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# On the maximal operator of a general Ornstein-Uhlenbeck semigroup 

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#### Abstract

If $Q$ is a real, symmetric and positive definite $n \times n$ matrix, and $B$ a real $n \times n$ matrix whose eigenvalues have negative real parts, we consider the Ornstein-Uhlenbeck semigroup on $\mathbb{R}^{n}$ with covariance $Q$ and drift matrix $B$. Our main result says that the associated maximal operator is of weak type $(1,1)$ with respect to the invariant measure. The proof has a geometric gist and hinges on the "forbidden zones method" previously introduced by the third author.


Keywords Ornstein-Uhlenbeck semigroup • Maximal operator • Gaussian measure • Mehler kernel • Weak type (1,1)

Mathematics Subject Classification 47D03 - 42B25

## 1 Introduction

In this paper we prove a weak type $(1,1)$ theorem for the maximal operator associated to a general Ornstein-Uhlenbeck semigroup. We extend the proof given by the third author in 1983 in a symmetric context. Our setting is the following.

[^0]In $\mathbb{R}^{n}$ we will consider the semigroup generated by the elliptic operator

$$
\mathcal{L}=\frac{1}{2} \sum_{i, j=1}^{n} q_{i j} \frac{\partial^{2}}{\partial x_{i} \partial x_{j}}+\sum_{i, j=1}^{n} b_{i j} x_{i} \frac{\partial}{\partial x_{j}},
$$

or, equivalently,

$$
\mathcal{L}=\frac{1}{2} \operatorname{tr}\left(Q \nabla^{2}\right)+\langle B x, \nabla\rangle,
$$

where $\nabla$ is the gradient and $\nabla^{2}$ the Hessian. Here $Q=\left(q_{i j}\right)$ is a real, symmetric and positive definite $n \times n$ matrix, indicating the covariance of $\mathcal{L}$. The real $n \times n$ matrix $B=\left(b_{i j}\right)$ is negative in the sense that all its eigenvalues have negative real parts, and it gives the drift of $\mathcal{L}$.

The semigroup is formally $\mathcal{H}_{t}=e^{t \mathcal{L}}, t>0$, but to write it more explicitly we first introduce the positive definite, symmetric matrices

$$
\begin{equation*}
Q_{t}=\int_{0}^{t} e^{s B} Q e^{s B^{*}} d s, \quad 0<t \leq+\infty, \tag{1.1}
\end{equation*}
$$

and the normalized Gaussian measures $\gamma_{t}$ in $\mathbb{R}^{n}$, with $t \in(0,+\infty]$, having density

$$
y \mapsto(2 \pi)^{-\frac{n}{2}}\left(\operatorname{det} Q_{t}\right)^{-\frac{1}{2}} \exp \left(-\frac{1}{2}\left\langle Q_{t}^{-1} y, y\right\rangle\right)
$$

with respect to Lebesgue measure. Then for functions $f$ in the space of bounded continuous functions in $\mathbb{R}^{n}$ one has

$$
\begin{equation*}
\mathcal{H}_{t} f(x)=\int f\left(e^{t B} x-y\right) d \gamma_{t}(y), \quad x \in \mathbb{R}^{n} \tag{1.2}
\end{equation*}
$$

a formula due to Kolmogorov. The measure $\gamma_{\infty}$ is invariant under the action of $\mathcal{H}_{t}$; it will be our basic measure, replacing Lebesgue measure.

We remark that $\left(\mathcal{H}_{t}\right)_{t>0}$ is the transition semigroup of the stochastic process

$$
\chi(x, t)=e^{t B}+\int_{0}^{t} e^{(t-s) B} d W(s)
$$

where $W$ is a Brownian motion in $\mathbb{R}^{n}$ with covariance $Q$.
We are interested in the maximal operator defined as

$$
\mathcal{H}_{*} f(x)=\sup _{t>0}\left|\mathcal{H}_{t} f(x)\right| .
$$

Under the above assumptions on $Q$ and $B$, our main result is the following.
Theorem 1.1 The Ornstein-Uhlenbeck maximal operator $\mathcal{H}_{*}$ is of weak type $(1,1)$ with respect to the invariant measure $\gamma_{\infty}$, with an operator quasinorm that depends only on the dimension and the matrices $Q$ and $B$.

In other words, the inequality

$$
\begin{equation*}
\gamma_{\infty}\left\{x \in \mathbb{R}^{n}: \mathcal{H}_{*} f(x)>\alpha\right\} \leq \frac{C}{\alpha}\|f\|_{L^{1}\left(\gamma_{\infty}\right)}, \quad \alpha>0, \tag{1.3}
\end{equation*}
$$

holds for all functions $f \in L^{1}\left(\gamma_{\infty}\right)$, with $C=C(n, Q, B)$.

For large values of the time parameter, we also obtain a refinement of this result. Indeed, we prove in Proposition 6.1 that

$$
\begin{equation*}
\gamma_{\infty}\left\{x \in \mathbb{R}^{n}: \sup _{t>1}\left|\mathcal{H}_{t} f(x)\right|>\alpha\right\} \leq \frac{C}{\alpha \sqrt{\log \alpha}} \tag{1.4}
\end{equation*}
$$

for large $\alpha>0$ and all normalized functions $f \in L^{1}\left(\gamma_{\infty}\right)$. Here $C=C(n, Q, B)$, and this estimate is shown to be sharp. It cannot be extended to $\mathcal{H}_{*}$, since the maximal operator corresponding to small values of $t$ only satisfies the ordinary weak type inequality. This sharpening is not surprising, in the light of some recent results for the standard case $Q=I$ and $B=-I$ by Lehec [8]. He proved the following conjecture, proposed by Ball, Barthe, Bednorz, Oleszkiewicz and Wolff [2]:

For each fixed $t>0$, there exists a function $\psi_{t}=\psi_{t}(\alpha)$, with $\lim _{\alpha \rightarrow+\infty} \psi_{t}(\alpha)=0$, satisfying

$$
\gamma_{\infty}\left\{x \in \mathbb{R}^{n}:\left|\mathcal{H}_{t} f(x)\right|>\alpha\right\} \leq \frac{\psi_{t}(\alpha)}{\alpha}
$$

for all large $\alpha>0$ and all $f \in L^{1}\left(\gamma_{\infty}\right)$ such that $\|f\|_{L^{1}\left(\gamma_{\infty}\right)}=1$. Lehec proved this conjecture with $\psi_{t}(\alpha)=C(t) / \sqrt{\log \alpha}$ independent of the dimension, and this $\psi_{t}$ is sharp. Our estimates depend strongly on the dimension $n$, but on the other hand we estimate the supremum over large $t$.

The history of $\mathcal{H}_{*}$ is quite long and started with the first attempts to prove $L^{p}$ estimates. When $\left(\mathcal{H}_{t}\right)_{t>0}$ is symmetric, i.e., when each operator $\mathcal{H}_{t}$ is self-adjoint on $L^{2}\left(\gamma_{\infty}\right)$, then $\mathcal{H}_{*}$ is bounded on $L^{p}\left(\gamma_{\infty}\right)$ for $1<p \leq \infty$, as a consequence of the general Littlewood-PaleyStein theory for symmetric semigroups of contractions on $L^{p}$ spaces [16, Ch. III].

It is easy to see that the maximal operator is unbounded on $L^{1}\left(\gamma_{\infty}\right)$. This led, about fifty years ago, to the study of the weak type $(1,1)$ of $\mathcal{H}_{*}$ with respect to $\gamma_{\infty}$. The first positive result is due to $B$. Muckenhoupt [13], who proved the estimate (1.3) in the one-dimensional case with $Q=I$ and $B=-I$. The analogous question in the higher-dimensional case was an open problem until 1983, when the third author [15] proved the weak type (1, 1) in any finite dimension. Other proofs are due to Menárguez, Pérez and Soria [11] (see also [10, 14]) and to Garcìa-Cuerva, Mauceri, Meda, Sjögren and Torrea [7]. Moreover, a different proof of the weak type $(1,1)$ of $\mathcal{H}_{*}$, based on a covering lemma halfway between covering results by Besicovitch and Wiener, was given by Aimar, Forzani and Scotto [1]. A nice overview of the literature may be found in [17, Ch.4].

In [4] the present authors recently considered a normal Ornstein-Uhlenbeck semigroup in $\mathbb{R}^{n}$, that is, we assumed that $\mathcal{H}_{t}$ is for each $t>0$ a normal operator on $L^{2}\left(\gamma_{\infty}\right)$. Under this extra assumption, we proved that the associated maximal operator is of weak type $(1,1)$ with respect to the invariant measure $\gamma_{\infty}$. This extends earlier work in the non-symmetric framework by Mauceri and Noselli [9], who proved that if $Q=I$ and $B=\lambda(R-I)$ for some positive $\lambda$ and a real skew-symmetric matrix $R$ generating a periodic group, then the maximal operator $\mathcal{H}_{*}$ is of weak type $(1,1)$.

In Theorem 1.1 we go beyond the hypothesis of normality. The proof has a geometric core and relies on the ad hoc technique developed by the third author in [15]. It is worth noticing that, while the proof in [4] required an analysis of the special case when $Q=I$ and $B=\left(-\lambda_{1}, \ldots,-\lambda_{n}\right)$, with $\lambda_{j}>0$ for $j=1, \ldots, n$, and then the application of factorization results, we apply here directly, avoiding many intermediate steps, the "forbidden zones" technique introduced in [15].

Since the maximal operator $\mathcal{H}_{*}$ is trivially bounded from $L^{\infty}$ to $L^{\infty}$, we obtain by interpolation the following corollary.

Corollary 1.2 The Ornstein-Uhlenbeck maximal operator $\mathcal{H}_{*}$ is bounded on $L^{p}\left(\gamma_{\infty}\right)$ for all $p>1$.

