

Heat asymptotics for Lévy processes.

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Laplacian in regions $D \subset \mathbb{R}^d$. Always $|D| < \infty$ and $|\partial D| < \infty$.

D open connected finite volume, Δ_D Dirichlet Laplacian.

$$\begin{aligned} Z_D(t) = \text{trace}(e^{t\Delta_D}) &= \sum_{j=0}^{\infty} e^{-t\lambda_j} = \int_D p_t^D(x, x) dx \\ &= \frac{1}{(4\pi t)^{d/2}} \int_D P_x\{\tau_D > t | X_t = x\} dx, \end{aligned}$$

τ_D exit time from D of Brownian motion. In fact,

$$\begin{aligned} p_t^D(x, y) &= \frac{1}{(4\pi t)^{d/2}} e^{-\frac{|x-y|^2}{4t}} P_x\{\tau_D > t | B_t = y\} \\ &= p_t(x - y) - \mathbf{E}^x(\tau_D < t, p_{(t-\tau_D)}(X(\tau_D), y)) \\ &= p_t(x - y) - r_t^D(x, y). \end{aligned}$$

The function $r_t^D(x, y)$ is called a killing measure.

Theorem (M. Kac '51 (?))

For any $D \subset \mathbb{R}^d$ of finite volume

$$\lim_{t \downarrow 0} t^{d/2} Z_D(t) = \frac{|D|}{(4\pi)^{d/2}} = p_1(0)|D|$$

Corollary

Then (Karamata tauberian theorem)

$$\lim_{t \rightarrow 0} t^\gamma \int_0^\infty e^{-t\lambda} d\mu(\lambda) = A \Rightarrow \lim_{a \rightarrow \infty} a^{-\gamma} \mu[0, a] = \frac{A}{\Gamma(\gamma + 1)}$$

gives Weyl's asymptotics:

$$\lim_{\lambda \rightarrow \infty} \lambda^{-d/2} N(\lambda) = \frac{p_1(0)|D|}{\Gamma(d/2 + 1)}$$

$N(\lambda)$ be the number of eigenvalues $\{\lambda_j\}$ which not exceeding λ

Theorem (Minakshiusundaram '53—heat invariance)

$D \subset \mathbb{R}^d$ bounded “smooth”. Then

$$Z_D(t) - \frac{1}{(4\pi t)^{d/2}} \sum_{j=0}^m c_j t^{j/2} = O(t^{(m-d+1)/2}), \quad t \downarrow 0$$

$$c_1 = |D|, \quad c_2 = -\frac{\sqrt{\pi}}{2} |\partial D|.$$

Theorem (McKean '67)

$D \subset \mathbb{R}^2$ with r holes. Then

$$\lim_{t \downarrow 0} \left\{ Z_D(t) - \frac{|D|}{4\pi t} + \frac{|\partial D|}{4(4\pi t)^{1/2}} \right\} = \frac{(1-r)}{6}$$

Theorem (C^1 -domains: Brossard-Carmona '86. Lipschitz domains: R. Brown '93.)

$$Z_D(t) = (4\pi t)^{-d/2} \left(|D| - \frac{\sqrt{\pi t}}{2} |\partial D| + o(t^{1/2}) \right), \quad t \downarrow 0$$

Uniform bounds. There are many

For all Smooth Bounded Convex domains:

$$\frac{|D|}{(4\pi t)^{d/2}} - \frac{e^{d/2}|\partial D|}{(4\pi t)^{(d-1)/2}} \leq Z_D(t) \leq \frac{|D|}{(4\pi t)^{d/2}}, \quad t > 0$$

For Smooth Bounded Convex with mean curvature bounded by $\frac{1}{R}$

$$\left| Z_D(t) - \frac{|D|}{(4\pi t)^{d/2}} + \frac{|\partial D|}{4(4\pi t)^{(d-1)/2}} \right| \leq \frac{|\partial D|}{t^{(d-2)/2}} \left\{ C_1 + C_2 \log \left(1 + \frac{R^2}{t} \right) \right\}$$

Theorem (van den Berg '87—sharp in t and “degree of smoothness”)

If ∂D satisfies uniform inner and outer ball condition with radius R

$$\left| Z_D(t) - (4\pi t)^{-d/2} \left(|D| - \frac{\sqrt{\pi t}}{2} |\partial D| \right) \right| \leq \frac{d^4}{\pi^{d/2}} \frac{|D|t}{t^{d/2}R^2}, \quad t > 0.$$

