

# Heat fluctuations in quantum spin chains

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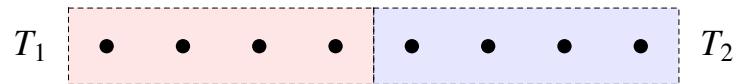
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*Encontro de física - Natal, RN  
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## Introduction

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- ◆ In collaboration with Dragi Karevski, Université de Lorraine.
- ◆ Idea: to study the heat flux exchanged between two XX quantum spin chains.
  - ◆ Prepare the system in two halves at different temperatures (quantum quench).



- ◆ At  $t = 0$  we turn on the two halves and monitor the flow of heat between the two bodies.
  - ◆ Unitary dynamics.

- ◆ According to classical thermodynamics:
  - ◆ Heat should flow from the hot to the cold body.
  - ◆ The flow should continue until both bodies acquire the same temperature.
  - ◆ The total heat flow after a long time will be

$$Q = \frac{U(T_2) - U(T_1)}{2}$$

### *The Jarzynski-Wójcik fluctuation theorem*

- ◆ In mesoscopic and microscopic systems, fluctuations become relevant.
  - ◆ We must now speak of  $Q$  as a random variable with a probability density  $P_t(Q)$
- ◆ C. Jarzynski and D. K. Wójcik, *PRL*. 92, 230602 (2004)
  - ◆ Exchange fluctuation theorem (*valid for weak coupling*)

$$\frac{P_t(Q)}{P_t(-Q)} = e^{\Delta\beta Q}, \quad \Delta\beta = \frac{1}{T_1} - \frac{1}{T_2}$$

- ◆ “It is exponentially more likely to observe the flow of heat in the ‘right’ direction.”

- ◆ Consequences:

$$\langle e^{-\Delta\beta Q} \rangle = 1 \quad \Rightarrow \quad \langle Q \rangle \geq 0 \quad (T_2 > T_1)$$

- ◆ “On average, heat always flows in the ‘right’ direction.”

- ◆ In practice, it is easier to study the characteristic function:

$$F_t(r) = \langle e^{irQ} \rangle = \text{tr} \{ e^{irH_1(t)} e^{-irH_1(0)} \rho_{\text{th}} \}$$

- ◆ Then the distribution of heat is found from the inverse Fourier transform

$$P_t(Q) = \frac{1}{2\pi} \int e^{-irQ} F_t(r) \, dr$$

*Goal of this work*

- ◆ To study  $P_i(Q)$  for a many-body model.
  - ◆ Observe the transition *micro*  $\rightarrow$  *meso*  $\rightarrow$  *macro*.
  - ◆ Study the influence of a quantum phase transition.

GTL, D. Karevski, *PRE* **93** 032122 (2016)

## The XX chain

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- ◆ We consider two XX chains weakly coupled to each other

$$\begin{aligned}
 H_1 &= \frac{\hbar}{2} \sum_{i=1}^L \sigma_i^z - \frac{1}{2} \sum_{i=1}^{L-1} (\sigma_i^x \sigma_{i+1}^x + \sigma_i^y \sigma_{i+1}^y) \\
 H_2 &= \frac{\hbar}{2} \sum_{i=L+1}^{2L} \sigma_i^z - \frac{1}{2} \sum_{i=L+1}^{2L-1} (\sigma_i^x \sigma_{i+1}^x + \sigma_i^y \sigma_{i+1}^y) \\
 V &= \frac{g_0}{2} (\sigma_L^x \sigma_{L+1}^x + \sigma_L^y \sigma_{L+1}^y)
 \end{aligned}$$

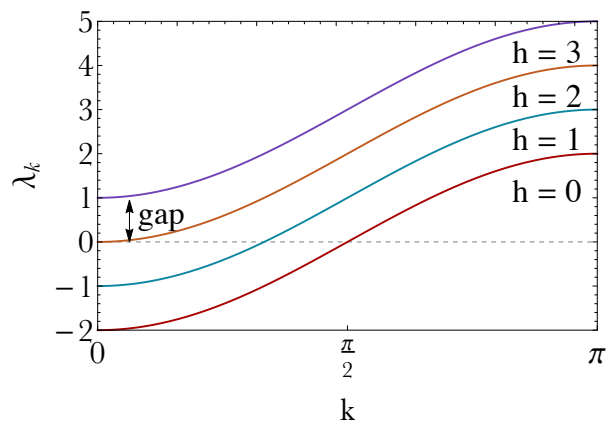
- ◆ Each chain can be individually diagonalized with a Jordan-Wigner + sine transform

$$H_1 = \sum_k \lambda_k a_k^\dagger a_k$$

$$H_2 = \sum_k \lambda_k b_k^\dagger b_k$$

$$\lambda_k = h - 2 \cos(k)$$

- ◆ Here  $a_k$  and  $b_k$  are Fermionic operators.
- ◆ The chains undergo a quantum phase transition at  $h_c = 2$ .
- ◆ A gap opens in the excitation spectrum.





