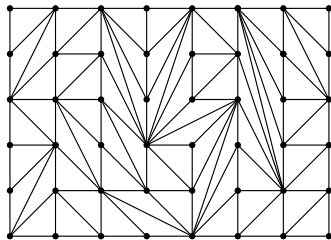


# Dynamical phase transition in random lattice triangulations.

Pietro Caputo,  
with Fabio Martinelli, Alistair Sinclair, and Alexandre Stauffer

*La Sapienza, Roma*  
12 luglio, 2016

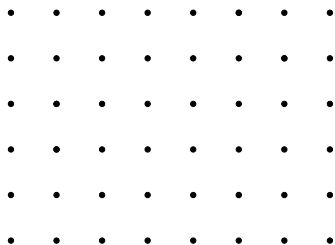
# Plan



- Lattice triangulations: basic facts
- How to simulate a random LT ? *Flip dynamics*
- Weighted random triangulations: Phase transition
- Mixing time estimates

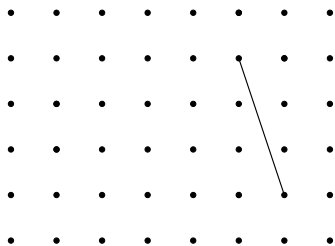
## Lattice triangulations: basic facts

Triangulation of a  $m \times n$  rectangle  $R_{m,n}$  in  $\mathbb{Z}^2$ :



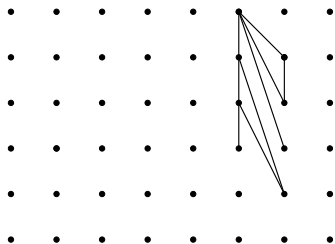
## Lattice triangulations: basic facts

Triangulation of a  $m \times n$  rectangle  $R_{m,n}$  in  $\mathbb{Z}^2$ :



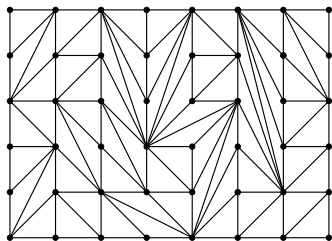
## Lattice triangulations: basic facts

Triangulation of a  $m \times n$  rectangle  $R_{m,n}$  in  $\mathbb{Z}^2$ :



## Lattice triangulations: basic facts

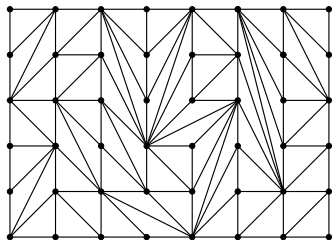
Triangulation of a  $m \times n$  rectangle  $R_{m,n}$  in  $\mathbb{Z}^2$ :



Maximal set of non-intersecting edges. Edges are segments joining two lattice points, containing no other lattice point.

## Lattice triangulations: basic facts

Call  $\Omega(m, n)$  the set of all triangulations of  $R_{m,n}$

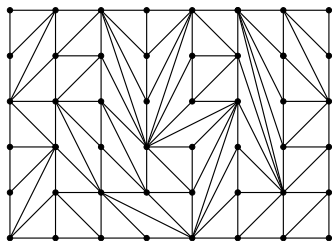


Any  $\sigma \in \Omega(m, n)$  has:

- $2mn$  triangles, each with area  $\frac{1}{2}$
- $3mn + m + n$  edges, with *fixed* midpoints

## Lattice triangulations: basic facts

Call  $\Omega(m, n)$  the set of all triangulations of  $R_{m,n}$



Any  $\sigma \in \Omega(m, n)$  has:

- $2mn$  triangles, each with area  $\frac{1}{2}$
- $3mn + m + n$  edges, with *fixed* midpoints

Thus  $\sigma = \{\sigma_x, x \in \Lambda_{m,n}\}$ , where

$$\Lambda_{m,n} = \{0, \frac{1}{2}, 1, \frac{3}{2}, \dots, m - \frac{1}{2}, m\} \times \{0, \frac{1}{2}, 1, \frac{3}{2}, \dots, n - \frac{1}{2}, n\} \setminus R_{m,n}$$



# Counting lattice triangulations

$$\#\Omega(1, n) = \binom{2n}{n} \quad \text{Equivalence with lattice paths}$$

# Counting lattice triangulations

$\#\Omega(1, n) = \binom{2n}{n}$     Equivalence with lattice paths

$\#\Omega(m, n)$  with  $m$  fixed and  $n$  large:

asymptotic formulas [Kaibel-Ziegler 2003]

# Counting lattice triangulations

$$\#\Omega(1, n) = \binom{2n}{n} \quad \text{Equivalence with lattice paths}$$

$\#\Omega(m, n)$  with  $m$  fixed and  $n$  large:

asymptotic formulas [Kaibel-Ziegler 2003]

