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# Numerical radius and distance to unitaries 

Catalin Badea and Michel Crouzeix


#### Abstract

Denote by $w(A)$ the numerical radius of a bounded linear operator $A$ acting on Hilbert space. Suppose that $A$ is invertible and that $w(A) \leq 1+\varepsilon$ and $w\left(A^{-1}\right) \leq 1+\varepsilon$ for some $\varepsilon \geq 0$. It is shown that $\inf \{\|A-U\|: U$ unitary $\} \leq c \varepsilon^{1 / 4}$ for some constant $c>0$. This generalizes a result due to J.G. Stampfli, which is obtained for $\varepsilon=0$. An example is given showing that the exponent $1 / 4$ is optimal. The more general case of the operator $\rho$-radius $w_{\rho}(\cdot)$ is discussed for $1 \leq \rho \leq 2$.


## 1 Introduction and statement of the results

Let $H$ be a complex Hilbert space endowed with the inner product $\langle\cdot, \cdot\rangle$ and the associated norm $\|\cdot\|$. We denote by $\mathcal{B}(H)$ the $\mathrm{C}^{*}$-algebra of all bounded linear operators on $H$ equipped with the operator norm

$$
\|A\|=\sup \{\|A h\|: h \in H,\|h\|=1\} .
$$

It is easy to see that unitary operators can be characterized as invertible contractions with contractive inverses, i.e. as operators $A$ with $\|A\| \leq 1$ and $\left\|A^{-1}\right\| \leq 1$. More generally, if $A \in \mathcal{B}(H)$ is invertible then

$$
\inf \{\|A-U\|: U \text { unitary }\}=\max \left(\|A\|-1,1-\frac{1}{\left\|A^{-1}\right\|}\right) .
$$

We refer to [6, Theorem 1.3] and [9, Theorem 1] for a proof of this equality using the polar decomposition of bounded operators. It also follows from this proof that if $A \in \mathcal{B}(H)$ is an invertible operator satisfying $\|A\| \leq R$ and $\left\|A^{-1}\right\| \leq R$ for some $R \geq 1$, then there exists a unitary operator $U \in \mathcal{B}(H)$ such that $\|A-U\| \leq R-1$.

The numerical radius of the operator $A$ is defined by

$$
w(A)=\sup \{|\langle A h, h\rangle|: h \in H,\|h\|=1\}
$$

Stampfli has proved in [8] that numerical radius contractivity of $A$ and of its inverse $A^{-1}$, that is $w(A) \leq 1$ and $w\left(A^{-1}\right) \leq 1$, imply that $A$ is unitary. We define a function $\psi(R)$ for $R \geq 1$ by

$$
\psi(R)=\sup \left\{\|A\|: A \in \mathcal{B}(H), w(A) \leq R, w\left(A^{-1}\right) \leq R\right\}
$$

the supremum being also considered over all Hilbert spaces $H$. Then the conditions $w(A) \leq R$ and $w\left(A^{-1}\right) \leq R$ imply the existence of a unitary operator $U$ such that $\|A-U\| \leq \psi(R)-1$. From the well-known estimate $w(A) \leq\|A\| \leq 2 w(A)$, we get that $\psi(R) \leq 2 R$.

Our first aim is to prove the following estimate.
Theorem 1.1. Let $R \geq 1$. Then

$$
\begin{equation*}
\psi(R) \leq X(R)+\sqrt{X(R)^{2}-1}, \quad \text { with } \quad X(R)=R+\sqrt{R^{2}-1} . \tag{1}
\end{equation*}
$$

The estimate given in Theorem 1.1 is more accurate than $\psi(R) \leq 2 R$ for $R$ close to 1 , more precisely for $1 \leq R \leq 1.0290855 \ldots$. It also gives $\psi(1) \leq 1$ (leading to Stampfli's result) and the following asymptotic estimate.

