

- (1) Let A be a bounded linear operator in a Hilbert space \mathcal{H} . Show that

$$\|A^*A\| = \|A\|^2.$$

- (2) The objective of this problem is to prove the Lax-Milgram theorem in Hilbert spaces. Let \mathcal{H} be a complex Hilbert space and let $B : \mathcal{H} \times \mathcal{H} \rightarrow \mathbb{C}$ be a sesquilinear form (which means: B is linear in both entries).

- (a) Show that B is continuous if and only if there exists $M \geq 0$ such that

$$|B(x, y)| \leq M\|x\|\|y\| \quad \forall x, y \in \mathcal{H}.$$

Hint: For the \implies part use the Banach-Steinhaus theorem.

- (b) Show that B is continuous if and only if there exists $A \in \mathcal{B}(\mathcal{H})$ such that

$$B(x, y) = \langle x, Ay \rangle \quad \forall x, y \in \mathcal{H}.$$

A sesquilinear form B is called **coercive** if $B(x, x) \geq c\|x\|^2$ for some $c > 0$.

- (c) Prove the Lax-Milgram Theorem. If B is continuous and coercive on \mathcal{H} then given $w \in \mathcal{H}$ there exists a unique element $x \in \mathcal{H}$ such that $B(u, x) = \langle u, w \rangle$ for all $u \in \mathcal{H}$. For such x one has $\|x\| \leq \frac{1}{c}\|w\|$ where $c > 0$ is the bound from below of the form (that is, $B(u, u) \geq c\|u\|^2$ for all $u \in \mathcal{H}$).

- (3) Let $A \in \mathcal{B}(\mathcal{H})$ be a self-adjoint operator. Show that the spectrum of A is contained in $[m, M]$ with $m = \inf \frac{\langle Au, u \rangle}{\|u\|^2}$. Moreover m and M belong to the spectrum of T .

Hint: Use the Lax-Milgram theorem.