In general it is known that

$$(4.15)^{mn} < \#\Omega(m, n) < (6.86)^{mn}.$$

[Gel'fand-Kapranov-Zelevinski 1994, Yu-Orevcov 1999,

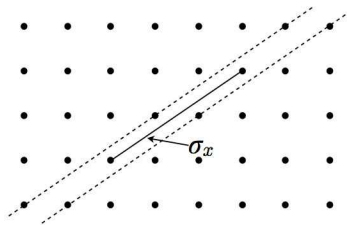
Anclin 2003, Kaibel-Ziegler 2003, Matousek-Valtr-Weltzl 2006]

## Sampling lattice triangulations

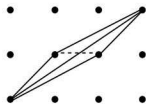
Flip moves: an edge is **flippable** if it is the diagonal of a parallelogram.

# Sampling lattice triangulations

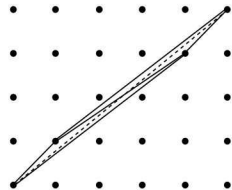
Flip moves: an edge is **flippable** if it is the diagonal of a parallelogram. In this case:



(a)



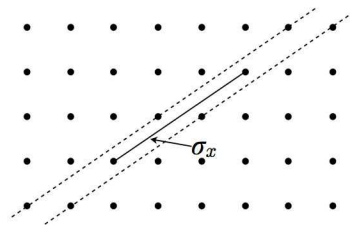
(b)



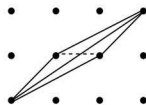
(c)

## Sampling lattice triangulations

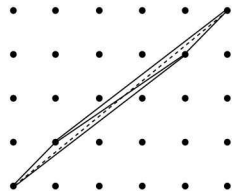
Flip moves: an edge is **flippable** if it is the diagonal of a parallelogram. In this case:



(a)



(b)



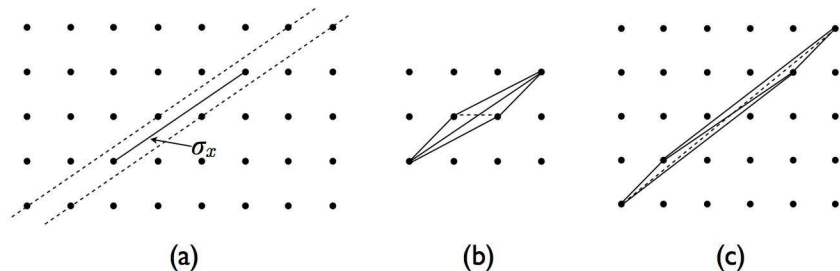
(c)

The largest edge in a triangulation is always flippable to a shorter edge. The **flip graph** on  $\Omega(m, n)$  is **connected**.

Markov chain: pick a midpoint at random, if flippable toss a coin to update it. This **converges to the uniform distribution** on  $\Omega(m, n)$ .

## Sampling lattice triangulations

Flip moves: an edge is **flippable** if it is the diagonal of a parallelogram. In this case:



The largest edge in a triangulation is always flippable to a shorter edge. The **flip graph** on  $\Omega(m, n)$  is **connected**.

Markov chain: pick a midpoint at random, if flippable toss a coin to update it. This **converges to the uniform distribution** on  $\Omega(m, n)$ .

**PROBLEM:** Is the Mixing Time  $poly(n, m)$  ?

## Weighted triangulations and Gibbs sampler

Consider the Gibbs distribution on  $\Omega = \Omega(m, n)$ : for  $\lambda > 0$

$$\mu(\sigma) = \frac{\lambda^{|\sigma|}}{Z}, \quad |\sigma| = \sum_{x \in \Lambda_{m,n}} |\sigma_x|$$

where  $|\sigma_x|$  denotes the  $\ell_1$  length of  $\sigma_x$ .



## Weighted triangulations and Gibbs sampler

Consider the Gibbs distribution on  $\Omega = \Omega(m, n)$ : for  $\lambda > 0$

$$\mu(\sigma) = \frac{\lambda^{|\sigma|}}{Z}, \quad |\sigma| = \sum_{x \in \Lambda_{m,n}} |\sigma_x|$$

where  $|\sigma_x|$  denotes the  $\ell_1$  length of  $\sigma_x$ .

