

## 8. Self-adjoint mappings:

Throughout, let  $X$  be a finite-dimensional Euclidean space.

Def: Recall that a linear map  $M: X \rightarrow X$  is self-adjoint (or Hermitian) if  $M^* = M$ . It is anti-self-adjoint (or anti-Hermitian) if  $M^* = -M$ .

Remark: Every linear map  $M: X \rightarrow X$  can be decomposed into a self-adjoint part and an anti-self-adjoint part, by

$$M = H + A, \quad H = \frac{M + M^*}{2}, \quad A = \frac{M - M^*}{2}.$$

$$\begin{aligned} \text{Indeed, } \operatorname{Re}(x, Mx) &= \frac{1}{2} [(x, Mx) + \overline{(x, Mx)}] = \frac{1}{2} [(x, Mx) + (Mx, x)] \\ &= \frac{1}{2} [(x, Mx) + (x, M^*x)] = (x, Hx) \end{aligned}$$

$$\begin{aligned} \operatorname{Im}(x, Mx) &= \frac{1}{2} [(x, Mx) - \overline{(x, Mx)}] = \frac{1}{2} [(x, Mx) - (Mx, x)] \\ &= \frac{1}{2} [(x, Mx) - (x, M^*x)] = (x, Ax). \end{aligned}$$

## Quadratic forms

Motivation: Let  $f(x_1, \dots, x_n)$  be a real-valued function,  $\mathbb{R}^n \rightarrow \mathbb{R}$ .

Recall the the Taylor approximation of  $f$  at  $a \in \mathbb{R}^n$  up to 2nd order says that for  $y \in \mathbb{R}^n$  with  $\|y\| \approx 0$ ,

$$f(a+y) \approx f(a) + \ell(y) + \frac{1}{2} g(y), \quad \text{where}$$

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\*  $f(a)$  is the 0<sup>th</sup> order term

\*  $l(y)$  is the 1<sup>st</sup> order term:  $l(y) = (y, g)$  for some  $g \in \mathbb{R}^n$ ?

It turns out that  $g = \nabla F = \begin{pmatrix} \frac{\partial f}{\partial x_1} \\ \vdots \\ \frac{\partial f}{\partial x_n} \end{pmatrix}$ , the gradient of  $f$ .

\*  $g(y)$  is the 2<sup>nd</sup> order term:  $g(y) = \sum_{j=1}^n \sum_{i=1}^n h_{ij} y_i y_j$ , where

$H = (h_{ij}) = \left( \frac{\partial^2 f}{\partial x_j \partial x_i} \right)$  is the Hessian of  $f$ .

Note that  $H$  is self-adjoint, because  $\frac{\partial^2 f}{\partial x_i \partial x_j} = \frac{\partial^2 f}{\partial x_j \partial x_i}$ ,

and that  $g(y) = [y_1, \dots, y_n] H \begin{bmatrix} y_1 \\ \vdots \\ y_n \end{bmatrix} = (y, Hy)$ .

Suppose  $a \in \mathbb{R}^n$  is a critical point of  $f$ , i.e.,  $\nabla f = g = 0$ .

Then the behavior of  $f$  is governed by the 2<sup>nd</sup> order term  $g(y)$ .

Def: A function  $g: X \rightarrow K$  of the form  $g(x) = (x, Hx)$

for a self-adjoint map  $H$  is called a quadratic form.

Observe that:  $g(x) = [x_1, \dots, x_n] \begin{bmatrix} h_{11} & \dots & h_{1n} \\ \vdots & \ddots & \vdots \\ h_{n1} & \dots & h_{nn} \end{bmatrix} \begin{bmatrix} x_1 \\ \vdots \\ x_n \end{bmatrix} = \sum_{j=1}^n \sum_{i=1}^n h_{ij} x_i x_j$ .

