

Poincaré inequality:

$$f: \{-1, 1\}^n \rightarrow \{0, 1\}$$

$$I_i(f) := \mathbb{E} |\partial_i f| \quad \partial_i f(x) := f(x_{i \rightarrow 1}) - f(x_{i \rightarrow -1})$$

Poincaré: $\text{Var}[f] \leq \sum_i I_i(f)$.

Multilinear extension:

$$f(x) = \sum_{A \subseteq [n]} \hat{f}(A) \prod_{i \in A} x_i$$

defined for all $x \in [-1, 1]^n$.

It's a harmonic f_n . ($\forall x, \sum_i \frac{\partial^2 f}{\partial x_i^2}(x) = 0$).

Define $X_0, X_1, \dots, X_n \in \{-1, 0, 1\}^n$.

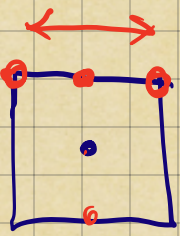
K_1, \dots, K_n random permutation $[n]$.

$\varepsilon_1, \dots, \varepsilon_n \sim \mathcal{B}(\pm 1)$ iid.

Define $X_i - X_{i-1} = \varepsilon_i \vec{e}_{K_i}$ ($\vec{e}_1, \dots, \vec{e}_n$ std basis)

$X_n \sim U(\{-1, 1\}^n)$

$$M_i := \mathcal{F}(X_i), \quad \text{Var}[M_n] = \text{Var}[\mathcal{F}].$$

$$\frac{1}{n} \sum I_i(\mathcal{F}) = \mathbb{E}(M_n - M_{n-1})^2 = \mathbb{E}\left[\left(\partial_{k_n} \mathcal{F}(X_n)\right)^2\right]$$


$$\mathbb{E}\left[\mathcal{I}_{k_n}(\mathcal{F})\right]$$

Fact: $(M_i)_i$ is a martingale.

$$\mathbb{E}[M_i | X_0, \dots, X_{i-1}] = M_{i-1}$$

$$= \mathbb{E}_{k_i} \left[\mathbb{E}[M_i | X_0, \dots, X_{i-1}, k_i] \right] =$$

$$\mathbb{E}_{k_i} \left[\frac{1}{2} \mathcal{F}(X_{i-1} + e_{k_i}) + \frac{1}{2} \mathcal{F}(X_{i-1} - e_{k_i}) \right]$$

$$= \mathbb{E}_{k_i} [\mathcal{F}(X_{i-1})] = M_{i-1}.$$

$$\mathbb{E}[M_i | \text{all the past until } m_{i-1}] = M_{i-1}$$

If (M_i) is a martingale then

$$\text{Var} \left(\underbrace{M_j - M_i}_{=} \right) = \mathbb{E} \sum_{t \in [i, j]} (M_t - M_{t-1})^2.$$

$$\mathbb{E} \left((M_j - M_{j-1}) + (M_{j-1} - M_{j-2}) + \dots + (M_{i+1} - M_i) \right)^2$$

$$\Rightarrow \text{Var}(\mathcal{F}) = \text{Var} M_n = \mathbb{E} \sum_{i \in [n]} (M_i - M_{i-1})^2$$

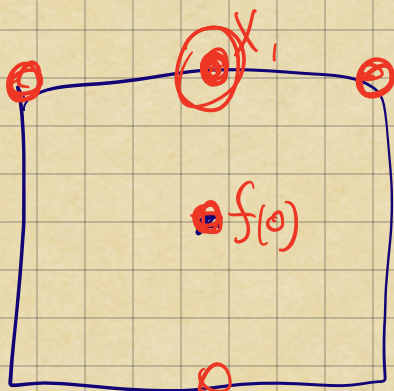
[recall $\mathbb{E}(M_n - M_{n-1})^2 = \frac{1}{n} \sum_i I_i(\mathcal{F})$]

Want:

$$\leq n \mathbb{E}(M_n - M_{n-1})^2$$

\Uparrow

$$\mathbb{E}(M_i - M_{i-1})^2 \leq \mathbb{E}(M_n - M_{n-1})^2 \quad \forall i \in [n]$$



$$M_i = \mathcal{F}(x_i)$$

$$(M_i - M_{i-1}) = \partial_{k_i} f(X_{i-1}) \cdot \varepsilon_i$$

Fact: $\forall j, \partial_j f(X_i)$ is a martingale.

