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HUIJUAN WANG, HONGWEI XU AND ENTAO ZHAO



## GAP THEOREMS FOR COMPLETE $\lambda$ -HYPERSURFACES

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**An  $n$ -dimensional  $\lambda$ -hypersurface  $X : M \rightarrow \mathbb{R}^{n+1}$  is the critical point of the weighted area functional  $\int_M e^{-\frac{1}{4}|X|^2} d\mu$  for weighted volume-preserving variations, which is also a generalization of the self-shrinking solution of the mean curvature flow. We first prove that if the  $L^n$ -norm of the second fundamental form of the  $\lambda$ -hypersurface  $X : M \rightarrow \mathbb{R}^{n+1}$  with  $n \geq 3$  is less than an explicit positive constant  $K(n, \lambda)$ , then  $M$  is a hyperplane. Secondly, we show that if the  $L^n$ -norm of the trace-free second fundamental form of  $M$  with  $n \geq 3$  is less than an explicit positive constant  $D(n, \lambda)$  and the mean curvature is suitably bounded, then  $M$  is a hyperplane. We also obtain similar results for  $\lambda$ -surfaces in  $\mathbb{R}^3$  under  $L^4$ -curvature pinching conditions.**

### 1. Introduction

Let  $X : M \rightarrow \mathbb{R}^{n+1}$  be an  $n$ -dimensional immersed smooth hypersurface in the  $(n+1)$ -dimensional Euclidean space  $\mathbb{R}^{n+1}$ . We call the hypersurface a  $\lambda$ -hypersurface if it satisfies

$$H + \frac{1}{2}\langle X, N \rangle = \lambda,$$

where  $\lambda$  is a constant,  $H$  is the mean curvature and  $N$  is the unit inward normal vector of  $X : M \rightarrow \mathbb{R}^{n+1}$ .

McGonagle and Ross [2015] studied  $\lambda$ -hypersurfaces from the viewpoint of variation. Let  $A_\mu(M)$  be the functional defined by  $A_\mu(M) = \int_M e^{-\frac{1}{4}|X|^2} d\mu$ . They showed that the critical points of  $\delta A_\mu(u) = 0$  for  $u \in C_0^\infty$  satisfying

$$\int_M e^{-\frac{1}{4}|X|^2} u d\mu = 0$$

are  $\lambda$ -hypersurfaces. Cheng and Wei [2014a] also introduced  $\lambda$ -hypersurfaces in a different way by investigating the weighted volume-preserving mean curvature flow. Obviously, when  $\lambda = 0$ , a  $\lambda$ -hypersurface is a self-shrinker of the mean curvature flow. It is well known that self-shrinkers play an important role in the study of mean

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curvature flow because they describe the singularity models of the mean curvature flow and they arise as tangent flows of mean curvature flow at singularities; see, for example, [Colding and Minicozzi 2012; Huisken 1990; Ilmanen 1995; White 1997].

The rigidity phenomena of self-shrinkers has been studied extensively [Cheng and Peng 2015; Cheng and Wei 2015; Colding et al. 2015; Colding and Minicozzi 2012; Ding and Xin 2013; 2014; Huisken 1990; Le and Sesum 2011]. For example, Le and Sesum [2011] proved that a smooth self-shrinker with polynomial volume growth and satisfying  $|A|^2 < \frac{1}{2}$  is a hyperplane. Here  $A$  denotes the second fundamental form of the immersion. Cao and Li [2013] generalized this result to arbitrary codimension and proved that any smooth complete self-shrinker with polynomial volume growth and  $|A|^2 \leq \frac{1}{2}$  is a generalized cylinder. On the other hand, Ding and Xin [2014] showed that a smooth complete self-shrinker satisfying  $(\int_M |A|^n d\mu)^{1/n} < C$  for a certain positive constant  $C$  is a linear space. For more curvature pinching theorems for self-shrinkers, see [Cao et al. 2014; Li and Wei 2014; Lin 2016].

The geometric properties of  $\lambda$ -hypersurfaces were recently investigated by Cheng, Wei, Ogata, Guang [Cheng and Wei 2014a; Cheng et al. 2016; Guang 2014]. As generalizations of self-shrinkers of the mean curvature flow, complete  $\lambda$ -hypersurfaces with polynomial area growth and  $H - \lambda \geq 0$  were classified by Cheng and Wei [2014a]. They also defined an  $\mathcal{F}$ -functional and studied  $\mathcal{F}$ -stability of  $\lambda$ -hypersurfaces. Cheng, Ogata and Wei [Cheng et al. 2016] proved some gap and rigidity theorems for complete  $\lambda$ -hypersurfaces. See [Cheng and Wei 2014b; Guang 2014; Ogata 2015] for more results on the rigidity of  $\lambda$ -hypersurfaces.

We study the integral curvature pinching theorems for  $\lambda$ -hypersurfaces. We first prove the following  $L^n$ -pinching theorem of the second fundamental form.

**Theorem 1.** *Let  $X : M^n \rightarrow \mathbb{R}^{n+1}$  ( $n \geq 3$ ) be an  $n$ -dimensional complete  $\lambda$ -hypersurface in the Euclidean space  $\mathbb{R}^{n+1}$ . If*

$$\left( \int_M |A|^n d\mu \right)^{1/n} < K(n, \lambda),$$

where  $K(n, \lambda)$  is an explicit positive constant depending only on  $n$  and  $\lambda$ , then  $|A| \equiv 0$  and  $M$  is a hyperplane.

**Remark.** It is easy to see from the expression of  $K(n, \lambda)$  that  $\lim_{\lambda \rightarrow 0} K(n, \lambda) = K_n$  for a positive constant  $K_n$  depending only on  $n$ . Hence if  $\lambda = 0$ , Theorem 1 reduces to the  $L^n$ -pinching theorem for self-shrinkers due to Ding and Xin [2014].

Let  $\mathring{A}$  denote the trace-free second fundamental form, which is defined by  $\mathring{A} = A - (H/n)g$  with  $g$  denoting the induced metric on  $M$ . We prove an  $L^n$ -pinching theorem of the trace-free second fundamental form for  $\lambda$ -hypersurfaces provided that the mean curvature is suitably bounded.

**Theorem 2.** *Let  $X : M^n \rightarrow \mathbb{R}^{n+1}$  ( $n \geq 3$ ) be an  $n$ -dimensional complete  $\lambda$ -hypersurface in the Euclidean space  $\mathbb{R}^{n+1}$ . Suppose the mean curvature satisfies*

$$|H| \leq \sqrt{\frac{1}{3}n + \lambda^2} - |\lambda|.$$

If

$$\left( \int_M |\mathring{A}|^n \, d\mu \right)^{1/n} < D(n, \lambda),$$

where  $D(n, \lambda)$  is an explicit positive constant depending on  $n$  and  $\lambda$ , then  $M$  is a hyperplane.

For the case  $n = 2$ , we obtain the following results.

**Theorem 3.** *Let  $X : M^2 \rightarrow \mathbb{R}^3$  be a 2-dimensional complete  $\lambda$ -hypersurface in the Euclidean space  $\mathbb{R}^3$ . If*

$$\left( \int_M |A|^4 \, d\mu \right)^{1/2} < K(\lambda),$$

where  $K(\lambda)$  is an explicit positive constant depending only on  $\lambda$ , then  $|A| \equiv 0$  and  $M$  is a hyperplane.

**Theorem 4.** *Let  $X : M^2 \rightarrow \mathbb{R}^3$  be a 2-dimensional complete  $\lambda$ -hypersurface in the Euclidean space  $\mathbb{R}^3$ . Suppose the mean curvature satisfies*

$$|H| \leq \sqrt{\frac{2}{3} + \lambda^2} - |\lambda|.$$

If

$$\left( \int_M |\mathring{A}|^4 \, d\mu \right)^{1/2} < D(\lambda),$$

where  $D(\lambda)$  is an explicit positive constant depending on  $\lambda$ , then  $M$  is a hyperplane.

The rest of our paper is organized as follows. Some notation and several lemmas are prepared in Section 2. In Section 3, we prove Theorems 1 and 2. Theorems 3 and 4 will be proved in Section 4.

## 2. Preliminaries

Let  $X : M^n \rightarrow \mathbb{R}^{n+1}$  be an  $n$ -dimensional connected hypersurface. Denote by  $g$  and  $d\mu$  the induced metric and the volume form on  $M$ , respectively. We shall make use of the following convention on the range of indices:

$$1 \leq A, B, C, \dots \leq n + 1, \quad 1 \leq i, j, k, \dots \leq n.$$

Choose local orthonormal frame fields  $\{e_A\}$  in  $\mathbb{R}^{n+1}$  such that, restricted to  $M$ , the  $e_i$  are tangent to  $M$ . Let  $\{\omega_A\}$  and  $\{\omega_{AB}\}$  be the dual frame fields and the

connection 1-forms of  $\mathbb{R}^{n+1}$ , respectively. Then we have the following structure equations:

$$dX = \sum_i \omega_i e_i, \quad de_i = \sum_j \omega_{ij} e_j + \sum_j h_{ij} \omega_j e_{n+1},$$

and

$$de_{n+1} = - \sum_{i,j} h_{ij} \omega_j e_i.$$

Restricting these forms to  $M$ , we have

$$\omega_{n+1i} = \sum_j h_{ij} \omega_j, \quad h_{ij} = h_{ji},$$

where  $h_{ij}$  denotes the components of the second fundamental form of  $M$ .  $H = \sum_i h_{ii}$  is the mean curvature and  $A = \sum_{i,j} h_{ij} \omega_i \otimes \omega_j$  is the second fundamental form of  $X : M^n \rightarrow \mathbb{R}^{n+1}$ . The trace-free second fundamental form is defined by  $\mathring{A} = A - (H/n)g$ .