Suppose now that we can diagonalize  $H$ , that is, write

$H = P^{-1} D P$ . Recall that this would mean that  $D = \begin{bmatrix} \lambda_1 & & \\ & \ddots & \\ & & \lambda_n \end{bmatrix}$

and  $P = \begin{bmatrix} | & & | \\ v_1 & \dots & v_n \\ | & & | \end{bmatrix}$ , the matrix of eigenvectors of  $H$ .

Then, we would have

$$q(x) = (x, Hx) = x^T H x = x^T P^{-1} D P x.$$

Moreover, if  $P$  is real-valued and orthogonal, then  $P^T P = I$ ,

i.e.,  $P^{-1} = P^T$ . Then we could put  $z = Px$  and write

$$q(z) = z^T D z = [z_1, \dots, z_n] \begin{bmatrix} \lambda_1 & & \\ & \ddots & \\ & & \lambda_n \end{bmatrix} \begin{bmatrix} z_1 \\ \vdots \\ z_n \end{bmatrix} = \sum_{i=1}^n \lambda_i z_i^2.$$

This is much easier! Note that we can do this iff  $P^T P = I$ ,

i.e., iff  $X$  has an orthonormal basis of real eigenvectors of  $H$ .

It turns out that this is always the case.

Theorem 8.1: A self-adjoint mapping  $H: X \rightarrow X$  of a complex Euclidean space has only real eigenvalues, and a set of eigenvectors that forms an orthonormal basis of  $X$ .

Proof: It suffices to show that

- (i)  $H$  has only real eigenvalues
- (ii)  $H$  has no generalized eigenvectors (only genuine ones)
- (iii) Eigenvectors corresponding to different eigenvalues are orthogonal.

Pf: (i) Let  $\lambda$  be an eigenvalue of  $H$  with eigenvector  $v \neq 0$ .

$$\text{Then } (Hv, v) = (\lambda v, v) = \lambda(v, v)$$

$$\text{and } (v, Hv) = (v, \lambda v) = \bar{\lambda}(v, v)$$

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Since  $(v, v) \neq 0$ ,  $\lambda = \bar{\lambda} \Rightarrow \lambda$  is real. ✓

(ii) Suppose  $(H - \lambda I)^d v = 0$ . We must show  $(H - \lambda I)v = 0$ .

Induct on  $d$ . Base case ( $d=2$ ):

If  $(H - \lambda I)^2 v = 0$ , then  $((H - \lambda I)^2 v, v) = 0$

$\Rightarrow ((H - \lambda I)v, (H - \lambda I)v) = \|(H - \lambda I)v\|^2 = 0 \Rightarrow (H - \lambda I)v = 0$ . ✓

Now, suppose  $(H - \lambda I)^d v = 0 \Rightarrow (H - \lambda I)^2 \underbrace{(H - \lambda I)^{d-2} v}_w = 0$

We have  $(H - \lambda I)^2 w = 0 \Rightarrow (H - \lambda I)w = 0$

$\Rightarrow (H - \lambda I)^{d-1} w = 0$

$\Rightarrow (H - \lambda I)v = 0$  (induction hypothesis) ✓

(iii) Suppose  $Hv = \lambda v$ ,  $Hw = \mu w$ .

Then  $\lambda(v, w) = (\lambda v, w) = (Hv, w) = (v, Hw) = (v, \mu w) = \mu(v, w)$

So if  $\lambda \neq \mu$ , then  $(v, w) = 0$ . ✓

□

Corollary 8.2: If  $H$  is self-adjoint, then  $H = MDM^*$  for a diagonal matrix  $D$  and an orthogonal matrix  $M$  (that is,  $M^*M = I$ ).

By Theorem 8.1, we can write  $X = N^{(1)} \oplus \dots \oplus N^{(k)}$ , where  $N^{(i)}$  consists of eigenvectors with eigenvalue  $\lambda_i$ , and  $\lambda_i \neq \lambda_j$  ( $i \neq j$ ).

Thus, we can write  $x \in X$  as  $x = x^{(1)} + \dots + x^{(k)}$ ,  $x^{(i)} \in N^{(i)}$ .

Note that  $Hx = \lambda_1 x^{(1)} + \dots + \lambda_k x^{(k)}$ .