Corollary 1.2. We have

$$
\psi(1+\varepsilon) \leq 1+\sqrt[4]{8 \varepsilon}+O\left(\varepsilon^{1 / 2}\right), \quad \varepsilon \rightarrow 0
$$

Our second aim is to prove that the exponent $1 / 4$ in Corollary 1.2 is optimal. This is a consequence of the following result.

Theorem 1.3. Let $n$ be a positive integer of the form $n=8 k+4$. There exists a $n \times n$ invertible matrix $A_{n}$ with complex entries such that

$$
w\left(A_{n}\right) \leq 1 / \cos (\pi / n), \quad w\left(A_{n}^{-1}\right) \leq 1 / \cos (\pi / n), \quad\left\|A_{n}\right\|=1+\frac{1}{8 \sqrt{n}}
$$

Indeed, Theorem 1.3 implies that

$$
\psi(1 / \cos (\pi / n)) \geq\left\|A_{n}\right\|=1+\frac{1}{8 \sqrt{n}}
$$

Taking $1+\varepsilon=1 / \cos (\pi / n)$, we see that the exponent $1 / 4$ cannot be improved.
More generally, we can consider for $\rho \geq 1$ the $\rho$-radius $w_{\rho}(A)$ introduced by Sz.-Nagy and Foiaş (see [5, Chapter 1] and the references therein). Consider the class $\mathcal{C}_{\rho}$ of operators $T \in \mathcal{B}(H)$ which admit unitary $\rho$-dilations, i.e. there exist a super-space $\mathcal{H} \supset H$ and a unitary operator $U \in \mathcal{B}(\mathcal{H})$ such that

$$
T^{n}=\rho P U^{n} P^{*}, \quad \text { for } n=1,2, \ldots
$$

Here $P$ denotes the orthogonal projection from $\mathcal{H}$ onto $H$. Then the operator $\rho$-radius is defined by

$$
w_{\rho}(A)=\inf \left\{\lambda>0 ; \lambda^{-1} A \in \mathcal{C}_{\rho}\right\}
$$

From this definition it is easily seen that $r(A) \leq w_{\rho}(A) \leq \rho\|A\|$, where $r(A)$ denotes the spectral radius of $A$. Also, $w_{\rho}(A)$ is a non-increasing function of $\rho$. Another equivalent definition follows from [5, Theorem 11.1]:

$$
\begin{aligned}
w_{\rho}(A) & =\sup _{h \in \mathcal{E}_{\rho}}\left(1-\frac{1}{\rho}\right)|\langle A h, h\rangle|+\sqrt{\left(1-\frac{1}{\rho}\right)^{2}|\langle A h, h\rangle|^{2}+\left(\frac{2}{\rho}-1\right)\|A h\|^{2}}, \quad \text { with } \\
\mathcal{E}_{\rho} & =\left\{h \in H ;\|h\|=1 \operatorname{and}\left(1-\frac{1}{\rho}\right)^{2}|\langle A h, h\rangle|^{2}-\left(1-\frac{2}{\rho}\right)\|A h\|^{2} \geq 0\right\}
\end{aligned}
$$

Notice that $\mathcal{E}_{\rho}=\{h \in H ;\|h\|=1\}$ whenever $1 \leq \rho \leq 2$. This shows that $w_{1}(A)=\|A\|, w_{2}(A)=w(A)$ and $w_{\rho}(A)$ is a convex function of $A$ if $1 \leq \rho \leq 2$.

We now define a function $\psi_{\rho}(R)$ for $R \geq 1$ by

$$
\psi_{\rho}(R)=\sup \left\{\|A\| ; A \in \mathcal{B}(H), w_{\rho}(A) \leq R, w_{\rho}\left(A^{-1}\right) \leq R\right\}
$$

As before, the conditions $w_{\rho}(A) \leq R$ and $w_{\rho}\left(A^{-1}\right) \leq R$ imply the existence of a unitary operator $U$ such that $\|A-U\| \leq \psi_{\rho}(R)-1$, and we have $\psi_{\rho}(R) \leq \rho R$. We will generalize the estimate (1) from Theorem 1.1 by proving, for $1 \leq \rho \leq 2$, the following result.