**Gibbs sampler:** pick a midpoint  $x \in \Lambda_{m,n}$  at random, if the edge  $\sigma_x$  is flippable to edge  $\sigma'_x$  (producing a new triangulation  $\sigma'$ ), then flip it with probability

$$\frac{\mu(\sigma')}{\mu(\sigma') + \mu(\sigma)} = \frac{\lambda^{|\sigma'_x|}}{\lambda^{|\sigma'_x|} + \lambda^{|\sigma_x|}}.$$

Repeating at each time unit independently yields a **Markov chain** with transition matrix  $P$  that is **reversible** w.r.t.  $\mu$ :

$$\mu(\sigma)P(\sigma, \tau) = \mu(\tau)P(\tau, \sigma), \quad \sigma, \tau \in \Omega.$$

Equivalently,  $Pf(\sigma) = \sum_{\tau} P(\sigma, \tau)f(\tau)$  is self-adjoint in  $L^2(\Omega, \mu)$ .

## Convergence to equilibrium

The **Spectral Gap** is defined by  $\text{gap} = 1 - \lambda_2(P)$ , where  $\lambda_2(P)$  is the second largest eigenvalue of  $P$ .

The **Relaxation Time**  $T_{\text{REL}} = \text{gap}^{-1}$  is the rate of exponential decay to equilibrium in  $L^2(\Omega, \mu)$ :

## Convergence to equilibrium

The **Spectral Gap** is defined by  $\text{gap} = 1 - \lambda_2(P)$ , where  $\lambda_2(P)$  is the second largest eigenvalue of  $P$ .

The **Relaxation Time**  $T_{\text{REL}} = \text{gap}^{-1}$  is the rate of exponential decay to equilibrium in  $L^2(\Omega, \mu)$ :

The **Mixing Time** is defined by

$$T_{\text{mix}} = \inf \left\{ t \in \mathbb{N} : \max_{\sigma \in \Omega} \|P^t(\sigma, \cdot) - \mu\|_{\text{TV}} \leq 1/4 \right\},$$

$P^t(\sigma, \cdot)$  is the distribution after  $t$  steps when the initial state is  $\sigma$ .

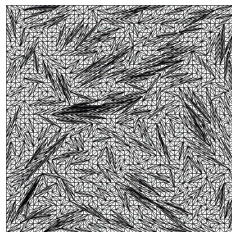
Total variation distance  $\|\nu - \mu\|_{\text{TV}} = \frac{1}{2} \sum_{\tau \in \Omega} |\nu(\tau) - \mu(\tau)|$ .

The mixing time is the rate of exponential decay w.r.t.  $\|\cdot\|_{\text{TV}}$ .

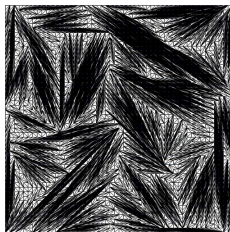
Standard:  $T_{\text{mix}} \leq \text{Const.} \times T_{\text{REL}} \log(1/\mu_{\min})$ .

# Weighted triangulations and Gibbs sampler

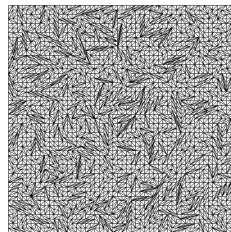
Simulations suggest a **phase transition** (here  $n = m = 50$ ):



$$\lambda = 1$$



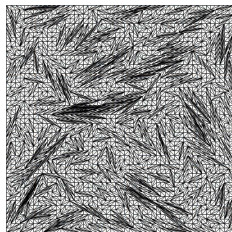
$$\lambda = 1.1$$



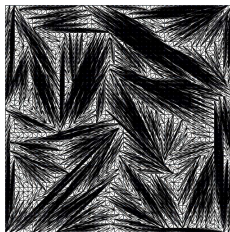
$$\lambda = 0.9$$

# Weighted triangulations and Gibbs sampler

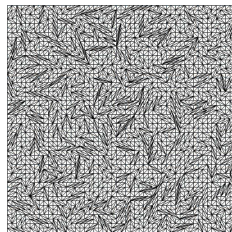
Simulations suggest a **phase transition** (here  $n = m = 50$ ):



$\lambda = 1$



$\lambda = 1.1$



$\lambda = 0.9$

## Conjectures

- $\lambda < 1$ :  $T_{\text{mix}} = O(mn(n + m))$
- $\lambda > 1$ :  $T_{\text{mix}} = \exp(\Omega(mn(n + m)))$
- $\lambda = 1$ :  $T_{\text{mix}} = \text{poly}(m, n)$  (?)