Let  $P_i(x)$  be the projection of  $x$  onto the eigenspace  $N^{(i)}$ , that is

$$P_i: X \rightarrow X, \quad P_i: x \mapsto x^{(i)}.$$

Remark: (a)  $P_i P_j = 0$  if  $i \neq j$  and  $P_i^2 = P_i$ .

(b)  $P_i^* = P_i$  (property of orthogonal projections).

Def: The decomposition  $I = \sum_{i=1}^k P_i$  is called a resolution of the identity, and  $H = \sum_{i=1}^k \lambda_i P_i$  is called the spectral resolution of  $H$ .

Corollary 8.2 can now be stated as follows:

Theorem 8.3: Let  $X$  be a complex Euclidean space,  $H: X \rightarrow X$  a self-adjoint linear map. Then there is a resolution of the identity and a spectral resolution of  $H$ .

It is now easy to define functions on  $H$ . For example,

$$H^2 = \sum_{i=1}^k \lambda_i^2 P_i, \quad H^m = \sum_{i=1}^k \lambda_i^m P_i, \quad \text{and for any polynomial } p(t), \text{ we have } p(H) = \sum_{i=1}^k p(\lambda_i) P_i.$$

Motivated by this, if  $f$  is any real-valued function defined on the spectrum (set of eigenvalues) of  $H$ , then we define

$$f(H) = \sum_{i=1}^k f(\lambda_i) P_i.$$

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Example:  $e^H = \sum_{k=1}^k e^{\lambda_i} P_i$ .

Theorem 8.4: Suppose  $H$  and  $K$  are self-adjoint commuting maps.

Then they have a common spectral resolution, that is, there are orthogonal projections (as above) so that  $I = \sum_{i=1}^k P_i$  and

$$H = \sum_{i=1}^k \lambda_i P_i \quad \text{and} \quad K = \sum_{i=1}^k \mu_i P_i.$$

Proof: Write  $X = N^{(1)} \oplus \dots \oplus N^{(k)}$ , a product of eigenspaces of  $H$  corresponding to distinct eigenvalues.

Pick  $N = N^{(j)}$ . Then for every  $x \in N$ ,  $Hx = \lambda x$

$$\Rightarrow H(Kx) = K(Hx) = K\lambda x = \lambda(Kx)$$

Thus,  $Kx$  is an eigenvector of  $H$ , so  $K$  maps  $N \rightarrow N$ .

Find a spectral resolution of  $K$  over  $N$ , i.e., write

$$K|_N = \sum_{i=1}^{k_j} \mu_{ji} P_{ji} \quad \text{and} \quad I|_N = \sum_{i=1}^{k_j} P_{ji}. \quad \text{Assume } \mu_i \text{'s distinct.}$$

Note that  $H|_N = \sum_{i=1}^{k_j} \lambda_{ji} P_{ji}$  (and  $\lambda_{ji} = \lambda_j$  for each  $i$ ).

$$\text{Now, } N^{(j)} = N^{(j1)} \oplus N^{(j2)} \oplus \dots \oplus N^{(jk_j)},$$

orthogonal eigenspaces of  $K|_N$  (and of  $H|_N$  !)

Expanding each  $N^{(j)}$  into eigenspaces of  $K|_N$  gives a common spectral resolution of  $H$  and  $K$ , which we seek.

$$\text{That is, } X = N^{(1)} \oplus N^{(2)} \oplus \dots \oplus N^{(k)}$$

$$\left( N^{(1)} \oplus \dots \oplus N^{(k_1)} \right) \oplus \left( N^{(2)} \oplus \dots \oplus N^{(2k_2)} \right) \oplus \dots \oplus \left( N^{(k)} \oplus \dots \oplus N^{(kk_k)} \right)$$

Note that not all of the corresponding eigenvalues will be distinct (and that's fine).  $\square$

Remarks:

- This is easily generalized for any number of commuting maps.
- $(iM)^* = -iM^*$  (where  $i = \sqrt{-1}$ )