Let  $h_{ijk} = \nabla_k h_{ij}$ ,  $h_{ijkl} = \nabla_l \nabla_k h_{ij}$ , where  $\nabla$  is the Levi-Civita connection on  $M$ . Gauss equations, Codazzi equations and Ricci formulas are given by

$$\begin{aligned} R_{ijkl} &= h_{ik} h_{jl} - h_{il} h_{jk}, \quad h_{ijk} = h_{ikj}, \\ h_{ijkl} - h_{ijlk} &= \sum_{m=1}^n h_{im} R_{mjkl} + \sum_{m=1}^n h_{mj} R_{mikl}. \end{aligned}$$

For  $\lambda$ -hypersurfaces, an elliptic operator  $\mathcal{L}$  is given by

$$\mathcal{L} = \Delta - \frac{1}{2} \langle X, \nabla(\cdot) \rangle = e^{\frac{1}{4}|X|^2} \operatorname{div}(e^{-\frac{1}{4}|X|^2} \nabla(\cdot)),$$

where  $\Delta$  and  $\operatorname{div}$  denote the Laplacian and divergence on the  $\lambda$ -hypersurface, respectively. The  $\mathcal{L}$  operator was introduced by Colding and Minicozzi [2012] when they investigated self-shrinkers. They showed that  $\mathcal{L}$  is self-adjoint with respect to the measure  $e^{-\frac{1}{4}|X|^2} d\mu$ . We set  $\rho = e^{-\frac{1}{4}|X|^2}$  and the volume form  $d\mu$  might be omitted in the integrations for notational simplicity.

The following lemma, which was proved in [Cheng and Wei 2014a], is needed in order to prove our results. For convenience, we also include the proof here.

**Lemma 5.** *Let  $X : M \rightarrow \mathbb{R}^{n+1}$  be a  $\lambda$ -hypersurface satisfying  $H + \frac{1}{2} \langle X, N \rangle = \lambda$ . Then*

$$(1) \quad \frac{1}{2} \mathcal{L}H^2 = |\nabla H|^2 + \frac{1}{2} H^2 + |A|^2 (\lambda - H)H,$$

$$(2) \quad \frac{1}{2} \mathcal{L}|A|^2 = |\nabla A|^2 + \left(\frac{1}{2} - |A|^2\right) |A|^2 + \lambda f_3,$$

where  $f_3 = \sum_{i,j,k} h_{ij} h_{jk} h_{ki}$ .

*Proof.* Since  $H + \frac{1}{2}\langle X, N \rangle = \lambda$ , one has

$$\nabla_i H = \frac{1}{2} \sum_j h_{ij} \langle X, e_j \rangle,$$

and

$$\nabla_k \nabla_i H = \frac{1}{2} \sum_j h_{ijk} \langle X, e_j \rangle + \frac{1}{2} h_{ik} + \sum_j h_{ij} h_{jk} (\lambda - H).$$

Hence,

$$\Delta H = \sum_i \nabla_i \nabla_i H = \frac{1}{2} \sum_i \nabla_i H \langle X, e_i \rangle + \frac{1}{2} H + |A|^2 (\lambda - H),$$

and

$$\mathcal{L}H = \Delta H - \frac{1}{2} \sum_i \nabla_i H \langle X, e_i \rangle = \frac{1}{2} H + |A|^2 (\lambda - H).$$

Therefore, we obtain

$$\frac{1}{2} \mathcal{L}H^2 = \frac{1}{2} \Delta H^2 - \frac{1}{4} \sum_i \nabla_i H^2 \langle X, e_i \rangle = |\nabla H|^2 + \frac{1}{2} H^2 + |A|^2 (\lambda - H) H.$$

By using the Ricci formulas, the Gauss equations and the Codazzi equations, we have

$$\begin{aligned} \mathcal{L}h_{ij} &= \Delta h_{ij} - \frac{1}{2} \sum_k \langle X, e_k \rangle h_{ijk} \\ &= \sum_k h_{ijkk} - \frac{1}{2} \sum_k \langle X, e_k \rangle h_{ijk} \\ &= \left(\frac{1}{2} - |A|^2\right) h_{ij} + \lambda \sum_k h_{ik} h_{kj}. \end{aligned}$$

Then it follows that

$$\begin{aligned} \frac{1}{2} \mathcal{L}|A|^2 &= \frac{1}{2} \Delta \left( \sum_{ij} h_{ij}^2 \right) - \frac{1}{4} \sum_k \langle X, e_k \rangle \nabla_k \left( \sum_{ij} h_{ij}^2 \right) \\ &= \sum_{i,j,k} h_{ij}^2 h_{ijk} + \left(\frac{1}{2} - |A|^2\right) \sum_{ij} h_{ij}^2 + \lambda \sum_{i,j,k} h_{ik} h_{kj} h_{ji} \\ &= |\nabla A|^2 + \left(\frac{1}{2} - |A|^2\right) |A|^2 + \lambda f_3, \end{aligned}$$

where  $f_3 = \sum_{i,j,k} h_{ij} h_{jk} h_{ki}$ . □

We need the following Sobolev inequality for submanifolds in the Euclidean space.

**Lemma 6** [Xu and Gu 2007a; Hoffman and Spruck 1974]. *Let  $M^n$  ( $n \geq 3$ ) be an  $n$ -dimensional complete submanifold in the Euclidean space  $\mathbb{R}^{n+p}$ . Let  $f$  be a*

nonnegative  $C^1$  function with compact support. Then we have

$$\|f\|_{2n/(n-2)}^2 \leq D^2(n) \left[ \frac{4(n-1)^2(1+s)}{(n-2)^2} \|\nabla f\|_2^2 + \left(1 + \frac{1}{s}\right) \frac{1}{n^2} \| |H|f \|_2^2 \right],$$

where

$$D(n) = 2^n(1+n)^{(n+1)/n}(n-1)^{-1}\sigma_n^{-1/n},$$

and  $\sigma_n$  denotes the volume of the unit ball in  $\mathbb{R}^n$ .

### 3. Gap theorems for $\lambda$ -hypersurfaces

*Proof of Theorem 1.* It follows from (2) and the inequality  $|\nabla A|^2 \geq |\nabla|A||^2$ , which is an easy consequence of the Schwartz inequality, that

$$\begin{aligned} \mathcal{L}|A|^2 &= 2|\nabla A|^2 + 2\left(\frac{1}{2} - |A|^2\right)|A|^2 + 2\lambda f_3 \\ &\geq 2|\nabla|A||^2 + 2\left(\frac{1}{2} - |A|^2\right)|A|^2 - 2|\lambda||A|^3. \end{aligned}$$

Let  $\eta$  be a smooth function with compact support on  $M$ . Multiplying  $\eta^2|A|^{n-2}$  on both sides of the inequality above and integrating by parts with respect to the measure  $\rho \, d\mu$  on  $M$  yields that for any  $\tau > 0$

$$\begin{aligned} 0 &\geq 2 \int_M |\nabla|A||^2 |A|^{n-2} \eta^2 \rho + \int_M |A|^n \eta^2 \rho - 2 \int_M |A|^{n+2} \eta^2 \rho \\ &\quad - 2|\lambda| \int_M |A|^{n+1} \eta^2 \rho - \int_M \eta^2 |A|^{n-2} \rho \mathcal{L}|A|^2 \\ &= 2 \int_M |\nabla|A||^2 |A|^{n-2} \eta^2 \rho + \int_M |A|^n \eta^2 \rho - 2 \int_M |A|^{n+2} \eta^2 \rho \\ &\quad - 2|\lambda| \int_M |A|^{n+1} \eta^2 \rho + 2 \int_M \rho |A| \nabla|A| \cdot \nabla(|A|^{n-2} \eta^2) \\ &= 2(n-1) \int_M |\nabla|A||^2 |A|^{n-2} \eta^2 \rho + \int_M |A|^n \eta^2 \rho - 2 \int_M |A|^{n+2} \eta^2 \rho \\ &\quad - 2|\lambda| \int_M |A|^{n+1} \eta^2 \rho + 4 \int_M (\nabla|A| \cdot \nabla \eta) |A|^{n-1} \eta \rho \\ &\geq 2(n-1) \int_M |\nabla|A||^2 |A|^{n-2} \eta^2 \rho + \int_M |A|^n \eta^2 \rho - 2 \int_M |A|^{n+2} \eta^2 \rho \\ &\quad - 2|\lambda| \left( \frac{\tau}{2} \int_M |A|^n \eta^2 \rho + \frac{1}{2\tau} \int_M |A|^{n+2} \eta^2 \rho \right) + 4 \int_M (\nabla|A| \cdot \nabla \eta) |A|^{n-1} \eta \rho. \end{aligned}$$



