega) := \int_{\mathbb{R}} \frac{\log \omega(x)}{1+x^2} dx.$$

**Theorem B.2** [Havin and Jörice 1994, Section 1.5]. *If  $f \in H^2$  and  $\mathcal{L}(|f|) = -\infty$ , then  $f \equiv 0$ . On the other hand, if  $\omega \in L^2$  and  $\mathcal{L}(\omega) > -\infty$ , then there exists a function  $f \in H^2$  with  $|f| = \omega$ , unique up to a multiplication by a complex constant with unit modulus.*

If  $\mathcal{L}(\omega) > -\infty$ . Let  $\Omega = -\log \omega$ , then  $\Omega \in L^1(\mathbb{R}, \langle x \rangle^{-2} dx)$ . Therefore we can define  $\tilde{\Omega} = \mathcal{H}(\Omega)$  and take

$$f = ae^{-(\Omega+i\tilde{\Omega})}, \quad |a| = 1. \tag{B-3}$$

We call functions of the form (B-3) for general  $\Omega \in L^1(\mathbb{R}, \langle x \rangle^{-2} dx)$  *outer functions*. The class of outer functions is closed under multiplications. Moreover if two outer functions have the same modulus, then they differ by a complex constant with unit modulus.

The following lemma gives a sufficient condition of a function to be the modulus of the Fourier transform of a function supported in  $[0, \sigma]$ .

**Lemma B.3** [Mashregi et al. 2005, Theorem 1]. *Assume that  $\omega = e^{-\Omega} \in L^2$  and  $\mathcal{L}(\omega) > -\infty$ . In addition, we assume that  $\omega^2 e^{2\pi i \sigma x}$  is an outer function. Then there exists  $\psi \in L^2$  with  $\text{supp } \psi \subset [0, \sigma]$  and  $|\widehat{\psi}| = \omega$ .*

**An effective multiplier theorem.** We prove an effective multiplier theorem. This proof is essentially in [Jin and Zhang 2017, Section 3], the only change we make lies in the definition of  $k(x)$  below. Our modified definition makes sure that  $k(x)$  is a constant function in a neighborhood of 0, which leads to a pointwise lower bound of  $\widehat{\psi}(x)$  on the whole interval  $[-\frac{3}{4}, \frac{3}{4}]$ .

**Theorem B.4.** *Assume that  $0 < \omega \leq 1$  satisfies  $\mathcal{L}(\omega) > -\infty$ , and*

$$\|\mathcal{H}(\Omega)'\|_{L^\infty} \leq \frac{\pi}{2}\sigma,$$

where  $0 < \sigma < \frac{1}{10}$ ,  $\Omega = -\log \omega$ . Then there exists  $\psi \in L^2(\mathbb{R})$  with

$$\text{supp } \psi \subset [0, \sigma], \quad |\widehat{\psi}| \leq \omega,$$

and

$$|\widehat{\psi}| \geq \frac{\sigma^{10}}{4 \times 10^{11}} \omega \quad \text{on } [-\frac{3}{4}, \frac{3}{4}].$$

*Proof.* We first set

$$\omega_0(x) = \frac{\omega(x)}{(x^2 + T^2)^5}, \quad \Omega_0(x) = -\log(\omega_0(x)),$$

with constant  $T$  that will be specified later. We then have

$$\Omega_0 = \Omega + 5 \log(x^2 + T^2).$$

We compute

$$\mathcal{H}(\log(x^2 + T^2))(0) = \lim_{\varepsilon \rightarrow 0^+} \int_{|t| \geq \varepsilon} \log(t^2 + T^2) \left( \frac{1}{-t} - \frac{t}{t^2 + 1} \right) dt,$$

in which the integrand is an odd function. Hence the integration is zero. Therefore we have

$$\mathcal{H}(\Omega_0)(0) = \mathcal{H}(\Omega)(0) + 5\mathcal{H}(\log(x^2 + T^2)) = \mathcal{H}(\Omega)(0). \quad (\text{B-4})$$

By (B-2), we compute

$$\mathcal{H}(\log(x^2 + T^2))' = T^{-1} \mathcal{H}(\log(x^2 + 1))' \left( \frac{\cdot}{T} \right) = -\frac{2T}{x^2 + T^2}.$$

Thus if we choose  $T = \frac{20}{\pi\sigma} \geq \frac{200}{\pi} \geq 60$ , we have

$$\|\mathcal{H}(\Omega_0)'\|_{L^\infty} \leq \|\mathcal{H}(\Omega)'\|_{L^\infty} + 5\|\mathcal{H}(\log(x^2 + T^2))'\|_{L^\infty} \leq \pi\sigma. \quad (\text{B-5})$$

Let us define

$$s_0(x) = \pi\sigma x + \mathcal{H}(\Omega_0)(x).$$

Hence by (B-4),

$$s_0(0) = \mathcal{H}(\Omega)(0),$$

depending only on  $\omega$ .

