# EXAMPLES SHEET, APPLICATIONS OF COMMUTATIVE HARMONIC ANALYSIS 

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Exercises with daggers ( $\dagger$ ) are harder, which is not to say that the others are not. Answers and comments on some of the questions appear at the end.

1. $\dagger$ Show that Proposition 1.5 is best possible up to the implied constant. That is, show that there is a set $A \subset\{1, \ldots, N\}$ of size $\Omega(\sqrt{N})$ containing no additive quadruples all of whose elements are distinct.
2. Suppose that $I=[0,1]$ and $S \subset(0, \epsilon)$ is open. Show that

$$
\left\|1_{I} * f_{S}-1_{I}\right\|_{L^{1}(\mathbb{R})}=O(\epsilon) .
$$

3. Show that the map

$$
\phi: \mathbb{R} \rightarrow \mathbb{R} ; x \mapsto \begin{cases}\exp (-1 / x) & \text { if } x>0 \\ 0 & \text { otherwise }\end{cases}
$$

is infinitely differentiable. Since $\phi(1 / 2) \neq 0$ it follows that $x \mapsto \phi(x) \phi(1-x)$ is a bump function.
4. Considering $1_{\{1, \ldots, N\}}$ as an element of $\ell^{1}(\mathbb{Z})$, write down an expression for the convolution of functions $1_{\{1, \ldots, N\}} * 1_{\{1, \ldots, N\}}$.
5. $\dagger$ Considering $1_{\{1, \ldots, N\}}$ as an element of $\ell^{1}\left(\mathbb{Q}_{>0}\right)$, show that

$$
1_{\{1, \ldots, N\}} * 1_{\{1, \ldots, N\}}(x)=O\left(x^{o(1)}\right) .
$$

6. Prove the nesting of the $L^{p}(X)$-norms and $\ell^{p}(X)$-norms. Show that in the first case equality holds if and only if the function is constant, and in the latter if and only if the function is a $\delta$-function, meaning that it is supported on exactly one point of the domain.
7. Check that you believe the basic facts about convolution in Lemma 2.7.
8. Prove that

$$
\nu(\{x:|f(x)| \geqslant \epsilon\}) \leqslant \epsilon^{-p}\|f\|_{L^{p}(\nu)}^{p}
$$

for all $f \in L^{p}(\nu)$. (The case $p=2$ is Chebychev's inequality.)
9. Show that Young's inequality, Proposition 2.12, can be improved using an example other than (a scalar multiple of) $f=g=1_{G}$. Which (finite) groups is this possible for? Give as wide a class as you can of extremal functions when the triple of indices $(p, q, r)$ is not internal.
10. Prove the version of Young's inequality for measures in Proposition 2.13.
11. Suppose that $p$ is a prime, $\mathbb{Z} / p \mathbb{Z}$ is endowed with counting measure, $A \subset \mathbb{Z} / p \mathbb{Z}$ and $\lambda_{1}, \ldots, \lambda_{r} \in(\mathbb{Z} / p \mathbb{Z})^{*}$. Show that the number of solutions to $\lambda_{1} x_{1}+\cdots+\lambda_{r} x_{r}=x_{r+1}$ with $x_{1}, \ldots, x_{r+1} \in A$ is

$$
\left\langle 1_{\lambda_{1} A} * \cdots * 1_{\lambda_{r} A}, 1_{A}\right\rangle_{\ell^{2}(\mathbb{Z} / p \mathbb{Z})} .
$$

What if $p$ is not prime?
12. Suppose that $A \subset\{1, \ldots, N\}$ as in Proposition 1.5. Let $\phi: \mathbb{Z} \rightarrow \mathbb{Z} /(2 N-1) \mathbb{Z}$ by the usual projection. Then show that $(x, y, z, w) \in A^{4}$ is an additive quadruple if and only if $(\phi(x), \phi(y), \phi(z), \phi(w)) \in \phi(A)^{4}$ is an additive quadruple. In light of this use convolution of finite Abelian groups to reprove Proposition 1.5.
13. Suppose that $N$ is a natural and $\mathbb{Z} / N \mathbb{Z}$ is endowed with counting measure. Describe the operators $M_{f}$ with respect to the standard basis, that is the orthonormal basis of functions $\left(1_{\{k+N \mathbb{Z}\}}\right)_{k=1}^{N}$
14. Check that you believe the generalised Parseval identity, that is if $\left\{e_{1}, \ldots, e_{N}\right\}$ is an orthonormal basis for a finite dimensional Hilbert space $H$ then

$$
\|v\|^{2}=\sum_{i=1}^{N}\left|\left\langle v, e_{i}\right\rangle\right|^{2} \text { for all } v \in H
$$

15. Verify the orthogonality relations for characters directly. That is, show that

$$
\int \gamma(x) \overline{\lambda(x)} d \mu(x)= \begin{cases}\mu(G) & \text { if } \gamma=\lambda \\ 0 & \text { otherwise }\end{cases}
$$

for $\gamma, \lambda \in \widehat{G}$, and

$$
\int \gamma(x) \overline{\gamma(y)} d \mu^{*}(\gamma)= \begin{cases}\mu^{*}(\widehat{G}) & \text { if } x=y \\ 0 & \text { otherwise }\end{cases}
$$

for $x, y \in G$. By a dimension argument, or otherwise, conclude from these that $|\widehat{G}| \leqslant|G|$.
16. Prove the structure theorem for finite Abelian groups, that if $G$ is such then there are naturals $d_{1}\left|d_{2}\right| \ldots \mid d_{r}$ such that

$$
G \cong\left(\mathbb{Z} / d_{1} \mathbb{Z}\right) \oplus \cdots \oplus\left(\mathbb{Z} / d_{n} \mathbb{Z}\right)
$$

17. Show that if $G=\left(\mathbb{Z} / d_{1} \mathbb{Z}\right) \oplus \cdots \oplus\left(\mathbb{Z} / d_{n} \mathbb{Z}\right)$ and $r \in G$ then

$$
\left(x_{1}, \ldots, x_{n}\right) \mapsto \exp \left(2 \pi i\left(\sum_{i=1}^{n} x_{i} r_{i} / d_{i}\right)\right)
$$

is a well-defined character on $G$, and different $r$ s determine different characters.
18. Use the previous three questions to conclude that if $G$ is a finite Abelian group then $\widehat{G} \cong G$.
19. Derive Parseval's theorem and the inversion formula directly from the previous results.
20. Prove that $\|\widehat{f}\|_{L^{\infty}\left(\mu^{*}\right)} \geqslant\|f\|_{L^{1}(\mu)} / \sqrt{|G|}$. Can you do any better?
21. Prove the Hausdorff-Young inequality that $\|\widehat{f}\|_{L^{p}\left(\mu^{*}\right)} \leqslant\|f\|_{L^{p^{\prime}}(\mu)}$ for all even integers $p \geqslant 2$ using Young's inequality. Note by duality that this this is equivalent to $\|f\|_{L^{p}(\mu)} \leqslant$ $\|\widehat{f}\|_{L^{p^{\prime}}\left(\mu^{*}\right)}$ for the same values of $p$. It turns out that both inequalities are true for every $p \geqslant 2$.
22. Suppose that $G=(\mathbb{Z} / 2 \mathbb{Z})^{2 n}$ is endowed with Haar probability measure and $S \subset G$ is the set of vectors with exactly $n$ non-zero entries in them. Show that

$$
\widehat{\Lambda_{S}}(\gamma)= \begin{cases}\binom{n}{s}\binom{2 n}{2 s}^{-1}(-1)^{s} \mathbb{P}_{G}(S) & \text { if }|\gamma|=2 s \\ 0 & \text { otherwise }\end{cases}
$$

