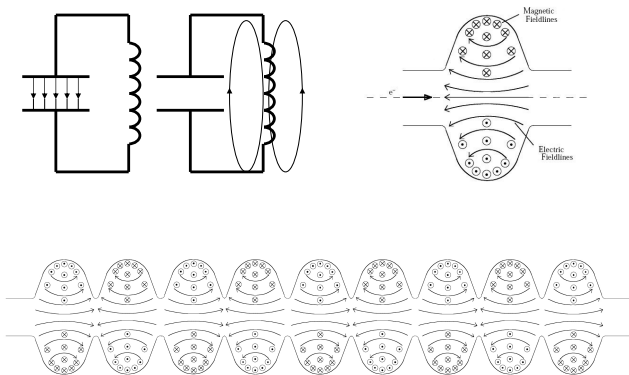




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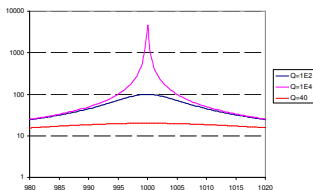
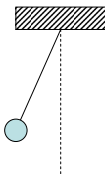
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$$Q = \frac{\omega U}{P_d} = \frac{\text{stored energy}}{\left\langle \frac{\text{dissipated energy}}{\text{radian}} \right\rangle}$$

$Q \approx$  number of oscillations  
until  $U$  is zero.

For  $f = 1$  Hz and  $Q = 100$ ,  
oscillations cease in 1 minute 40  
seconds: If  $Q = 10^{10}$ , then 317  
years!

$$Q = \frac{f_0}{\Delta f}$$

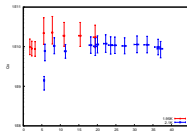
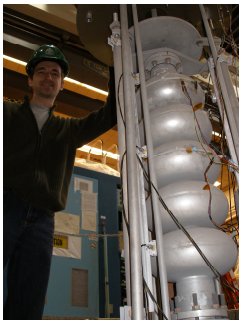
For  $f_0 = 1.3$  GHz and  
 $Q = 10^{10}$ ,  $\Delta f = 0.13$  Hz.

Nanometer-scale vibrations  
can move the resonance!



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A phase-locked-loop maintains a constant phase difference between the cavity and RF source.