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# ON A BILINEAR STRICHARTZ ESTIMATE ON IRRATIONAL TORI 

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#### Abstract

We prove a bilinear Strichartz-type estimate for irrational tori via a decoupling-type argument, as used by Bourgain and Demeter (2015), recovering and generalizing a result of De Silva, Pavlović, Staffilani and Tzirakis (2007). As a corollary, we derive a global well-posedness result for the cubic defocusing NLS on two-dimensional irrational tori with data of infinite energy.


## 1. Introduction

Bourgain and Demeter [2015] proved the full range of Strichartz estimates for the Schrödinger equation on tori as a consequence of the $\ell^{2}$ decoupling theorem. In this paper we prove in full generality the analog of the improved Strichartz estimate that first appeared in [De Silva et al. 2007] for rational tori.

1A. Statement of the problem and main results. Let $\mathbb{T}=\mathbb{R} / \mathbb{Z}$ be the one-dimensional torus, and let $\alpha_{1}, \ldots, \alpha_{d-1} \in\left[\frac{1}{2}, 1\right]$; we define $d$-dimensional torus $\mathbb{T}^{d}$ as $\mathbb{T}^{d}=\mathbb{T} \times \alpha_{1} \mathbb{T} \times \cdots \times \alpha_{d-1} \mathbb{T}$. We say that the torus is irrational if at least one $\alpha_{i}$ is irrational. The torus is rational otherwise. For any $\lambda \geq 1$, we define $\mathbb{T}_{\lambda}^{d}$ as a rescaling of $\mathbb{T}^{d}$ by $\lambda$; i.e.,

$$
\mathbb{T}_{\lambda}^{d}=\lambda \mathbb{T}^{d}=(\lambda \mathbb{T}) \times\left(\alpha_{1} \lambda \mathbb{T}\right) \times \cdots \times\left(\alpha_{d-1} \lambda \mathbb{T}\right)
$$

When $\lambda \rightarrow \infty$, one should think of $\mathbb{T}_{\lambda}$ as a large torus approximating $\mathbb{R}^{d}$. We consider the following Cauchy problem for the linear Schrödinger equation on $\mathbb{T}_{\lambda}^{d}$ :

$$
\begin{cases}i u_{t}-\Delta u=0, & (t, x) \in \mathbb{R} \times \mathbb{T}_{\lambda}^{d},  \tag{1-1}\\ u(0, x)=u_{0}, & u_{0} \in L^{2}\left(\mathbb{T}_{\lambda}^{d}\right) .\end{cases}
$$

Let $U_{\lambda}(t) u_{0}$ be the solution to (1-1), and let

$$
\Lambda_{\lambda}:=\frac{1}{\lambda}\left(\mathbb{Z} \times \frac{1}{\alpha_{1}} \mathbb{Z} \times \cdots \times \frac{1}{\alpha_{d-1}} \mathbb{Z}\right)
$$

One has

$$
\begin{equation*}
U_{\lambda}(t) u_{0}(x)=\frac{1}{\lambda^{d / 2}} \sum_{k \in \Lambda_{\lambda}} e^{2 \pi k i x-|2 \pi k|^{2} i t} \hat{u}_{0}(k) . \tag{1-2}
\end{equation*}
$$

Our main theorem is the following bilinear refined Strichartz estimate.

[^0]Theorem 1.1. Let $\phi_{1}, \phi_{2} \in L^{2}\left(\mathbb{T}_{\lambda}\right)$ be two initial data such that $\operatorname{supp} \hat{\phi}_{i} \subset\left\{k:|k| \sim N_{i}\right\}, i=1,2$, for some large $N_{1} \geq N_{2}$, and let $\eta(t)$ be a time cut-off function, supp $\eta \subset[0,1]$. Then when $d=2$,

$$
\begin{equation*}
\left\|\eta(t) U_{\lambda} \phi_{1} \cdot \eta(t) U_{\lambda} \phi_{2}\right\|_{L_{x, t}^{2}} \lesssim N_{2}^{\epsilon}\left(\frac{1}{\lambda}+\frac{N_{2}}{N_{1}}\right)^{1 / 2}\left\|\phi_{1}\right\|_{L^{2}}\left\|\phi_{2}\right\|_{L^{2}} \tag{1-3}
\end{equation*}
$$

and when $d \geq 3$

$$
\begin{equation*}
\left\|\eta(t) U_{\lambda} \phi_{1} \cdot \eta(t) U_{\lambda} \phi_{2}\right\|_{L_{x, t}^{2}} \lesssim N_{2}^{\epsilon}\left(\frac{N_{2}^{d-3}}{\lambda}+\frac{N_{2}^{d-1}}{N_{1}}\right)^{1 / 2}\left\|\phi_{1}\right\|_{L^{2}}\left\|\phi_{2}\right\|_{L^{2}} \tag{1-4}
\end{equation*}
$$

We note that when $d=2, N_{1}=N_{2}$, and $\lambda=1$, estimate (1-3) recovers the Strichartz inequality for the (irrational) torus after an application of Hölder's inequality, up to an $N_{2}^{\epsilon}$-loss. When $\lambda \rightarrow \infty$, estimates (1-3) and (1-4) are consistent with the bilinear Strichartz inequality in $\mathbb{R}^{d+1}$ [Bourgain 1998]. Up to the $N_{2}^{\epsilon}$-loss, inequality (1-3) is sharp.

Furthermore, when $\lambda \geq N_{1}$, the estimates fall into the so-called semiclassical regime in which the geometry of $\mathbb{T}_{\lambda}$ is irrelevant. We refer to [Hani 2012] for the same estimate (without $N_{2}^{\epsilon}$-loss) on general compact manifolds. On the torus, our result improves the estimate in that paper for $\lambda \leq N_{1}$. Estimates (1-3) and (1-4) rely on the geometry of the torus and cannot hold on general compact manifolds.
Remark 1.2. It may also be interesting to consider trilinear estimates. In fact when one considers the quintic nonlinear Schrödinger equation, as in [Herr et al. 2011; Ionescu and Pausader 2012], trilinear estimates are fundamental. See also [Ramos 2016].

We will derive Theorem 1.1 from some bilinear decoupling-type estimates. We first introduce some basic notation.

Let $P$ be the truncated paraboloid in $\mathbb{R}^{d+1}$,

$$
\begin{equation*}
P=\left\{\left(\xi,|\xi|^{2}\right): \xi \in \mathbb{R}^{d},|\xi| \lesssim 1\right\} . \tag{1-5}
\end{equation*}
$$

For any function $f$ supported on $P$, we define

$$
\begin{equation*}
E f=\widehat{f d \sigma} \tag{1-6}
\end{equation*}
$$

where $\sigma$ is the measure on $P$.
Note a function supported on $P$ can be naturally understood as a function supported on the ball $B=\left\{\xi \in \mathbb{R}^{d}:|\xi| \lesssim 1\right\}$.

By a slight abuse of notation, for a function $f$ supported in the ball $B$ in $\mathbb{R}^{d}$, we also define

$$
\begin{equation*}
E f(x, t)=\int_{B} e^{-2 \pi i\left(\xi \cdot x+|\xi|^{2} t\right)} f(\xi) d \xi \tag{1-7}
\end{equation*}
$$

One can see that the two definitions of $E f$ are essentially the same since $P$ projects onto $B$.
We decompose $P$ as a finitely overlapping union of caps $\theta$ of radius $\delta$. Here a cap $\theta$ of radius $\delta$ is the set $\theta=\left\{\xi \in P:\left|\xi-\xi_{0}\right| \lesssim \delta\right\}$ for some fixed $\xi_{0} \in P$. We define $E f_{\theta}=\widehat{f_{\theta} d \sigma}$, where $f_{\theta}$ is $f$ restricted to $\theta$. We use a similar definition also when $f$ is a function supported on the unit ball in $\mathbb{R}^{d}$. We have $E f=\sum_{\theta} E f_{\theta}$.

Now, we are ready to state our main decoupling-type estimate.

Theorem 1.3. Given $\lambda \geq 1, N_{1} \geq N_{2} \geq 1$, let $f_{1}$ be supported on $P$ where $|\xi| \sim 1$, and let $f_{2}$ be supported on $P$ where $|\xi| \sim N_{2} / N_{1}$. Let $\Omega=\left\{(t, x) \in\left[0, N_{1}^{2}\right] \times\left[0,\left(\lambda N_{1}\right)^{2}\right]^{d}\right\}$. For a finitely overlapping covering of the ball $B=\{|\xi| \leq 1\}$ of caps $\{\theta\},|\theta|=1 /\left(\lambda N_{1}\right)$, we have the following estimate. For any small $\epsilon>0$, when $d=2$,

$$
\begin{equation*}
\left\|E f_{1} E f_{2}\right\|_{L_{\text {avg }}^{2}\left(w_{\Omega}\right)} \lesssim_{\epsilon}\left(N_{2}\right)^{\epsilon} \lambda^{d / 2}\left(\frac{1}{\lambda}+\frac{N_{2}^{d-1}}{N_{1}}\right)^{1 / 2} \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{j, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{\Omega}\right)}^{2}\right)^{1 / 2}, \tag{1-8}
\end{equation*}
$$

and when $d \geq 3$,

$$
\begin{equation*}
\left\|E f_{1} E f_{2}\right\|_{L_{\mathrm{avg}}^{2}\left(w_{\Omega}\right)} \lesssim_{\epsilon}\left(N_{2}\right)^{\epsilon} \lambda^{d / 2}\left(\frac{N_{2}^{d-3}}{\lambda}+\frac{N_{2}^{d-1}}{N_{1}}\right)^{1 / 2} \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{j, \theta}\right\|_{L_{\mathrm{avg}}^{4}\left(w_{\Omega}\right)}^{2}\right)^{1 / 2} \tag{1-9}
\end{equation*}
$$

where $w_{\Omega}$ is a weight adapted to $\Omega$.
The presence of the weight $w$ in these estimates is standard. We list the basic properties of $w$ in Section 1D, and one can refer to [Bourgain and Demeter 2017] for more details. The notation $L_{\text {avg }}\left(w_{\Omega}\right)^{2}$ is explained in Section 1C.

The proof of Theorem 1.3 gives another proof of the linear decoupling theorem in [Bourgain and Demeter 2015] in dimension $d=2$, and does not rely on multilinear Kakeya or multilinear restriction theorems in $\mathbb{R}^{3}$. The proof of Theorem 1.3 in dimension $d \geq 3$ relies instead on linear decoupling in $\mathbb{R}^{d+1}$ [Bourgain and Demeter 2015].

Remark 1.4. The estimates in Theorems 1.1 and 1.3 are sharp up to an $N_{2}^{\epsilon}$. See the Appendix for examples.
Remark 1.5. The $N_{2}^{\epsilon}$-loss in Theorem 1.1 is typical if one wants to directly use a decoupling-type argument. It may be possible to remove $N_{2}^{\epsilon}$ in the mass supercritical setting (in our case, this means $d \geq 3$ ), using the approach in [Killip and Vişan 2016], where the scale-invariant Strichartz estimates are studied.

Remark 1.6. Similar bilinear estimates for dimension $d \geq 3$ were also considered in [Killip and Vişan 2016] for nonrescaled tori; see Lemma 3.3 in that paper. On the other hand in this work we also consider the $d=2$ case, which is mass critical.

1B. Background and motivation. System (1-1) and the bilinear estimates (1-3) and (1-4) naturally appear in the study of the following nonlinear Schrödinger equation on the nonrescaled tori:

$$
\left\{\begin{array}{l}
i u_{t}+\Delta u=|u|^{2} u,  \tag{1-10}\\
u(0)=u_{0} \in H^{s}\left(\mathbb{T}^{d}\right) .
\end{array}\right.
$$

Let us focus for a moment on the $d=2$ case. The Cauchy problem is said to be locally well-posed in $H^{s}\left(\mathbb{T}^{d}\right)$ if for any initial data $u_{0} \in H^{s}\left(\mathbb{T}^{d}\right)$ there exists a time $T=T\left(\left\|u_{0}\right\|_{s}\right)$ such that a unique solution to the initial value problem exists on the time interval $[0, T]$. We also require that the data-to-solution map is continuous from $H^{s}\left(\mathbb{T}^{d}\right)$ to $C_{t}^{0} H_{x}^{s}\left([0, T] \times \mathbb{T}^{d}\right)$. If $T=\infty$, we say that a Cauchy problem is globally well-posed.

The initial value problem (1-10) is locally well-posed for initial data $u_{0} \in H^{s}, s>0$, via Strichartz estimates. Note that using iteration, by the energy conservation law, i.e.,

$$
E(u(t))=E\left(u_{0}\right)=\frac{1}{2} \int|\nabla u|^{2}+\frac{1}{4} \int|u|^{4}
$$

all initial data in $H^{1}\left(\mathbb{T}^{2}\right)$ give rise to a global solution. Next, by the nowadays standard I-method [Colliander et al. 2002] by considering a modified version of the energy, in the rational torus case, it was proved in [De Silva et al. 2007] that (1-10) is indeed globally well-posed for initial data in $H^{s}, s>\frac{2}{3}$. The key estimate there was in fact (1-3) for linear solutions on rescaled tori, which we prove here to be available also for irrational tori.

The proof for (1-3) presented in [De Silva et al. 2007] is only for rational tori since it relies on certain types of counting lemmata that cannot directly work on irrational tori. One of the main purposes of this work in fact is to extend results on rational tori to irrational ones.

Based on the discussion we just made, as a corollary of Theorem 1.1, we have:
Corollary 1.7. The initial value problem (1-10) defined on any torus $\mathbb{T}^{2}$ is globally well-posed for initial data in $H^{s}\left(\mathbb{T}^{2}\right)$ with $s>\frac{2}{3}$.

Remark 1.8. Results such as Corollary 1.7 usually also give a control on the growth of Sobolev norms of the global solutions. We do not address this particular question here. We instead refer the reader to the recent work [Deng and Germain 2017].

The original Strichartz estimates needed to prove the local well-posedness of Cauchy problems such as (1-10) were first obtained in [Bourgain 1993] via number-theoretical-related counting arguments for rational tori. Recently, the striking proof of the $\ell^{2}$ decoupling theorem [Bourgain and Demeter 2015] provided a completely different approach from which all the desired Strichartz estimates on tori, both rational and irrational, follow. This approach in particular does not depend on counting lattice points. See also [Guo et al. 2014; Deng et al. 2017]. The method of proof we implement in this present work is mostly inspired by [Bourgain and Demeter 2015] and the techniques used to prove the $\ell^{2}$ decoupling theorem.