23. Suppose that $G=\mathbb{Z} / N \mathbb{Z}$ is endowed with Haar counting measure and $I \subset G$ is a symmetric interval about $0_{G}$ of length $2 M+1$. Show that

$$
\widehat{1_{I}}(r)=\frac{\sin (\pi(2 M+1) r / N)}{\sin (\pi r / N)}
$$

where $r$ corresponds to the character $x \mapsto \exp (2 \pi i r x / N)$.
24. Using Parseval's theorem and the result of Exercise 23 with $N=2(2 M+1)$ or otherwise solve the Bassel problem. That is to say prove that

$$
\sum_{r=1}^{\infty} \frac{1}{r^{2}}=\frac{\pi^{2}}{6} .
$$

In this discrete setting the details of this are developed by Sisask in [Sis08].
25. Suppose that $G=\mathbb{Z} / N \mathbb{Z}$ is endowed with Haar probability measure and write $G^{*}:=$ $\{r+N \mathbb{Z}:(r, N)=1\}$. By definition we have $\left|G^{*}\right|=\phi(N)$; show that

$$
\widehat{1_{G^{*}}}(r)=\frac{\mu(N /(N, r))}{\phi(N /(N, r))}
$$

where $(a, b)$ is the highest common factor of $a$ and $b$ and $r$ is the character $x \mapsto \exp (2 \pi i r x / N)$. When $G$ is endowed with Haar counting measure the sums $\widehat{1_{G^{*}}}(r)$ are called Ramanujan sums and are denoted $c_{N}(r)$.
26. Suppose that $G=\mathbb{Z} / N \mathbb{Z}, I \subset G$ is an interval of size $\delta N$ and $X$ is chosen uniformly at random from $G^{*} \triangleq$ Then

$$
\mathbb{P}(X \in I)=\delta+o(1)
$$

27. If $A \subset G$ has size $\delta_{G}(A)=k$, how large and small can $\mathbb{P}_{\widehat{G}}\left(A^{\perp}\right)$ possibly be in terms of $k$ ?
28. Given $A \subset G$ non-empty, we write $\nu_{A}$ for the measure on $\widehat{G}$ assigning mass $\mu(A)^{-1}\left|\widehat{1_{A}}(\gamma)\right|^{2}$ to $\gamma \in \widehat{G}$. Show that

$$
d(x, y):=\left\|\phi_{G, \widehat{G}}(x)-\phi_{G, \widehat{G}}(y)\right\|_{L^{2}\left(\nu_{A}\right)}
$$

is a metric on $G$. How are the balls $\{x: d(x, 1) \leqslant \epsilon\}$ related to the sets $\left\{x: 1_{A} * 1_{-A}(x) \geqslant\right.$ $(1-\delta) \mu(A)\}$ ?
29. Suppose that $G$ is endowed with Haar probability measure and $A \subset G$ has density $\alpha$. Find an upper estimate for $\mathbb{P}_{G}\left(\left\{x: 1_{A} * 1_{A}(x)>c \alpha\right\}\right)$. Is there an interesting lower estimate? What if $c<\alpha$ ? Suppose that you know $\left\|1_{A} * 1_{A}\right\|_{L^{2}(G)}^{2} \geqslant \eta \alpha^{3}$. Does that help? What if $\eta>2 c$ ?
30. Show that if $|A-A|<1.5|A|$ then $A-A$ is a subgroup of $G$.
31. Prove that $\|f\|_{A(G)}:=\sup \left\{\left|\langle f, g\rangle_{L^{2}(\mu)}\right|:\|\hat{g}\|_{L^{\infty}\left(\mu^{*}\right)} \leqslant 1\right\}$ is an algebra norm, that is, it is a norm such that $\|f g\|_{A(G)} \leqslant\|f\|_{A(G)}\|g\|_{A(G)}$. Show that $\|f\|_{A(G)}=\|\widehat{f}\|_{L^{1}\left(\mu^{*}\right)}$, and that it is independent of the particular normalisation of Haar measure used. Show, further, that $\|f\|_{L^{\infty}(G)} \leqslant\|f\|_{A(G)}$.
32. We say that $\nu \in M(G)$ is idempotent if $\nu * \nu=\nu$. Show that $\nu \in M(G)$ is idempotent if and only if $\widehat{\nu}=1_{A}$ for some $A \subset G$, and note that $\|\nu\|=\left\|1_{A}\right\|_{A(G)}$.
33. Show that if $\nu$ is idempotent then $\nu \equiv 0$ or else $\|\nu\| \geqslant 1$. Show that if $\|\nu\|=1$ then $\widehat{\nu}=1_{W}$ where $W$ is a coset in $\widehat{G}$.
34. $\dagger$ Establish a robust version of the result in Exercise 33, i.e. show that if $\nu \in M(G)$ is idempotent and non-trivial with $\|\nu\| \leqslant 1+\eta$ for sufficiently small $\eta$ then $\widehat{\nu}=1_{W}$ where $W$ is a coset in $\widehat{G}$.
35. Give an example of an idempotent measure $\nu \in M(G)$ with $\hat{\nu} \neq 1_{W}$ for any coset $W$ in $\widehat{G}$ and such that $\|\nu\|<2$.