By the Cauchy inequality, for any  $\varepsilon > 0$ , we have

$$(3) \quad \left(\frac{|\lambda|}{\tau} + 2\right) \int_M |A|^{n+2} \eta^2 \rho + (|\lambda|\tau - 1) \int_M |A|^n \eta^2 \rho + \frac{2}{\varepsilon} \int_M |A|^n |\nabla \eta|^2 \rho \geq 2(n-1-\varepsilon) \int_M |\nabla |A||^2 |A|^{n-2} \eta^2 \rho.$$

Set  $f = |A|^{n/2} \rho^{1/2} \eta$ . Integrating by parts, we obtain

$$(4) \quad \int_M |\nabla f|^2 = \int_M |\nabla(|A|^{n/2} \eta)|^2 \rho + \int_M |A|^n \eta^2 |\nabla \rho^{1/2}|^2 + \frac{1}{2} \int_M \nabla(|A|^n \eta^2) \nabla \rho = \int_M |\nabla(|A|^{n/2} \eta)|^2 \rho + \frac{1}{16} \int_M |A|^n \eta^2 |X^T|^2 \rho - \frac{1}{2} \int_M |A|^n \eta^2 \Delta \rho.$$

Since

$$\Delta |X|^2 = 2|\nabla X|^2 + 2\langle X, \Delta X \rangle = 2n + 2H\langle X, N \rangle = 2n + 2\lambda\langle X, N \rangle - |X^N|^2,$$

where  $X^N$  is the normal part of  $X$ , we have

$$\Delta \rho = -\frac{1}{4} \rho \Delta |X|^2 + \frac{1}{16} \rho |\nabla |X|^2|^2 = -\frac{1}{4} \rho (2n + 2\lambda\langle X, N \rangle - |X^N|^2) + \frac{1}{4} \rho |X^T|^2 = -\frac{1}{2} n \rho - \frac{1}{2} \lambda \rho \langle X, N \rangle + \frac{1}{4} \rho |X|^2.$$

From (4), we get

$$(5) \quad \int_M |\nabla f|^2 = \int_M |\nabla(|A|^{n/2} \eta)|^2 \rho - \frac{1}{16} \int_M |A|^n \eta^2 |X^T|^2 \rho - \frac{1}{8} \int_M |A|^n \eta^2 |X^N|^2 \rho + \frac{n}{4} \int_M |A|^n \eta^2 \rho + \frac{1}{4} \int_M |A|^n \eta^2 \lambda \langle X, N \rangle \rho.$$

Combining the Sobolev inequality in Lemma 6 and (5), we have

$$\begin{aligned} & \left(\int_M |f|^{\frac{2n}{n-2}}\right)^{\frac{n-2}{n}} \\ & \leq D^2(n) \cdot \left[\frac{4(n-1)^2(1+s)}{(n-2)^2} \int_M |\nabla f|^2 + \left(1 + \frac{1}{s}\right) \cdot \frac{1}{n^2} \int_M H^2 f^2\right] \\ & = \frac{4D^2(n)(n-1)^2(1+s)}{(n-2)^2} \left[\int_M |\nabla(|A|^{n/2} \eta)|^2 \rho - \frac{1}{16} \int_M |A|^n \eta^2 |X^T|^2 \rho - \frac{1}{8} \int_M |A|^n \eta^2 |X^N|^2 \rho + \frac{n}{4} \int_M |A|^n \eta^2 \rho + \frac{1}{4} \int_M |A|^n \eta^2 \lambda \langle X, N \rangle \rho\right] \\ & \quad + D^2(n) \left(1 + \frac{1}{s}\right) \cdot \frac{1}{n^2} \int_M |A|^n \eta^2 \left(\lambda - \frac{1}{2} \langle X, N \rangle\right)^2 \rho. \end{aligned}$$

We choose

$$s = \frac{(n-2)^2}{2n^2(n-1)^2} \in \mathbb{R}^+$$

such that

$$\frac{4(n-1)^2(1+s)}{(n-2)^2} \cdot \frac{1}{8} = \frac{1}{4} \left(1 + \frac{1}{s}\right) \cdot \frac{1}{n^2}.$$

Hence

$$\begin{aligned} & \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} \\ & \leq \frac{2D^2(n)[(n-2)^2 + 2n^2(n-1)^2]}{n^2(n-2)^2} \left[ \int_M |\nabla(|A|^{n/2}\eta)|^2 \rho \right. \\ & \quad \left. + \frac{n}{4} \int_M |A|^n \eta^2 \rho + \frac{1}{4} \int_M |A|^n \eta^2 \lambda \langle X, N \rangle \rho \right] \\ & \quad + \frac{D^2(n)[(n-2)^2 + 2n^2(n-1)^2]}{n^2(n-2)^2} \left[ \int_M \lambda^2 |A|^n \eta^2 \rho - \int_M |A|^n \eta^2 \lambda \langle X, N \rangle \rho \right]. \end{aligned}$$

Now we put

$$\kappa = \frac{2D^2(n)[(n-2)^2 + 2n^2(n-1)^2]}{n^2(n-2)^2}.$$

It follows from the inequality above that

$$\begin{aligned} (6) \quad & \kappa^{-1} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} \\ & \leq \int_M |\nabla(|A|^{n/2}\eta)|^2 \rho + \frac{n}{4} \int_M |A|^n \eta^2 \rho + \frac{1}{4} \int_M |A|^n \eta^2 \lambda \langle X, N \rangle \rho \\ & \quad + \frac{1}{2} \left( \int_M \lambda^2 |A|^n \eta^2 \rho - \int_M |A|^n \eta^2 \lambda \langle X, N \rangle \rho \right) \\ & = \int_M |\nabla(|A|^{n/2}\eta)|^2 \rho + \left( \frac{n+2\lambda^2}{4} \right) \int_M |A|^n \eta^2 \rho - \frac{1}{4} \int_M |A|^n \eta^2 \lambda \langle X, N \rangle \rho \\ & = \int_M \left( \frac{n^2}{4} |\nabla|A||^2 |A|^{n-2} \eta^2 + n|A|^{n-1} \eta \nabla|A| \cdot \nabla \eta + |A|^n |\nabla \eta|^2 \right) \rho \\ & \quad + \left( \frac{n+2\lambda^2}{4} \right) \int_M |A|^n \eta^2 \rho - \frac{1}{4} \int_M |A|^n \eta^2 \lambda \langle X, N \rangle \rho. \end{aligned}$$

On the other hand, for any  $\theta > 0$ , we have

$$\begin{aligned}
 (7) \quad -\frac{1}{2} \int_M |A|^n \eta^2 \lambda \langle X, N \rangle \rho &= -\int_M |A|^n \eta^2 \lambda (\lambda - H) \rho \\
 &= -\int_M |A|^n \eta^2 \lambda^2 \rho + \int_M |A|^n \eta^2 \lambda H \rho \\
 &\leq -\lambda^2 \int_M |A|^n \eta^2 \rho + |\lambda| \int_M |A|^n \eta^2 \left( \frac{\theta}{2} H^2 + \frac{1}{2\theta} \right) \rho \\
 &\leq \left( \frac{|\lambda|}{2\theta} - \lambda^2 \right) \int_M |A|^n \eta^2 \rho + \frac{|\lambda|\theta}{2} \int_M |A|^n \eta^2 H^2 \rho \\
 &\leq \left( \frac{|\lambda|}{2\theta} - \lambda^2 \right) \int_M |A|^n \eta^2 \rho + \frac{n|\lambda|\theta}{2} \int_M |A|^{n+2} \eta^2 \rho.
 \end{aligned}$$

Combining (6) and (7), we get

$$\begin{aligned}
 (8) \quad \kappa^{-1} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} \\
 \leq \int_M \left( \frac{n^2}{4} |\nabla |A||^2 |A|^{n-2} \eta^2 + n |A|^{n-1} \eta \nabla |A| \cdot \nabla \eta + |A|^n |\nabla \eta|^2 \right) \rho \\
 + \left( \frac{|\lambda|}{4\theta} + \frac{n}{4} \right) \int_M |A|^n \eta^2 \rho + \frac{n\theta|\lambda|}{4} \int_M |A|^{n+2} \eta^2 \rho.
 \end{aligned}$$