We quickly recall the main result in [Bourgain and Demeter 2015]. Let $P$ be a unit parabola in $\mathbb{R}^{d+1}$, covered by finitely overlapping caps $\theta$ of radius $1 / R$. Let $f$ be a function defined on $P$; then one has for any $\epsilon>0$ small,

$$
\begin{equation*}
\|E f\|_{L^{p}\left(w_{B_{R^{2}}}\right)} \lesssim_{\epsilon} R^{\epsilon}\left(R^{2}\right)^{d / 4-(d+2) /(2 p)}\left(\sum_{\theta}\left\|E f_{\theta}\right\|_{L^{p}\left(B_{R^{2}}\right)}^{2}\right)^{1 / 2}, \quad p \geq \frac{2(d+2)}{d} . \tag{1-11}
\end{equation*}
$$

Note that (1-11) corresponds to Theorem 1.1 in [Bourgain and Demeter 2015], and the dimension $n$ in the estimate (2) there corresponds to our $d+1$. Also note that the linear decoupling (1-11) not only works for those $f$ exactly supported on $P$, but those $f$ supported in an $R^{-2}$ neighborhood of $P$, and in this case, cap $\theta$ would be replaced by the $R^{-2}$ neighborhood of the original $\theta$; see Theorem 1.1 in [Bourgain and Demeter 2015].

We remark that one key feature of this decoupling-type estimate is that one needs to work on a larger scale in physical space, i.e., the scale $R^{2}$ rather than $R$, in order to observe the decoupling phenomena. The proper observational scale dictated by Heisenberg's uncertainty principle is $R$.

Indeed, one principle, which is usually called parallel decoupling, indicates that if decoupling happens in a small region, then decoupling happens in a large region as well. We state a bilinear version of parallel decoupling below.
Lemma 1.9 [Bourgain and Demeter 2015; 2017]. Let D be a domain, and $D=D_{1} \cup D_{2} \cup \cdots \cup D_{J}$, $D_{i} \cap D_{j}=\varnothing$. If for some constant $A>0$ and for functions $h_{1}, h_{2}$, defined on the unit parabola, one has

$$
\begin{equation*}
\left\|E h_{1} E h_{2}\right\|_{L_{\text {avg }}^{2}\left(w_{D_{i}}\right)} \leq A \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E h_{j, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{D_{i}}\right)}^{2}\right)^{1 / 2}, \quad i=1, \ldots, J \tag{1-12}
\end{equation*}
$$

then one also has

$$
\begin{equation*}
\left\|E h_{1} E h_{2}\right\|_{L_{\mathrm{avg}}^{2}\left(w_{D}\right)} \leq A \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E h_{j, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{D}\right)}^{2}\right)^{1 / 2} . \tag{1-13}
\end{equation*}
$$

The proof of this particular formulation of parallel decoupling follows by Minkowski's inequality.
As it exists, parallel decoupling is a principle rather than a concrete lemma. We state the version here solely for concreteness. It should be easy to generalize the lemma under different conditions.

1C. Notation. We write $A \lesssim B$ if $A \leq C B$ for a constant $C>0$, and $A \sim B$ if both $A \lesssim B$ and $B \lesssim A$. We say $A \lesssim_{\epsilon} B$ if the constant $C$ depends on $\epsilon$. Similarly for $A \sim_{\epsilon} B$. For a Borel set, $E \subset \mathbb{R}^{d}$, we denote the diameter of $E$ by $|E|$ and the Lebesgue measure of $E$ by $m(E)$.

We will use the usual function space $L^{p}$. We also use a (weighted) average version of $L^{p}$ space; i.e.,

$$
\begin{aligned}
\|g\|_{L_{\mathrm{avg}}^{p}(A)} & =\left(f_{A}|g|^{p}\right)^{1 / p}:=\left(\frac{1}{m(A)} \int_{A}|g|^{p}\right)^{1 / p} \\
\|g\|_{L_{\mathrm{avg}}^{p}\left(w_{A}\right)} & =\left(\frac{1}{m(A)} \int|g|^{p} w_{A}\right)^{1 / p}
\end{aligned}
$$

where $w_{A}$ is a weight function described below.
For any function $f$, we use $\hat{f}$ to denote its Fourier transform. When we say unit ball, we refer to a ball of radius $r \sim 1$. We will often identify a torus as a bounded domain in Euclidean space; for example, we will view $(\mathbb{R} / \mathbb{Z})^{d}$ as $[0,1]^{d} \subset \mathbb{R}^{d}$. In this work, $\Omega$ is used to denote the domain $\left[0, N_{1}^{2}\right] \times\left[0,\left(\lambda N_{1}\right)^{2}\right]^{d} \subset \mathbb{R}^{d+1}$.
1D. The weight $\boldsymbol{w}_{\boldsymbol{A}}$. If $h$ is a Schwartz function whose Fourier transform, $\hat{h}$, is supported in a ball of radius $1 / R$, we expect $h$ to be essentially constant on balls of radius $R$, and essentially

$$
\begin{equation*}
\|h\|_{L_{\text {avg }}^{p}\left(B_{R}\right)} \sim\|h\|_{L_{\text {avg }}^{2}\left(B_{R}\right)} \sim\|h\|_{L^{\infty}\left(B_{R}\right)} \tag{1-14}
\end{equation*}
$$

Expression (1-14) is not rigorous, and the introduction of the weight $w_{B_{R}}$ is a standard way to overcome this technical difficulty. We refer to Lemma 4.1 in [Bourgain and Demeter 2017] for a more detailed discussion of the weight function.

For any bounded open convex set $A$, the weight function $w_{A}$ might change from line to line and from the left-hand side of the inequality to the right-hand side, and satisfies the properties:

- $\int w_{A} \sim m(A)$.
- $w_{A} \gtrsim 1$ on $A$, and rapidly (polynomial-type) decays outside $A$.

We will usually define $A$ to be a ball, or the product of balls in this paper.
Furthermore, let $B_{R}$ be a ball centered at 0 , and let $\mu_{B_{R}}$ be a function such that $\widehat{\mu_{B_{R}}}$ is about $1 /\left(m\left(B_{1 / R}\right)\right)$ on $B_{1 / R}$, and supported in $B_{2 / R}$. Then $\mu_{B_{R}}$ is about 1 on $B_{R}$, and decays faster than any polynomial outside of $B_{R}$. Additionally, $\mu_{B_{R}}^{2}$ is positive, decays faster than any polynomial outside of $B_{R}$ and is Fourier-supported in $B_{4 / R}$. We take translations $B^{\prime}$ of $B_{R}$ to cover the whole space, and we denote by $\mu_{B^{\prime}}$ the corresponding translation of $\mu_{B_{R}}$ and $w_{B_{R}}\left(B^{\prime}\right)=\max _{x \in B^{\prime}} w_{B_{R}}$. We have the useful property,

$$
\begin{equation*}
w_{B_{R}}(x) \leq \sum_{B^{\prime}} w_{B_{R}}\left(B^{\prime}\right) 1_{B^{\prime}}(x) \lesssim \sum_{B^{\prime}} w_{B_{R}}\left(B^{\prime}\right) \mu_{B^{\prime}}^{2}(x) \lesssim w_{B_{R}}(x) . \tag{1-15}
\end{equation*}
$$

The last inequality follows from the fact that $\mu_{B^{\prime}}^{2}$ decays faster than any polynomial outside of $B^{\prime}$.
Lemma 1.10. For a function $f$ supported in $B_{1 / R}$, for any $p<\infty$,

$$
\|E f\|_{L^{\infty}\left(B_{R}\right)} \lesssim\|E f\|_{L_{\mathrm{avg}}^{p}\left(\mu_{B_{R}}\right)} .
$$

We refer to the proof of Corollary 4.3 in [Bourgain and Demeter 2017] with the weight on the left-hand side being $1_{B_{R}}$ so that on the right-hand side we have a fast decay weight.
Remark 1.11. In general, Lemma 1.10 should hold for any convex set $A$ and the dual convex body $A^{*}$.

## 2. Proof of Theorem 1.1 assuming Theorem 1.3

Assume Theorem 1.3, and let us prove Theorem 1.1. The argument below comes from the proof of discrete restriction and the Strichartz estimate on irrational tori assuming the $\ell^{2}$ decoupling estimate; see Theorems 2.2 and 2.3 in [Bourgain and Demeter 2015]. The argument originally comes as observation due to Bourgain [2013]. We record it here for completeness.

Let $\phi_{1}, \phi_{2}$ be as in Theorem 1.1. We rescale $\phi_{1}$ to be supported in the unit ball and rescale $\phi_{2}$ to be supported in a ball of radius $\sim N_{2} / N_{1}$. Recall,

$$
\begin{equation*}
U_{\lambda}(t) \phi_{j}(x, t)=\frac{1}{\lambda^{d / 2}} \sum_{\substack{k \in \Lambda_{\lambda} \\ k \sim N_{1}}} e^{2 \pi i k \cdot x-|2 \pi k|^{2} t} \hat{\phi}_{j}(k) \tag{2-1}
\end{equation*}
$$

We perform a change of variables $\xi=k / N_{1}$ and we let

$$
\begin{equation*}
h_{j}(\tau)=\frac{1}{\lambda^{d / 2}} \sum_{\substack{\xi \in \Lambda_{\lambda N_{1}} \\|\xi| \sim 1}} \hat{\phi}_{j}\left(\xi N_{1}\right) \delta_{\xi}(\tau), \quad j=1,2 \tag{2-2}
\end{equation*}
$$

Note one can directly check that

$$
\begin{equation*}
U_{\lambda}(t) \phi_{j}(x, t)=E h_{j}\left(-2 \pi N_{1} x,(2 \pi)^{2} N_{1}^{2} t\right) \tag{2-3}
\end{equation*}
$$

Without loss of generality, we suppress the constants $-2 \pi$ and $(2 \pi)^{2}$.
Let $Q_{0}=\left[0, N_{1}^{2}\right] \times \mathbb{T}_{\lambda N_{1}}^{d}$ and let us view $\mathbb{T}_{\lambda N_{1}}^{d}$ as a compact set in $\mathbb{R}^{d}$. In particular, one can construct the associated weight function $w_{Q_{0}}$. Direct computation (via change of variables) gives

$$
\begin{equation*}
\left\|U_{\lambda}(t) \phi_{1} U_{\lambda}(t) \phi_{2}\right\|_{L^{2}\left([0,1] \times T_{\lambda}^{d}\right)} \sim N_{1}^{-(d+2) / 2} m\left(Q_{0}\right)^{1 / 2}\left\|E h_{1} E h_{2}\right\|_{L_{\mathrm{avg}}^{2}\left(Q_{0}\right)} \tag{2-4}
\end{equation*}
$$

and due to the periodicity of $E h_{i}, i=1,2$, one has

$$
\begin{equation*}
\left\|E h_{1} E h_{2}\right\|_{L_{\text {avg }}^{2}(\Omega)}=\left\|E h_{1} E h_{2}\right\|_{L_{\text {avg }}^{2}\left(Q_{0}\right)} \tag{2-5}
\end{equation*}
$$

For a covering $\{\theta\}$ of caps of radius $1 /\left(\lambda N_{1}\right)$, each cap $\theta$ contains at most one $\xi_{\theta} \in \Lambda_{\lambda N_{1}}$, corresponding to $k_{\theta}=N_{1} \xi_{\theta} \in \Lambda_{\lambda}$. Then

$$
\left\|E h_{j, \theta}\right\|_{L_{\mathrm{avg}}^{4}\left(w_{Q_{0}}\right)} \sim h_{j}\left(\xi_{\theta}\right) \sim \frac{1}{\lambda^{d}} \hat{\phi}_{j}\left(k_{\theta}\right)
$$

and

$$
\prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E h_{j}\right\|_{L_{\text {avg }}^{4}\left(w_{Q_{0}}\right)}^{2}\right)^{1 / 2} \sim \lambda^{-d} \prod_{j=1}^{2}\left(\frac{1}{\lambda^{d}} \sum_{k \in \Lambda_{\lambda}}\left|\hat{\phi}_{j}(k)\right|^{2}\right)^{1 / 2} \sim \lambda^{-d}\left\|\phi_{1}\right\|_{L^{2}}\left\|\phi_{2}\right\|_{L^{2}}
$$

For convenience of notation let

$$
D_{\lambda, N_{1}, N_{2}}:= \begin{cases}1 / \lambda+N_{2} / N_{1} & \text { when } d=2  \tag{2-6}\\ N_{2}^{d-3} / \lambda+N_{2}^{d-1} / N_{1} & \text { when } d \geq 3\end{cases}
$$

Recall that $\Omega=\left[0, N_{1}\right]^{2} \times\left[0,\left(\lambda N_{1}\right)^{2}\right]^{d}$; we apply Theorem 1.3 with $f_{j}=h_{j}$, and we have

$$
\begin{equation*}
\left\|E h_{1} E h_{2}\right\|_{L_{\text {avg }}^{2}\left(w_{\Omega}\right)} \lesssim_{\epsilon}\left(N_{2}\right)^{\epsilon} \lambda^{d / 2} D_{\lambda, N_{1}, N_{2}}^{1 / 2} \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E h_{j, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{\Omega}\right)}^{2}\right)^{1 / 2} \tag{2-7}
\end{equation*}
$$

Note that $\Omega$ can be covered by $Q$ such that $\{Q\}$ are finitely overlapping and each $Q$ is a translation of $Q_{0}$. Since $E h_{j}$ are periodic on $x$, estimate (2-7) is equivalent to

$$
\begin{equation*}
\left\|E h_{1} E h_{2}\right\|_{L_{\mathrm{avg}}^{2}\left(w_{Q_{0}}\right)} \lesssim_{\epsilon}\left(N_{2}\right)^{\epsilon} \lambda^{d / 2} D_{\lambda, N_{1}, N_{2}}^{1 / 2} \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E h_{j, \theta}\right\|_{L^{4}\left(w_{Q_{0}}\right)}^{2}\right)^{1 / 2} \tag{2-8}
\end{equation*}
$$

Plugging (2-8) into (2-4) gives

$$
\begin{aligned}
\left\|U_{\lambda}(t) \phi_{1} U_{\lambda}(t) \phi_{2}\right\|_{L^{2}\left([0,1] \times \mathbb{T}_{\lambda}^{d}\right)} & \lesssim N_{1}^{-(d+2) / 2} \cdot N_{1} m\left(\mathbb{T}_{\lambda N_{1}}^{d}\right)^{1 / 2} \lambda^{-d} \cdot\left(N_{2}\right)^{\epsilon} \lambda^{d / 2} D_{\lambda, N_{1}, N_{2}}^{1 / 2}\left\|\phi_{1}\right\|_{L^{2}}\left\|\phi_{2}\right\|_{L^{2}} \\
& \sim\left(N_{2}\right)^{\epsilon} D_{\lambda, N_{1}, N_{2}}^{1 / 2}\left\|\phi_{1}\right\|_{L^{2}}\left\|\phi_{2}\right\|_{L^{2}}
\end{aligned}
$$

and Theorem 1.1 follows.
The rest of the paper details the proof of Theorem 1.3.

