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Erwann Aubry, Jean-Francois Grosjean

SPECTRUM OF HYPERSURFACES WITH SMALL EXTRINSIC RADIUS OR LARGE λ_1 IN EUCLIDEAN SPACES

ERWANN AUBRY, JEAN-FRANÇOIS GROSJEAN

Abstract. In this paper, we prove that Euclidean hypersurfaces with almost extremal extrinsic radius or λ_1 have a spectrum that asymptotically contains the spectrum of the extremal sphere in the Reilly or Hasanis-Koutroufiotis Inequalities. We also consider almost extremal hypersurfaces which satisfy a supplementary bound on $v_M\|\mathrm{B}\|_\alpha^n$ and show that their spectral and topological properties depends on the position of α with respect to the critical value $\dim M$. The study of the metric shape of these extremal hypersurfaces will be done in [3], using estimates of the present paper.

1. Introduction

Throughout the paper, $X\colon M^n \to \mathbb{R}^{n+1}$ is a closed, connected, immersed Euclidean hypersurface (with $n \geqslant 2$). We set v_M its volume, B its second fundamental form, $\mathrm{H} = \frac{1}{n}\mathrm{tr}\,\mathrm{B}$ its mean curvature, r_M its extrinsic radius (i.e. the least radius of the Euclidean balls containing M), $(\lambda_i^M)_{i\in\mathbb{N}}$ the non-decreasing sequence of its eigenvalues labelled with multiplicities and $\overline{X} := \frac{1}{v_M}\int_M X dv$. For any function $f : M \to \mathbb{R}$, we set $\|f\|_\alpha^\alpha = \frac{1}{v_M}\int_M |f|^\alpha dv$.

The Hasanis-Koutroufiotis inequality asserts that

rext
$$r_M\|\mathrm{H}\|_2 \geqslant 1, \tag{1.1}$$

with equality if and only if M is the Euclidean sphere S_M with center $\overline{X}$ and radius $\frac{1}{\|\mathrm{H}\|_2}$.

The Reilly inequality asserts that

lambda
$$\lambda_1^M \leqslant n\|\mathrm{H}\|_2^2, \tag{1.2}$$

once again with equality if and only if M is the sphere S_M (we give some short proof of these inequalities in section 2).

Our aim is to study the spectral properties of the hypersurfaces that are almost extremal for each of this Inequalities. The results and estimates of this paper are used in [3] to study the metric shape of the almost extremal hypersurfaces.

We set $\mu_k^{S_M} = k(n+k-1)\|\mathrm{H}\|_2^2$ the k-th eigenvalue of S_M (labelled without multiplicities) and m_k its multiplicity. Throughout the paper we shall adopt the notation that $\tau(\varepsilon|n,\cdots)$ is a positive function which depends on $n,\cdots$ and which converges to zero with $\varepsilon \to 0$ when $n,\cdots$ are fixed.

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maintheo **Theorem 1.1.** *For any immersed hypersurface $M \hookrightarrow \mathbb{R}^{n+1}$ with $r_M\|\mathrm{H}\|_2 \leqslant 1+\varepsilon$ (or with $\frac{n\|\mathrm{H}\|_2^2}{\lambda_1^M} \leqslant 1+\varepsilon$) and for any $k \leqslant \frac{1}{\tau(\varepsilon|n)}$ the interval $[(1-\tau(\varepsilon|n))\mu_k^{S_M}, (1+\tau(\varepsilon|n))\mu_k^{S_M}]$ contains at least m_k eigenvalues of M counted with multiplicities.*

Note that by Theorem maintheo 1.1, almost extremal hypersurfaces for the Reilly inequality must satisfy $\frac{n\|\mathrm{H}\|_2^2}{1+\varepsilon} \leqslant \lambda_1^M \leqslant \cdots \leqslant \lambda_{n+1}^M \leqslant \big(1+\tau(\varepsilon|n)\big)n\|\mathrm{H}\|_2^2$ and so must have at least $n+1$ eigenvalues close to $\lambda_1^{S_M} = n\|\mathrm{H}\|_2^2$. This is very different from the almost extremal manifolds for the Lichnerowicz Inequality in positive Ricci curvature (see Au [1]).

The proof of Theorem maintheo 1.1 is based on estimates for the restrictions to M of homogeneous, harmonic polynomials of the ambient space $\mathbb{R}^{n+1}$. Such a polynomial of degree k satisfies the equality $\Delta^{S_M}P = n\|\mathrm{H}\|_2^2 dP(X) + \|\mathrm{H}\|_2^2 D^0dP(X,X) = \mu_k^{S_M}P$ whereas its restriction on M satisfies $\Delta^M P = n\mathrm{H}dP(\nu) + D^0dP(\nu,\nu)$ where D^0dP is the Euclidean Hessian and ν a local unit, normal vector to M. We prove that on almost extremal hypersurfaces, the quantities $\nu - \mathrm{H}X$ and $|\mathrm{H}| - \|\mathrm{H}\|_2$ are small in L^2-norms, which, by careful computations, gives essentially the following estimates (see Lemmas almosteigenf 5.3 and Ppresquortho2 5.1)

$$\big|\|\varphi P\|^2_{L^2(M)} - \|\varphi P\|^2_{L^2(S_M)}\big| \leqslant \tau(\varepsilon|n,k)\|\varphi P\|_{L^2(S_M)}, \tag{1.3}$$

$$\|\Delta^M\varphi P - \mu_k^{S_M}\varphi P\|_{L^2(M)} \leqslant \tau(\varepsilon|n,k)\|\varphi P\|_{L^2(M)}, \tag{1.4}$$

where φ is a cut function localized near S_M. The main difficulty in proving this estimate is that there is no known good local control of the measure on M involving only the L^2-norm of the mean curvature.

Theorem maintheo 1.1 does not say that the spectrum of almost extremal hypersurfaces is close to the spectrum of S_M, but only that the spectrum of S_M asymptotically appears in the spectrum of M. Our next result shows that it is optimal in dimension larger than 2, even under a supplementary (not too strong) bound on the sectional curvature.

ctrexple4 **Theorem 1.2.** *Let $M_1, M_2 \hookrightarrow \mathbb{R}^{n+1}$ be two immersed compact submanifolds of dimension $m \geqslant 3$, $M_1\#M_2$ be their connected sum and F be any closed subset of $]0,+\infty[$ containing $\mathrm{Sp}(M_1)\setminus\{0\}$. Then there exists a sequence of immersions $i_k : M_1\#M_2 \hookrightarrow \mathbb{R}^{n+1}$ such that*

1) $i_k(M_1\#M_2)$ converges to M_1 in Hausdorff topology,
2) the curvatures of $i_k(M_1\#M_2)$ satisfy

$$\int_{i_k(M_1\#M_2)} |\mathrm{H}|^\alpha \to \int_{M_1} |\mathrm{H}|^\alpha \qquad \text{for any } \alpha \in [1,m),$$

$$\int_{i_k(M_1\#M_2)} |\mathrm{B}|^\alpha \to \int_{M_1} |\mathrm{B}|^\alpha \qquad \text{for any } \alpha \in [1,m),$$

3) $\cap_{k\in\mathbb{N}}\overline{\cup_{l\geqslant k}\mathrm{Sp}\big(i_l(M_1\#M_2)\big)} = F \cup \{0\}$,
4) $\mathrm{Vol}\,(i_k(M_1\#M_2)) \to \mathrm{Vol}\,M_1$.

To get almost extremal submanifolds from the previous result, we just have to consider the case where $M_1 = \mathbb{S}^n$ (and $F \subset [n,+\infty[$). It gives almost extremal hypersurfaces for the Reilly or Hasanis-Koutroufiotis Inequalities with the topology of any immersible Euclidean hypersurface, a spectrum as Hausdorff-close as we want of any

closed set containing $\mathrm{Sp}(\mathbb{S}^n)$ (and contained in $[n, +\infty[$), even if we assume a bound on $v_M\|\mathrm{B}\|_\alpha^n$ for any $\alpha < n$.

On the other hand, if we assume a bound on $\|\mathrm{B}\|_\alpha$ with $\alpha > n$, we prove in [3] that the almost extremal hypersrfaces converge to S_M in Hausdorff distance, which combined with the $\mathcal{C}^{1,\beta}$ pre-compactness theorem of [8] (or a Moser iteration as in the previous version of this paper [2]) imply the following stability in Lipschitz distance.