*This model allows numerically exact solutions*

- ◆ The interaction potential becomes

$$V = \sum_{k,q} G_{k,q} (a_k^\dagger b_q + b_q^\dagger a_k),$$

$$G_{k,q} = g \sin(Lk) \sin(q) \quad g = \frac{2g_0}{L+1}$$

- ◆ The evolution after  $t = 0$  will be unitary with

$$H = \sum_k \lambda_k (a_k^\dagger a_k + b_k^\dagger b_k) + \sum_{k,q} G_{k,q} (a_k^\dagger b_q + b_q^\dagger a_k)$$

- ◆ The Hamiltonian is quadratic.
- ◆ Time evolution is entirely determined by the covariance matrix (in momentum space):

$$\theta_{k,q} = \langle c_k^\dagger c_q \rangle \quad \text{where } c \in \{a, b\}$$

- ◆ Or in position space

$$\theta_{i,j} = \langle c_i^\dagger c_j \rangle$$

- ◆ They satisfy

$$\frac{d\theta}{dt} = i [W, \theta], \quad W = \text{some matrix}$$

- ◆ Example: one fermion starting on the left.



```
MatrixPlot[Abs[ThetaSol7[121.136]], ImageSize -> 300]
```

## Analytical calculations

- ◆ The exact Hamiltonian is

$$H = \sum_k \lambda_k (a_k^\dagger a_k + b_k^\dagger b_k) + \sum_{k,q} G_{k,q} (a_k^\dagger b_q + b_q^\dagger a_k)$$

$$G_{k,q} = g \sin(Lk) \sin(q) \quad g = \frac{2g_0}{L+1}$$

- ◆ The 2nd term is naturally weak since it depends  $\sim 1/L$ .

- ◆ V is a “surface” term

- ◆  $H_1$  and  $H_2$  are “volume” terms.

- ◆ We may treat V as a perturbation. We find:

$$H = \sum_k \{ \lambda_k (a_k^\dagger a_k + b_k^\dagger b_k) + G_k (a_k^\dagger b_k + b_k^\dagger a_k) \}$$

$$G_k = g \sin(Lk) \sin(k) = (\pm 1) g \sin^2 k$$

- ◆ The entire problem factors into  $L$  independent subspaces, one for each pair of normal modes  $(a_k, b_k)$ .

- ◆ Only modes with the same momentum can exchange energy.

## Characteristic function

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- ◆ The heat exchanged by each mode are independent random variables.

$$Q = \sum_k Q_k$$

(like a random walk)

- ◆ Charac. Func.  $F_t(r)$  will factor into the product of  $L$  independent functions

$$F_t(r) = \prod_k F_t(r, k)$$

$$F_t(r, k) = p_k^0 + e^{ir\lambda_k} p_k^+ + e^{-ir\lambda_k} p_k^-$$

- ◆ During the evolution, there are only 3 possible events for  $Q_k$ :

$$p_k^+ = n_k^2(1 - n_k^1) \sin^2(G_k t)$$

$$p_k^- = n_k^1(1 - n_k^2) \sin^2(G_k t)$$

$$p_k^0 = 1 - p_k^+ - p_k^-$$

$$n_k^{1,2} = (e^{\lambda_k/T_{1,2}} + 1)^{-1}$$

- ◆ These probabilities individually satisfy the fluctuation theorem

$$\frac{p_k^+}{p_k^-} = e^{\Delta\beta \lambda_k}$$

## Average heat

- ◆ The average heat is

$$\langle Q \rangle_t = \sum_k \lambda_k (p_k^+ - p_k^-) = \sum_k \lambda_k (n_k^2 - n_k^1) \sin^2(G_k t)$$

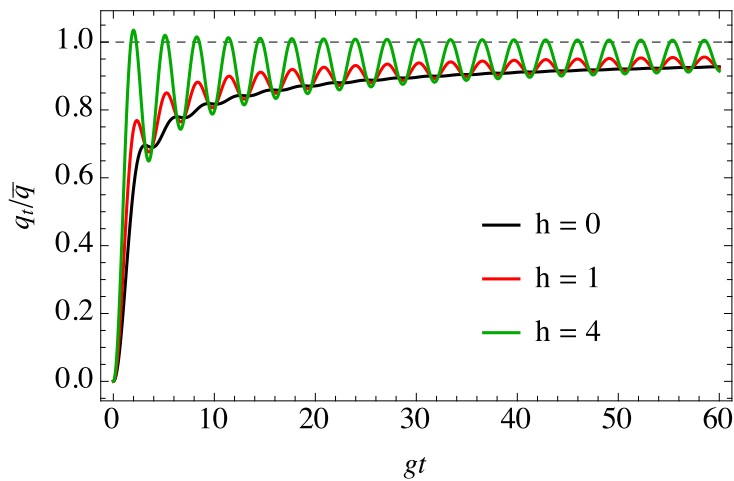
- ◆ If we set  $T_2 = T$  and  $T_1 = T + \Delta T$  and convert the sum to an integral (thermodynamic limit), we get

$$\langle Q \rangle_t = \frac{\Delta T L}{\pi} \int_0^\pi c_k(T) \sin^2(g t \sin^2 k) dk$$