Let  $s(x)$  be defined as

$$s(x) = s_0(x) - \pi k(x) - \frac{\pi}{2},$$

in which

$$k(x) = \begin{cases} \left\lfloor \frac{1}{\pi} s_0(x) \right\rfloor & \text{if } \frac{1}{\pi} s_0(0) \in \left[ \frac{1}{4}, \frac{3}{4} \right] \bmod 1, \\ \left\lfloor \frac{1}{\pi} s_0(x) - \frac{1}{2} \right\rfloor & \text{if } \frac{1}{\pi} s_0(0) \in \left[ 0, \frac{1}{4} \right) \cup \left( \frac{3}{4}, 1 \right) \bmod 1. \end{cases} \quad (\text{B-6})$$

Note that our definition of  $k(x)$  is different from that in [Jin and Zhang 2017]. We modify the definition in order to make sure  $k(x)$  is a constant near  $x = 0$ . This will be explained and used later in the proof.

By (B-5),  $s_0(x)$  is a nondecreasing function and so is  $k$ . Note also that by our definition of  $s(x)$ , we have

$$\|s\|_{L^\infty} \leq \pi. \quad (\text{B-7})$$

Let  $m = e^{-M}$ , where  $M = \mathcal{H}(s)$ . Next, we will estimate  $M(x) = \mathcal{H}(s)(x)$ . We split the integral into three parts  $M(x) = J_1(x) + J_2(x) + J_3(x)$ , where

$$\begin{aligned} J_1(x) &= \frac{1}{\pi} \int_{|x-t| < \frac{1}{2}} \frac{s(t) - s(x)}{x - t} dt, \\ J_2(x) &= \frac{1}{\pi} \int_{|x-t| < \frac{1}{2}} s(t) \frac{t}{t^2 + 1} dt, \\ J_3(x) &= \frac{1}{\pi} \int_{|x-t| \geq \frac{1}{2}} s(t) \left( \frac{1}{x - t} + \frac{t}{t^2 + 1} \right) dt. \end{aligned}$$

We estimate  $J_2$  and  $J_3$  in the same way as in [Jin and Zhang 2017]. By (B-7), we have

$$|J_2(x)| \leq \frac{1}{\pi} \cdot \|s\|_{L^\infty} \cdot \frac{1}{2} \leq \frac{1}{2}. \quad (\text{B-8})$$

Also, we have

$$|J_3(x)| \leq \frac{1}{\pi} \cdot \|s\|_{L^\infty} \int_{|x-t| \geq \frac{1}{2}} \left| \frac{1}{x - t} + \frac{t}{t^2 + 1} \right| dt \leq 6 \log(|x| + 2). \quad (\text{B-9})$$

Finally, we need to bound  $|J_1|$ . By (B-5), we know  $s_0(x) = \pi \sigma x + \mathcal{H}(\Omega_0)(x)$  is nondecreasing with  $\|s'_0\|_{L^\infty} \leq 2\pi\sigma$ . Since we assume  $0 < \sigma < \frac{1}{10}$ , we have

$$\|\pi^{-1} s'_0\|_{L^\infty} < \frac{1}{5}.$$

This leads to the following:

- If  $\pi^{-1} s_0(0) \in \left[ \frac{1}{4}, \frac{3}{4} \right] \bmod 1$ ,

$$\frac{1}{\pi} s_0(x) \in (0, 1) \bmod 1 \quad \text{for all } x \in \left[ -\frac{5}{4}, \frac{5}{4} \right].$$

- If  $\pi^{-1} s_0(0) \in \left[ 0, \frac{1}{4} \right) \cup \left( \frac{3}{4}, 1 \right) \bmod 1$ ,

$$\frac{1}{\pi} s_0(x) - \frac{1}{2} \in (0, 1) \bmod 1 \quad \text{for all } x \in \left[ -\frac{5}{4}, \frac{5}{4} \right].$$

Recalling our definition of  $k(x)$  in (B-6), we know in each case  $k(x)$  is a constant function on the interval  $[-\frac{5}{4}, \frac{5}{4}]$ .