Combining the Cauchy inequality, (3) and (8), we have for any  $\delta > 0$

$$\begin{aligned}
 \kappa^{-1} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} \\
 \leq (1+\delta) \frac{n^2}{4} \int_M |\nabla |A||^2 |A|^{n-2} \eta^2 \rho + \left( 1 + \frac{1}{\delta} \right) \int_M |A|^n |\nabla \eta|^2 \rho \\
 + \left( \frac{|\lambda|}{4\theta} + \frac{n}{4} \right) \int_M |A|^n \eta^2 \rho + \frac{n\theta|\lambda|}{4} \int_M |A|^{n+2} \eta^2 \rho \\
 \leq \frac{(1+\delta)n^2}{8(n-1-\varepsilon)} \left[ \left( \frac{|\lambda|}{\tau} + 2 \right) \int_M |A|^{n+2} \eta^2 \rho \right. \\
 \left. + (|\lambda|\tau - 1) \int_M |A|^n \eta^2 \rho + \frac{2}{\varepsilon} \int_M |A|^n |\nabla \eta|^2 \rho \right] \\
 + \left( 1 + \frac{1}{\delta} \right) \int_M |A|^n |\nabla \eta|^2 \rho + \left( \frac{|\lambda|}{4\theta} + \frac{n}{4} \right) \int_M |A|^n \eta^2 \rho + \frac{n\theta|\lambda|}{4} \int_M |A|^{n+2} \eta^2 \rho.
 \end{aligned}$$

Put

$$\delta = \frac{2(|\lambda| + n\theta)(n-1+\varepsilon)}{(1-|\lambda|\tau)\theta n^2} - 1 > 0,$$

where  $\varepsilon, \theta, \tau$  are positive constants such that  $|\lambda|\tau - 1 < 0$ . Then

$$\begin{aligned}
 (9) \quad & \kappa^{-1} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} \\
 & \leq \left[ \frac{n\theta + |\lambda|}{4\theta(1 - |\lambda|\tau)} \cdot \left( \frac{|\lambda|}{\tau} + 2 \right) \frac{n-1+\varepsilon}{n-1-\varepsilon} + \frac{n\theta|\lambda|}{4} \right] \int_M |A|^{n+2} \eta^2 \rho \\
 & \quad + \left[ \frac{n\theta + |\lambda|}{2\theta\varepsilon(1 - |\lambda|\tau)} \frac{n-1+\varepsilon}{n-1-\varepsilon} + 1 + \frac{1}{\delta} \right] \int_M |A|^n |\nabla \eta|^2 \rho \\
 & \leq \frac{(n\theta + |\lambda|)(|\lambda| + 2\tau) + n\tau\theta^2(1 - |\lambda|\tau)|\lambda|}{4\tau\theta(1 - |\lambda|\tau)} \cdot \frac{n-1+\varepsilon}{n-1-\varepsilon} \\
 & \quad \times \left( \int_M |A|^{2 \cdot \frac{n}{2}} \right)^{\frac{2}{n}} \cdot \left( \int_M (|A|^n \eta^2 \rho)^{\frac{n-2}{n-2}} \right)^{\frac{n-2}{n}} \\
 & \quad + \left( \frac{n\theta + |\lambda|}{2\theta\varepsilon(1 - |\lambda|\tau)} \cdot \frac{n-1+\varepsilon}{n-1-\varepsilon} + 1 + \frac{1}{\delta} \right) \int_M |A|^n |\nabla \eta|^2 \rho.
 \end{aligned}$$

Set

$$K(n, \lambda, \theta, \tau) = \sqrt{\frac{4\tau\theta(1 - |\lambda|\tau)}{[(n\theta + |\lambda|)(|\lambda| + 2\tau) + n\tau\theta^2(1 - |\lambda|\tau)|\lambda|]\kappa}}.$$

By a direct computation,  $K(n, \lambda, \theta, \tau)$  achieves its maximum

$$K(n, \lambda) = \sqrt{\frac{2(\sqrt{\lambda^2 + 2} - |\lambda|)}{(n|\lambda| + 2\sqrt{n}|\lambda| + n\sqrt{\lambda^2 + 2})\kappa}}$$

when

$$\tau = \frac{1}{2}(\sqrt{\lambda^2 + 2} - |\lambda|), \quad \theta = \sqrt{\frac{|\lambda| + 2\tau}{n\tau - n|\lambda|\tau^2}} = \frac{2}{\sqrt{n}(\sqrt{\lambda^2 + 2} - |\lambda|)} = \frac{1}{\sqrt{n\tau}}.$$

Since

$$\left( \int_M |A|^n \, d\mu \right)^{1/n} < K(n, \lambda),$$

we have from (9) that there exists  $0 < \varepsilon_0 < 1$  such that

$$\kappa^{-1} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} \leq \frac{n-1+\varepsilon}{n-1-\varepsilon} \cdot \frac{1-\varepsilon_0}{\kappa} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} + C(\varepsilon, \lambda) \int_M |A|^n |\nabla \eta|^2 \rho,$$

namely,

$$(10) \quad \frac{(n-1+\varepsilon)\varepsilon_0 - 2\varepsilon}{(n-1-\varepsilon)\kappa} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} \leq C(\varepsilon, \lambda) \int_M |A|^n |\nabla \eta|^2 \rho.$$

Let  $\eta(X) = \eta_r(X) = \phi(|X|/r)$  for any  $r > 0$ , where  $\phi$  is a nonnegative function on  $[0, +\infty)$  satisfying

$$\phi(x) = \begin{cases} 1 & \text{if } x \in [0, 1), \\ 0 & \text{if } x \in [2, +\infty), \end{cases}$$

and  $|\phi'| \leq C$  for some absolute constant. Let  $\varepsilon = \frac{1}{2}\varepsilon_0$ . Since  $\int_M |A|^n d\mu$  is bounded, the right-hand side of (10) approaches zero as  $r \rightarrow +\infty$ , which implies  $|A| \equiv 0$ . Hence  $M$  is a hyperplane of  $\mathbb{R}^{n+1}$ . This completes the proof of Theorem 1.  $\square$

Setting  $\mathring{A} = \sum_{i,j} \mathring{h}_{ij} \omega_i \otimes \omega_j$ , we have  $\mathring{h}_{ij} = h_{ij} - (H/n)g_{ij}$ . Choose  $\{e_i\}$  such that  $h_{ij} = \lambda_i \delta_{ij}$  at a point  $p$ . Then  $\mathring{h}_{ij} = \mathring{\lambda}_i \delta_{ij}$ , where  $\mathring{\lambda}_i = \lambda_i - H/n$ , and

$$f_3 = \sum_i \lambda_i^3 = \sum_i \left( \mathring{\lambda}_i + \frac{H}{n} \right)^3 = B_3 + \frac{3}{n} H |\mathring{A}|^2 + \frac{1}{n^2} H^3,$$

where  $|\mathring{A}|^2 = \sum_i \mathring{\lambda}_i^2 = |A|^2 - H^2/n$  and  $B_3 = \sum_i \mathring{\lambda}_i^3$ . Thus, from (1) and (2) we have

$$\begin{aligned} \frac{1}{2} \mathcal{L} |\mathring{A}|^2 &= \frac{1}{2} \mathcal{L} |A|^2 - \frac{1}{2} \mathcal{L} \left( \frac{H^2}{n} \right) \\ &= |\nabla A|^2 - \frac{1}{n} |\nabla H|^2 + \left( \frac{1}{2} - |A|^2 \right) |A|^2 + \lambda f_3 - \frac{H^2}{2n} - |A|^2 (\lambda - H) \frac{H}{n} \\ &= |\nabla \mathring{A}|^2 + \left( \frac{1}{2} - |\mathring{A}|^2 \right) |\mathring{A}|^2 - \frac{1}{n} H^2 |\mathring{A}|^2 + \lambda B_3 + \frac{2}{n} \lambda H |\mathring{A}|^2. \end{aligned}$$

By using an algebraic inequality in [Okumura 1974], we have

$$|B_3| \leq \frac{n-2}{\sqrt{n(n-1)}} |\mathring{A}|^3,$$

and the equality holds if and only if at least  $n-1$  of the  $\mathring{\lambda}_i$  are equal. Then we get

(11)

$$\begin{aligned} \frac{1}{2} \mathcal{L} |\mathring{A}|^2 &\geq |\nabla \mathring{A}|^2 + \left( \frac{1}{2} - |\mathring{A}|^2 \right) |\mathring{A}|^2 - \frac{1}{n} H^2 |\mathring{A}|^2 - |\lambda| \frac{n-2}{\sqrt{n(n-1)}} |\mathring{A}|^3 + \frac{2}{n} \lambda H |\mathring{A}|^2 \\ &\geq |\nabla |\mathring{A}||^2 + \left( \frac{1}{2} - |\mathring{A}|^2 \right) |\mathring{A}|^2 - \frac{1}{n} \left( \lambda - \frac{1}{2} \langle X, N \rangle \right)^2 |\mathring{A}|^2 \\ &\quad - |\lambda| \frac{n-2}{\sqrt{n(n-1)}} |\mathring{A}|^3 + \frac{2}{n} \lambda \left( \lambda - \frac{1}{2} \langle X, N \rangle \right) |\mathring{A}|^2 \\ &= |\nabla |\mathring{A}||^2 + \left( \frac{1}{2} + \frac{\lambda^2}{n} \right) |\mathring{A}|^2 - \frac{1}{4n} |\mathring{A}|^2 |X^N|^2 - |\lambda| \frac{n-2}{\sqrt{n(n-1)}} |\mathring{A}|^3 - |\mathring{A}|^4. \end{aligned}$$

By using (11), we give the proof of Theorem 2 as follows.