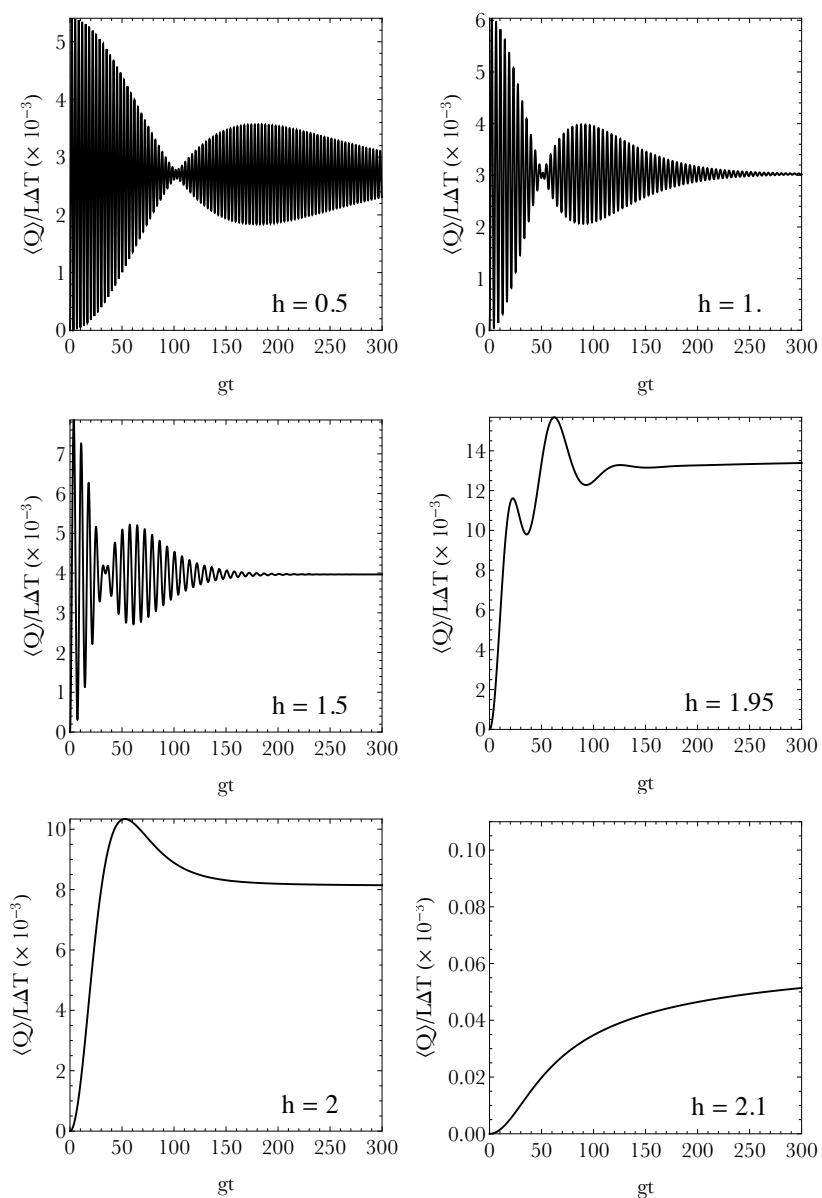
$$c_k(T) = \lambda_k \frac{\partial \bar{n}_k}{\partial T} = \text{specific heat of each mode}$$

- ◆ At high temperatures we obtain a somewhat uninteresting behavior:

High temp:  $T = 10$



◆ At low temperatures we see a strong influence of the quantum phase transition.