[^0]36. Which functions $f$ are idempotent (meaning $f * f=f$ ) and have $\|f\|_{L^{p}(\mu)} \leqslant 1$ for some $p>1$ ? Prove $\|f\|_{L^{\infty}(\mu)} \leqslant 1$ using Young's inequality.
37. Prove the spectral radius formula. That is prove that
$$
\left\|\nu^{(k)}\right\|^{1 / k}:=\|\overbrace{\nu * \cdots * \nu}^{k \text {-fold }}\|^{1 / k} \rightarrow\|\widehat{\nu}\|_{\ell \infty(\hat{G})},
$$
as $k \rightarrow \infty$ where $\nu \in M(G)$. (The limit on the right is called the spectral radius of the operator $M_{\nu}$.)
38. Show that if $G=\mathbb{Z} / N \mathbb{Z}$ and $A=\{0,1\}$ then the associated random walk requires $\Omega\left(|G|^{2}\right)$ steps before $\tau\left(\mu_{k}, \mu_{G}\right) \leqslant 1 / 10$.
39. Show that if $A \subset(\mathbb{Z} / 2 \mathbb{Z})^{n}$ contains the identity then $A$ has spectral gap $\Omega\left(|A|^{-1}\right)$. On the other hand if the random walk associated to $A$ converges to the uniform distribution on $(\mathbb{Z} / 2 \mathbb{Z})^{n}$ show that $|A| \geqslant n+1$. It follows from the bound (3.9) (in the notes) that if $A=\left\{0_{G}, e_{1}, \ldots, e_{n}\right\}$ where $e_{i}$ are the canonical basis vectors then the random walk will have achieved 'good convergence' to the uniform distribution in $O\left(n^{2}\right)$ steps.
40. Suppose that $G=(\mathbb{Z} / 2 \mathbb{Z})^{n}$ and $A=\left\{0_{G}, e_{1}, \ldots, e_{n}\right\}$ as in Exercise 39. By examining $\left\|f_{0} * \mu_{A}^{(k)}-1\right\|_{\ell^{2}(G)}$ directly for a probability mass functions $f_{0}$ show that we have achieved 'good convergence' to the uniform distribution in $O(n \log n)$ steps. It turns out that this is the correct order of magnitude.
41. Explain why if $A \subset \mathbb{Z} / p \mathbb{Z}$ has size $2 m+1$ then
$$
\sum_{a \in A}(1-\operatorname{Re} \exp (2 \pi i a / p)) \geqslant \sum_{|n| \leqslant m}(1-\operatorname{Re} \exp (2 \pi i n / p)) .
$$

Hence, or otherwise, show that if $A \subset \mathbb{Z} / p \mathbb{Z}$ contains the identity and has density $\alpha$ then $A$ has spectral gap $\Omega\left(\alpha^{2}\right)$.
42. Use the ideas in Example 41 to give another proof that if $G$ is an Abelian group and $A \subset G$ contains the identity then $A$ has spectral gap $\Omega\left(|A| /|G|^{2}\right)$.
43. Show that if $A \subset G$ contains $0_{G}$ then $A$ has spectral gap equal to the Rayleigh quotient

$$
\sup \left\{\frac{\left\|M_{\mu_{A}} f\right\|_{L^{2}(G)}}{\|f\|_{L^{2}(G)}}:\langle f, 1\rangle_{L^{2}(G)}=0\right\}
$$

44. Given $A \subset G$ generating $G$ which is endowed with counting measure, the edge isoperimetric number or Cheeger constant of $A$ is defined to be

$$
h(A):=\min \left\{\frac{\left\langle 1_{S} * \widetilde{1_{G \backslash S}}, 1_{A}\right\rangle_{\ell^{2}(G)}}{|S|}: S \subset G,|S| \leqslant|G| / 2\right\} .
$$

Prove that

$$
h(A) /|A| \leqslant \min \left\{\frac{|S+A|}{|S|}: S \subset G,|S| \leqslant|G| / 2\right\} \leqslant h(A) .
$$

This relates the edge isoperimetric number to the vertex isoperimetric number.
45. Given $A \subset G$ generating $G$ we define $\lambda_{2}:=\sup _{\gamma \neq 0_{\hat{G}}} \operatorname{Re} \widehat{\mu_{A}}(\gamma)$. (There is no modulus sign.) As mentioned in the notes the usual definition of spectral gap is $1-\lambda_{2}$. Show that $A$ has spectral gap (in the sense of the lecture notes) at most $1-\lambda_{2}$; give an example of a set $A$ (generating $G$ and containing $0_{G}$ ) such that $1-\lambda_{2}=\Omega(1)$ and for which the spectral gap tends to 0 as $|G| \rightarrow \infty$.
46. Using the definitions of Exercises 44 and 45 prove the Cheeger-Alon-Milman inequality for Cayley graphs on Abelian groups. That is, prove that

$$
|A|\left(1-\lambda_{2}\right) \leqslant h(A) \leqslant|A| \sqrt{2\left(1-\lambda_{2}\right)}
$$

47. Use the probabilistic method to show that there is a set $A \subset\{1, \ldots, N\}$ containing no non-trivial three-term progressions such that $|A|=\Omega\left(N^{1 / 2}\right)$.
48. Show that there is a set $A \subset\{1, \ldots, N\}$ of size $|A|=\Omega(1)$ such that $A$ contains no solutions to $x+y=z$.
49. Suppose that $A \subset G:=(\mathbb{Z} / 2 \mathbb{Z})^{n}$ has density at least $1 / 2-\epsilon$ and contains no sums $x+y=z$. Show that there is some $V \leqslant G$ with $\mathbb{P}_{G}(A \triangle(G \backslash V))=O(\epsilon)$.
50. Show that if $A \subset(\mathbb{Z} / 3 \mathbb{Z})^{m}$ and $B \subset(\mathbb{Z} / 3 \mathbb{Z})^{n}$ do not contain any non-trivial three-term arithmetic progressions then $A \times B$ does not contain any non-trivial three-term arithmetic progressions. Hence, or otherwise, show that there is a set $A \subset(\mathbb{Z} / 3 \mathbb{Z})^{n}$ such that $|A| \geqslant 2^{n}$ not containing any non-trivial three-term arithmetic progressions.
51. Given an example of a group $G$ and $\operatorname{Bohr}$ set $\operatorname{Bohr}(\Gamma, \delta)$ of rank $k$ such that

$$
\mathbb{P}_{G}(\operatorname{Bohr}(\Gamma, \delta)) \sim(\delta / \pi)^{k}
$$

52. Suppose that $G=\mathbb{Z} / N \mathbb{Z}$ and $\Gamma=\left\{\gamma^{2^{r}}: 0 \leqslant r \leqslant k-1\right\}$ where $\gamma$ generates $\hat{G}$. Show that

$$
\mathbb{P}_{G}(\operatorname{Bohr}(\Gamma, \delta))=\Omega\left(2^{-k} \delta\right)
$$

53. Show that if $G=\mathbb{Z} / p \mathbb{Z}$ for some prime $p$ and $\Gamma$ is size $k$ then $\operatorname{Bohr}(\Gamma, \delta)$ contains an arithmetic progression of length $\delta p^{1 / k}\left(1-o_{\delta \rightarrow 0}(1)\right) / \pi$
54. Suppose that $p$ and $q$ are primes with $p \sim q, N:=p q, G:=\mathbb{Z} / N \mathbb{Z}$ and let $\gamma(x):=$ $\exp (2 \pi i x / q)$. Show that any arithmetic progression in $\operatorname{Bohr}(\{\gamma\}, 1 / 4)$ has length $O(\sqrt{N})$.
55. Show that for $G=\mathbb{Z} / p \mathbb{Z}$ for $p$ a prime and $\delta \in(0,1]$ there is a $\operatorname{Bohr}$ set $\operatorname{Bohr}(\Gamma, \delta)$ of rank $k$ such that the longest arithmetic progression in $\operatorname{Bohr}(\Gamma, \delta)$ is $O\left(\delta p^{1 / k}\right)$.
56. Show that if $G$ is endowed with Haar counting measure and $A \subset G$ has size $\epsilon \log |G|$ then

$$
\sup _{\gamma \neq 0_{\widehat{G}}}\left|\widehat{1_{A}}(\gamma)\right| \geqslant\left(1-o_{\epsilon \rightarrow 0}(1)\right)|A| .
$$