## 3. An overview of the proof of Theorem 1.3

First, we reduce the proof of Theorem 1.3 to the following proposition.
Proposition 3.1. Let $\tau_{1}$ be a cap of radius $N_{2} / N_{1}$ supported at $\xi$ with $|\xi| \sim 1$. Let $\tau_{2}$ be a cap of radius $N_{2} / N_{1}$ supported at $\xi$ with $|\xi| \sim N_{2} / N_{1}$. Let $f_{j}$ be a function supported in $\tau_{j}$. Then for any small $\epsilon>0$, when $d=2$

$$
\begin{equation*}
\left\|E f_{1} E f_{2}\right\|_{L_{\text {avg }}^{2}\left(w_{\Omega}\right)} \lesssim_{\epsilon}\left(N_{2}\right)^{\epsilon} \lambda^{d / 2}\left(\frac{1}{\lambda}+\frac{N_{2}}{N_{1}}\right)^{1 / 2} \prod_{j=1}^{2}\left(\sum_{\substack{|\theta|=1 /\left(\lambda N_{1}\right) \\ \theta \subset \tau_{j}}}\left\|E f_{j, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{\Omega}\right)}^{2}\right)^{1 / 2} \tag{3-1}
\end{equation*}
$$

and when $d \geq 3$,

$$
\begin{equation*}
\left\|E f_{1} E f_{2}\right\|_{L_{\text {avg }}^{2}\left(w_{\Omega}\right)} \lesssim_{\epsilon}\left(N_{2}\right)^{\epsilon} \lambda^{d / 2}\left(\frac{N_{2}^{d-3}}{\lambda}+\frac{N_{2}^{d-1}}{N_{1}}\right)^{1 / 2} \prod_{j=1}^{2}\left(\sum_{\substack{|\theta|=1 /\left(\lambda N_{1}\right) \\ \theta \subset \tau_{j}}}\left\|E f_{j, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{\Omega}\right)}^{2}\right)^{1 / 2} \tag{3-2}
\end{equation*}
$$

Now, let $f_{1}, f_{2}$ be as in Proposition 3.1. We define $K_{0}\left(\lambda, N_{1}, N_{2}\right)$ to be the best constant such that

$$
\begin{equation*}
\left\|E f_{1} E f_{2}\right\|_{L_{\text {avg }}^{2}\left(w_{\Omega}\right)} \leq \lambda^{d / 2} K_{0}\left(\lambda, N_{1}, N_{2}\right) \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{j, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{\Omega}\right)}^{2}\right)^{1 / 2} . \tag{3-3}
\end{equation*}
$$

We also let $\widetilde{K}\left(\lambda, N_{1}, N_{2}\right)$ and $K\left(\lambda, N_{1}, N_{2}\right)$ be defined as the best constants such that

$$
\begin{array}{r}
\left\|E f_{1} E f_{2}\right\|_{L_{\text {avg }}^{2}\left(w_{\left[0, N_{1}^{2}\right] \times\left[0, \lambda N_{1}\right]}\right)} \leq \lambda^{d / 2} \widetilde{K}\left(\lambda, N_{1}, N_{2}\right) \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{j, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{\left[0, N_{1}^{2}\right] \times\left[0, \lambda N_{1}\right]} d\right.}^{2}\right)^{1 / 2}, \\
\left\|E f_{1} E f_{2}\right\|_{L_{\text {avg }}^{2}\left(w_{N_{N_{1}^{2}}}\right)} \leq \lambda^{d / 2} K\left(\lambda, N_{1}, N_{2}\right) \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{j, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{B_{N_{1}^{2}}}\right)}^{2}\right)^{1 / 2} . \tag{3-4}
\end{array}
$$

Below we will prove that

$$
\begin{array}{ll}
K_{0}\left(\lambda, N_{1}, N_{2}\right) \lesssim N_{2}^{\epsilon}\left(\frac{1}{\lambda}+\frac{N_{2}}{N_{1}}\right)^{1 / 2}, & d=2 \\
K_{0}\left(\lambda, N_{1}, N_{2}\right) \lesssim N_{2}^{\epsilon}\left(\frac{N_{2}^{d-3}}{\lambda}+\frac{N_{2}^{d-1}}{N_{1}}\right)^{1 / 2}, & d \geq 3 \tag{3-6}
\end{array}
$$

We point out here that by parallel decoupling, Lemma 1.9, one always has

$$
\begin{align*}
& K_{0}\left(\lambda, N_{1}, N_{2}\right) \lesssim K\left(\lambda, N_{1}, N_{2}\right), \\
& K_{0}\left(\lambda, N_{1}, N_{2}\right) \lesssim \widetilde{K}\left(\lambda, N_{1}, N_{2}\right) . \tag{3-7}
\end{align*}
$$

The proof of Proposition 3.1 or equivalently (3-6) proceeds as follows. We first show:

Lemma 3.2. When $\lambda \geq N_{1}$,

$$
\begin{equation*}
\widetilde{K}\left(\lambda, N_{1}, N_{2}\right) \lesssim N_{2}^{\epsilon} \frac{N_{2}^{(d-1) / 2}}{N_{1}^{1 / 2}} \tag{3-8}
\end{equation*}
$$

Note that when $\lambda \geq N_{1}$, Proposition 3.1 follows from (3-7) and Lemma 3.2.
Then, we show:
Lemma 3.3. When $\lambda \leq N_{1}$,

$$
\begin{array}{ll}
K\left(\lambda, N_{1}, N_{2}\right) \lesssim N_{2}^{\epsilon}\left(\frac{1}{\lambda}+\frac{N_{2}}{N_{1}}\right)^{1 / 2}, & d=2 \\
K\left(\lambda, N_{1}, N_{2}\right) \lesssim N_{2}^{\epsilon}\left(\frac{N_{2}^{d-3}}{\lambda}+\frac{N_{2}^{d-1}}{N_{1}}\right)^{1 / 2}, & d=3 . \tag{3-9}
\end{array}
$$

From (3-7), clearly Proposition 3.1 follows from Lemmas 3.2 and 3.3.
The proof of Lemma 3.3 in dimension $d=2$ relies on induction (of scale $N_{2}$ ). The proof of Lemma 3.3 in dimension in $d \geq 3$ is easier and more straightforward, (in some sense, it also relies on induction, but it is enough to induct only once.)

We first show the base case:
Lemma 3.4. When $\lambda \leq N_{1}$ and $N_{2} \lesssim 1$, we have $K\left(\lambda, N_{1}, N_{2}\right) \lesssim 1 / \lambda^{1 / 2}$.
Lemma 3.4 is not as useful in dimension $d \geq 3$, we indeed have a better estimate:
Lemma 3.5. When $d \geq 3, \lambda \leq N_{1}$ and $\lambda \leq N_{1} / N_{2}^{2}$, we have $K\left(\lambda, N_{1}, N_{2}\right) \lesssim\left(N_{2}^{d-3} / \lambda\right)^{1 / 2}$.
We then show the following lemma, which ensures that we only need to induct until $\lambda \leq N_{1} / N_{2}$, when $d=2$, and until $N_{1} / N_{2}$ when $d \geq 3$.

Lemma 3.6. Let $\lambda \leq N_{1}$.
Let $d=2$. Assume we have $K\left(\lambda, N_{1}, N_{2}\right) \leq \lambda^{-1 / 2}$ when $\lambda<N_{1} / N_{2}$. Then

$$
K\left(\lambda, N_{1}, N_{2}\right) \leq N_{2}^{\epsilon} \frac{N_{2}^{(d-1) / 2}}{N_{1}^{1 / 2}} \quad \text { when } \lambda \geq \frac{N_{1}}{N_{2}}
$$

Let $d \geq 3$. Assume we have $K\left(\lambda, N_{1}, N_{2}\right) \leq\left(N_{2}^{d-3} / \lambda\right)^{1 / 2}$ when $\lambda<N_{1} / N_{2}^{2}$. Then

$$
K\left(\lambda, N_{1}, N_{2}\right) \leq N_{2}^{\epsilon} \frac{N_{2}^{d-1 /(2)}}{N_{1}^{1 / 2}} \quad \text { when } \lambda \geq \frac{N_{1}}{N_{2}^{2}}
$$

Note that when $d \geq 3$, Lemmas 3.5 and 3.6 imply Lemma 3.3. In dimension $d=2$, we use induction (we rely on the so-called parabolic rescaling) to finish the proof of Lemma 3.3.

We end this section with an outline of the structure of the rest of the paper. We show that Proposition 3.1 implies Theorem 1.3 in Section 4. Lemmas 3.2, 3.4, and 3.6 all rely on the exploration of the so-called transversality, which essentially allows us to reduce the dimensionality of the problem. We first explore transversality in Section 5 and then we prove Lemmas 3.2, 3.4, and 3.6 in Section 6.

The details of the induction procedure (which is nontrivial) that is used to prove Lemma 3.3 in dimension $d=2$ are given in Section 5. We remark here the proof of Lemma 3.3 relies on Lemma 3.2.

Finally, we prove Lemma 3.5 at the end of Section 7, which, together with Lemma 3.6 will conclude the proof of Lemma 3.3 in dimension $d \geq 3$.

## 4. Proposition 3.1 implies Theorem 1.3

We first introduce one standard but important tool in the following lemma.
Lemma 4.1 [Bourgain and Demeter 2015; 2017]. Let $\left\{g_{\alpha}\right\}$ be a family of functions such that supp $\hat{g}_{\alpha}$ are finitely overlapped cubes of length $\rho$. Let $A$ be bounded convex open set tiled by finitely overlapped cubes $Q$ of side length $\geq \rho^{-1}$. Then for the $w_{A}$ adapted to $A$, the following holds:

$$
f_{A}\left|\sum g_{\alpha}\right|^{2} w_{A} \lesssim \sum \frac{1}{m(A)} \int\left|g_{\alpha}\right|^{2} w_{A}
$$

Proof. Since we can sum up the weight function over a finitely overlapping cover $\{Q\}$ of $A$, that is, $w_{A}=\sum_{Q \subset A} w_{Q}$, it suffices to prove the result for $A=Q$. Recall by inequality (1-15), we can cover the whole space $\mathbb{R}^{n}$ by translations $Q^{\prime}$ of $Q$ :

$$
\begin{aligned}
f_{Q}\left|\sum g_{\alpha}\right|^{2} w_{Q} d x & \leq \frac{1}{m(Q)} \sum_{Q^{\prime}} \int_{Q^{\prime}} w_{Q}\left(Q^{\prime}\right)\left|\sum g_{\alpha}\right|^{2} \\
& \leq \frac{1}{m(Q)} \sum_{Q^{\prime}} w_{Q}\left(Q^{\prime}\right) \int\left|\sum g_{\alpha}\right|^{2} \mu_{Q^{\prime}}^{2} \\
& =\frac{1}{m(Q)} \sum_{Q^{\prime}} w_{Q}\left(Q^{\prime}\right) \int\left|\hat{g}_{\alpha} * \hat{\mu} Q_{Q^{\prime}}\right|^{2} \\
& \lesssim \frac{1}{m(Q)} \sum_{Q^{\prime}} w_{Q}\left(Q^{\prime}\right) \sum_{\alpha} \int\left|g_{\alpha}\right|^{2} \mu_{Q^{\prime}}^{2} \lesssim \frac{1}{m(Q)} \sum_{\alpha} \int\left|g_{\alpha}\right|^{2} w_{Q}
\end{aligned}
$$

Now we can reduce Proposition 3.1 to a bilinear decoupling on two ( $N_{2} / N_{1}$ )-diameter caps.
Lemma 4.2. Theorem 1.3 is equivalent to Proposition 3.1.
Proof. Let $f_{1}, f_{2}$ be as in Theorem 1.3. Then $f_{1}=\sum_{|\tau|=N_{2} / N_{1}} f_{1, \tau}$ and the $f_{1, \tau}$ are supported on finitely overlapping caps of diameter $N_{2} / N_{1}$.

Since $\left|f_{2}\right|$ is supported in a cap of diameter $N_{2} / N_{1}$, the supports of $\left\{\widehat{E f} 1, \tau * \widehat{E f_{2}}\right\}_{\tau}$ are in finitely overlapping cubes of length $N_{2} / N_{1}$. Since the scale of $\Omega$ is larger than $N_{1} / N_{2}$, i.e., it contains a ball of radius $>N_{1} / N_{2}$, by Lemma 4.1,

$$
f_{\Omega}\left|E f_{1} E f_{2}\right|^{2} w_{\Omega} d x \leq \sum_{|\tau|=N_{2} / N_{1}}\left|f_{\Omega} E f_{1, \tau} E f_{2}\right|^{2} w_{\Omega} d x
$$

Now apply Proposition 3.1 for $f_{1, \tau}$ and $f_{2}$ for each $\tau$; Theorem 1.3 follows.

## 5. Transversality

Let $f_{1}, f_{2}$ be as in Proposition 3.1; then $f_{1}$ is supported around $(0,0, \ldots, 0,1,1)$ and $f_{2}$ is supported around $(0,0, \ldots, 0)$. The main goal of this section is to explore the transversality between $(0,0, \ldots, 0,1)$ and $(0,0,0, \ldots, 0)$, or more precisely, the transversality between the unit normal vectors of the truncated parabola at these two points. The main lemma in this section is Lemma 5.1 below, and Corollary 5.7 which essentially follows from Lemma 5.1.