This result improves Theorem 4.2 in [9], where the $L^{p}$ boundedness of $\mathcal{H}_{*}$ is proved for all $p>1$ in the normal framework, under the additional assumption that the infinitesimal generator of $\left(\mathcal{H}_{t}\right)_{t>0}$ is a sectorial operator of angle less than $\pi / 2$.

In this paper we focus our attention on the Ornstein-Uhlenbeck semigroup in $\mathbb{R}^{n}$. In view of possible applications to stochastic analysis and to SPDE's, it would be very interesting to investigate the case of the infinite-dimensional Ornstein-Uhlenbeck maximal operator as well (see $[3,6,18]$ for an introduction to the infinite-dimensional setting). The Riesz transforms associated to a general Ornstein-Uhlenbeck semigroup in $\mathbb{R}^{n}$ have been studied in the authors' paper [5].

The scheme of the paper is as follows. In Sect. 2 we introduce the Mehler kernel $K_{t}(x, u)$, that is, the integral kernel of $\mathcal{H}_{t}$. Some estimates for the norm and the determinant of $Q_{t}$ and related matrices are provided in Sect. 3. As a consequence, we obtain bounds for the Mehler kernel. In Sect. 4 we consider the relevant geometric features of the problem, and introduce in Sect. 4.1 a system of polar-like coordinates. We also express Lebesgue measure in terms of these coordinates. Sections 5, 6, 7 and 8 are devoted to the proof of Theorem 1.1. First, Sect. 5 introduces some preliminary simplifications of the proof; in particular, we restrict the variable $x$ to an ellipsoidal annulus. In Sect. 6 we consider the supremum in the definition of the maximal operator taken only over $t>1$ and prove the sharp estimate (1.4). Section 7 is devoted to the case of small $t$ under an additional local condition. Finally, in Sect. 8 we treat the remaining case and conclude the proof of Theorem 1.1, by proving the estimate (1.3) for small $t$ under a global assumption.

In the following, we use the "variable constant convention", according to which the symbols $c>0$ and $C<\infty$ will denote constants which are not necessarily equal at different occurrences. They all depend only on the dimension and on $Q$ and $B$. For any two nonnegative quantities $a$ and $b$ we write $a \lesssim b$ instead of $a \leq C b$ and $a \gtrsim b$ instead of $a \geq c b$. The symbol $a \simeq b$ means that both $a \lesssim b$ and $a \gtrsim b$ hold.

By $\mathbb{N}$ we mean the set of all nonnegative integers. If $A$ is an $n \times n$ matrix, we write $\|A\|$ for its operator norm on $\mathbb{R}^{n}$ with the Euclidean norm $|\cdot|$.

## 2 The Mehler kernel

For $t>0$, the difference

$$
\begin{equation*}
Q_{\infty}-Q_{t}=\int_{t}^{\infty} e^{s B} Q e^{s B^{*}} d s \tag{2.1}
\end{equation*}
$$

is a symmetric and strictly positive definite matrix. So is the matrix

$$
\begin{equation*}
Q_{t}^{-1}-Q_{\infty}^{-1}=Q_{t}^{-1}\left(Q_{\infty}-Q_{t}\right) Q_{\infty}^{-1} \tag{2.2}
\end{equation*}
$$

and we can define

$$
\begin{equation*}
D_{t}=\left(Q_{t}^{-1}-Q_{\infty}^{-1}\right)^{-1} Q_{t}^{-1} e^{t B}, \quad t>0 \tag{2.3}
\end{equation*}
$$

Then formula (1.2), the definition of the Gaussian measure and some elementary computations yield

$$
\begin{align*}
\mathcal{H}_{t} f(x)= & (2 \pi)^{-\frac{n}{2}}\left(\operatorname{det} Q_{t}\right)^{-\frac{1}{2}} \int f\left(e^{t B} x-y\right) \exp \left[-\frac{1}{2}\left\langle Q_{t}^{-1} y, y\right\rangle\right] d y \\
= & \left(\frac{\operatorname{det} Q_{\infty}}{\operatorname{det} Q_{t}}\right)^{1 / 2} \exp \left[\frac{1}{2}\left\langle Q_{t}^{-1} e^{t B} x, D_{t} x-e^{t B} x\right\rangle\right] \\
& \times \int f(u) \exp \left[\frac{1}{2}\left\langle\left(Q_{\infty}^{-1}-Q_{t}^{-1}\right)\left(u-D_{t} x\right), u-D_{t} x\right\rangle\right] d \gamma_{\infty}(u), \tag{2.4}
\end{align*}
$$

where we repeatedly used the fact that $Q_{\infty}^{-1}-Q_{t}^{-1}$ is symmetric. We now express the matrix $D_{t}$ in various ways.

Lemma 2.1 For all $x \in \mathbb{R}^{n}$ and $t>0$ we have
(i) $D_{t}=Q_{\infty} e^{-t B^{*}} Q_{\infty}^{-1}$;
(ii) $D_{t}=e^{t B}+Q_{t} e^{-t B^{*}} Q_{\infty}^{-1}$.

Proof (i) The formulae (2.1) and (1.1) imply

$$
\begin{equation*}
Q_{\infty}-Q_{t}=e^{t B} Q_{\infty} e^{t B^{*}} \tag{2.5}
\end{equation*}
$$

(see also [12, formula (2.1)]). From (2.3) and (2.2) it follows that

$$
D_{t}=Q_{\infty}\left(Q_{\infty}-Q_{t}\right)^{-1} e^{t B},
$$

and combining this with (2.5) we arrive at (i).
(ii) Multiplying (2.5) by $e^{-t B^{*}} Q_{\infty}^{-1}$ from the right, we obtain

$$
Q_{\infty} e^{-t B^{*}} Q_{\infty}^{-1}-Q_{t} e^{-t B^{*}} Q_{\infty}^{-1}=e^{t B}
$$

and (ii) now follows from (i).

By means of (i) in this lemma, we can define $D_{t}$ for all $t \in \mathbb{R}$, and they will form a one-parameter group of matrices.

Now (ii) in Lemma 2.1 yields

$$
\left\langle Q_{t}^{-1} e^{t B} x, D_{t} x-e^{t B} x\right\rangle=\left\langle Q_{t}^{-1} e^{t B} x, Q_{t} e^{-t B^{*}} Q_{\infty}^{-1} x\right\rangle=\left\langle Q_{\infty}^{-1} x, x\right\rangle .
$$

Thus (2.4) may be rewritten as

$$
\mathcal{H}_{t} f(x)=\int K_{t}(x, u) f(u) d \gamma_{\infty}(u)
$$

where $K_{t}$ denotes the Mehler kernel, given by

$$
\begin{align*}
& K_{t}(x, u) \\
& =\left(\frac{\operatorname{det} Q_{\infty}}{\operatorname{det} Q_{t}}\right)^{1 / 2} \exp (R(x)) \exp \left[-\frac{1}{2}\left\langle\left(Q_{t}^{-1}-Q_{\infty}^{-1}\right)\left(u-D_{t} x\right), u-D_{t} x\right\rangle\right] \tag{2.6}
\end{align*}
$$

for $x, u \in \mathbb{R}^{n}$. Here we introduced the quadratic form

$$
R(x)=\frac{1}{2}\left\langle Q_{\infty}^{-1} x, x\right\rangle, \quad x \in \mathbb{R}^{n} .
$$

## 3 Some auxiliary results

In this section we collect some preliminary bounds, which will be essential for the sequel.
Lemma 3.1 For $s>0$ and for all $x \in \mathbb{R}^{n}$ the matrices $D_{s}$ and $D_{-s}=D_{s}^{-1}$ satisfy

$$
e^{c s}|x| \lesssim\left|D_{s} x\right| \lesssim e^{C s}|x|,
$$

and

$$
e^{-C s}|x| \lesssim\left|D_{-s} x\right| \lesssim e^{-c s}|x| .
$$

This also holds with $D_{s}$ replaced by $e^{-s B}$ and $e^{-s B^{*}}$.
Proof We make a Jordan decomposition of $B^{*}$, thus writing it as the sum of a complex diagonal matrix and a triangular, nilpotent matrix, which commute with each other. This leads to expressions for $e^{-s B^{*}}$ and $e^{s B^{*}}$, and since $B^{*}$ like $B$ has only eigenvalues with negative real parts, we see that

$$
\begin{equation*}
\left\|e^{-s B^{*}}\right\| \lesssim e^{C s} \quad \text { and } \quad\left\|e^{s B^{*}}\right\| \lesssim e^{-c s} \tag{3.1}
\end{equation*}
$$

From (i) in Lemma 2.1, we now get the claimed upper estimates for $D_{ \pm s}$. To prove the lower estimate for $D_{s}$, we write

$$
|x|=\left|D_{-s} D_{s} x\right| \lesssim e^{-c s}\left|D_{s} x\right| .
$$

The other parts of the lemma are completely analogous.
In the following lemma, we collect estimates of some basic quantities related to the matrices $Q_{t}$.

Lemma 3.2 For all $t>0$ we have
(i) $\operatorname{det} Q_{t} \simeq(\min (1, t))^{n}$;
(ii) $\left\|Q_{t}^{-1}\right\| \simeq(\min (1, t))^{-1}$;
(iii) $\left\|Q_{\infty}-Q_{t}\right\| \lesssim e^{-c t}$;
(iv) $\left\|Q_{t}^{-1}-Q_{\infty}^{-1}\right\| \lesssim t^{-1} e^{-c t}$;
(v) $\left\|\left(Q_{t}^{-1}-Q_{\infty}^{-1}\right)^{-1 / 2}\right\| \lesssim t^{1 / 2} e^{C t}$.