57. Give an example of a set $A \subset\{1, \ldots, N\}$ of density $\alpha$ such that $A+A+A$ does not contain an arithmetic progression of length longer than $N^{o_{\alpha \rightarrow 0}(1)}$.
58. Convince yourself that the proof of Theorem 4.10 can be adapted to show that if $A \subset(\mathbb{Z} / 3 \mathbb{Z})^{n}$ has density $\alpha$ then $A+A+A$ contains an affine subspace (translate of a subspace) of co-dimension $O\left(\alpha^{-3}\right)$. The co-dimension of $V \leqslant(\mathbb{Z} / 3 \mathbb{Z})^{n}$ is $n-\operatorname{dim} V$ when $V$ is considered as a subspace of $(\mathbb{Z} / 3 \mathbb{Z})^{n}$ which is, in turn, considered as a vector space over $\mathbb{Z} / 3 \mathbb{Z}$.
59. Use the proof of the Roth-Meshulam theorem to improve the above and show that if $A \subset(\mathbb{Z} / 3 \mathbb{Z})^{n}$ has density $\alpha$ then $A+A+A$ contains an affine subspace of co-dimension $O\left(\alpha^{-1}\right)$.
60. Show that if $G=\mathbb{Z} / p \mathbb{Z}$ for some prime $p$ then $Q:=\left\{x^{2}(\bmod p): x \in \mathbb{Z}\right\}$ has $\left|\widehat{1_{Q}}(\gamma)\right| \lesssim \sqrt{|Q|}$ whenever $\gamma$ is non-trivial.
61. Show that if $X$ is a real random variable on a finite probability space then the map $X \mapsto\|X\|$ where $\|X\|$ is the smallest non-negative constant such that

$$
\mathbb{E} \exp (\lambda X) \leqslant \exp \left(\|X\|^{2} \lambda^{2} / 2\right) \text { for all } \lambda \in \mathbb{R}
$$

is a norm.
62. Show that for random variables $X_{1}, \ldots, X_{n}$ with $\mathbb{E} \sum_{i} X_{i}=0$ we have

$$
\mathbb{E}\left|\sum_{i} X_{i}\right|^{p} \leqslant O(p)^{p / 2} n^{p / 2-1} \sum_{k=1}^{n} \mathbb{E}\left|X_{i}\right|^{p}
$$

63. Show that if a random variable $X$ has $\|X\|_{L^{p}(\mathbb{P})} \leqslant C\|X\|_{L^{2}(\mathbb{P})}$ for some $p>2$ then $\|X\|_{L^{2}(\mathbb{P})} \leqslant C^{1 /(p-2)}\|X\|_{L^{1}(\mathbb{P})}$.
64. Suppose that $A$ is an independent subset of $G:=(\mathbb{Z} / 2 \mathbb{Z})^{n}$. How large is $n A:=$ $\left\{a_{1}+\cdots+a_{n}: a_{1}, \ldots, a_{n} \in A\right\}$ in terms of $n$ and the size of $A$ ?
65. Suppose that we pick $x_{1}, \ldots, x_{k}$ uniformly and independently at random from $G$. Show that if ${ }^{3} k=\log _{3}|G|-\omega_{|G| \rightarrow \infty}$ (1) then w.h.p. $\left\{x_{1}, \ldots, x_{k}\right\}$ is dissociated and if $k \geqslant \log _{2}|G|$ then w.h.p. $\left\{x_{1}, \ldots, x_{k}\right\}$ is not dissociated.
66. Suppose that $A \subset G$ is maximal dissociated. Show that the spectral gap of $A$ is $\Omega\left(1 /|A|^{2}\right)$ and hence that the random walk associated to $A$ will have achieved 'good convergence' to the uniform distribution on $G$ in $O\left(\log ^{3}|G|\right)$ steps.
67. Suppose that $k \in \mathbb{N}$ and $S \subset G$. We say that $S$ is $k$-dissociated if

$$
\sum_{s \in S} \epsilon_{s} s=0_{G} \text { and } \epsilon \in\{-1,0,1\}^{S} \text { with }\|\epsilon\|_{\ell^{1}(S)} \leqslant k \Rightarrow \epsilon \equiv 0,
$$

and write

$$
\operatorname{Span}_{k}(S):=\left\{\sum_{s \in S} \epsilon_{s} s: \epsilon \in\{-1,0,1\}^{S} \text { and }\|\epsilon\|_{\ell^{1}(S)} \leqslant k\right\}
$$

Show that if $S \subset T$ is maximal $k$-dissociated then $T \subset \operatorname{Span}_{k}(S)$.
68. Suppose that $G=(\mathbb{Z} / 2 \mathbb{Z})^{n}$ and suppose that $\Gamma \subset \widehat{G}$ is $2 k$-dissociated. Prove that

$$
\left\|f^{\vee}\right\|_{L^{2 k}(G)}=O\left(\sqrt{k}\|f\|_{\ell^{2}(\Gamma)}\right) \text { for all } f \in \ell^{2}(\Gamma)
$$

This can be useful because begin $2 k$-dissociated is a weaker condition than being dissociated. The extension of this to finite Abelian groups is proved by Shkredov in [Shk08].
69. Suppose that $\Gamma$ is a dissociated set of characters on $G$. By considering the product

$$
\prod_{\gamma \in \Gamma}(1+\operatorname{Re} \gamma)
$$

or otherwise show that for all $\lambda \in \widehat{G}$ we have

$$
\mid\left\{\epsilon \in\{-1,0,1\}^{\Gamma}:\|\epsilon\|_{\ell^{1}(\Gamma)}=r \text { and } \sum_{\gamma \in \Gamma} \epsilon_{\gamma} \gamma=\lambda\right\} \mid \leqslant 2^{r} .
$$

This is a result of Rider [Rid66].
70. $\dagger \dagger \mathrm{A}$ set of characters $\Gamma$ on $G$ is said to be $C$-Sidon if to every $\omega \in \ell^{\infty}(\Gamma)$ with $\|\omega\|_{\ell \infty(\Gamma)} \leqslant 1$ there is some measure $\mu_{\omega}$ such that

$$
\left.\widehat{\mu_{\omega}}\right|_{\Gamma}=\omega \text { and }\left\|\mu_{\omega}\right\| \leqslant C .
$$