Reason: $\partial_j f$ is also multilinear!

$$\mathbb{E}(M_i - M_{i-1})^2 = \mathbb{E}_{k_i} \mathbb{E}_{X_{i-1}} (\partial_{k_i} f(X_{i-1}))^2$$

$$\leq \mathbb{E}_{k_i} \mathbb{E} \left[(\partial_{k_i} f(X_n))^2 \right]$$

$$= \frac{1}{n} \sum_k \mathbb{E} (\partial_k f(X_n))^2 = \frac{1}{n} \sum_i I_i(f)$$

$N_{i,t} := \partial_{k_i} f(X_t)$ martingale w.r.t. t .

$\Rightarrow \mathbb{E}(N_{i,t})^2$ increasing.

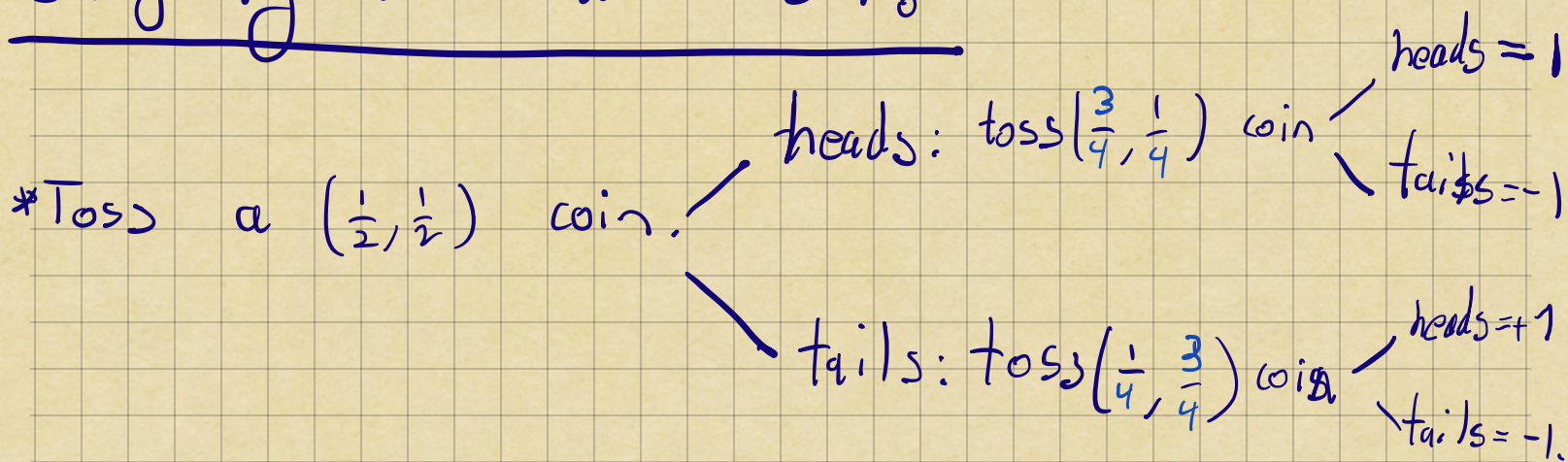
$$N_1, \dots, N_n \quad \mathbb{E}[N_i | N_1, \dots, N_{i-1}] = N_{i-1}$$

φ convex

Jensen

$$\mathbb{E}[\varphi(N_i) | N_1, \dots, N_{i-1}] \geq \varphi(N_{i-1})$$

Sampling a random bit:

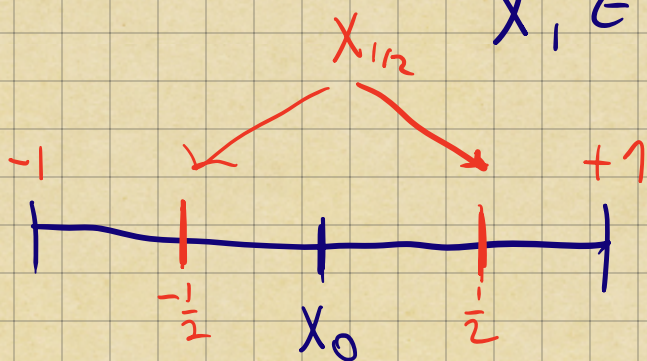


Every such scheme

\Leftrightarrow

Martingale X_t s.t. $X_0 = 0$

$$X_1 \in \{-1, 1\}.$$



$$X_{1/2} = \begin{cases} -\frac{1}{2} & \text{w.p. } \frac{1}{2} \\ +\frac{1}{2} & \text{w.p. } \frac{1}{2} \end{cases}$$