Proof (i) and (ii) Using (3.1), we see that for each $t>0$ and for all $v \in \mathbb{R}^{n}$

$$
\begin{aligned}
\left\langle Q_{t} v, v\right\rangle & =\left\langle\int_{0}^{t} e^{s B} Q e^{s B^{*}} v d s, v\right\rangle=\int_{0}^{t}\left\langle Q^{1 / 2} e^{s B^{*}} v, Q^{1 / 2} e^{s B^{*}} v\right\rangle d s \\
& =\int_{0}^{t}\left|Q^{1 / 2} e^{s B^{*}} v\right|^{2} d s \simeq \int_{0}^{t}\left|e^{s B^{*}} v\right|^{2} d s \\
& \lesssim \int_{0}^{t} e^{-c s} d s|v|^{2} \simeq \min (1, t)|v|^{2}
\end{aligned}
$$

Since $\left\|\left(e^{s B^{*}}\right)^{-1}\right\|=\left\|e^{-s B^{*}}\right\| \lesssim e^{C s}$, there is also a lower estimate

$$
\int_{0}^{t}\left|e^{s B^{*}} v\right|^{2} d s \gtrsim \int_{0}^{t} e^{-C s} d s|v|^{2} \simeq \min (1, t)|v|^{2} .
$$

Thus any eigenvalue of $Q_{t}$ has order of magnitude $\min (1, t)$, and (i) and (ii) follow.
(iii) From the definition of $Q_{t}$ and (3.1), we get

$$
\left\|Q_{\infty}-Q_{t}\right\|=\left\|\int_{t}^{\infty} e^{s B} Q e^{s B^{*}} d s\right\| \lesssim e^{-c t} .
$$

(iv) Using now (ii) and (iii), we have

$$
\begin{aligned}
\left\|Q_{t}^{-1}-Q_{\infty}^{-1}\right\| & =\left\|Q_{t}^{-1}\left(Q_{\infty}-Q_{t}\right) Q_{\infty}^{-1}\right\| \lesssim\left\|Q_{t}^{-1}\right\|\left\|Q_{\infty}-Q_{t}\right\| \\
& \lesssim(\min (1, t))^{-1} e^{-c t} \lesssim t^{-1} e^{-c t} .
\end{aligned}
$$

(v) Since $\left\|A^{1 / 2}\right\|=\|A\|^{1 / 2}$ for any symmetric positive definite matrix $A$, we consider $\left(Q_{t}^{-1}-Q_{\infty}^{-1}\right)^{-1}$, which can be rewritten as

$$
\begin{equation*}
\left(Q_{t}^{-1}-Q_{\infty}^{-1}\right)^{-1}=\left(Q_{\infty}^{-1}\left(Q_{\infty}-Q_{t}\right) Q_{t}^{-1}\right)^{-1}=Q_{t}\left(Q_{\infty}-Q_{t}\right)^{-1} Q_{\infty} . \tag{3.2}
\end{equation*}
$$

It follows from (2.5) that $\left(Q_{\infty}-Q_{t}\right)^{-1}=e^{-t B^{*}} Q_{\infty}^{-1} e^{-t B}$,
so that

$$
\left\|\left(Q_{\infty}-Q_{t}\right)^{-1}\right\| \lesssim e^{C t}
$$

as a consequence of (3.2). Inserting this and the simple estimate $\left\|Q_{t}\right\| \lesssim t$ in (3.2), we obtain $\left\|\left(Q_{t}^{-1}-Q_{\infty}^{-1}\right)^{-1}\right\| \lesssim t e^{C t}$, and (v) follows.

Proposition 3.3 For $t \geq 1$ and $w \in \mathbb{R}^{n}$, we have

$$
\left\langle\left(Q_{t}^{-1}-Q_{\infty}^{-1}\right) D_{t} w, D_{t} w\right\rangle \simeq|w|^{2} .
$$

Proof By (2.3) and Lemma 2.1 (i) we have

$$
\begin{aligned}
\left\langle\left(Q_{t}^{-1}-Q_{\infty}^{-1}\right) D_{t} w, D_{t} w\right\rangle & =\left\langle Q_{t}^{-1} e^{t B} w, Q_{\infty} e^{-t B^{*}} Q_{\infty}^{-1} w\right\rangle \\
& =\left\langle Q_{\infty} Q_{t}^{-1} e^{t B} w, e^{-t B^{*}} Q_{\infty}^{-1} w\right\rangle
\end{aligned}
$$

Since $Q_{\infty} Q_{t}^{-1}=I+\left(Q_{\infty}-Q_{t}\right) Q_{t}^{-1}$, this leads to

$$
\begin{aligned}
& \left\langle\left(Q_{t}^{-1}-Q_{\infty}^{-1}\right) D_{t} w, D_{t} w\right\rangle \\
& \quad=\left\langle e^{t B} w, e^{-t B^{*}} Q_{\infty}^{-1} w\right\rangle+\left\langle\left(Q_{\infty}-Q_{t}\right) Q_{t}^{-1} e^{t B} w, e^{-t B^{*}} Q_{\infty}^{-1} w\right\rangle \\
& \quad=\left\langle Q_{\infty}^{-1} w, w\right\rangle+\left\langle e^{-t B}\left(Q_{\infty}-Q_{t}\right) Q_{t}^{-1} e^{t B} w, Q_{\infty}^{-1} w\right\rangle .
\end{aligned}
$$

Here $\left\langle Q_{\infty}^{-1} w, w\right\rangle \simeq|w|^{2}$. Using (2.1) and then the definition of $Q_{\infty}$, we observe that the last term can be written as

$$
\begin{align*}
& \left\langle\int_{t}^{\infty} e^{(s-t) B} Q e^{(s-t) B^{*}} d s e^{t B^{*}} Q_{t}^{-1} e^{t B} w, Q_{\infty}^{-1} w\right\rangle \\
& \quad=\left\langle Q_{\infty} e^{t B^{*}} Q_{t}^{-1} e^{t B} w, Q_{\infty}^{-1} w\right\rangle \\
& \quad=\left\langle e^{t B^{*}} Q_{t}^{-1} e^{t B} w, w\right\rangle \\
& \quad=\left|Q_{t}^{-1 / 2} e^{t B} w\right|^{2} . \tag{3.3}
\end{align*}
$$

Since $\left|Q_{t}^{-1 / 2} e^{t B} w\right|^{2} \lesssim|w|^{2}$ for $t \geq 1$ by Lemmata 3.1 and 3.2 (ii), the proposition follows.
We finally give estimates of the kernel $K_{t}$, for small and large values of $t$. When $t \leq 1$, one has $\left\|\left(Q_{t}^{-1}-Q_{\infty}^{-1}\right)^{1 / 2}\right\| \simeq t^{-1 / 2}$ and $\left\|\left(Q_{t}^{-1}-Q_{\infty}^{-1}\right)^{-1 / 2}\right\| \simeq t^{1 / 2}$, by (iv) and (v) in Lemma 3.2. Combined with (2.6), this implies

$$
\begin{equation*}
\frac{e^{R(x)}}{t^{n / 2}} \exp \left(-C \frac{\left|u-D_{t} x\right|^{2}}{t}\right) \lesssim K_{t}(x, u) \lesssim \frac{e^{R(x)}}{t^{n / 2}} \exp \left(-c \frac{\left|u-D_{t} x\right|^{2}}{t}\right), \quad 0<t \leq 1 . \tag{3.4}
\end{equation*}
$$

Lemma 3.4 For $t \geq 1$ and $x, u \in \mathbb{R}^{n}$, we have

$$
\begin{equation*}
e^{R(x)} \exp \left[-C\left|D_{-t} u-x\right|^{2}\right] \lesssim K_{t}(x, u) \lesssim e^{R(x)} \exp \left[-c\left|D_{-t} u-x\right|^{2}\right] . \tag{3.5}
\end{equation*}
$$

Proof This follows from (2.6), if we write $u-D_{t} x=D_{t}\left(D_{-t} u-x\right)$ and apply Proposition 3.3 with $w=D_{-t} u-x$.

## 4 Geometric aspects of the problem

### 4.1 A system of adapted polar coordinates

We first need a technical lemma.
Lemma 4.1 For all $x$ in $\mathbb{R}^{n}$ and $s \in \mathbb{R}$, we have

$$
\begin{align*}
& \left\langle B^{*} Q_{\infty}^{-1} x, x\right\rangle=-\frac{1}{2}\left|Q^{1 / 2} Q_{\infty}^{-1} x\right|^{2}  \tag{4.1}\\
& \frac{\partial}{\partial s} D_{s} x=-Q_{\infty} B^{*} Q_{\infty}^{-1} D_{s} x=-Q_{\infty} e^{-s B^{*}} B^{*} Q_{\infty}^{-1} x  \tag{4.2}\\
& \frac{\partial}{\partial s} R\left(D_{s} x\right)=\frac{1}{2}\left|Q^{1 / 2} Q_{\infty}^{-1} D_{s} x\right|^{2} \simeq\left|D_{s} x\right|^{2} . \tag{4.3}
\end{align*}
$$

Proof To prove (4.1), we use the definition of $Q_{\infty}$ to write for any $z \in \mathbb{R}^{n}$

$$
\begin{aligned}
\left\langle B^{*} z, Q_{\infty} z\right\rangle & =\int_{0}^{\infty}\left\langle B^{*} z, e^{s B} Q e^{s B^{*}} z\right\rangle d s \\
& =\int_{0}^{\infty}\left\langle e^{s B^{*}} B^{*} z, Q e^{s B^{*}} z\right\rangle d s \\
& =\frac{1}{2} \int_{0}^{\infty} \frac{d}{d s}\left\langle e^{s B^{*}} z, Q e^{s B^{*}} z\right\rangle d s \\
& =-\frac{1}{2}\left|Q^{1 / 2} z\right|^{2} .
\end{aligned}
$$

Setting $z=Q_{\infty}^{-1} x$, we get (4.1).
Further, (4.2) easily follows if we observe that

$$
\frac{\partial}{\partial s} D_{s} x=\frac{\partial}{\partial s}\left(Q_{\infty} e^{-s B^{*}} Q_{\infty}^{-1} x\right)=-Q_{\infty} B^{*} Q_{\infty}^{-1} Q_{\infty} e^{-s B^{*}} Q_{\infty}^{-1} x=-Q_{\infty} B^{*} Q_{\infty}^{-1} D_{s} x
$$

Finally, we get by means of (4.2) and (4.1)

$$
\begin{aligned}
\frac{\partial}{\partial s} R\left(D_{s} x\right) & =\frac{1}{2} \frac{\partial}{\partial s}\left\langle Q_{\infty}^{-1 / 2} D_{s} x, Q_{\infty}^{-1 / 2} D_{s} x\right\rangle \\
& =-\left\langle Q_{\infty}^{-1 / 2} Q_{\infty} B^{*} Q_{\infty}^{-1} D_{s} x, Q_{\infty}^{-1 / 2} D_{s} x\right\rangle \\
& =\frac{1}{2}\left|Q^{1 / 2} Q_{\infty}^{-1} D_{s} x\right|^{2},
\end{aligned}
$$

and (4.3) is verified.