Prove that dissociated sets are $O(1)$-Sidon. (You may wish to use the result of Exercise 69.)
71. $\dagger$ Show that if $\Gamma$ is $C$-Sidon and $p \in[2, \infty)$ then

$$
\left\|f^{\vee}\right\|_{L^{p}(G)}=O\left(C \sqrt{p}\|f\|_{\ell^{2}(\Gamma)}\right) \text { for all } f \in \ell^{2}(\Gamma)
$$

[^1]72. Show that if $\Gamma$ is $C$-Sidon then $|\Gamma|=O\left(C^{2} \log |G|\right)$.
73. Show that if $A \subset G$ then $2 A-2 A:=\left\{a_{0}+a_{1}-a_{2}-a_{3}: a_{0}, a_{1}, a_{2}, a_{3} \in A\right\}$ contains a Bohr set of rank $O\left(\alpha^{-1} \log \alpha^{-1}\right)$ and width $\Omega\left(\alpha^{O(1)}\right)$. This result is called Bogolyubov's theorem.
74. Prove Chang's theorem for functions. That is suppose that $f \in L^{2}(G)$ and $\Gamma$ is a dissociated subset of $\left\{\gamma \in \widehat{G}:|\widehat{f}(\gamma)| \geqslant \epsilon\|f\|_{L^{1}(G)}\right\}$. Then
$$
|\Gamma|=O\left(\epsilon^{-2} \log \left(\|f\|_{L^{2}(G)}^{2}\|f\|_{L^{1}(G)}^{-2}\right)\right) .
$$
75. Use the version of Khintchine's inequality with good constants (Theorem 5.9) to show that if $g \in \ell^{2}(\widehat{G})$ has $\|g\|_{\ell^{2}(\widehat{G})}=1$ then there is some $h \in L^{2}(G)$ such that $\hat{h}=g$ and $\|h\|_{L^{2}(G)}^{2} /\|h\|_{L^{1}(G)}^{2} \leqslant 2$. This shows that unless $\|h\|_{L^{2}(G)}^{2} /\|h\|_{L^{1}(G)}^{2} \rightarrow \infty$ we cannot expect any additional structure in the large spectrum of $L^{2}$-functions.
76. Suppose that $G$ is endowed with Haar counting measure and $A \subset G$ has $|A+A| \leqslant K|A|$. By considering $f=1_{A+A} * 1_{-A}$ or otherwise show that $A \subset \operatorname{Span}(S)$ for some set $S$ with $|S|=O(K \log |A|)$.
77. By using Khintchine's inequality for $p>4$ prove the following refinement of the claim in the proof of Theorem 5.20. Given $k \in \ell^{2}(\widehat{G})$ and $\eta \in(0,1 / 2]$ there is some choice of signs $\epsilon$ on the support of $k$ (meaning $\epsilon: \operatorname{supp} k \rightarrow\{-1,1\})$ and a function $g$ with
$$
\|\widehat{g}-\epsilon k\|_{\ell^{2}(\widehat{G})} \leqslant \eta\|k\|_{\ell^{2}(\widehat{G})} \text { and }\|g\|_{L^{\infty}(G)}=O\left(\sqrt{\log \eta^{-1}}\|k\|_{\ell^{2}(\widehat{G})}\right)
$$

## Comments and solutions

1. First it should be remarked that this question was set by mistake: the intention was for the probabilistic method (or, equivalently, the greedy algorithm) to be used, and in that case one gets a set $A$ with $|A|=\Omega\left(N^{1 / 3}\right)$.

One picks the set $A$ by taking $x \in\{1, \ldots, N\}$ independently at random with probability $\delta$. There are $O\left(N^{3}\right)$ additive quadruples in $\{1, \ldots, N\}$ with all entries distinct. Let $B$ be the set of such quadruples occurring in $A$, then we have

$$
\mathbb{E}|B|=O\left(\delta^{4} N^{3}\right) \text { and } \mathbb{E}|A|=\delta N .
$$

It follows that we can pick $\delta=\Omega\left(N^{2 / 3}\right)$ such that

$$
\mathbb{E}(|A|-2|B|) \geqslant \delta N / 2
$$

Hence there is a choice of elements of $A$ such that $|A|-2|B| \geqslant \delta N / 2$, and so $|A| \geqslant \delta N / 2$ and $|B| \leqslant|A| / 2$. We let $A^{\prime}$ be the set $A$ with one element in each quadruple in $B$ removed from $A$. As a result of this $A^{\prime}$ has no quadruples with all elements distinct and $\left|A^{\prime}\right| \geqslant|A| / 2 \geqslant \delta N / 4=\Omega\left(N^{1 / 3}\right)$ as required.

To construct a larger set we make use of the parabola. Suppose that $p$ is an odd prime and put $A^{\prime}:=\left\{\left(x, x^{2}(\bmod p)\right): 1 \leqslant x \leqslant p\right\}$. We unwrap this construction into $\{1, \ldots, N\}$. Let $p$ be an odd prime with $\sqrt{N}<4 p \leqslant 2 \sqrt{N}$, which can be done by Bertrand's postulat $\AA^{1}$ provided $N$ is a sufficiently large (absolute) constant. Let $A:=\left\{x+2 p y:(x, y) \in A^{\prime}\right\}$, which is a subset of $\{1, \ldots, N\}$ since $2 p^{2}+p \leqslant 4 p^{2} \leqslant N$, and if $x^{\prime}, y^{\prime}, z^{\prime}, w^{\prime} \in A$ then

$$
x^{\prime}+y^{\prime}=z^{\prime}+w^{\prime} \Longrightarrow x+y=z+w \text { and } x^{2}+y^{2} \equiv z^{2}+w^{2} \quad(\bmod p)
$$

If $z \neq x$ then

$$
x^{2}-z^{2} \equiv w^{2}-y^{2} \quad(\bmod p) \Longrightarrow x+z \equiv w+y \quad(\bmod p) \text { on division by } x-z=w-y
$$

which in turn implies that $x=w$. Hence $A$ contains no non-degenerate additive quadruples and $|A|=p=\Omega(N)$.