## Main results

### Theorem (Rapid mixing for small $\lambda$ )

*There exists  $\lambda_0 > 0$  such that for all  $\lambda < \lambda_0$  one has*

$$T_{\text{mix}} = O(mn(m+n)).$$

## Main results

### Theorem (Rapid mixing for small $\lambda$ )

*There exists  $\lambda_0 > 0$  such that for all  $\lambda < \lambda_0$  one has*

$$T_{\text{mix}} = O(mn(m+n)).$$

### Theorem (Slow mixing for $\lambda > 1$ )

*For all  $\lambda > 1$  one has  $T_{\text{mix}} \geq \exp(c(m+n))$ .*

[Sharper results for [thin rectangles](#). More on this later]

## Main results

### Theorem (Rapid mixing for small $\lambda$ )

*There exists  $\lambda_0 > 0$  such that for all  $\lambda < \lambda_0$  one has*

$$T_{\text{mix}} = O(mn(m+n)).$$

### Theorem (Slow mixing for $\lambda > 1$ )

*For all  $\lambda > 1$  one has  $T_{\text{mix}} \geq \exp(c(m+n))$ .*

[Sharper results for [thin rectangles](#). More on this later]

### Theorem (Small $\lambda$ phase: equilibrium results)

*There exists  $\lambda_0 > 0$  such that for all  $\lambda < \lambda_0$  one has:*

- *exponential tails for the marginals on  $|\sigma_x|$ ,*
- *“exponential decay of correlations”.*



## Sketch of proof of rapid mixing for small $\lambda$

Path coupling (Bubley-Dyer 1997).

Exponential metric: Fix  $\alpha > 1$ , and for  $\sigma, \tau \in \Omega(m, n)$  differing only at  $x \in \Lambda_{m,n}$  set

$$\Delta(\sigma, \tau) = |\alpha^{|\sigma_x|} - \alpha^{|\tau_x|}|. \quad (1)$$

If  $|\sigma_x| = |\tau_x| = 2$  (unit diagonals), then set  $\Delta(\sigma, \tau) = \alpha^2 - 1$ .

Extend  $\Delta$  to all pairs of triangulations by defining  $\Delta(\sigma, \tau)$  to be the shortest path distance between  $\sigma$  and  $\tau$  in the flip graph, with edge lengths given by the above weight.

## Sketch of proof of rapid mixing for small $\lambda$

Path coupling (Bubley-Dyer 1997).

Exponential metric: Fix  $\alpha > 1$ , and for  $\sigma, \tau \in \Omega(m, n)$  differing only at  $x \in \Lambda_{m, n}$  set

$$\Delta(\sigma, \tau) = |\alpha^{|\sigma_x|} - \alpha^{|\tau_x|}|. \quad (1)$$

If  $|\sigma_x| = |\tau_x| = 2$  (unit diagonals), then set  $\Delta(\sigma, \tau) = \alpha^2 - 1$ .

Extend  $\Delta$  to all pairs of triangulations by defining  $\Delta(\sigma, \tau)$  to be the shortest path distance between  $\sigma$  and  $\tau$  in the flip graph, with edge lengths given by the above weight.

### Lemma

For  $\lambda < \lambda_0 = 1/8$ ,  $\alpha = 1/\lambda_0$ , there is a coupling such that

$$\mathbb{E}_{\sigma, \tau}[\Delta(\sigma', \tau')] \leq \Delta(\sigma, \tau) \left(1 - \frac{1}{2|\Lambda_{m, n}|}\right),$$

## Sketch of proof of rapid mixing for small $\lambda$

Path coupling (Bubley-Dyer 1997).

Exponential metric: Fix  $\alpha > 1$ , and for  $\sigma, \tau \in \Omega(m, n)$  differing only at  $x \in \Lambda_{m,n}$  set

$$\Delta(\sigma, \tau) = |\alpha^{|\sigma_x|} - \alpha^{|\tau_x|}|. \quad (1)$$

If  $|\sigma_x| = |\tau_x| = 2$  (unit diagonals), then set  $\Delta(\sigma, \tau) = \alpha^2 - 1$ .

Extend  $\Delta$  to all pairs of triangulations by defining  $\Delta(\sigma, \tau)$  to be the shortest path distance between  $\sigma$  and  $\tau$  in the flip graph, with edge lengths given by the above weight.

### Lemma

For  $\lambda < \lambda_0 = 1/8$ ,  $\alpha = 1/\lambda_0$ , there is a coupling such that

$$\mathbb{E}_{\sigma, \tau}[\Delta(\sigma', \tau')] \leq \Delta(\sigma, \tau) \left(1 - \frac{1}{2|\Lambda_{m,n}|}\right),$$

From here it is standard to conclude  $T_{\text{mix}} = O(|\Lambda_{m,n}|(m+n))$

(use Markov property, Markov's inequality, and the fact that  $\max_{\sigma, \tau} \Delta(\sigma, \tau) \leq \exp c(m+n)$ ).

## Sketch of proof of slow mixing for $\lambda > 1$

Bottleneck: If we find a set  $A \subset \Omega(m, n)$  such that  $\mu(A) \leq 1/2$  and

$$\frac{\mu(\partial A)}{\mu(A)} \leq e^{-c(m+n)},$$

then  $T_{\text{mix}}$  and  $T_{\text{REL}}$  are exponential in  $m + n$ . Here  $\partial A$  is the set of  $\sigma \in A$  such that for some  $x \in \Lambda_{m,n}$  a flip at  $x$  produces  $\sigma' \notin A$ .

