

# Logarithmic Sobolev techniques for random walks on graphs

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## Abstract

Recently, Diaconis and Sarloff-Coste used logarithmic Sobolev inequalities to improve convergence bounds for random walks on graphs. We will give a strengthened version by showing that the random walk on a graph  $G$  on  $n$  vertices reach the stationarity (under total variation distance) after about  $\frac{1}{4\alpha} \log \log n$  steps where  $\alpha$  denotes the log-Sobolev constant. Under the relative pointwise distance (which is a slight stronger notion), the random walk converges in about  $\frac{1}{2\alpha} \log \log n$  steps.

## 1 Random walks on graphs

In a graph  $G$ , a walk is just a sequence of vertices  $(x_0, x_1, \dots, x_s)$  with  $\{x_{i-1}, x_i\} \in E(G)$  for all  $1 \leq i \leq s$ . A random walk is determined by the transition probabilities  $P(u, v) = \text{Prob}(x_{i+1} = v | x_i = u)$ , which is independent of  $i$ . Clearly, for each vertex  $u$ ,

$$\sum_v P(u, v) = 1.$$

For any initial distribution  $f : V \rightarrow \mathbb{R}$  with  $\sum_v f(v) = 1$ , the distribution after  $k$  steps is just  $fP^k$  (i.e., a matrix multiplication with  $f$  viewed as a row vector where  $P$  is the matrix of transition probabilities). The random walk is said to be *ergodic* if there is a unique stationary distribution  $\pi(v)$  satisfying

$$\lim_{s \rightarrow \infty} fP^s(v) = \pi(v).$$

Necessary and sufficient conditions for the ergodicity of  $P$  are (i) *irreducibility*, i.e., for any  $u, v \in V$ , there exists some  $s$  such that  $P^s(u, v) > 0$  (ii) *aperiodicity*, i.e.,  $\text{gcd} \{s : P^s(u, v) > 0\} = 1$ . The problem of interest is to determine the number of steps  $s$  required for  $P^s$  to be *close* to its stationary distribution, given an arbitrary initial distribution.

We say a random walk is *reversible* if

$$\pi(u)P(u, v) = \pi(v)P(v, u).$$

An alternative description for a reversible random walk can be given by considering a weighted connected graph with edge weights satisfying

$$w(u, v) = w(v, u) = \pi(v)P(v, u)/c$$

where  $c$  can be any constant to be chosen for simplifying the values. (For example, we can take  $c$  to be the average of  $\pi(v)P(v, u)$  over all  $(v, u)$  with  $P(v, u) \neq 0$ , so that the values for  $w(v, u)$  are either 0 or 1 for a simple graph.) The random walk on a weighted graph has as its transition probabilities

$$P(u, v) = \frac{w(u, v)}{d_u},$$

where  $d_u = \sum_z w(u, z)$  is the (weighted) degree of  $u$ . The two conditions for ergodicity are equivalent to the conditions that the graph be (i) connected and (ii) not bipartite. To simplify notation and eliminate possible confusion, for a random walk problem, we will just deal with the associated weighted graph. In particular, in the next section we will discuss the Laplacian and the heat kernel of a graph which are self-adjoint and very useful for understanding the behavior of the random walk.

## 2 The Laplacian and heat kernel of a weighted graph

A weighted undirected graph  $G$  (possibly with loops) has associated with it a weight function  $w : V \times V \rightarrow \mathbb{R}$  satisfying

$$w(u, v) = w(v, u)$$

and

$$w(u, v) \geq 0.$$

We note that if  $\{u, v\} \notin E(G)$ , then  $w(u, v) = 0$ . A simple (unweighted) graph is just the special case where all the weights are 0 or 1. The degree  $d_v$  of a vertex  $v$  is defined to be:

$$d_v = \sum_u w(u, v).$$

We define

$$L(u, v) = \begin{cases} d_v - w(v, v) & \text{if } u = v, \\ -w(u, v) & \text{if } u \text{ and } v \text{ are adjacent,} \\ 0 & \text{otherwise.} \end{cases}$$