This construction can be tightened up as in Singer [Sin38] but see also [HL63] for some details.
5. This question is about proving the estimate $\tau(x)=O\left(x^{o(1)}\right)$ for the divisor function. (Equivalently this means proving $\tau(x)=O_{\epsilon}\left(x^{\epsilon}\right)$ for all $\epsilon>0$.) We write $n=\prod_{i=1}^{r} p_{i}^{e_{i}}$ where the $p_{i}$ are primes and the $e_{i}$ are naturals using the Fundamental Theorem of Arithmetic. We divide the factors into two classes:

$$
L:=\left\{i: p_{i} \geqslant \exp \left(\epsilon^{-1}\right)\right\} \text { and } S:=\left\{i: p_{i}<\exp \left(\epsilon^{-1}\right)\right\} .
$$

Now,

$$
1+e_{i} \leqslant \exp \left(e_{i}\right) \leqslant p_{i}^{\epsilon e_{i}} \text { for all } i \in L,
$$

while

$$
1+e_{i} \leqslant(\epsilon / \log 2)^{-1}\left(1+\epsilon e_{i} \log 2\right) \leqslant(\epsilon / \log 2)^{-1} 2^{\epsilon e_{i}} \leqslant(\epsilon / \log 2)^{-1} p_{i}^{\epsilon e_{i}} \text { for all } i
$$

[^2]It follows that

$$
\begin{aligned}
\tau(n)=\prod_{i=1}^{r}\left(1+e_{i}\right) & =\prod_{i \in L}\left(1+e_{i}\right) \cdot \prod_{i \in S}\left(1+e_{i}\right) \\
& \leqslant \prod_{i} p_{i}^{\epsilon e_{i}} \cdot \prod_{i \in S}(\epsilon / \log 2)^{-1} \\
& \leqslant n^{\epsilon}(\epsilon \log 2)^{-\exp \left(\epsilon^{-1}\right)}=\exp \left(\exp \left(O\left(\epsilon^{-1}\right)\right)\right) n^{\epsilon}
\end{aligned}
$$

since $|S| \leqslant \exp \left(\epsilon^{-1}\right)$. The required result is proved.
17. The point of this remark is not to do this question but to explicitly pick out some particular dual groups. If $G=\mathbb{Z} / N \mathbb{Z}$ then the characters on $G$ all have the form

$$
x \mapsto \exp (2 \pi i x r / N) \text { as } r \text { ranges } \mathbb{Z} / N \mathbb{Z} .
$$

On the other hand if $G=\mathbb{F}_{2}^{n}$ then the characters are called Walsh functions and have the form

$$
r \mapsto(-1)^{r \cdot x} \text { where } r . x=r_{1} x_{1}+\cdots+r_{n} x_{n}
$$

and $r$ ranges $\mathbb{F}_{2}^{n}$. The quantity $r . x$, while not an inner product, is quite like an inner product and algebraically it behaves in the same way.

As a final example we consider $G=\mathbb{F}_{3}^{n}$ where the characters have the form

$$
r \mapsto \omega^{r . x} \text { where } 1+\omega+\omega^{2}=0
$$

and $r$ ranges $\mathbb{F}_{3}^{n}$.
In the first instance if $N$ is prime then $G$ has no non-trivial subgroups and the annihilators are consequently not interesting. This is in marked contrast to $\mathbb{F}_{2}^{n}$ and $\mathbb{F}_{3}^{n}$ which both have a rich subgroups structure.
33. (This solution is due to Ines Marus̆ić.)

Let $\nu \in M(G)$ be an idempotent measure. Then either $\nu \equiv 0$ or $\|\nu\| \geqslant 1$. Indeed, by applying the algebra inequality for measures $\left(\left\|\rho_{1} * \rho_{2}\right\| \leqslant\left\|\rho_{1}\right\|\left\|\rho_{2}\right\|\right.$ for all $\left.\rho_{1}, \rho_{2} \in M(G)\right)$ we get:

$$
\|\nu\|=\|\nu * \nu\| \leqslant\|\nu\|^{2} .
$$

Hence, if $\nu \not \equiv 0$, then $\|\nu\|>0$ which implies $\|\nu\| \geqslant 1$.
Given $\nu \not \equiv 0$ there is some $x \in G$ such that $|\nu(\{x\})|>0$. Hence, if we write $S$ for the set $\{x \in G:|\nu(\{x\})|>0\}$, we conclude that $S$ is nonempty. Suppose that $z \in G$ is such that
$|\nu(\{z\})|=\max _{x \in G}|\nu(\{x\})|$. We now have:

$$
\begin{aligned}
|\nu(\{z\})|=|\nu * \nu(\{z\})| & =\left|\sum_{x \in G} \nu(\{z-x\}) \nu(\{x\})\right| \\
& =\left|\sum_{x \in S} \nu(\{z-x\}) \nu(\{x\})\right| \\
& \leqslant \sum_{x \in S}|\nu(\{z\})||\nu(\{x\})|=|\nu(\{z\})|\|\nu\|=|\nu(\{z\})| .
\end{aligned}
$$

We conclude that we must have equality in the above inequality and so $\nu(\{z-x\}) \nu(\{x\})$ has the same sign and $|\nu(\{z-x\})|=|\nu(\{z\})|$ for all $x \in S$. We shall now see that $S$ is a subgroup. Write

$$
M:=\left\{z \in S:|\nu(\{z\})|=\max _{x \in G}|\nu(\{x\})|\right\},
$$

and note that we showed that if $z \in M$ then $z-S \subset M$. On the other hand $M \subset S$ whence $M-M=M$ and since it is non-empty we conclude that $M$ is a subgroup. But $z-S \subset M$ and so $|M| \geqslant|S|$; since $S \subset M$ we conclude that $M=S$ and so $S$ is a subgroup.

We have shown that $\nu=c \mu_{S}$ where $S$ is a subgroup and $c$ is a function on $S$ of modulus 1 with $c(z-x) c(x)$ constant for all $x \in S$ and given $z \in S$. This tells us that

$$
c(x+y) c\left(0_{G}\right)=c(x) c(y) \text { for all } x, y \in S,
$$

and so $c(x)=c \gamma(x)$ for some character $\gamma$ and constant $c$. By idempotence $c^{2}=c$ and so $c=1$ since $\nu \not \equiv 0$ and we conclude that $\nu=\gamma \mu_{S}$ which gives the required result on taking the Fourier transform.
34. We start by using Exercise 32 and let $A$ be such that $1_{A}=\hat{\nu}$. We now think of $f$ defined by $f(x):=\nu(\{x\})$ as being a function in $\ell^{1}(G)$ so that $\hat{\nu}=\widehat{f}$ and $\|f\|_{\ell^{1}(G)}=\|\nu\| \leqslant 1+\eta$. Then

$$
\mathbb{P}_{\widehat{G}}(A)=\mathbb{E}_{\gamma \in \widehat{G}}\left|1_{A}(\gamma)\right|^{2}=\sum_{x \in G}|f(x)|^{2} \leqslant\left(\sum_{x \in G}|f(x)|^{4}\right)^{1 / 3}\left(\sum_{x \in G}|f(x)|\right)^{2 / 3}
$$

by Hölder's inequality. It follows that

$$
\mathbb{P}_{G}(A)^{3} /(1+\eta)^{2} \leqslant\|f\|_{\ell^{4}(G)}^{4}=\mathbb{E} 1_{A} * 1_{-A}(x)^{2}
$$

where the last equality is Parseval's theorem and the fact that $\widehat{|f|^{2}}=\hat{f} * \hat{\bar{f}}=1_{A} * 1_{-A}$. Now follow the argument from (3.6) of the notes to conclude that there is some coset of a subgroup $H$ such that

$$
\mathbb{P}_{G}(A \triangle(\gamma+H))=O\left(\eta^{1 / 2} \mathbb{P}_{G}(A)\right)
$$