Problem: Investigate similar properties for “other” Lévy processes, and especially those subordinate to Brownian motion whose generators are simple transformations of the Laplacian

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Definition

A **Lévy Process** is a stochastic process $X = (X_t), t \geq 0$ with

- X has independent and stationary increments
- $X_0 = 0$ (with probability 1)
- X is *stochastically continuous*: For all $\varepsilon > 0$,

$$\lim_{t \rightarrow s} P\{|X_t - X_s| > \varepsilon\} = 0$$

Note: Not the same as a.s. continuous paths. However, it gives “cadlag” paths: Right continuous with left limits.

- **Stationary increments:** $0 < s < t < \infty$, $A \in \mathbb{R}^d$ Borel

$$P\{X_t - X_s \in A\} = P\{X_{t-s} \in A\}$$

- **Independent increments:** For any given sequence of ordered times

$$0 < t_1 < t_2 < \dots < t_m < \infty,$$

the random variables

$$X_{t_1} - X_0, X_{t_2} - X_{t_1}, \dots, X_{t_m} - X_{t_{m-1}}$$

are independent.

The characteristic function of X_t is

$$\varphi_t(\xi) = E(e^{i\xi \cdot X_t}) = \int_{\mathbb{R}^d} e^{i\xi \cdot x} p_t(dx) = (2\pi)^{d/2} \hat{p}_t(\xi)$$

where p_t is the distribution of X_t . Notation (same with measures)

$$\hat{f}(\xi) = \frac{1}{(2\pi)^{d/2}} \int_{\mathbb{R}^d} e^{ix \cdot \xi} f(x) dx, \quad f(x) = \frac{1}{(2\pi)^{d/2}} \int_{\mathbb{R}^d} e^{-ix \cdot \xi} f(\xi) d\xi$$

The Lévy–Khintchine Formula

The characteristic function has the form $\varphi_t(\xi) = e^{t\rho(\xi)}$, where

$$\rho(\xi) = ib \cdot \xi - \frac{1}{2} \xi \cdot A \xi + \int_{\mathbb{R}^d} \left(e^{i\xi \cdot x} - 1 - i\xi \cdot x 1_{\{|x| < 1\}}(x) \right) \nu(dx)$$

for some $b \in \mathbb{R}^d$, a non-negative definite symmetric $n \times n$ matrix A and a Borel measure ν on \mathbb{R}^d with $\nu\{0\} = 0$ and

$$\int_{\mathbb{R}^d} \min(|x|^2, 1) \nu(dx) < \infty$$

$\rho(\xi)$ is called the **symbol** of the process or the **characteristic exponent**. The triple (b, A, ν) is called the **characteristics of the process**.

Converse also true. Given such a triple we can construct a Lévy process.

Example (The rotationally invariant stable processes:)

These are self-similar processes, denoted by X_t^α , in \mathbb{R}^d with symbol

$$\rho(\xi) = -|\xi|^\alpha, \quad 0 < \alpha \leq 2.$$

$\alpha = 2$ is **Brownian motion**. $\alpha = 1$ is the **Cauchy processes**.

Example (Relativistic Brownian motion)

According to quantum mechanics, a particle of mass m moving with momentum p has kinetic energy

$$E(p) = \sqrt{m^2 c^4 + c^2 |p|^2} - mc^2$$

where c is speed of light. Then $\rho(p) = -E(p)$ is the symbol of a Lévy process, called "*relativistic Brownian motion*."

In fact, these are Lévy processes of the form $X_t = B_{T_t}$ where B_t is Brownian motion and T_t is a "**subordinator**" independent of B_t .

Example (Subordinators)

A subordinator is a one-dimensional Lévy process $\{T_t\}$ such that

- (i) $T_t \geq 0$ a.s. for each $t > 0$
- (ii) $T_{t_1} \leq T_{t_2}$ a.s. whenever $t_1 \leq t_2$

Theorem (Laplace transforms)

$$E(e^{-\lambda T_t}) = e^{-t\psi(\lambda)}, \lambda > 0,$$

$$\psi(\lambda) = b\lambda + \int_0^\infty (1 - e^{-\lambda s}) \nu(ds)$$

$b \geq 0$ and the Lévy measure satisfies $\nu(-\infty, 0) = 0$ and $\int_0^\infty \min(s, 1) \nu(ds) < \infty$. ψ is called the Laplace exponent of the subordinator.

