**Cavity Cooling of Many Atoms**

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<th>Citation</th>
<th>Hosseini, Mahdi; Duan, Yiheng; Beck, Kristin M.; Chen, Yu-Ting and Vuleti, Vladan, &quot;Cavity Cooling of Many Atoms.&quot; Physical Review Letters 118, no. 183601 (May 2017): 1-5 © 2017 American Physical Society</th>
</tr>
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<tbody>
<tr>
<td>As Published</td>
<td><a href="http://dx.doi.org/10.1103/PhysRevLett.118.183601">http://dx.doi.org/10.1103/PhysRevLett.118.183601</a></td>
</tr>
<tr>
<td>Publisher</td>
<td>American Physical Society</td>
</tr>
<tr>
<td>Version</td>
<td>Final published version</td>
</tr>
<tr>
<td>Accessed</td>
<td>Sun Dec 30 23:16:50 EST 2018</td>
</tr>
<tr>
<td>Citable Link</td>
<td><a href="http://hdl.handle.net/1721.1/109167">http://hdl.handle.net/1721.1/109167</a></td>
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**Detailed Terms**

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Cavity Cooling of Many Atoms

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(Received 4 January 2017; published 1 May 2017)

We demonstrate cavity cooling of all motional degrees of freedom of an atomic ensemble using light that is far detuned from the atomic transitions by several gigahertz. The cooling is achieved by cavity-induced frequency-dependent asymmetric enhancement of the atomic emission spectrum, thereby extracting thermal kinetic energy from the atomic system. Within 100 ms, the atomic temperature is reduced from 200 to 10 µK, where the final temperature is mainly limited by the linewidth of the cavity. In principle, the technique can be applied to molecules and atoms with complex internal energy structure.

DOI: 10.1103/PhysRevLett.118.183601

The coherent interaction of atoms with an electromagnetic mode of a high-finesse optical resonator can be used to control the electromagnetic field [1–6], or to entangle the internal states of many atoms [7–9]. Moreover, the strong light-matter interaction provided by the optical resonator can be employed to control and cool the external degrees of freedom of atoms or other particles [10–22], as well as massive oscillators [23–29]. Notably, cooling with light far off resonant from any atomic or molecular transition becomes possible, as the sign of the velocity dependent force can be set by the frequency of the cavity, rather than that of the atomic transition [10,11]. Cavity cooling uses the fact that the spectrum of the light scattered by a moving particle is broadened relative to the incident light, and it contains both lower-frequency (Stokes) and higher-frequency (anti-Stokes) components, corresponding to an increase or decrease of the particle’s kinetic energy, respectively. By tuning the cavity to the anti-Stokes sideband, it is then possible to cool moving objects via light scattering into the cavity [14,30]. To date, cavity cooling has been applied to single atoms [15], ions [16], nanoscale particles [20–22], the center-of-mass mode of an atomic ensemble [17], and nanomechanical oscillators [23–29]. Moreover, a Bose-Einstein condensate has been transferred deterministically between two momentum states via cavity scattering [18].

For a large ensemble in a low-finesse resonator, cooling by collective emission has been observed [19]. While some extensions of the cavity cooling model [13,31–33] predict the possibility of collectively enhanced cooling, the experimental observations disagreed strongly with the single-atom two-level model of cavity cooling [10,11,14]. For example, in Ref. [19] cooling was observed only at a relatively small detuning of ~200 MHz from atomic resonance, and tuning the cavity to the anti-Stokes sideband was not required.

In this Letter, we demonstrate the simultaneous cavity cooling of all motional degrees of freedom in an ensemble containing a few hundred atoms. The cooling is performed at a large detuning of several gigahertz from atomic resonance. The maximal detuning is limited only by the low available laser power of a few microwatts. The temperature is reduced by a factor of 20, and the phase space density increased by over 2 orders of magnitude, within 100 ms. The observations are well described by a simple single-particle model of cavity cooling [14]. The cooling rate is set by the photon scattering rate into the cavity at the given laser power and chosen detuning from atomic resonance, while the final temperature of 10(1) µK is limited by the cavity linewidth κ (κ = 2π × 160 kHz, hκ/k_B = 7.6 µK for our system).