*Proof of Theorem 2.* Let  $\eta$  be a smooth function with compact support on  $M$ . Multiplying  $|\mathring{A}|^{n-2} \eta^2$  on both sides of the inequality (11) above and integrating by

parts with respect to the measure  $\rho \, d\mu$  on  $M$  yields

$$\begin{aligned}
 0 &\geq 2 \int_M |\nabla|\dot{A}||^2 |\dot{A}|^{n-2} \eta^2 \rho + \left(1 + \frac{2\lambda^2}{n}\right) \int_M |\dot{A}|^n \eta^2 \rho - \frac{1}{2n} \int_M |\dot{A}|^n |X^N|^2 \eta^2 \rho \\
 &\quad - 2|\lambda| \frac{n-2}{\sqrt{n(n-1)}} \int_M |\dot{A}|^{n+1} \eta^2 \rho - 2 \int_M |\dot{A}|^{n+2} \eta^2 \rho - \int_M |\dot{A}|^{n-2} \eta^2 \mathcal{L}|\dot{A}|^2 \rho \\
 &= 2 \int_M |\nabla|\dot{A}||^2 |\dot{A}|^{n-2} \eta^2 \rho + \left(1 + \frac{2\lambda^2}{n}\right) \int_M |\dot{A}|^n \eta^2 \rho - \frac{1}{2n} \int_M |\dot{A}|^n |X^N|^2 \eta^2 \rho \\
 &\quad - 2|\lambda| \frac{n-2}{\sqrt{n(n-1)}} \int_M |\dot{A}|^{n+1} \eta^2 \rho - 2 \int_M |\dot{A}|^{n+2} \eta^2 \rho \\
 &\quad + 2 \int_M \rho |\dot{A}| |\nabla|\dot{A}|| \cdot \nabla(|\dot{A}|^{n-2} \eta^2) \\
 &\geq 2(n-1) \int_M |\nabla|\dot{A}||^2 |\dot{A}|^{n-2} \eta^2 \rho + \left[\left(1 + \frac{2\lambda^2}{n}\right) - |\lambda| \zeta \frac{n-2}{\sqrt{n(n-1)}}\right] \int_M |\dot{A}|^n \eta^2 \rho \\
 &\quad - \left(2 + \frac{|\lambda|}{\zeta} \frac{n-2}{\sqrt{n(n-1)}}\right) \int_M |\dot{A}|^{n+2} \eta^2 \rho - \frac{1}{2n} \int_M |\dot{A}|^n |X^N|^2 \eta^2 \rho \\
 &\quad + 4 \int_M (\nabla|\dot{A}|| \cdot \nabla\eta) |\dot{A}|^{n-1} \eta \rho
 \end{aligned}$$

with constant  $\zeta > 0$ .

From the assumption  $|H| \leq \sqrt{\frac{1}{3}n + \lambda^2} - |\lambda| \triangleq C$ , we have

$$\int_M |\dot{A}|^n |X^N|^2 \eta^2 \rho = 4 \int_M |\dot{A}|^n (\lambda - H)^2 \eta^2 \rho \leq 4(\lambda^2 + C^2 + 2C|\lambda|) \int_M |\dot{A}|^n \eta^2 \rho.$$

This implies

$$\begin{aligned}
 0 &\geq 2(n-1) \int_M |\nabla|\dot{A}||^2 |\dot{A}|^{n-2} \eta^2 \rho \\
 &\quad + \left[\left(1 + \frac{2\lambda^2}{n}\right) - |\lambda| \zeta \frac{n-2}{\sqrt{n(n-1)}} - \frac{2}{n}(\lambda^2 + C^2 + 2C|\lambda|)\right] \int_M |\dot{A}|^n \eta^2 \rho \\
 &\quad - \left(2 + \frac{|\lambda|}{\zeta} \frac{n-2}{\sqrt{n(n-1)}}\right) \int_M |\dot{A}|^{n+2} \eta^2 \rho + 4 \int_M (\nabla|\dot{A}|| \cdot \nabla\eta) |\dot{A}|^{n-1} \eta \rho.
 \end{aligned}$$

By using the Cauchy inequality, for any  $\varepsilon > 0$  we obtain

$$\begin{aligned}
 (12) \quad &\left(\frac{|\lambda|}{\zeta} \frac{n-2}{\sqrt{n(n-1)}} + 2\right) \int_M |\dot{A}|^{n+2} \eta^2 \rho \\
 &+ \left[|\lambda| \zeta \frac{n-2}{\sqrt{n(n-1)}} + \frac{2}{n}(C^2 + 2C|\lambda|) - 1\right] \int_M |\dot{A}|^n \eta^2 \rho + \frac{2}{\varepsilon} \int_M |\dot{A}|^n |\nabla\eta|^2 \rho \\
 &\geq 2(n-1-\varepsilon) \int_M |\nabla|\dot{A}||^2 |\dot{A}|^{n-2} \eta^2 \rho.
 \end{aligned}$$

Set  $f = |\mathring{A}|^{n/2} \rho^{1/2} \eta$ . Using the same argument as in the proof of Theorem 1, for any  $\delta > 0$  we get

$$(13) \quad \begin{aligned} & \kappa^{-1} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} \\ & \leq (1 + \delta) \frac{n^2}{4} \int_M |\nabla |\mathring{A}||^2 |\mathring{A}|^{n-2} \eta^2 \rho + \left( 1 + \frac{1}{\delta} \right) \int_M |\mathring{A}|^n |\nabla \eta|^2 \rho \\ & \quad + \frac{n + 2\lambda^2}{4} \int_M |\mathring{A}|^n \eta^2 \rho - \frac{1}{4} \int_M |\mathring{A}|^n \eta^2 \lambda \langle X, N \rangle \rho. \end{aligned}$$

It is easy to see that

$$(14) \quad \begin{aligned} - \int_M |\mathring{A}|^n \eta^2 \lambda \langle X, N \rangle \rho &= -2 \int_M |\mathring{A}|^n \eta^2 \lambda (\lambda - H) \rho \\ &= -2 \int_M |\mathring{A}|^n \eta^2 \lambda^2 \rho + 2 \int_M |\mathring{A}|^n \eta^2 \lambda H \rho \\ &\leq 2(C|\lambda| - \lambda^2) \int_M |\mathring{A}|^n \eta^2 \rho. \end{aligned}$$

Combining (12), (13) and (14), we have

$$\begin{aligned} & \kappa^{-1} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} \\ & \leq (1 + \delta) \frac{n^2}{4} \int_M |\nabla |\mathring{A}||^2 |\mathring{A}|^{n-2} \eta^2 \rho + \left( 1 + \frac{1}{\delta} \right) \int_M |\mathring{A}|^n |\nabla \eta|^2 \rho \\ & \quad + \frac{n + 2C|\lambda|}{4} \int_M |\mathring{A}|^n \eta^2 \rho \\ & \leq \frac{(1 + \delta)n^2}{8(n - 1 - \varepsilon)} \left\{ \left( \frac{|\lambda|}{\zeta} \frac{n - 2}{\sqrt{n(n - 1)}} + 2 \right) \int_M |\mathring{A}|^{n+2} \eta^2 \rho \right. \\ & \quad + \left[ |\lambda| \zeta \frac{n - 2}{\sqrt{n(n - 1)}} + \frac{2}{n} (C^2 + 2C|\lambda|) - 1 \right] \int_M |\mathring{A}|^n \eta^2 \rho \\ & \quad \left. + \frac{2}{\varepsilon} \int_M |\mathring{A}|^n |\nabla \eta|^2 \rho \right\} + \left( 1 + \frac{1}{\delta} \right) \int_M |\mathring{A}|^n |\nabla \eta|^2 \rho + \frac{n + 2C|\lambda|}{4} \int_M |\mathring{A}|^n \eta^2 \rho. \end{aligned}$$

Let

$$|\lambda| \zeta \frac{n - 2}{\sqrt{n(n - 1)}} + \frac{2}{n} (C^2 + 2C|\lambda|) - 1 < 0,$$

i.e.,

$$0 < \zeta < \frac{[n - 2(C^2 + 2C|\lambda|)] \sqrt{n(n - 1)}}{n(n - 2)|\lambda|}.$$

