

Contents

1	Hydrogen	1
1.1	The hydrogen spectrum	1
1.2	Balmer- α : from Bohr to QED	4
1.2.1	Fine structure	4
1.2.2	Doppler effect and saturation spectroscopy	6
1.2.3	Lamb shift	10
1.3	$1s - 2s$: a quest for precision	11
1.3.1	Two-photon spectroscopy	13
1.4	Optical frequency measurements	17
1.4.1	Frequency chains	18
1.4.2	Frequency combs	20
1.4.3	The Rydberg constant	25
1.5	New frontiers of hydrogen	26
1.5.1	Spectroscopy of exotic hydrogen	26
1.5.2	Spectroscopy of antimatter	29
2	Alkali atoms and laser cooling	31
2.1	Alkali atoms	31
2.2	Atomic clocks	33
2.2.1	Microwave atomic clocks	34
2.2.2	Ramsey spectroscopy	35
2.2.3	Masers	38
2.3	Laser cooling	40
2.3.1	Radiation pressure	41
2.3.2	Atomic beam deceleration	43
2.3.3	Doppler cooling	45
2.3.4	Sub-Doppler cooling	48
2.3.5	Magneto-optical traps	51
2.3.6	Laser cooling in multi-level atoms	54
2.4	Laser-cooled atomic clocks	56
2.4.1	Improving atomic fountain clocks	59
2.5	Atom interferometry	61
2.5.1	Gravity measurements	63
2.5.2	Interferometers for inertial forces	69
3	Bose-Einstein condensation	72
3.1	Experimental techniques	72
3.1.1	Magnetic traps	74
3.1.2	Evaporative cooling	77
3.1.3	Sympathetic cooling	79

3.1.4 Atom–atom interactions and Feshbach resonances	80	5.4 Trapped ions	179
3.1.5 Imaging ultracold atoms	83	5.4.1 Ion traps	179
3.2 Bose–Einstein condensates	85	5.4.2 Ion cooling	182
3.2.1 BEC transition	88	5.5 Ion clocks	184
3.2.2 BEC excitations	90	5.5.1 General relativity tests	188
3.2.3 Superfluidity	94	5.5.2 Stability of fundamental constants	190
3.2.4 Phase coherence	97	6 Optical lattices and precise measurements	194
3.2.5 BEC for precision measurements	98	6.1 Quantum transport in periodic potentials	194
3.2.6 Interferometry with BECs	102	6.1.1 Bloch theorem and energy bands	194
3.3 Fermi gases	108	6.1.2 Dynamics of a Bloch wavepacket	199
3.3.1 Fermionic superfluidity	109	6.1.3 Bloch oscillations	200
3.4 Non-alkali BECs	113	6.1.4 Josephson picture of the tight-binding limit	203
3.4.1 Hydrogen	113	6.2 Optical lattices	206
3.4.2 Two-electron atoms	115	6.3 Experiments with cold atoms	207
3.4.3 Dipolar atoms	116	6.3.1 Observation of Bloch oscillations	209
3.5 Cold molecules	116	6.3.2 Measurement of h/m with optical lattices	210
3.5.1 Cooling molecules	117	6.3.3 Large-area atom interferometers	212
3.5.2 Quantum gases with dipolar interaction	120	6.4 Experiments with quantum gases	214
3.5.3 Tests of fundamental physics	122	6.4.1 Dynamics of a BEC in a periodic potential	215
4 Helium	124	6.4.2 Bloch oscillations with quantum gases	218
4.1 The helium spectrum	124	6.4.3 High spatial resolution force sensors	222
4.1.1 Helium laser spectroscopy	126	7 Optical lattices and quantum simulation	224
4.2 Helium fine structure	129	7.1 Mott insulators	224
4.2.1 Microwave measurements	130	7.1.1 Bose–Hubbard model	225
4.2.2 Optical measurements	131	7.1.2 Superfluid–Mott quantum phase transition	228
4.3 Quantum degenerate metastable helium	133	7.1.3 Probing Mott insulators	232
4.3.1 Detecting atom–atom correlations	134	7.1.4 Fermionic Mott insulator	234
4.4 More on helium spectroscopy	138	7.2 Anderson localization	235
4.4.1 Helium nuclear charge radius	138	7.2.1 Disordered potentials for ultracold atoms	237
4.4.2 Antiprotonic helium	142	7.2.2 Anderson localization of noninteracting BECs	238
4.5 The fine structure constant α	143	7.3 New frontiers of quantum simulation	240
4.5.1 Electron gyromagnetic anomaly	144	7.3.1 Single-site detection	240
4.5.2 h/m ratio	148	7.3.2 Synthetic vector potentials	241
4.5.3 Quantum Hall effect	153	7.3.3 Quantum magnetism with atoms and ions	244
4.5.4 Helium fine structure and three-body QED	153	7.3.4 Simulation of relativistic quantum mechanics	248
5 Alkaline-earth atoms and ions	155	Appendix A Atom–light interaction	250
5.1 Alkaline-earth atoms	155	A.1 Interaction with a coherent field	250
5.1.1 Laser cooling of alkaline-earth atoms	157	A.1.1 Interaction Hamiltonian	250
5.2 Optical traps	158	A.1.2 Rotating wave approximation	252
5.2.1 Optical dipole force	158	A.1.3 Coherent dynamics	253
5.2.2 Applications of optical trapping	163	A.2 Spontaneous emission	255
5.3 Optical clocks	168	A.3 Spectroscopic observables	258
5.3.1 Neutral atoms lattice clocks	170	A.3.1 Absorption and fluorescence	258
5.3.2 Sub-Hz lasers	177	A.3.2 Atomic polarizability	261

A.4 Selection rules	264
A.4.1 Electric dipole transitions	264
A.4.2 Magnetic dipole and electric quadrupole transitions	265
Appendix B Laser optics	268
B.1 Gaussian beams	268
B.2 Optical resonators	271
B.3 Nonlinear optics	274
Appendix C Bose–Einstein condensation	279
C.1 Noninteracting Bose gas	279
C.2 Effect of interactions	281
C.2.1 BEC wavefunction	283
Appendix D Constants and units	286
D.1 Fundamental constants	286
D.2 Units and conversions	287
References	288
Index	327