In particular, for a function  $f : V \rightarrow \mathbb{R}$ , we have

$$Lf(x) = \sum_{\substack{y \\ x \sim y}} (f(x) - f(y))w(x, y).$$

Let  $T$  denote the diagonal matrix with the  $(v, v)$ -th entry having value  $d_v$ . The *Laplacian* of  $G$  is defined to be

$$\mathcal{L} = T^{-1/2}LT^{-1/2}.$$

In other words, we have

$$\mathcal{L}(u, v) = \begin{cases} 1 - \frac{w(v, v)}{d_v} & \text{if } u = v, \\ -\frac{w(u, v)}{\sqrt{d_u d_v}} & \text{if } u \text{ and } v \text{ are adjacent,} \\ 0 & \text{otherwise.} \end{cases}$$

Since  $\mathcal{L}$  is symmetric, its eigenvalues which are all real and non-negative are denoted by

$$0 = \lambda_0 \leq \lambda_1 \leq \dots \leq \lambda_{n-1}$$

where  $n = |V|$ . We can use the variational characterization of the eigenvalues as follows:

$$\begin{aligned} \lambda_G := \lambda_1 &= \inf_{g \perp T^{1/2} \mathbf{1}} \frac{\langle g, \mathcal{L}g \rangle}{\langle g, g \rangle} \\ &= \inf_f \frac{\sum_{x \in V} f(x)Lf(x)}{\sum_{x \in V} f^2(x)d_x} \\ &= \inf_f \frac{\sum_{x \sim y} (f(x) - f(y))^2 w(x, y)}{\sum_{x \in V} f^2(x)d_x}. \end{aligned} \tag{1}$$

For a connected graph  $G$ , the eigenvalues satisfy

$$0 < \lambda_i \leq 2$$

for  $i \geq 1$ . Various properties of the eigenvalues can be found in [4].

Suppose we write

$$\mathcal{L} = \sum_{i=0}^{n-1} \lambda_i I_i$$

where  $I_i$  is the projection to the  $i$ th eigenfunction  $\phi_i$  of the graph. For any  $t \geq 0$ , the heat kernel  $H_t$  of  $G$  is defined to be the  $n \times n$  matrix

$$\begin{aligned} H_t &= \sum_i e^{-\lambda_i t} I_i \\ &= e^{-t\mathcal{L}} \\ &= I - t\mathcal{L} + \frac{\epsilon^2}{2}\mathcal{L}^2 - \dots \end{aligned}$$

In particular,

$$H_0 = I.$$

For a function  $f : V \rightarrow \mathbb{R}$ , we consider

$$\begin{aligned} F(x, t) &= \sum_{y \in S \cup \delta S} H_t(x, y) f(y) \\ &= (H_t f)(x). \end{aligned}$$

Then  $F$  satisfies the following properties (see [4]):

(i)  $F(x, 0) = f(x)$ ,

(ii) For a fixed  $x$ ,

$$\sum_y H_t(x, y) \sqrt{d_y} = \sqrt{d_x}$$

(iii)  $F$  satisfies the heat equation:

$$\frac{\partial F}{\partial t} = -\mathcal{L}F$$

(iv)

$$\mathcal{L}F(x, t) = \sum_{\{x, y\}} \left( \frac{F(x, t)}{\sqrt{d_x}} - \frac{F(y, t)}{\sqrt{d_y}} \right) = 0$$

(v)  $\sum_{\{x, y\} \in E} \left( \frac{F(x, t)}{\sqrt{d_x}} - \frac{F(y, t)}{\sqrt{d_y}} \right)^2 w(x, y) = \sum_x F(x, t) \mathcal{L}F(x, t)$

### 3 The rate of convergence for random walks

In a random walk with an associated weighted connected graph  $G$ , the transition matrix  $P$  satisfies

$$\mathbf{1}TP = \mathbf{1}T$$

and therefore the stationary distribution is exactly  $\mathbf{1}T/\text{vol } G$ , where  $\text{vol } G = \sum_x d_x$ . We want to show that when  $k$  is large enough, for any initial distribution  $f : V \rightarrow \mathbb{R}$ ,  $fP^k$  converges rapidly to its stationary distribution.

Here  $\|\cdot\|$  denotes the  $L_2$  norm. We have

$$\begin{aligned} \|fP^s - \mathbf{1}T/\text{vol}G\| &\leq \|fT^{-1/2}(I - \mathcal{L})^sT^{1/2} - I_0\| \\ &\leq \|T^{-1/2}(\sum_{i \neq 0} I_i^s)T^{1/2}\| \|f\| \\ &\leq (1 - \lambda)^s \|f\| \end{aligned}$$

where

$$\lambda = \begin{cases} \lambda_1 & \text{if } 1 - \lambda_1 \geq \lambda_{n-1} - 1 \\ 2 - \lambda_{n-1} & \text{otherwise.} \end{cases} \quad (2)$$

So, after  $s \geq (1/\lambda) \log(1/\epsilon)$  steps, the  $L_2$  distance between  $fP^s$  and its stationary distribution is less than  $\epsilon\|f\|$ .