Putting

$$\delta = \frac{2(n + 2C|\lambda|)\sqrt{n-1} \cdot (n-1 + \varepsilon)}{n[n\sqrt{n-1} - (n-2)\sqrt{n}|\lambda|\zeta - 2\sqrt{n-1}(C^2 + 2C|\lambda|)]} - 1 > 0$$

for some  $\varepsilon > 0$  to be defined later, we have

$$\begin{aligned} (15) \quad & \kappa^{-1} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} \\ & \leq \left\{ \frac{\sqrt{n}(n + 2C|\lambda|)[(n-2)|\lambda| + 2\zeta\sqrt{n(n-1)}]}{4\zeta[n\sqrt{n-1} - (n-2)\sqrt{n}|\lambda|\zeta - 2\sqrt{n-1}(C^2 + 2C|\lambda|)]} \right\} \\ & \quad \times \frac{n-1+\varepsilon}{n-1-\varepsilon} \int_M |\dot{A}|^{n+2} \eta^2 \rho \\ & \quad + \left\{ \frac{n(n + 2C|\lambda|)\sqrt{n-1} \cdot (n-1 + \varepsilon)}{2\varepsilon[n\sqrt{n-1} - (n-2)\sqrt{n}|\lambda|\zeta - 2\sqrt{n-1}(C^2 + 2C|\lambda|)]} + 1 + \frac{1}{\delta} \right\} \\ & \quad \times \int_M |\dot{A}|^n |\nabla \eta|^2 \rho \\ & \leq \left\{ \frac{\sqrt{n}(n + 2C|\lambda|)[(n-2)|\lambda| + 2\zeta\sqrt{n(n-1)}]}{4\zeta[n\sqrt{n-1} - (n-2)\sqrt{n}|\lambda|\zeta - 2\sqrt{n-1}(C^2 + 2C|\lambda|)]} \right\} \\ & \quad \times \frac{n-1+\varepsilon}{n-1-\varepsilon} \cdot \left( \int_M |\dot{A}|^{2\frac{n}{n-2}} \right)^{\frac{n-2}{n}} \left( \int_M (|\dot{A}|^n \eta^2 \rho)^{\frac{n-2}{n}} \right)^{\frac{n-2}{n}} \\ & \quad + \tilde{C}(\varepsilon, \lambda, n, \zeta, C) \int_M |\dot{A}|^n |\nabla \eta|^2 \rho. \end{aligned}$$

Set

$$D(n, \lambda, \zeta, C) = \sqrt{\frac{4\zeta[n\sqrt{n-1} - (n-2)\sqrt{n}|\lambda|\zeta - 2\sqrt{n-1}(C^2 + 2C|\lambda|)]}{\sqrt{n}(n + 2C|\lambda|)[(n-2)|\lambda| + 2\zeta\sqrt{n(n-1)}] \kappa}}.$$

We choose

$$\zeta = \frac{\sqrt{(n-2)^2\lambda^2 + 2(n-1)[n - 2(C^2 + 2C|\lambda|)]} - (n-2)|\lambda|}{2\sqrt{n(n-1)}}$$

such that  $D(n, \lambda, \zeta, C)$  achieves its maximum  $D(n, \lambda)$  with

$$\begin{aligned} D(n, \lambda) &= \frac{\sqrt{(n-2)^2\lambda^2 + 2(n-1)[n - 2(C^2 + 2C|\lambda|)]} - (n-2)|\lambda|}{\sqrt{n(n-1)}(n + 2C|\lambda|)\kappa} \\ &= \frac{\sqrt{(n-2)^2\lambda^2 + \frac{2}{3}n(n-1)} - (n-2)|\lambda|}{\sqrt{n(n-1)}\left(n + 2|\lambda|\sqrt{\frac{1}{3}n + \lambda^2 - 2\lambda^2}\right)\kappa}. \end{aligned}$$



Combining the assumption

$$\left( \int_M |\mathring{A}|^n \, d\mu \right)^{1/n} < D(n, \lambda)$$

and (15) implies that there exists  $0 < \varepsilon_0 < 1$  such that

$$\begin{aligned} \kappa^{-1} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} \\ \leq \frac{n-1+\varepsilon}{n-1-\varepsilon} \cdot \frac{1-\varepsilon_0}{\kappa} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} + \tilde{C}(\varepsilon, \lambda, n) \int_M |\mathring{A}|^n |\nabla \eta|^2 \rho, \end{aligned}$$

namely,

$$\frac{(n-1+\varepsilon)\varepsilon_0 - 2\varepsilon}{(n-1-\varepsilon)\kappa} \left( \int_M |f|^{\frac{2n}{n-2}} \right)^{\frac{n-2}{n}} \leq \tilde{C}(\varepsilon, \lambda, n) \int_M |\mathring{A}|^n |\nabla \eta|^2 \rho.$$

Let  $\varepsilon = \frac{1}{2}\varepsilon_0$  and choose  $\eta$  as in the proof of Theorem 1. Since  $\int_M |\mathring{A}|^n \, d\mu$  is bounded, by using a similar argument we obtain  $\mathring{A} \equiv 0$ . Therefore,  $M$  is totally umbilical, i.e.,  $M$  is  $\mathbb{S}^n(\sqrt{\lambda^2 + 2n} - \lambda)$  or  $\mathbb{R}^n$ . Since we have assumed that

$$|H| \leq \sqrt{\frac{1}{3}n + \lambda^2} - |\lambda|,$$

the first case is excluded. This completes the proof of Theorem 2. □

**Remark.** In fact, we can prove that if  $\sup_M |H| < \sqrt{\frac{1}{2}n + \lambda^2} - |\lambda|$  and if

$$\left( \int_M |\mathring{A}|^n \, d\mu \right)^{1/n} < D(n, \lambda, \sup_M |H|),$$

then  $M$  is a hyperplane. Here  $D(n, \lambda, \sup_M |H|)$  is a positive constant depending on  $n, \lambda$  and  $\sup_M |H|$ .

**Remark.** In particular, if  $\lambda = 0$ , Theorem 2 reduces to the rigidity result for self-shrinkers in [Lin 2016]. For the higher codimension case, Cao, Xu and Zhao [Cao et al. 2014] proved some  $L^n$ -pinching theorems of  $\mathring{A}$  for self-shrinkers.

### 4. Gap theorems in dimension 2

We need another Sobolev-type inequality in dimension 2, which was proved by Xu and Gu [2007b]:

$$(16) \quad \tilde{c}^{-1} \left( \int f^4 \, d\mu \right)^{1/2} \leq \frac{1}{t} \int |\nabla f|^2 \, d\mu + t \int f^2 \, d\mu + \frac{1}{2} \int |H| f^2 \, d\mu$$

for all  $f \in C_c^\infty(M)$  and for all  $t \in \mathbb{R}^+$ , where  $\tilde{c} = 12\sqrt{3\pi}/\pi$ .

*Proof of Theorem 3.* As in the proof of Theorem 1, for any  $0 < \varepsilon < 1$ , we have

$$(17) \quad \left(\frac{|\lambda|}{\tau} + 2\right) \int_M |A|^4 \eta^2 \rho + (|\lambda|\tau - 1) \int_M |A|^2 \eta^2 \rho + \frac{2}{\varepsilon} \int_M |A|^2 |\nabla \eta|^2 \rho \\ \geq 2(1 - \varepsilon) \int_M |\nabla |A||^2 \eta^2 \rho.$$

Setting  $f = |A|\eta\rho^{1/2}$ , we get

$$(18) \quad \int_M |\nabla f|^2 = \int_M |\nabla(|A|\eta)|^2 \rho - \frac{1}{16} \int_M |A|^2 \eta^2 |X^T|^2 \rho - \frac{1}{8} \int_M |A|^2 \eta^2 |X^N|^2 \rho \\ + \frac{1}{2} \int_M |A|^2 \eta^2 \rho + \frac{1}{4} \int_M |A|^2 \eta^2 \lambda \langle X, N \rangle \rho.$$

Combining the Sobolev-type inequality (16) and (18), we have

$$\tilde{c}^{-1} \left( \int_M |f|^4 \right)^{1/2} \\ \leq \frac{1}{t} \left[ \int_M |\nabla(|A|\eta)|^2 \rho - \frac{1}{16} \int_M |A|^2 \eta^2 |X^T|^2 \rho \right. \\ \left. - \frac{1}{8} \int_M |A|^2 \eta^2 |X^N|^2 \rho + \frac{1}{2} \int_M |A|^2 \eta^2 \rho + \frac{1}{4} \int_M |A|^2 \eta^2 \lambda \langle X, N \rangle \rho \right] \\ + t \int_M |A|^2 \eta^2 \rho + \frac{1}{2} \int_M |H| |A|^2 \eta^2 \rho \\ \leq \frac{1}{t} \left[ \int_M |\nabla(|A|\eta)|^2 \rho + \frac{1}{2} \int_M |A|^2 \eta^2 \rho + \frac{\lambda^2}{8} \int_M |A|^2 \eta^2 \rho \right] \\ + t \int_M |A|^2 \eta^2 \rho + \frac{1}{2} \int_M |H| |A|^2 \eta^2 \rho.$$