Example ($\alpha/2$ -Stable subordinator)

$\psi(\lambda) = \lambda^{\alpha/2}$, $0 < \alpha < 2$ gives the stable with $b = 0$ and

$$\nu(ds) = \frac{\alpha/2}{\Gamma(1 - \alpha/2)} s^{-1-\alpha/2} ds$$

Example (Relativistic stable subordinator):

$0 < \alpha < 2$ and $m > 0$, $\Psi(\lambda) = (\lambda + m^{2/\alpha})^{\alpha/2} - m$.

$$\nu(ds) = \frac{\alpha/2}{\Gamma(1 - \alpha/2)} e^{-m^{2/\alpha}s} s^{-1-\alpha/2} ds$$

Many others: “Gamma subordinators, Geometric stable subordinators, iterated geometric stable subordinators, Bessel subordinators,…”

Theorem

If X is an arbitrary Lévy process and T is a subordinator independent of X , then $Z_t = X_{T_t}$ is a Lévy process. For any Borel $A \subset \mathbb{R}^d$,

$$p_{Z_t}(A) = \int_0^\infty p_{X_s}(A) p_{T_t}(ds)$$

$$\mathbf{P}^x (X_t^\alpha \in A) = \int_A p_t^\alpha(x - y) dy, \quad p_t^\alpha(x) = t^{-d/\alpha} p_1^\alpha \left(\frac{x}{t^{1/\alpha}} \right).$$

Heat Semigroup in D is the self-adjoint operator

$$T_t^D f(x) = E_x \left[f(X_t^\alpha); \tau_D > t \right] = \int_D p_t^{D,\alpha}(x, y) f(y) dy,$$

$$\begin{aligned} p_t^{D,\alpha}(x, y) &\leq p_t^\alpha(x - y) \leq p_1^\alpha(0) t^{-d/\alpha} \\ &= \left(\frac{1}{(2\pi)^d} \int_{\mathbb{R}^d} e^{-|\xi|^\alpha} d\xi \right) t^{-d/\alpha} = t^{-d/\alpha} \frac{\omega_d}{(2\pi)^d \alpha} \int_0^\infty e^{-s} s^{(\frac{n}{\alpha}-1)} ds \\ &= t^{-d/\alpha} \frac{\omega_d \Gamma(d/\alpha)}{(2\pi)^d \alpha}, \quad \omega_d = \sigma(\mathcal{S}_d) \end{aligned}$$

As before,

$$\begin{aligned} p_t^{D,\alpha}(x, y) &= p_t^\alpha(x - y) - \mathbf{E}^x (\tau_D < t, p_{t-\tau_D}^\alpha(X(\tau_D), y)) \\ &= p_t^\alpha(x - y) - r_t^{D,\alpha}(x, y). \end{aligned}$$

Symmetric Stable, $0 < \alpha < 2$

Two expressions for the free heat kernel: $g_{\alpha/2}(t, s) =$ density of T_t .

$$p_t^\alpha(x) = \int_0^\infty p_s^{(2)}(x) g_{\alpha/2}(t, s) ds = \int_0^\infty \frac{1}{(4\pi s)^{d/2}} e^{-|x|^2/4s} g_{\alpha/2}(t, s) ds$$

and

$$p_t^\alpha(x) = \frac{1}{(2\pi)^{d/2}} \int_{\mathbb{R}^d} e^{-ix \cdot \xi} e^{-t|\xi|^\alpha} d\xi$$

This leads to:

$$p_t^\alpha(x - y) \leq c \left(\frac{t}{|x - y|^{d+\alpha}} \wedge \frac{1}{t^{d/\alpha}} \right), \quad x, y \in \mathbb{R}^d, \quad t > 0$$

and

$$r_t^{D, \alpha}(x, x) \leq c \left(\frac{t}{\delta_D^{d+\alpha}(x)} \wedge \frac{1}{t^{d/\alpha}} \right), \quad x \in D, \quad t > 0$$