IF q unique sol to $\frac{1+P}{2} \log \frac{1+P}{2} + \frac{1-P}{2} \log \frac{1-P}{2}$
 $= \frac{1}{2} \log 2.$

$$X_{\frac{1}{2}} = \begin{cases} 9 & \text{w.p. } \frac{1}{2} \\ -9 & \text{w.p. } \frac{1}{2} \end{cases}$$

$$H(X_{1/2}) = \frac{1}{2} H(X_1).$$

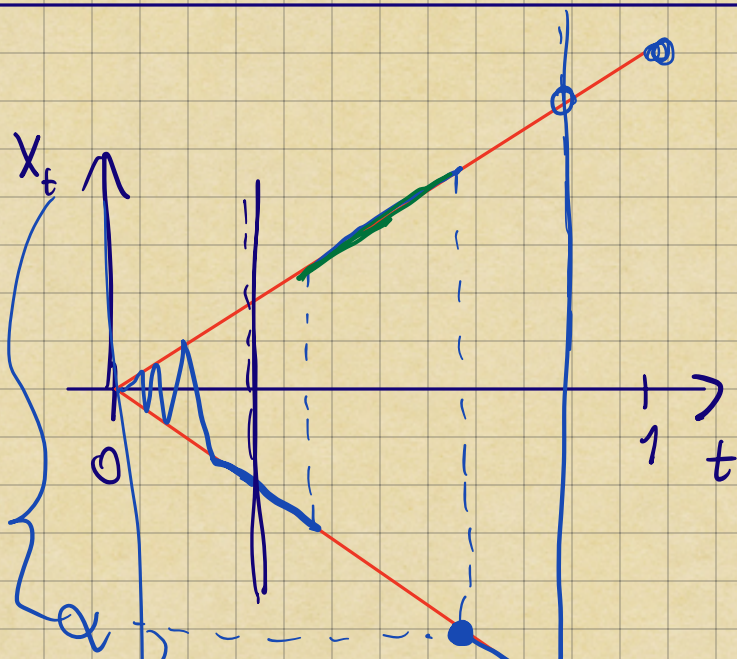
Two "continuous" ways to sample a bit:

① \exists process X_t s.t.:

1. X_t is a martingale
2. $|X_t| = t$.

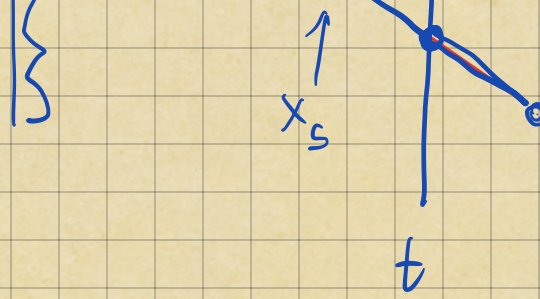
② $X_t = B_{t \wedge \tau}$ $\tau = \min\{s \mid B_s \in \{\pm 1\}\}$

B Brownian motion.



$\int \frac{1}{2t}$ diverges
near 0

$$\mathbb{E}[X_1 \mid X_t] = X_t$$



$$\tau(t) := \min \{s_j \mid |B_{s_j}| = t\}$$

$$X_t := B_{\tau(t)}$$

Suppose:

$$X_t = +t \quad \text{for some } t.$$

Consider distribution of $X_{t+dt} \mid X_t$

From now on we'll fix a small number "dt"
 $t \in \mathbb{Z} dt$

$$X_{t+dt} = \begin{cases} +t+dt & \text{w.p. } 1-p \\ -t+dt & \text{w.p. } p \end{cases} \quad p = ?$$

$$\mathbb{E}[X_{t+dt} \mid X_t] = X_t = t$$

(X_t) jumps between time t and $t+dt$

$$(1-p)(t+dt) + p \cdot (-[t+dt])$$

$$p = \frac{dt}{2t} \quad (1 + o(dt))$$

$$\frac{dt}{2t} \cdot (-2t) + (1 - o(dt))(+dt) = o(dt)^2.$$

Suppose $X(t)$ is any martingale

$$[-1, 1]^n \text{ s.t. } X(0) = 0, \quad |X(1)| = 1$$

Let $\vec{X}(t)$ be s.t. $X_i(t)$ are iid with law of $(X(t))_t$.