Theorem 1.4. For $1 \leq \rho \leq 2$ we have

$$
\begin{align*}
\psi_{\rho}(R) & \leq X_{\rho}(R)+\sqrt{X_{\rho}(R)^{2}-1}  \tag{2}\\
\text { with } \quad X_{\rho}(R) & =\frac{2+\rho R^{2}-\rho+\sqrt{\left(2+\rho R^{2}-\rho\right)^{2}-4 R^{2}}}{2 R}
\end{align*}
$$

Corollary 1.5. For $1 \leq \rho \leq 2$ we have

$$
\psi_{\rho}(1+\varepsilon) \leq 1+\sqrt[4]{8(\rho-1) \varepsilon}+O\left(\varepsilon^{1 / 2}\right), \quad \varepsilon \rightarrow 0
$$

We recover in this way for $1 \leq \rho \leq 2$ the recent result of Ando and Li [2, Theorem 2.3], namely that $w_{\rho}(A) \leq 1$ and $w_{\rho}\left(A^{-1}\right) \leq 1$ imply $A$ is unitary. The range $1 \leq \rho \leq 2$ coincides with the range of those $\rho \geq 1$ for which $w_{\rho}(\cdot)$ is a norm. Contrarily to [2], we have not been able to treat the case $\rho>2$.

The organization of the paper is as follows. In Section 2 we prove Theorem 1.4, which reduces to Theorem 1.1 in the case $\rho=2$. The proof of Theorem 1.3 which shows the optimality of the exponent $1 / 4$ in Corollary 1.2 is given in Section 3.

As a concluding remark, we would like to mention that the present developments have been influenced by the recent work of Sano/Uchiyama [7] and Ando/Li [2]. In [3], inspired by the paper of Stampfli [8], we have developed another (more complicated) approach in the case $\rho=2$.

## 2 Proof of Theorem 1.4 about $\psi_{\rho}$

Let us consider $M=\frac{1}{2}\left(A+\left(A^{*}\right)^{-1}\right)$; then

$$
M^{*} M-1=\frac{1}{4}\left(A^{*} A+\left(A^{*} A\right)^{-1}-2\right) \geq 0
$$

This implies $\left\|M^{-1}\right\| \leq 1$. In what follows $C^{1 / 2}$ will denote the positive square root of the self-adjoint positive operator $C$. The relation $\left(A^{*} A-2 M^{*} M+1\right)^{2}=4 M^{*} M\left(M^{*} M-1\right)$ yields

$$
\begin{aligned}
A^{*} A-2 M^{*} M+1 & \leq 2\left(M^{*} M\right)^{1 / 2}\left(M^{*} M-1\right)^{1 / 2} \\
\text { whence } \quad A^{*} A & \left.\leq\left(M^{*} M\right)^{1 / 2}+\left(M^{*} M-1\right)^{1 / 2}\right)^{2}
\end{aligned}
$$

Therefore $\|A\| \leq\|M\|+\sqrt{\|M\|^{2}-1}$.
We now assume $1 \leq \rho \leq 2$. Then $w_{\rho}($.$) is a norm and the two conditions w_{\rho}(A) \leq R$ and $w_{\rho}\left(A^{-1}\right) \leq R$ imply $w_{\rho}(M) \leq R$. The desired estimate of $\psi_{\rho}(R)$ will follow from the following lemma.
Lemma 2.1. Assume $\rho \geq 1$. Then the assumptions $w_{\rho}(M) \leq R$ et $\left\|M^{-1}\right\| \leq 1$ imply $\|M\| \leq X_{\rho}(R)$. Proof. The contractivity of $M^{-1}$ implies

$$
\begin{equation*}
\|u\| \leq\|M u\|, \quad(\forall u \in H) \tag{3}
\end{equation*}
$$