- ◆ The average heat tends to the thermodynamic value

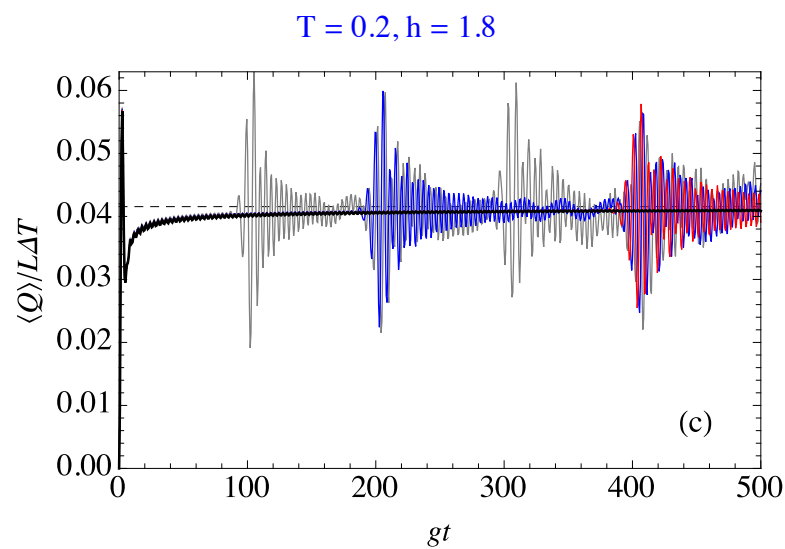
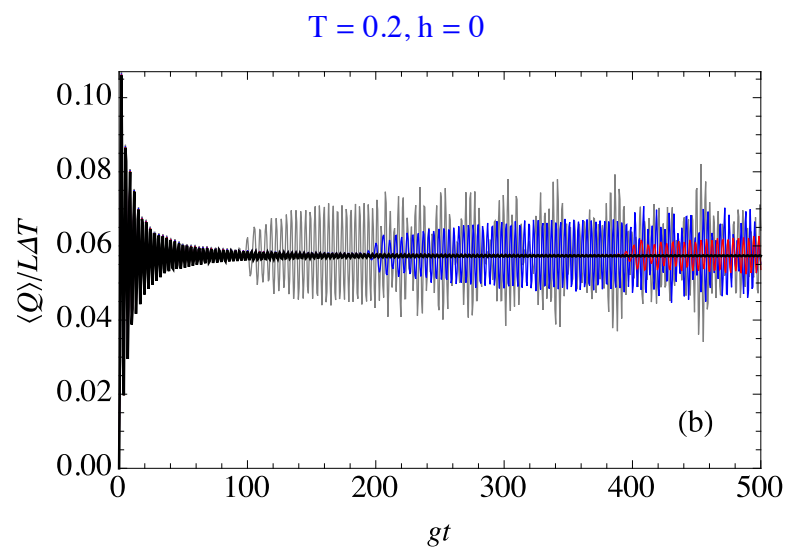
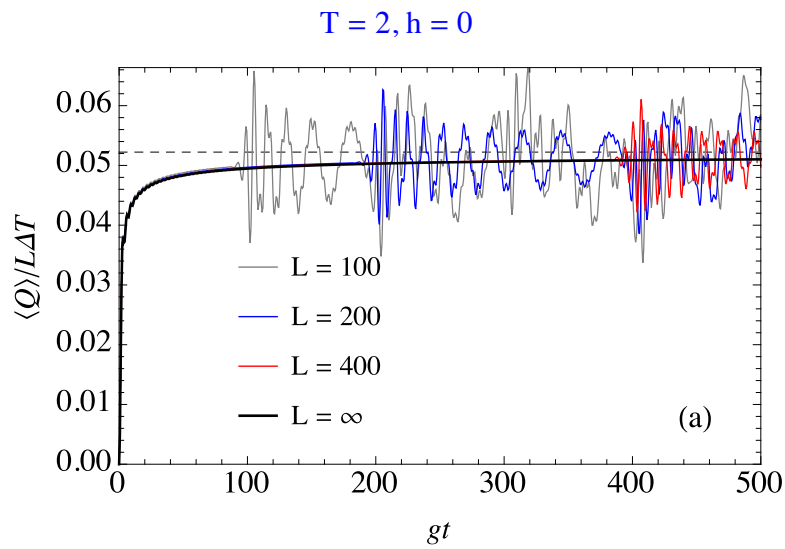
$$\lim_{t \rightarrow \infty} \langle Q \rangle_t = Q_{\text{thermo}} = \frac{U(T_2) - U(T_1)}{2}$$

- ◆ But this does not mean that the system's density matrix will reach equilibrium.
  - ◆ It is widely expected for integrable systems that the system will tend to a generalized Gibbs state.  
see: M. Collura & D. Karevski, *PRB*, **89**(21) (2014)

## Finite size effects

- ◆ When the size of the system is finite, there will be interference from wavepackets that reflect at the boundaries of the sample.