Relativistic Symmetric Stable, $0 < \alpha < 2$, $m > 0$

Two expressions for the “free density”

$$p_t^{\alpha,m}(x) = e^{mt} \int_0^\infty \frac{1}{(4\pi s)^{d/2}} e^{-\frac{|x|^2}{4s}} e^{(-m^{1/\beta} s)} g_{\alpha/2}(t, s) ds,$$

$$p_t^{\alpha,m}(x) = \frac{1}{(2\pi)^d} \int_{\mathbb{R}^d} e^{ix \cdot \xi} e^{-t\{(m^{2/\alpha} + |\xi|^2)^{\alpha/2} - m\}} d\xi$$

$$p_t^{\alpha,m}(x - y) \leq c(\alpha, d) \left\{ \frac{m^{d/\alpha - d/2}}{t^{d/2}} + \frac{1}{t^{d/\alpha}} \right\}, \quad x, y \in \mathbb{R}^d, \quad t > 0$$

Relativistic Symmetric Stable, $0 < \alpha < 2, m > 0$

Two expressions for the “free density”

$$p_t^{\alpha,m}(x) = e^{mt} \int_0^\infty \frac{1}{(4\pi s)^{d/2}} e^{-\frac{|x|^2}{4s}} e^{(-m^{1/\beta} s)} g_{\alpha/2}(t, s) ds,$$

$$p_t^{\alpha,m}(x) = \frac{1}{(2\pi)^d} \int_{\mathbb{R}^d} e^{ix \cdot \xi} e^{-t\{(m^{2/\alpha} + |\xi|^2)^{\alpha/2} - m\}} d\xi$$

$$p_t^{\alpha,m}(x - y) \leq c(\alpha, d) \left\{ \frac{m^{d/\alpha - d/2}}{t^{d/2}} + \frac{1}{t^{d/\alpha}} \right\}, \quad x, y \in \mathbb{R}^d, \quad t > 0$$

$$p_t^{\alpha,m}(x - y) \leq c_1 e^{mt} \left\{ \frac{t e^{-c_2|x-y|}}{|x-y|^{d+\alpha}} \wedge \frac{1}{t^{d/\alpha}} \right\}, \quad x, y \in \mathbb{R}^d, \quad t > 0$$

$$r_t^{D,\alpha,m}(x, x) \leq c_1 e^{mt} \left\{ \frac{t e^{-c_2\delta_D(x)}}{\delta_D(x)^{d+\alpha}} \wedge \frac{1}{t^{d/\alpha}} \right\}, \quad x \in D, \quad t > 0$$

$$\lim_{t \rightarrow 0} p_t^{\alpha,m}(0) e^{-mt} t^{d/\alpha} = C_1(\alpha, d) = \frac{\omega_d \Gamma(d/\alpha)}{(2\pi)^d \alpha}, \quad \omega_d = \sigma(S_d)$$

Trace, stable and relativistic stable (we drop the α , and m)

$$\begin{aligned} Z_D(t) &= \int_D p_D(t, x, x) dx = \int_D p_t(x - x) dx - \int_D r_t^D(x, x) dx \\ &= p_t(0)|D| - \int_D r_t^D(x, x) dx \end{aligned}$$

Lemma (Both Stable and Relativistic Stable)

$$\lim_{t \rightarrow 0} t^{d/\alpha} \int_D r_t^D(x, x) dx = 0$$

Proof.

Recall $t^{d/\alpha} r_t^D(x, x) \leq C \left(\frac{t^{d/\alpha+1}}{\delta_D^{d+\alpha}(x)} \wedge 1 \right)$. Set $D_t = \{x \in D : d_d(x) > t^{1/2\alpha}\}$. Then

$$t^{d/\alpha} \int_{D \setminus D_t} r_t^D(x, x) dx \leq C|D \setminus D_t|,$$

$$t^{d/\alpha} \int_{D_t} r_t^D(x, x) dx \leq C t^{d/2\alpha+1/2} |D_t|, \quad t \ll 1$$

Corollary (For any set of finite volume D)

$$\lim_{t \rightarrow 0} t^{d/\alpha} Z_D(t) = C_1(\alpha, d) |D| = \frac{\omega_d \Gamma(d/\alpha)}{(2\pi)^{d\alpha}} |D|, \quad \text{Stable}$$

$$\lim_{t \rightarrow 0} t^{d/\alpha} e^{-mt} Z_D(t) = C_1(\alpha, d) |D| = \frac{\omega_d \Gamma(d/\alpha)}{(2\pi)^{d\alpha}} |D|, \quad \text{Relativistic Stable}$$

Stable proved under assumption $\text{vol}_d(\partial D) = 0$ by Blumenthal-Gettoor 1959.