We observe here that an integration of (4.2) leads to

$$
\begin{equation*}
\left|x-D_{t} x\right| \lesssim t|x|, \quad 0 \leq t \leq 1 . \tag{4.4}
\end{equation*}
$$

Fix now $\beta>0$ and consider the ellipsoid

$$
E_{\beta}=\left\{x \in \mathbb{R}^{n}: R(x)=\beta\right\} .
$$

As a consequence of (4.3), the map $s \mapsto R\left(D_{s} z\right)$ is strictly increasing for each $0 \neq z \in \mathbb{R}^{n}$. Hence any $x \in \mathbb{R}^{n}, x \neq 0$, can be written uniquely as

$$
\begin{equation*}
x=D_{s} \tilde{x}, \tag{4.5}
\end{equation*}
$$

for some $\tilde{x} \in E_{\beta}$ and $s \in \mathbb{R}$. We consider $s$ and $\tilde{x}$ as the polar coordinates of $x$. Our estimates in what follows will be uniform in $\beta$.

Next, we shall write Lebesgue measure in terms of these polar coordinates. A normal vector to the surface $E_{\beta}$ at the point $\tilde{x} \in E_{\beta}$ is $\mathbf{N}(\tilde{x})=Q_{\infty}^{-1} \tilde{x}$, and the tangent hyperplane at $\tilde{x}$ is $\mathbf{N}(\tilde{x})^{\perp}$. For $s>0$ the tangent hyperplane of the surface $D_{s} E_{\beta}=\left\{D_{s} \tilde{x}: \tilde{x} \in E_{\beta}\right\}$ at the point $D_{s} \tilde{x}$ is $D_{s}\left(\mathbf{N}(\tilde{x})^{\perp}\right)$, and a normal to $D_{s} E_{\beta}$ at the same point is $w=\left(D_{s}^{-1}\right)^{*}(\mathbf{N}(\tilde{x}))=$ $D_{-s}^{*} Q_{\infty}^{-1} \tilde{x}=Q_{\infty}^{-1} e^{s B} \tilde{x}$.

The scalar product of $w$ and the tangent of the curve $s \mapsto D_{s} \tilde{x}$ at the point $D_{s} \tilde{x}$ is, because of (4.2) and (4.1),

$$
\begin{align*}
& \left\langle\frac{\partial}{\partial s} D_{s} \tilde{x}, w\right\rangle \\
& \quad=-\left\langle Q_{\infty} e^{-s B^{*}} B^{*} Q_{\infty}^{-1} \tilde{x}, Q_{\infty}^{-1} e^{s B} \tilde{x}\right\rangle=-\left\langle B^{*} Q_{\infty}^{-1} \tilde{x}, \tilde{x}\right\rangle=\frac{1}{2}\left|Q^{1 / 2} Q_{\infty}^{-1} \tilde{x}\right|^{2}>0 \tag{4.6}
\end{align*}
$$

Thus the curve $s \mapsto D_{s} \tilde{x}$ is transversal to each surface $D_{s} E_{\beta}$. Let $d S_{s}$ denote the area measure of $D_{s} E_{\beta}$. Then Lebesgue measure is given in terms of our polar coordinates by

$$
\begin{equation*}
d x=H(s, \tilde{x}) d S_{s}\left(D_{s} \tilde{x}\right) d s, \tag{4.7}
\end{equation*}
$$

where

$$
H(s, \tilde{x})=\left\langle\frac{\partial}{\partial s} D_{s} \tilde{x}, \frac{w}{|w|}\right\rangle=\frac{\left|Q^{1 / 2} Q_{\infty}^{-1} \tilde{x}\right|^{2}}{2\left|Q_{\infty}^{-1} e^{s B} \tilde{x}\right|} .
$$

To see how $d S_{s}$ varies with $s$, we take a continuous function $\varphi=\varphi(\tilde{x})$ on $E_{\beta}$ and extend it to $\mathbb{R}^{n} \backslash\{0\}$ by writing $\varphi\left(D_{s} \tilde{x}\right)=\varphi(\tilde{x})$. For any $t>0$ and small $\varepsilon>0$, we define the shell

$$
\Omega_{t, \varepsilon}=\left\{D_{s} \tilde{x}: t<s<t+\varepsilon, \tilde{x} \in E_{\beta}\right\} .
$$

Then $\Omega_{t, \varepsilon}$ is the image under $D_{t}$ of $\Omega_{0, \varepsilon}$, and the Jacobian of this map is det $D_{t}=e^{-t \operatorname{tr} B}$. Thus

$$
\int_{\Omega_{t, \varepsilon}} \varphi(x) d x=e^{-t \operatorname{tr} B} \int_{\Omega_{0, \varepsilon}} \varphi\left(D_{t} x\right) d x,
$$

which we can rewrite as

$$
\begin{aligned}
& \int_{t<s<t+\varepsilon} \int_{\tilde{x} \in E_{\beta}} \varphi(\tilde{x}) H(s, \tilde{x}) d S_{s}\left(D_{s} \tilde{x}\right) d s \\
& \quad=e^{-t \operatorname{tr} B} \int_{0<s<\varepsilon} \int_{\tilde{x} \in E_{\beta}} \varphi(\tilde{x}) H(s, \tilde{x}) d S_{s}\left(D_{s} \tilde{x}\right) d s .
\end{aligned}
$$

Now we divide by $\varepsilon$ and let $\varepsilon \rightarrow 0$, getting

$$
\int_{E_{\beta}} \varphi(\tilde{x}) H(t, \tilde{x}) d S_{t}\left(D_{t} \tilde{x}\right)=e^{-t \operatorname{tr} B} \int_{E_{\beta}} \varphi(\tilde{x}) H(0, \tilde{x}) d S_{0}(\tilde{x}) .
$$

Since this holds for any $\varphi$, it follows that

$$
d S_{t}\left(D_{t} \tilde{x}\right)=e^{-t \operatorname{tr} B} \frac{H(0, \tilde{x})}{H(t, \tilde{x})} d S_{0}(\tilde{x})
$$

Together with (4.7), this implies the following result.
Proposition 4.2 The Lebesgue measure in $\mathbb{R}^{n}$ is given in terms of polar coordinates $(t, \tilde{x})$ by

$$
d x=e^{-t \operatorname{tr} B} \frac{\left|Q^{1 / 2} Q_{\infty}^{-1} \tilde{x}\right|^{2}}{2\left|Q_{\infty}^{-1} \tilde{x}\right|} d S_{0}(\tilde{x}) d t
$$

We also need estimates of the distance between two points in terms of the polar coordinates. The following result is a generalization of Lemma 4.2 in [4], and its proof is analogous.

Lemma 4.3 Fix $\beta>0$. Let $x^{(0)}, x^{(1)} \in \mathbb{R}^{n} \backslash\{0\}$ and assume $R\left(x^{(0)}\right)>\beta / 2$. Write

$$
x^{(0)}=D_{s^{(0)}}\left(\tilde{x}^{(0)}\right) \quad \text { and } \quad x^{(1)}=D_{s^{(1)}}\left(\tilde{x}^{(1)}\right)
$$

with $s^{(0)}, s^{(1)} \in \mathbb{R}$ and $\tilde{x}^{(0)}, \tilde{x}^{(1)} \in E_{\beta}$.
(i) Then

$$
\begin{equation*}
\left|x^{(0)}-x^{(1)}\right| \gtrsim c\left|\tilde{x}^{(0)}-\tilde{x}^{(1)}\right| . \tag{4.8}
\end{equation*}
$$

(ii) If also $s^{(1)} \geq 0$, then

$$
\begin{equation*}
\left|x^{(0)}-x^{(1)}\right| \gtrsim c \sqrt{\beta}\left|s^{(0)}-s^{(1)}\right| . \tag{4.9}
\end{equation*}
$$

Proof Let $\Gamma:[0,1] \rightarrow \mathbb{R}^{n} \backslash\{0\}$ be a differentiable curve with $\Gamma(0)=x^{(0)}$ and $\Gamma(1)=x^{(1)}$. It suffices to bound the length of any such curve from below by the right-hand sides of (4.8) and (4.9).