Thus, if  $M$  is self-adjoint, then  $iM$  is anti-self-adjoint, and vice-versa. We can now conclude the following:

Corollary 8.5: Let  $A$  be an anti-self-adjoint mapping of a complex Euclidean space. Then

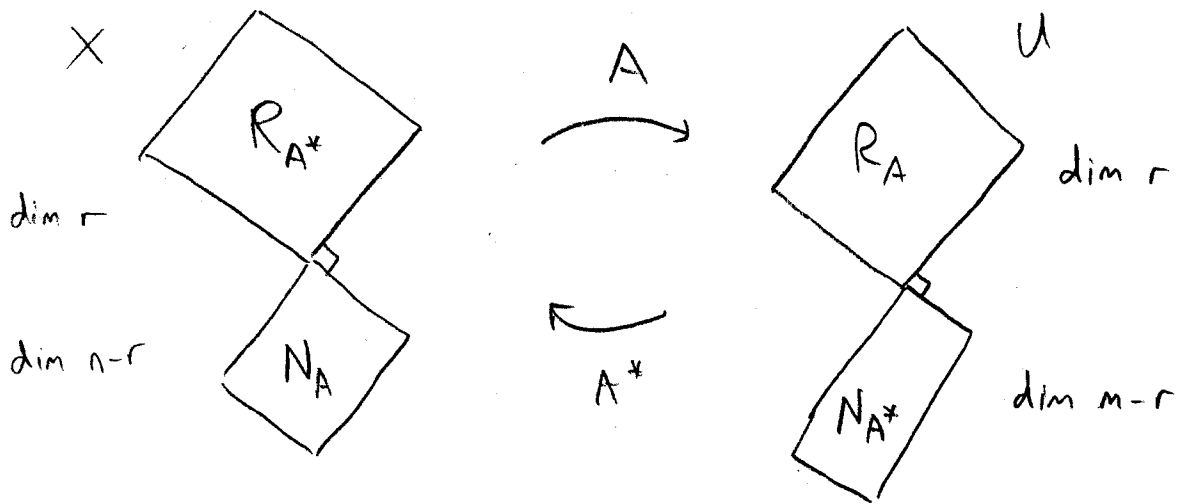
- The eigenvalues of  $A$  are purely imaginary
- $X$  has an orthonormal basis of eigenvectors of  $A$ .

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Def: A mapping  $N: X \rightarrow X$  of a complex Euclidean space is normal if  $NN^* = N^*N$ .

Remark: Self-adjoint ( $H^* = H$ ), anti-self-adjoint ( $A^* = -A$ ), and unitary ( $U^* = U^{-1}$ ) maps are all clearly normal.

Picture of this: Let  $A: X \rightarrow U$  be linear.



Facts (proofs are HW):

- $A$  restricted to  $R_{A^*}$  is a bijection  $R_{A^*} \rightarrow R_A$
- $R_{A^*}^\perp = N_A$  and  $R_A^\perp = N_{A^*}$

(and so  $X = R_{A^*} \oplus N_A$  and  $U = R_A \oplus N_{A^*}$ .)

Think of  $R_A$  as the "column space" and  $R_{A^*}$  as the "row space" (if  $A$  has real entries).



Theorem 8.6: If  $N: X \rightarrow X$  is normal, then  $X$  has an orthonormal basis of eigenvectors of  $N$ .

Proof: Write  $N = H + A$ , where  $H = \frac{N + N^*}{2}$ ,  $A = \frac{N - N^*}{2}$ .

If  $N$  &  $N^*$  commute, then  $H$  and  $A$  commute, and these are self-adjoint anyways.

By Theorem 8.4, they have a common spectral resolution, thus  $X$  has an orthonormal basis of common eigenvectors.

However, since  $N = H + A$ , these are eigenvectors of  $N$  (and  $N^*$ ) as well.  $\square$

Theorem 8.7: Let  $U: X \rightarrow X$  be unitary. Then

(a)  $X$  has an orthonormal basis of eigenvectors of  $U$ .