Corollary

Gives Weyl's asymptotics:

$$\lim_{\lambda \rightarrow \infty} \lambda^{-d/\alpha} N(\lambda) = \frac{C_1(\alpha, d) |D|}{\Gamma(d/2 + 1)}, \quad \text{Stable}$$

and

$$\lim_{\lambda \rightarrow \infty} \lambda^{-d/\alpha} e^{m/\lambda} N(\lambda) = \frac{C_1(\alpha, d) |D|}{\Gamma(d/2 + 1)}, \quad \text{Relativistic Stable}$$

$N(\lambda)$ be the number of eigenvalues $\{\lambda_j\}$ which not exceeding λ

From now on, only α -stable, $0 < \alpha < 2$

Theorem (R -smooth domains: B.–Kulczycki '08)

$$\left| Z_D(t) - \frac{C_1(\alpha, d)|D|}{t^{d/\alpha}} + \frac{C_2(\alpha, d)|\partial D|t^{1/\alpha}}{t^{d/\alpha}} \right| \leq \frac{C_3|D|t^{2/\alpha}}{R^2 t^{d/\alpha}}, \quad t > 0.$$

Theorem (Lipschitz domains: B.–Kulczycki–Siudeja (preprint))

$$t^{d/\alpha} Z_D(t) = C_1(\alpha, d)|D| - C_2(\alpha, d)|\partial D|t^{1/\alpha} + o(t^{1/\alpha}), \quad t \downarrow 0$$

$$C_1(\alpha, d) = p_1^\alpha(0) = \frac{\omega_d \Gamma(d/\alpha)}{(2\pi)^{d/\alpha}},$$

$$C_2(\alpha, d) = \int_0^\infty r_1^H(q, 0, \dots, 0), (q, 0, \dots, 0) dq, \text{ where } H = \{x : x_1 > 0\}.$$

Lemma (A geometric property of R -smooth domains)

Let $D \subset \mathbb{R}^d$ be R -smooth. Set $D_q = \{x \in D : d_D(x) > q\}$. Then for any $0 < q \leq R/2$

(i)

$$2^{-d+1}|\partial D| \leq |\partial D_q| \leq 2^{d-1}|\partial D|,$$

(ii)

$$|\partial D| \leq \frac{2^d |D|}{R},$$

(iii)

$$\left| |\partial D_q| - |\partial D| \right| \leq \frac{2^d dq |\partial D|}{R} \leq \frac{2^{2d} dq |D|}{R^2}.$$

Proposition ($t^{1/\alpha} > R/2$)

$$Z_D(t) \leq \frac{C_1|D|}{t^{d/\alpha}} \leq \frac{C_1|D|t^{2\alpha}}{R^2t^{d/\alpha}}$$

and by (ii),

$$\frac{C_2|\partial D|t^{1/\alpha}}{t^{d/\alpha}} \leq \frac{2^d C_2|D|t^{1/\alpha}}{Rt^{d/\alpha}} \leq \frac{2^{d+1}C_2|D|t^{2/\alpha}}{R^2t^{d/\alpha}}$$

This implies Theorem for $t^{1/\alpha} > R/2$.

$$Z_D(t) - \frac{C_1|D|}{t^{d/\alpha}} = - \int_D r_t^D(x, x) dx = - \int_{D_{R/2}} r_t^D(x, x) dx - \int_{D \setminus D_{R/2}} r_t^D(x, x) dx$$

As before, for $t^{1/\alpha} \leq R/2$,

$$\int_{D_{R/2}} r_t^D(x, x) dx \leq \frac{C|D|t^{2/\alpha}}{R^2t^{d/\alpha}}$$

Lemma

For $x \in D \setminus D_{R/2}$, let $x_* \in \partial D$ with $d_D(x) = |x - x_*|$. Let $B_1(z_1, R)$ and $B_2(z_2, R)$ be the balls of radius R passing through x_* with $B_1 \subset D$ and $B_2 \subset D^c$. Let $H(x)$ be the half space containing B_1 perpendicular to $\overline{z_1 z_2}$. For $t^{1/\alpha} < R$,

$$\left| \int_{D \setminus D_{R/2}} r_t^D(x, x) dx - \int_{D \setminus D_{R/2}} r_t^{H(x)}(x, x) dx \right| \leq \frac{C|D|t^{2/\alpha}}{R^2 t^{d/\alpha}}$$