For each $\tau \in[0,1]$, we write

$$
\Gamma(\tau)=D_{S(\tau)} \tilde{x}(\tau)
$$

with $\tilde{x}(\tau) \in E_{\beta}$ and $\tilde{x}(i)=\tilde{x}^{(i)}, s(i)=s^{(i)}$ for $i=0,1$. Thus

$$
\Gamma^{\prime}(\tau)=-\left.s^{\prime}(\tau) \frac{\partial}{\partial s} D_{s}\right|_{s=s(\tau)} \tilde{x}(\tau)+D_{s(\tau)} \tilde{x}^{\prime}(\tau) .
$$

The group property of $D_{s}$ implies that

$$
\left.\frac{\partial}{\partial s} D_{s}\right|_{s=s(\tau)}=\left.D_{s(\tau)} \frac{\partial}{\partial s} D_{s}\right|_{s=0},
$$

and so

$$
\Gamma^{\prime}(\tau)=D_{s(\tau)} v
$$

with

$$
v=-\left.s^{\prime}(\tau) \frac{\partial}{\partial s} D_{s}\right|_{s=0} \tilde{x}(\tau)+\tilde{x}^{\prime}(\tau)
$$

The vector $\tilde{x}^{\prime}(\tau)$ is tangent to $E_{\beta}$ and thus orthogonal to $\mathbf{N}(\tilde{x})$. Then (4.6) (with $s=0$ ) implies that the angle between $\left.\frac{\partial}{\partial s} D_{s}\right|_{s=0} \tilde{x}(\tau)$ and $\tilde{x}^{\prime}(\tau)$ is larger than some positive constant. It follows that
where we also used the fact that, by (4.2),

$$
\left.\left|\frac{\partial}{\partial s} D_{s}\right|_{s=0} \tilde{x}(\tau)|\simeq| \tilde{x}(\tau) \right\rvert\, \simeq \sqrt{\beta}
$$

Since

$$
|v|=\left|D_{-s(\tau)} \Gamma^{\prime}(\tau)\right| \leq\left\|D_{-s(\tau)}\right\|\left|\Gamma^{\prime}(\tau)\right| \lesssim e^{-C \min (s(\tau), 0)}\left|\Gamma^{\prime}(\tau)\right|
$$

because of Lemma 3.1, we obtain from (4.10)

$$
\begin{equation*}
\left|\Gamma^{\prime}(\tau)\right| \gtrsim e^{C \min (s(\tau), 0)}\left(\sqrt{\beta}\left|s^{\prime}(\tau)\right|+\left|\tilde{x}^{\prime}(\tau)\right|\right) \tag{4.11}
\end{equation*}
$$

Next, we derive a lower bound for $s(0)$; assume first that $s(0)<0$. The assumption $R\left(x^{(0)}\right)>\beta / 2$ implies, together with Lemma 3.1,

$$
\beta / 2 \leq R\left(D_{s(0)} \tilde{x}^{(0)}\right) \lesssim\left|D_{s(0)} \tilde{x}^{(0)}\right|^{2} \lesssim e^{c s(0)}\left|\tilde{x}^{(0)}\right|^{2} \simeq e^{c s(0)} \beta .
$$

It follows that

$$
s(0)>-\tilde{s},
$$

for some $\tilde{s}$ with $0<\tilde{s}<C$, and this obviously holds also without the assumption $s(0)<0$.
Assume now that $s(\tau)>-\tilde{s}-1$ for all $\tau \in[0,1]$. Then (4.11) implies

$$
\left|\Gamma^{\prime}(\tau)\right| \gtrsim \sqrt{\beta}\left|s^{\prime}(\tau)\right|
$$

and

$$
\left|\Gamma^{\prime}(\tau)\right| \gtrsim\left|\tilde{x}^{\prime}(\tau)\right| .
$$

Integrating these estimates with respect to $\tau$ in $[0,1]$, we immediately see that one can control the length of $\Gamma$ from below by the right-hand sides of (4.8) and (4.9).

If instead $s(\tau) \leq-\tilde{s}-1$ for some $\tau \in[0,1]$, we can proceed as in the proof of Lemma 4.2 in [4]. More precisely, since the image $s([0,1])$ contains the interval $[-\tilde{s}-1, \max (s(0), s(1))]$, we can find a closed subinterval $I$ of $[0,1]$ whose image $s(I)$ is exactly the interval $[-\tilde{s}-1, \max (s(0), s(1))]$. Thus we may use (4.11) to control the length of $\Gamma$ by

$$
\int_{0}^{1}\left|\Gamma^{\prime}(\tau)\right| d \tau \geq \int_{I}\left|\Gamma^{\prime}(\tau)\right| d \tau \gtrsim \sqrt{\beta} \int_{I}\left|s^{\prime}(\tau)\right| d \tau \geq \sqrt{\beta}(\max (s(0), s(1))+\tilde{s}+1) .
$$

Here

$$
\sqrt{\beta}(\max (s(0), s(1))+\tilde{s}+1) \gtrsim \sqrt{\beta} \gtrsim \operatorname{diam} E_{\beta} \geq\left|\tilde{x}^{(0)}-\tilde{x}^{(1)}\right|,
$$

and (4.8) follows. Under the additional hypothesis $s(1) \geq 0$ of (ii), we have

$$
\tilde{s} \geq \max (-s(0),-s(1))=-\min (s(0), s(1)) .
$$

Then

$$
\begin{aligned}
\sqrt{\beta}(\max (s(0), s(1))+\tilde{s}+1) & \gtrsim \sqrt{\beta}(\max (s(0), s(1))-\min (s(0), s(1))) \\
& =\sqrt{\beta}|s(0)-s(1)|,
\end{aligned}
$$

and (4.9) follows.

### 4.2 The Gaussian measure of a tube

We fix a large $\beta>0$. Define for $x^{(1)} \in E_{\beta}$ and $a>0$ the set

$$
\Omega=\left\{x \in E_{\beta}:\left|x-x^{(1)}\right|<a\right\} .
$$

This is a spherical cap of the ellipsoid $E_{\beta}$, centered at $x^{(1)}$. Observe that $|x| \simeq \sqrt{\beta}$ for $x \in \Omega$, and that the area of $\Omega$ is $|\Omega| \simeq \min \left(a^{n-1}, \beta^{(n-1) / 2}\right)$. Then consider the tube

$$
\begin{equation*}
Z=\left\{D_{s} \tilde{x}: s \geq 0, \tilde{x} \in \Omega\right\} . \tag{4.12}
\end{equation*}
$$

Lemma 4.4 There exists a constant $C$ such that $\beta>C$ implies that the Gaussian measure of the tube $Z$ fulfills

$$
\gamma_{\infty}(Z) \lesssim \frac{a^{n-1}}{\sqrt{\beta}} e^{-\beta} .
$$

Proof Proposition 4.2 yields, since $H(0, \tilde{x}) \simeq|\tilde{x}| \simeq \sqrt{ } \bar{\beta}$,
$\gamma_{\infty}(Z) \simeq \int_{0}^{\infty} e^{-s \operatorname{tr} B} e^{-R\left(D_{s} \tilde{x}\right)} \int_{\Omega} H(0, \tilde{x}) d S(\tilde{x}) d s \lesssim \sqrt{\beta} a^{n-1} \int_{0}^{\infty} e^{-s \operatorname{tr} B} e^{-R\left(D_{s} \tilde{x}\right)} d s$.
By (4.3) we have

$$
R\left(D_{s} \tilde{x}\right)-R(\tilde{x}) \simeq \int_{0}^{s}\left|D_{s^{\prime}} \tilde{x}\right|^{2} d s^{\prime} \gtrsim s|\tilde{x}|^{2} \simeq s \beta,
$$

which implies

$$
\gamma_{\infty}(Z) \lesssim \sqrt{\beta} a^{n-1} e^{-\beta} \int_{0}^{\infty} e^{-s \operatorname{tr} B} e^{-c s \beta} d s .
$$

Assuming $\beta$ large enough, one has $c \beta>-2 \operatorname{tr} B$, and then the last integral is finite and no larger than $C / \beta$. The lemma follows.

## 5 Simplifications

In this section, we introduce some preliminary simplifications and reductions for the proof of (1.3), i.e., of Theorem 1.1.
(1) We may assume that $f$ is nonnegative and normalized in the sense that

$$
\|f\|_{L^{1}\left(\gamma_{\infty}\right)}=1,
$$

since this involves no loss of generality.
(2) We may assume that $\alpha$ is large, $\alpha>C$, since otherwise (1.3) and (1.4) are trivial.
(3) In many cases, we may restrict $x$ in (1.3) and (1.4) to the ellipsoidal annulus

$$
\mathcal{E}_{\alpha}=\left\{x \in \mathbb{R}^{n}: \frac{1}{2} \log \alpha \leq R(x) \leq 2 \log \alpha\right\} .
$$

To begin with, we can always forget the unbounded component of the complement of $\mathcal{E}_{\alpha}$, since

$$
\begin{align*}
& \gamma_{\infty}\left\{x \in \mathbb{R}^{n}: R(x)>2 \log \alpha\right\} \\
& \quad \lesssim \int_{R(x)>2 \log \alpha} \exp (-R(x)) d x \lesssim(\log \alpha)^{(n-2) / 2} \exp (-2 \log \alpha) \lesssim \frac{1}{\alpha} . \tag{5.1}
\end{align*}
$$

(4) When $t>1$, we may forget also the inner region where $R(x)<\frac{1}{2} \log \alpha$. Indeed, from (3.5) we get, if $(x, u) \in \mathbb{R}^{n} \times \mathbb{R}^{n}$ with $R(x)<\frac{1}{2} \log \alpha$,

$$
K_{t}(x, u) \lesssim e^{R(x)}<\sqrt{\alpha}<\alpha,
$$

since $\alpha$ is large. In other words, for any $(x, u) \in \mathbb{R}^{n} \times \mathbb{R}^{n}$

$$
\begin{equation*}
R(x)<\frac{1}{2} \log \alpha \quad \Rightarrow \quad K_{t}(x, u) \lesssim \alpha, \tag{5.2}
\end{equation*}
$$

for all $t>1$.
Replacing $\alpha$ by $C \alpha$ for some $C$, we see from (3) and (4) that we can assume $x \in \mathcal{E}_{\alpha}$ in the proof of (1.3) and (1.4), when the supremum in the maximal operator is taken only over $t>1$.

Before introducing the last simplification, we need to define a global region

$$
G=\left\{(x, u) \in \mathbb{R}^{n} \times \mathbb{R}^{n}:|x-u|>\frac{1}{1+|x|}\right\}
$$

and a local region

$$
L=\left\{(x, u) \in \mathbb{R}^{n} \times \mathbb{R}^{n}:|x-u| \leq \frac{1}{1+|x|}\right\} .
$$

Notice that the definition of $G$ and $L$ does not depend on $Q$ and $B$.
(5) When $t \leq 1$ and $(x, u) \in G$, we shall see that (5.2) is still valid, and it is again enough to consider $x \in \mathcal{E}_{\alpha}$.