(b) Each eigenvalue has norm 1.

Proof: (a) Immediate from Theorem 8.6.

(b) If  $Uv = \lambda v$ , then  $\|Uv\| = \|v\|$  since  $U$  is unitary

$$\Rightarrow \|Uv\| = \|\lambda v\| = |\lambda| \cdot \|v\| = \|v\| \Rightarrow |\lambda| = 1. \quad \square$$

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Recall that we derived the spectral resolution of self-adjoint maps using the spectral theory of general maps. Here, we'll give an alternate proof that has several advantages:

- It doesn't assume the fundamental theorem of algebra.
- For real symmetric matrices, it avoids complex numbers.
- It leads to the "minimax principle" which gives a new characterization of the eigenvalues of  $H$ . (And other applications!)

First, suppose  $X$  has an orthonormal basis of eigenvectors of a mapping  $M: X \rightarrow X$  and write  $x = (a_1, \dots, a_n)$  in this basis.

Define: •  $q(x) := (x, Mx) = \left( \sum_{i=1}^n a_i v_i, \sum_{i=1}^n a_i M v_i \right)$   
 $= \left( \sum_{i=1}^n a_i v_i, \sum_{i=1}^n a_i \lambda_i v_i \right) = \sum_{i=1}^n \lambda_i a_i^2.$

•  $p(x) = (x, x) = \sum_{i=1}^n a_i^2.$

Def: Let  $H: X \rightarrow X$  be self-adjoint and define the Rayleigh

quotient of  $H$  by  $R(x) = R_H(x) = \frac{(x, Hx)}{(x, x)}.$

Goal: Show that the minimum & maximum values of  $R(H)$

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(and actually, all critical points!) occur at the eigenvectors of  $H$ .

Deduce that  $H$  has a full set of orthonormal eigenvectors.

Remark: Since  $R(kx) = R(x)$ , we only need to consider unit vectors.

Suppose that  $R(v) = \min \{ R(x) : \|x\| = 1 \} := \lambda$ . [and  $\|v\| = 1$ ]

Let  $w \in X$  be any other vector, and  $t \in \mathbb{R}$  a parameter.

$$\begin{aligned} R(v+tw) &= \frac{(v+tw, H(v+tw))}{(v+tw, v+tw)} = ( \\ &= \frac{(v, Hv) + t(v, Hw) + t(w, Hv) + t^2(w, w)}{(v, v) + t(v, w) + t(w, v) + t^2(w, w)} \\ &= \frac{(v, Hv) + 2t \operatorname{Re}(Hv, w) + t^2(w, w)}{(v, v) + 2t \operatorname{Re}(v, w) + t^2(w, w)} = \frac{g(t)}{p(t)}. \end{aligned}$$

Since  $R$  is minimized at  $t=0$ , we know that

$$\dot{R}(0) = \frac{d}{dt} \left( \frac{g(t)}{p(t)} \right) \Big|_{t=0} = \frac{p(0) \dot{g}(0) - \dot{p}(0) g(0)}{(p(0))^2} = 0$$

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$$\begin{aligned} \text{At } t=0: \quad p(0) &= (v, v) = 1 & g(0) &= R(v) = \lambda \\ \dot{p}(0) &= 2 \operatorname{Re}(v, w) & \dot{g}(0) &= 2 \operatorname{Re}(Hv, w). \end{aligned}$$

$$\begin{aligned} \Rightarrow p(0)\dot{g}(0) - \dot{p}(0)g(0) &= 1 \cdot 2 \operatorname{Re}(Hv, w) - \lambda \cdot 2 \operatorname{Re}(v, w) \\ &= 2 \operatorname{Re}(Hv - \lambda v, w) = 0 \quad \forall w \in X \end{aligned}$$

Since this holds for all  $w \in X$ ,  $Hv - \lambda v = 0 \Rightarrow Hv = \lambda v$ .

Now, let  $X_1 = \operatorname{Span}(v)^\perp$ , so  $X = X_1 \oplus \operatorname{Span}(v)$  and  $\dim X_1 = n-1$ .