We first introduce some basic notation. Let $\left\{e_{1}, \ldots, e_{d}\right\}$ be the standard basis of $\mathbb{R}^{d}$. We will encounter caps of radius $v$ around $(0,0, \ldots, 0)$ and $(0, \ldots, 0,1,1)$ on the parabola. Note around those two points, when $v$ is small (which is always the case in our work), one may view those caps as their natural projection to $\mathbb{R}^{d-1}$. And their image is essentially a square/cap of radius $v$. We say that a $\left(v, v^{2}\right)$-plate is a $d$-dimensional rectangle with the short side on the $e_{d-1}$-direction such that its image under the orthogonal projection to $R^{d-1}$ is a ( $v \times v \times \cdots \times v \times v^{2}$ )-rectangle.
Lemma 5.1. Given $|v|<1$, let $f_{1}$ be a function supported on a cap of radius $v$, centered at $(0, \ldots, 0,1,1)$ on the truncated parabola $P$, and let $f_{2}$ be a function supported on a cap of radius $v$ centered at $(0, \ldots, 0,0,0)$ on the paraboloid. For a covering $\left\{\tau_{i}\right\}$ of $\operatorname{supp} f_{i}$ with $\left(v, v^{2}\right)$ plates, with the shorter side on the $e_{d-1}$-direction, we have the following decoupling inequality: for any $R>v^{-2}$,

$$
\begin{equation*}
\int\left|E f_{1} E f_{2}\right|^{2} w_{B_{R}} \lesssim \sum_{\tau_{1}, \tau_{2}} \int\left|E f_{1, \tau_{1}} E f_{2, \tau_{2}}\right|^{2} w_{B_{R}} \tag{5-1}
\end{equation*}
$$

Remark 5.2. We thank J. Ramos for pointing out that Lemma 5.1 is a particular case of Proposition 2 in [Ramos 2016]. We still write a proof in this paper for clarity.
Proof. The proof is similar to the proof of the $L^{4}$ Strichartz estimate on the one-dimensional torus. From the inequality (1-15), we only need to prove that

$$
\int_{B^{\prime}}\left|E f_{1} E f_{2}\right|^{2} \lesssim \sum_{\tau_{1}, \tau_{2}} \int\left|E f_{1, \tau_{1}} E f_{2, \tau_{2}}\right|^{2} \mu_{B^{\prime}}^{2}
$$

for all translations $B^{\prime}$ of $B_{R}$. Now

$$
\begin{equation*}
\int_{B^{\prime}}\left|E f_{1} E f_{2}\right|^{2} \leq \sum_{\tau_{1}, \tau_{2}, \tau_{3}, \tau_{4}} \int_{B^{\prime}} E f_{1, \tau_{1}} E f_{2, \tau_{2}} \overline{E f}_{1, \tau_{3}} \overline{E f}_{2, \tau_{4}} \mu_{B^{\prime}}^{2} \tag{5-2}
\end{equation*}
$$

Let $\xi_{i} \in \tau_{i}, \xi_{i}=\left(\xi_{i, 1}, \ldots, \xi_{i, d-1}, \sum_{j=1}^{d-1}\left(\xi_{i}^{j}\right)^{2}\right) \equiv\left(\bar{\xi}_{i}, \xi_{i, d-1},\left|\bar{\xi}_{i}\right|^{2}+\left(\xi_{i}^{d-1}\right)^{2}\right), i=1,2,3,4$. We have

$$
\begin{align*}
\left|\bar{\xi}_{i}\right| \lesssim v, & i=1,2,3,4, \\
\left|\xi_{i, d-1}-1\right| \lesssim v, & i=1,3,  \tag{5-3}\\
\left|\xi_{i, d-1}\right| \lesssim v, & i=2,4 .
\end{align*}
$$

Essentially, for any $\tau_{1}, \tau_{2}, \tau_{3}, \tau_{4}$ such that

$$
\int E f_{1, \tau_{1}} E f_{2, \tau_{2}} \overline{E f}_{1, \tau_{3}} \overline{E f}_{2, \tau_{4}} \mu_{B^{\prime}}^{2} \neq 0
$$

one must have for some $\xi_{i} \in \tau_{i}$,

$$
\begin{align*}
\xi_{1}-\xi_{3} & =\xi_{2}-\xi_{4}+O\left(R^{-1}\right) \\
\left|\xi_{1}\right|^{2}-\left|\xi_{3}\right|^{2} & =|\xi|_{2}^{2}-|\xi|_{4}^{2}+O\left(R^{-1}\right) \tag{5-4}
\end{align*}
$$

and the second formula in (5-4) implies

$$
\begin{equation*}
\left(\xi_{1, d-1}-\xi_{3, d-1}\right)\left(\xi_{1, d-1}+\xi_{3, d-1}\right)=O\left(\left|\xi_{2}\right|^{2}+\left|\xi_{4}\right|^{2}\right)+O\left(\left|\bar{\xi}_{1}\right|^{2}+\left|\bar{\xi}_{3}\right|^{2}\right)+O\left(R^{-1}\right) \tag{5-5}
\end{equation*}
$$

Plugging into (5-3), one has $\left|\xi_{1, d-1}-\xi_{3, d-1}\right| \lesssim v^{2}$, which again implies $\left|\xi_{2, d-1}-\xi_{4, d-1}\right| \lesssim v^{2}$.
To summarize, $\int E f_{1, \tau_{1}} E f_{2, \tau_{2}} \overline{E f}_{1, \tau_{3}} \overline{E f}_{2, \tau_{4}} \mu_{B^{\prime}}^{2} \neq 0$ implies the distance between $\tau_{1}$ and $\tau_{3}$ and the distance between $\tau_{2}$ and $\tau_{4}$ are both bounded by $v^{2}$, which essentially means $\tau_{i}=\tau_{i+2}, i=1,2$. Applying this fact to (5-2), Lemma 5.1 follows.
Remark 5.3. A quantitative version of estimate (5-1) can be stated as follows: assume that the support of $f_{1}$ is centered at $\left(0,1 / K,(1 / K)^{2}\right)$ rather than $(0,0,1)$. From the proof we can attain the same estimate as in (5-1) by introducing an additional constant $K$,

$$
\begin{equation*}
\int\left|E f_{1} E f_{2}\right|^{2} w_{B_{R}} \lesssim K \sum_{\tau_{1}, \tau_{2}} \int\left|E f_{1, \tau_{1}} E f_{2, \tau_{2}}\right|^{2} w_{B_{R}} \tag{5-6}
\end{equation*}
$$

Indeed, the proof essentially only relies on the fact that for $\xi_{i} \in \operatorname{supp} f_{i}, i=1,2$, the difference between the $d-1$ components is at least $1 / K$. Similar arguments also hold for the estimate in Lemma 5.5 ; see Corollary 5.7 below.

Remark 5.4. We remark that for any $\alpha<v$, a function which is supported on a cap of radius $\alpha$ can be naturally understood as a function supported on a cap of radius $v$.

Lemma 5.1 facilitates the decomposition of caps of radius $v$ into plates of size $\left(v, v^{2}\right)$. We can further decompose those into caps of radius $v^{2}$.
Lemma 5.5. With the same notation as in Lemma 5.1, $R \geq v^{-2}$, let $\operatorname{supp} f_{i}$ be covered by finitely overlapping caps $\theta_{i}$ of radius $v^{2}, i=1,2$. Then

$$
\begin{equation*}
\int\left|E f_{1} E f_{2}\right|^{2} w_{B_{R}} \lesssim v^{-(d-1)} \sum_{\left|\theta_{i}\right|=v^{2}} \int\left|E f_{1, \theta_{1}} E f_{2, \theta_{2}}\right|^{2} w_{B_{R}} \tag{5-7}
\end{equation*}
$$

Proof. Clearly, we need only to prove (5-7) for every ball of radius $v^{-2}$ contained in $B_{R}$, and then sum them together. (This is the same principle of parallel decoupling, Lemma 1.9.)

Fix a pair of $\left(v, v^{2}\right)$ plates $\tau_{1}, \tau_{2}$ :

$$
\begin{align*}
\int\left|E f_{1, \tau_{1}} E f_{2, \tau_{2}}\right|^{2} w_{B_{R}} & =\int\left|\sum_{\substack{\theta_{2} \subset \tau_{2} \\
\left|\theta_{2}\right|=v^{2}}} E f_{1, \tau_{1}} E f_{2, \theta_{2}}\right|^{2} w_{B_{R}} \\
& \leq v^{-(d-1)} \sum_{\substack{\theta_{2} \subset \tau_{2} \\
\left|\theta_{2}\right|=v^{2}}}\left|E f_{1, \tau_{1}} E f_{2, \theta_{2}}\right|^{2} w_{B_{R}} \lesssim \sum_{\substack{\theta_{j} \subset \tau_{j} \\
\left|\theta_{j}\right|=v^{2}}}\left|E f_{1, \theta_{1}} E f_{2, \theta_{2}}\right|^{2} w_{B_{R}} \tag{5-8}
\end{align*}
$$

The last inequality follows from Lemma 4.1 and Lemma 4.2.

Remark 5.6. Similar to Remark 5.4, for $v^{2}<\alpha<v$, a cap of scale $v$ naturally lies in a cap of scale $\sqrt{\alpha}$. Thus if we let $f_{1}$ be a function supported on a cap of radius $\alpha$ centered at $(0, \ldots, 0,1,1)$ on the paraboloid, and we let $f_{2}$ be a function supported on a cap of radius $\alpha$ centered at $(0, \ldots, 0,0,0)$ on the paraboloid, then by arguing similar to the proof of Lemma 5.5, we have for $R \geq \alpha^{-1}$,

$$
\begin{equation*}
\int\left|E f_{1} E f_{2}\right|^{2} w_{B_{R}} \lesssim\left(\frac{v}{\alpha}\right)^{d-1} \sum_{\left|\theta_{i}\right|=\alpha} \int\left|E f_{1, \theta_{1}} E f_{2, \theta_{2}}\right|^{2} w_{B_{R}} \tag{5-9}
\end{equation*}
$$

If we directly use the Hölder inequality for all caps in the support of $f_{i}$ to estimate as in (5-8), then the interpolation in the proof of Lemma 5.5 will give us a constant $v^{-d}$ rather than $v^{-(d-1)}$ in (5-7), since one has $v^{-d}$ caps for each $f_{i}$. The bilinear transversality, i.e., the transversality between $(0,0, \ldots, 0)$ and $(0, \ldots, 0,1,1)$, helps in reducing the dimension by 1 since in one direction we can use $L^{4}$ orthogonality, as shown in Lemma 5.1. Thus here we are able to improve the constant in (5-7) to $v^{-(d-1)}$.
Corollary 5.7. Using the same notation as in Lemma 5.1, there exists a constant $C$ such that for any $v, \delta$, and $R^{-1} \leq \delta \leq v$,

$$
\int\left|E f_{1} E f_{2}\right|^{2} w_{B_{R}} \lesssim\left(\frac{v}{\delta}\right)^{d-1}\left|\frac{\log \delta}{\log v}\right|^{C} \sum_{\left|\theta_{i}\right|=\delta} \int\left|E f_{1, \theta_{1}} E f_{2, \theta_{2}}\right|^{2} w_{B_{R}}
$$

Proof. The proof is most clear when $\delta=v^{2^{n}}$ for some $n$. Let us first handle this case and then go to the general case. One may use induction. (This induction, however, does not rely on parabolic rescaling.) If $n=0$, there is nothing to prove.

Assume the result holds for the case $n=k$. Let us turn to the case $n=k+1$, where $\delta=v^{2^{k+1}}$, and so $\delta^{1 / 2}=v^{2^{k}}$; thus by the induction assumption, we have

$$
\begin{equation*}
\int\left|E f_{1} E f_{2}\right|^{2} w_{B_{R}} \lesssim\left(\frac{v}{\delta^{1 / 2}}\right)^{d-1} 2^{C k} \sum_{\left|\eta_{i}\right|=\delta^{1 / 2}} \int\left|E f_{1, \eta_{1}} E f_{2, \eta_{2}}\right|^{2} w_{B_{R}} \tag{5-10}
\end{equation*}
$$

Now note that $R \geq\left(\delta^{-1 / 2}\right)^{2}$. By Lemma 5.5, we have for each pair $\left(\eta_{1}, \eta_{2}\right)$ in (5-10) that

$$
\begin{equation*}
\int\left|E f_{1, \eta_{1}} E f_{2, \eta_{2}}\right|^{2} w_{B_{R}} \lesssim\left(\delta^{1 / 2}\right)^{-(d-1)} \sum_{\substack{\theta_{i} \subset \eta_{i} \\\left|\theta_{i}\right|=\delta}} \int\left|E f_{1, \theta_{1}} E f_{2, \theta_{2}}\right|^{2} w_{B_{R}} \tag{5-11}
\end{equation*}
$$

The case $n=k+1$ clearly follows if one plugs (5-11) into (5-10), taking the constant $C$ large enough.
Now we turn to the general case. We only need to work on the case $v^{2^{n+1}}<\delta<v^{2^{n}}$. Recall that previously, when $\delta=v^{2^{n}}$, we used induction as $v \rightarrow v^{2} \rightarrow v^{2^{2}} \rightarrow \cdots \rightarrow v^{2^{n}}=\delta$, and in each step we used Lemma 5.5 to finish the induction $v^{2^{k}} \rightarrow v^{2^{k+1}}$.

In the case $v^{2^{n+1}}<\delta<v^{2^{n}}$ we have $v^{2^{n}}<\delta^{1 / 2}$, and we use induction as before for $v \rightarrow v^{2} \rightarrow$ $v^{2^{2}} \rightarrow \cdots \rightarrow v^{2^{n}}$, and we use (5-9) to use induction again from $v^{2^{n}}$ to $\delta$. This ends the proof.

## 6. Proofs of Lemmas 3.2, 3.4 and 3.6

We are now prepared to use transversality to prove Lemmas 3.2, 3.4, and 3.6. Recall Lemma 3.2 concerns $\widetilde{K}\left(\lambda, N_{1}, N_{2}\right)$ defined in (3-4). Furthermore, Lemmas 3.4 and 3.6 refer to $K\left(\lambda, N_{1}, N_{2}\right)$ defined in (3-5).

6A. Proof of Lemma 3.2. For convenience of notation, we let $\Omega_{1}:=\left[0, N_{1}^{2}\right] \times\left[0, \lambda N_{1}\right]^{d}$. Note that one can use finite overlapped balls of radius $N_{1}^{2}$ to cover $\Omega_{1}$ since $\lambda \geq N_{1}$. We want to prove

$$
\begin{equation*}
\left.\left\|E f_{1} E f_{2}\right\|_{L_{\text {avg }}^{2}\left(\omega_{\Omega_{1}}\right)} \lesssim \epsilon \lambda^{d / 2} N_{2}^{\epsilon} \frac{N_{2}^{d-1}}{N_{1}} \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{j, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{\Omega_{1}}\right)}^{2}\right)\right)^{1 / 2} \tag{6-1}
\end{equation*}
$$

We first apply Corollary 5.7 with $\delta=N_{1}^{-2}, v=N_{2} / N_{1}, R=N_{1}^{2}$. Note that $\delta \leq v$. Then we have

$$
\begin{align*}
\int\left|E f_{1} E f_{2}\right|^{2} w_{B_{N_{1}^{2}}} & \lesssim\left(N_{1} N_{2}\right)^{d-1}\left|\frac{\log N_{1}}{\log N_{1}-\log N_{2}}\right|^{C} \sum_{\left|\theta_{j}\right|=1 / N_{1}^{2}} \int\left|E f_{1, \theta_{1}} E f_{2, \theta_{2}}\right|^{2} w_{B_{N_{1}^{2}}} \\
& \lesssim\left(N_{1} N_{2}\right)^{d-1} N_{2}^{\epsilon} \sum_{\left|\theta_{j}\right|=1 / N_{1}^{2}} \prod_{j=1}^{2}\left\|E f_{j, \theta_{j}}\right\|_{L^{4}\left(w_{B_{N_{1}^{2}}}^{2}\right.} . \tag{6-2}
\end{align*}
$$

Remark 6.1. We avoid the case when $N_{1}=N_{2}$, and thus $\ln N_{1}-\ln N_{2}=0$, by first decomposing caps of diameter $N_{2} / N_{1}$ into caps of diameter $N_{2} /\left(2 N_{1}\right)$ with loss of a fixed constant, then continuing with the proof as above. In all of what follows, one may assume, without loss of generality, that $N_{1} \geq 2 N_{2}$.