For f mult. lin. extension of a Boolean f_n .

$$\text{Define } M_t = f(\vec{X}(t))$$

Fact: M_t is a martingale.

Reason:

$$f(\vec{X}(t)) = \sum_{A \subseteq [n]} \hat{f}(A) \prod_{i \in A} X_i(t)$$

For all A , $\prod_{i \in A} X_i(t)$ is a prod.
of independent martingales.

Want some notion of $\sum_{i \in [n]} (M_i - M_{i-1})^2$.

Quadratic variation:

$$[M]_t := \lim_{\varepsilon \rightarrow 0} \sum_{s \in [0, t] \wedge \varepsilon \mathbb{Z}} (M_s - M_{s+\varepsilon})^2.$$

Itô's isometry:

$$\text{Var}[M_t - M_s] = \mathbb{E}([M]_s - [M]_t). \quad \forall s \geq t$$

$$t=1, s=0$$

$$\begin{aligned} \text{Var}[f] &= \mathbb{E}[M]_1 = \int_0^1 (\mathbb{E}[M]_{t+dt} - \mathbb{E}[M]_t) \\ &= \int_0^1 [\mathbb{E}(M_{t+dt} - M_t)^2] = \int_0^1 \mathbb{E}[(f(\vec{X}(t+dt)) - f(\vec{X}(t)))^2] \end{aligned}$$

* If no coords jumped $\Rightarrow \|X(t+dt) - X(t)\|$ is $O(dt)$

$$\Rightarrow |f(X(t+dt)) - f(X(t))| = O(dt)$$

$$\text{So } (\quad)^2 = O(dt).$$

* The prob. that more than one coord jumps between $t, t+dt$ is $O(dt)$

$$\Rightarrow = \mathbb{E} \left[\sum_{i \in [n]} \overbrace{\text{IP} \left(X_i(t) \text{ jumped between } t, t+dt \right)}^{\frac{dt}{2t}} \left(\partial_i f(x_t) \cdot 2t \right)^2 \right]$$

$$= \mathbb{E} \left[\sum_{i \in [n]} \frac{dt}{2t} \left(\partial_i f(x_t) \cdot 2t \right)^2 \right]$$

$$= \mathbb{E} \left[2 \sum_{i \in [n]} |\nabla f(x_t)|^2 \cdot t dt \right]$$

To summarize:

$$\text{Var}[f] = \mathbb{E}[M]_1$$

$$\mathbb{E} d[M]_t = 2dt \cdot t \cdot \mathbb{E} |\nabla f(\vec{X}(t))|^2.$$

Thm (Talagrand '94):

$$\text{Var}[f] \leq C \mathbb{E} |\nabla f| \quad \left(= C \mathbb{E} \sqrt{h_f} \right)$$

Fix $c > 0$.

$$\tau := \inf \{ t ; |\nabla f(X(t))| > c \} \wedge 1$$

Lemma A:

$$\mathbb{P}(\tau < 1) > c \text{Var}[f].$$

Lemma \Rightarrow Thm:

$\vec{X}(t)$ is a martingale with iid coords.

$\Rightarrow \nabla f(\vec{X}(t))$ is also a martingale.

$|\cdot|$ is convex.

$$\text{Jensen} \Rightarrow \mathbb{E} \left[|\nabla f(x(t))| \mid X_t \right] \geq$$

$$\geq |\nabla f(x(t))|.$$

RHS of (*)
||

$$\mathbb{E} |\nabla f(x(t))| \geq \mathbb{E} \left[\mathbb{1}_{\tau < 1} \sqrt{|\nabla f(x(t))|^2} \right]$$

$$\geq c \mathbb{P}(\tau < 1) \stackrel{\text{Lemma}}{\geq} c \cdot c' \cdot \text{Var}[f].$$

Fix $c > 0$.

$$\tau := \inf \{ t ; |\nabla f(x(t))| > c \} \wedge 1$$

$$\mathbb{E} \int_0^1 |\nabla f(x(t))|^2 dt = \text{Var}[f]$$

Lemma A:

$$\mathbb{P}(\tau < 1) > c \text{Var}[f].$$

First assume $\text{Var}[f] \geq \frac{1}{100}$.