From a generalization by Durszt [4] of a decomposition due to Ando [1], we can write

$$
M=\rho R B^{1 / 2} U C^{1 / 2}
$$

with $U$ unitary, $C$ selfadjoint satisfying $0<C<1$, and $B=f(C)$ with $f(x)=(1-x) /(1-\rho(2-\rho) x)^{-1}$. Notice that $f$ is a decreasing function on the segment $[0,1]$ and an involution: $f(f(x))=x$. Let $[\alpha, \beta]$ be the smallest segment containing the spectrum of $C$. Then $[\sqrt{\alpha}, \sqrt{\beta}]$ is the smallest segment containing the spectrum of $C^{1 / 2}$ and $[\sqrt{f(\beta)}, \sqrt{f(\alpha)}]$ is the smallest segment containing the spectrum of $B^{1 / 2}$. We have

$$
\|u\| \leq\|M u\| \leq \rho R \sqrt{f(\alpha)}\left\|C^{1 / 2} u\right\|, \quad(\forall u \in H)
$$

Choosing a sequence $u_{n}$ of norm-one vectors $\left(\left\|u_{n}\right\|=1\right)$ such that $\left\|C^{1 / 2} u_{n}\right\|$ tends to $\sqrt{\alpha}$, we first get $1 \leq \rho R \sqrt{\alpha f(\alpha)}$, i.e. $1-\left(2+\rho R^{2}-\rho\right) \rho \alpha+\rho^{2} R^{2} \alpha^{2} \leq 0$. Consequently we have

$$
\frac{2+\rho R^{2}-\rho-\sqrt{\left(2+\rho R^{2}-\rho\right)^{2}-4 R^{2}}}{2 \rho R^{2}} \leq \alpha \leq \frac{2+\rho R^{2}-\rho+\sqrt{\left(2+\rho R^{2}-\rho\right)^{2}-4 R^{2}}}{2 \rho R^{2}}
$$

and

$$
\frac{2+\rho R^{2}-\rho-\sqrt{\left(2+\rho R^{2}-\rho\right)^{2}-4 R^{2}}}{2 \rho R^{2}} \leq f(\alpha) \leq \frac{2+\rho R^{2}-\rho+\sqrt{\left(2+\rho R^{2}-\rho\right)^{2}-4 R^{2}}}{2 \rho R^{2}} .
$$

Similarly, noticing that $\left\|\left(M^{*}\right)^{-1}\right\| \leq 1, M^{*}=\rho R C^{1 / 2} U^{*} B^{1 / 2}$ and $C=f(B)$, we obtain

$$
\frac{2+\rho R^{2}-\rho-\sqrt{\left(2+\rho R^{2}-\rho\right)^{2}-4 R^{2}}}{2 \rho R^{2}} \leq \beta \leq \frac{2+\rho R^{2}-\rho+\sqrt{\left(2+\rho R^{2}-\rho\right)^{2}-4 R^{2}}}{2 \rho R^{2}} .
$$

Therefore

$$
\|M\| \leq \rho R\left\|B^{1 / 2}\right\|\left\|C^{1 / 2}\right\|=\rho R \sqrt{f(\alpha) \beta} \leq \frac{2+\rho R^{2}-\rho+\sqrt{\left(2+\rho R^{2}-\rho\right)^{2}-4 R^{2}}}{2 R} .
$$

This shows that $\|M\| \leq X_{\rho}(R)$.