Via the principle of parallel decoupling, Lemma 1.9 , or by summing different $B_{N_{1}^{2}}$ together, we have

$$
\begin{equation*}
\int\left|E f_{1} E f_{2}\right|^{2} w_{\Omega_{1}} \lesssim\left(N_{1} N_{2}\right)^{d-1} N_{2}^{\epsilon} \sum_{\left|\theta_{j}\right|=1 / N_{1}^{2}} \prod_{j=1}^{2}\left\|E f_{j, \theta_{j}}\right\|_{L^{4}\left(w_{\Omega_{1}}\right)}^{2} \tag{6-3}
\end{equation*}
$$

Next we would like to show that

$$
\begin{equation*}
\left\|E f_{j, \theta_{j}}\right\|_{L^{4}\left(w_{\Omega_{1}}\right)}^{2} \leq\left(\frac{\lambda}{N_{1}}\right)^{d / 2} \sum_{\substack{\theta_{j}^{\prime} \subset \theta_{j} \\\left|\theta_{j}^{\prime}\right|=1 /\left(\lambda N_{1}\right)}}\left\|E f_{j, \theta_{j}^{\prime}}\right\|_{L^{4}\left(w_{\Omega_{1}}\right)}^{2} \tag{6-4}
\end{equation*}
$$

It suffices to show

$$
\left\|E f_{j, \theta_{j}}\right\|_{L_{\text {avg }}^{4}\left(\Omega_{1}\right)}^{2} \leq\left(\frac{\lambda}{N_{1}}\right)^{d / 2} \sum_{\substack{\theta_{j}^{\prime} \subset \theta_{j} \\\left|\theta_{j}^{\prime}\right|=1 /\left(\lambda N_{1}\right)}}\left\|E f_{j, \theta_{j}^{\prime}}\right\|_{L_{\text {avg }}^{4}\left(w_{\Omega_{1}}\right)}^{2}
$$

and sum up as in Lemma 4.1.
Each function $E f_{j, \theta_{j}^{\prime}}$ is Fourier-supported in $\theta_{j}^{\prime}$, in particular, Fourier-supported in a cylinder of radius $1 /\left(\lambda N_{1}\right)$, height $1 / N_{1}^{2}$, and $\Omega_{1}$ is tiled by cylinders of radius $\lambda N_{1}$, height $N_{1}^{2}$ in the $t$-direction. The proof of Lemma 4.1 works the same:

$$
\left\|E f_{j, \theta_{j}}\right\|_{L_{\text {avg }}^{2}\left(\Omega_{1}\right)}^{2} \lesssim \sum_{\substack{\theta_{j}^{\prime} \subset \theta_{j} \\\left|\theta_{j}^{\prime}\right|=1 /\left(\lambda N_{1}\right)}}\left\|E f_{j, \theta_{j}^{\prime}}\right\|_{L_{\text {avg }}^{2}\left(w_{B_{R}}\right)}^{2} \lesssim \sum_{\substack{\theta_{j}^{\prime} \subset \theta_{j} \\\left|\theta_{j}^{\prime}\right|=1 /\left(\lambda N_{1}\right)}} \| E f_{j, \theta_{j}^{\prime} \|_{L_{\text {avg }}^{4}\left(w_{B_{R}}\right)}^{2} .}
$$

For the $L^{\infty}$-estimate, we apply the Cauchy-Schwarz inequality:

$$
\left\|E f_{j, \theta_{j}}\right\|_{L^{\infty}\left(\Omega_{1}\right)}^{2} \leq\left(\frac{\lambda}{N_{1}}\right)^{d} \sum_{\substack{\theta_{j}^{\prime} \subset \theta_{j} \\\left|\theta_{j}^{\prime}\right|=1 /\left(\lambda N_{1}\right)}}\left\|E f_{j, \theta_{j}^{\prime}}\right\|_{L^{\infty}\left(\Omega_{1}\right)}^{2} \lesssim\left(\frac{\lambda}{N_{1}}\right)^{d} \sum_{\substack{\theta_{j}^{\prime} \subset \theta_{j} \\\left|\theta_{j}^{\prime}\right|=1 /\left(\lambda N_{1}\right)}}\left\|E f_{j, \theta_{j}^{\prime}}\right\|_{L_{\text {avg }}^{4}\left(w_{\Omega_{1}}\right)}^{2} .
$$

The last inequality is an application of Lemma 1.10. Note $f_{\theta_{j}^{\prime}}$ is supported in a ball of scale $1 /\left(\lambda N_{1}\right)$, and inside a box $C$ of size $\left(1 / N_{1}^{2}\right) \times\left(1 /\left(\lambda N_{1}\right)\right) \times \cdots \times\left(1 /\left(\lambda N_{1}\right)\right)$. We can make a affine transform of $C$ into a cube $Q^{*}$ of scale $\lambda_{N_{1}}$, which on the physical side would transform $\Omega_{1}$ into a cube of scale $\lambda N_{1}$. We apply Lemma 1.10 after the affine transformation and then transform back. (Note in that setting, cube is no different than a ball.)

We apply Hölder's inequality to conclude the argument.
6B. Proof of Lemma 3.4. Let $\lambda \leq N_{1}$. We first note that we can use finitely overlapping balls $B_{\lambda N_{1}}$ to cover $\Omega$ and that $N_{2} \lesssim 1$. Applying Corollary 5.7 with $\delta=1 /\left(\lambda N_{1}\right)$ and $v=N_{2} / N_{1}$ we have

$$
\begin{aligned}
\int\left|E f_{1} E f_{2}\right|^{2} w_{B_{\lambda N_{1}}} & \lesssim\left(\lambda N_{2}\right)^{d-1}\left|\frac{\log \lambda+\log N_{1}}{\log N_{1}-\log N_{2}}\right|^{C} \sum_{\left|\theta_{j}\right|=1 /\left(\lambda N_{1}\right)} \int\left|E f_{1, \theta_{1}} E f_{2, \theta_{2}}\right|^{2} w_{B_{\lambda N_{1}}} \\
& \lesssim\left(\lambda N_{2}\right)^{d-1} N_{2}^{\epsilon} \sum_{\left|\theta_{j}\right|=1 /\left(\lambda N_{1}\right)} \prod_{j=1}^{2}\left\|E f_{j, \theta_{j}}\right\|_{L^{4}\left(w_{B \lambda N_{1}}\right)}^{2} .
\end{aligned}
$$

With parallel decoupling, Lemma 1.9, the desired estimate follows. (As remarked in Remark 6.1, one can assume $N_{1} \geq 2 N_{2}$.)

6C. Proof of Lemma 3.6. Let $\lambda \leq N_{1}$.
We have the following two cases:

- Case 1: $d=2, N_{1} \geq \lambda \geq N_{1} / N_{2}$, and $N_{2}^{\prime}=\left(N_{1} / \lambda\right)$.
- Case 2: $d \geq 3, N_{1} \geq \lambda \geq N_{1} / N_{2}^{2}$, and $N_{2}^{\prime}=\left(N_{1} / \lambda\right)^{1 / 2}$.

It is easy to check that we only need to show

$$
\begin{equation*}
K\left(\lambda, N_{1}, N_{2}\right) \lesssim K\left(\lambda, N_{1}, N_{2}^{\prime}\right)\left(\frac{N_{1}}{N_{2}^{\prime}} \frac{N_{2}}{N_{1}}\right)^{(d-1) / 2} . \tag{6-5}
\end{equation*}
$$

We claim that

$$
\begin{equation*}
\left\|E f_{1} E f_{2}\right\|_{L_{\text {avg }}^{4}\left(w_{B_{N_{1}^{2}}}\right)} \lesssim\left(\frac{N_{1}}{N_{2}^{\prime}} \frac{N_{2}}{N_{1}}\right)^{(d-1) / 2} \prod_{j=1}^{2}\left(\sum_{|\theta|=N_{2}^{\prime} /\left(N_{1}\right)}\left\|E f_{j, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{B_{N_{1}^{2}}}\right)}^{2}\right)^{1 / 2} \tag{6-6}
\end{equation*}
$$

Since $\lambda \leq N_{1}$, we cover $B_{N_{1}^{2}}$ with balls of radius $\lambda N_{1}$. Thus by parallel decoupling, to prove (6-6), we only need to show

$$
\begin{equation*}
\left\|E f_{1} E f_{2}\right\|_{L_{\text {avg }}^{4}\left(w_{B \lambda_{1}}\right)} \lesssim\left(\frac{N_{1}}{N_{2}^{\prime}} \frac{N_{2}}{N_{1}}\right)^{(d-1) / 2} \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{j, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{B_{\lambda N_{1}}}\right)}^{2}\right)^{1 / 2} . \tag{6-7}
\end{equation*}
$$

Note that since $\lambda N_{1} \geq N_{1} / N_{2}^{\prime}$, estimate (6-7) follows from Corollary 5.7 by setting $\delta=N_{2} / N_{1}$, $v=N_{2}^{\prime} / N_{1}$ via interpolation and local constant arguments as in Section 6A.

By the definition of $K\left(\lambda, N_{1}, N_{2}\right)$, we have that for any $\theta_{1}, \theta_{2}$ in (6-7),

$$
\begin{equation*}
\left\|E f_{1, \theta_{1}} E f_{2, \theta_{2}}\right\|_{L_{\text {avg }}^{4}\left(w_{B N_{1}}\right)} \lesssim \lambda^{d / 2} K\left(\lambda, N_{1}, N_{2}^{\prime}\right) \prod_{j=1}^{2}\left(\sum_{\substack{\left|\theta_{j}^{\prime}\right|=1 /\left(\lambda N_{1}\right) \\ \theta_{j} \subset \theta_{j}}}\left\|E f_{j, \theta_{j}^{\prime}}\right\|_{L_{\text {avg }}^{4}\left(w_{\Omega}\right)}^{2}\right)^{1 / 2} . \tag{6-8}
\end{equation*}
$$

Plugging (6-8) into (6-7), clearly (6-5) follows.

## 7. Induction procedure and proof of Lemma 3.3

To conclude the proof of Proposition 3.1, we are left with the proof of Lemma 3.3. For this lemma the proof relies on induction on $N_{2}$. The base case $N_{2} \lesssim 1$ is resolved by Lemma 3.4, and by Lemma 3.6 we need only to induct until $\lambda=\left(N_{2}\right)^{d-1} / N_{1}$.

Let $f_{1}, f_{2}$ be as in Lemma 3.3. Applying Lemma 5.1, taking $v=N_{1} / N_{2}$ and $R=N_{1}^{2}$, we can decouple the $N_{2} / N_{1}$ caps into $\left(N_{2} / N_{1}, N_{2}^{2} / N_{1}^{2}\right)$ plates without any loss; i.e.,

$$
\begin{equation*}
\int\left|E f_{1} E f_{2}\right|^{2} w_{B_{N_{1}^{2}}} \lesssim \sum_{\tau_{1}, \tau_{2}} \int\left|E f_{1, \tau_{1}} E f_{2, \tau_{2}}\right|^{2} w_{B_{N_{1}}^{2}} \tag{7-1}
\end{equation*}
$$

Here $\tau_{i}$ are plates as described in Lemma 5.1. We focus on the case when $d=2$ in $\mathbb{R}^{3}$; the highdimensional case will be explained in the end. When $d=2$, the underlying plates become strips. We start with some preparation before the induction.

7A. Preliminary preparation for the induction. We fix a pair of $\left(N_{2} / N_{1}, N_{2}^{2} / N_{1}^{2}\right)$ strips $\tau_{1}$, $\tau_{2}$ from estimate (7-1). We decompose $\tau_{j}$ into a union of $\left(N_{2} /\left(K N_{1}\right)\right) \times\left(N_{2}^{2} / N_{1}^{2}\right)$ strips $\left\{s_{j}\right\}$.

Using the notation "nonadj" short for nonadjacent, and "adj" short for adjacent, we have

$$
\begin{align*}
\left|E f_{\tau_{j}}\right|^{2} & =\sum_{s_{j}}\left|E f_{s_{j}}\right|^{2}+\sum_{s_{j}, s_{j}^{\prime} \text { adj }}\left|E f_{s_{j}} E f_{s_{j}^{\prime}}\right|+\sum_{s_{j}, s_{j}^{\prime} \text { nonadj }}\left|E f_{s_{j}} E f_{s_{j}^{\prime}}\right| \\
& \leq 10 \sum_{s_{j}}\left|E f_{s_{j}}\right|^{2}+\sum_{s_{j}, s_{j}^{\prime} \text { nonadj }}\left|E f_{s_{j}} E f_{s_{j}^{\prime}}\right|=I_{j, 1}+I_{j, 2} \tag{7-2}
\end{align*}
$$

and

$$
\begin{align*}
\int\left|E f_{\tau_{1}} E f_{\tau_{2}}\right|^{2} w_{B_{N_{1}^{2}}} & \leq \int\left|\left(E f_{\tau_{1}}^{2}-I_{1,1}\right)\left(E f_{\tau_{2}}^{2}-I_{2,1}\right)\right|+E f_{\tau_{1}}^{2} I_{2,1}+E f_{\tau_{2}}^{2} I_{1,1}+I_{1,1} I_{2,1} w_{B_{N_{1}^{2}}} \\
& \lesssim \sum_{s_{j}, s_{j}^{\prime} \text { nonadj }} \int\left|E f_{s_{1}} E f_{s_{1}^{\prime}} E f_{s_{2}} E f_{s_{2}^{\prime}}\right| w_{B_{N_{1}^{2}}}+\sum_{s_{1}, s_{2}} \int\left|E f_{s_{1}} E f_{s_{2}}\right|^{2} w_{B_{N_{1}^{2}}} \tag{7-3}
\end{align*}
$$

The last inequality follows from Lemmas 4.1 and 4.2.
The reason why we want to have nonadjacent parts is that we would like transversality (after rescaling) on the other direction. Formula (7-3) will the starting point of our induction.

For the second term in (7-3), we will later directly use induction (not relying on parallel rescaling) on $N_{2}$ and reduce everything to the known base case $N_{2}=1$.

For the first term, using Cauchy-Schwarz

$$
\begin{equation*}
\int\left|E f_{s_{1}} E f_{s_{1}^{\prime}} E f_{s_{2}} E f_{s_{2}^{\prime}}\right| w_{B_{N_{1}^{2}}} \leq\left(\int\left|E f_{s_{1}} E f_{s_{1}^{\prime}}\right|^{2} w_{B_{N_{1}^{2}}}\right)^{1 / 2}\left(\int\left|E f_{s_{2}} E f_{s_{2}^{\prime}}\right|^{2} w_{B_{N_{1}^{2}}}\right)^{1 / 2} \tag{7-4}
\end{equation*}
$$

We point out here that in what follows we do not rely on the bilinear transversality between $s_{1}$ and $s_{2}$ (or $s_{1}$ and $s_{2}^{\prime}$ ), which is already handled in Lemma 5.1. Instead we will rely on the bilinear transversality between $s_{1}$ and $s_{1}^{\prime}$ (or $s_{2}, s_{2}^{\prime}$ ), since they are not adjacent. This transversality is most clear when one applies parabolic rescaling.