Claim:  $X_1$  is "H-invariant"; that is,  $H$  maps  $X_1$  into  $X_1$ .

Proof:  $(x, v) = 0 \Rightarrow (Hx, v) = (x, Hv) = (x, \lambda v) = \lambda(x, v) = 0$ .

That is, if  $x \in X_1$ , then  $Hx \in X_1$ .

Now, put  $v_1 = v$  and  $\lambda_1 = \lambda$ .

Let  $v_2 \in X_1$  be the (nonzero) vector for which

$$R(v_2) = \min \{ R(x) : x \in X_1, \|x\| = 1 \} := \lambda_2$$

Then  $v_2$  is an eigenvector of  $H$  with eigenvalue  $\lambda_2 \geq \lambda_1$ .

Next, put  $X_2 := \operatorname{Span}(v_1, v_2)^\perp$  and continue in this fashion.

We get a full set of orthonormal eigenvectors of  $H$  with eigenvalues  $\lambda_1 \leq \lambda_2 \leq \dots \leq \lambda_n$ .

Theorem 8.8: (Minmax principle). Let  $H: X \rightarrow X$  be self-adjoint with eigenvalues  $\lambda_1 \leq \dots \leq \lambda_n$ . Then  $\lambda_k = \min_{\dim S=k} \left\{ \max_{x \in S, \|x\|=1} R_H(x) \right\}$ .

Proof: Let  $S$  be any  $k$ -dimensional subspace.

First, we'll show that  $R_H(x) \geq \lambda_k$  for some  $x \in S$ .

Let  $v_1, \dots, v_n$  be the eigenvectors, assume  $\|v_i\|=1$ .

Let  $T = \text{Span}\{v_k, \dots, v_n\}$  so  $\dim T = n - (k-1) = n - k + 1$ .

Thus,  $\dim S + \dim T - \dim S \cap T = \dim S + T \leq n$ .

$$\Rightarrow k + (n - k + 1) - d \leq n$$

$$\Rightarrow d \geq 1,$$

Thus there is some  $x \in S \cap T$ ,  $\|x\|=1$ .

Write  $x = \sum_{i=k}^n a_i v_i \Rightarrow R(x) = (x, Hx) =$

$$\Rightarrow R(x) = (x, Hx) = \sum_{i=k}^n \lambda_i a_i^2 \geq \lambda_k \sum_{i=k}^n a_i^2 = \lambda_k \quad \checkmark$$

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Next, show that some  $k$ -dimensional subspace achieves this minimum, i.e., find  $S \subseteq X$  for which  $R(x) \leq \lambda_k$  for all  $x \in S$ .

Take  $S = \text{Span}\{v_1, \dots, v_k\}$ .

For any unit vector  $x = \sum_{i=1}^k b_i v_i \in S$ ,

$$R(x) = (x, Hx) = \sum_{i=1}^k \lambda_i b_i^2 \leq \lambda_k \sum_{i=1}^k b_i^2 = \lambda_k. \quad \checkmark \quad \square$$

Summary of the Rayleigh quotient:

- (i) Every eigenvector  $v_i$  of  $H$  is a critical point of  $R_H(x)$ , i.e., the 1<sup>st</sup> derivatives of  $R_H(x)$  are zero iff  $x$  is an eigenvector.
- (ii) For any eigenvector  $v_i$  with eigenvalue  $\lambda_i$ ,  $R_H(v_i) = \lambda_i$ .
- (iii) In particular,  $\lambda_1 = \min \{R(x) : x \neq 0\}$   
 $\lambda_n = \max \{R(x) : x \neq 0\}$ .

Application: Let  $H$  be real-symmetric, and let  $v$  be an eigenvector with eigenvalue  $\lambda$ . If  $\|v-w\| \leq \varepsilon$ , then  $\|v - R_H(w)\| \leq \mathcal{O}(\varepsilon^2)$ , i.e.,  $R_H(w)$  is a 2<sup>nd</sup> order Taylor approximation of the eigenvalue. This arises in numerical methods for computing eigenvalues.

