# Metric Embeddings <br> Problem Set 3 Exercises on Measure Concentration 

Friedrich Eisenbrand

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In the following you can assume that sampling a point on the unit sphere $S^{n-1}=\left\{x \in \mathbb{R}^{n}:\|x\|_{2}=1\right\}$ at random can be done by sampling $x \in \mathbb{R}^{n}$ from the standard $n$-dimensional Gaussian with density function $(1 / 2 \pi)^{n / 2} \exp \left(-\|x\|_{2}^{2} / 2\right)$ and returning $x /\|x\|_{2}$. This corresponds to sampling the $n$ components of the vector $x$ from the standard Gaussian with mean 0 and variance 1 . You will need the theorem that was stated in today's lecture which said that the standard $n$-dimensional Gaussian is sharply concentrated around the sphere of radius $\sqrt{n}$, i.e., the probability that $\|x\|$ is not in the inter-$\operatorname{val}[(1-\varepsilon) \sqrt{n},(1+\varepsilon) \sqrt{n}]$ is bounded by $e^{c \cdot n \cdot \varepsilon^{2}}$.

1. Let $x, y \in S^{n-1}$ be two random points. What is the expected angle between the two?
2. This series of questions shall lead us to a proof that almost all measure of $S^{n-1}, 90 \%$ say, is concentrated around the equator $E=\left\{x \in \mathbb{R}^{n}: x_{1}=0\right\}$. More precisely we show that $90 \%$ of the measure is within the slab $L=\left\{x \in \mathbb{R}^{n}:-C / \sqrt{n} \leqslant x_{1} \leqslant C / \sqrt{n}\right\}$ where $C$ is some constant.
i) What is the diameter of $S^{n-1}$ ? It seems that $L \cap S^{n-1}$ "looks" like a small portion of $S^{n-1}$.
ii) Assume for now (wishful thinking that is of course wrong!) that a random $x \in \mathbb{R}^{n}$ from the $n$-dimensional standard Gaussian has length $\|x\|=\sqrt{n}$. The distance $d(x)$ of $x /\|x\|$ to the equator is thus $x_{1} / \sqrt{n}$. Show that there exists a constant $a$ such that

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P[d(x)>\lambda / \sqrt{n}] \leqslant \exp \left(-a \cdot \lambda^{2}\right)
$$

3. Use our measure concentration for the Gaussian measure to show that there exists a constant $C$ such that $90 \%$ of the measure of $S^{n-1}$ lies in the slab $L$.
4. Derive a good upper bound for the event that a random $x \in S^{n-1}$ satisfies $d(x) \geqslant \lambda / \sqrt{n}$.
