## Lecture 12 - Continuous time chains and modified log-Sobolev

Monday, September 13

One of the major shortcomings of arguments based on spectral gap is the $\frac{1-\pi_{*}}{\pi_{*}}$ term. For example, for the lazy walk on the cycle $C_{n}$ the mixing time is $\tau(\epsilon)=O\left(n^{2} \log \frac{1}{\epsilon}\right)$, however $1-\lambda_{2}=\Omega\left(1 / n^{2}\right)$ and so the eigenvalue bound is only $\tau(\epsilon)=O\left(n^{2} \log \frac{n}{\epsilon}\right)$.

Observe that the asymptotic rate given by $\lambda_{2}$ is of course correct, so the main issue to be addressed here is the "burn-in" to reach distance say $\epsilon=1 / e$. We will look at several methods of studying the burn-in time. These are most easily studied in the context of continuous time Markov chains. We will always work with reversible chains, although these results hold for non-reversible chains as well.

Our discussion is an amalgam of Aldous-Fill [1] Chapter 3 Section 1.2, Jerrum's notes [4] Chapter 5.5, and Section 2 of Bobkov \& Tetali's paper on modified log-Sobolev [2].

Definition 12.1. The continuized chain associated with a transition matrix P is such that given an infinitesimal $d t$ then $\mathrm{P}\left(X_{t+d t}=j \mid X_{t}=i\right)=\mathrm{P}(i, j) d t$ if $j \neq i$.

One can check that

$$
P\left(X_{t}=j \mid X_{0}=i\right)=\left(e^{-t(I-\mathrm{P})}\right)_{i j}
$$

is a solution to this condition. In particular,

$$
X_{d t}=e^{-d t} \sum_{k=0}^{\infty} \mathrm{P}^{k} \frac{(d t)^{k}}{k!}=(1-d t)\left(\mathrm{P}^{0}+\mathrm{P} d t\right)=(1-d t) I+\mathrm{P} d t
$$

and so $\mathrm{P}\left(X_{t+d t}=j \neq i \mid X_{t}=i\right)=\mathrm{P}\left(X_{d t}=j \mid X_{0}=i\right)=\mathrm{P}(i, j) d t$, as desired. An alternative interpretation of this formula is that after each step choose the time $t$ until the next step such that $t$ has mean value 1 (that is $\operatorname{Prob}(t \in d x)=e^{-x} d x$ ), wait until time $t$, make a transition from P , and repeat.
Remark 12.2. To implement a continuized Markov chain determine the number of steps $N$ that the continuous time chain makes in time $T$ by the equation $\operatorname{Prob}(N=n \mid T)=\frac{T^{n} e^{-T}}{n!}$ ( $N$ is Poisson). It is easily checked that $\mathrm{E}(N \mid T)=T$ and therefore in particular $\mathrm{E}(N \mid T+d t)=T+d T$, as would be expected. Given the continuous-time mixing-time

$$
\tau_{c}(\epsilon)=\max _{\sigma} \inf \left\{t:\left\|\sigma e^{-t(I-\mathrm{P})}-\pi\right\|_{T V} \leq \epsilon\right\}
$$

choose a Poisson random variable $T$ with mean value $\tau_{c}(\epsilon)$ and run the discrete time chain for $T$ steps. This will be within $\epsilon$ is stationary.
Corollary 2.2 of Diaconis and Saloff-Coste's paper on log-Sobolev [3] shows how discrete time and continuous time bounds on $L_{2}$ distance are related.

Remark 12.3. If $\left(\overrightarrow{u_{i}}\right)$ is an eigenvector of P then it is easily verified that

$$
\left(\overrightarrow{u_{i}}\right) e^{-t(I-\mathrm{P})}=\left(\overrightarrow{u_{i}}\right) \sum_{k=0}^{\infty}(I-\mathrm{P})^{k} \frac{(-t)^{k}}{k!}=\left(\overrightarrow{u_{i}}\right) \sum_{k=0}^{\infty}\left(1-\lambda_{i}\right)^{k} \frac{(-t)^{k}}{k!}=\left(\overrightarrow{u_{i}}\right) e^{-t\left(1-\lambda_{i}\right)}
$$

In particular, the continuized chain has the same stationary distribution as P .
Let $H_{t}=e^{-t(I-P)}$ denote the $t$-time transition matrix. Then the $t$-step distribution is found by $\mathrm{p}^{(t)}=\mathrm{p}^{(0)} H_{t}$ (verify this), while the $t$-step relative probability distribution $f_{t}(x):=\frac{\mathrm{p}^{(t)}(x)}{\pi(x)}$ can be found by $f_{t}=H_{t} f_{0}$, where $\mathrm{p}^{(t)}$ is considered as a row vector and $f_{t}$ as a column vector.