Let us now turn to the term $\int\left|E f_{s_{2}} E f_{s_{2}^{\prime}}\right|^{2} w_{\Omega}$, when $s_{2}, s_{2}^{\prime}$ are nonadjacent. The term with $s_{1}, s_{1}^{\prime}$ is handled similarly, though one may need to rotate the coordinates.

Finally we point out here that $K$ will be chosen large later and any (fixed) power of $K$ will not impact the final estimate. In particular, in the following estimates we will not worry about losing powers of $K$.

Without loss of generality, we assume

- $s_{2}$ is the strip $\left\{\left(a_{1}, a_{2}, a_{1}^{2}+a_{2}^{2}\right):\left|a_{1}\right| \leq N_{2}^{2} / N_{1}^{2},\left|a_{2}\right| \leq N_{2} / K N_{1}\right\}$,
- $s_{2}^{\prime}$ is the strip $\left\{\left(b_{1}, b_{2}, b_{1}^{2}+b_{2}^{2}\right):\left|b_{1}\right| \leq N_{2}^{2} / N_{1}^{2},\left|b_{2}-C N_{2} / K N_{1}\right| \leq N_{2} / K N_{1}\right\}, C \geq 10$. (Here 10 is of course just some universal constant.)

7B. Parabolic rescaling. The next step, parabolic scaling, is standard in decoupling-type results; we give the details here for the convenience of the reader.

Note $s_{2}, s_{2}^{\prime}$ lie on the same $N_{2} / N_{1}$ cap. We rescale the $N_{2} / N_{1}$ cap to radius 1 . By a slight abuse of notation, we regard $f_{s_{i}}$ as a function depending only on two variables ( $\xi_{i, 1}, \xi_{i, 2}$ ). For convenience of notation, we let $h_{1}=f_{s_{2}}, h_{2}=f_{s_{2}^{\prime}}$. Let also $g_{i}\left(\eta_{i, 1}, \eta_{i, 2}\right):=h_{i}\left(\left(N_{2} / N_{1}\right) \eta_{i, 1},\left(N_{2} / N_{1}\right) \eta_{i, 2}\right)$.

Now

- $g_{1}$ is supported in the strip $\left\{\left(a_{1}, a_{2}, a_{1}^{2}+a_{2}^{2}\right):\left|a_{1}\right| \leq N_{2} / N_{1},\left|a_{2}\right| \leq 1 / K\right\}$,
- $g_{2}$ is supported in the strip $\left\{\left(b_{1}, b_{2}, b_{1}^{2}+b_{2}^{2}\right):\left|b_{1}\right| \leq N_{2} / N_{1},\left|b_{2}-C / K\right| \leq 1 / K\right\}, C \geq 10$.

Note $g_{1}, g_{2}$ are supported on a pair of transverse $\left(N_{2} / N_{1}\right) \times 1$ strips ${ }^{1}$ due to the nonadjacency of $s_{2}, s_{2}^{\prime}$. We point out here the transversality between $g_{1}, g_{2}$ is not as in the assumption of Lemma 5.1, but it is in the sense of Remark 5.3, which usually causes a loss of $K$ in the estimate, but this does not matter.

The parabolic scaling says the following:
Claim 7.1. Let

$$
E g_{i}\left(y_{1}, y_{2}, y_{3}\right)=E h_{i}\left(\left(N_{1} / N_{2}\right) y_{1},\left(N_{1} / N_{2}\right) y_{2},\left(N_{1}^{2} / N_{2}^{2}\right) y_{3}\right),
$$

let $D$ be domain in $\mathbb{R}^{3}$ and let

$$
\widetilde{D}:=\left\{\left(y_{1}, y_{2}, y_{3}\right):\left(N_{1} / N_{2}\right) y_{1},\left(N_{1} / N_{2}\right) y_{2},\left(N_{1}^{2} / N_{2}^{2}\right) y_{3} \in D\right\} .
$$

[^1]Then it follows from a standard change of variables technique that the following two estimates, with the same constant $A$, are equivalent:

$$
\begin{align*}
& \left\|E h_{1} E h_{2}\right\|_{L_{\text {avg }}^{2}\left(w_{D}\right)} \lesssim A \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{s_{j}, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{D}\right)}^{2}\right)^{1 / 2},  \tag{7-5}\\
& \left\|E g_{1} E g_{2}\right\|_{L_{\text {avg }}^{2}\left(w_{\tilde{D}}\right)} \lesssim A \prod_{j=1}^{2}\left(\sum_{|\tilde{\theta}|=1 /\left(\lambda N_{2}\right)}\left\|E g_{j, \tilde{\theta}}\right\|_{L_{\text {avg }}^{4}\left(w_{\tilde{D}}\right)}^{2}\right)^{1 / 2} . \tag{7-6}
\end{align*}
$$

We then concentrate on (7-6).
Take $D=B_{N_{1}^{2}}$; then $\widetilde{D}=\left[0, N_{2}^{2}\right] \times\left[0, N_{1} N_{2}\right]^{2}$. (Here, without loss of generality, we regard $B_{N_{1}^{2}}$ as $\left[0, N_{1}^{2}\right]^{3}$.) For convenience of notation, we set $\widetilde{\Omega}=\left[0, N_{2}^{2}\right] \times\left[0, N_{1} N_{2}\right]^{2}$. The parabolic rescaling gives:

Lemma 7.2. Assume $g_{1}, g_{2}$ are two general functions defined on the parabola. Let $g_{1}$ be supported in a strip of size $\left(N_{2} / N_{1}\right) \times 1$ around $(0,0,0)$, and $g_{2}$ be supported in a strip of size $\left(N_{2} / N_{1}\right) \times 1$ around $(0,1,1)$. If for some constant $A$, one has (for all such $g_{1}, g_{2}$ )

$$
\begin{equation*}
\left\|E g_{1} E g_{2}\right\|_{L_{\operatorname{avg}}^{2}\left(w_{\tilde{\Omega}}\right)} \lesssim A\left(\sum_{|\tilde{\theta}|=1 /\left(\lambda N_{2}\right)}\left\|E g_{j, \tilde{\theta}}\right\|_{L_{\mathrm{avg}}^{4}\left(w_{\hat{\Omega}}\right)}^{2}\right)^{1 / 2} \tag{7-7}
\end{equation*}
$$

then for the same constant $A$, one has

$$
\begin{align*}
& \left\|E f_{s_{2}} E f_{s_{2}^{\prime}}\right\|_{L_{\text {avg }}^{2}\left(w_{B_{N_{1}^{2}}}\right)} \\
& \left.\quad \lesssim K^{C} A\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{s_{2}, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{N_{1}} 2\right.}^{2}\right)\right)^{1 / 2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{s_{2}^{\prime}, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{N_{1}}^{2}\right)}^{2}\right)^{1 / 2} . \tag{7-8}
\end{align*}
$$

Remark 7.3. After rescaling, the relevant $g_{1}, g_{2}$ should be supported around $(0,0,0)$ and $\left(0,1 / K, 1 / K^{2}\right)$ rather than $(0,0,0)$ and $(0,0,1)$. We state our lemma for $g_{1}, g_{2}$ supported around $(0,0,0)$ and $(0,1,1)$ to be consistent with the statement in Lemma 5.1. This causes a loss of $K^{C}$, but we emphasize again that any loss due to a power of $K$ would be irrelevant in the proof.

We end this section by introducing some notation.
Let $g_{1}, g_{2}$ be as in Lemma 7.2. We define $A\left(\lambda, N_{1}, N_{2}\right)$ to be the best constant such that

$$
\begin{equation*}
\left\|E g_{1} E g_{2}\right\|_{L_{\text {avg }}^{2}\left(w_{\tilde{\Omega}}\right)} \lesssim A\left(\lambda, N_{1}, N_{2}\right)\left(\sum_{|\tilde{\theta}|=1 /\left(\lambda N_{2}\right)}\left\|E g_{j, \tilde{\theta}}\right\|_{L_{\text {avg }}^{4}\left(w_{\hat{\Omega}}\right)}^{2}\right)^{1 / 2} \tag{7-9}
\end{equation*}
$$

Then we can restate Lemma 7.2.
Lemma 7.4. For $j=1,2$, we have

$$
\begin{align*}
& \left\|E f_{s_{j}} E f_{s_{j}^{\prime}}\right\|_{L_{\text {avg }}^{2}\left(w_{B_{N_{1}^{2}}}\right)} \\
& \quad \lesssim K^{C} A\left(\lambda, N_{1}, N_{2}\right)\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{s_{j}, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{B_{N_{1}^{2}}}^{2}\right)}^{2}\right)^{1 / 2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{s_{j}^{\prime}, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{B_{N_{1}^{2}}}\right)}^{2}\right)^{1 / 2} . \tag{7-10}
\end{align*}
$$

## 7C. The induction procedure.

7C1. Before induction. Now we are ready to start the induction for the proof of Lemma 3.3. We emphasize here the induction is on $N_{2}$ (though mixed with induction on $K$ ). Note we are now in dimension $d=2$.

We need to show that for all $1 \leq N_{2} \leq N_{1}$ and $\lambda \leq N_{1}$, one has

$$
K\left(\lambda, N_{1}, N_{2}\right) \lesssim N_{2}^{\epsilon}\left(\frac{1}{\lambda}+\frac{N_{2}}{N_{1}}\right)^{1 / 2}
$$

Note the base case $N_{2}=1$ is already established in Lemma 3.4. And with Lemma 3.6, we need only to perform induction until $\lambda=N_{2} / N_{1}$.

We will work on $A\left(\lambda, N_{1}, N_{2}\right)$ defined in (7-9) to explore the transversality between nonadjacent strips. The induction process is two-fold in some sense. We will induct on $N_{2}$ to better understand $K\left(\lambda, N_{1}, N_{2}\right)$. In turn we find more information about $A\left(\lambda, N_{1}, N_{2}\right)$, which gives a better understanding of $K\left(\lambda, N_{1}, N_{2}\right)$.

This is a final summary before we start the induction. Recall, we have (7-1) and (7-3); thus we have

$$
\begin{equation*}
\int\left|E f_{1} E f_{2}\right|^{2} w_{B_{N_{1}^{2}}} \lesssim \int \sum_{s_{j}, s_{j}^{\prime} \text { nonadj }} \int\left|E f_{s_{1}} E f_{s_{1}^{\prime}} E f_{s_{2}} E f_{s_{2}^{\prime}}\right| w_{B_{N_{1}^{2}}}+\int_{s_{1}, s_{2}} \int\left|E f_{s_{1}} E f_{s_{2}}\right| w_{B_{N_{1}^{2}}} \tag{7-11}
\end{equation*}
$$

Also recall that $s_{1}, s_{1}^{\prime}, s_{2}, s_{2}^{\prime}$ are all $\left(N_{2} / N_{1}\right)^{2} \times\left(N_{2} / K N_{1}\right)$ strips. The second term can be easily handled by direct induction, (which is not the main point of the induction procedure explained later). Indeed, if there were only the second term in (7-11), since $s_{1}, s_{2}$ are both contained in caps of radius $\left(N_{2} / K N_{1}\right)$, then (7-11) already reduces the decoupling problem for $f_{i}$ supported in caps of size $N_{2} / N_{1}$ into the decoupling problem for $f_{i}$ supported in caps of size $N_{2} / K N_{1}$, which reduce $N_{2}$ to $N_{2} / K$.

We will focus on the first term of (7-11). The Hölder inequality gives

$$
\begin{equation*}
\int\left|E f_{s_{1}} E f_{s_{1}^{\prime}} E f_{s_{2}} E f_{s_{2}^{\prime}}\right| w_{B_{N_{1}^{2}}} \leq \prod_{j=1}^{2}\left(\int\left|E f_{s_{j}} E f_{s_{j}^{\prime}}\right|^{2} w_{B_{N_{1}^{2}}}\right)^{1 / 2} \tag{7-12}
\end{equation*}
$$

Estimate (7-12) is the starting point of the analysis in the following subsections.
We summarize in the lemma below how (7-12) and (7-11) come together to highlight the relevance of $A\left(N_{1}, N_{2}, \lambda\right)$ in the induction procedure.
Lemma 7.5. When $\lambda \leq N_{1} / N_{2}$ and $\lambda \leq N_{1}$, we have

$$
\begin{equation*}
K\left(N_{1}, N_{2}, \lambda\right) \lesssim K^{C} \frac{1}{\lambda} A\left(N_{1}, N_{2}, \lambda\right)+K\left(N_{1}, N_{2} / K, \lambda\right) . \tag{7-13}
\end{equation*}
$$

Note that the assumption of Lemma 7.5 always holds during the induction procedure to prove Lemma 3.3.

Proof of Lemma 7.5. Applying Lemma 7.4, we have

$$
\begin{align*}
& \left\|E f_{s_{j}} E f_{s_{j}^{\prime}}\right\|_{L_{\text {avg }}^{2}\left(w_{B_{N_{1}^{2}}}\right)} \\
& \left.\quad \lesssim K^{C} A\left(N_{1}, N_{2}, \lambda\right)\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{s_{j}, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{B_{N_{1}^{2}}}\right)}^{2}\right)^{1 / 2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{s_{j}^{\prime}, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{B_{N_{1}}}\right.}^{2}\right)\right)^{1 / 2} . \tag{7-14}
\end{align*}
$$

Plugging (7-14) into (7-12), and then plugging into (7-11), we derive

$$
\begin{align*}
&\left\|E f_{1} E f_{2} \mid\right\|_{l^{2}\left(w_{B_{N_{1}^{2}}}\right)} \lesssim K^{C} \lambda\left(\frac{1}{\lambda}\right)^{1 / 2} \prod_{i=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{i, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{B_{N_{1}^{2}}}\right)}^{2}\right)^{1 / 2} \\
&+\left(\sum_{|\theta|=N_{2} /\left(\lambda K N_{1}\right)}\left\|E f_{i, \theta}\right\|_{L_{\text {avg }}^{4}\left(w_{B_{N_{1}}}\right)}^{2}\right)^{1 / 2} . \tag{7-15}
\end{align*}
$$

Thus we derive

$$
\begin{equation*}
\lambda K\left(N_{1}, N_{2}, \lambda\right) \lesssim K^{C} A\left(N_{1}, N_{2}, \lambda\right)+\lambda K\left(N_{1}, N_{2} / K, \lambda\right) . \tag{7-16}
\end{equation*}
$$

Therefore, Lemma 7.5 follows.
Now we are ready to start with the induction procedure on $N_{2}$. We emphasize again that by Lemma 3.6 we only need to consider the case $\lambda \leq N_{1} / N_{2}$.