Recall

$$H = \{(x_1, x_2, \dots, x_d) \in \mathbb{R}^d : x_1 > 0\}$$

Set

$$f_H(t, q) = r_t^H((q, 0, \dots, 0), (q, 0, \dots, 0)), \quad q > 0$$

Then,

$$r_t^{H(x)}(x, x) = f_H(t, d_{H(x)}(x))$$

and

$$f_H(t, q) = t^{-d/\alpha} f_H(1, qt^{-1/\alpha}), \quad f_H(1, q) \leq c(q^{-d-\alpha} \wedge 1).$$

$$\begin{aligned}
\int_{D \setminus D_{R/2}} r_t^{H(x)}(x, x) dx &= \int_0^{R/2} |\partial D_u| f_H(t, u) du \\
&= \frac{1}{t^{d/\alpha}} \int_0^{R/2} |\partial D_u| f_H(1, ut^{-1/\alpha}) du \\
&= \frac{t^{1/\alpha}}{t^{d/\alpha}} \int_0^{R/(2t^{1/\alpha})} |\partial D_{t^{1/\alpha}q}| f_H(1, q) dq,
\end{aligned}$$

For R -smooth regions,

$$\begin{aligned}
\frac{t^{1/\alpha}}{t^{d/\alpha}} \int_0^{R/(2t^{1/\alpha})} \left| |\partial D_{t^{1/\alpha}q}| - |\partial D| \right| f_H(1, q) dq &\leq \frac{c|D|t^{2/\alpha}}{R^2 t^{d/\alpha}} \int_0^{R/(2t^{1/\alpha})} q f_H(1, q) dq \\
&\leq \frac{c|D|t^{2/\alpha}}{R^2 t^{d/\alpha}} \int_0^\infty q (q^{-d-\alpha} \wedge 1) dq \\
&\leq \frac{c|D|t^{2/\alpha}}{R^2 t^{d/\alpha}}.
\end{aligned}$$

Remains to show:

$$\left| \frac{t^{1/\alpha} |\partial D|}{t^{d/\alpha}} \int_0^{R/(2t^{1/\alpha})} f_H(1, q) dq - \frac{t^{1/\alpha} |\partial D|}{t^{d/\alpha}} \int_0^\infty f_H(1, q) dq \right| \leq \frac{c|D|t^{2/\alpha}}{R^2 t^{d/\alpha}}.$$

or

$$\frac{t^{1/\alpha} |\partial D|}{t^{d/\alpha}} \left| \int_{R/(2t^{1/\alpha})}^\infty f_H(1, q) dq \right| \leq \frac{c|D|t^{2/\alpha}}{R^2 t^{d/\alpha}}.$$

Remains to show:

$$\left| \frac{t^{1/\alpha} |\partial D|}{t^{d/\alpha}} \int_0^{R/(2t^{1/\alpha})} f_H(1, q) dq - \frac{t^{1/\alpha} |\partial D|}{t^{d/\alpha}} \int_0^\infty f_H(1, q) dq \right| \leq \frac{c|D|t^{2/\alpha}}{R^2 t^{d/\alpha}}.$$

or

$$\frac{t^{1/\alpha} |\partial D|}{t^{d/\alpha}} \left| \int_{R/(2t^{1/\alpha})}^\infty f_H(1, q) dq \right| \leq \frac{c|D|t^{2/\alpha}}{R^2 t^{d/\alpha}}.$$

Recall: $R/(2t^{1/\alpha}) \geq 1$. Thus, for $q \geq R/(2t^{1/\alpha})$ we have

$$f_H(1, q) \leq cq^{-d-\alpha} \leq cq^{-2},$$

$$\Rightarrow \int_{R/(2t^{1/\alpha})}^\infty f_H(1, q) dq \leq c \int_{R/(2t^{1/\alpha})}^\infty \frac{dq}{q^2} \leq \frac{ct^{1/\alpha}}{R}.$$

Again, use

$$|\partial D| \leq \frac{2^d |D|}{R},$$

to conclude.

Happy Birthday Richard