## 3 The exponent $1 / 4$ is optimal (Proof of Theorem 1.3)

Consider the family of $n \times n$ matrices $A=D B D$, defined for $n=8 k+4$, by

$$
\begin{aligned}
& B=I+\frac{1}{2 n^{3 / 2}} E, \quad \text { with } \begin{array}{l}
e_{i j}=1 \text { if } 3 k+2 \leq|i-j| \leq 5 k+2, \\
e_{i j}=0 \text { otherwise },
\end{array} \\
& D=\operatorname{diag}\left(e^{i \pi / 2 n}, \ldots, e^{(2 \ell-1) i \pi / 2 n}, \ldots, e^{(2 n-1) i \pi / 2 n}\right) .
\end{aligned}
$$

We first remark that $\|A\|=\|B\|=1+\frac{1}{8 \sqrt{n}}$. Indeed, $B$ is a symmetric matrix with non negative entries, $B e=\left(1+\frac{1}{8 \sqrt{n}}\right) e$ with $e^{T}=(1,1,1 \ldots, 1)$. Thus $\|B\|=r(B)=1+\frac{1}{8 \sqrt{n}}$.

Consider now the permutation matrix $P$ defined by $p_{i j}=1$ if $i=j+1$ modulo $n$ and $p_{i j}=0$ otherwise. Then $P^{-1} D P=e^{i \pi / n} D$ and $P^{-1} E P=E$, whence $P^{-1} A P=e^{2 i \pi / n} A$. Since $P$ is a unitary matrix, the numerical range $W(A)=\{\langle A u, u\rangle, ;\|u\|=1\}$ of $A$ satisfies $W(A)=W\left(P^{-1} A P\right)=$ $e^{2 i \pi / n} W(A)$. Furthermore, from $A^{*}=\bar{A}$, it follows that $W(A)$ is symmetric with respect to the real axis. Putting all these things together we obtain that the numerical range of $A$ is invariant by the group of symmetries of a regular $n$-sided polygon, and the same property also holds for the numerical range of $A^{-1}$.

We postpone the proof of the estimates $\left\|\frac{1}{2}\left(A+A^{*}\right)\right\| \leq 1$ and $\left\|\frac{1}{2}\left(A^{-1}+\left(A^{-1}\right)^{*}\right)\right\| \leq 1$ to later sections. Using these estimates, we obtain that the numerical range $W(A)$ is contained in the halfplane $\{z ; \operatorname{Re} z \leq 1\}$, whence in the regular $n$-sided polygon given by the intersection of the half-planes $\left\{z ; \operatorname{Re}\left(e^{2 i \pi k / n} z\right) \leq 1\right\}, k=1, \ldots, n$. Consequently $w(A) \leq 1 / \cos (\pi / n)$. The proof of $w\left(A^{-1}\right) \leq$ $1 / \cos (\pi / n)$ is similar.

### 3.1 Proof of $\left\|\frac{1}{2}\left(A+A^{*}\right)\right\| \leq 1$.

It suffices to show that, for every $u=\left(u_{1}, \cdots, u_{n}\right) \in \mathbb{R}^{n}$, we have $\|u\|^{2}-\operatorname{Re}\langle A u, u\rangle \geq 0$. Let $\mathcal{E}=\{(i, j) ; 1 \leq i, j \leq n, 3 k+2 \leq|i-j| \leq 5 k+2\}$. The inequality which has to be proved is equivalent to

$$
\sum_{i=1}^{n} 2 \sin ^{2}\left(\left(i-\frac{1}{2}\right) \frac{\pi}{n}\right) u_{i}^{2}-\frac{1}{2 n^{3 / 2}} \sum_{i, j \in \mathcal{E}} \cos \left((i+j-1) \frac{\pi}{n}\right) u_{i} u_{j} \geq 0
$$

Setting $v_{j}=u_{j} \sin \left(\left(j-\frac{1}{2}\right) \frac{\pi}{n}\right)$, this may be also written as follows

$$
\begin{equation*}
2\|v\|^{2}-\langle M v, v\rangle-\frac{1}{2 n^{3 / 2}}\langle E v, v\rangle \geq 0, \quad\left(v \in \mathbb{R}^{n}\right) \tag{4}
\end{equation*}
$$