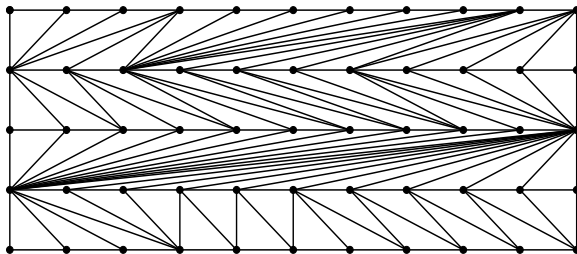
## Sketch of proof of slow mixing for $\lambda > 1$

Bottleneck: If we find a set  $A \subset \Omega(m, n)$  such that  $\mu(A) \leq 1/2$  and

$$\frac{\mu(\partial A)}{\mu(A)} \leq e^{-c(m+n)},$$

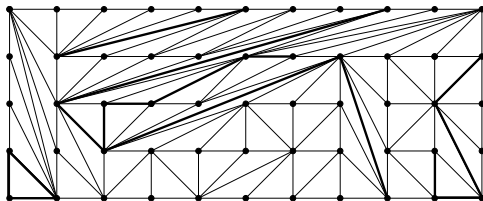
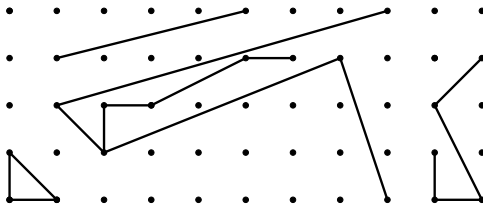
then  $T_{\text{mix}}$  and  $T_{\text{REL}}$  are exponential in  $m+n$ . Here  $\partial A$  is the set of  $\sigma \in A$  such that for some  $x \in \Lambda_{m,n}$  a flip at  $x$  produces  $\sigma' \notin A$ .

Idea: Pick  $A$  as the set of all **herringbone** triangulations:



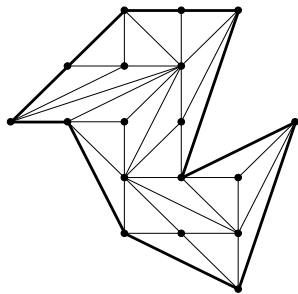
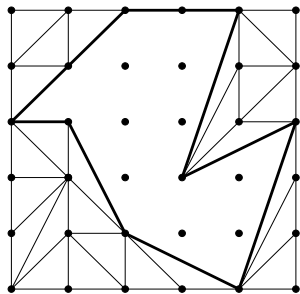
Each layer has opposite orientation. Note that  $\sigma \in \partial A$  iff an internal edge is vertical, which is exponentially unlikely given  $A$ .

# Lattice triangulations with constraints



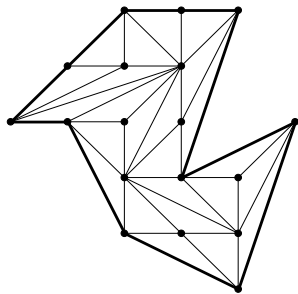
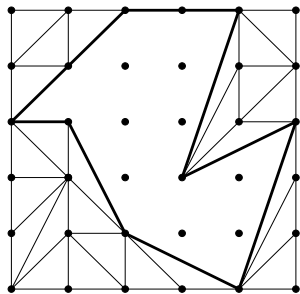
# Lattice triangulations with constraints

Triangulations of an arbitrary lattice polygon



## Lattice triangulations with constraints

Triangulations of an arbitrary lattice polygon



### Lemma

For any set of constraints, the flip graph on triangulations is *connected*. Moreover, its diameter is  $O(mn(m+n))$ .

Remark: Rapid mixing results for  $\lambda < \lambda_0$  hold *uniformly* in the set of constraints.



## Ground states

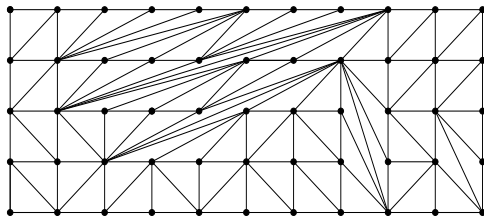
A ground state is a triangulation  $\bar{\sigma}$  with **minimal** total length. If there are no constraints, GS is trivial: all edges are unit vertical/horizontal or unit diagonal (GS is unique up to unit diagonal flips).