Lipschitz **Theorem 1.3.** *Let $n < \alpha \leqslant \infty$. Any immersed hypersurface $M \hookrightarrow \mathbb{R}^{n+1}$ with $v_M\|\mathrm{B}\|_\alpha^n \leqslant A$ and $r_M\|\mathrm{H}\|_2 \leqslant 1 + \varepsilon$ (or with $v_M\|\mathrm{B}\|_\alpha^n \leqslant A$ and $\frac{n\|\mathrm{H}\|_2^2}{\lambda_1} \leqslant 1 + \varepsilon$) is diffeomorphic to S_M and satisfies $d_L(M, S_M) \leqslant \tau(\varepsilon|n, \alpha, A)$. In particular, we have $|\lambda_k^M - \lambda_k^{S_M}| \leqslant \tau(\varepsilon|k, n, \alpha, A)$ for any $k \in \mathbb{N}$.*

Eventually, the critical case where we assume an upper bound on $v_M\|\mathrm{B}\|_n^n$ will be studied in a forthcoming, but we construct in the present paper some examples of almost extremal hypersurfaces satisfying such a bound as a preliminary. First of all, considering the constructions of Theorem 1.2 in the case $\alpha = n$, we get almost extremal hypersurfaces for the two inequalities with the topology of any immersible hypersurface, with $v_M\|B\|_n^n$ bounded and whose spectrum asymptotically contains $\mathrm{Sp}(S_M)$ and a finite subset of $\mathbb{R} \setminus \mathrm{Sp}(S_M)$ (see section 6.1). Note however that the bound on $v_M\|\mathrm{B}\|_n^n$ will depend on the topology of the extremal hypersurfaces and on the values and number of their eigenvalues not close to $\mathrm{Sp}(S_M)$.

In section 6.2, we construct almost extremal hypersurfaces for the Hasanis-Koutroufiotis inequality, not diffeomorphic to $\mathbb{S}_M$, not Gromov-Hausdorff close to S_M, with limit spectrum larger than the spectrum of $\mathbb{S}^n$ and with $\|\mathrm{H}\|_\infty$ bounded. We set $E(x)$ the integral part of x.

ctrexple1 **Example 1.4.** *For any couple (l, p) of integers there exists a sequence of embedded hypersurfaces $M_j \hookrightarrow \mathbb{R}^{n+1}$ diffeomorphic to p spheres $\mathbb{S}^n$ glued by connected sum along l points, such that $\|\mathrm{H}_j\|_\infty \leqslant C(n)$, $\|\mathrm{H}\|_2 = 1$, $\|\mathrm{B}_j\|_n \leqslant C(n)$, $\big\||X_j| - 1\big\|_\infty \to 0$, $\big\||\mathrm{H}_j| - 1\big\|_1 \to 0$, and for any $\sigma \in \mathbb{N}$ we have $\lambda_\sigma^{M_j} \to \lambda_{E(\frac{\sigma}{p})}^{\mathbb{S}^n}$. In particular, the M_j have at least p eigenvalues close to 0 whereas its extrinsic radius is close to 1.*

ctrexple3 **Example 1.5.** *There exists sequence of immersed hypersurfaces $M_j \hookrightarrow \mathbb{R}^{n+1}$ diffeomorphic to 2 spheres $\mathbb{S}^n$ glued by connected sum along 1 great subsphere $\mathbb{S}^{n-2}$, such that $\|\mathrm{H}_j\|_\infty \leqslant C(n)$, $\|\mathrm{H}_j\|_2 = 1$, $\|\mathrm{B}_j\|_2 \leqslant C(n)$, $\big\||X_j| - 1\big\|_\infty \to 0$, $\big\||\mathrm{H}_j| - 1\big\|_1 \to 0$, and for any $\sigma \in \mathbb{N}$ we have $\lambda_\sigma^{M_j} \to \lambda_{E(\frac{\sigma}{2})}^{\mathbb{S}^{n,d}}$, where $\mathbb{S}^{n,d}$ is the sphere $\mathbb{S}^n$ endowed with the singular metric, pulled-back of the canonical metric of $\mathbb{S}^n$ by the map $\pi : (y, z, r) \in \mathbb{S}^1 \times \mathbb{S}^{n-2} \times [0, \frac{\pi}{2}] \mapsto (y^d, z, r) \in \mathbb{S}^1 \times \mathbb{S}^{n-2} \times [0, \frac{\pi}{2}]$, where $\mathbb{S}^1 \times \mathbb{S}^{n-2} \times [0, \frac{\pi}{2}]$ is identified with $\mathbb{S}^n \subset \mathbb{R}^2 \times \mathbb{R}^{n-1}$ via the map $\Phi(y, z, r) = \big((\sin r)y, (\cos r)z\big)$. Note that $\mathbb{S}^{n,d}$ has infinitely many eigenvalues that are not eigenvalues of $\mathbb{S}^n$.*

The structure of the paper is as follows: after a preliminary section 2, where we give short proofs of the Reilly and Hasanis-Koutroufiotis inequalities, we prove some concentration properties for the volume, mean curvature and position vector X of almost extremal hypersurfaces in Section 3. Section 4 is devoted to estimates on the restriction on hypersurfaces of the homogeneous, harmonic polynomials of $\mathbb{R}^{n+1}$. These estimates are used in Section 5 to prove Theorem 1.1. We end the paper in section 6 by the constructions of Theorem 1.2 and of Examples 1.4 and 1.5.

Throughout the paper we adopt the notation that $C(n,k,p,\cdots)$ is function greater than 1 which depends on p, q, n, $\cdots$. It eases the exposition to disregard the explicit nature of these functions. The convenience of this notation is that even though C might change from line to line in a calculation it still maintains these basic features.

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2. Some geometric optimal inequalities

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Any function F on $\mathbb{R}^{n+1}$ gives rise to a function $F\circ X$ on M which, for more convenience, will be also denoted F subsequently. An easy computation gives the formula

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$$\Delta F = n\mathrm{H}dF(\nu) + \Delta^0 F + \nabla^0 dF(\nu,\nu), \tag{2.1}$$

where ν denotes a local normal vector field of M in $\mathbb{R}^{n+1}$, ∇^0 is the Euclidean connection, Δ denotes the Laplace operator of (M,g) and Δ^0 is the Laplace operator of $\mathbb{R}^{n+1}$. This formula is fundamental to control the geometry of a hypersurface by its mean curvature. Applied to $F(x)=\langle x,x\rangle$, where $\langle\cdot,\cdot\rangle$ is the canonical product on $\mathbb{R}^{n+1}$, Formula 2.1 gives the Hsiung formulae,

hsiung

$$\frac{1}{2}\Delta|X|^2 = n\mathrm{H}\,\langle\nu,X\rangle - n, \qquad \int_M \mathrm{H}\langle\nu,X\rangle dv = v_M \tag{2.2}$$

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2.1. **A rough geometrical bound.** The integrated Hsiung formula (2.2) and the Cauchy-Schwarz inequality give the following

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$$1 = \int_M \frac{\mathrm{H}\langle\nu,X\rangle dv}{v_M} \leqslant \|\mathrm{H}\|_2 \left\|X-\overline{X}\right\|_2 \tag{2.3}$$

This inequality $\|\mathrm{H}\|_2\|X-\overline{X}\|_2\geqslant 1$ is optimal since M satisfies $\|\mathrm{H}\|_2\left\|X-\overline{X}\right\|_2=1$ if and only if M is a sphere of radius $\frac{1}{\|\mathrm{H}\|_2}$ and center $\overline{X}$. Indeed, in this case $X-\overline{X}$ and ν are collinear on $M\setminus\{H=0\}$, hence $|X-\overline{X}|^2$ is locally constant on $M\setminus\{H=0\}$. This implies that $\{H=0\}=\emptyset$ and that X is an isometric-cover of M on the sphere S of center $\overline{X}$ and radius $\|X-\bar{X}\|_2=\frac{1}{\|\mathrm{H}\|_2}$, hence an isometry.

2.2. **Hasanis-Koutroufiotis inequality on extrinsic radius.** We set R the extrinsic Radius of M, i.e. the least radius of the balls of $\mathbb{R}^{n+1}$ which contain M. Then Inequality (2.3) gives $\|\mathrm{H}\|_2 r_M = \|\mathrm{H}\|_2 \inf_{u\in\mathbb{R}^{n+1}}\|X-u\|_\infty \geqslant \|\mathrm{H}\|_2\inf_{u\in\mathbb{R}^{n+1}}\|X-u\|_2 = \|\mathrm{H}\|_2\|X-\overline{X}\|_2\geqslant 1$ and $r_M=\frac{1}{\|\mathrm{H}\|_2}$ if and only if we have equality in (2.3).

2.3. **Reilly inequality on $\lambda_1^{\mathbf{M}}$.** Since we have $\frac{1}{v_M}\int_M(X_i-\bar{X}_i)\,dv=0$ for any component function of $X-\bar{X}$, by the min-max principle and Inequality (2.3), we have $\lambda_1^M\frac{1}{\|\mathrm{H}\|_2^2}\leqslant\lambda_1^M\|X-\bar{X}\|_2^2=\lambda_1^M\sum_i\|X_i-\bar{X}_i\|_2^2\leqslant\sum_i\|\nabla X_i\|_2^2=n$ where λ_1^M is the first non-zero eigenvalue of M and where the last equality comes from the fact that $\sum_i|\nabla X_i|^2$ is the trace of the quadratic form $Q(u)=|p(u)|^2$ with respect to the canonical scalar product, where p is the orthogonal projector from $\mathbb{R}^{n+1}$ to T_xM. This gives the Reilly inequality (1.2).

Here also, equality in the Reilly inequality gives equality in 2.3 and so it characterizes the sphere of radius $\frac{1}{\|\mathrm{H}\|_2} = \|X\|_2 = \sqrt{\frac{n}{\lambda_1^M}}$.