The Laplacian is given by $L=-(I-P)$, and so $H_{t}=e^{t L}$. If a function $f$ on $\Omega$ is considered as a column vector then we use the notation $L(f)(x)=(L f)(x)=\sum_{y \in \Omega} L(x, y) f(y)$.
The following Lemmas will be key to the remainder of today's lecture.
Lemma 12.4. If $f_{t}=H_{t} f_{0}$ then $\frac{d f_{t}(x)}{d t}=L f_{t}(x)$.
Verify this yourself. Also,
Lemma 12.5. The Dirichlet form $\mathcal{E}(f, g)$ satisfies

$$
\mathcal{E}(f, g)=-\sum_{x \in \Omega} f(x) L(g)(x) \pi(x)
$$

Proof.

$$
\begin{aligned}
\mathcal{E}(f, g) & =\frac{1}{2} \sum_{x, y \in \Omega} \pi(x) \mathrm{P}(x, y)(f(x) g(x)+f(y) g(y)-f(x) g(y)-f(y) g(x)) \\
& =<f, g>_{\pi}-\sum_{x, y \in \Omega} \pi(x) \mathrm{P}(x, y) f(x) g(y)
\end{aligned}
$$

But

$$
\begin{aligned}
\sum_{x \in \Omega} f(x) L(g)(x) \pi(x) & =\sum_{x, y \in \Omega} f(x) g(y)(P-I)(x, y) \pi(x) \\
& =-<f, g>_{\pi}+\sum_{x, y \in \Omega} f(x) g(y) \mathrm{P}(x, y) \pi(x)
\end{aligned}
$$

From these two facts we can show many interesting results.
Lemma 12.6. If $f_{t}=H_{t} f_{0}$ then

$$
\frac{d}{d t} \operatorname{Var}_{\pi}\left(f_{t}\right)=-2 \mathcal{E}\left(f_{t}, f_{t}\right)
$$

Proof. Observe that $\operatorname{Var}_{\pi}(f)=\mathrm{E} f^{2}-(\mathrm{E} f)^{2}=\sum_{x \in \Omega} f(x)^{2} \pi(x)-(\mathrm{E} f)^{2}$, where it is easily checked that $\mathrm{E} f_{t}=\mathrm{E} f_{0}$ and is hence constant.
Then

$$
\frac{d}{d t} \operatorname{Var}_{\pi}\left(f_{t}\right)=\sum_{x \in \Omega} \frac{d}{d t} f_{t}^{2}(x) \pi(x)=2 \sum_{x \in \Omega} f_{t}(x)\left(L f_{t}\right)(x) \pi(x)=-2 \mathcal{E}\left(f_{t}, f_{t}\right)
$$

This last statement is especially interesting. Recall that

$$
\lambda=\inf _{f \neq \text { constant }} \frac{\mathcal{E}(f, f)}{\operatorname{Var}_{\pi}(f)}
$$

But by definition of $\operatorname{Var} \pi\left(f_{t}\right)$ and of the $L^{2}$ distance it follows that $\left\|1-\frac{\mathrm{p}^{(t)}}{\pi}\right\|_{2, \pi}=\operatorname{Var}_{\pi}\left(f_{t}\right)$ when $f_{t}=\frac{\mathrm{p}^{(t)}}{\pi}$. Therefore,

$$
\frac{d}{d t}\left\|1-\frac{\mathbf{p}^{(t)}(t)}{\pi}\right\|_{2, \pi}^{2}=-2 \mathcal{E}\left(f_{t}, f_{t}\right) \leq-2 \lambda \operatorname{Var}_{\pi}\left(f_{t}\right)=-2 \lambda\left\|1-\frac{\mathbf{p}^{(t)}(t)}{\pi}\right\|_{2, \pi}^{2}
$$

It follows that the $L_{2}$ distance is decreasing at an exponential rate and so

## Theorem 12.7.

$$
\left\|\mathbf{p}^{(t)}-\pi\right\|_{T V} \leq \frac{1}{2}\left\|1-\frac{\mathbf{p}^{(t)}}{\pi}\right\|_{2, \pi} \leq \frac{1}{2} e^{-\lambda t}\left\|1-\frac{\mathbf{p}^{(0)}}{\pi}\right\|_{2, \pi} \leq \frac{1}{2} e^{-\lambda t} \sqrt{\frac{1-\pi_{*}}{\pi_{*}}}
$$

This was much easier than the proof in the discrete case that $\lambda=1-\lambda_{2}$ governs mixing time. No need for spectral decomposition or any of that. Moreover, there is no need to worry about $\lambda_{n}$. This is because a continuous time chain is automatically aperiodic since the transition times are random.