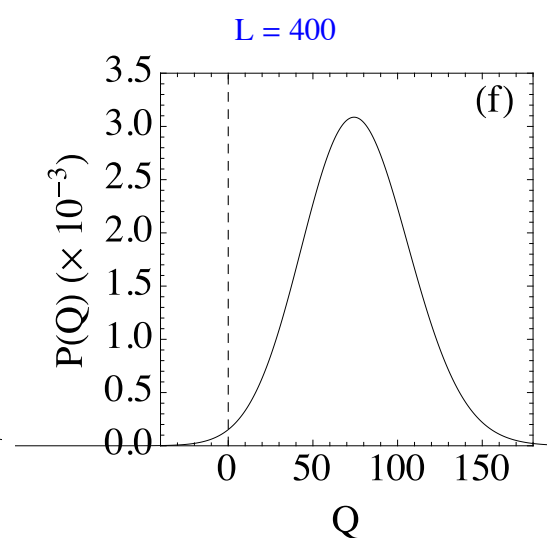
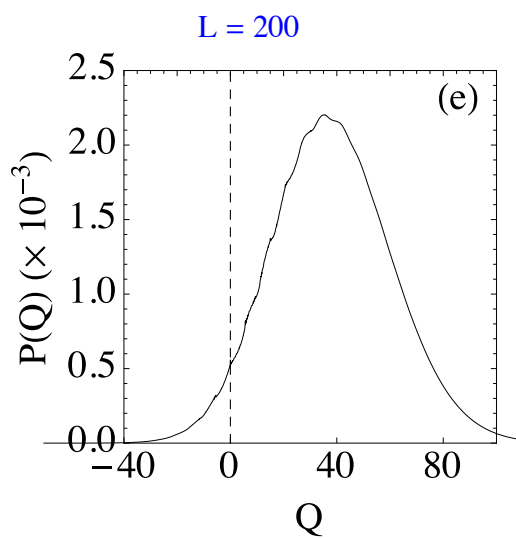
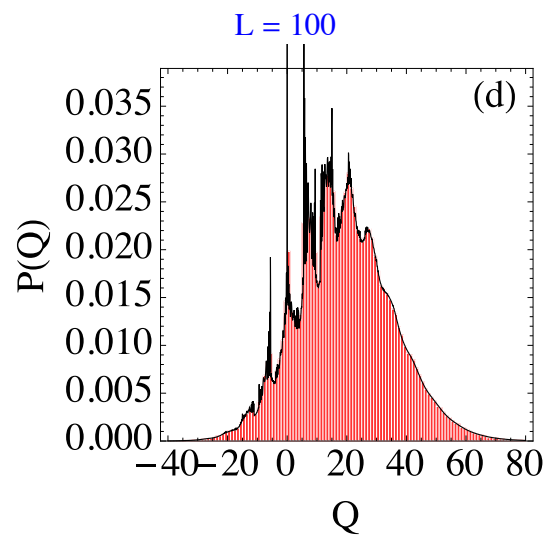
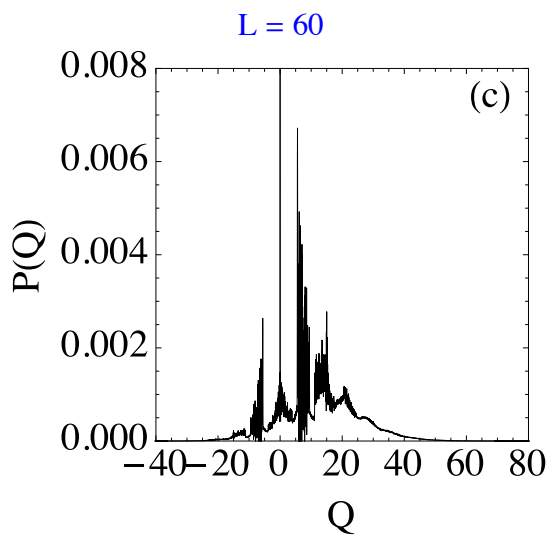
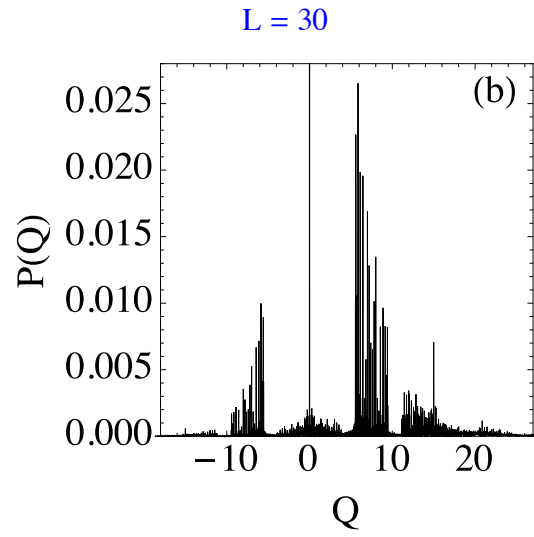
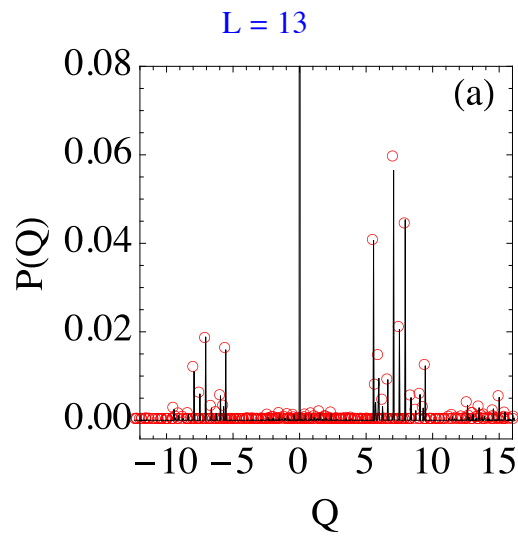


## The distribution of heat as a function of time

- ◆ We can find  $P_t(Q)$  from an inverse Fourier transform of the characteristic function

$$F_t(r) = \prod_k \{ p_k^0 + e^{ir\lambda_k} p_k^+ + e^{-ir\lambda_k} p_k^- \}$$

- ◆ This can be done using the FFT algorithm.



## Influence of finite size effects on the time evolution

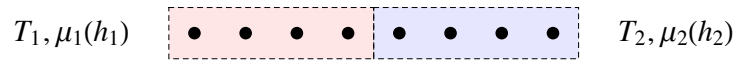


## Instabilities due to reflections at the boundaries



*Next step*

- ◆ Couple the two halves to Lindblad baths



- ◆ In collaboration with Pedro Guimarães and Mario de Oliveira (USP).
  - ◆ Was discussed in poster session, 05/09.

P. H. Guimarães, GTL and M. J. de Oliveira, *submitted for publication* (2016)

*Thank you all for your attention.*

*and thanks FAPESP for the financial support.*

GTL, D. Karevski, *PRE* **93** 032122 (2016)

## Particle and energy current

- ◆ The particle and energy currents in the steady-state and in the thermodynamic limit will be

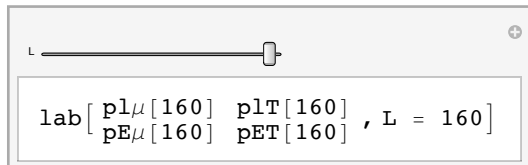
$$\mathcal{J}_N = \frac{4 g_0^2}{\pi} \int_0^\pi \sin^3 k (n_k^1 - n_k^2) dk$$

$$\mathcal{J}_E = \frac{4 g_0^2}{\pi} \int_0^\pi \lambda_k \sin^3 k (n_k^1 - n_k^2) dk$$