We note that the convergence of the random walk  $P^s$  is related to the heat kernel  $h_s$  as follows:

$$\begin{aligned} \|P^s - T^{-1/2}I_0T^{1/2}\| &= \|\sum_{i \neq 0} I_i^s T^{1/2}\| \\ &\leq \|H_s - I_0\| \\ &\leq e^{-s\lambda} \end{aligned} \quad (3)$$

Although  $\lambda$  occurs in the above upper bound for the distance between the stationary distribution and the  $s$ -step distribution, in fact, only  $\lambda_1$  is crucial in the following sense. Note that  $\lambda$  is either  $\lambda_1$  or  $2 - \lambda_{n-1}$ . Suppose the latter holds, *i.e.*,  $\lambda_{n-1} - 1 \geq 1 - \lambda_1$ . We can consider a modified random walk, called the lazy walk, on the graph  $G'$  formed by adding a loop of weight  $d_v$  to each vertex  $v$ . The new graph has Laplacian eigenvalues  $\tilde{\lambda}_k = \lambda_k/2 \leq 1$ , which follows from equation (1). Therefore,

$$1 - \tilde{\lambda}_1 \geq 1 - \tilde{\lambda}_{n-1} \geq 0,$$

and the convergence bound in  $L_2$  distance in (4) for the modified random walk becomes

$$2/\lambda_1 \log\left(\frac{\max_x \sqrt{d_x}}{\epsilon \min_y \sqrt{d_y}}\right).$$

In general, suppose a weighted graph with edge weights  $w(u, v)$  has eigenvalues  $\lambda_i$  with  $\lambda_{n-1} - 1 \geq 1 - \lambda_1$ . We can then modify the weights by choosing, for some constant  $c$ ,

$$w'(u, v) = \begin{cases} w(u, v) + cd_v & \text{if } u = v \\ w(u, v) & \text{otherwise.} \end{cases} \quad (4)$$

The resulting weighted graph has eigenvalues

$$\lambda'_k = \frac{\lambda_k}{1+c} = \frac{2\lambda_k}{\lambda_{n-1} + \lambda_k}$$

where

$$c = \frac{\lambda_1 + \lambda_{n-1}}{2} - 1 \leq \frac{1}{2}.$$

Then we have

$$1 - \lambda'_1 = \lambda'_{n-1} - 1 = \frac{\lambda_{n-1} - \lambda_1}{\lambda_{n-1} + \lambda_1}.$$

In particular we set

$$\lambda = \lambda'_1 = \frac{2\lambda_1}{\lambda_{n-1} + \lambda_1}.$$

Therefore the modified random walk corresponding to the weight function  $w'$  has an improved bound for the convergence rate in  $L_2$  distance:

$$\frac{1}{\lambda} \log \frac{\max_x \sqrt{d_x}}{\epsilon \min_y \sqrt{d_y}}$$

where  $\lambda = \lambda_1$  if  $\lambda_{n-1} + \lambda_1 \leq 2$  and  $\lambda = 2\lambda_1/(\lambda_{n-1} + \lambda_1)$  otherwise. Note that  $\lambda \geq 2\lambda_1/(2 + \lambda_1) \geq 2\lambda_1/3$ .

We remark that for many applications in sampling, the convergence in  $L_2$  distance seems to be too weak since it does not capture the convergence at each vertex. A stronger notion of convergence is measured by the relative pointwise distance, which is defined as follows (also see [8]): After  $s$  steps, the *relative pointwise distance* (r.p.d.) of  $P$  to the stationary distribution  $\pi(x)$  is given by

$$\Delta(s) = \max_{x,y} \frac{|P^s(y, x) - \pi(x)|}{\pi(x)}.$$

Let  $f_x$  denote

$$f_x(y) = \begin{cases} 1 & \text{if } y = x, \\ 0 & \text{otherwise,} \end{cases}$$