Another useful bound on variation distance is given by considering the following.
Definition 12.8. The informational divergence is given by

$$
\mathrm{D}(\mu \| \pi)=E n t_{\pi}\left(\frac{\mu}{\pi}\right)
$$

where the entropy

$$
E n t_{\pi}(f)=\mathrm{E}_{\pi} f \log \frac{f}{\mathrm{E}_{\pi} f}=\sum_{x \in \Omega} \pi(x) f(x) \log \frac{f(x)}{\sum_{y \in \Omega} \pi(y) f(y)}
$$

## Lemma 12.9.

$$
\|\mu-\pi\|_{T V}^{2} \leq 2 \mathrm{D}(\mu \| \pi) \leq 2 \operatorname{Var}_{\pi}\left(\frac{\mu}{\pi}\right)
$$

Proof. Let $f(v)=\frac{\mu(v)}{\pi(v)}$ below.
For the first inequality,

$$
\begin{aligned}
\|\mu-\pi\|_{T V} & =\sum_{\pi(v) \geq \mu(v)}(\pi(v)-\mu(v))=\mathrm{E}_{\pi}(1-f(v))^{+} \\
& \leq \mathrm{E}_{\pi} \sqrt{2(1-f(v)+f(v) \log f(v))} \\
& \leq \sqrt{\mathrm{E}_{\pi} 2(1-f(v)+f(v) \log f(v))} \\
& =\sqrt{2 \mathrm{E}_{\pi} f(v) \log f(v)} \\
& =\sqrt{2 \mathrm{D}(\mu \| \pi)}
\end{aligned}
$$

where $x^{+}=\max \{x, 0\}$. The first inequality follows from $\forall x>0:(1-x)^{+} \leq \sqrt{2(1-x+x \log x)}$, the second inequality is Cauchy-Schwartz, and the following equality follows from $\sum_{v \in V} \pi(v)=\sum_{v \in V} \mu(v)=1$ so $\mathrm{E}_{\pi} f(v)=1$.

The second inequality follows easily from $\log x \leq x-1$ and $\mathrm{E}_{\pi} f(f-1)=\mathrm{E}_{\pi} f^{2}-1=\operatorname{Var}_{\pi}(f)$.
Lemma 12.10.

$$
\frac{d}{d t} \mathrm{D}\left(\mathrm{p}^{(t)} \| \pi\right)=-\mathcal{E}\left(f_{t}, \log f_{t}\right)
$$

Proof. This is just like the variance proof.

$$
\begin{aligned}
\frac{d}{d t} & \mathrm{D}\left(\mathrm{p}^{(t)} \| \pi\right)=\sum_{x \in \Omega}\left(\frac{d}{d t} f_{t} \log f_{t}\right)(x) \pi(x)=\sum_{x \in \Omega} \pi(x)\left(\log f_{t}+1\right) L f_{t} \\
& =-\mathcal{E}\left(f_{t}, \log f_{t}+1\right)=\sum_{x \in \Omega} \pi(x) L\left(\log f_{t}+1\right) f_{t}=-\mathcal{E}\left(f_{t}, \log f_{t}\right)
\end{aligned}
$$

This suggests considering the following quantity.
Definition 12.11. The modified log-Sobolev constant $\rho_{0}$ is given by

$$
\rho_{0}=\inf _{\operatorname{Ent}_{\pi}(f) \neq 0} \frac{\mathcal{E}(f, \log f)}{2 E n t_{\pi}(f)}
$$

In the discrete Markov setting Bobkov and Tetali [2] initiated the study of modified log-Sobolev. Most of what is know about $\rho_{0}$ can be found in their paper.

Then, just as before, we have

## Theorem 12.12.

$$
\left\|\mathbf{p}^{(t)}-\pi\right\|_{T V} \leq \sqrt{2 \mathrm{D}\left(\mathbf{p}^{(t)} \| \pi\right)} \leq e^{-\rho_{0} t} \sqrt{2 \mathrm{D}\left(\mathbf{p}^{(0)} \| \pi\right)} \leq e^{-\rho_{0} t} \sqrt{2 \log \left(1 / \pi_{*}\right)}
$$

When bounding the total variation distance this improves substantially over the spectral gap bound because the $\frac{1-\pi_{*}}{\pi_{*}}$ term has been replaced by $\log \left(1 / \pi_{*}\right)$. For instance, for the walk on the boolean cube $\{0,1\}^{d}$ then $\pi_{*}=2^{d}$ and $\log \left(1 / \pi_{*}\right)=d \log 2$, vs. $\frac{1-\pi_{*}}{\pi_{*}} \approx 2^{d}$ for the spectral bound.

A few examples demonstrating this improvement will be given briefly next class.

## References

[1] D. Aldous and J. Fill. Reversible markov chains and random walks on graphs (book to appear). URL for draft http://www.stat.Berkeley.edu/users/aldous.
[2] S. Bobkov and P. Tetali. Modified log-sobolev inequalities in discrete settings. preprint available at http://www.math.gatech.edu/tetali/RESEARCH/pubs.html, 2003.
[3] P. Diaconis and L. Saloff-Coste. Logarithmic sobolev inequalities for finite markov chains. The Annals of Applied Probability, see http://projecteuclid.org, 6(3):695-750, 1996.
[4] M. Jerrum. Counting, sampling and integration: algorithms and complexity. Birkhauser Boston, also see author's website, 2003.