## Ground states

A ground state is a triangulation  $\bar{\sigma}$  with **minimal** total length. If there are no constraints, GS is trivial: all edges are unit vertical/horizontal or unit diagonal (GS is unique up to unit diagonal flips). In general one has

### Lemma (Ground State Lemma)

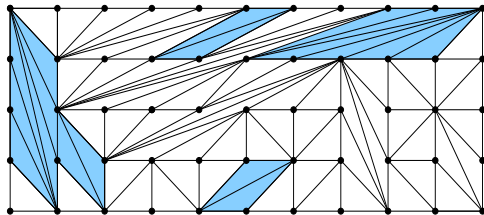
*Given any set of **constraints**, the ground state triangulation is unique (up to possible unit diagonal flips), and can be constructed by placing each edge in its minimal length configuration consistent with the constraints, independent of the other edges.*



## Peierls' type estimates for small $\lambda$

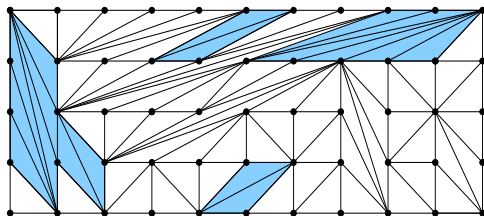
Think of the GS triangulation  $\bar{\sigma}$  as a fixed background graph.

Call  $\mathcal{S} = \mathcal{S}(\sigma)$  the (random) set of triangles that are not GS in  $\sigma$ .



## Peierls' type estimates for small $\lambda$

Think of the GS triangulation  $\bar{\sigma}$  as a fixed background graph.  
Call  $\mathcal{S} = \mathcal{S}(\sigma)$  the (random) set of triangles that are not GS in  $\sigma$ .



### Lemma

*There exists  $\lambda_0 \in (0, 1)$  such that uniformly in the constraints, for any fixed ground state region  $V$ ,*

$$\mu(\mathcal{S} \supseteq V) \leq (\lambda/\lambda_0)^{|V|/2}.$$

## Exponential decay for small $\lambda$

For some  $\lambda_0 \in (0, 1)$ , uniformly in the constraints, one has:

### Theorem (Exponential tails)

*For every point  $x \in \Lambda$  and every  $k \in \mathbb{N}$ ,*

$$\mu(|\sigma_x| = |\bar{\sigma}_x| + k) \leq (\lambda/\lambda_0)^k.$$

## Exponential decay for small $\lambda$

For some  $\lambda_0 \in (0, 1)$ , uniformly in the constraints, one has:

### Theorem (Exponential tails)

For every point  $x \in \Lambda$  and every  $k \in \mathbb{N}$ ,

$$\mu(|\sigma_x| = |\bar{\sigma}_x| + k) \leq (\lambda/\lambda_0)^k.$$

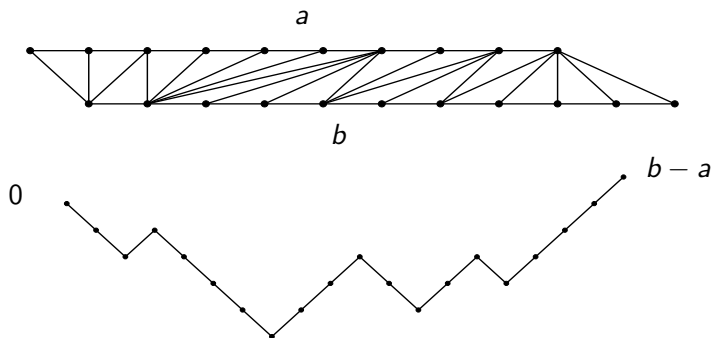
Influence of an **extra constraint**  $\sigma_x$  at  $x \in \Lambda_{m,n}$  (a boundary condition). For  $U \subset \Lambda_{m,n}$  call  $d(U, \sigma_x)$  the “distance” in  $\bar{\sigma}$  between  $\sigma_x$  and  $U$ .

### Theorem (Spatial mixing)

For all  $x \in \Lambda$ , for all fixed  $\sigma_x$ , and  $U \subseteq \Lambda$ , one has

$$\|\mu^{\sigma_x} - \mu\|_{\text{TV}, U} \leq |U|(\lambda/\lambda_0)^{d(U, \sigma_x)}.$$

## Optimal bounds on $T_{\text{mix}}$ for $m = 1$



### Theorem

- $\lambda < 1$ :  $T_{\text{mix}} = \Theta(n^2)$  (*path coupling*)
- $\lambda > 1$ :  $T_{\text{mix}} = \exp(\Omega(n^2))$  (*1 layer bottleneck*)
- $\lambda = 1$ :  $T_{\text{mix}} \sim n^3 \log n$  (*coupling, e.g. D.B. Wilson 2001*)

# Optimal bounds for thin rectangles: $m$ fixed and $n$ large

## Theorem

- $\lambda < 1$ :  $T_{\text{mix}} = \Theta(n^2)$
- $\lambda > 1$ :  $T_{\text{mix}} = \exp(\Omega(n^2))$

OPEN:  $\text{poly}(n)$  bounds for  $\lambda = 1$ .