We have

$$\begin{aligned}
\Delta(t) &= \max_{x,y} \frac{|f_y(P^t) f_x - \pi(x)|}{\pi(x)} \\
&= \max_{x,y} \frac{|f_y T^{-1/2} (I - \mathcal{L})^t T^{1/2} f_x - \pi(x)|}{\pi(x)} \\
&= \max_{x,y} |f_y T^{-1/2} (\sum_{i \neq 0} I_i^t) T^{1/2} f_x| \text{vol} G \\
&\leq \max_{x,y} |f_y T^{-1/2} (H_t - I_0) T^{1/2} f_x| \text{vol} G \\
&\leq e^{-t\lambda} \max_{x,y} \|T^{-1/2} f_x\| \|T^{-1/2} f_y\| \text{vol} G \\
&\leq e^{-t\lambda} \frac{\text{vol } G}{\min_x d_x}. \tag{5}
\end{aligned}$$

So if we choose  $t$  such that

$$t \geq \frac{1}{\lambda} \log \frac{\text{vol } G}{\epsilon \min_x d_x},$$

then, after  $t$  steps, we have  $\Delta(t) \leq \epsilon$  where  $\lambda$  is as defined in (2) or for the lazy walk as defined in (4),  $\lambda$  can be taken to be

$$\lambda = \begin{cases} \lambda_1 & \text{if } 1 - \lambda_1 \geq \lambda_{n-1} - 1 \\ \frac{2\lambda_1}{\lambda_{n-1} + \lambda_1} & \text{otherwise} \end{cases} \tag{6}$$

Here we note that the factor of  $\frac{\text{vol } G}{\min_x d_x}$  in (5) can be further reduced by the Logarithmic Sobolev techniques which we will discuss in the next section.

## 4 The log-Sobolev constant

Let  $G$  denote a weighted graph on  $n$  vertices. For a function  $f : V(G) \rightarrow \mathbb{R}$ . We may view  $f$  as a column vector,  $1 \times n$  matrix or a row vector. The stationary distribution  $\pi(x) = d_x / \text{vol } G$  will be viewed as a column or row vector. Let  $\mathcal{P}$  denote the diagonal matrix with value  $\pi(x)$  as the  $(x, x)$ -entry.

The log-Sobolev constant  $\alpha$  of a weighted graph  $G$  is the least constant satisfying the following *log-Sobolev inequality* for any nontrivial function  $f : V \rightarrow \mathbb{R}$ :

$$\sum_{\{x,y\} \in E} (f(x) - f(y))^2 w_{x,y} \leq \alpha \sum_{x \in V} f^2(x) d_x \log \frac{f^2(x) \text{vol } G}{\sum_{z \in V} f^2(z) d_z}$$

In other words,  $\alpha$  can be expressed as follows:

$$\alpha_G = \alpha = \inf_{f \neq 0} \frac{\sum_{\{x,y\} \in E} (f(x) - f(y))^2 w_{x,y}}{\sum_{x \in V} f^2(x) d_x \log \frac{f^2(x) \text{vol } G}{\sum_{z \in V} f^2(z) d_z}} \quad (7)$$

where  $f$  ranges over all nontrivial functions  $f : V \rightarrow \mathbb{R}$ .

Logarithmic Sobolev inequalities first arose in the analysis of elliptic differential operators in infinite dimensions. Many developments and applications can be found in several survey papers [1, 6, 7, 9]. Diaconis and Salaff-Coste [5] introduced a discrete version of logarithmic sobolev inequality to prove that for a regula graph on  $n$  vertices

$$\Delta_{TV}(t) \leq e^{1-c} \quad \text{if} \quad t \geq \frac{1}{2\alpha} \log \log n + \frac{c}{\lambda}.$$

We will give a simple proof of the above result by deriving the following slightly stronger statements.

**Theorem 1** *In a weighted graph  $G$  with log-Sobolev constant  $\alpha$ , we have  $\Delta(t) \leq e^{2-c}$  if*

$$t \geq \frac{1}{2\alpha} \log \log \frac{\text{vol } G}{\min_x d_x} + \frac{c}{\lambda}.$$

**Theorem 2** *In a weighted graph  $G$  with log-Sobolev constant  $\alpha$ , we have  $\Delta_{TV}(t) \leq e^{1-c}/2$  if*

$$t \geq \frac{1}{4\alpha} \log \log \frac{\text{vol } G}{\min_x d_x} + \frac{c}{\lambda}.$$

The proofs for the above theorem will be given in the next section.