Thus for  $x \in [-\frac{3}{4}, \frac{3}{4}]$ , we have

$$|J_1(x)| \leq \frac{1}{\pi} \int_{|x-t|<\frac{1}{2}} \left| \frac{s_0(t) - s_0(x)}{x-t} \right| dt \leq \frac{1}{\pi} \|s'_0\|_{L^\infty} \leq 2\sigma. \quad (\text{B-10})$$

For all  $x$ , we only have a lower bound of  $J_1$ . Since  $k$  is nondecreasing, we have

$$J_1(x) \geq \frac{1}{\pi} \int_{|x-t|<\frac{1}{2}} \frac{s_0(t) - s_0(x)}{x-t} dt \geq -2\sigma. \quad (\text{B-11})$$

Now combining (B-8), (B-9) with (B-10), we have the following estimate of  $M$  on  $[-\frac{3}{4}, \frac{3}{4}]$ :

$$|M(x)| \leq 2\sigma + \frac{1}{2} + 6 \log \frac{11}{4} < 7. \quad (\text{B-12})$$

Using (B-11) instead of (B-10), we obtain that for all  $x$ ,

$$M(x) \geq -2\sigma - \frac{1}{2} - 6 \log(|x| + 2) > -1 - 6 \log(|x| + 2). \quad (\text{B-13})$$

Next we will apply Lemma B.3 to  $\tilde{\omega} = \frac{1}{3}m\omega_0$ . We check that  $\tilde{\omega}$  satisfies all the assumptions. First, by (B-13), we have

$$0 \leq \tilde{\omega} \leq \frac{1}{3}e(|x| + 2)^6\omega_0 \leq \frac{\omega}{x^2 + T^2}.$$

Hence  $0 \leq \tilde{\omega} \leq \omega$  and  $\tilde{\omega} \in L^2$ . Moreover

$$\mathcal{L}(\tilde{\omega}) = \mathcal{L}(\frac{1}{3}m) + \mathcal{L}(\omega_0) > -\infty.$$

By the construction  $M = \mathcal{H}(s)$  and the inversion formula (B-1), we have

$$\mathcal{H}(-2M - 2\Omega_0) = 2s - 2\mathcal{H}(\Omega_0) - 2c(M) = 2\pi\sigma x - 2\pi k(x) - \pi - 2c(M),$$

where  $k(x) \in \mathbb{Z}$  and  $c(M)$  is a real constant. Therefore for some constant  $a$  with  $|a| = 1$ , we have

$$\tilde{\omega}^2 e^{2\pi i \sigma x} = \frac{1}{9} e^{-2M - 2\Omega_0 + 2\pi i \sigma x} = \frac{1}{9} a e^{-2M - 2\Omega_0 + i\mathcal{H}(-2M - 2\Omega_0)},$$

which shows  $\tilde{\omega}^2 e^{2\pi i \sigma x}$  is an outer function.

By Lemma B.3, there exists  $\psi \in L^2$  with  $\text{supp}(\psi) \subset [0, \sigma]$  and  $|\hat{\psi}| \leq \tilde{\omega} \leq \omega$ . Furthermore, on  $[-\frac{3}{4}, \frac{3}{4}]$ , by (B-12), and since  $T = \frac{20}{\pi\sigma}$ , we have

$$|\hat{\psi}(x)| = \tilde{\omega}(x) \geq \frac{1}{3}(1 + T^2)^{-5} e^{-7} \omega(x) \geq \frac{\sigma^{10}}{4 \times 10^{11}} \omega(x),$$

as claimed.  $\square$

**Multiplier adapted to the regular sets.** Now we are in the place to finish the proof of Lemma 6.2.

*Proof.* The proof is the essentially same as that of Lemma 4.1 of [Jin and Zhang 2017]. We briefly go through the various constants below.