Def: A self-adjoint map  $M: X \rightarrow X$  is positive (or positive definite) if  $(x, Mx) > 0$  for all  $x \neq 0$ .

Remark: From our analysis of the Rayleigh quotient,  $M$  is positive iff all eigenvalues of  $M$  are positive.

Generalized Rayleigh quotient: If  $H, M: X \rightarrow X$  are self-adjoint and  $M$  positive, then define  $R_{H,M}(x) = \frac{(x, Hx)}{(x, Mx)}$ .

Note that  $R_H = R_{H,I}$ .

We can derive a similar minmax principle:

Theorem 8.9: The minimum problem  $\min\{R_{H,M}(x)\}$  has a solution

$R_{H,M}(v) = \mu$ , where  $v \neq 0$  and  $\mu$  solves  $Hv = \mu Mv$ .

The (constrained) minimum problem  $\min\{R_{H,M}(x) : (x, Mw) = 0\}$

has a solution  $R_{H,M}(w) = \nu$  where  $w \neq 0$  and  $\nu$  satisfies

$$Hw = \nu Mw.$$

Proof: Exercise. ( $Hw$ )

As before, we can iterate this process and produce a special basis for  $X$ .

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Theorem 8.10: Let  $H, M: X \rightarrow X$  be self-adjoint and  $M$

positive. Then there is a basis  $v_1, \dots, v_n$  of  $X$

where each  $v_i$  satisfies  $Hv_i = \mu_i Mv_i$  for some  $\mu_i \in \mathbb{R}$ ,

and  $(v_i, Mv_j) = 0$  for  $i \neq j$ .

Corollary 8.11: All eigenvalues of  $M^{-1}H$  are real. Moreover,

if  $H$  is also positive, then the eigenvalues of  $M^{-1}H$  are

all positive

Proof: Exercise (HW).

Theorem 8.12: Let  $N: X \rightarrow X$  be a normal linear map.

Then  $\|N\| = \max | \lambda_i |$ , taken over all eigenvalues of  $N$ .

Proof: Exercise (HW).

Recall that for any linear map  $A: X \rightarrow U$ , the matrix

$A^*A: X \rightarrow X$  is self-adjoint and nonnegative (that is,

$(x, Mx) \geq 0 \forall x \in X$ .) It is positive if  $N_A = \{0\}$ ,

(because  $\text{rank } A = \text{rank } A^*A$ .)



Thus, in some sense, the matrix  $A^*A$  is the "proper" way to think of the "square" of a matrix.

[Note: In contrast,  $A^2$  could have negative eigenvalues.]

The next result even further supports this claim:

Theorem 8.13: Let  $A: X \rightarrow X$  be linear and say that the eigenvalues of  $A^*A$  are  $\lambda_1 \leq \dots \leq \lambda_n$ . Then  $\|A\| = \sqrt{\lambda_n}$ .

Proof: We need to show  $\max \{ \|Ax\|^2 : \|x\|=1 \} = \lambda_n$ .

First take any  $x \in X$  with  $\|x\|=1$ :

$$\|Ax\|^2 = (Ax, Ax) = (x, A^*Ax) \leq \|x\| \cdot \|A^*Ax\| = \|A^*Ax\| \leq \lambda_n$$

↑
↑  
 Cauchy-Schwarz      Theorem 8.12

Thus,  $\|Ax\| \leq \sqrt{\lambda_n}$ .

To show equality, it suffices to find some  $x \in X$ ,  $\|x\|=1$

for which  $\|Ax\| = \sqrt{\lambda_n}$ .

Take the corresponding eigenvector  $v_n$  of  $A^*A$ :

$$\|Av_n\|^2 = (Av_n, Av_n) = (v_n, A^*Av_n) = (v_n, \lambda_n v_n) = \lambda_n \cdot \|v_n\|^2 = \lambda_n \cdot 1 = \lambda_n \quad \checkmark \quad \square$$