c^2

$\frac{1}{100}$

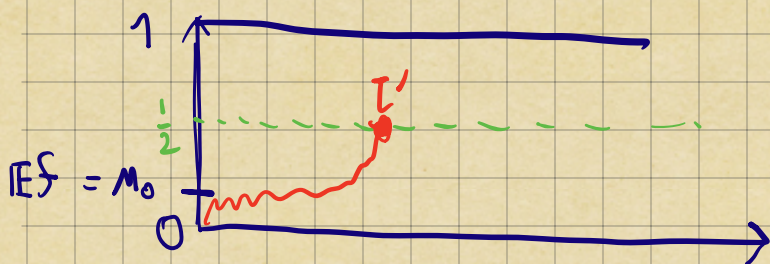
$$\mathbb{E}[M]_\tau = \mathbb{E} \int_0^\tau |\nabla f(x(t))|^2 dt$$

$$\frac{1}{100} \leq \text{Var}[f] = \mathbb{E}[M]_1 = \underbrace{\mathbb{E}[M]_\tau}_{\leq c^2} + \underbrace{\mathbb{E}([M]_1 - [M]_\tau)}_{\mathbb{P}(\tau \leq 1) \cdot \mathbb{E}[\text{Var}(M_1 - M_\tau) | \tau \leq 1]}$$

$$\leq c^2 + \mathbb{P}(\tau \leq 1)$$

Take $c = \frac{1}{100}$

$$\Rightarrow \mathbb{P}(\tau \leq 1) \geq \frac{1}{200}.$$



$$\mathbb{P}(\exists t \text{ s.t. } M_t \geq \frac{1}{2}) \geq \mathbb{E}[f] \geq c \text{Var}[f].$$

"dt" a small number.

$$t \in \mathbb{Z} dt = \underline{\Delta}$$

For Z_t , denote $dZ_t = Z_{t+dt} - Z_t$.

Define $(B_t)_{t \in \mathbb{R}}$ so that $dB_t \sim N(0, dt)$

Brownian Motion.

$(dB_t)_{t \in \underline{\Delta}}$ iid.

$$(B_{t_1} - B_{t_2}) \sim N(0, t_2 - t_1).$$

Let $\vec{B}(t)$ be s.t. $B(t)_i$ is a B-M.

Define \mathcal{F}_t to be σ -algebra generated by
 $(B(s))_{0 \leq s \leq t}$.

Suppose that $\sigma(t)$ is a matrix-valued process
s.t. $\sigma(t)$ is \mathcal{F}_t -measurable.

Define $X(t)$ by

$$dX(t) = \underbrace{\sigma_t dB(t)}_{\sim N(0, \sigma_t^T \sigma_t dt)}$$

X_t is going to be a martingale.

Choose $(\sigma_t)_{ii} = \sqrt{(1+X_i(t))(1-X_i(t))}$; $(\sigma_t)_{ij} = 0$ $i \neq j$

$$dX_i(t) = \sqrt{(1+X_i(t))(1-X_i(t))}$$

We'll use this process to prove Maj. is stablest
[MOO '08].

[joint Mikulincer-Roghavendra].

$$M_t = f(X_t)$$

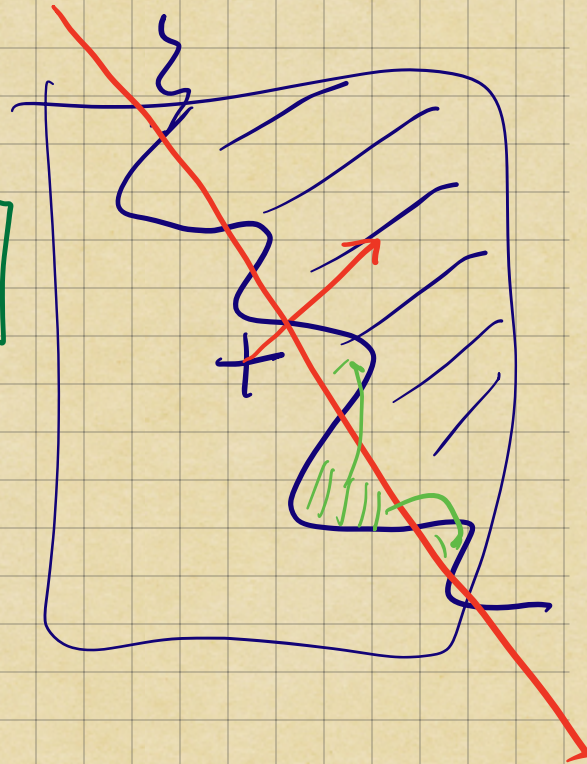
$$dM_t = \nabla f(X_t) \cdot dX_t \quad [+ o(dt)]$$