We define  $n_1 \in \mathbb{N}$  by  $2^{n_1} < S\alpha_1 \leq 2^{n_1+1}$ . For  $1 \leq n \leq n_1$ , let  $A_n := [-2^{n+1}, -2^n] \cup [2^n, 2^{n+1}]$ . Then by Lemma A.8, we have a collection  $\mathcal{J}_n$  of  $N_n$  intervals of size  $\rho_n := n^{-(1+\delta)/2} 2^n$  such that each element is of the form  $[j, j+1]$ ,  $j \in \mathbb{Z}$ , intersects  $A_n$ , and

$$Y \cap A_n \subset \bigcup_{J \in \mathcal{J}_n} J.$$

Moreover, the number  $N_n$  satisfies

$$N_n \leq 6 \left\lceil \frac{3+S}{2} \right\rceil C_R^2 \left( \frac{2^n}{\rho_n} \right)^\delta = 6 \left\lceil \frac{3+S}{2} \right\rceil C_R^2 n^{\frac{\delta(1+\delta)}{2}}. \quad (\text{B-14})$$

Following the proof of [Jin and Zhang 2017], we define a weight function  $\omega$  such that

$$\begin{aligned} \omega(\xi) &= \exp(-\langle \xi \rangle^{\frac{1}{2}}) \geq 0.3 \quad \text{for all } \xi \in [-1, 1], \\ \omega(\xi) &\leq \exp(-\langle \xi \rangle^{\frac{1}{2}}) \quad \text{for all } \xi \in \mathbb{R}, \\ \omega(\xi) &\leq \exp(-\Theta(|\xi|)|\xi|) \quad \text{for all } \xi \in Y, |\xi| \geq 10, \\ \|\mathcal{H}(\omega)'\|_{L^\infty} &\leq \frac{\iota^{-1} C_R^2}{\delta_1(1-\delta_1)}, \end{aligned}$$

where  $0 < \iota < 1$  is a constant depending only on  $S$ . The dependence comes from the upper bound of  $N_n$  in (B-14).

Applying Theorem B.4 to  $\omega^{c_3}$  with

$$\sigma = \frac{1}{5} c_1, \quad c_3 = \frac{\pi}{10} \iota c_1 C_R^{-2} \delta_1 (1 - \delta_1) < 1.$$

We obtain  $\psi$  with

$$\begin{aligned} \text{supp } \psi &\subset [0, \frac{1}{5} c_1], \\ |\hat{\psi}(\xi)| &\geq \frac{c_1^{10}}{4 \times 10^{18}} \omega(\xi)^{c_3} \geq \frac{3}{4 \times 10^{19}} c_1^{10} \quad \text{for all } \xi \in [-\frac{3}{4}, \frac{3}{4}], \\ |\hat{\psi}(\xi)| &\leq \exp(-c_3 \langle \xi \rangle^{\frac{1}{2}}) \quad \text{for all } \xi \in \mathbb{R}, \\ |\hat{\psi}(\xi)| &\leq \exp(-c_3 \Theta(|\xi|)|\xi|) \quad \text{for all } \xi \in Y, |\xi| \geq 10. \end{aligned}$$

Finally, shifting  $\psi$  by  $\frac{1}{10} c_1$  yields the desired function.  $\square$

### Acknowledgements

The authors thank Jean Bourgain for his interest in this paper, and thank Semyon Dyatlov for his comments on a preliminary version which improved our presentation. We thank the IAS, Princeton, for its hospitality during the 2017–18 academic year. This material is based upon work supported by the National Science Foundation under grant DMS-1638352. Han was partially supported by NSF grant DMS-1800689 during the preparation of this work. Schlag was partially supported by NSF grant DMS-1500696 during the preparation of this work.

## References

[Abramowitz and Stegun 1966] M. Abramowitz and I. A. Stegun (editors), *Handbook of mathematical functions with formulas, graphs, and mathematical tables*, National Bureau of Standards Appl. Math. Series **55**, Dover, New York, 1966.

[Beurling and Malliavin 1962] A. Beurling and P. Malliavin, “On Fourier transforms of measures with compact support”, *Acta Math.* **107** (1962), 291–309. MR Zbl

[Bourgain and Dyatlov 2017] J. Bourgain and S. Dyatlov, “Fourier dimension and spectral gaps for hyperbolic surfaces”, *Geom. Funct. Anal.* **27**:4 (2017), 744–771. MR Zbl

[Bourgain and Dyatlov 2018] J. Bourgain and S. Dyatlov, “Spectral gaps without the pressure condition”, *Ann. of Math.* (2) **187**:3 (2018), 825–867. MR Zbl

[Dyatlov 2017] S. Dyatlov, “Control of eigenfunctions on hyperbolic surfaces: an application of fractal uncertainty principle”, art. id. 4 in *Journées équations aux dérivées partielles* (Roscoff, France, 2017), CEDRAM, Grenoble, 2017.