Our system consists of an ensemble of ¹³³Cs atoms held within the TEM₀₀ mode of a high-finesse optical cavity that enhances both the cooling light [wavelength λ_c = 852 nm, finesse $F_c = 7.7(1) \times 10^4$] and the trapping light [λ_t = 937 nm, $F_t = 3.7(2) \times 10^2$]. To load atoms into a small volume, so that we can cool with limited laser power (~3 µW) at large detuning, we initially load the atoms from a magneto-optical trap into a single-beam dipole trap formed by a 937-nm trapping beam propagating normal to the cavity mode (along $\hat{x}$), and focused to a waist of 2 µm. We then transfer atoms from this single-beam dipole trap to the intracavity standing-wave dipole trap. In this way, we create a small atomic cloud of about 200 atoms trapped primarily at two antinodes of the cavity standing-wave trap (along $\hat{z}$).

The radial and axial trap vibrational frequencies are $\omega_{00}/2\pi = 3$ kHz and $\omega_{0s}/2\pi = 350$ kHz, respectively, and the initial peak atomic density is $n_0 = 4.5 \times 10^{12}$ cm⁻³. The typical temperature in the cavity dipole trap prior to cavity cooling is $T_r \sim 200$ µK. Since the upper hyperfine state manifold $F = 4$ of the electronic ground state ⁶S₁/₂ exhibits an unusually fast atom loss at our atomic densities [34], we continuously deplete the $F = 4$ manifold using near-resonant ⁶S₁/₂, $F = 4 \rightarrow 6P₃/₂$, $F' = 4$ depumping
light. The cavity cooling light is red detuned by several gigahertz from the $F = 3 \rightarrow F' = 2$ transition, horizontally polarized (along the $\hat{y}$ direction), propagating normal to the cavity axis [along the $\hat{x}$ direction, Fig. 1(a)], and focused to a waist of 10 $\mu$m at the atoms’ location. It is also red detuned by approximately a quarter of the cavity linewidth ($|\delta_i|/2\pi \approx 40$ kHz) from the cavity resonance, such that the cavity enhances the blue-detuned part of the atomic Doppler emission spectrum, thereby reducing the thermal energy of the atoms in the cavity scattering process [Fig. 1(b)]. A magnetic field along the $\hat{x}$ axis, $B_x = 3$ G, sets the quantization axis. The cooperativity of the cavity is given by the ratio of the single-photon Rabi frequency, $2g$, to atomic ($\Gamma$) and cavity ($\kappa$) energy decay rates, $\eta = 4g^2/\kappa \Gamma$. Owing to pointing fluctuations of the single-beam dipole trap, the cooperativity varies between the maximum value of 5, averaged over hyperfine atomic transitions, at the antinodes of the cavity standing wave and the minimum value of 0 at the nodes. For the analysis below, we use the averaged value of $\eta = 2.5$. The cooperativity equals the ratio of the scattering rate into the resonant cavity to the scattering rate into free space [35].