3. Concentration estimates

We say that M satisfies the pinching $(P_{p,\varepsilon})$ when $\|\mathrm{H}\|_p\|X - \overline{X}\|_2 \leqslant 1+\varepsilon$. From the proofs of Inequalities (1.1) and (1.2) above, it appears that pinchings $r_M\|\mathrm{H}\|_2 \leqslant 1+\varepsilon$ or $n\|\mathrm{H}\|_2^2/\lambda_1 \leqslant 1+\varepsilon$ imply the pinching $(P_{2,\varepsilon})$.

From now on, we assume, without loss of generality, that $\bar{X} = 0$. Let $X^T(x)$ denote the orthogonal projection of $X(x)$ on the tangent space T_xM.

Lemma 3.1. *If $(P_{2,\varepsilon})$ holds, then we have $\|X^T\|_2 \leqslant \sqrt{3\varepsilon}\|X\|_2$ and $\|X - \frac{\mathrm{H}}{\|\mathrm{H}\|_2^2}\nu\|_2 \leqslant \sqrt{3\varepsilon}\|X\|_2$.*

Proof. Since we have $1 = \frac{1}{v_M}\int_M \mathrm{H}\langle X,\nu\rangle dv \leqslant \|\mathrm{H}\|_2\|\langle X,\nu\rangle\|_2$, Inequality $(P_{2,\varepsilon})$ gives us $\|X\|_2 \leqslant (1+\varepsilon)\|\langle X,\nu\rangle\|_2$ and $1 \leqslant \|\mathrm{H}\|_2\|X\|_2 \leqslant 1+\varepsilon$. Hence $\|X - \langle X,\nu\rangle\nu\|_2 \leqslant \sqrt{3\varepsilon}\,\|X\|_2$ and $\|X - \frac{\mathrm{H}\nu}{\|\mathrm{H}\|_2^2}\|_2^2 = \|X\|_2^2 - \|\mathrm{H}\|_2^{-2} \leqslant 3\varepsilon\,\|X\|_2^2$. □

We set $A_\eta = B_0(\frac{1+\eta}{\|\mathrm{H}\|_2}) \setminus B_0(\frac{1-\eta}{\|\mathrm{H}\|_2})$.

Lemma 3.2. *If $(P_{p,\varepsilon})$ (for $p > 2$), or $n\|\mathrm{H}\|_2^2/\lambda_1^M \leqslant 1+\varepsilon$, or $r_M\|\mathrm{H}\|_2 \leqslant 1+\varepsilon$ holds (with $\varepsilon \leqslant \frac{1}{100}$), then we have $\big\|\|X\| - \frac{1}{\|\mathrm{H}\|_2}\big\|_2 \leqslant \frac{C}{\|\mathrm{H}\|_2}\sqrt[8]{\varepsilon}$, $\||\mathrm{H}| - \|\mathrm{H}\|_2\|_2 \leqslant C\sqrt[8]{\varepsilon}\|\mathrm{H}\|_2$ and $\mathrm{Vol}\,(M \setminus A_{\sqrt[8]{\varepsilon}}) \leqslant C\sqrt[8]{\varepsilon}v_M$, where $C = 6\times 2^{\frac{2p}{p-2}}$ in the case $(P_{p,\varepsilon})$ and $C = 100$ in the other cases.*

Proof. When $(P_{p,\varepsilon})$ holds, we have

$$\|\mathrm{H}\|_p\|X\|_2 \leqslant (1+\varepsilon) \leqslant (1+\varepsilon)\|\mathrm{H}\|_p\|X\|_{\frac{p}{p-1}} \leqslant (1+\varepsilon)\|\mathrm{H}\|_p\|X\|_1^{1-\frac{2}{p}}\|X\|_2^{\frac{2}{p}},$$

hence we get $\big\||X| - \frac{1}{\|\mathrm{H}\|_2}\big\|_2^2 = \|X\|_2^2 - 2\frac{\|X\|_1}{\|\mathrm{H}\|_2} + \frac{1}{\|\mathrm{H}\|_2^2} \leqslant 2^{\frac{2p}{p-2}}\frac{1}{\|\mathrm{H}\|_2^2}\varepsilon$. Combined with the second inequality of Lemma 3.1, it gives

$$\big\||\mathrm{H}| - \|\mathrm{H}\|_2\big\|_2 \leqslant \|\mathrm{H}\|_2^2\big\||X| - \frac{|\mathrm{H}|}{\|\mathrm{H}\|_2^2}\big\|_2 + \|\mathrm{H}\|_2^2\big\||X| - \frac{1}{\|\mathrm{H}\|_2}\big\|_2 \leqslant C\sqrt[4]{\varepsilon}\|\mathrm{H}\|_2$$

Now, by the Chebyshev inequality and Lemma 3.1, we get

$$\begin{aligned}\mathrm{Vol}\left(M \setminus A_{\sqrt[4]{\varepsilon}}\right) &= \mathrm{Vol}\left\{x \in M/\,\big||X(x)| - \frac{1}{\|\mathrm{H}\|_2}\big| \geqslant \frac{\sqrt[4]{\varepsilon}}{\|\mathrm{H}\|_2}\right\}\\ &\leqslant \frac{\|\mathrm{H}\|_2^2}{\sqrt{\varepsilon}}\int_M \big||X| - \frac{1}{\|\mathrm{H}\|_2}\big|^2 \leqslant C(p)\sqrt{\varepsilon}v_M\end{aligned}$$

When $r_M\|\mathrm{H}\|_2 \leqslant 1+\varepsilon$ holds. We set X_0 the center of the circumsphere to M of radius r_M. We have $\|X - X_0\|_2^2 = \|X\|_2^2 + |X_0|^2 = r_M^2 \leqslant \frac{(1+\varepsilon)^2}{\|\mathrm{H}\|_2^2}$ and then we have $|X_0| \leqslant \frac{\sqrt{3\varepsilon}}{\|\mathrm{H}\|_2}$ and $|X| \leqslant |X_0| + r_M \leqslant \frac{1+3\sqrt{\varepsilon}}{\|\mathrm{H}\|_2}$. So we have $\frac{1}{\|\mathrm{H}\|_2^2} - |X|^2 \in [\frac{\sqrt[4]{\varepsilon}}{\|\mathrm{H}\|_2^2}, \frac{1}{\|\mathrm{H}\|_2}]$ on $M \setminus A_{\sqrt[4]{\varepsilon}}$. Chebyshev inequality and (2.3) give us

$$\frac{\mathrm{Vol}\,(M \setminus A_{\sqrt[4]{\varepsilon}})}{v_M}\frac{\sqrt[4]{\varepsilon}}{\|\mathrm{H}\|_2^2} \leqslant \frac{1}{v_M}\int_{M\setminus A_{\sqrt[4]{\varepsilon}}}\frac{1}{\|\mathrm{H}\|_2^2} - |X|^2 \leqslant \frac{1}{v_M}\int_{M\cap A_{\sqrt[4]{\varepsilon}}}|X|^2 - \frac{1}{\|\mathrm{H}\|_2^2} \leqslant \frac{9\sqrt{\varepsilon}}{\|\mathrm{H}\|_2^2}$$

where in the last inequality we have used $|X| \leqslant \frac{1+3\sqrt{\varepsilon}}{\|\mathrm{H}\|_2}$ and, so we get

$$\begin{aligned}\big\||X| - \frac{1}{\|\mathrm{H}\|_2}\big\|_2^2 &= \frac{1}{v_M}\int_{M\cap A_{\sqrt[4]{\varepsilon}}} \big||X| - \frac{1}{\|\mathrm{H}\|_2}\big|^2 + \frac{1}{v_M}\int_{M\setminus A_{\sqrt[4]{\varepsilon}}} \big||X| - \frac{1}{\|\mathrm{H}\|_2}\big|^2 \\ &\leqslant \frac{\sqrt{\varepsilon}}{\|\mathrm{H}\|_2^2} + \frac{\mathrm{Vol}\,(M\setminus A_{\sqrt[4]{\varepsilon}})}{v_M}\frac{1}{\|\mathrm{H}\|_2^2} \leqslant \frac{10\sqrt[4]{\varepsilon}}{\|\mathrm{H}\|_2^2}\end{aligned}$$

Combined with the second inequality of Lemma banalite 3.1, we get $\|\frac{1}{\|\mathrm{H}\|_2} - \frac{|\mathrm{H}|}{\|\mathrm{H}\|_2^2}\|_2 \leqslant \frac{C\sqrt[8]{\varepsilon}}{\|\mathrm{H}\|_2}$.