[Dyatlov and Jin 2017] S. Dyatlov and L. Jin, “Resonances for open quantum maps and a fractal uncertainty principle”, *Comm. Math. Phys.* **354**:1 (2017), 269–316. MR Zbl

[Dyatlov and Jin 2018] S. Dyatlov and L. Jin, “Semiclassical measures on hyperbolic surfaces have full support”, *Acta Math.* **220**:2 (2018), 297–339. MR Zbl

[Dyatlov and Zahl 2016] S. Dyatlov and J. Zahl, “Spectral gaps, additive energy, and a fractal uncertainty principle”, *Geom. Funct. Anal.* **26**:4 (2016), 1011–1094. MR Zbl

[Goldstein and Schlag 2001] M. Goldstein and W. Schlag, “Hölder continuity of the integrated density of states for quasi-periodic Schrödinger equations and averages of shifts of subharmonic functions”, *Ann. of Math.* (2) **154**:1 (2001), 155–203. MR Zbl

[Goldstein and Schlag 2008] M. Goldstein and W. Schlag, “Fine properties of the integrated density of states and a quantitative separation property of the Dirichlet eigenvalues”, *Geom. Funct. Anal.* **18**:3 (2008), 755–869. MR Zbl

[Havin and Jörice 1994] V. Havin and B. Jörice, *The uncertainty principle in harmonic analysis*, *Ergebnisse der Mathematik* (3) **28**, Springer, 1994. MR Zbl

[Jin and Zhang 2017] L. Jin and R. Zhang, “Fractal uncertainty principle with explicit exponent”, preprint, 2017. arXiv

[Kovrijkine 2001] O. Kovrijkine, “Some results related to the Logvinenko–Sereda theorem”, *Proc. Amer. Math. Soc.* **129**:10 (2001), 3037–3047. MR Zbl

[Levin 1996] B. Y. Levin, *Lectures on entire functions*, *Translations of Math. Monographs* **150**, Amer. Math. Soc., Providence, RI, 1996. MR Zbl

[Mashregi et al. 2005] D. Mashregi, F. L. Nazarov, and V. P. Khavin, “The Beurling–Malliavin multiplier theorem: the seventh proof”, *Algebra i Analiz* **17**:5 (2005), 3–68. In Russian; translated in *St. Petersburg Math. J.* **17**:5 (2006), 699–744. MR Zbl

[Muscalu and Schlag 2013] C. Muscalu and W. Schlag, *Classical and multilinear harmonic analysis, I*, Cambridge Studies in Adv. Math. **137**, Cambridge Univ. Press, 2013. MR Zbl

Received 30 Aug 2018. Revised 8 Feb 2019. Accepted 20 Mar 2019.

RUI HAN: [rui.han@math.gatech.edu](mailto:rui.han@math.gatech.edu)

School of Mathematics, Georgia Institute of Technology, Atlanta, GA, United States

WILHELM SCHLAG: [wilhelm.schlag@yale.edu](mailto:wilhelm.schlag@yale.edu)