- ◆ Now the currents depend on temperatures  $T_{1,2}$  and chemical potentials  $\mu_{1,2}$
- ◆ Expanding for infinitesimal unbalances, we obtain

$$\mathcal{J}_N = \delta\mu \frac{\partial F}{\partial \mu} + \delta T \frac{\partial F}{\partial T}, \quad F = \frac{4 g_0^2}{\pi} \int n_k \sin^3 k dk$$

$$\mathcal{J}_E = \delta\mu \frac{\partial G}{\partial \mu} + \delta T \frac{\partial G}{\partial T}, \quad G = \frac{4 g_0^2}{\pi} \int \lambda_k n_k \sin^3 k dk$$



```
lab[plμ[160] plT[160], LE = 160]
```



## Onsager reciprocal relations

- ◆ The heat flux is defined as

$$\tilde{J}_Q = \tilde{J}_E - \mu \tilde{J}_N$$

- ◆ We found that  $\tilde{J}_N$  and  $\tilde{J}_Q$  can be put in Onsager's canonical form

$$\begin{pmatrix} \tilde{J}_N \\ \tilde{J}_Q \end{pmatrix} = \begin{pmatrix} L_{11} & L_{12} \\ L_{21} & L_{22} \end{pmatrix} \begin{pmatrix} (\delta\mu)/T \\ -\delta(1/T) \end{pmatrix}$$

- ◆ The Onsager coefficients are all obtained analytically:

$$\begin{aligned} L_{11} &= T \frac{\partial F}{\partial \mu} & L_{12} &= T^2 \frac{\partial F}{\partial T} \\ L_{21} &= T \left( \frac{\partial G}{\partial \mu} - \mu \frac{\partial F}{\partial \mu} \right) & L_{22} &= T^2 \left( \frac{\partial G}{\partial T} - \mu \frac{\partial F}{\partial T} \right) \end{aligned}$$

- ◆ Moreover, they satisfy the reciprocal relations

$$\begin{aligned} L_{21} &= L_{12} \\ L_{11} L_{22} - L_{21} L_{12} &\geq 0 \end{aligned}$$

- ◆ We attribute this to our choice of quantum master equation, which satisfies detailed balance.

P. H. Guimarães, GTL, M. J. de Oliveira, *submitted for publication (2016)*.

## Funções auxiliares

```

(*Show[Import["", "Image", ImageSize->600]]*)

SetDirectory[NotebookDirectory[]]
<< "LinLib`";
load[filename_, size_] := Show[Import[filename], ImageSize -> Scaled[size]];
lab[img_, lbl_] :=
  Labeled[img, lbl, Top, LabelStyle -> {FontFamily -> "Times", 26, Blue}];

SetOptions[Plot,
  Frame -> True,
  Axes -> False,
  BaseStyle -> {FontFamily -> "Times", 20},
  ImageSize -> 400];

SetOptions[InputNotebook[],
  DefaultNewCellStyle -> "Item",
  ShowCellLabel -> "False",
  CellGrouping -> Manual,
  FontFamily -> "Times",
  DefaultNewCellStyle -> {"Text", FontFamily -> "Times"},
  BaseStyle -> {FontFamily -> "Times"},
  MultiLetterItalics -> False,
  SingleLetterItalics -> Automatic
]

/Users/gtlandi/Dropbox/Presentations/2016_09 - Encontro

Clear[I];
I[La_, γ_, k_, t_: 1] := Module[{a = γ² + t² Sin[k]², b = 2 γ t Cos[k], qr},
  qr = Range[ $\frac{\pi}{La + 1}$ ,  $\frac{\pi La}{La + 1}$ ,  $\frac{\pi}{La + 1}$ ];
  
$$\frac{\text{Sin}[k]^2}{La + 1} \text{Sum}\left[\frac{\text{Sin}[q]^2}{\gamma^2 + t^2 (\text{Cos}[k] - \text{Cos}[q])^2}, \{q, qr\}\right]$$

]

Clear[I1];
I1[γ_, k_, t_: 1] := Module[{a = γ² + t² Sin[k]², b = 2 γ t Cos[k]},
  
$$\frac{1}{t^2} \left( \frac{1}{\gamma \sqrt{2}} \sqrt{a + \sqrt{a^2 + b^2}} - 1 \right) \text{Sin}[k]^2$$

]

Clear[J];
J[La_, {μa_, μc_}, {Ta_, Tc_}, γ_: 1] := Module[{mr, e, m},
  mr = Range[ $\frac{\pi}{La + 1}$ ,  $\frac{\pi La}{La + 1}$ ,  $\frac{\pi}{La + 1}$ ];
  e[k_] := -2 Cos[k];
  m[μ_, T_, k_] := If[T == 0, HeavisideTheta[μ - e[k]],  $\frac{1}{\text{Exp}\left[\frac{(e[k] - \mu)}{T}\right] + 1}$ ];
]

```

```

      4 γ (*g2*)
      (La + 1)2 Total@Flatten@Table[(Sin[k]2 Sin[q]2 (m[μa, Ta, k] - m[μc, Tc, k])) /
      (γ2 + (Cos[k] - Cos[q])2) , {k, mr}, {q, mr}]
    ];