The temperature of the atomic ensemble is sufficiently low to ensure that the Doppler width of the atoms is comparable to or smaller than the cavity linewidth. In this regime, the intensity autocorrelation function $g^{(2)}$ of the light emerging from the cavity reflects primarily the Doppler coherence time, and it can be used to extract the temperature of the atomic ensemble after correcting for the effect of the cavity linewidth [Fig. 2(a)]. This new method of measuring temperature is in situ and, in real time, nondestructive, and it can be applied to small atomic samples. (The temperature can also be measured via the spectrum of the scattered light, and the two methods agree, as detailed in the Supplemental Material [36].) Since the atoms are confined in the Lamb-Dicke regime along the $\hat{z}$ direction ($\omega_{ax}$ far exceeds the recoil energy $E_{\text{rec}}/\hbar = 2\pi \times 2$ kHz), the Doppler coherence time of the photons scattered from the incident cooling beam into the cavity is set only by the temperature along the $\hat{x}$ direction. However, all directions thermalize quickly due to interatomic collisions on a typical time scale of 15 ms at the beginning of the cooling and 1 ms at the end of the cooling, calculated from the measured Cs elastic cross section [34]. We verify the cross thermalization by briefly applying a weak laser pulse with horizontal polarization every 3 ms, with the same frequency but an almost perpendicular direction (an angle of $75^\circ$) as the cooling beam [the $\hat{r}$ direction in the $x$-$y$ plane in Fig. 1(a)]. The cavity scattering from this beam measures predominantly the temperature along the $\hat{y}$ direction, with a small (7%) contribution from the $\hat{x}$ direction. The $\hat{r}$ and $\hat{\rho}$ measurements are distinguished by separating the near-orthogonal polarizations on two detectors. The data [the inset of Fig. 2(b)] show that the $\hat{r}$ and $\hat{\rho}$ directions indeed thermalize on a characteristic time below the cooling time scale of 30 ms. Note that if the atoms were not thermalizing collisionally, one could apply both beams simultaneously to cool the atoms in a horizontal plane (see the Supplemental Material [36]), while direct axial sideband cooling along the vertical direction could be accomplished by detuning the incident frequency by the vibrational splitting $\omega_{ax}$ [14].

Figure 2(b) shows the time evolution of the atomic temperature during cooling. Starting by tuning the light onto cavity resonance and recording the $g^{(2)}$ function, we measure the initial temperature of the cloud to be about 200 $\mu$K. After tuning the input light frequency to the red of the cavity resonance (laser-cavity detuning $\delta_i/2\pi \approx -40$ kHz) at time $t = 0$, cooling begins and the temperature drops exponentially with a time constant $\tau = 16(1)$ ms. Note that the cooling time scale varies between different data sets we present in the Letter because different incident laser powers were used. However, the final temperatures remain the same. The ensemble reaches a minimum temperature after ~50 ms, limited by the atomic recoil and residual heating due to trap intensity fluctuations. To demonstrate that the cooling is independent of the atomic structure and depends on the light-atom detuning, $\Delta$, only through the $\Delta$-dependent atomic polarizability and associated photon scattering rate, we compare the cooling at $\Delta/2\pi = -2$ GHz and $\Delta/2\pi = -4$ GHz from the $F = 3 \rightarrow F' = 2$ transition. When the power is adjusted to keep the photon scattering rate the same in both cases, we observe very similar cooling performances [Fig. 2(b)], indicating that, with sufficient laser power, cavity cooling can be performed at arbitrary detuning from...
FIG. 2. (a) Photon-photon correlation function $g^{(2)}$ of the light exiting the cavity, set by the Doppler decoherence time, and used to measure the atomic temperature during cooling. $g^{(2)}$ of the scattered light is depicted for hot (red line, $T = 200 \mu$K) and cold (blue line, $T = 30 \mu$K) atoms. (b) Temperature as a function of cooling time for detunings $\Delta/2\pi = -2$ GHz (the filled circles) and $\Delta/2\pi = -4$ GHz (the empty circles) from atomic resonance extracted from $g^{(2)}$. The cooling light is tuned away from cavity resonance at $t = 0$ ms to start the cooling. The photon scattering rate per atom into the cavity $\Gamma_{\text{sc}} = 11 \text{ ms}^{-1}$ is chosen to be the same for both detunings. The solid lines are exponential fits to the data with $1/e$ time of $16(1)$ ms for both detunings. The inset shows that the atomic temperatures along different directions (black squares for the temperature along $\vec{r}$, red circles for the temperature along $\vec{x}$) equilibrate within $30$ ms. The data are taken at atomic detuning $\Delta/2\pi = -2$ GHz. (c) At time $t = 80$ ms, the trap depth is reduced to $15\%$ of its initial depth to reduce heating by trap fluctuations. In the shallower trap, the final temperature is lower and reaches $T = 10 \mu$K, i.e., $k_B T = 1.3h\nu$, close to the fundamental limit of cavity cooling. The solid lines are exponential fits for the first $[1/e$ time of $6.7(2)$ ms] and second $[1/e$ time of $11(1)$ ms] cooling stages. (Inset) The final temperature achieved as a function of the final trap depth. (d) Frequency shift $\delta\omega$ of the peak of the atomic emission spectrum into the cavity.