When $n\|\mathrm{H}\|_2^2/\lambda_1^M \leqslant 1+\varepsilon$ holds, we have $\int_M(|X|^2 - \|X\|_2^2)dv = 0$ and so by the Poincare inequality we get $\big\||X|^2 - \|X\|_2^2\big\|_2^2 \leqslant \frac{4\|X^T\|_2^2}{\lambda_1^M} \leqslant \frac{12(1+\varepsilon)^2\varepsilon\|X\|_2^2}{n\|\mathrm{H}\|_2^2} \leqslant \frac{200\varepsilon}{n\|\mathrm{H}\|_2^4}$, which gives $\frac{1}{\|\mathrm{H}\|_2}\big\||X| - \frac{1}{\|\mathrm{H}\|_2}\big\|_2 \leqslant \big\||X|^2 - \frac{1}{\|\mathrm{H}\|_2^2}\big\|_2 \leqslant \big\||X|^2 - \|X\|_2^2\big\|_2 + \big|\|X\|_2^2 - \frac{1}{\|\mathrm{H}\|_2^2}\big| \leqslant \frac{12\sqrt{\varepsilon}}{\|\mathrm{H}\|_2^2}$ and then we get the estimate on the volume of $A_{\sqrt[4]{\varepsilon}}$ by the same Chebyshev procedure as for $P_{p,\varepsilon}$ and the estimate on the mean curvature by the same procedure as for $r_M\|\mathrm{H}\|_2 \leqslant 1+\varepsilon$. □

Let ψ:$[0,\infty) \to [0,1]$ be a smooth function with ψ=0 outside $[\frac{(1-2\sqrt[16]{\varepsilon})^2}{\|\mathrm{H}\|_2^2}, \frac{(1+2\sqrt[16]{\varepsilon})^2}{\|\mathrm{H}\|_2^2}]$ and ψ=1 on $[\frac{(1-\sqrt[16]{\varepsilon})^2}{\|\mathrm{H}\|_2^2}, \frac{(1+\sqrt[16]{\varepsilon})^2}{\|\mathrm{H}\|_2^2}]$. Let us consider the function φ on M defined by $\varphi(x) = \psi(|X_x|^2)$ and the vector field Z on M defined by $Z = \nu - \mathrm{H}X$. The previous estimates then imply the following.

estinormphiz **Lemma 3.3.** *($P_{p,\varepsilon}$) (for $p > 2$) or $n\|\mathrm{H}\|_2^2/\lambda_1 \leqslant 1+\varepsilon$ or $r_M\|\mathrm{H}\|_2 \leqslant 1+\varepsilon$ implies $\|\varphi^2(\mathrm{H}^2 - \|\mathrm{H}\|_2^2)\|_1 \leqslant C\sqrt[8]{\varepsilon}\|\mathrm{H}\|_2^2$, $\|\varphi Z\|_2 \leqslant C\varepsilon^{\frac{3}{32}}$ and $|\|\varphi\|_2^2 - 1| \leqslant C\sqrt[8]{\varepsilon}$, where C is a constant which depends on p in the case ($P_{p,\varepsilon}$).*

Proof. We have $\|\varphi^2(\mathrm{H}^2 - \|\mathrm{H}\|_2^2)\|_1 \leqslant \big\||\mathrm{H}| - \|\mathrm{H}\|_2\big\|_2 2\|\mathrm{H}\|_2 \leqslant C\sqrt[8]{\varepsilon}\|\mathrm{H}\|_2^2$ and

$$\begin{aligned}\|\varphi Z\|_2^2 =& \frac{1}{v_M}\int_M \varphi^2|Z|^2dv = \frac{1}{v_M}\int_M \varphi^2(1 - 2\mathrm{H}\langle\nu, X\rangle + \mathrm{H}^2|X|^2)dv \\ =& \frac{\|\mathrm{H}\|_2^2}{v_M}\int_M \varphi^2\big|X - \frac{\mathrm{H}}{\|\mathrm{H}\|_2^2}\nu\big|^2dv + \frac{1}{\|\mathrm{H}\|_2^2 v_M}\int_M(\|\mathrm{H}\|_2^2 - \mathrm{H}^2)\varphi^2(1 - |X|^2\|\mathrm{H}\|_2^2)dv \\ \leqslant& \|\mathrm{H}\|_2^2\big\|X - \frac{\mathrm{H}}{\|\mathrm{H}\|_2^2}\nu\big\|_2^2 + 8\sqrt[16]{\varepsilon}\frac{\big\|\varphi^2(\mathrm{H}^2 - \|\mathrm{H}\|_2^2)\big\|_1}{\|\mathrm{H}\|_2^2},\end{aligned}$$

which gives the result by Lemma banalite 3.1. Finally, we have $1 - \frac{\mathrm{Vol}\,(M\setminus A_{\sqrt[8]{\varepsilon}})}{v_M} \leqslant \frac{\mathrm{Vol}\,(A_{\sqrt[8]{\varepsilon}}\cap M)}{v_M} \leqslant \|\varphi\|_2^2$ and $\|\varphi\|_2^2 \leqslant 1$. □

4. Homogeneous, harmonic polynomials of degree k

Homog In this section, we give some estimates on harmonic homogeneous polynomials restricted to almost extremal hypersurfaces. They will be used subsequently to derive our result on the spectrum and on the volume of almost extremal manifolds. Let us begin by general estimates on harmonic, homogeneous polynomials.

4.1. **General estimates.** Let $\mathcal{H}^k(\mathbb{R}^{n+1})$ be the space of homogeneous, harmonic polynomials of degree k on $\mathbb{R}^{n+1}$. Note that $\mathcal{H}^k(\mathbb{R}^{n+1})$ induces on $\mathbb{S}^n$ the spaces of eigenfunctions of $\Delta^{\mathbb{S}^n}$ associated to the eigenvalues $\mu_k := k(n+k-1)$ with multiplicity $m_k := \binom{n+k-1}{k}\frac{n+2k-1}{n+k-1}$.

On the space $\mathcal{H}^k(\mathbb{R}^{n+1})$, we set $(P,Q)_{\mathbb{S}^n} := \frac{1}{\mathrm{Vol}\,\mathbb{S}^n}\int_{\mathbb{S}^n} PQ dv_{\mathrm{can}}$, where dv_{can} denotes the element volume of the sphere with its standard metric.

Remind that for any $P \in \mathcal{H}^k(\mathbb{R}^{n+1})$ and any $Y \in \mathbb{R}^{n+1}$, we have $dP(X) = kP(X)$ and $\nabla^0 dP(X,Y) = (k-1)dP(Y)$.

Pcarre **Lemma 4.1.** *For any $x \in \mathbb{R}^{n+1}$ and $P \in \mathcal{H}^k(\mathbb{R}^{n+1})$, we have $|P(x)|^2 \leqslant \|P\|^2_{\mathbb{S}^n} m_k |x|^{2k}$.*

Proof. Let $(P_i)_{1\leqslant i\leqslant m_k}$ be an orthonormal basis of $\mathcal{H}^k(\mathbb{R}^{n+1})$. For any $x \in \mathbb{S}^n$, $Q_x(P) = P^2(x)$ is a quadratic form on $\mathcal{H}^k(\mathbb{R}^{n+1})$ whose trace is given by $\sum_{i=1}^{m_k} P_i^2(x)$. Since for any $x' \in \mathbb{S}^n$ and any $O \in O_{n+1}$ such that $x' = Ox$ we have $Q_{x'}(P) = Q_x(P\circ O)$ and since $P \mapsto P\circ O$ is an isometry of $\mathcal{H}^k(\mathbb{R}^{n+1})$, we have $\sum_{i=1}^{m_k} P_i^2(x) = \mathrm{tr}\,(Q_x) = \sum_{i=1}^{m_k} P_i^2(x') = \mathrm{tr}\,(Q_{x'})$. We infer that $\sum_{i=1}^{m_k} \frac{1}{\mathrm{Vol}\,\mathbb{S}^n}\int_{\mathbb{S}^n} P_i^2(x)dv = m_k = \frac{1}{\mathrm{Vol}\,\mathbb{S}^n}\int_{\mathbb{S}^n}\big(\sum_{i=1}^{m_k} P_i^2(x)\big)\,dv$ and so $\sum_{i=1}^{m_k} P_i^2(x) = m_k$. By homogeneity of the P_i we get

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$$\sum_{i=1}^{m_k} P_i^2(x) = m_k |x|^{2k},$$

and by the Cauchy-Schwarz inequality applied to $P(x) = \sum_i (P,P_i)_{\mathbb{S}^n} P_i(x)$, we get the result. □

As an immediate consequence, we have the following lemma.

grad **Lemma 4.2.** *For any $x, u \in \mathbb{R}^{n+1}$ and $P \in \mathcal{H}^k(\mathbb{R}^{n+1})$, we have*

$$|d_xP(u)|^2 \leqslant \|P\|^2_{\mathbb{S}^n} m_k\Big(\frac{\mu_k}{n}|x|^{2(k-1)}|u|^2 + \big(k^2 - \frac{\mu_k}{n}\big)\langle u,x\rangle^2|x|^{2(k-2)}\Big).$$

