

Proof of the statement:

Given $\frac{1}{K} > \epsilon > 0$, $\exists n$ large enough

s.t. $\exists K = (\log n)^3$ bases satisfying

$$(*) \forall |\psi\rangle \in \mathbb{C}^n \quad \frac{1}{K} \sum_{t=1}^K H_t(|\psi\rangle) > [(1-\epsilon) \log n] - 3$$

Idea: (b) Give an existential proof - if we pick K bases at random, i.i.d., then (*) true w.p. ≥ 0

ie we show

$$(\bar{*}) \exists |\psi\rangle \in \mathbb{C}^n \quad \frac{1}{K} \sum_{t=1}^K H_t(|\psi\rangle) \leq [(1-\epsilon) \log n] - 3$$

holds w.p. $\neq 1$ (over the choice of the K bases).

Idea (1) Discretization of $\mathbb{C}^n$ + continuity of $H_t(|\psi\rangle)$

Instead of checking all $|\psi\rangle \in \mathbb{C}^n$
consider $|\phi\rangle \in S$ a finite subset in $\mathbb{C}^n$

s.t. $\forall |\psi\rangle \in \mathbb{C}^n$

$$\exists |\phi\rangle \in S \quad \text{with} \quad ||\psi\rangle - |\phi\rangle||_{\text{Tr}} < \epsilon_0 = \frac{\epsilon}{2}$$

S is called an " ϵ_0 -net" for $\mathbb{C}^n$. We can approx any state in $\mathbb{C}^n$ by one in S .

Can find $|S| \leq \left(\frac{2}{\epsilon_0}\right)^{2n} = \left(\frac{10}{\epsilon}\right)^{2n} \leftarrow \text{exp in dim}$
gentler dependence on accuracy required

$$\text{Note } |H_t(|\psi\rangle) - H_t(|\phi\rangle)|$$

$$\leq \left[\frac{\epsilon}{2} \log n\right] + 1 \quad \text{by Fannes Ineq \& mono of Tr dist (covered later) under Q ops}$$

$$(\bar{*}) \exists |\psi\rangle \in \mathbb{C}^n \quad \frac{1}{K} \sum_{t=1}^K H_t(|\psi\rangle) \leq [(1-\epsilon) \log n] - 3$$

$$(\bar{*}') \exists |\phi\rangle \in S \quad \frac{1}{K} \sum_{t=1}^K H_t(|\phi\rangle) \leq [(1-\frac{\epsilon}{2}) \log n] - 2$$

$$(\bar{*}) \Rightarrow (\bar{*}') \quad \therefore \text{Not } (\bar{*}') \Rightarrow \text{Not } (\bar{*})$$

$\therefore$ Suffices to show $(\bar{*}')$ happens w.p. $\neq 1$.

Idea (2): Union bdd.

For $E_1, \dots, E_r$ events,

$$\Pr(E_1 \text{ or } E_2 \dots \text{ or } E_r) \leq \sum_{i=1}^r \Pr(E_i) \leq r \max_i \Pr(E_i)$$

$$\therefore \Pr_{\text{bases}} \left[\exists |\phi\rangle \in S \quad \frac{1}{K} \sum_{t=1}^K H_t(|\phi\rangle) \leq [(1-\frac{\epsilon}{2}) \log n] - 2 \right]$$

$$\leq |S| \Pr_{\text{bases}} \left[\frac{1}{K} \sum_{t=1}^K H_t(|\phi\rangle) \leq [(1-\frac{\epsilon}{2}) \log n] - 2 \right]$$

indep of $|\phi\rangle$ $\therefore$ bases are random
saves a max over $|\phi\rangle$.

Same as pick $|\phi\rangle$ at random & meas in comp basis.

Idea (3) Use meas conc to bdd the prob of

exceptionally low $H_t(|\psi\rangle)$

By Levy's Lemma:

use $\eta = 2\Delta$
const $\approx 10^2$
comp basis

$$\Pr_{|\psi\rangle} \left(|H(|\psi\rangle) - \mathbb{E} H(|\psi\rangle)| > \eta \right) \leq 4 \cdot 2^{-\frac{c n \eta^2}{(\log n)^2}}$$

$\log n - \Delta$ Lipschitz const of $f_{\text{comp}}(|\psi\rangle) \rightarrow H(|\psi\rangle)$
 $\Delta \in [\frac{1}{2}, 1]$

Generically very chaotic outcome

$$\therefore \Pr_{|\psi\rangle} (H(|\psi\rangle) < \log n - 2) \leq 4 \cdot 2^{-\frac{(c(2\Delta)^2) \cdot n}{(\log n)^2}}$$

Idea (4): Chernoff bdd over the average of K bases.

$$\Pr_{\substack{K \text{ i.i.d} \\ \text{draws of } |\psi\rangle}} \left[\frac{1}{K} \sum_{t=1}^K H_t(|\psi_t\rangle) < (1-\frac{\epsilon}{2})(\log n - 2) \right] \leq 2^{-\frac{K\epsilon^2}{2} \frac{n}{(\log n)^2}} \leq 2^{-\frac{K\epsilon^2}{2} \frac{n}{(\log n)^2}}$$

Intuition: for the ave $<$ unlikely low entropy
a const fraction of the outcomes
has to be that low.

By indep, $\Pr(\text{ave low}) \sim \Pr(\text{each low})$

$$\text{Finally, want RHS} < \frac{1}{|S|} = \left(\frac{\epsilon}{10}\right)^{2n} = 2^{-\left(\ln \frac{10}{\epsilon}\right) 2n}$$

$\therefore K = (\log n)^3$ will do.