7C2. First induction: Case $N_{2}^{2} \leq N_{1}$. It will become clear in the following proof why we choose the first splitting point at $N_{1}=N_{2}^{2}$. We start with an estimate for $A\left(\lambda, N_{1}, N_{2}\right)$. We have:
Lemma 7.6. When $N_{2} \leq N_{1}^{2}, \lambda \leq N_{1}, \lambda \leq N_{1} / N_{2}$,

$$
\begin{equation*}
A\left(\lambda, N_{1}, N_{2}\right) \lesssim \lambda^{1 / 2} \equiv \lambda \lambda^{-1 / 2} \tag{7-17}
\end{equation*}
$$

Assuming Lemma 7.6 for the moment, let us finish the proof of Lemma 3.3 when $N_{1} \geq N_{2}^{2}$. Applying Lemma 7.6 with Lemma 7.5, we derive

$$
\begin{equation*}
K\left(N_{1}, N_{2}, \lambda\right) \lesssim K^{C} \lambda\left(\frac{1}{\lambda}\right)^{1 / 2}+K\left(N_{1}, N_{2} / K, \lambda\right) \tag{7-18}
\end{equation*}
$$

when $N_{1} \geq N_{2}^{2}$ and $\lambda \leq N_{1} / N_{2}$. Choosing $1 \ll K \sim N_{2}^{\epsilon^{10}}$, performing induction on $N_{2}$ again, and recalling that the case $N_{2} \lesssim 1$ is covered by Lemma 3.4, we have Lemma 3.3 follows when $N_{1} \geq N_{2}^{2}$.

Now, we turn to the proof of Lemma 7.6.
Proof of Lemma 7.6. Since $N_{1} \leq N_{2}^{2}$, we have $N_{2} / N_{1} \leq 1 / N_{2}$. (It is exactly because of this that we decided our first splitting point $N_{1} \leq N_{2}^{2}$ ). Thus, the support of $g_{1}, g_{2}$ appearing in (7-9) is (contained in) strips of size $\left(1 / N_{2}\right) \times 1$. Thus, in a ball of radius $N_{2}^{2}$, we have

$$
\begin{equation*}
\int\left|E g_{1} E g_{2}\right| w_{B_{N_{2}^{2}}} \lesssim \sum_{\substack{\left|\theta_{i}\right|=1 / N_{2} \\ \theta_{i} \subset \operatorname{supp} g_{i}}} \int\left|E_{g_{1}, \theta_{1}} E g_{2, \theta_{2}}\right| w_{B_{N_{2}^{2}}} \tag{7-19}
\end{equation*}
$$

The proof of (7-19) is essentially the same as the proof of Lemma 5.1 and we leave it to reader.
Note one can use balls $B_{N_{2}^{2}}$ to cover $\widetilde{\Omega}:=\left[0, N_{2}^{2}\right] \times\left[0, N_{1} N_{2}\right]^{2}$ (since $N_{1} \geq N_{2}$ ), thus we extend (7-19) to

$$
\begin{equation*}
\int\left|E g_{1} E g_{2}\right| w_{\tilde{\Omega}} \lesssim \sum_{\substack{\left|\theta_{i}\right|=1 / N_{2} \\ \theta_{i} \subset \text { supp } g_{i}}} \int\left|E_{g_{1}, \theta_{1}} E g_{2, \theta_{2}}\right| w_{\tilde{\Omega}} \tag{7-20}
\end{equation*}
$$

We claim for any fixed $\theta_{1}, \theta_{2}$, one has

$$
\begin{equation*}
\left\|E g_{1, \theta_{1}} E g_{2, \theta_{2}}\right\|_{L^{2}\left(w_{\tilde{\Omega}}\right)} \lesssim \lambda \lambda^{-1 / 2} \prod_{i=1}^{2}\left(\sum_{\substack{\tilde{\theta}_{i} \subset \theta_{i} \\\left\|\tilde{\theta}_{i}=1 /\left(\lambda N_{\imath}\right)\right\|}}\left\|E g_{i, \tilde{\theta}_{i}}\right\|_{L^{4}\left(w_{\Omega}\right)}\right)^{1 / 2} \tag{7-21}
\end{equation*}
$$

Plugging (7-21) into (7-20), we have

$$
\begin{equation*}
A\left(N_{1}, N_{2}, \lambda\right) \lesssim \lambda\left(\frac{1}{\lambda}\right)^{1 / 2} \tag{7-22}
\end{equation*}
$$

and then Lemma 7.6 follows.
Now we are left with the proof of (7-21). Let $N_{1}^{\prime}=N_{2}, N_{2}^{\prime}=N_{2}^{2} / N_{1} \lesssim 1$. When $N_{1}^{\prime}=N_{2} \leq \lambda$, recall the definition of $\tilde{K}\left(\lambda, N_{1}, N_{2}\right)$ in (3-4) and apply Lemma 3.2. Then we have

$$
\begin{equation*}
K\left(N_{1}^{\prime}, N_{2}^{\prime}, \lambda\right) \lesssim\left(N_{2}^{\prime}\right)^{\epsilon}\left(\frac{N_{2}^{\prime}}{N_{1}^{\prime}}\right)^{1 / 2} \lesssim\left(\frac{1}{\lambda}+\frac{N_{2}}{N_{1}}\right)^{1 / 2} \lesssim \lambda^{-1 / 2} \tag{7-23}
\end{equation*}
$$

The last inequality in (7-23) follows because we always have $\lambda \leq N_{1} / N_{2}$ in the whole induction process. Note (7-23) implies

$$
\begin{align*}
& \left\|E g_{1, \theta_{1}} E g_{2, \theta_{2}}\right\|_{L^{2}\left(w_{\left[0, N_{2}^{2}\right] \times\left[0, \lambda N_{2}\right]^{2}}\right)} \quad \lesssim \lambda \tilde{K}\left(N_{1}^{\prime}, N_{2}^{\prime}, \lambda\right) \prod_{i=1}^{2}\left(\sum_{\substack{\tilde{\theta}_{i} \subset \theta_{i} \\
\left\|\tilde{\theta}_{i}=1 /\left(\lambda N_{2}\right)\right\|}}\left\|E g_{i, \tilde{\theta}_{i}}\right\|_{L^{4}\left(w_{\left[0, N_{2}^{2}\right] \times\left[0, \lambda N_{2}\right]^{2}}\right)}\right)^{1 / 2} .
\end{align*}
$$

Since $\lambda \leq N_{1}$, (which is also always the case during the induction process ), $\widetilde{\Omega}$ can be covered by the translations of $\left[0, N_{2}^{2}\right] \times\left[0, \lambda N_{2}\right]$; thus (7-24) implies (7-21) by parallel decoupling, Lemma 1.9.

When $\lambda \leq N_{1}^{\prime}$, since $N_{2}^{\prime} \lesssim 1$, by Lemma 3.4, we have

$$
\begin{equation*}
K\left(\lambda, N_{1}^{\prime}, N_{2}^{\prime}\right) \lesssim \lambda^{-1 / 2} \tag{7-25}
\end{equation*}
$$

Thus,

$$
\begin{equation*}
\left\|E g_{1, \theta_{1}} E g_{2, \theta_{2}}\right\|_{L^{2}\left(w_{B_{N_{2}^{2}}}\right)} \lesssim \lambda \lambda^{-1 / 2} \prod_{i=1}^{2}\left(\sum_{\substack{\tilde{\theta}_{i} \subset \theta_{i} \\\left\|\tilde{\theta}_{i}=1 /\left(\lambda N_{2}\right)\right\|}}\left\|E g_{i, \tilde{\theta}_{i}}\right\|_{L^{4}\left(w_{B_{N}}\right)}\right)^{1 / 2} \tag{7-26}
\end{equation*}
$$

Since one can use $B_{N_{2}^{2}}$ and its translations to cover $\widetilde{\Omega}$, (7-26) implies (7-21) by parallel decoupling, Lemma 1.9.
7C3. Second induction: Case $N_{2}^{3 / 2} \leq N_{1} \leq N_{2}^{2}$.
Lemma 7.7. When $N_{2}^{3 / 2} \leq N_{1} \leq N_{2}^{2}, \lambda \leq N_{1}$ and $\lambda \leq N_{1} / N_{2}$, we have

$$
\begin{equation*}
A\left(\lambda, N_{1}, N_{2}\right) \lesssim \lambda^{1 / 2} \equiv \lambda \lambda^{-1 / 2} \tag{7-27}
\end{equation*}
$$

Clearly, using Lemma 7.5 and arguing as in Section 7C2, Lemma 3.3 follows from Lemma 7.7 when $N_{2}^{3 / 2} \leq N_{1} \leq N_{2}^{2}$.

Now we are left with proof of Lemma 7.7, i.e., the estimate (7-27). We will prove that estimate (7-27), in the case $N_{2}^{3 / 2} \leq N_{1} \leq N_{2}^{2}$, follows from the fact that Lemma 3.3 holds when $N_{2}^{2} \geq N_{1}$ (given Lemma 3.2). Proof of Lemma 7.7. The proof starts similarly to the proof of Lemma 7.6; note now we have $N_{2} / N_{1} \geq$ $1 / N_{2}$. As we derived in (7-19), we have in a ball of radius $N_{1}^{2} / N_{2}^{2}$,

$$
\begin{equation*}
\int\left|E g_{1} E g_{2}\right| w_{B_{\left(N_{1} / N_{2}\right)^{2}}} \lesssim \sum_{\substack{\left|\theta_{i}\right|=N_{2} / N_{1} \\ \theta_{i} \subset \operatorname{supp} g_{i}}} \int\left|E_{g_{1}, \theta_{1}} E g_{2, \theta_{2}}\right| w_{B_{\left(N_{1} / N_{2}\right)^{2}}} . \tag{7-28}
\end{equation*}
$$

Note one can use $B_{\left(N_{1} / N_{2}\right)^{2}}$ and its translations to cover $\widetilde{\Omega}$; thus we have

$$
\begin{equation*}
\int\left|E g_{1} E g_{2}\right| w_{\tilde{\Omega}} \lesssim \sum_{\substack{\left|\theta_{i}\right|=N_{2} / N_{1} \\ \theta_{i} \subset \text { supp } g_{i}}} \int\left|E_{g_{1}, \theta_{1}} E g_{2, \theta_{2}}\right| w_{\tilde{\Omega}} \tag{7-29}
\end{equation*}
$$

The following procedure is essentially the same as in the first induction. Note that to prove (7-27) we only need to further show that for fixed $\theta_{1}, \theta_{2}$,

$$
\begin{equation*}
\left\|E g_{1, \theta_{1}} E g_{2, \theta_{2}}\right\|_{L^{2}\left(w_{\widetilde{\Omega}}\right)} \lesssim \lambda \lambda^{-1 / 2} \prod_{i=1}^{2}\left(\sum_{\substack{\tilde{\theta}_{i} \subset \theta_{i} \\\left|\tilde{\theta}_{i}\right|=1 /\left(\lambda N_{2}\right)}}\left\|E g_{i, \tilde{\theta}_{i}}\right\|_{L^{4}\left(w_{\tilde{\Omega}}\right)}\right)^{1 / 2}, \tag{7-30}
\end{equation*}
$$

where now $\left|\theta_{i}\right|=N_{2} / N_{1}$.
Let $N_{1}^{\prime}=N_{2}$ and $N_{2}^{\prime}=N_{2}^{2} / N_{1}$; note we have $N_{1}^{\prime} \geq\left(N_{2}^{\prime}\right)^{2}$ since $N_{1} \geq N_{2}^{3 / 2}$. When $\lambda \geq N_{1}^{\prime}$, we have by Lemma 3.2

$$
\begin{align*}
\left\|E g_{1, \theta_{1}} E g_{2, \theta_{2}}\right\|_{L^{2}\left(w_{\left[0, N_{2}^{2}\right] \times\left[0, \lambda N_{2}\right]^{2}}\right)} \\
\lesssim \lambda\left(\frac{N_{2}^{\prime}}{N_{1}^{\prime}}\right)^{-1 / 2} \prod_{i=1}^{2}\left(\sum_{\substack{\tilde{\theta}_{i} \subset \theta_{i} \\
\left|\tilde{\theta}_{i}\right|=1 /\left(\lambda N_{2}\right)}}\left\|E g_{i, \tilde{\theta}_{i}}\right\|_{L^{4}\left(w_{\left.\left[0, N_{2}\right] \times\left[0, \lambda N_{2}\right]^{2}\right)}\right)^{1 / 2} .} .\right. \tag{7-31}
\end{align*}
$$

Since one can use $\left[0, N_{2}^{2}\right] \times\left[0, \lambda N_{2}\right]^{2}$ to cover $\widetilde{\Omega}$, (7-30) follows from (7-31) (note that $N_{2}^{\prime} / N_{1}^{\prime}=$ $\left.N_{2} / N_{1} \leq \lambda^{-1}\right)$.

When $\lambda \leq N_{1}^{\prime}$, since one can use $B_{N_{2}^{2}}$ to cover $\widetilde{\Omega}$, to prove (7-30), we need only show

$$
\begin{equation*}
\left\|E g_{1, \theta_{1}} E g_{2, \theta_{2}}\right\|_{L^{2}\left(w_{N_{N_{2}^{2}}}\right)} \lesssim \lambda \lambda^{-1 / 2} \prod_{i=1}^{2}\left(\sum_{\tilde{\theta}_{i} \subset \theta_{i}}\left\|E g_{i, \tilde{\theta}_{i}}\right\|_{L^{4}\left(w_{B_{N_{2}^{2}}}\right)}\right)^{1 / 2}, \tag{7-32}
\end{equation*}
$$

which is equivalent to $K\left(N_{1}^{\prime}, N_{2}^{\prime}, \lambda\right) \leq 1 / \lambda$. But recall that $N_{1}^{\prime} \geq\left(N_{2}^{\prime}\right)^{2}$, thus this is exactly what we proved in first induction; i.e., Lemma 3.3 holds when $N_{1} \geq N_{2}^{2}$.

7C4. Later inductions and the conclusion of the induction process. Recall that the first induction covers the case $N_{1} \geq N_{2}^{2}$ and the second inductions covers the case $N_{2}^{\alpha} \leq N_{1} \leq N_{2}^{2}, \alpha=\frac{3}{2}$. The goal now is to use induction to cover the case $N_{2}^{\alpha} \leq N_{1}$, all the way to $\alpha=1$. The arguments here are similar to those for the second induction presented in Section 7C3. Let $N_{1}^{\prime}=N_{2}, N_{2}^{\prime}=N_{2}^{2} / N_{1}$; then $N_{1}^{\prime} \geq\left(N_{2}^{\prime}\right)^{\alpha}$ is equivalent to $N_{1} \geq N_{2}^{(2 \alpha-1) / \alpha}$. Once we show that Lemma 3.3 holds when $N_{2}^{\alpha} \leq N_{1} \leq N_{2}^{2}$, we will be
able to extend Lemma 7.7 to the case when $N_{2}^{(2 \alpha-1) / \alpha} \leq N_{1}$, which in turn proves that Lemma 3.3 holds when $N_{2}^{(2 \alpha-1) / \alpha} \leq N_{1} \leq N_{2}^{2}$. The induction would not end until $\alpha=1$. We finally point out that only an induction with finite steps is involved.