To prove this, we need a lemma which will also be useful later.
Lemma 5.1 If $(x, u) \in G$ and $0<t \leq 1$, then

$$
\frac{1}{(1+|x|)^{2}} \lesssim t^{2}|x|^{2}+\left|u-D_{t} x\right|^{2}
$$

Proof From the definition of $G$ and (4.4) we get

$$
\frac{1}{1+|x|} \leq|x-u| \leq\left|x-D_{t} x\right|+\left|D_{t} x-u\right| \lesssim t|x|+\left|u-D_{t} x\right| .
$$

The lemma follows.

To verify now (5.2) in the global region with $t \leq 1$, we recall from (3.4) that

$$
K_{t}(x, u) \lesssim \frac{e^{R(x)}}{t^{n / 2}} \exp \left(-c \frac{\left|u-D_{t} x\right|^{2}}{t}\right)
$$

It follows from Lemma 5.1 that

$$
\begin{equation*}
t^{2} \gtrsim \frac{1}{(1+|x|)^{4}} \quad \text { or } \quad \frac{\left|u-D_{t} x\right|^{2}}{t} \gtrsim \frac{1}{(1+|x|)^{2} t} . \tag{5.3}
\end{equation*}
$$

The first inequality here implies that

$$
K_{t}(x, u) \lesssim e^{R(x)}(1+|x|)^{n} \lesssim e^{2 R(x)},
$$

and (5.2) follows. If the second inequality of (5.3) holds, we have

$$
K_{t}(x, u) \lesssim \frac{e^{R(x)}}{t^{n / 2}} \exp \left(-\frac{c}{(1+|x|)^{2} t}\right) \lesssim e^{R(x)}(1+|x|)^{n},
$$

and we get the same estimate. Thus (5.2) is verified.
Finally, let

$$
\mathcal{H}_{*}^{G} f(x)=\sup _{0<t \leq 1}\left|\int K_{t}(x, u) \chi_{G}(x, u) f(u) d \gamma_{\infty}(u)\right|,
$$

and

$$
\mathcal{H}_{*}^{L} f(x)=\sup _{0<t \leq 1}\left|\int K_{t}(x, u) \chi_{L}(x, u) f(u) d \gamma_{\infty}(u)\right| .
$$

## 6 The case of large $t$

In this section, we consider the supremum in the definition of the maximal operator taken only over $t>1$, and we prove (1.4).

Proposition 6.1 For all functions $f \in L^{1}\left(\gamma_{\infty}\right)$ such that $\|f\|_{L^{1}\left(\gamma_{\infty}\right)}=1$,

$$
\begin{equation*}
\gamma_{\infty}\left\{x: \sup _{t>1}\left|\mathcal{H}_{t} f(x)\right|>\alpha\right\} \lesssim \frac{1}{\alpha \sqrt{\log \alpha}}, \quad \alpha>2 \tag{6.1}
\end{equation*}
$$

In particular, the maximal operator

$$
\sup _{t>1}\left|\mathcal{H}_{t} f(x)\right|
$$

is of weak type $(1,1)$ with respect to the invariant measure $\gamma_{\infty}$.
Proof We can assume that $f \geq 0$. Looking at the arguments in Sect. 5, items (3) and (4), we see that it suffices to consider points $x \in \mathcal{E}_{\alpha}$. For both $x$ and $u$ we use the coordinates introduced in (4.5) with $\beta=\log \alpha$, that is,

$$
x=D_{s} \tilde{x}, \quad u=D_{s^{\prime}} \tilde{u},
$$

where $\tilde{x}, \tilde{u} \in E_{\log \alpha}$ and $s, s^{\prime} \in \mathbb{R}$.
From (3.5) we have

$$
K_{t}(x, u) \lesssim \exp (R(x)) \exp \left(-c\left|D_{-t} u-x\right|^{2}\right)
$$

for $t>1$ and $x, u \in \mathbb{R}^{n}$. Since $x \in \mathcal{E}_{\alpha}$ and $D_{-t} u=D_{s^{\prime}-t} \tilde{u}$, we can apply Lemma 4.3 (i), getting

$$
\left|D_{-t} u-x\right| \gtrsim|\tilde{x}-\tilde{u}|,
$$

so that

$$
\int K_{t}(x, u) f(u) d \gamma_{\infty}(u) \lesssim \exp \left(R\left(D_{s} \tilde{x}\right)\right) \int \exp \left(-c|\tilde{x}-\tilde{u}|^{2}\right) f(u) d \gamma_{\infty}(u)
$$

In view of (4.3), the right-hand side here is strictly increasing in $s$, and therefore the inequality

$$
\begin{equation*}
\exp \left(R\left(D_{s} \tilde{x}\right)\right) \int \exp \left(-c|\tilde{x}-\tilde{u}|^{2}\right) f(u) d \gamma_{\infty}(u)>\alpha \tag{6.2}
\end{equation*}
$$

holds if and only if $s>s_{\alpha}(\tilde{x})$ for some function $\tilde{x} \mapsto s_{\alpha}(\tilde{x})$, with equality for $s=s_{\alpha}(\tilde{x})$. Since $\alpha>2$ and $\|f\|_{L^{1}\left(\gamma_{\infty}\right)}=1$, it follows that $s_{\alpha}(\tilde{x})>0$.

For some $C$, the set of points $x \in \mathcal{E}_{\alpha}$ where the supremum in (6.1) is larger than $C \alpha$ is contained in the set $\mathcal{A}(\alpha)$ of points $D_{s} \tilde{x} \in \mathcal{E}_{\alpha}$ fulfilling (6.2). We use Proposition 4.2 to estimate the $\gamma_{\infty}$ measure of $\mathcal{A}(\alpha)$. Observe that $H(0, \tilde{x}) \simeq|\tilde{x}| \simeq \sqrt{\log \alpha}$ and that $D_{s} \tilde{x} \in \mathcal{E}_{\alpha}$ implies $s \lesssim 1$, so that also $e^{-s \text { tr } B} \lesssim 1$. We get

$$
\begin{aligned}
\gamma_{\infty}(\mathcal{A}(\alpha)) & =\int_{\mathcal{A}(\alpha) \cap \mathcal{E}_{\alpha}} e^{-R(x)} d x \\
& \lesssim \sqrt{\log \alpha} \int_{E_{\log \alpha}} \int_{s_{\alpha}(\tilde{x})}^{C} e^{-R\left(D_{s} \tilde{x}\right)} d s d S(\tilde{x}) \\
& \lesssim \sqrt{\log \alpha} \int_{E_{\log \alpha}} \int_{s_{\alpha}(\tilde{x})}^{+\infty} \exp \left(-R\left(D_{s_{\alpha}(\tilde{x})} \tilde{x}\right)-c \log \alpha\left(s-s_{\alpha}(\tilde{x})\right)\right) d s d S(\tilde{x}),
\end{aligned}
$$

where the last inequality follows from (4.3), since $\left|D_{s} \tilde{x}\right|^{2} \gtrsim|\tilde{x}|^{2} \simeq \log \alpha$. Integrating in $s$, we obtain

$$
\gamma_{\infty}(\mathcal{A}(\alpha)) \lesssim \frac{1}{\sqrt{\log \alpha}} \int_{E_{\log \alpha}} \exp \left(-R\left(D_{s_{\alpha}(\tilde{x})} \tilde{x}\right)\right) d S(\tilde{x})
$$

Now combine this estimate with the case of equality in (6.2) and change the order of integration, to get

$$
\begin{aligned}
\gamma_{\infty}(\mathcal{A}(\alpha)) & \lesssim \frac{1}{\alpha \sqrt{\log \alpha}} \iint_{E_{\log \alpha}} \exp \left(-c|\tilde{x}-\tilde{u}|^{2}\right) d S(\tilde{x}) f(u) d \gamma_{\infty}(u) \\
& \lesssim \frac{1}{\alpha \sqrt{\log \alpha}} \int f(u) d \gamma_{\infty}(u),
\end{aligned}
$$

which proves Proposition 6.1.
Finally, we show that the factor $1 / \sqrt{\log \alpha}$ in (6.1) is sharp.
Proposition 6.2 For any $t>1$ and any large $\alpha$, there exists a function $f$ normalized in $L^{1}\left(\gamma_{\infty}\right)$ and such that

$$
\gamma_{\infty}\left\{x:\left|\mathcal{H}_{t} f(x)\right|>\alpha\right\} \simeq \frac{1}{\alpha \sqrt{\log \alpha}} .
$$

Proof Take a point $z$ with $R(z)=\log \alpha$, and let $f$ be (an approximation of) a Dirac measure at the point $u=D_{t} z$. Then, as a consequence of (3.5), $K_{t}(x, u) \simeq \exp (R(x))$ when $x$ is in the ball $B\left(D_{-t} u, 1\right)=B(z, 1)$. We then have $\mathcal{H}_{t} f(x)=K_{t}(x, u) \gtrsim \alpha$ in the set $\mathcal{B}=\{x \in B(z, 1): R(x)>R(z)\}$, whose measure is

$$
\gamma_{\infty}(\mathcal{B}) \simeq e^{-R(z)} \frac{1}{\sqrt{R(z)}}=\frac{1}{\alpha \sqrt{\log \alpha}} .
$$

## 7 The local case for small $t$

Proposition 7.1 If $(x, u) \in L$ and $0<t \leq 1$, then

$$
\left|K_{t}(x, u)\right| \lesssim \frac{\exp (R(x))}{t^{n / 2}} \exp \left(-c \frac{|u-x|^{2}}{t}\right) .
$$

Proof In view of (3.4), it is enough to show that

$$
\begin{equation*}
\frac{\left|u-D_{t} x\right|^{2}}{t} \geq \frac{|u-x|^{2}}{t}-C . \tag{7.1}
\end{equation*}
$$

We write

$$
\begin{aligned}
& \left|u-D_{t} x\right|^{2}=\left|u-x+x-D_{t} x\right|^{2}=|u-x|^{2}+2\left\langle u-x, x-D_{t} x\right\rangle+\left|x-D_{t} x\right|^{2} \\
& \quad \geq|u-x|^{2}-2|u-x|\left|x-D_{t} x\right| .
\end{aligned}
$$

By (4.4),

$$
|u-x|\left|x-D_{t} x\right| \lesssim|u-x| t|x| \leq t
$$

since $(x, u) \in L$, and (7.1) follows.
Proposition 7.2 The maximal operator $\mathcal{H}_{*}^{L}$ is of weak type $(1,1)$ with respect to the invariant measure $\gamma_{\infty}$.

