# 18.445 Introduction to Stochastic Processes 

Lecture 6: Lower bounds on mixing times

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Recall Suppose that $P$ is irreducible with stationary measure $\pi$.

$$
d(n)=\max _{x}\left\|P^{n}(x, \cdot)-\pi\right\|_{T V}, \quad t_{m i x}=\min \{n: d(n) \leq 1 / 4\}
$$

Today's Goal Find lower bounds for the mixing times.

- Bottleneck Ratio
- Distinguishing statistics
- Random walk on hypercube


## Bottleneck ratio

Suppose that $P$ is an irreducible transition matrix with stationary measure $\pi$. Define

$$
Q(A, B)=\sum_{x \in A, y \in B} \pi(x) P(x, y) .
$$

$Q(A, B)$ : the probability of moving from $A$ to $B$ within one step when starting from $\pi$.

## Definition

For a subset $S \subset \Omega$, the bottleneck ratio of $S$ is defined to be

$$
\Phi(S)=Q\left(S, S^{c}\right) / \pi(S) .
$$

The bottleneck ratio of the whole chain is defined to be

$$
\Phi_{\star}=\min \{\Phi(S): \pi(S) \leq 1 / 2\} .
$$

## Bottleneck ratio

Consider simple random walk on a graph $G=(V, E)$.

$$
P(x, y)=\frac{1}{\operatorname{deg}(x)} 1_{[x \sim y]}, \quad \pi(x)=\frac{\operatorname{deg}(x)}{2|E|} .
$$

Then

$$
Q\left(S, S^{c}\right)=\frac{|\partial S|}{2|E|}, \quad \Phi(S)=\frac{|\partial S|}{\sum_{x \in S} \operatorname{deg}(x)}
$$

## Bottleneck ratio

Theorem
Suppose that $\Phi_{\star}$ is the bottleneck ratio, then

$$
t_{\operatorname{mix}} \geq \frac{1}{4 \Phi_{\star}}
$$

Lemma
For any subset $S \subset \Omega$, let $\mu_{S}$ be $\pi$ conditioned on $S$ :

$$
\mu_{S}(A)=\frac{\pi(A \cap S)}{\pi(S)}
$$

Then

$$
\left\|\mu_{S} P-\mu_{S}\right\|_{T V}=\Phi(S)
$$

## Distinguishing statistics

Goal : find a statistic $f$ (a function on $\Omega$ ) such that the distance between $f\left(X_{n}\right)$ and $f$ can be bounded from below. Recall

$$
\mu f=\sum_{x} \mu(x) f(x), \quad \operatorname{var}_{\mu}(f)=\mu f^{2}-(\mu f)^{2}
$$

## Lemma

Let $\mu$ and $\nu$ be two probability distributions on $\Omega$. Let $f$ be a real-valued function on $\Omega$. If

$$
|\mu f-\nu f| \geq r \sigma, \quad \text { where } \sigma^{2}=\frac{1}{2}\left(\operatorname{var}_{\mu}(f)+\operatorname{var}_{\nu}(f)\right)
$$

then

$$
\|\mu-\nu\|_{T V} \geq \frac{r^{2}}{4+r^{2}}
$$

## Random walk on hypercube

$N$-dimensional hypercube is a graph with vertex set $\Omega=\{0,1\}^{N}$; two vertices are connected by an edge when they differ in exactly one coordinate.

The simple random walk on hypercube moves from one vertex ( $x^{1}, \ldots, x^{N}$ ) by choosing a coordinate $j \in\{1, \ldots, N\}$ uniformly and setting the new state to ( $x^{1}, \ldots, x^{j-1}, 1-x^{j}, x^{j+1}, \ldots, x^{N}$ ).

The lazy walk remains at its current position with probability $1 / 2$ and moves as above with probability $1 / 2$.
The lazy walk can be constructed using the following random mapping representation:
Uniformly select an element $(j, B)$ in $\{1, \ldots, N\} \times\{0,1\}$, and then update the coordinate $j$ with $B$.
Let $\left(Z_{n}=\left(j_{n}, B_{n}\right)\right)_{n \geq 1}$ be i.i.d. $\stackrel{d}{\sim}(j, B)$. At each step, the coordinate $j_{n}$ of $X_{n-1}$ is updated by $B_{n}$.

## Random walk on hypercube

## Theorem

For the lazy walk on hypercube, there exists a constant $c_{0}>0$ such that

$$
t_{m i x} \geq c N \log N
$$

Proof Suppose that that lazy walk starts from $X_{0}=(1, \ldots, 1)$. Define

$$
W(\vec{x})=\sum_{j=1}^{N} x^{j}
$$

Lemma
If

$$
|\mu f-\nu f| \geq r \sigma, \quad \text { where } \sigma^{2}=\frac{1}{2}\left(\operatorname{var}_{\mu}(f)+\operatorname{var}_{\nu}(f)\right)
$$

then

$$
\|\mu-\nu\|_{T V} \geq \frac{r^{2}}{4+r^{2}}
$$

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