## 5 Proofs of the main theorems

For a function  $f : V(G) \rightarrow \mathbb{R}$ , we define the  $(\pi; p)$ -norm of  $f$ , denoted by  $\|f\|_p$ , to be

$$\|f\|_p = \left( \sum_{x \in V(G)} f^p(x) \pi(x) \right)^{1/p}.$$



In particular,

$$\pi\|f\|_2 = \left( \sum_x f^2(x)\pi(x) \right)^{1/2} = \|\mathcal{P}^{1/2}f\|_2.$$

The main proof for Theorems 1 and 2 consists of two parts. In the first part (Theorem 3), we will see that the inequality (8) relating the  $p$ -norm to the 2-norm, for certain  $p$ , implies the improved convergence bound for random walks. The second part (Theorem 5) states that the inequality (8) can be derived from the log-Sobolev inequality.

**Theorem 3** *Suppose that in a weighted graph  $G$ , its heat kernel  $H_s$  satisfies*

$$\pi\|f\|_p \|\mathcal{P}^{1/2} H_s \mathcal{P}^{-1/2}\|_p \leq \pi\|f\|_2 \quad (8)$$

for all  $f : V(G) \rightarrow \mathbb{R}$ , and  $p = e^{\beta s}$  for some positive value  $\beta$ . Then the random walk on  $G$  satisfies

$$\Delta(t) \leq e^{2-c}$$

if

$$t \geq \frac{2}{\beta} \log \log \frac{\text{vol}G}{\min_x d_x} + \frac{c}{\lambda}.$$

*Proof:* We define  $q$  satisfying

$$\frac{1}{p} + \frac{1}{q} = 1.$$

For a vertex  $x$  of  $G$ , let  $\psi_x$  denote the characteristic function satisfying  $\psi_x(y) = 1$  if  $x = y$ , and 0 otherwise. For a function  $f : V \rightarrow \mathbb{R}$ , we consider

$$\begin{aligned} & |\psi_x \mathcal{P}^{-1/2} H_s \mathcal{P}^{1/2} f| \\ &= |(\psi_x \mathcal{P}^{-1+1/q}) (\mathcal{P}^{1/p-1/2} H_s \mathcal{P}^{1/2} f)| \\ &\leq \left( \sum_y (\psi_x \mathcal{P}^{-1}(y))^q \pi(y) \right)^{1/q} \left( \sum_y (f \mathcal{P}^{1/2} H_s \mathcal{P}^{-1/2}(y))^p \pi(y) \right)^{1/p} \\ &= \pi\|\psi_x \mathcal{P}^{-1}\|_q \pi\|f \mathcal{P}^{1/2} H_s \mathcal{P}^{-1/2}\|_p \end{aligned} \quad (9)$$

by using Hölder's inequality.

We consider

$$\begin{aligned}
\pi \|\psi_x \mathcal{P}^{-1}\|_q &= \left( \sum_y (\psi_x \mathcal{P}^{-1}(y))^q \pi(y) \right)^{1/q} \\
&= (\pi(x)^{1-q})^{1/q} \\
&= \pi(x)^{-1/p} \\
&\leq \left( \frac{\text{vol}G}{\min_x d_x} \right)^{1/p}.
\end{aligned}$$

Using the hypothesis that  $p = e^{\beta s}$  and the choice of  $s$  satisfying

$$s = \frac{1}{\beta} \log \log \frac{\text{vol}G}{\min_x d_x},$$

we have

$$\left( \frac{\text{vol}G}{\min_x d_x} \right)^{1/p} = e^{e^{\log \log \frac{\text{vol}G}{\min_x d_x} - \beta s}} = e$$

From (8) and (9), we have, for any  $f$ ,

$$\begin{aligned}
|\psi_x \mathcal{P}^{-1/2} H_s \mathcal{P}^{1/2} f| &\leq e \pi \|f \mathcal{P}^{1/2} H_s \mathcal{P}^{-1/2}\|_p \\
&\leq e \pi \|f\|_2.
\end{aligned}$$