```

```
Clear[Jt1];
```

```

Jt1[{μa_, μc_}, {Ta_, Tc_}, γ_: 1] := Module[{mr, e, n, a, b, int},

  e[k_] := -2 Cos[k];
  m[μ_, T_, k_] := If[T == 0, HeavisideTheta[μ - e[k]],  $\frac{1}{\text{Exp}[\frac{(e[k]-\mu)}{T}] + 1}$ ];

  a = γ2 + Sin[k]2;
  b = 2 γ Cos[k];
  (*int = (-1 +  $\frac{1}{2\gamma}(\sqrt{a+ib} + \sqrt{a-ib})$ ) Sin[k]2;)
  int =  $\left(\frac{1}{\gamma\sqrt{2}}\sqrt{a + \sqrt{a^2 + b^2}} - 1\right) \text{Sin}[k]^2$ ;

   $\frac{4 \gamma (*g^2*)}{\pi}$  NIntegrate[(m[μa, Ta, k] - m[μc, Tc, k]) (int), {k, 0, π}]
];

```

```
Clear[F];
```

```

F[La_, μ_, T_, γ_: 1] := Module[{mr, e, n},

  mr = Range[ $\frac{\pi}{La + 1}$ ,  $\frac{\pi La}{La + 1}$ ,  $\frac{\pi}{La + 1}$ ];
  e[k_] := -2 Cos[k];
  m[k_] := If[T == 0, HeavisideTheta[μ - e[k]],  $\frac{1}{\text{Exp}[\frac{(e[k]-\mu)}{T}] + 1}$ ];

   $\frac{4 \gamma (*g^2*)}{(La + 1)^2}$  Total@Flatten@Table[ $\frac{\text{Sin}[k]^2 \text{Sin}[q]^2 (m[k])}{\gamma^2 + (\text{Cos}[k] - \text{Cos}[q])^2}$  , {k, mr}, {q, mr}]
];

```

```
Clear[Ft1];
```

```

Ft1[μ_, T_, γ_: 1] := Module[{mr, e, n, a, b, int},

  e[k_] := -2 Cos[k];
  m[k_] := If[T == 0, HeavisideTheta[μ - e[k]],  $\frac{1}{\text{Exp}[\frac{(e[k]-\mu)}{T}] + 1}$ ];

  a = γ2 + Sin[k]2;
  b = 2 γ Cos[k];
  int =  $\left(\frac{1}{\gamma\sqrt{2}}\sqrt{a + \sqrt{a^2 + b^2}} - 1\right) \text{Sin}[k]^2$ ;

   $\frac{4 \gamma (*g^2*)}{\pi}$  NIntegrate[(m[k]) (int), {k, 0, π}] // Chop

```

```

];

IEtl[γ_, k_, t_ : 1] := Module[{F, a, b},

  a = γ² + t² Sin[k]²;
  b = 2 γ t Cos[k];

  F =  $\frac{4}{t} \text{Cos}[k] - \frac{\sqrt{2}}{\gamma t^2} \left( t \text{Cos}[k] \sqrt{\sqrt{a^2 + b^2} + a} + \gamma \frac{\text{Cos}[k]}{\text{Sqrt}[\text{Cos}[k]^2]} \sqrt{\sqrt{a^2 + b^2} - a} \right)$ ;

  (*{-2t Cos[k] IEtl[γ,k,t] , Sin[k]²F, -2t Cos[k] IEtl[γ,k,t] + Sin[k]²F}*)
  -2 t Cos[k] IEtl[γ, k, t] + Sin[k]² F
];

Clear[JE];
JE[La_, {μa_, μc_}, {Ta_, Tc_}, γ_ : 1] := Module[{mr, e, m},

  mr = Range[ $\frac{\pi}{La + 1}, \frac{\pi La}{La + 1}, \frac{\pi}{La + 1}$ ];
  e[k_] := -2 Cos[k];
  m[μ_, T_, k_] := If[T == 0, HeavisideTheta[μ - e[k]],  $\frac{1}{\text{Exp}[\frac{(e[k] - \mu)}{T}] + 1}$ ];

   $\frac{2 \gamma (*g^2*)}{(La + 1)^2}$ 
  Total@Flatten@Table[(Sin[k]² Sin[q]² (m[μa, Ta, k] - m[μc, Tc, k]) (e[k] + e[q])) /
    (γ² + (Cos[k] - Cos[q])²) , {k, mr}, {q, mr}
];

Clear[JEtl];
JEtl[{μa_, μc_}, {Ta_, Tc_}, γ_ : 1] := Module[{mr, e, m, ie},

  e[k_] := -2 Cos[k];
  m[μ_, T_, k_] := If[T == 0, HeavisideTheta[μ - e[k]],  $\frac{1}{\text{Exp}[\frac{(e[k] - \mu)}{T}] + 1}$ ];
  ie = IEtl[γ, k];

   $\frac{2 \gamma (*g^2*)}{\pi}$  NIntegrate[ie (m[μa, Ta, k] - m[μc, Tc, k]) , {k, 0, π}
];

LLrange = {1, 4, 10, 20, 40, 60, 80, 100, 120, 160};
δμ = 0.001;
TT = 0.02;
Jtl =
  Chop@Quiet@Table[{μ, Jtl[{μ + δμ, μ}, {TT, TT}] / δμ}, {μ, linspace[-3, 3, 100]};

Do[
  plμ[LL] = Show[
    Plot[Evaluate[{{J[LL, {μ +  $\frac{\delta\mu}{2}$ , μ -  $\frac{\delta\mu}{2}$ }, {TT, TT}] / δμ}}, {μ, -3, 3},
      PlotRange → {0, All},