atomic resonance. For the remainder of the data, we choose the detuning $\Delta/2\pi = -2$ GHz.

The evolution of the atomic temperature $T$ for the cavity cooling of individual atoms can be modeled as [14]

$$\frac{dT}{dt} = -R_c \eta \Gamma_{\text{sc}} T + H_{\text{rec}} \Gamma_{\text{sc}} + \hbar_{\text{trap}}.$$  (1)

Here, the first term with $R_c = -(16E_{\text{rec}}/3h\nu)(2\delta_i/\nu)/(1 + (2\delta_i/\nu)^2)$ describes the cavity cooling due to the scattering of light into the cavity that is blue detuned by $-\delta_i$ relative to the incident light, where $E_{\text{rec}} = h^2\kappa^2/2m$ is the recoil energy associated with the wave number $k$ of the incident light, and $\Gamma_{\text{sc}}$ is the photon scattering rate per atom into free space. Here, it has been assumed that the Doppler width is less than the cavity linewidth $\nu$, which for our parameters is fulfilled for $T \lesssim 300 \mu$K; see Ref. [14] for the general case. The second term with $H_{\text{rec}} = (4E_{\text{rec}}/3k_B)(1 + \eta)/(1 + (2\delta_i/\nu)^2)$ describes the recoil heating associated with photon scattering both into free space and into the cavity. The third term represents the background heating due to dipole trap intensity fluctuations, which is independent of cavity cooling and has been separately measured to be $\hbar_{\text{trap}} = (3 \pm 1) \mu$K/ms in our system.

The final temperature $T_f$ can be obtained by solving Eq. (1) in steady state. In the limit of low trap heating and high cooperativity, the minimum temperature is reached at the cavity detuning $\delta_i = -\kappa/2$, and the final temperature is

$$T_f = (1/k_B)[(h\nu/2)[1 + 2/\eta] + [3h\nu/(4E_{\text{rec}}\eta\Gamma_{\text{sc}})]\hbar_{\text{trap}}$$

[14]. With limited cooperativity, the minimum temperature is achieved when the laser is tuned closer to the cavity resonance. For our parameters, we find a cavity detuning $\delta_i/2\pi$ around $-40$ kHz to be optimal, yielding a final temperature of $T_f = 33(5)$ $\mu$K, in agreement with the predicted value of $30$ $\mu$K from $\hbar_{\text{trap}} = 2 \mu$K/ms.

To verify that we can approach the theoretical limit of $T_{\text{min}} = (1/k_B)(h\nu/2)[1 + (2/\eta)]$ in the absence of trap heating, we reduce the trap depth $U_f$, which reduces trap heating. As Fig. 2(c) shows, we then observe further cavity cooling down to $10(1) \mu$K when the trap depth $U_f$ is reduced to $15\%$ of its original value $U_f$. This is close to the predicted theoretical limit of $T_{\text{min}} = 7 \mu$K for ideal cavity cooling.