Here $M$ is the matrix whose entries are defined by

$$
m_{i j}=\frac{1}{2 n^{3 / 2}} \cot \left(\left(i-\frac{1}{2}\right) \frac{\pi}{n}\right) \cot \left(\left(j-\frac{1}{2}\right) \frac{\pi}{n}\right), \quad \text { if }(i, j) \in \mathcal{E}, \quad m_{i j}=0 \quad \text { otherwise. }
$$

We will see that the Frobenius (or Hilbert-Schmidt) norm of $M$ satisfies $\|M\|_{F} \leq \frac{9}{32}$. A fortiori, the operator norm of $M$ satisfies $\|M\| \leq \frac{9}{32}$. Together with $\|E\|=n / 4$, this shows that $\|M\|+\frac{1}{2 n^{3 / 2}}\|E\| \leq$ $\frac{13}{32}$. Property (4) is now verified.

It remains to show that $\|M\|_{F} \leq \frac{9}{32}$. First we notice that $m_{i j}=m_{j i}=m_{n+1-i, n+1-j}$, and $m_{i i}=0$. Hence, with $\mathcal{E}^{\prime}=\{(i, j) \in \mathcal{E} ; i<j$, et $i+j \leq n+1\}$,

$$
\|M\|_{F}^{2}=2 \sum_{i<j}\left|m_{i j}\right|^{2} \leq 4 \sum_{(i, j) \in \mathcal{E}^{\prime}}\left|m_{i j}\right|^{2}
$$

We have, for $(i, j) \in \mathcal{E}^{\prime}$,

$$
\begin{aligned}
& 2 j \leq i+j+5 k+2 \leq n+5 k+3=13 k+7, \quad \text { thus } \quad 3 k+3 \leq j \leq \frac{13 k+7}{2} \\
& 2 i \leq i+j-3 k-1 \leq n-3 k-1=5 k+3, \quad \text { thus } \quad 1 \leq i \leq \frac{5 k+3}{2}
\end{aligned}
$$

This shows that

$$
\frac{3 \pi}{16} \leq \frac{3 k+2}{16 k+8} \pi \leq\left(j-\frac{1}{2}\right) \frac{\pi}{n} \leq \frac{13 k+6}{16 k+8} \pi \leq \pi-\frac{3 \pi}{16}, \quad \text { hence } \quad \left\lvert\, \cot \left(\left(j-\frac{1}{2} \frac{\pi}{n}\right) \left\lvert\, \leq \cot \frac{3 \pi}{16} \leq \frac{3}{2}\right.\right.\right.
$$

We also use the estimate $\cot \left(\left(i-\frac{1}{2}\right) \frac{\pi}{n}\right) \leq n /\left(\pi\left(i-\frac{1}{2}\right)\right)$ to obtain

$$
\|M\|_{F}^{2} \leq 4 \sum_{(i, j) \in \mathcal{E}^{\prime}}\left|m_{i j}\right|^{2} \leq \frac{4}{4 n^{3}} \frac{n^{2}}{\pi^{2}} \sum_{i \geq 1} \frac{1}{(i-1 / 2)^{2}}(2 k+1) \frac{9}{4}=\frac{9}{32}
$$

### 3.2 Proof of $\left\|\frac{1}{2}\left(A^{-1}+\left(A^{-1}\right)^{*}\right)\right\| \leq 1$.

We start from

$$
\begin{aligned}
\left(A^{-1}\right)^{*} & =D\left(1+\frac{1}{2 n^{3 / 2}} E\right)^{-1} D \\
& =D^{2}-\frac{1}{2 n^{3 / 2}} D E D+\frac{1}{4 n^{3}} D E^{2}\left(1+\frac{1}{2 n^{3 / 2}} E\right)^{-1} D
\end{aligned}
$$