We separate the $\ell^{1}$-mass of $f$ into two parts:

$$
\|f\|_{\ell^{1}(G)}=\sum_{x \in H^{\perp}}|f(x)|+\sum_{x \notin H^{\perp}}|f(x)| .
$$

Of course,

$$
\sum_{x \in H^{\perp}}|f(x)|=\sum_{x \in G}\left|f(x) 1_{H^{\perp}}(x)\right|=\left\|1_{A} * \mu_{H}\right\|_{A(G)} \geqslant\left\|1_{A} * \mu_{H}\right\|_{\ell^{\infty}(G)} \geqslant\left(1-O\left(\eta^{1 / 2}\right) ;\right.
$$

and

$$
\sum_{x \notin H^{\perp}}|f(x)|=\sum_{x \in G}\left|f(x)\left(1-1_{H^{\perp}}\right)(x)\right|=\left\|1_{A}-1_{A} * \mu_{H}\right\|_{A(G)} \geqslant\left\|1_{A}-1_{A} * \mu_{H}\right\|_{\ell \infty(G)} .
$$

We conclude that

$$
\left\|1_{A}-1_{A} * \mu_{H}\right\|_{\ell^{\infty}(G)} \leqslant 1+\eta-\left(1-O\left(\eta^{1 / 2}\right)\right)=O\left(\eta^{1 / 2}\right)
$$

Thus, if $\gamma^{\prime} \in \gamma+H$ we conclude $\gamma^{\prime} \in A$ and conversely, so that $A=\gamma+H$ and we are done.
The point about this question is that idempotence is very rigid: there is a genuine step in the norm of idempotent measures between 1 and $1+\Omega(1)$. This is a consequence of this result and the fact that $\left\|\gamma \mu_{H^{\perp}}\right\|=1$ for any $\gamma \in \widehat{G}$ and $H \leqslant \widehat{G}$.
35. The idea here was to consider $\nu=\delta_{0_{G}}-\mu_{V}$ where $V \leqslant G$ is a subgroup of size greater than 2. Then $\hat{\nu}=1_{\widehat{G}}-1_{V^{\perp}}$ which is an indicator function of a set and hence idempotent. Moreover,

$$
\|\nu\|=1-\frac{1}{|V|}+(|V|-1) \frac{1}{|V|}=2-\frac{2}{|V|}<2
$$

On the other hand $1_{\widehat{G} \backslash V^{\perp}} \neq 1_{W}$ for any coset $W$ in $\widehat{G}$ since $|\widehat{G}|>\left|\widehat{G} \backslash V^{\perp}\right|>|\widehat{G}|(1-1 / 2)$ and so $\left|\widehat{G} \backslash V^{\perp}\right|$ does not divide $\widehat{G}$ and so is not a coset of a subgroup by Lagrange's theorem. (Note that if $|V|$ has size 2 then $\widehat{G} \backslash V^{\perp}$ is a coset of a subgroup, it is the 'other' coset of $V^{\perp}$.)
46. The usual lower bound is half of that given and follows from noting that

$$
h(A) \geqslant \frac{|G|}{2} \min \left\{\frac{\left\langle 1_{S} * \widetilde{1_{G \backslash S}}, 1_{A}\right\rangle_{\ell^{2}(G)}}{|S||G \backslash S|}: S \subset G\right\} .
$$

In our simpler setting the stronger bound given also holds.
The upper bound is rather harder than the lower bound. To get some intuition it may be helpful to first consider a weaker argument. One can begin by supposing that $\gamma$ is such that $\operatorname{Re} \widehat{\mu_{A}}(\gamma)=\lambda_{2}=: 1-\epsilon$ and let

$$
S:=\{x \in G:|\gamma(x)-1| \leqslant \sqrt{2}\} \text { and } I:=\{x \in G:|\gamma(x)-1|<\delta\}
$$

for some $\delta$ to be optimised later. Then

$$
\mu_{A}(A \backslash I) \delta^{2} / 2 \leqslant \int \operatorname{Re}(1-\gamma(x)) d \mu_{A}(x)=\epsilon
$$

On the other hand by construction we have

$$
1_{S} * 1_{S}(x) \geqslant(1-O(\delta))|S| \text { for all } x \in I,
$$

and we conclude that

$$
\left\langle 1_{S} * 1_{S}, 1_{A}\right\rangle \geqslant(1-O(\delta))|S|\left(1-O\left(\epsilon \delta^{-2}\right)\right)|A|
$$

Optimising by taking $\delta=\epsilon^{1 / 3}$ tells us that

$$
\left\langle 1_{S} * 1_{S}, 1_{A}\right\rangle \geqslant\left(1-O\left(\epsilon^{1 / 3}\right)\right)|A||S|
$$

and, of course, $|S| \leqslant|G| / 2$. It follows that $h(A)=O\left(\epsilon^{1 / 3}\right)$. The weakness with this argument is that while the map $x \mapsto \gamma(x)$ is measure preserving, the map $x \mapsto \operatorname{Re} \gamma(x)$ is not measure preserving. (At least this is true with the obvious measures on $S^{1}$ and $[-1,1]$ respectively.) To get the actual inequality which says that $h(A) \leqslant \sqrt{2 \epsilon}$ we have to remedy this problem.

It may be helpful to first prove that

$$
\sum_{x, y}|\operatorname{Re} \gamma(x)-\operatorname{Re} \gamma(y)| 1_{A}(x-y) \leqslant|G| \sqrt{2|A|\left(|A|-\widehat{1_{A}}(\gamma)\right)}
$$

and then find a lower bound for

$$
B:=\sum_{x, y}|\operatorname{Re} \gamma(x)-\operatorname{Re} \gamma(y)| 1_{A}(x-y)
$$

To do this is not trivial because of the modulus signs. It may be helpful to start by writing $1=c_{0} \geqslant c_{1} \geqslant \ldots \geqslant c_{R}$ for the values taken by $\operatorname{Re} \gamma(x)$ and $S_{i}:=\left\{x \in G: \operatorname{Re} \gamma(x) \geqslant c_{i}\right\}$, so that

$$
\operatorname{Re} \gamma(x)=\sum_{i}\left(1_{S_{i}}(x)-1_{S_{i-1}}(x)\right) c_{i}=\sum_{i} 1_{S_{i}}(x)\left(c_{i}-c_{i+1}\right)
$$