In particular, for the heat kernel and the projection  $I_0$  into the 0-th eigenfunction, we have

$$\begin{aligned}
|\psi_x \mathcal{P}^{-1/2} (H_{s+r} - I_0) \mathcal{P}^{1/2} f| &\leq |\psi_x \mathcal{P}^{-1/2} H_s (H_r - I_0) \mathcal{P}^{1/2} f| \\
&\leq e \pi \|\mathcal{P}^{-1/2} (H_r - I_0) \mathcal{P}^{1/2} f\|_2 \\
&\leq e \|(H_r - I_0) \mathcal{P}^{1/2} f\|_2 \\
&\leq e \|(H_r - I_0)\|_2 \|\mathcal{P}^{1/2} f\|_2 \\
&\leq e^{1-\lambda r} \pi \|f\|_2.
\end{aligned}$$

This is equivalent to

$$|\psi_x \mathcal{P}^{-1/2} (H_{s+r} - I_0) g| \leq e^{1-\lambda r} \|g\|_2$$

for all  $g$ . This implies

$$\|\psi_x \mathcal{P}^{-1/2} (H_{s+r} - I_0)\|_2 \leq e^{1-\lambda r}. \quad (10)$$

Therefore, the random walk on  $G$  converges to the stationary distribution under relative pairwise distance as follows (see (5)):

$$\begin{aligned} \Delta(2s + 2r) &\leq \max_{x,y} |\psi_x \mathcal{P}^{-1/2}(H_{2s+2r} - I_0) \mathcal{P}^{-1/2} \psi_y| \\ &\leq \max_{x,y} \|\psi_x \mathcal{P}^{-1/2}(H_{s+r} - I_0)\|_2 \cdot \|\psi_y \mathcal{P}^{-1/2}(H_{s+r} - I_0)\|_2 \\ &\leq e^{2-2\lambda r} \end{aligned}$$

by using (10) and the Cauchy schwarz inequality. Now, we take  $r = \frac{c}{2\lambda}$ ,  $t = 2s + 2r$ , and the proof is complete.  $\square$

We can also obtain a similar statement for the convergence bound under the total variation distance.

**Theorem 4** *Suppose that in a weighted graph  $G$ , its heat kernel  $H_s$  satisfies*

$$\pi \|f \mathcal{P}^{1/2} H_s \mathcal{P}^{-1/2}\|_p \leq \pi \|f\|_2$$

for all  $f : V(G) \rightarrow \mathbb{R}$ , and  $p = e^{\beta s}$  for some positive value  $\beta$ . Then the random walk on  $G$  satisfies

$$\Delta_{TV}(t) \leq \frac{1}{2} e^{1-c}$$

if

$$t \geq \frac{1}{\beta} \log \log \frac{\text{vol}G}{\min_x d_x} + \frac{c}{\lambda}.$$

*Proof:* We follow the notation in Theorem 3.

$$\begin{aligned} \Delta_{TV} &= \frac{1}{2} \max_x \sum_y |\psi_x P^{s+r}(y) - \pi(y)| \\ &\leq \frac{1}{2} \max_x \sum_y |\psi_x \mathcal{P}^{-1/2}(H_{s+r} - I_0) \mathcal{P}^{1/2}(y)| \\ &\leq \frac{1}{2} \max_x \sum_y e^{1-\lambda r} \pi(y) \\ &\leq \frac{1}{2} e^{1-\lambda r} \end{aligned}$$

by using (10).  $\square$

Now we proceed to show that the log-Sobolev constant can be used to determine  $\beta$  in the above theorems. This proof is very similar to the continuous case (see [5]).

**Theorem 5** In a graph  $G$  with log-Sobolev constant  $\alpha$ , its heat kernel  $H_t$  satisfies

$$\pi \|f \mathcal{P}^{1/2} H_t \mathcal{P}^{-1/2}\|_p \leq \pi \|f\|_2$$

for any  $t > 0$ ,  $p = e^{4\alpha t} + 1$ , and for any  $f : V(G) \rightarrow \mathbb{R}$ .