Proof. Let $x \in \mathbb{S}^n$ and $u \in \mathbb{S}^n$ so that $\langle u,x\rangle = 0$. Once again the quadratic forms $Q_{x,u}(P) = \big(d_xP(u)\big)^2$ are conjugate (since O_{n+1} acts transitively on orthonormal couples) and so $\sum_{i=1}^{m_k}\big(d_xP_i(u)\big)^2$ does not depend on $u \in x^\perp$ nor on $x \in \mathbb{S}^n$. By choosing an orthonormal basis $(u_j)_{1\leqslant j\leqslant n}$ of $x^\perp$, we obtain that

$$\sum_{i=1}^{m_k}\big(d_xP_i(u)\big)^2 = \frac{1}{n}\sum_{i=1}^{m_k}\sum_{j=1}^{n}\big(d_xP_i(u_j)\big)^2 = \frac{1}{n\mathrm{Vol}\,\mathbb{S}^n}\int_{\mathbb{S}^n}\sum_{i=1}^{m_k}|\nabla^{\mathbb{S}^n}P_i|^2$$
$$= \frac{1}{n\mathrm{Vol}\,\mathbb{S}^n}\int_{\mathbb{S}^n}\sum_{i=1}^{m_k} P_i\Delta^{\mathbb{S}^n}P_i = \frac{m_k\mu_k}{n}$$

Now suppose that $u \in \mathbb{R}^{n+1}$. Then $u = v + \langle u, x\rangle x$, where $v = u - \langle u, x\rangle x$, and we have

$$\begin{aligned}\sum_{i=1}^{m_k}\big(d_xP_i(u)\big)^2 &= \sum_{i=1}^{m_k}\big(d_xP_i(v) + k\langle u,x\rangle P_i(x)\big)^2\\ &= \sum_{i=1}^{m_k}\big(d_xP_i(v)\big)^2 + 2k\langle u,x\rangle\sum_{i=1}^{m_k} d_xP_i(v)P_i(x) + m_k\langle u,x\rangle^2k^2\\ &= \frac{m_k\mu_k}{n}|v|^2 + m_k\langle u,x\rangle^2k^2 = m_k\left(\frac{\mu_k}{n}|u|^2 + \Big(k^2 - \frac{\mu_k}{n}\Big)\langle u,x\rangle^2\right),\end{aligned}$$

where we have taken the derivative the equality (4.1) to compute $\sum_{i=1}^{m_k} d_xP_i(v)P_i(x)$. By homogeneity of P_i we get $\sum_{i=1}^{m_k}\big(d_xP_i(u)\big)^2 = m_k\big(\frac{\mu_k}{n}|x|^{2(k-1)}|u|^2 + (k^2 - \frac{\mu_k}{n})\langle u,x\rangle^2|x|^{2(k-2)}\big)$ and conclude once again by the Cauchy-Schwarz inequality. □

Hess **Lemma 4.3.** *For any $x \in \mathbb{R}^{n+1}$ and $P \in \mathcal{H}^k(\mathbb{R}^{n+1})$, we have*

$$|\nabla^0 dP(x)|^2 \leqslant \|P\|^2_{\mathbb{S}^n} m_k\alpha_{n,k}|x|^{2(k-2)},$$

where $\alpha_{n,k} = (k-1)(k^2+\mu_k)(n+2k-3) \leqslant C(n)k^4$.

Proof. The Bochner equality gives

$$\begin{aligned}\sum_{i=1}^{m_k}|\nabla^0 dP_i(x)|^2 &= \sum_{i=1}^{m_k}\left(\langle d\Delta^0 P_i, dP_i\rangle - \frac{1}{2}\Delta^0\big|dP_i\big|^2\right)\\ &= -\frac{1}{2}m_k\big(k^2+\mu_k\big)\Delta^0|X|^{2k-2} = m_k\alpha_{n,k}|X|^{2k-4} \qquad (4.2)\end{aligned}$$

P3

□

4.2. **Estimates on hypersurfaces.** Let $\mathcal{H}^k(M) = \{P \circ X\ ,\ P \in \mathcal{H}^k(\mathbb{R}^{n+1})\}$ be the space of functions induced on M by $\mathcal{H}^k(\mathbb{R}^{n+1})$. We will identify P and $P \circ X$ subsequently. There is no ambiguity since we have

Lemma 4.4. *Let M^n be a compact manifold immersed by X in $\mathbb{R}^{n+1}$ and let $(P_1, \dots, P_m)$ be a linearly independent set of homogeneous polynomials of degree k on $\mathbb{R}^{n+1}$. Then the set $(P_1 \circ X, \dots, P_m \circ X)$ is also linearly independent.*

Proof. Any homogeneous polynomial P which is zero on M is zero on the cone $\mathbb{R}^+\cdot M$. Since M is compact there exists a point $x \in M$ so that $X_x \notin T_xM$ and so $\mathbb{R}^+\cdot M$ has non empty interior. Hence $P \circ X = 0$ implies $P = 0$. □

We now compare the L^2-norm of P on M with L^2-norm of P on the sphere $S_M = \frac{1}{\|\mathrm{H}\|_2}\mathbb{S}^n$. We still denote $\psi : [0,\infty) \longrightarrow [0,1]$ a smooth function which is 0 outside $[\frac{(1-\eta)^2}{\|\mathrm{H}\|_2^2}, \frac{(1+\eta)^2}{\|\mathrm{H}\|_2^2}]$, is 1 on $[\frac{(1-\eta/2)^2}{\|\mathrm{H}\|_2^2}, \frac{(1+\eta/2)^2}{\|\mathrm{H}\|_2^2}]$ and satisfies the upper bounds $|\psi'| \leqslant \frac{4\|\mathrm{H}\|_2^2}{\eta}$ and $|\psi''| \leqslant \frac{8\|\mathrm{H}\|_2^4}{\eta^2}$. We set $\varphi(x) = \psi(|X_x|^2)$ on M.

estimphi **Lemma 4.5.** *With the above restrictions on ψ we have*

$$\|\Delta\varphi^2\|_1 \leqslant \frac{192\|\mathrm{H}\|_2^4}{\eta^2}\|X^T\|_2^2 + \frac{16n\|\mathrm{H}\|_2^2}{\eta}\|\varphi Z\|_1$$

Proof. An easy computation yields that

$$\begin{aligned}\Delta(\varphi^2) &= -(\psi^2)''(|X|^2)|d|X|^2|^2 + (\psi^2)'(|X|^2)\Delta|X|^2\\ &= -4(\psi^2)''(|X|^2)|X^T|^2 - 2n(\psi^2)'(|X|^2)\,\langle \nu, Z\rangle\end{aligned}$$

But the bound on the derivatives of ψ gives us $|(\psi^2)'| \leqslant \frac{8\|\mathrm{H}\|_2^2}{\eta}\psi$ and $|(\psi^2)''| \leqslant \frac{48\|\mathrm{H}\|_2^4}{\eta^2}$. Hence we get $\|\Delta\varphi^2\|_1 \leqslant \frac{192\|\mathrm{H}\|_2^4}{\eta^2}\|X^T\|_2^2 + \frac{16n\|\mathrm{H}\|_2^2}{\eta}\|\varphi Z\|_1$. □

Ppresquortho

Lemma 4.6. *Let $\varphi : M \to [0,1]$ be as above. There exists a constant $C = C(n)$ such that for any isometrically immersed hypersurface M of $\mathbb{R}^{n+1}$ and any $P \in \mathcal{H}^k(M)$, we have $\big|\|\mathrm{H}\|_2^{2k}\|\varphi P\|_2^2 - \|P\|_{\mathbb{S}^n}^2\big| \leqslant \Big(1 - \|\varphi\|_2^2 + DC(n)\sum_{i=1}^k m_i(1+\eta)^{2k}\Big)\|P\|_{\mathbb{S}^n}^2$, where $D = \|\varphi Z\|_2 + \|\varphi Z\|_2^2 + \frac{200\|\mathrm{H}\|_2^2}{\eta^2}\|X^\perp\|_2^2 + \frac{16n}{\eta}\|\varphi Z\|_1 + \frac{\|\varphi^2(\mathrm{H}^2 - \|\mathrm{H}\|_2^2)\|_1}{\|\mathrm{H}\|_2^2}$.*

Proof. For any $P \in \mathcal{H}^k(M)$ we have

$$\begin{aligned}&\|\varphi\nabla^0 P\|_2^2 = \|\varphi dP(\nu)\|_2^2 + \|\varphi dP\|_2^2\\ &= \|\varphi dP(Z)\|_2^2 + k^2\|\varphi \mathrm{H}P\|_2^2 + \frac{1}{v_M}\int_M \big(2k\mathrm{H}dP(\varphi Z)\varphi P + \varphi^2 P\Delta P - \frac{P^2\Delta(\varphi^2)}{2}\big)dv\end{aligned}$$