We also verify directly that the postulated mechanism for cavity cooling, the blueshift of the cavity-scattered light relative to the incident light, is indeed responsible for the observed cooling. By interfering the light emerging from

(Inset) A typical plot for the emission spectrum at the beginning (red squares, $T = 200 \mu$K) and the end (blue circles, $T = 30 \mu$K) of the cooling. $\delta_{\text{sc}}$ is the detuning from the incident light. The error bars in this and the following figure are statistical errors ($\pm 1$ standard deviation).
the cavity with a local oscillator detuned by 2 MHz from the frequency of the input light, we can directly monitor the emission spectrum by the atoms into the cavity at different times during the cooling sequence [Fig. 2(d)]. The observed initial average blueshift of the cavity emission spectrum relative to the incident light of $\delta \omega / 2\pi = 45$ kHz in combination with the observed single-atom photon scattering rate into the cavity of $\Gamma_{\text{cav}} = 6$ ms$^{-1}$ then predicts a cooling rate constant of $\tau = \frac{3}{4} \frac{k_B T}{\hbar \delta \omega \Gamma_{\text{cav}}} = 24$ ms, close to the observed value $\tau_c = 17(2)$ ms.

While the temperature of the ensemble decreases, we observe some loss of atoms from light-induced collisions [37]. The atom number $N$, determined from the observed scattering rate into the cavity, as a function of cooling time is plotted in Fig. 3(a). The loss is reasonably well described by the model for light-induced collisions [37]

$N = -L \Gamma_{\text{sc}} n \tilde{\lambda}^3 N$, where $n = n_0 / 2 \sqrt{2} = 1.6 \times 10^{12}$ cm$^{-5}$ is the average density, $\tilde{\lambda} = k^{-1}$ the reduced probe wavelength, and $L = 0.76$ a parameter on the order of unity. To quantify the cooling efficiency in the presence of loss, we consider the logarithmic derivative $\gamma = -d \ln(D) / d \ln(N)$ that is used in evaporative cooling processes to characterize the cooling efficiency. Here, $D = n_0 \tilde{\lambda}^3$, with the peak atomic density $n_0$ and thermal de Broglie wavelength $\lambda_T$, is the peak phase space density. During 80 ms of cooling time, the phase space density ramps up by over 2 orders of magnitude, while one third of the atoms remain [Fig. 3(b)]. A fit to Fig. 3(b) gives $\gamma = 5.0(3)$, whereas $\gamma = 4$ is the largest value that has been realized in evaporative cooling [38]. Furthermore, the light-induced loss could be suppressed by more than an order of magnitude by means of magnetically tuning the scattering length [39] or choosing an optimal detuning [37]. This indicates that cavity cooling is potentially an efficient method for increasing the phase space density. When we use circularly polarized cooling light to also optically pump the atoms into the magnetic sublevel $F = 3, m_F = 3$, we reach a phase space density of $D = 2(1) \times 10^{-4}$, limited primarily by the cavity linewidth.

In conclusion, we have demonstrated cavity cooling of an atomic ensemble trapped inside a high-finesse optical resonator. The results could be extended in several directions. By increasing the available laser power from 3 $\mu$W to 1 W, the detuning of the light could be increased from 4 GHz to 2 THz, comparable to typical vibrational frequency splittings in molecules, and much larger than the rotational energy splittings. Working at such large detuning makes it possible to cool different molecular rovibrational states simultaneously. Also, because of the enhancement of cavity scattering over free-space scattering by the cooperativity $\eta$, for a state-of-the-art cavity with $\eta = 200$, the cooling could be faster than the optical pumping into a different molecular state. In combination with some vibrational cooling [40], or a magneto-optical trap for molecules [41], this could allow the simultaneous cooling of molecules in many different rovibrational states [42]. With higher pump power, atomic self-organization, which could boost cooling performance, comes into play [13,33,43].

This work was supported by the NSF, the NSF Center for Ultracold Atoms, MURI grants through AFOSR and ARO, and NASA. Y.-T.C. acknowledges support from the Top University Strategic Alliance Fellowship from the Taiwan Ministry of Education.