$$= \nabla f(X_t) \sigma_t dB_t$$

$$\text{Var}(M_t) = \mathbb{E} \int_0^t (dM_t)^2 = \mathbb{E}[M]_t.$$

$$d[M]_t = (dM_t)^2 = (\nabla f(X_t) \sigma_t dB_t)^2$$

$$= \int_0^t |\sigma_t \nabla f(X_t)|^2 dt.$$



$$\text{Var}(M_t) = \mathbb{E} \int_0^t |\sigma_t \nabla f(X_t)|^2 dt \quad \left[\frac{\int x f(x)}{\int f} \leq \frac{I(f)}{\int f} \right]$$

Thm (level-1 inequality): $\frac{\nabla f(0)}{\int f} = \frac{\int x f(x) dx}{\int f}$

For every bool. f_n f , $\forall x \in [-1, 1]^n$, we have

$$|\sigma_t \nabla f(x)| \leq I(f(x)) + \Psi(\|\nabla f(x)\|_\infty)$$

where $I(s) = \Phi'(\Phi^{-1}(s))$ where Φ gaussian CDF.

Ψ is some fn s.t $\lim_{s \rightarrow 0} \Psi(s) = 0$.

If f is the majority fn,

$$|\sigma_t \nabla f(x)| = I(f(x)) + o(\Psi(\|\nabla f(x)\|_\infty)).$$

Maj is stablest:

$\text{Var}[f(X_t)]$ maximized by majority w.r to

$$\| \max_i I_i(f).$$

$$\text{stab}_{\rho(t)}[f].$$

We're given a bool. fn f . f is associated with a martingale M_t . Suppose $g(x) = \text{maj}(x)$

Let N_t be the martingale corresp. to g .

$$\alpha_t = \|\nabla f(x(t))\|_\infty$$

$$d[M]_t = |\sigma_t f(x_t)|^2 dt \leq I(M_t) + \alpha_t$$

$$d[N]_t = |\sigma_t g(x_t)|^2 = I(N_t) - \beta_t$$

Lemma 1: $\max_i I_i(f) = 0(1)$ then $\max_{s \leq t} d_s = 0_t(1)$.

Lemma 2: Suppose that $(M_t)_t, (N_t)_t$ are martingales s.t.

$$\left. \begin{array}{l} d[M]_t \leq I(M_t) \\ d[N]_t = I(N_t) \end{array} \right\} \text{ for all } t \text{ a.s.}$$

$\Rightarrow \text{Var}(N_t) \geq \text{Var}(M_t) \quad \forall t.$

$\Rightarrow \text{Stab}_{\mathcal{F}(t)}[f] \leq \text{Stab}_{\mathcal{F}(t)}(\text{maj}) + \text{correction}$

correction $\searrow 0$ when $\max_i I_i(f) \searrow 0.$

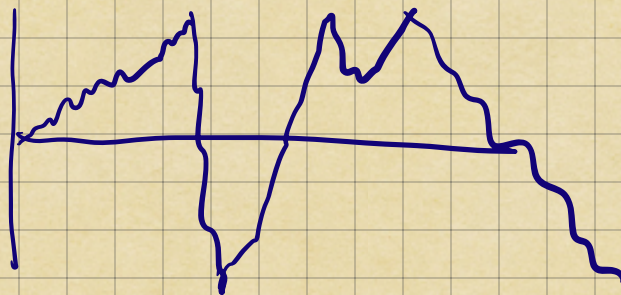
Dambis / Dubins-Schwartz thm:

if M_t is a continuous martingale then $\exists W_s$ Brownian motion s.t.

$$M_t = W_{[M]_t}$$

$$M_t = W[M]_t$$

$$N_t = W[N]_t$$



$$X_i \in \{-1, 1\}.$$

$$\mathbb{E} M_t^2$$

$$\mathbb{E} M_t^q$$