# Optimal bounds for thin rectangles: $m$ fixed and $n$ large

## Theorem

- $\lambda < 1$ :  $T_{\text{mix}} = \Theta(n^2)$
- $\lambda > 1$ :  $T_{\text{mix}} = \exp(\Omega(n^2))$

OPEN:  $\text{poly}(n)$  bounds for  $\lambda = 1$ .

Lower bound for  $\lambda > 1$ : improved version of **herringbone bottleneck**.

Upper bound for  $\lambda < 1$ : requires new ideas combined with results from **A. Stauffer (2015)** on the existence of a **Lyapunov function** for the general  $m \times n$  triangulations.

Upper bound:  $T_{\text{mix}} = O(n^2)$

**Burn-in phase:** for some  $T = c(\lambda)n^2$ , uniformly in the initial condition, one has w.h.p.

$$\sigma(t) \in \tilde{\Omega}, \quad t \in [T, T + n^{10}],$$

$\tilde{\Omega}$  is the set of triangulations such that  $|\sigma_x| \leq C \log n$  for all  $x$ .

Upper bound:  $T_{\text{mix}} = O(n^2)$

**Burn-in phase:** for some  $T = c(\lambda)n^2$ , uniformly in the initial condition, one has w.h.p.

$$\sigma(t) \in \tilde{\Omega}, \quad t \in [T, T + n^{10}],$$

$\tilde{\Omega}$  is the set of triangulations such that  $|\sigma_x| \leq C \log n$  for all  $x$ .

Based on **Lyapunov function**:  $\alpha > 1$ ,  $\Psi(\sigma) = \sum_{x \in \Lambda_{m,n}} \alpha^{|\sigma_x|}$

Contraction: for any  $\lambda < 1$ ,  $\exists \alpha > 1$  such that

$$\mathbb{E}_\sigma[\Psi(\sigma')] \leq (1 - \frac{\epsilon}{n})\Psi(\sigma), \quad \sigma \notin \tilde{\Omega}$$

[A. Stauffer (2015)]

Upper bound:  $T_{\text{mix}} = O(n^2)$

**Burn-in phase:** for some  $T = c(\lambda)n^2$ , uniformly in the initial condition, one has w.h.p.

$$\sigma(t) \in \tilde{\Omega}, \quad t \in [T, T + n^{10}],$$

$\tilde{\Omega}$  is the set of triangulations such that  $|\sigma_x| \leq C \log n$  for all  $x$ .

Based on **Lyapunov function**:  $\alpha > 1$ ,  $\Psi(\sigma) = \sum_{x \in \Lambda_{m,n}} \alpha^{|\sigma_x|}$

Contraction: for any  $\lambda < 1$ ,  $\exists \alpha > 1$  such that

$$\mathbb{E}_\sigma[\Psi(\sigma')] \leq (1 - \frac{\epsilon}{n})\Psi(\sigma), \quad \sigma \notin \tilde{\Omega}$$

[A. Stauffer (2015)]

Note: it is now sufficient to prove  $\tilde{T}_{\text{mix}} = O(n^2)$ ,  
for the chain restricted to  $\tilde{\Omega}$ .

# Proof of $\tilde{T}_{\text{mix}} = O(n^2)$

**Log-Sobolev inequality** for chain restricted to  $\tilde{\Omega}$ .

$$\alpha(n) := \inf_f \frac{\mathcal{E}(f)}{\text{Ent}(f^2)}, \quad \text{Ent}(f^2) = \mu[f^2 \log(f^2/\mu[f^2])].$$

$$\mathcal{E}(f) = \frac{1}{2n} \sum_{\sigma, \sigma'} \mu(\sigma) P(\sigma, \sigma') (f(\sigma) - f(\sigma'))^2.$$

$$\text{Standard: } \tilde{T}_{\text{mix}} \leq C \alpha(n)^{-1} \log \log(1/\mu_*) \leq C \alpha(n)^{-1} \log n.$$

# Proof of $\tilde{T}_{\text{mix}} = O(n^2)$

**Log-Sobolev inequality** for chain restricted to  $\tilde{\Omega}$ .

$$\alpha(n) := \inf_f \frac{\mathcal{E}(f)}{\text{Ent}(f^2)}, \quad \text{Ent}(f^2) = \mu[f^2 \log(f^2/\mu[f^2])].$$

$$\mathcal{E}(f) = \frac{1}{2n} \sum_{\sigma, \sigma'} \mu(\sigma) P(\sigma, \sigma') (f(\sigma) - f(\sigma'))^2.$$

Standard:  $\tilde{T}_{\text{mix}} \leq C \alpha(n)^{-1} \log \log(1/\mu_*) \leq C \alpha(n)^{-1} \log n$ .