Now, Formula (2.1) applied to $P \in \mathcal{H}^k(\mathbb{R}^{n+1})$ gives

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$$\Delta P = \mu_k \mathrm{H}^2 P + (n+2k-2)\mathrm{H}dP(Z) + \nabla^0 dP(Z,Z) \tag{4.3}$$

hence, we get

$$\begin{aligned}\|\varphi\nabla^0 P\|_2^2 =& \|dP(\varphi Z)\|_2^2 + (\mu_k + k^2)\|\mathrm{H}\varphi P\|_2^2\\ &+ \frac{1}{v_M}\int_M \big(\varphi^2 P\nabla^0 dP(Z,Z) + (n+4k-2)\varphi\mathrm{H}dP(\varphi Z)P - \frac{P^2\Delta(\varphi^2)}{2}\big)dv\\ =& \frac{1}{v_M}\int_M \Big((\mu_k+k^2)\big(\mathrm{H}^2 - \|\mathrm{H}\|_2^2\big)\varphi^2 P^2 + (n+4k-2)\mathrm{H}dP(\varphi Z)\varphi P\Big)dv\\ &+ \frac{1}{v_M}\int_M \big(P\nabla^0 dP(\varphi Z, \varphi Z) - \frac{P^2\Delta(\varphi^2)}{2}\big)dv\\ &+ (\mu_k + k^2)\|\mathrm{H}\|_2^2\|\varphi P\|_2^2 + \|dP(\varphi Z)\|_2^2\end{aligned}$$

Now we have

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$$\big\|\nabla^0 P\big\|_{\mathbb{S}^n}^2 = \Big\|\nabla^{\mathbb{S}^n} P\Big\|_{\mathbb{S}^n}^2 + k^2\,\|P\|_{\mathbb{S}^n}^2 = (\mu_k + k^2)\,\|P\|_{\mathbb{S}^n}^2 \tag{4.4}$$

Hence

$$\begin{aligned}&\|\mathrm{H}\|_2^{2k-2}\|\varphi\nabla^0 P\|_2^2 - \big\|\nabla^0 P\big\|_{\mathbb{S}^n}^2 = (\mu_k + k^2)\big(\|\mathrm{H}\|_2^{2k}\|\varphi P\|_2^2 - \|P\|_{\mathbb{S}^n}^2\big) + \|\mathrm{H}\|_2^{2k-2}\|dP(\varphi Z)\|_2^2\\ &+ \frac{\|\mathrm{H}\|_2^{2k-2}}{v_M}\int_M \varphi^2 P\Big((\mu_k+k^2)\big(\mathrm{H}^2 - \|\mathrm{H}\|_2^2\big)P + \mathrm{H}(n+4k-2)dP(Z) + \nabla^0 dP(Z,Z)\Big)dv\\ &- \frac{\|\mathrm{H}\|_2^{2k-2}}{v_M}\int_M \frac{P^2\Delta(\varphi^2)}{2}\end{aligned}$$

Which gives

intermediaire (4.5)

$$\begin{aligned}
&\Big|\|\mathrm{H}\|_2^{2k}\|\varphi P\|_2^2 - \|P\|_{\mathbb{S}^n}^2\Big| \\
\leqslant&\frac{1}{\mu_k + k^2}\Big|\|\mathrm{H}\|_2^{2k-2}\|\varphi\nabla^0 P\|_2^2 - \big\|\nabla^0 P\big\|_{\mathbb{S}^n}^2\Big| \\
&+ \frac{\|\mathrm{H}\|_2^{2k-2}}{\mu_k + k^2}\int_M \Big((n+4k-2)|\mathrm{H}|\varphi|P||dP(\varphi Z)| + |dP(\varphi Z)|^2 + |P||\nabla^0 dP||\varphi Z|^2\Big) \\
&+ \frac{\|\mathrm{H}\|_2^{2k-2}}{v_M}\int_M \big(\varphi^2\big|\mathrm{H}^2 - \|\mathrm{H}\|_2^2\big|P^2 + \frac{P^2|\Delta(\varphi^2)|}{2}\big)dv
\end{aligned}$$

By Lemma Pcarre 4.1, we have

$$\begin{aligned}
\frac{\|\mathrm{H}\|_2^{2k-2}}{v_M}\int_M \big|\mathrm{H}^2 - \|\mathrm{H}\|_2^2\big|(\varphi P)^2 dv &\leqslant \frac{m_k\,\|P\|_{\mathbb{S}^n}^2\,\|\mathrm{H}\|_2^{2k-2}}{v_M}\int_M \big|\varphi^2(\mathrm{H}^2 - \|\mathrm{H}\|_2^2)\big||X|^{2k}dv \\
&\leqslant \|P\|_{\mathbb{S}^n}^2\, m_k(1+\eta)^{2k}\frac{\|\varphi^2(\mathrm{H}^2 - \|\mathrm{H}\|_2^2)\|_1}{\|\mathrm{H}\|_2^2}
\end{aligned}$$

In the same way, we have

$$\frac{\|\mathrm{H}\|_2^{2k-2}}{v_M}\int_M \frac{P^2|\Delta(\varphi^2)|}{2}dv \leqslant \|P\|_{\mathbb{S}^n}^2\, m_k(1+\eta)^{2k}\frac{\|\Delta(\varphi^2)\|_1}{\|\mathrm{H}\|_2^2}$$

and using Lemma grad 4.2, we get

$$\begin{aligned}
\frac{\|\mathrm{H}\|_2^{2k-2}}{v_M}\int_M \varphi^2|PdP(Z)\mathrm{H}|dv &\leqslant \frac{m_k k\,\|P\|_{\mathbb{S}^n}^2\,\|\mathrm{H}\|_2^{2k-2}}{v_M}\int_M \varphi^2|X|^{2k-1}|\mathrm{H}Z|\,dv \\
&\leqslant \|P\|_{\mathbb{S}^n}^2\, m_k k(1+\eta)^{2k}\|\varphi Z\|_2
\end{aligned}$$

and

$$\begin{aligned}
\frac{\|\mathrm{H}\|_2^{2k-2}}{v_M}\int_M |dP(\varphi Z)|^2 &\leqslant \|P\|_{\mathbb{S}^n}^2 m_k k^2\frac{\|\mathrm{H}\|_2^{2k-2}}{v_M}\int_M |\varphi Z|^2|X|^{2(k-1)}\,dv \\
&\leqslant \|P\|_{\mathbb{S}^n}^2\, m_k k^2(1+\eta)^{2k}\|\varphi Z\|_2^2
\end{aligned}$$

Finally, using Lemma Hess 4.3, we get

$$\begin{aligned}
\frac{\|\mathrm{H}\|_2^{2k-2}}{v_M}\int_M |P||\nabla^0 dP||\varphi Z|^2 &\leqslant \|P\|_{\mathbb{S}^n}^2 m_k\sqrt{\alpha_{n,k}}\frac{\|\mathrm{H}\|_2^{2k-2}}{v_M}\int_M |X|^{2(k-1)}|\varphi Z|^2\,dv \\
&\leqslant \|P\|_{\mathbb{S}^n}^2\, m_k\sqrt{\alpha_{n,k}}(1+\eta)^{2k}\|\varphi Z\|_2^2
\end{aligned}$$

which, combined with (intermediaire 4.5) and equation (normgrad0 4.4), gives

$$\begin{aligned}
&\frac{\big|\|\mathrm{H}\|_2^{2k}\|\varphi P\|_2^2 - \|P\|_{\mathbb{S}^n}^2\big|}{\|P\|_{\mathbb{S}^n}^2} \leqslant \frac{\Big|\|\mathrm{H}\|_2^{2k-2}\|\varphi\nabla^0 P\|_2^2 - \big\|\nabla^0 P\big\|_{\mathbb{S}^n}^2\Big|}{\|\nabla^0 P\|_{\mathbb{S}^n}^2} \\
&+ C(n)m_k(1+\eta)^{2k}\Big(\|\varphi Z\|_2 + \|\varphi Z\|_2^2 + \frac{\|\Delta(\varphi^2)\|_1}{\|\mathrm{H}\|_2^2} + \frac{\|\varphi^2(\mathrm{H}^2 - \|\mathrm{H}\|_2^2)\|_1}{\|\mathrm{H}\|_2^2}\Big) \\
&\leqslant \frac{\Big|\|\mathrm{H}\|_2^{2k-2}\|\varphi\nabla^0 P\|_2^2 - \big\|\nabla^0 P\big\|_{\mathbb{S}^n}^2\Big|}{\|\nabla^0 P\|_{\mathbb{S}^n}^2} + C(n)m_k(1+\eta)^{2k}D
\end{aligned}$$

In particular for $k=1$, we have $|\nabla^0 P|$ constant equal to $(1+n)\|P\|^2_{\mathbb{S}^n}$ and so

$$\left|\|\mathrm{H}\|_2^2\|\varphi P\|_2^2 - \|P\|^2_{\mathbb{S}^n}\right| \leqslant \left(1-\|\varphi\|_2^2 + C(n)m_1(1+\eta)^2 D\right)\|P\|^2_{\mathbb{S}^n}$$

Now, let $B_k = \sup\left\{ \frac{|\|\mathrm{H}\|_2^{2k}\|\varphi P\|_2^2 - \|P\|^2_{\mathbb{S}^n}|}{\|P\|^2_{\mathbb{S}^n}} \;\middle|\; P\in\mathcal{H}^k(\mathbb{R}^{n+1})\setminus\{0\}\right\}$. Then using that $\nabla^0 P \in \mathcal{H}^{k-1}(\mathbb{R}^{n+1})$ and (4.4), we get

$$B_k \leqslant B_{k-1} + C(n)m_k(1+\eta)^{2k}D \leqslant 1-\|\varphi\|_2^2 + C(n)D\sum_{i=1}^{k} m_i(1+\eta)^{2k}$$

□

5. Proof of Theorem 1.1

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Under the assumption of Theorem 1.1 we can use Lemmas 3.1 and 3.3 to improve the estimate in Lemma 4.6 in the case $\eta = 2\sqrt[16]{\varepsilon}$.