Proof The proof is standard, since Proposition 7.1 implies

$$
\mathcal{H}_{*}^{L} f(x) \lesssim \sup _{0<t \leq 1} \frac{\exp (R(x))}{t^{n / 2}} \int \exp \left(-c \frac{|x-u|^{2}}{t}\right) \chi_{L}(x, u) f(u) d \gamma_{\infty}(u) .
$$

The supremum here defines an operator of weak type $(1,1)$ with respect to Lebesgue measure in $\mathbb{R}^{n}$. From this the proposition follows, cf. [7, Section 3].

## 8 The global case for small t

In this section, we conclude the proof of Theorem 1.1.
Proposition 8.1 The maximal operator $\mathcal{H}_{*}^{G}$ is of weak type $(1,1)$ with respect to the invariant measure $\gamma \infty$.

Proof We take $f$ and $\alpha$ as in items (1) and (2) of Sect. 5. Then item (5) tells us that we need only consider $\mathcal{H}_{*}^{G} f(x)$ for $x \in \mathcal{E}_{\alpha}$.

For $m \in \mathbb{N}$ and $0<t \leq 1$, we introduce regions $\mathcal{S}_{t}^{m}$. If $m>0$, we let

$$
\mathcal{S}_{t}^{m}=\left\{(x, u) \in G: 2^{m-1} \sqrt{t}<\left|u-D_{t} x\right| \leq 2^{m} \sqrt{t}\right\} .
$$

If $m=0$, we replace the condition $2^{m-1} \sqrt{t}<\left|u-D_{t} x\right| \leq 2^{m} \sqrt{t}$ by $\left|u-D_{t} x\right| \leq \sqrt{t}$. Note that for any fixed $t \in(0,1]$ these sets form a partition of $G$.

In the set $\mathcal{S}_{t}^{m}$ we have, because of (3.4),

$$
K_{t}(x, u) \lesssim \frac{\exp (R(x))}{t^{n / 2}} \exp \left(-c 2^{2 m}\right)
$$

Then setting

$$
\mathcal{K}_{t}^{m}(x, u)=\frac{\exp (R(x))}{t^{n / 2}} \chi_{\mathcal{S}_{t}^{m}}(x, u),
$$

one has, for all $(x, u) \in G$ and $0<t<1$,

$$
K_{t}(x, u) \lesssim \sum_{m=0}^{\infty} \exp \left(-c 2^{2 m}\right) \mathcal{K}_{t}^{m}(x, u)
$$

Hence, it suffices to prove that for $m=0,1, \ldots$

$$
\begin{equation*}
\gamma_{\infty}\left\{x \in \mathcal{E}_{\alpha}: \sup _{0<t \leq 1} \int \mathcal{K}_{t}^{m}(x, u) f(u) d \gamma_{\infty}(u)>\alpha\right\} \lesssim \frac{2^{C m}}{\alpha}, \tag{8.1}
\end{equation*}
$$

for large $\alpha$ and some $C$, since this will allow summing in $m$ in the space $L^{1, \infty}\left(\gamma_{\infty}\right)$.
Fix $m \in \mathbb{N}$ and assume that $(x, u) \in S_{t}^{m}$ for some $t \in(0,1]$, so that $\left|u-D_{t} x\right| \leq 2^{m} \sqrt{t}$. Then Lemma 5.1 leads to

$$
1 \lesssim(1+|x|)^{4} t^{2}+(1+|x|)^{2} 2^{2 m} t \leq\left((1+|x|)^{2} 2^{2 m} t\right)^{2}+(1+|x|)^{2} 2^{2 m} t
$$

Consequently, a point $x \in \mathcal{E}_{\alpha}$ satisfies

$$
\begin{equation*}
(1+|x|)^{2} 2^{2 m} t \gtrsim 1 \tag{8.2}
\end{equation*}
$$

as soon as there exists a point $u$ with $\mathcal{K}_{t}^{m}(x, u) \neq 0$, and then $t \geq \varepsilon>0$ for some $\varepsilon=$ $\varepsilon(\alpha, m)>0$. Hence the supremum in (8.1) will be the same if taken only over $\varepsilon \leq t \leq 1$, and it follows that this supremum is a continuous function of $x \in \mathcal{E}_{\alpha}$.

To prove (8.1), the idea, which goes back to [15], is to construct a finite sequence of pairwise disjoint balls $\left(\mathcal{B}^{(\ell)}\right)_{\ell=1}^{\ell_{0}}$ in $\mathbb{R}^{n}$ and a finite sequence of sets $\left(\mathcal{Z}^{(\ell)}\right)_{\ell=1}^{\ell_{0}}$ in $\mathbb{R}^{n}$, called forbidden zones. These zones will together cover the level set in (8.1). We will then verify that

$$
\begin{equation*}
\left\{x \in \mathcal{E}_{\alpha}: \sup _{\varepsilon \leq t \leq 1} \int \mathcal{K}_{t}^{m}(x, u) f(u) d \gamma_{\infty}(u) \geq \alpha\right\} \subset \bigcup_{\ell=1}^{\ell_{0}} \mathcal{Z}^{(\ell)} \tag{8.3}
\end{equation*}
$$

that for each $\ell$

$$
\begin{equation*}
\gamma_{\infty}\left(\mathcal{Z}^{(\ell)}\right) \lesssim \frac{2^{C m}}{\alpha} \int_{\mathcal{B}^{(\ell)}} f(u) d \gamma_{\infty}(u), \tag{8.4}
\end{equation*}
$$

and that the $\mathcal{B}^{(\ell)}$ are pairwise disjoint. This would imply

$$
\gamma_{\infty}\left(\bigcup_{\ell=1}^{\ell_{0}} \mathcal{Z}^{(\ell)}\right) \lesssim \frac{2^{C m}}{\alpha} \sum_{\ell=1}^{\ell_{0}} \int_{\mathcal{B}^{(\ell)}} f(u) d \gamma_{\infty}(u) \lesssim \frac{2^{C m}}{\alpha},
$$

and thus also (8.1) and Proposition 8.1.
The sets $\mathcal{B}^{(\ell)}$ and $\mathcal{Z}^{(\ell)}$ will be introduced by means of a sequence of points $x^{(\ell)}, \ell=$ $1, \ldots, \ell_{0}$, which we define by recursion. To start, we choose as $x^{(1)}$ a point where the quadratic form $R(x)$ takes its minimal value in the compact set

$$
\mathcal{A}_{1}(\alpha)=\left\{x \in \mathcal{E}_{\alpha}: \sup _{\varepsilon \leq t \leq 1} \int \mathcal{K}_{t}^{m}(x, u) f(u) d \gamma_{\infty} \geq \alpha\right\} .
$$

However, should this set be empty, (8.1) is immediate.
We now describe the recursion to construct $x^{(\ell)}$ for $\ell \geq 2$. Like $x^{(1)}$, these points will satisfy

$$
\sup _{\varepsilon \leq t \leq 1} \int \mathcal{K}_{t}^{m}\left(x^{(\ell)}, u\right) f(u) d \gamma_{\infty} \geq \alpha
$$

Once an $x^{(\ell)}, \ell \geq 1$, is defined, we can thus by continuity choose $t_{\ell} \in[\varepsilon, 1]$ such that

$$
\begin{equation*}
\int \mathcal{K}_{t_{\ell}}^{m}\left(x^{(\ell)}, u\right) f(u) d \gamma_{\infty} \geq \alpha \tag{8.5}
\end{equation*}
$$

Using this $t_{\ell}$, we associate with $x^{(\ell)}$ the tube

$$
\mathcal{Z}^{(\ell)}=\left\{D_{s} \eta \in \mathbb{R}^{n}: s \geq 0, R(\eta)=R\left(x^{(\ell)}\right),\left|\eta-x^{(\ell)}\right|<A 2^{3 m} \sqrt{t_{\ell}}\right\},
$$

Here the constant $A>0$ is to be determined, depending only on $n, Q$ and $B$.
All the $x^{(\ell)}$ will be minimizing points of $R(x)$. To avoid having them too close to one another, we will not allow $x^{(\ell)}$ to be in any $\mathcal{Z}^{\left(\ell^{\prime}\right)}$ with $\ell^{\prime}<\ell$. More precisely, assuming $x^{(1)}, \ldots, x^{(\ell)}$ already defined, we will choose $x^{(\ell+1)}$ as a minimizing point of $R(x)$ in the set

$$
\begin{equation*}
\mathcal{A}_{\ell+1}(\alpha)=\left\{x \in \mathcal{E}_{\alpha} \backslash \bigcup_{\ell^{\prime}=1}^{\ell} \mathcal{Z}^{\left(\ell^{\prime}\right)}: \sup _{\varepsilon \leq t \leq 1} \int \mathcal{K}_{t}^{m}(x, u) f(u) d \gamma_{\infty}(u) \geq \alpha\right\}, \tag{8.6}
\end{equation*}
$$

provided this set is nonempty. But if $\mathcal{A}_{\ell+1}(\alpha)$ is empty, the process stops with $\ell_{0}=\ell$ and (8.3) follows. We will see that this actually occurs for some finite $\ell$.