By the Cauchy inequality, for any  $\theta > 0$ , we get

$$(19) \quad \tilde{c}^{-1} \left( \int_M |f|^4 \right)^{1/2} \leq \frac{1}{t} \left[ \int_M |\nabla(|A|\eta)|^2 \rho + \frac{1}{2} \int_M |A|^2 \eta^2 \rho + \frac{\lambda^2}{8} \int_M |A|^2 \eta^2 \rho \right] \\ + t \int_M |A|^2 \eta^2 \rho + \frac{1}{2} \int_M \left( \frac{\theta}{2} H^2 + \frac{1}{2\theta} \right) |A|^2 \eta^2 \rho \\ \leq \frac{1}{t} \left[ \int_M |\nabla(|A|\eta)|^2 \rho + \frac{1}{2} \int_M |A|^2 \eta^2 \rho + \frac{\lambda^2}{8} \int_M |A|^2 \eta^2 \rho \right] \\ + t \int_M |A|^2 \eta^2 \rho + \frac{1}{2} \int_M \left( \theta |A|^2 + \frac{1}{2\theta} \right) |A|^2 \eta^2 \rho$$

$$\begin{aligned}
 &= \frac{1}{t} \int_M (|\nabla|A||^2 \eta^2 + 2|A|\eta \nabla|A| \cdot \nabla \eta + |A|^2 |\nabla \eta|^2) \rho \\
 &\quad + \left(t + \frac{1}{4\theta} + \frac{1}{2t} + \frac{\lambda^2}{8t}\right) \int |A|^2 \eta^2 \rho + \frac{\theta}{2} \int |A|^4 \eta^2 \rho \\
 &\leq \frac{1}{t} \left[ (1 + \delta) \int_M |\nabla|A||^2 \eta^2 \rho + \left(1 + \frac{1}{\delta}\right) \int_M |A|^2 |\nabla \eta|^2 \rho \right] \\
 &\quad + \left(t + \frac{1}{4\theta} + \frac{1}{2t} + \frac{\lambda^2}{8t}\right) \int |A|^2 \eta^2 \rho + \frac{\theta}{2} \int |A|^4 \eta^2 \rho.
 \end{aligned}$$

Combining (17) and (19), we have

$$\begin{aligned}
 &\tilde{c}^{-1} \left( \int_M |A|^4 \eta^4 \rho^2 \right)^{1/2} \\
 &\leq \frac{1}{t} (1 + \delta) \cdot \frac{1}{2(1 - \varepsilon)} \left[ \left( \frac{|\lambda|}{\tau} + 2 \right) \int_M |A|^4 \eta^2 \rho + (|\lambda|\tau - 1) \int_M |A|^2 \eta^2 \rho \right. \\
 &\quad \left. + \frac{2}{\varepsilon} \int_M |A|^2 |\nabla \eta|^2 \rho \right] \\
 &\quad + \frac{1}{t} \left( 1 + \frac{1}{\delta} \right) \int_M |A|^2 |\nabla \eta|^2 \rho + \left( t + \frac{1}{4\theta} + \frac{1}{2t} + \frac{\lambda^2}{8t} \right) \int |A|^2 \eta^2 \rho + \frac{\theta}{2} \int |A|^4 \eta^2 \rho.
 \end{aligned}$$

Put

$$\delta = \frac{(4\theta + 2t + 8\theta t^2 + \theta \lambda^2)(1 + \varepsilon)}{4\theta(1 - |\lambda|\tau)} - 1 > 0,$$

where  $\varepsilon, \theta, \tau, t$  are positive constants such that  $|\lambda|\tau - 1 < 0$ . Then

$$\begin{aligned}
 (20) \quad &\tilde{c}^{-1} \left( \int_M |A|^4 \eta^4 \rho^2 \right)^{1/2} \\
 &\leq \left[ \frac{1}{t} \cdot \frac{(1 + \varepsilon)}{2(1 - \varepsilon)} \cdot \frac{(4\theta + 2t + 8\theta t^2 + \theta \lambda^2)}{4\theta(1 - |\lambda|\tau)} \cdot \left( \frac{|\lambda|}{\tau} + 2 \right) + \frac{\theta}{2} \right] \int_M |A|^4 \eta^2 \rho \\
 &\quad + \frac{1}{t} \left[ \frac{(1 + \delta)}{\varepsilon(1 - \varepsilon)} + \left( 1 + \frac{1}{\delta} \right) \right] \int_M |A|^2 |\nabla \eta|^2 \rho \\
 &\leq \frac{(4\theta + 2t + 8\theta t^2 + \theta \lambda^2)(|\lambda| + 2\tau) + 4\theta^2 t \tau (1 - |\lambda|\tau)}{8\theta t \tau (1 - |\lambda|\tau)} \cdot \frac{1 + \varepsilon}{1 - \varepsilon} \\
 &\quad \times \left( \int_M |A|^4 \eta^4 \rho^2 \right)^{1/2} \cdot \left( \int_M |A|^4 \right)^{1/2} \\
 &\quad + \frac{1}{t} \left[ \frac{(1 + \delta)}{\varepsilon(1 - \varepsilon)} + \left( 1 + \frac{1}{\delta} \right) \right] \int_M |A|^2 |\nabla \eta|^2 \rho.
 \end{aligned}$$

Set

$$K(t, \lambda, \theta, \tau) = \frac{8\theta t\tau(1 - |\lambda|\tau)}{[(4\theta + 2t + 8\theta t^2 + \theta\lambda^2)(|\lambda| + 2\tau) + 4\theta^2 t\tau(1 - |\lambda|\tau)]\tilde{c}},$$

where  $\tilde{c} = 12\sqrt{3\pi}/\pi$ . By a direct computation,  $K(t, \lambda, \theta, \tau)$  achieves its maximum

$$K(\lambda) = \frac{\sqrt{2}(\lambda^2 + 1 - \sqrt{\lambda^2 + 2}|\lambda|)}{(2\sqrt{4 + \lambda^2} + \sqrt{\lambda^2 + 2} - |\lambda|)\tilde{c}}$$

when

$$t = \sqrt{\frac{1}{8}(4 + \lambda^2)}, \quad \tau = \frac{1}{2}(\sqrt{\lambda^2 + 2} - |\lambda|), \quad \theta = \sqrt{\frac{|\lambda| + 2\tau}{2\tau(1 - |\lambda|\tau)}} = \frac{1}{\sqrt{2\tau}}.$$

Since

$$\left(\int_M |A|^4\right)^{1/2} < K(\lambda),$$

we have from (20) that there exists  $0 < \varepsilon_0 < 1$  such that

$$\tilde{c}^{-1} \left(\int_M |A|^4 \eta^4 \rho^2\right)^{1/2} \leq \frac{1 + \varepsilon}{1 - \varepsilon} \cdot \frac{1 - \varepsilon_0}{\tilde{c}} \left(\int_M |A|^4 \eta^4 \rho^2\right)^{1/2} + C(\varepsilon, \lambda) \int_M |A|^2 |\nabla \eta|^2 \rho.$$

Let  $\varepsilon = \frac{1}{2}\varepsilon_0$ . Since  $\int_M |A|^4 d\mu$  is bounded, we choose  $\eta$  as in the proof of Theorem 1 and a similar argument implies  $|A| \equiv 0$ .  $\square$

Using a similar argument, we give the proof of Theorem 4.

*Proof of Theorem 4.* For  $n = 2$ , we have

$$\frac{1}{2}\mathcal{L}|\mathring{A}|^2 \geq |\nabla|\mathring{A}||^2 + \frac{1 + \lambda^2}{2}|\mathring{A}|^2 - \frac{1}{8}|\mathring{A}|^2|X^N|^2 - |\mathring{A}|^4,$$

and

$$(21) \quad 2 \int_M |\mathring{A}|^4 \eta^2 \rho + (C^2 + 2C|\lambda| - 1) \int_M |\mathring{A}|^2 \eta^2 \rho + \frac{2}{\varepsilon} \int_M |\mathring{A}|^2 |\nabla \eta|^2 \rho \\ \geq 2(1 - \varepsilon) \int_M |\nabla|\mathring{A}||^2 \eta^2 \rho$$

with  $0 < \varepsilon < 1$ .

Set  $f = |\mathring{A}|\rho^{1/2}\eta$ . By (16) and the hypothesis  $|H| \leq \sqrt{\frac{2}{3} + \lambda^2} - |\lambda| \triangleq C$ , we have

$$\begin{aligned}
 (22) \quad \tilde{c}^{-1} \left( \int_M |f|^4 \right)^{1/2} &\leq \frac{1}{t} \left[ \int_M |\nabla(|\mathring{A}|\eta)|^2 \rho + \frac{1}{2} \int_M |\mathring{A}|^2 \eta^2 \rho + \frac{\lambda^2}{8} \int_M |\mathring{A}|^2 \eta^2 \rho \right] \\
 &\quad + t \int_M |\mathring{A}|^2 \eta^2 \rho + \frac{1}{2} \int_M |H| |\mathring{A}|^2 \eta^2 \rho \\
 &\leq \frac{1}{t} \int_M (|\nabla|\mathring{A}||^2 \eta^2 + 2|\mathring{A}|\eta \nabla|\mathring{A}| \cdot \nabla\eta + |\mathring{A}|^2 |\nabla\eta|^2) \rho \\
 &\quad + \left( t + \frac{C}{2} + \frac{1}{2t} + \frac{\lambda^2}{8t} \right) \int_M |\mathring{A}|^2 \eta^2 \rho.
 \end{aligned}$$