Department of Mathematics, Yale University, New Haven, CT, United States



# Analysis & PDE

msp.org/apde

## EDITORS

### EDITOR-IN-CHIEF

Patrick Gérard

patrick.gerard@math.u-psud.fr

Université Paris Sud XI

Orsay, France

### BOARD OF EDITORS

Massimiliano Berti	Scuola Intern. Sup. di Studi Avanzati, Italy berti@sissa.it	Gilles Pisier	Texas A&M University, and Paris 6 pisier@math.tamu.edu
Michael Christ	University of California, Berkeley, USA mchrist@math.berkeley.edu	Tristan Rivière	ETH, Switzerland riviere@math.ethz.ch
Charles Fefferman	Princeton University, USA cf@math.princeton.edu	Igor Rodnianski	Princeton University, USA irod@math.princeton.edu
Ursula Hamenstädt	Universität Bonn, Germany ursula@math.uni-bonn.de	Yum-Tong Siu	Harvard University, USA siu@math.harvard.edu
Vadim Kaloshin	University of Maryland, USA vadim.kaloshin@gmail.com	Terence Tao	University of California, Los Angeles, USA tao@math.ucla.edu
Herbert Koch	Universität Bonn, Germany koch@math.uni-bonn.de	Michael E. Taylor	Univ. of North Carolina, Chapel Hill, USA met@math.unc.edu
Izabella Laba	University of British Columbia, Canada ilaba@math.ubc.ca	Gunther Uhlmann	University of Washington, USA gunther@math.washington.edu
Richard B. Melrose	Massachusetts Inst. of Tech., USA rbm@math.mit.edu	András Vasy	Stanford University, USA andras@math.stanford.edu
Frank Merle	Université de Cergy-Pontoise, France Frank.Merle@u-cergy.fr	Dan Virgil Voiculescu	University of California, Berkeley, USA dvv@math.berkeley.edu
William Minicozzi II	Johns Hopkins University, USA minicozz@math.jhu.edu	Steven Zelditch	Northwestern University, USA zelditch@math.northwestern.edu
Clément Mouhot	Cambridge University, UK c.mouhot@dpmms.cam.ac.uk	Maciej Zworski	University of California, Berkeley, USA zworski@math.berkeley.edu
Werner Müller	Universität Bonn, Germany mueller@math.uni-bonn.de		

### PRODUCTION

production@msp.org

Silvio Levy, Scientific Editor

---

See inside back cover or [msp.org/apde](http://msp.org/apde) for submission instructions.

---

The subscription price for 2020 is US \$340/year for the electronic version, and \$550/year (+\$60, if shipping outside the US) for print and electronic. Subscriptions, requests for back issues from the last three years and changes of subscriber address should be sent to MSP.

---

Analysis & PDE (ISSN 1948-206X electronic, 2157-5045 printed) at Mathematical Sciences Publishers, 798 Evans Hall #3840, c/o University of California, Berkeley, CA 94720-3840, is published continuously online. Periodical rate postage paid at Berkeley, CA 94704, and additional mailing offices.

---

APDE peer review and production are managed by EditFlow® from MSP.

PUBLISHED BY

 **mathematical sciences publishers**  
nonprofit scientific publishing

<http://msp.org/>

© 2020 Mathematical Sciences Publishers

# ANALYSIS & PDE

Volume 13 No. 3 2020

---

On the gap between the Gamma-limit and the pointwise limit for a nonlocal approximation of the total variation	627
CLARA ANTONUCCI, MASSIMO GOBBINO and NICOLA PICENNI	
External boundary control of the motion of a rigid body immersed in a perfect two-dimensional fluid	651
OLIVIER GLASS, JÓZSEF J. KOLUMBÁN and FRANCK SUEUR	
Distance graphs and sets of positive upper density in $\mathbb{R}^d$	685
NEIL LYALL and ÁKOS MAGYAR	
Isolated singularities for semilinear elliptic systems with power-law nonlinearity	701
MARIUS GHERGU, SUNGHAN KIM and HENRIK SHAHGHOLIAN	
Regularity of the free boundary for the vectorial Bernoulli problem	741
DARIO MAZZOLENI, SUSANNA TERRACINI and BOZHIDAR VELICHKOV	
On the discrete Fuglede and Pompeiu problems	765
GERGELY KISS, ROMANOS DIOGENES MALIKIOSIS, GÁBOR SOMLAI and MÁTÉ VIZER	
Energy conservation for the compressible Euler and Navier–Stokes equations with vacuum	789
IBROKHIMBEK AKRAMOV, TOMASZ DĘBIEC, JACK SKIPPER and EMIL WIEDEMANN	
A higher-dimensional Bourgain–Dyatlov fractal uncertainty principle	813
RUI HAN and WILHELM SCHLAG	
Local minimality results for the Mumford–Shah functional via monotonicity	865
DORIN BUCUR, ILARIA FRAGALÀ and ALESSANDRO GIACOMINI	
The gradient flow of the Möbius energy: $\varepsilon$ -regularity and consequences	901
SIMON BLATT	
Correction to the article The heat kernel on an asymptotically conic manifold	943
DAVID A. SHER	



2157-5045(2020)13:3;1-B