Now assume that $\mathcal{A}_{\ell+1}(\alpha) \neq \emptyset$. In order to assure that a minimizing point exists, we must verify that $\mathcal{A}_{\ell+1}(\alpha)$ is closed and thus compact, although the $\mathcal{Z}^{\left(\ell^{\prime}\right)}$ are not open. To do so, observe that for $1 \leq \ell^{\prime} \leq \ell$, the minimizing property of $x^{\left(\ell^{\prime}\right)}$ means that there is no point $x$ in $\mathcal{A}_{\ell^{\prime}}(\alpha)$ with $R(x)<R\left(x^{\left(\ell^{\prime}\right)}\right)$. Thus we have the inclusions

$$
\mathcal{A}_{\ell+1}(\alpha) \subset \mathcal{A}_{\ell^{\prime}}(\alpha) \subset\left\{x: R(x) \geq R\left(x^{\left(\ell^{\prime}\right)}\right)\right\}, \quad 1 \leq \ell^{\prime} \leq \ell .
$$

It follows that

$$
\begin{aligned}
& \mathcal{A}_{\ell+1}(\alpha)=\mathcal{A}_{\ell+1}(\alpha) \cap \bigcap_{1 \leq \ell^{\prime} \leq \ell}\left\{x: R(x) \geq R\left(x^{\left(\ell^{\prime}\right)}\right)\right\} \\
& =\bigcap_{\ell^{\prime}=1}^{\ell}\left\{x \in \mathcal{E}_{\alpha} \backslash \mathcal{Z}^{\left(\ell^{\prime}\right)}: R(x) \geq R\left(x^{\left(\ell^{\prime}\right)}\right), \sup _{\varepsilon \leq t \leq 1} \int \mathcal{K}_{t}^{m}(x, u) f(u) d \gamma_{\infty}(u) \geq \alpha\right\} .
\end{aligned}
$$

For each $\ell^{\prime}=1, \ldots, \ell$ we have

$$
\begin{aligned}
\{x & \left.\in \mathcal{E}_{\alpha} \backslash \mathcal{Z}^{\left(\ell^{\prime}\right)}: R(x) \geq R\left(x^{\left(\ell^{\prime}\right)}\right)\right\} \\
& =\left\{D_{s} \eta \in \mathcal{E}_{\alpha}: s \geq 0, R(\eta)=R\left(x^{\left(\ell^{\prime}\right)}\right),\left|\eta-x^{\left(\ell^{\prime}\right)}\right| \geq A 2^{3 m} \sqrt{t_{\ell^{\prime}}}\right\},
\end{aligned}
$$

and this set is closed. It follows that $\mathcal{A}_{\ell+1}(\alpha)$ is compact, and a minimizing point $x^{(\ell+1)}$ can be chosen. Thus the recursion is well defined.

We observe that (8.2) applies to $t_{\ell}$ and $x^{(\ell)}$, and $\left|x^{(\ell)}\right|$ is large, so

$$
\begin{equation*}
\left|x^{(\ell)}\right|^{2} 2^{2 m} t_{\ell} \gtrsim 1 . \tag{8.7}
\end{equation*}
$$

Further, we define balls

$$
\mathcal{B}^{(\ell)}=\left\{u \in \mathbb{R}^{n}:\left|u-D_{t_{\ell}} x^{(\ell)}\right| \leq 2^{m} \sqrt{t_{\ell}}\right\} .
$$

Because of the definitions of $\mathcal{K}_{t}^{m}$ and $\mathcal{S}_{t}^{m}$, the inequality (8.5) implies

$$
\begin{equation*}
\alpha \leq \frac{\exp \left(R\left(x^{(\ell)}\right)\right)}{t_{\ell}^{n / 2}} \int_{\mathcal{B}^{(\ell)}} f(u) d \gamma_{\infty}(u) \tag{8.8}
\end{equation*}
$$

It remains to verify the claimed properties of $\mathcal{B}^{(\ell)}$ and $\mathcal{Z}^{(\ell)}$. The arguments below follow the lines of the proof of Lemma 6.2 in [4], with only slight modifications.

Lemma 8.2 The balls $\mathcal{B}^{(\ell)}$ are pairwise disjoint.
Proof Two balls $\mathcal{B}^{(\ell)}$ and $\mathcal{B}^{\left(\ell^{\prime}\right)}$ with $\ell<\ell^{\prime}$ will be disjoint if

$$
\begin{equation*}
\left|D_{t_{\ell}} x^{(\ell)}-D_{t_{\ell^{\prime}}} x^{\left(\ell^{\prime}\right)}\right|>2^{m}\left(\sqrt{t_{\ell}}+\sqrt{t_{\ell^{\prime}}}\right) . \tag{8.9}
\end{equation*}
$$

By means of our polar coordinates with $\beta=R\left(x^{(\ell)}\right)$, we write

$$
x^{\left(\ell^{\prime}\right)}=D_{s} \tilde{x}^{\left(\ell^{\prime}\right)}
$$

for some $\tilde{x}^{\left(\ell^{\prime}\right)}$ with $R\left(\tilde{x}^{\left(\ell^{\prime}\right)}\right)=R\left(x^{(\ell)}\right)$ and some $s \in \mathbb{R}$. Note that $s \geq 0$, because $R\left(x^{\left(\ell^{\prime}\right)}\right) \geq$ $R\left(x^{(\ell)}\right)$. Since $x^{\left(\ell^{\prime}\right)}$ does not belong to the forbidden zone $\mathcal{Z}^{(\ell)}$, we must have

$$
\begin{equation*}
\left|\tilde{x}^{\left(\ell^{\prime}\right)}-x^{(\ell)}\right| \geq A 2^{3 m} \sqrt{t_{\ell}} . \tag{8.10}
\end{equation*}
$$

We first assume that $t_{\ell^{\prime}} \geq M 2^{4 m} t_{\ell}$, for some $M=M(n, Q, B) \geq 2$ to be chosen. Lemma 4.3 (ii) implies

$$
\left|D_{t_{\ell}} x^{(\ell)}-D_{t_{\ell^{\prime}}} x^{\left(\ell^{\prime}\right)}\right|=\left|D_{t_{\ell}} x^{(\ell)}-D_{t_{\ell^{\prime}}+s} \tilde{x}^{\left(\ell^{\prime}\right)}\right| \gtrsim\left|x^{(\ell)}\right|\left(t_{\ell^{\prime}}+s-t_{\ell}\right) \gtrsim\left|x^{(\ell)}\right| t_{\ell^{\prime}}
$$

the last step by our assumption. Using again the assumption and then (8.7), we get

$$
\left|x^{(\ell)}\right| t_{\ell^{\prime}} \gtrsim\left|x^{(\ell)}\right| \sqrt{M} 2^{2 m} \sqrt{t_{\ell}} \sqrt{t_{\ell^{\prime}}} \gtrsim \sqrt{M} 2^{m} \sqrt{t_{\ell^{\prime}}} \simeq \sqrt{M} 2^{m}\left(\sqrt{t_{\ell^{\prime}}}+\sqrt{t_{\ell}}\right) .
$$

Fixing $M$ suitably large, we obtain (8.9) from the last two formulae. It remains to consider the case when $t_{\ell^{\prime}}<M 2^{4 m} t_{\ell}$. Then

$$
\sqrt{t_{\ell}}>\frac{2^{-2 m-1}}{\sqrt{M}}\left(\sqrt{t_{\ell^{\prime}}}+\sqrt{t_{\ell}}\right)
$$

Applying this to (8.10), we obtain (8.9) by choosing $A$ so that $A / \sqrt{M}$ is large enough.

We next verify that the sequence $\left(x^{(\ell)}\right)$ is finite. For $\ell<\ell^{\prime}$, we have (8.10), and Lemma 4.3 (i) implies

$$
\left|x^{\left(\ell^{\prime}\right)}-x^{(\ell)}\right| \gtrsim A 2^{3 m} \sqrt{t_{\ell}} .
$$

Since $t_{\ell} \geq \varepsilon$, we see that the distance $\left|x^{\left(\ell^{\prime}\right)}-x^{(\ell)}\right|$ is bounded below by a positive constant. But all the $x^{(\ell)}$ are contained in the bounded set $\mathcal{E}_{\alpha}$, so they are finite in number. Thus the set considered in (8.6) must be empty for some $\ell$, and the recursion stops. This implies (8.3).

We finally prove (8.4). Observe that the forbidden zone $\mathcal{Z}^{(\ell)}$ is a tube as defined in (4.12), with $a=A 2^{3 m} \sqrt{t_{\ell}}$ and $\beta=R\left(x^{(\ell)}\right)$. This value of $\beta$ is large since $x^{(\ell)} \in \mathcal{E}_{\alpha}$, and thus we can apply Lemma 4.4 to obtain

$$
\gamma_{\infty}\left(\mathcal{Z}^{(\ell)}\right) \lesssim \frac{\left(A 2^{3 m} \sqrt{t_{\ell}}\right)^{n-1}}{\sqrt{R\left(x^{(\ell)}\right)}} \exp \left(-R\left(x^{(\ell)}\right)\right) .
$$

We bound the exponential here by means of (8.8) and observe that $R\left(x^{(\ell)}\right) \sim\left|x^{(\ell)}\right|^{2}$, getting

$$
\gamma_{\infty}\left(\mathcal{Z}^{(\ell)}\right) \lesssim \frac{1}{\alpha\left|x^{(\ell)}\right| \sqrt{t_{\ell}}}\left(A 2^{3 m}\right)^{n-1} \int_{\mathcal{B}^{(\ell)}} f(u) d \gamma_{\infty}(u) .
$$

As a consequence of (8.7), we obtain

$$
\gamma_{\infty}\left(\mathcal{Z}^{(\ell)}\right) \lesssim \frac{2^{m}}{\alpha}\left(A 2^{3 m}\right)^{n-1} \int_{\mathcal{B}^{(\ell)}} f(u) d \gamma_{\infty}(u) \lesssim \frac{2^{C m}}{\alpha} \int_{\mathcal{B}^{(\ell)}} f(u) d \gamma_{\infty}(u),
$$

proving (8.4). This concludes the proof of Proposition 8.1.
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