and we want to show that $\|u\|^{2}-\operatorname{Re}\left\langle A^{-1} u, u\right\rangle \geq 0$. As previously, we set $v_{j}=u_{j} \sin \left(\left(j-\frac{1}{2}\right) \frac{\pi}{n}\right)$. The inequality $\left\|\frac{1}{2}\left(A^{-1}+\left(A^{-1}\right)^{*}\right)\right\| \leq 1$ is equivalent to

$$
2\|v\|^{2}-\left\langle\left(M_{1}+M_{2}+M_{3}+M_{4}\right) v, v\right\rangle \geq 0, \quad\left(v \in \mathbb{R}^{n}\right)
$$

Here the entries of the matrices $M_{p}, 1 \leq p \leq 4$, are given by

$$
\begin{aligned}
\left(m_{1}\right)_{i j} & =-\frac{1}{2 n^{3 / 2}} \cot \left(\left(i-\frac{1}{2}\right) \frac{\pi}{n}\right) \cot \left(\left(j-\frac{1}{2}\right) \frac{\pi}{n}\right) e_{i j} \\
\left(m_{2}\right)_{i j} & =-\frac{1}{2 n^{3 / 2}} e_{i j} \\
\left(m_{3}\right)_{i j} & =\frac{1}{4 n^{3}} \cot \left(\left(i-\frac{1}{2}\right) \frac{\pi}{n}\right) \cot \left(\left(j-\frac{1}{2}\right) \frac{\pi}{n}\right) f_{i j} \\
\left(m_{4}\right)_{i j} & =\frac{1}{4 n^{3}} f_{i j}
\end{aligned}
$$

$e_{i j}$ and $f_{i j}$ respectively denoting the entries of the matrices $E$ and $F=E^{2}\left(1+\frac{1}{2 n^{3 / 2}} E\right)^{-1}$. Noticing that $M_{1}=-M$, we have $\left\|M_{1}\right\| \leq \frac{9}{32},\left\|M_{2}\right\|=\frac{1}{8 \sqrt{n}},\|F\|=\frac{n^{2} / 16}{1+1 / 8 \sqrt{n}} \leq \frac{n^{2}}{16}$ and $\left\|M_{4}\right\|=\frac{1}{4 n^{3}}\|F\|$. Now we use

$$
\left\|M_{3}\right\|^{2} \leq\left\|M_{3}\right\|_{F}^{2} \leq \frac{1}{16 n^{6}} \max _{i j}\left|f_{i j}\right|^{2} \sum_{i, j}\left|\cot \left(\left(i-\frac{1}{2}\right) \frac{\pi}{n}\right)\right|^{2}\left|\cot \left(\left(j-\frac{1}{2}\right) \frac{\pi}{n}\right)\right|^{2}
$$

together with

$$
\sum_{i, j}\left|\cot \left(\left(i-\frac{1}{2}\right) \frac{\pi}{n}\right)\right|^{2}\left|\cot \left(\left(j-\frac{1}{2}\right) \frac{\pi}{n}\right)\right|^{2}=\left(\sum_{i}^{n}\left|\cot \left(\left(i-\frac{1}{2}\right) \frac{\pi}{n}\right)\right|^{2}\right)^{2} \leq n^{4},
$$

to obtain

$$
\left\|M_{3}\right\|_{F} \leq \frac{1}{4 n} \max _{i j}\left|f_{i j}\right|
$$

Denoting $e_{i j}^{2}$ the entries of the matrix $E^{2}$, we easily verify that $\max _{i, j}\left|e_{i j}^{2}\right|=n / 4$. Therefore $\max _{i j}\left|f_{i j}\right| \leq \frac{n / 4}{1-1 / 8 \sqrt{n}}$, whence $\left\|M_{3}\right\|_{F} \leq \frac{1}{16(1-1 / 8 \sqrt{n})}$. Finally, we obtain $\left\|M_{1}+M_{2}+M_{3}+M_{4}\right\| \leq 1$.

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