```

```

    AspectRatio → 1,
    ImagePadding → {{50, 10}, {60, 10}},
    FrameLabel → {"μ", None},
    PlotLabel → "JN, μ",
    BaseStyle → {FontFamily → "Times", 20},
    ImageSize → 260,
    PlotStyle → Black,
    Frame → True,
    PlotStyle → Directive[Black]
  ],
  ListLinePlot[Jtl, PlotStyle → Directive[Red, Dashed]]
]; , {LL, LLrange}]

δT = 0.001;
TT = 0.02;
JtlT =
  Chop@Quiet@Table[{μ, Jtl[{μ, μ}, {TT + δT, TT}] / δT}, {μ, linspace[-3, 3, 100]}];

Do[
  plT[LL] = Show[
    Plot[Evaluate[{J[LL, {μ, μ}, {TT +  $\frac{\delta T}{2}$ , TT -  $\frac{\delta T}{2}$ ]}] / δT}, {μ, -3, 3},
    PlotRange → All,
    AspectRatio → 1,
    ImagePadding → {{50, 10}, {60, 10}},
    FrameLabel → {"μ", None},
    PlotLabel → "JN, T",
    BaseStyle → {FontFamily → "Times", 20},
    ImageSize → 260,
    PlotStyle → Black,
    Frame → True
  ],
  ListLinePlot[JtlT, PlotStyle → Directive[Red, Dashed]]
]; , {LL, LLrange}]

δμ = 0.001;
TT = 0.02;
JEtl =
  Chop@Quiet@Table[{μ, JEtl[{μ + δμ, μ}, {TT, TT}] / δμ}, {μ, linspace[-3, 3, 100]}];

Do[
  pEμ[LL] = Show[
    Plot[Evaluate[{JE[LL, {μ +  $\frac{\delta \mu}{2}$ , μ -  $\frac{\delta \mu}{2}$ }, {TT, TT}] / δμ}, {μ, -3, 3},
    PlotRange → All,
    AspectRatio → 1,
    ImagePadding → {{50, 10}, {60, 10}},
    FrameLabel → {"μ", None},
    PlotLabel → "JE, μ",
    BaseStyle → {FontFamily → "Times", 20},
    ImageSize → 260,
    PlotStyle → Black,
    Frame → True,
    PlotStyle → Directive[Black]
  ]
];

```

```

    ],
    ListLinePlot[JEt1, PlotStyle → Directive[Red, Dashed]]
]; , {LL, LLrange}]

δT = 0.001;
TT = 0.02;
JEt1T =
  Chop@Quiet@Table[{μ, JEt1[{μ, μ}, {TT + δT, TT}] / δT}, {μ, linspace[-3, 3, 100]}];

Do[
  pET[LL] = Show[
    Plot[Evaluate[{JE[LL, {μ, μ}, {TT +  $\frac{\delta T}{2}$ , TT -  $\frac{\delta T}{2}$ }] / δT}], {μ, -3, 3},
    PlotRange → All,
    AspectRatio → 1,
    ImagePadding → {{50, 10}, {60, 10}},
    FrameLabel → {"μ", None},
    PlotLabel → "JE, T",
    BaseStyle → {FontFamily → "Times", 20},
    ImageSize → 260,
    PlotStyle → Black,
    Frame → True,
    PlotStyle → Directive[Black]
  ],
  ListLinePlot[JEt1T, PlotStyle → Directive[Red, Dashed]]
]; , {LL, LLrange}]

DumpSave["plots.mx", {p1μ, p1T, pEμ, pET}];
LLrange = {1, 4, 10, 20, 40, 60, 80, 100, 120, 160};
<< "plots.mx";

fnames1 = FileNames["*tiff", "Frames_1"];
frames1 = Import /@ fnames1;
fnames2 = FileNames["*tiff", "Frames_2"];
frames2 = Import /@ fnames2;
DumpSave["θsol.mx", θsol17];
<< "θsol.mx";

```

```

Clear[AveQ];
AveQ[L_, h_, T_, t_] := Module[{λ, k, s},

  λ = h - 2 Cos[k];
  s = If[t === ∞,  $\frac{1}{2}$ , Sin[t Sin[k]2]2];

  If[L === ∞,
     $\frac{1}{\pi}$  NIntegrate[ $\left(\frac{\lambda}{T}\right)^2 \frac{e^{\lambda/T}}{(e^{\lambda/T} + 1)^2} s,$ 
      {k, 0, π}, Method → {Automatic, "SymbolicProcessing" → False}],
     $\frac{1}{L}$  Total@Table[ $\left(\frac{\lambda}{T}\right)^2 \frac{e^{\lambda/T}}{(e^{\lambda/T} + 1)^2} s,$  {k,  $\frac{\pi}{L+1}, \frac{L\pi}{L+1}, \frac{\pi}{L+1}$ }]
  ]
];

```