Ppresquortho2 **Lemma 5.1.** *For any isometrically immersed hypersurface $M\hookrightarrow\mathbb{R}^{n+1}$ with $r_M\|\mathrm{H}\|_2 \leqslant 1+\varepsilon$ (or $\lambda_1(1+\varepsilon)^2 \geqslant n\|\mathrm{H}\|_2^2$ or $(P_{p,\varepsilon})$ for $p>2$) and for any $P\in\mathcal{H}^k(M)$, we have*

$$\left|\|\mathrm{H}\|_2^{2k}\|\varphi P\|_2^2 - \|P\|^2_{\mathbb{S}^n}\right| \leqslant C\sqrt[32]{\varepsilon}\,\|P\|^2_{\mathbb{S}^n}\,,$$

where $C=C(n,k)$ in the first two cases and $C=C(p,k,n)$ in the latter case.

As a consequence, the map $P\mapsto\varphi P$ is injective on $\mathcal{H}^k(M)$ for ε small enough.

dimension **Lemma 5.2.** *Under the assumption of Lemma 5.1, if $\varepsilon \leqslant \frac{1}{(2C)^{32}}$ then $\dim(\varphi\mathcal{H}^k(M)) = m_k$.*

Lemma 5.1 allows us to prove the following estimate on ΔP.

almosteigenf **Lemma 5.3.** *Under the assumptions of Lemma 5.1, if $\varepsilon \leqslant \frac{1}{(2C)^{32}}$, then for any $P\in\mathcal{H}^k(M)$, we have $\left\|\Delta(\varphi P) - \mu_k^{S_M}\varphi P\right\|_2 \leqslant C\sqrt[16]{\varepsilon}\mu_k^{S_M}\|\varphi P\|_2$ where $C=C(n,k)$ ($C=C(n,k,p)$ under the pinching $(P_{p,\varepsilon})$).*

Proof. Let $P\in\mathcal{H}^k(M)$. Using (2.1) we have

$$\begin{aligned}\Delta(\varphi P) =& P\Delta\varphi - 2\langle dP, d\varphi\rangle + \varphi\Delta P = P\Delta\varphi - 2\langle dP, d\varphi\rangle + \varphi n\mathrm{H}dP(\nu) + \varphi\nabla^0 dP(\nu,\nu)\\ =& P\Delta\varphi - 2\langle dP, d\varphi\rangle + \varphi\mu_k|H|\|\mathrm{H}\|_2 P + \varphi(n+k-1)\frac{\mathrm{H}}{|\mathrm{H}|}\|\mathrm{H}\|_2 dP(Z)\\ &+\varphi(n+k-1)\frac{\mathrm{H}}{|\mathrm{H}|}(|\mathrm{H}|-\|\mathrm{H}\|_2)dP(\nu) + \varphi\nabla^0 dP(\nu,Z)\end{aligned}$$

hence, we get

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$$\begin{aligned}&\|\Delta(\varphi P) - \mu_k\|H\|_2^2\varphi P\|_2 \leqslant \|(\Delta\varphi)P\|_2 + 2\|\langle d\varphi, dP\rangle\|_2 + \mu_k\|(|H|-\|H\|_2)\varphi P\|_2\|\mathrm{H}\|_2\\ &+(n+k-1)\|\mathrm{H}\|_2\|\varphi|dP||Z|\|_2 + (n+k-1)\left\|\varphi(|\mathrm{H}|-\|\mathrm{H}\|_2)dP(\nu)\right\|_2 + \|\varphi|\nabla^0 dP||Z|\|_2\end{aligned} \tag{5.1}$$

Let us estimate $\|(\Delta\varphi)P\|_2$.

$$\begin{aligned}\|(\Delta\varphi)P\|_2^2 &\leqslant \frac{1}{v_M}\int_M (4|\psi''(|X|^2)||X^T|^2+2n|\psi'(|X|^2)||Z|)^2P^2dv\\ &\leqslant \frac{m_k}{v_M}\Big(\int_M |X|^{2k}\big(4|\psi''(|X|^2)||X^T|^2+2n|\psi'(|X|^2)||Z|\big)^2dv\Big)\,\|P\|_{\mathbb{S}^n}^2\\ &\leqslant \frac{m_k}{v_M}\frac{(1+2\sqrt[16]{\varepsilon})^{2k}}{\|H\|_2^{2k}}\Big(\int_{A_{2\sqrt[16]{\varepsilon}}}\big(\frac{8\|H\|_2^4}{\sqrt[8]{\varepsilon}}|X^T|^2+2n\frac{2\|H\|_2^2}{\sqrt[16]{\varepsilon}}|Z|\big)^2dv\Big)\,\|P\|_{\mathbb{S}^n}^2\\ &\leqslant \frac{m_k}{v_M}\frac{(1+2\sqrt[16]{\varepsilon})^{2k}}{\|H\|_2^{2k}}\Big(\int_{A_{2\sqrt[16]{\varepsilon}}}\frac{128\|H\|_2^8}{\sqrt[4]{\varepsilon}}|X^T|^4+32n^2\frac{\|H\|_2^4}{\sqrt[8]{\varepsilon}}|Z|^2dv\Big)\,\|P\|_{\mathbb{S}^n}^2\end{aligned}$$

Since we have $|X^T|\leqslant|X|$ and since Lemma 3.3 is valid with $\|\varphi Z\|_2^2$ replaced by $\frac{1}{v_M}\int_{A_{2\sqrt[16]{\varepsilon}}}|Z|^2$, we get

$$\begin{aligned}\|(\Delta\varphi)P\|_2^2 &\leqslant \frac{C(n,k)\mu_k}{v_M}\frac{\|P\|_{\mathbb{S}^n}^2}{\|H\|_2^{2k}}\int_{A_{2\sqrt[16]{\varepsilon}}}\big(\frac{\|H\|_2^6}{\sqrt[4]{\varepsilon}}|X^T|^2+\frac{\|H\|_2^4}{\sqrt[8]{\varepsilon}}|Z|^2\big)dv\\ &\leqslant \frac{C(n,k)\mu_k}{\|H\|_2^{2k}}\|H\|_2^4\,\sqrt[16]{\varepsilon}\,\|P\|_{\mathbb{S}^n}^2\end{aligned}$$

From the lemma 5.1, $\varepsilon\leqslant\frac{1}{(2C)^{32}}$ implies that

$$\|P\|_{\mathbb{S}^n}^2\leqslant 2\|H\|_2^{2k}\|\varphi P\|_2^2 \tag{5.2}$$

which gives

$$\|(\Delta\varphi)P\|_2^2\leqslant C(n,k)\mu_k\|H\|_2^4\,\sqrt[16]{\varepsilon}\|\varphi P\|_2^2 \tag{5.3}$$

Now

$$\begin{aligned}\|\,\langle d\varphi,dP\rangle\,\|_2^2 &\leqslant 4\|\psi'(|X|^2)|X^T||dP|\|_2^2\leqslant\frac{16\|\mathrm{H}\|_2^4}{\sqrt[16]{\varepsilon}v_M}\int_{A_{2\sqrt[16]{\varepsilon}}}|X^T|^2|dP|^2dv\\ &\leqslant\frac{16\|\mathrm{H}\|_2^4}{\sqrt[16]{\varepsilon}v_M}\,\|P\|_{\mathbb{S}^n}^2\int_{A_{2\sqrt[16]{\varepsilon}}}|X^T|^2m_knk^2|X|^{2(k-1)}dv\\ &\leqslant C(n,k)\mu_k\,\sqrt[16]{\varepsilon}\|\mathrm{H}\|_2^{4-2k}\,\|P\|_{\mathbb{S}^n}^2\leqslant C(n,k)\|\mathrm{H}\|_2^4\,\sqrt[16]{\varepsilon}\|\varphi P\|_2^2\end{aligned} \tag{5.4}$$

By the same way, we get

$$\|\varphi|dP|Z\|_2^2\leqslant C(n,k)\mu_k\|\mathrm{H}\|_2^2\,\sqrt[16]{\varepsilon}\|\varphi P\|_2^2 \tag{5.5}$$

Now, by Lemma 3.2, we have

$$\begin{aligned}\|(|\mathrm{H}|-\|\mathrm{H}\|_2)\varphi P\|_2^2 &\leqslant\frac{m_k}{v_M}\,\|P\|_{\mathbb{S}^n}^2\int_M||H|-\|H\|_2|^2|X|^{2k}\varphi^2dv\\ &\leqslant\frac{C(n,k)}{\|H\|_2^{2k}}\,\|P\|_{\mathbb{S}^n}^2\,\|\varphi(|H|-\|H\|_2)\|_2^2\\ &\leqslant C(n,k)\mu_k\|H\|_2^2\,\sqrt[16]{\varepsilon}\|\varphi P\|_2^2\end{aligned} \tag{5.6}$$