*Proof:* From the definition of  $\alpha$ , we have

$$\sum_{x \sim y} (f(x) - f(y))^2 w(x, y) \geq \alpha \sum_x f^2(x) d_x \log \frac{f^2(x)^2}{\sum_z f^2(z) \pi(z)}$$

for any nontrivial function  $f$ . In particular, we can replace  $f$  by  $f^{p/2}$  and we have

$$\sum_{x \sim y} (f^{p/2}(x) - f^{p/2}(y))^2 w(x, y) \geq \alpha \sum_x f^p(x) d_x \log \frac{f(x)^p}{\sum_z f^p(z) \pi(z)}. \quad (11)$$

Now we need the following inequality which is not hard to prove:

$$4(p-1)(a^{p/2} - b^{p/2})^2 \leq p^2(a-b)(a^{p-1} - b^{p-1}). \quad (12)$$

for all  $a, b \geq 0$  and  $p \geq 1$ . From (11) and (12), we have

$$\begin{aligned} & \alpha \sum_x f^p(x) \pi(x) \log \frac{f(x)^p}{\sum_z f^p(z) \pi(z)} \\ & \leq \sum_{x \sim y} (f^{p/2}(x) - f^{p/2}(y))^2 w(x, y) \\ & \leq \frac{p^2}{4(p-1)} \sum_{x \sim y} (f^{p-1}(x) - f^{p-1}(y))(f(x) - f(y)) w_{x,y} \end{aligned} \quad (13)$$

We now replace  $f$  by  $g = f \mathcal{P}^{1/2} H_t \mathcal{P}^{-1/2}$  in the above inequality and define  $p$  as a function of  $t$ :

$$p = p(t) = 1 + e^{4\alpha t}.$$

Note that  $p' = p'(t) = 4\alpha(p-1)$ . From (13), we have

$$\frac{p'}{p^2} \sum_x g^p(x) \pi(x) \log \frac{|g(x)|^p}{\sum_z g^p(z) \pi(z)} - \sum_{x \sim y} (g^{p-1}(x) - g^{p-1}(y))(g(x) - g(y)) w_{x,y} \leq 0 \quad (14)$$

Now we define

$$F(t) = \pi \|g\|_p.$$

Clearly,  $F(0) = \pi \|f\|_2$ . If we can show that the derivative  $F'(t) \leq 0$ , then we have  $\pi \|g\|_p = F(t) \leq F(0) = \pi \|f\|_2$  as desired. It remains to show  $F'(t) \leq 0$ . Since

$$F(t) = \left( \sum_x (f \mathcal{P}^{1/2} H_t \mathcal{P}^{-1/2}(x))^p \pi(x) \right)^{1/p} = (G(t))^{1/p},$$

we have

$$F'(t) = \left( -\frac{p'}{p^2} \log G(t) + \frac{G'(t)}{pG(t)} \right) F(t). \quad (15)$$

We note that

$$\begin{aligned} G'(t) &= p \sum_x g^{p-1} \pi(x) (f \mathcal{P}^{1/2} \frac{d}{dt} H_t \mathcal{P}^{-1/2}(x)) + p' \sum_x g^p(x) \pi(x) \log g(x) \\ &= I + II \end{aligned}$$

We consider the above sum of  $I$  as a product of matrices (where  $A^*$  denotes the transpose of  $A$ ):

$$\begin{aligned} I &= p g^{p-1} \mathcal{P}^{1/2} \frac{d}{dt} H_t \mathcal{P}^{1/2} f^* \\ &= -p g^{p-1} \mathcal{P}^{1/2} \mathcal{L} H_t \mathcal{P}^{1/2} f^* \\ &= -p g^{p-1} \mathcal{P}^{1/2} \mathcal{L} \mathcal{P}^{1/2} g^* \\ &= -\frac{p}{\text{vol } G} \sum_{x \sim y} (g^{p-1}(x) - g^{p-1}(y))(g(x) - g(y)) w_{x,y} \end{aligned}$$

by using the heat equation in the weighted version of Lemma 10.3. Substituting into (15), we obtain

$$\begin{aligned} &F'(t) \\ &= \frac{p'}{p^2} \left( \sum_x g^p(x) \pi(x) \log g^p(x) - \log G(t) \right) - \frac{1}{\text{vol } G} \sum_{x \sim y} (g^{p-1}(x) - g^{p-1}(y))(g(x) - g(y)) \\ &= \frac{1}{\text{vol } G} \left( \frac{p'}{p^2} \sum_x \sum_x g^p(x) d_x \log \frac{g^p(x)}{\log G(t)} - \sum_{x \sim y} (g^{p-1}(x) - g^{p-1}(y))(g(x) - g(y)) w_{x,y} \right) \\ &\leq 0 \end{aligned}$$

by using (14). Theorem 5 is proved.  $\square$

Together with Theorem 3 and 4, we have completed the proofs for the main results in Theorem 1 and 2.

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