Theorem

$$\alpha(n) \geq n^{-1+o(1)}.$$

In particular,  $\tilde{T}_{\text{mix}} = O(n^{1+o(1)}) = O(n^2)$ .

# Proof of $\alpha(n) \geq n^{-1+o(1)}$ : Step 1

Lemma

$$\alpha(n) \geq n^{-C}.$$

# Proof of $\alpha(n) \geq n^{-1+o(1)}$ : Step 1

Lemma

$$\alpha(n) \geq n^{-C}.$$

Main idea: Improved canonicals path argument.

Classical:

$$T_{\text{REL}} \leq C := \max_{\eta \sim \eta'} \sum_{\sigma, \sigma': (\eta, \eta') \in \Gamma_{\sigma, \sigma'}} \frac{\mu(\sigma)\mu(\sigma')}{\mu(\eta)\rho(\eta, \eta')} |\Gamma_{\sigma, \sigma'}|$$

Here  $C \sim \exp(Cn)$ . We want polynomial.



# Proof of $\alpha(n) \geq n^{-1+o(1)}$ : Step 1

Lemma

$$\alpha(n) \geq n^{-C}.$$

Main idea: Improved canonicals path argument.

Classical:

$$T_{\text{REL}} \leq \mathcal{C} := \max_{\eta \sim \eta'} \sum_{\sigma, \sigma': (\eta, \eta') \in \Gamma_{\sigma, \sigma'}} \frac{\mu(\sigma)\mu(\sigma')}{\mu(\eta)\rho(\eta, \eta')} |\Gamma_{\sigma, \sigma'}|$$

Here  $\mathcal{C} \sim \exp(Cn)$ . We want polynomial.

Idea: define reduced space  $\Omega_0 \subset \tilde{\Omega}$  such that on  $\Omega_0$  canonical paths have polynomial congestion ratio  $\mathcal{C}_{\Omega_0} \leq n^C$ .

If  $T_0$  is time needed to enter  $\Omega_0$  with probab.  $a > 0$ , then

$$T_{\text{REL}} \leq \frac{6T_0^2}{a} + \frac{3\mathcal{C}_{\Omega_0}}{a^2}.$$

# Proof of $\alpha(n) \geq n^{-1+o(1)}$ : Step 1

Lemma

$$\alpha(n) \geq n^{-C}.$$

Main idea: Improved canonicals path argument.

Classical:

$$T_{\text{REL}} \leq C := \max_{\eta \sim \eta'} \sum_{\sigma, \sigma': (\eta, \eta') \in \Gamma_{\sigma, \sigma'}} \frac{\mu(\sigma)\mu(\sigma')}{\mu(\eta)\rho(\eta, \eta')} |\Gamma_{\sigma, \sigma'}|$$

Here  $C \sim \exp(Cn)$ . We want polynomial.

Idea: define reduced space  $\Omega_0 \subset \tilde{\Omega}$  such that on  $\Omega_0$  canonical paths have polynomial congestion ratio  $C_{\Omega_0} \leq n^C$ .

If  $T_0$  is time needed to enter  $\Omega_0$  with probab.  $a > 0$ , then

$$T_{\text{REL}} \leq \frac{6T_0^2}{a} + \frac{3C_{\Omega_0}}{a^2}.$$

Also, we prove that uniformly in initial condition, the process enters  $\Omega_0$  within time  $T_0 := c_1 n^2$  with probab. at least  $a \geq 1/2$ . This implies  $\alpha(n) \geq n^{-C}$  for some  $C > 0$ .

## Proof of $\alpha(n) \geq n^{-1+o(1)}$ : Step 2

Recursive analysis proves

Lemma

$$\alpha(n) \geq c n^{-1+o(1)} \alpha(\log^6 n).$$

Proof uses quasi-factorization of entropy under **approximate bisection**:

$$\text{Ent}_\Lambda(f^2) \leq (1 + n^{-\varepsilon}) \mu [\text{Ent}_{\Lambda_1}(f^2 | \Lambda \setminus \Lambda_1) + \text{Ent}_{\Lambda_2}(f^2 | \Lambda \setminus \Lambda_2)].$$

$\Lambda = \Lambda_1 \cup \Lambda_2$ ,  $\Lambda_1 \cap \Lambda_2$  is a rectangle  $C \log n \times m$ .

This requires **exponential decay of correlations in thin rectangles** for all  $\lambda < 1$ .