

$\hbar = c = 1$

Angular momentum

$L^2 |l, m\rangle = l(l+1) |l, m\rangle \quad L_z |l, m\rangle = m |l, m\rangle$

$L_{\pm} = L_x \pm iL_y ; \quad L_{\pm} |l, m\rangle = \sqrt{l(l+1) - m(m\pm 1)} |l, m\pm 1\rangle$

$L^2 |l, m_x\rangle = l(l+1) |l, m_x\rangle , \quad L_x |l, m_x\rangle = m_x |l, m_x\rangle$

$|1, 1_x\rangle = \frac{1}{2} \{ |1, -1\rangle + \sqrt{2} |1, 0\rangle + |1, 1\rangle \}$

$|1, 0_x\rangle = \frac{1}{\sqrt{2}} \{ |1, 1\rangle - |1, -1\rangle \}$

$|1, -1_x\rangle = \frac{1}{2} \{ |1, -1\rangle - \sqrt{2} |1, 0\rangle + |1, 1\rangle \}$

$|1, 1\rangle = \frac{1}{2} \{ |1, -1_x\rangle + \sqrt{2} |1, 0_x\rangle + |1, 1_x\rangle \}$

$|1, 0\rangle = \frac{1}{\sqrt{2}} \{ |1, 1_x\rangle - |1, -1_x\rangle \}$

$|1, -1\rangle = \frac{1}{2} \{ |1, -1_x\rangle - \sqrt{2} |1, 0_x\rangle + |1, 1_x\rangle \}$

[m, e]

+ some other stuff

Particle in a Sphere

$H = \frac{P^2}{2m} + V(r) , \quad V(r) = \begin{cases} 0 & r < R \\ \infty & r > R \end{cases}$

$\langle \vec{r} | n l m \rangle = \phi_{n l m}(\vec{r}) = N_{l n} j_l(k_{l n} r) Y_l^m(\theta, \phi)$

for $l=m=0$: $\phi_{n 0 0}(\vec{r}) = \sqrt{\frac{2}{R}} k_{0 n} j_0(k_{0 n} r) Y_0^0(\theta, \phi)$

$j_0(x) = \frac{\sin(x)}{x} , \quad j_1(x) = \frac{\sin(x)}{x^2} - \frac{\cos(x)}{x}$

$j_l(k_{l n} R) = 0 \Rightarrow$ for $l=0$ $\sin(k_{0 n} R) = 0$

norm : $N_{l n}^2 \int_0^R r^2 dr |j_l(k_{l n} r)|^2 = 1$

Spherical Harmonics $\int d\Omega$ is $\int_0^{2\pi} d\phi \int_0^\pi \sin\theta d\theta$

orthonormality $\int d\Omega Y_{\ell}^{m*}(\theta, \phi) Y_{\ell'}^{m'}(\theta, \phi) = \delta_{\ell\ell'} \delta_{mm'}$

$$Y_0^0 = \sqrt{\frac{1}{4\pi}} ; Y_1^1 = -\sqrt{\frac{3}{8\pi}} \sin\theta e^{i\phi} , Y_1^0 = \sqrt{\frac{3}{4\pi}} \cos\theta$$

$$Y_1^{-1} = \sqrt{\frac{3}{8\pi}} \sin\theta e^{-i\phi}$$

Hydrogen $H = \frac{p^2}{2\mu} - \frac{\alpha}{r} , \alpha = \frac{1}{137}$

Bohr radius $a_0 = \frac{1}{\alpha\mu} , \mu \approx 0.511 \text{ MeV}$

Rydberg constant $\mathcal{R} = \frac{1}{2\mu a_0^2} \approx 13.6 \text{ eV}$

eigenstates $|n\ell m\rangle$ have $E_n = -\frac{\mathcal{R}}{n^2}$

$$\langle \vec{r} | n\ell m \rangle = \phi_{n\ell m}(\vec{r}) \quad [\text{new } \phi\text{'s}]$$

$$\phi_{100} = \frac{2}{a_0^{3/2}} e^{-r/a_0} Y_0^0$$

$$\phi_{200} = \frac{2}{(2a_0)^{3/2}} \left(1 - \frac{r}{2a_0}\right) e^{-r/2a_0} Y_0^0$$

$$\begin{pmatrix} \phi_{211} \\ \phi_{210} \\ \phi_{21-1} \end{pmatrix} = \frac{1}{\sqrt{3}(2a_0)^{3/2}} \frac{r}{a_0} e^{-r/2a_0} \begin{pmatrix} Y_1^1 \\ Y_1^0 \\ Y_1^{-1} \end{pmatrix}$$

Integrals

$$\boxed{k \neq p} \int dx \sin(kx) \sin(px) = \frac{\sin[(k-p)x]}{2(k-p)} - \frac{\sin[(k+p)x]}{2(k+p)}$$

$$\boxed{k \neq p} \int dx \sin(kx) \cos(px) = -\frac{\cos[(k-p)x]}{2(k-p)} - \frac{\cos[(k+p)x]}{2(k+p)}$$

$$\boxed{k \neq p} \int dx \cos(kx) \cos(px) = \frac{\sin[(k-p)x]}{2(k-p)} + \frac{\sin[(k+p)x]}{2(k+p)}$$

$$\int dx x \sin(kx) = -\frac{x}{k} \cos(kx) + \frac{1}{k^2} \sin(kx)$$

$$\int dx x^2 \sin(kx) = -\frac{(-2+k^2x^2)}{k^3} \cos(kx) + \frac{2x}{k^2} \sin(kx)$$

$$\boxed{k \neq p} \int dx x \sin(kx) \sin(px) = \frac{1}{2} \left\{ \frac{\cos[(k-p)x]}{(k-p)^2} - \frac{\cos[(k+p)x]}{(k+p)^2} \right. \\ \left. + \frac{x \sin[(k-p)x]}{k-p} - \frac{x \sin[(k+p)x]}{k+p} \right\}$$

$$\int dx x \sin^2(kx) = -\frac{\cos(2kx) - 2k^2x^2 + 2kx \sin(2kx)}{8k^2}$$

$$\int_0^{\infty} dr r^n e^{-br} = \frac{n!}{b^{n+1}}$$