To show Lemma 3.3 for a fixed $\epsilon_{0}$, we may pick an $\tilde{\epsilon} \ll \epsilon_{0}$, and then perform the induction for $\tilde{\epsilon}$ as above.
After we prove Lemma 3.3 for $N_{1} \geq N_{2}^{1+\tilde{\epsilon}}$, we are left with the case $N_{1} \leq N_{2}^{1+\tilde{\epsilon}}$. We first use the Hölder inequality to shrink the size of the cap from $N_{2} / N_{1}$ to $N_{2}^{1-2 \tilde{\epsilon}} / N_{1}$, which only gives a loss of $N_{2}^{C \tilde{\epsilon}} \ll N_{2}^{\epsilon_{0}}$. Then we use Lemma 3.3 in the case $N_{1} \geq N_{2}^{1+\tilde{\epsilon}}$ again.

Thus, Lemma 3.3 holds for all the cases for our fixed $\epsilon_{0}$.
7D. The high-dimension case. To handle the case $d \geq 3$, we are left with the proof of Lemma 3.5. The proof is indeed similar to previous arguments in this section and easier. The proof relies on the linear decoupling estimate in [Bourgain and Demeter 2015].

As mentioned earlier, applying Lemma 5.1, taking $v=N_{2} / N_{1}$ and $R=N_{1}^{2}$, we can decouple the $N_{2} / N_{1}$ caps into ( $N_{2} / N_{1}, N_{2}^{2} / N_{1}^{2}$ ) plates without any loss, i.e., (7-1). However, since we are in the case $\lambda \leq N_{1} / N_{2}^{2}$, indeed $N_{2}^{2} / N_{1}^{2} \lesssim 1 /\left(\lambda N_{1}\right)$, we only need a weaker version of (7-1); i.e., we only want to decouple the $N_{2} / N_{1}$ caps into $\left(N_{2} / N_{1}, 1 /\left(\lambda N_{1}\right)\right)$ plates:

$$
\begin{equation*}
\int\left|E f_{1} E f_{2}\right|^{2} w_{B_{N_{1}^{2}}} \lesssim \sum_{\tau_{1}, \tau_{2}} \int\left|E f_{1, \tau_{1}} E f_{2, \tau_{2}}\right|^{2} w_{B_{N_{1}}^{2}} \tag{7-33}
\end{equation*}
$$

Here $\tau_{i}$ are $\left(N_{2} / N_{1}, 1 /\left(\lambda N_{1}\right)\right)$ plates as described in Lemma 5.1. Note (7-33) follows from (7-1).
Now, for each $\tau_{i}$ fixed, we further decouple $\tau_{i}$ into $\left(1 / N_{1}, 1 /\left(\lambda N_{1}\right)\right)$ plates via linear decoupling in [Bourgain and Demeter 2015], here recalled in (1-11). Note direct application of linear decoupling in dimension $d$ gives us

$$
\begin{equation*}
\left.\left\|E f_{\tau_{i}}\right\|_{L^{4}\left(w_{N_{N_{1}^{2}}}\right)} \lesssim N_{2}^{\epsilon}\left(N_{2}^{2}\right)^{d / 4-(d+2) / 8}\left(\sum_{v_{i} \subset \tau_{i}}\left\|E f_{v_{i}}\right\|_{L^{4}\left(w_{B} N_{1}^{2}\right.}^{2}\right)\right)^{1 / 2} \tag{7-34}
\end{equation*}
$$

However, we are able to use (1-11) when the dimension is $d-1$ rather than $d$, because our plates are so thin (of scale $\left.1 /\left(\lambda N_{1}\right) \leq 1 / N_{1}\right)$, which reduces the dimension by 1 . Indeed, linear decoupling (1-11) not only works for those functions which are exactly supported in parabola $P$ but also those which are supported in an $N_{1}^{-2}$ neighborhood of $P$. This is consistent with the uncertainty principle, since in physical space we are of scale $N_{1}^{2}$, and in frequency space any scale of $N_{1}^{-2}$ cannot be differentiated. Since our plates are so thin, of scale $1 /\left(\lambda N_{1}\right) \leq N_{1}^{-2}$, one could indeed view them as $N_{1}^{-2}$ neighborhoods of some $(d-1)$-dimensional parabola. To be more specific, use $\tau_{2}$ as example, since $\tau_{2}$ is supported at the origin. Let $\pi_{t}^{-1}\left(\tau_{2}\right)$ be the pull back image of $\tau_{2}$ to the paraboloid. The Fourier inverse transform of $E f_{\tau_{2}}$ is supported on $\pi_{t}^{-1}\left(\tau_{2}\right)$. One can see that if we project along the $x_{1}$-axis, the projection image of $\pi_{t}^{-1}\left(\tau_{2}\right)$ is the $\left(1 /\left(\lambda N_{1}\right)\right)^{2}$-neighborhood of a $(d-1)$-dimensional paraboloid (a piece of length $\left.N_{2} / N_{1}\right)$.

Now, applying $(d-1)$-dimensional linear decoupling, we improve (7-34) into

$$
\begin{equation*}
\left\|E f_{\tau_{i}}\right\|_{L^{4}\left(w_{N_{N_{1}^{2}}}\right)} \lesssim N_{2}^{\epsilon}\left(N_{2}^{2}\right)^{(d-1) / 4-(d+1) / 8}\left(\sum_{v_{i} \subset \tau_{i}}\left\|E f_{v_{i}}\right\|_{L^{4}\left(w_{N_{N_{1}^{2}}}\right)}^{2}\right)^{1 / 2} \tag{7-35}
\end{equation*}
$$

where $v_{i}$ are $\left(1 / N_{1}, 1 /\left(\lambda N_{1}\right)\right)$ plates.

Finally, similarly to the derivation of (6-4), we decouple $v_{i}$ into caps of radius $1 /\left(\lambda N_{1}\right)$,

$$
\begin{equation*}
\left\|E f_{v_{i}}\right\|_{L^{4}\left(w_{B_{N_{1}^{2}}}\right)}^{4} \lesssim \lambda^{(d-1)}\left(\sum_{\theta_{i} \subset v_{i}}\left\|E f_{\theta_{i}}\right\|_{L^{4}\left(w_{B_{N_{1}^{2}}}\right)}^{2}\right)^{2} \tag{7-36}
\end{equation*}
$$

We remark that each $v_{i}$ can be covered by $\lambda^{d-1}$ rather than $\lambda^{d}$ caps of radius $1 /\left(\lambda N_{1}\right)$. Plugging (7-36) into (7-35), then plugging it into (7-33), we derive

$$
\begin{equation*}
\left\|E f_{1} E f_{2}\right\|_{L_{\mathrm{avg}}^{2}\left(w_{B_{N_{1}^{2}}}\right)} \leq \lambda^{d-1 / 2} N_{2}^{(d-3) / 2} \prod_{j=1}^{2}\left(\sum_{|\theta|=1 /\left(\lambda N_{1}\right)}\left\|E f_{j, \theta}\right\|_{L_{\mathrm{avg}}^{4}\left(w_{B_{N_{1}^{2}}}\right)}^{2}\right)^{1 / 2} \tag{7-37}
\end{equation*}
$$

Thus, the desired estimate for $K\left(\lambda, N_{1}, N_{2}\right)$ follows.

## Appendix: Sharpness of Theorems 1.1 and 1.3

The sharpness (up to $N_{2}^{\epsilon}$ ) of Theorem 1.3 is provided by the following examples. One can also rescale those examples to show the sharpness of Theorem 1.1.

We take

$$
E f_{1}=\sum_{\substack{\xi \in \Lambda_{\lambda N_{1}} \\|\xi| \leq N_{2} / N_{1}}} e^{2 \pi i\left(\xi \cdot x+|\xi|^{2} t\right)}
$$

and $f_{2}=f_{1}(\cdot-(1,0, \ldots, 0))$. Then $\left|E f_{1}\right|$ is about $\left(\lambda N_{2}\right)^{d}$ at $B\left(0, N_{1} / N_{2}\right)$ in $\mathbb{R}^{d+1}$. Note that it follows from the uncertainty principle that it is locally constant in any ball of size $N_{1} / N_{2}$ and one can easily compute $\left|E f_{1}(0)\right| \sim\left(\lambda N_{2}\right)^{d}$. Also note $\left|E f_{1}\right|$ has periodicity around $\lambda N_{1}$ in all components of $x$ (not necessarily in $t$ ). The same is true for $\left|E f_{2}\right|$. Thus,

$$
\left\|E f_{1} E f_{2}\right\|_{L^{2}\left(w_{\Omega}\right)}^{2} \gtrsim\left(\lambda N_{2}\right)^{4 d}\left|B\left(0, \frac{N_{1}}{N_{2}}\right)\right|\left(\lambda N_{1}\right)^{d} \gtrsim \lambda^{5 d} N_{1}^{2 d+1} N_{2}^{3 d-1}
$$

Each cap $\theta_{j}$ of radius $1 /\left(\lambda N_{1}\right)$ contains at most one point $\xi \in \Lambda_{\lambda N_{1}}$. Hence $\left\|E f_{j, \theta_{j}}\right\|_{L^{4}\left(w_{\Omega}\right)}^{4} \lesssim|\Omega|=$ $N_{1}^{2}\left(\lambda N_{1}\right)^{2 d}$ :

$$
\Pi_{j=1}^{2}\left(\sum_{\left|\theta_{j}\right|=1 /\left(\lambda N_{1}\right)}\left\|E f_{j, \theta_{j}}\right\|_{L^{4}\left(w_{\Omega}\right)}^{2}\right) \lesssim\left(\lambda N_{2}\right)^{2 d} N_{1}^{2}\left(\lambda N_{1}\right)^{2 d} \lesssim \lambda^{4 d} N_{1}^{2 d+2} N_{2}^{2 d}
$$

This example shows that the term with $N_{2}^{d-1} / N_{1}$ is sharp for both $d=2$ and $d \geq 3$.
When $d=2$, we consider the example when

$$
E f_{1}=\sum_{\substack{\xi \in \Lambda_{\lambda N_{1}} \\ \xi_{1}=1,\left|\xi_{2}\right| \leq 1 / N_{1}}} e^{2 \pi i\left(\xi \cdot x+|\xi|^{2} t\right)}, \quad E f_{2}=\sum_{\substack{\xi \in \Lambda_{\lambda N_{1}} \\ \xi_{1}=0\left|\xi_{2}\right| \leq 1 / N_{1}}} e^{2 \pi i\left(\xi \cdot x+|\xi|^{2} t\right)}
$$

$\left|E f_{1}\right|$ is about $\lambda$ in the box of height $N_{1}^{2}$ (i.e., the $t$-direction), width $N_{1}$ (i.e., the- $x_{2}$ direction) and length $\left(\lambda N_{1}\right)^{2}$ (i.e., the $x_{1}$-direction) centered at origin. $\left|E f_{2}\right|$ is the same size in the same box. Moreover,
$E f_{1}$ and $E f_{2}$ both have periodicity around $\lambda N_{1}$ in $x_{2}$ :

$$
\left\|E f_{1} E f_{2}\right\|_{L^{2}\left(w_{\Omega}\right)}^{2} \gtrsim \lambda^{4} N_{1}^{2} \cdot N_{1} \cdot\left(\lambda N_{1}\right)^{2} \cdot \lambda N_{1} \gtrsim \lambda^{7} N_{1}^{6}
$$

As calculated previously, $\left\|E f_{j, \theta_{j}}\right\|_{L^{4}\left(w_{\Omega}\right)}^{4}=|\Omega|$, so

$$
\Pi_{j=1}^{2}\left(\sum_{\left|\theta_{j}\right|=1 /\left(\lambda N_{1}\right)}\left\|E f_{j, \theta_{j}}\right\|_{L^{4}\left(w_{\Omega}\right)}^{2}\right) \lesssim \lambda^{2} \cdot|\Omega| \lesssim \lambda^{6} N_{1}^{6}
$$

This example shows that when $d=2$, the term with $1 / \lambda$ is sharp.
When $d \geq 3$, we consider the example with

$$
E f_{1}=\sum_{\substack{\xi \in \Lambda_{\lambda N_{1}}, \xi_{1}=1 \\\left|\left(\xi_{2}, \ldots, \xi_{d}\right)\right| \leq N_{2} / N_{1}}} e^{2 \pi i\left(\xi \cdot x+|\xi|^{2} t\right)}, \quad E f_{2}=\sum_{\substack{\xi \in \Lambda_{\lambda N_{1}, \xi_{1}=0} \\\left|\left(\xi_{2}, \ldots, \xi_{d}\right)\right| \leq N_{2} / N_{1}}} e^{2 \pi i\left(\xi \cdot x+|\xi|^{2} t\right)}
$$

Notice that we construct the example in $d \geq 3$ differently; the support of $f_{j}$ is in a thin plate of radius $N_{2} / N_{1}$ instead of $1 / N_{1}$, as in two-dimensional example.
$\left|E f_{1}\right|$ is about $\left(\lambda N_{2}\right)^{d-1}$ in a box of size $\left(N_{1} / N_{2}\right) \times \cdots \times\left(N_{1} / N_{2}\right) \times\left(N_{1} / N_{2}\right)^{2} \times\left(\lambda N_{1}\right)^{2} .\left|E f_{2}\right|$ is about $\left(\lambda N_{2}\right)^{d-1}$ in the same box. Both $E f_{1}$ and $E f_{2}$ have periodicity around $\lambda N_{1}$ in the $x_{2}-, \ldots$, $x_{d}$-directions:

$$
\left\|E f_{1} E f_{2}\right\|_{L^{2}\left(w_{\Omega}\right)}^{2} \gtrsim\left(\lambda N_{1}\right)^{4(d-1)}\left(\frac{N_{1}}{N_{2}}\right)^{d+1}\left(\lambda N_{1}\right)^{2}\left(\lambda N_{1}\right)^{d-1} \gtrsim \lambda^{5 d-3} N_{1}^{2 d+2} N_{2}^{3 d-5}
$$

and

$$
\Pi_{j=1}^{2}\left(\sum_{\left|\theta_{j}\right|=1 /\left(\lambda N_{1}\right)}\left\|E f_{j, \theta_{j}}\right\|_{L^{4}\left(w_{\Omega}\right)}^{2}\right) \lesssim\left(\lambda N_{2}\right)^{2(d-1)} \cdot|\Omega| \lesssim \lambda^{4 d-2} N_{1}^{2 d+2} N_{2}^{2 d-2}
$$

This example shows that when $d \geq 3$, the term with $N_{2}^{d-3} / \lambda$ is sharp.

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[^1]:    ${ }^{1}$ Strictly speaking, we need them to support on a pair of $\left(N_{2} / N_{1}\right) \times(1 / 100)$ strips; we neglect this technical point here.