Then

$$
\begin{aligned}
B & =2 \sum_{x, y: \operatorname{Re} \gamma(x) \geqslant \operatorname{Re} \gamma(y)}|\operatorname{Re} \gamma(x)-\operatorname{Re} \gamma(y)| 1_{A}(x-y) \\
& \geqslant 2 \sum_{i} \sum_{x, y}\left(c_{i}-c_{i+1}\right) 1_{S_{i}}(x) 1_{G \backslash S_{i}}(y) 1_{A}(x-y) \\
& \geqslant 2 h(A)\left(\sum_{i:\left|S_{i}\right| \leqslant|G| / 2}\left(c_{i}-c_{i+1}\right)\left|S_{i}\right|+\sum_{i:\left|S_{i}\right|>|G| / 2}\left(c_{i}-c_{i+1}\right)\left(|G|-\left|S_{i}\right|\right)\right)
\end{aligned}
$$

From here the result is fairly straightforward.
49. The important point here is that the density is very large indeed. We write $\alpha$ for the density of $A$ and note that by hypothesis

$$
0=\left\langle 1_{A} * 1_{A}, 1_{A}\right\rangle_{L^{2}(G)}=\sum_{\gamma \in \widehat{G}} \widehat{1_{A}}(\gamma)^{3}
$$

Since $G=(\mathbb{Z} / 2 \mathbb{Z})^{n}$ all the characters are real and so $\widehat{1_{A}}$ is real. Moreover $\widehat{1_{A}}\left(0_{\widehat{G}}\right)=\alpha$ as usual and so

$$
-\alpha^{3}=\sum_{\gamma \neq 0_{\widehat{G}}} \widehat{1_{A}}(\gamma)^{3}
$$

It follows that there is some $\gamma \neq 0_{\widehat{G}}$ such that

$$
\widehat{1_{A}}(\gamma)<0 \text { and }\left|\widehat{1_{A}}(\gamma)\right| \geqslant \alpha^{3} /\left(\sum_{\gamma \neq 0_{\widehat{G}}}\left|\widehat{1_{A}}(\gamma)\right|^{2}\right) \geqslant \alpha^{3} /\left(\alpha-\alpha^{2}\right)-=\alpha(1-O(\epsilon))
$$

since $\alpha=1 / 2-\epsilon$. On the other hand

$$
\widehat{1_{A}}(\gamma)=\frac{|A \cap \operatorname{ker} \gamma|}{|G|}-\frac{|A \cap(G \backslash \operatorname{ker} \gamma)|}{|G|}
$$

and so

$$
|A \cap \operatorname{ker} \gamma|-|A \cap(G \backslash \operatorname{ker} \gamma)| \leqslant-|A|(1-O(\epsilon))
$$

Of course

$$
|A \cap \operatorname{ker} \gamma|+|A \cap(G \backslash \operatorname{ker} \gamma)|=|A|
$$

and so the result follows on setting $V:=\operatorname{ker} \gamma$.
54. The point of this exercise is that the power of $p$ in Lemma 4.9 cannot be improved for general cyclic groups. This is to be compared with Exercise 53 which gives a stronger bound than Lemma 4.9 using a simplification of that argument; this stronger bound does not extend to general cyclic groups.
55. The basic idea is to find a Bohr set whose size roughly matches the lower bound of Lemma 4.8, in particular such that for some $\eta=\Omega\left(p^{1 / k}\right)$ we have $\operatorname{Bohr}(\Gamma, \eta)=\left\{0_{G}\right\}$. Given such a Bohr set suppose that we have an arithmetic progression of length $L$ in $\operatorname{Bohr}(\Gamma, \delta)$. Then there is a centred progression of length $L$ in $\operatorname{Bohr}(\Gamma, 2 \delta)$ by the triangle inequality. Say this progression has common difference $d \neq 0_{G}$, and note that

$$
\left|\gamma_{i}(k d)-1\right| \leqslant 2 \delta \text { for all }|k| \leqslant L / 2 \text { and } i \in\{1, \ldots, k\} .
$$

If $\delta$ is smaller than some absolute constant this implies that

$$
\left|\gamma_{i}(d)-1\right|=O(\delta / L) \text { for all } i \in\{1, \ldots, k\}
$$

and so $d \in \operatorname{Bohr}(\Gamma, O(\delta / L))$. We can pick $L=O\left(\delta p^{1 / k}\right)$ large enough that this forces a contradiction and the result is proved.

It remains to find a Bohr set of the right size. To do this pick $\gamma_{1}, \ldots, \gamma_{k}$ independently and uniformly at random from $\widehat{G}$ and put $\Gamma:=\left\{\gamma_{1}, \ldots, \gamma_{k}\right\}$. Then

$$
\begin{aligned}
\mathbb{E P}_{G}(\operatorname{Bohr}(\Gamma, \eta)) & =\frac{1}{|G|}+\mathbb{E}_{x \in G} 1_{G \backslash\left\{0_{G}\right\}}(x) \prod_{i=1}^{k} 1_{\left\{z:\left|1-\gamma_{i}(z)\right| \leqslant \eta\right\}}(x) \\
& =\frac{1}{|G|}+\mathbb{E}_{x \in G} \prod_{i=1}^{k}(O(\eta)+O(1 / p))
\end{aligned}
$$

We can pick $\eta=\Omega\left(p^{1 / k}\right)$ such that this mean is strictly less than $2 / p$, hence there is a choice of characters with the required property.
66. The reader may wish to compare this exercise with Exercise 39. First note that if $A \subset G$ is maximal dissociated then $G \subset \operatorname{Span}(A)$ by Lemma 5.12. It follows that $3^{|A|} \geqslant|G|$ and so $|A| \geqslant \log _{3}|G|$. On the other hand since $A$ is dissociated we have $2^{|A|} \leqslant|G|$ and so $|A|=\Theta(\log |G|)$.

We now examine a Bohr set in $\widehat{G}$ using Pontryagin duality:

$$
\operatorname{Bohr}(A, 1 / 10|A|)=\{\gamma \in \widehat{G}:|\gamma(x)-1| \leqslant 1 / 10|A|\}
$$

Since $G \subset \operatorname{Span}(A)$ we see by the triangle inequality that if $\gamma \in \operatorname{Bohr}(A, 1 / 10|A|)$ then $|1-\gamma(y)| \leqslant 1 / 10$ for all $y \in G$. It follows that $\gamma=0_{\widehat{G}}$. We conclude that for all $\gamma \neq 0_{\widehat{G}}$ we have

$$
\left|\widehat{1_{A}}(\gamma)-|A|\right| \geqslant \sup _{x \in A}|\gamma(x)-1| \geqslant 1 / 10|A|
$$

from which the claimed bound follows.
Combining the above with our earlier result (3.9) we see that for every initial distribution $\mu_{0}$ on $G$ the random walk associated to $A$ will have achieved 'good convergence' to the uniform distribution on $G$ in $O\left(\log ^{3}|G|\right)$ steps which is much faster than the trivial estimates.

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[^0]:    ${ }^{2}$ See Exercise 25 for a definition of $G^{*}$.

[^1]:    ${ }^{3}$ Here $\omega_{|G| \rightarrow \infty}(1)$ denotes a quantity which tends to infinity as $|G| \rightarrow \infty$.

[^2]:    ${ }^{1}$ See footnote 25 of the notes.