Combining the Cauchy inequality, (21) and (22), we have for any  $\delta > 0$

$$\begin{aligned}
 \tilde{c}^{-1} \left( \int_M |f|^4 \right)^{1/2} &\leq \frac{1}{t} \left[ (1+\delta) \int_M |\nabla|\mathring{A}||^2 \eta^2 \rho + \left( 1 + \frac{1}{\delta} \right) \int_M |\mathring{A}|^2 |\nabla\eta|^2 \rho \right] \\
 &\quad + \left( t + \frac{C}{2} + \frac{1}{2t} + \frac{\lambda^2}{8t} \right) \int_M |\mathring{A}|^2 \eta^2 \rho \\
 &\leq \frac{1+\delta}{t} \frac{1}{2(1-\varepsilon)} \left[ 2 \int_M |\mathring{A}|^4 \eta^2 \rho + (C^2 + 2C|\lambda| - 1) \int_M |\mathring{A}|^2 \eta^2 \rho \right. \\
 &\quad \left. + \frac{2}{\varepsilon} \int_M |\mathring{A}|^2 |\nabla\eta|^2 \rho \right] \\
 &\quad + \frac{1}{t} \left( 1 + \frac{1}{\delta} \right) \int_M |\mathring{A}|^2 |\nabla\eta|^2 \rho + \left( t + \frac{C}{2} + \frac{1}{2t} + \frac{\lambda^2}{8t} \right) \int_M |\mathring{A}|^2 \eta^2 \rho.
 \end{aligned}$$

Put

$$\delta = \frac{(4 + \lambda^2 + 8t^2 + 4tC)(1 + \varepsilon)}{4[1 - (C^2 + 2C|\lambda|)]} - 1 > 0.$$

Then we get

$$\begin{aligned}
 (23) \quad \tilde{c}^{-1} \left( \int_M |f|^4 \right)^{1/2} &\leq \frac{1}{t} \cdot \frac{4 + \lambda^2 + 8t^2 + 4tC}{4[1 - (C^2 + 2C|\lambda|)]} \cdot \frac{1 + \varepsilon}{1 - \varepsilon} \cdot \int_M |\mathring{A}|^4 \eta^2 \rho \\
 &\quad + \frac{1}{t} \left[ \frac{1 + \delta}{\varepsilon(1 - \varepsilon)} + 1 + \frac{1}{\delta} \right] \int_M |\mathring{A}|^2 |\nabla\eta|^2 \rho \\
 &\leq \frac{1}{t} \cdot \frac{4 + \lambda^2 + 8t^2 + 4tC}{4[1 - (C^2 + 2C|\lambda|)]} \cdot \frac{1 + \varepsilon}{1 - \varepsilon} \cdot \left( \int_M |f|^4 \right)^{1/2} \cdot \left( \int_M |\mathring{A}|^4 \right)^{1/2} \\
 &\quad + \frac{1}{t} \left[ \frac{1 + \delta}{\varepsilon(1 - \varepsilon)} + 1 + \frac{1}{\delta} \right] \int_M |\mathring{A}|^2 |\nabla\eta|^2 \rho.
 \end{aligned}$$

Set

$$D(\lambda, C, t) = \frac{4t[1 - (C^2 + 2C|\lambda|)]}{(4 + \lambda^2 + 8t^2 + 4tC)\tilde{c}}.$$

We choose  $t = \sqrt{\frac{1}{8}(4 + \lambda^2)}$  such that  $D(\lambda, C, t)$  achieves its maximum

$$D(\lambda) = \frac{1}{3\left(\sqrt{8 + 2\lambda^2} + \sqrt{\frac{2}{3} + \lambda^2} - |\lambda|\right)\tilde{c}}.$$

Since

$$\left(\int_M |\mathring{A}|^4\right)^{1/2} < D(\lambda),$$

we have from (23) that there exists  $0 < \varepsilon_0 < 1$  such that

$$\tilde{c}^{-1}\left(\int_M |f|^4\right)^{1/2} \leq \frac{1 + \varepsilon}{1 - \varepsilon} \cdot \frac{1 - \varepsilon_0}{\tilde{c}} \cdot \left(\int_M |f|^4\right)^{1/2} + C(\varepsilon, \lambda) \int_M |\mathring{A}|^2 |\nabla \eta|^2 \rho.$$

Let  $\varepsilon = \frac{1}{2}\varepsilon_0$ . Since  $\int_M |\mathring{A}|^4 d\mu$  is bounded, we choose  $\eta$  as above and a similar argument implies  $\mathring{A} \equiv 0$ . Therefore,  $M$  is totally umbilical, i.e.,  $M$  is  $\mathbb{S}^2(\sqrt{\lambda^2 + 4} - \lambda)$  or  $\mathbb{R}^2$ . Since we have assumed that

$$|H| \leq \sqrt{\frac{2}{3} + \lambda^2} - |\lambda|,$$

the first case is excluded. This completes the proof of Theorem 4.  $\square$

**Remark.** Similarly, it is seen from the proof of Theorem 4 that we can prove that if  $\sup_M |H| < \sqrt{1 + \lambda^2} - |\lambda|$  and if  $\left(\int_M |\mathring{A}|^4 d\mu\right)^{1/2} < D(\lambda, \sup_M |H|)$ , then  $M$  is a hyperplane. Here  $D(\lambda, \sup_M |H|)$  is a positive constant depending on  $\lambda$  and  $\sup_M |H|$ .

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HUIJUAN WANG  
CENTER OF MATHEMATICAL SCIENCES  
ZHEJIANG UNIVERSITY  
HANGZHOU  
ZHEJIANG 310027  
CHINA  
whjuan@zju.edu.cn

HONGWEI XU  
CENTER OF MATHEMATICAL SCIENCES  
ZHEJIANG UNIVERSITY  
HANGZHOU  
ZHEJIANG 310027  
CHINA  
xuhw@zju.edu.cn

ENTAO ZHAO  
CENTER OF MATHEMATICAL SCIENCES  
ZHEJIANG UNIVERSITY  
HANGZHOU  
ZHEJIANG 310027  
CHINA  
zhaoet@zju.edu.cn



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Paul Balmer  
Department of Mathematics  
University of California  
Los Angeles, CA 90095-1555  
[balmer@math.ucla.edu](mailto:balmer@math.ucla.edu)

Robert Finn  
Department of Mathematics  
Stanford University  
Stanford, CA 94305-2125  
[finn@math.stanford.edu](mailto:finn@math.stanford.edu)

Sorin Popa  
Department of Mathematics  
University of California  
Los Angeles, CA 90095-1555  
[popa@math.ucla.edu](mailto:popa@math.ucla.edu)

Vyjayanthi Chari  
Department of Mathematics  
University of California  
Riverside, CA 92521-0135  
[chari@math.ucr.edu](mailto:chari@math.ucr.edu)

Kefeng Liu  
Department of Mathematics  
University of California  
Los Angeles, CA 90095-1555  
[liu@math.ucla.edu](mailto:liu@math.ucla.edu)

Igor Pak  
Department of Mathematics  
University of California  
Los Angeles, CA 90095-1555  
[pak.pjm@gmail.com](mailto:pak.pjm@gmail.com)

Paul Yang  
Department of Mathematics  
Princeton University  
Princeton NJ 08544-1000  
[yang@math.princeton.edu](mailto:yang@math.princeton.edu)

Daryl Cooper  
Department of Mathematics  
University of California  
Santa Barbara, CA 93106-3080  
[cooper@math.ucsb.edu](mailto:cooper@math.ucsb.edu)

Jiang-Hua Lu  
Department of Mathematics  
The University of Hong Kong  
Pokfulam Rd., Hong Kong  
[jhlu@maths.hku.hk](mailto:jhlu@maths.hku.hk)

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Order on the homology groups of Smale spaces	257
MASSOUD AMINI, IAN F. PUTNAM and SARAH SAEIDI GHOLIKANDI	
Characterizations of immersed gradient almost Ricci solitons	289
CÍCERO P. AQUINO, HENRIQUE F. DE LIMA and JOSÉ N. V. GOMES	
Weighted Sobolev regularity of the Bergman projection on the Hartogs triangle	307
LIWEI CHEN	
Knots of tunnel number one and meridional tori	319
MARIO EUDAVE-MUÑOZ and GRISEL SANTIAGO-GONZÁLEZ	
On bisectional nonpositively curved compact Kähler–Einstein surfaces	343
DANIEL GUAN	
Effective lower bounds for $L(1, \chi)$ via Eisenstein series	355
PETER HUMPHRIES	
Asymptotic order-of-vanishing functions on the pseudoeffective cone	377
SHIN-YAO JOW	
Augmentations and rulings of Legendrian links in $\#^k(S^1 \times S^2)$	381
CAITLIN LEVERSON	
The Faber–Krahn inequality for the first eigenvalue of the fractional Dirichlet $p$ -Laplacian for triangles and quadrilaterals	425
FRANCO OLIVARES CONTADOR	
Topological invariance of quantum quaternion spheres	435
BIPUL SAURABH	
Gap theorems for complete $\lambda$ -hypersurfaces	453
HUIJUAN WANG, HONGWEI XU and ENTAO ZHAO	
Bach-flat $h$ -almost gradient Ricci solitons	475
GABJIN YUN, JINSEOK CO and SEUNGSU HWANG	
A sharp height estimate for the spacelike constant mean curvature graph in the Lorentz–Minkowski space	489
JINGYONG ZHU	



0030-8730(201706)288:2;1-R