By the same way, we get

$$\|\varphi(|\mathrm{H}|-\|\mathrm{H}\|_2)dP(\nu)\|_2^2\leqslant C(n,k)\mu_k\,\sqrt[16]{\varepsilon}\|\mathrm{H}\|_2^4\|\varphi P\|_2^2 \tag{5.7}$$

Now let us estimate the last terms of (5.1)

$$\begin{aligned}\|\varphi|\nabla^0 dP||Z|\|_2^2 &\leqslant \frac{C(n,k)\mu_k}{v_M}\|P\|^2_{\mathbb{S}^n}\int_M \varphi^2|X|^{2k-4}|Z|^2 dv\\ &\leqslant C(n,k)\mu_k\|H\|_2^4\sqrt[16]{\varepsilon}\|\varphi P\|_2^2 \qquad (5.8)\end{aligned}$$

Reporting (5.3), (5.4), (5.5), (5.6), (5.7) and (5.8) in (5.1) we get

$$\|\Delta(\varphi P)-\mu_k\|H\|_2^2\varphi P\|_2 \leqslant C(n,k)\sqrt[16]{\varepsilon}\mu_k\|H\|_2^2\|\varphi P\|_2$$

□

Let E_k^ε be the space spanned by the eigenfunctions of M associated to an eigenvalue in the interval $\big[(1-\sqrt[16]{\varepsilon}2C(n,k))\mu_k^{S_M},(1+\sqrt[16]{\varepsilon}2C(k,n))\mu_k^{S_M}\big]$. If $\dim E_k^\varepsilon < m_k$, then there exists $\varphi P \in (\varphi\mathcal{H}^k(M))\setminus\{0\}$ which is L^2-orthogonal to E_k^ν. Let $\varphi P=\sum_i f_i$ be the decomposition of φP in the Hilbert basis given by the eigenfunctions f_i of M associated respectively to λ_i. Putting $N:=\{i/\ f_i\notin E_k^\varepsilon\}$, by assumption on P we have

$$\begin{aligned}4C(n,k)^2\sqrt[8]{\varepsilon}(\mu_k^{S_M})^2\|\varphi P\|_2^2 &\leqslant \sum_{i\in N}\big(\lambda_i-\mu_k^{S_M}\big)^2\|f_i\|_2^2=\|\Delta(\varphi P)-\mu_k^{S_M}\varphi P\|_2^2\\ &\leqslant (\mu_k^{S_M})^2C(n,k)^2\sqrt[8]{\varepsilon}\|\varphi P\|_2^2\end{aligned}$$

which gives a contradiction. We then have $\dim E_k^\varepsilon \geqslant m_k$.

6. Some examples

6.1. **Proof of Theorem 1.2.** We adapt the constructions made in [4, 12, 3]. We consider submanifolds obtained by connected sum of a small submanifold εM_2 with a fixed submanifold M_1 along a small, adequately pinched cylinder $\varepsilon T'_\varepsilon$. This is a 2 scales collapsing sequence of submanifolds. Gluing several such cylinders (with M_2 replaced by $\mathbb{S}^m$ for the supplementary cylinders) adds any finite set of eigenvalues to the spectrum of M_1. Since $F\setminus \mathrm{Sp}(M_1)$ is the Hausdorff limit of a sequence of finite sets, this will give Theorem 1.2. We first describe precisely the construction in the case of one gluing, taking a special care of the case $\alpha=n$.

6.1.1. *Flattening of submanifolds.* For any submanifold M of $\mathbb{R}^{n+1}$, we set $\tilde{M}^\varepsilon$ the submanifold of $\mathbb{R}^{n+1}$ obtained by flattening M at the neighbourhood of a point $x_0\in M$ along the following procedure:

M is locally equal to $\{x_0+w+f(w),\ w\in B_0(10\varepsilon_0)\subset T_{x_0}M\}$ where $f: B_0(10\varepsilon_0)\subset T_{x_0}M\to N_{x_0}M$ is a smooth function and $N_{x_0}M$ is the normal bundle M at x_0. Let $\varphi:\mathbb{R}_+\to[0,1]$ be a smooth function such that $\varphi=0$ on $[0,4\varepsilon_0]$ and $\varphi=1$ on $[5\varepsilon_0,+\infty)$. We set $\tilde{M}^\varepsilon$ the submanifold obtained by replacing the subset $\{x_0+w+f(w),\ w\in B_0(10\varepsilon_0)\subset T_{x_0}M\}$ by $\{x_0+w+f_\varepsilon(w),\ w\in B_0(10\varepsilon_0)\subset T_{x_0}M\}$, with $f_\varepsilon(w)=f\big(\varphi(\frac{\varepsilon_0\|w\|}{\varepsilon})w\big)$ for any $\varepsilon\leqslant 2\varepsilon_0$, and $M^\varepsilon=\tilde{M}^\varepsilon\setminus B_{x_0}(3\varepsilon)$. Note that $\tilde{M}^\varepsilon$ is a smooth deformation of M in a neighbourhood of x_0 and that the boundary of M^ε has a neighbourhood isometric to the flat annulus $B_0(4\varepsilon)\setminus B_0(3\varepsilon)$ in $\mathbb{R}^m$. Note also for what follows that for ε small enough, $M^\varepsilon\setminus B_{x_0}(10\varepsilon)$ is a subset of M. As a graph, the

curvatures of $\tilde{M}^\varepsilon$ at the neighbourhood of x_0 are given by the formulae

$$|\mathrm{B}_\varepsilon|^2 = \sum_{i,j,k,l=1}^{m} \sum_{p,q=m+1}^{n+1} Ddf_p(e_i,e_k)Ddf_q(e_j,e_l)H^{i,j}H^{k,l}G^{p,q}$$

$$\mathrm{H}_\varepsilon = \frac{1}{m}\sum_{k,l=m+1}^{n+1}\sum_{i,j=1}^{m} Ddf_k(e_i,e_j)H^{i,j}G^{k,l}(\nabla f_l - e_l)$$

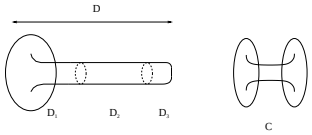
where $(e_1,\cdots,e_m)$ is an ONB of $T_{x_0}M_1$, $(e_{m+1},\cdots,e_{n+1})$ an ONB of $N_{x_0}M_1$, $f_\varepsilon(w) = \sum_{i=m+1}^{n+1} f_i(w)e_i$, $G_{kl} = \delta_{kl} + \langle \nabla f_k, \nabla f_l\rangle$ and $H_{kl} = \delta_{kl} + \langle df_\varepsilon(e_k), df_\varepsilon(e_l)\rangle$. Now f_ε converges in $\mathcal{C}^\infty$ norm to f on any compact subset of $B_0(\varepsilon_0)\setminus\{0\}$, while $|df_\varepsilon|$ and $|Ddf_\varepsilon|$ remain uniformly bounded on $B_0(\varepsilon_0)$ when ε tends to 0. By the Lebesgue convergence theorem, we have

$$\lim_{\varepsilon\to 0}\int_{\tilde{M}^\varepsilon}|\mathrm{H}_\varepsilon|^\alpha dv = \lim_{\varepsilon\to 0}\int_{M^\varepsilon}|\mathrm{H}_\varepsilon|^\alpha dv = \int_M |\mathrm{H}|^\alpha dv$$

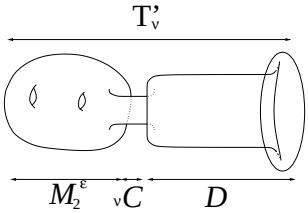
$$\lim_{\varepsilon\to 0}\int_{\tilde{M}^\varepsilon}|\mathrm{B}_\varepsilon|^\alpha dv = \lim_{\varepsilon\to 0}\int_{M^\varepsilon}|\mathrm{B}_\varepsilon|^\alpha dv = \int_M |\mathrm{B}|^\alpha dv$$

for any $\alpha \geqslant 1$. By the same way, any function on M can be seen as a function on $\tilde{M}^\varepsilon$ and this identification of $H^1(M)$ with $H^1(\tilde{M}^\varepsilon)$ tends to an isometry as ε tends to 0.

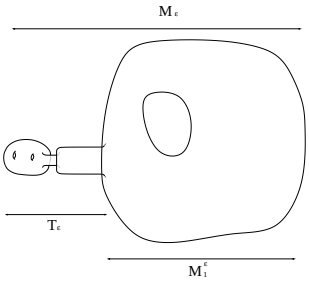
6.1.2. *Control of the curvature of the gluing.* Let M_1, M_2 be 2 manifolds of dimension m isometrically immersed in $\mathbb{R}^{n+1}$ and λ, L be some fixed, positive real numbers, with $\lambda \notin \mathrm{Sp}(M_1)$ and $L > \max\big(\frac{C(M_1)(1+\lambda)^2}{d^2}, 1\big)$, where d is the distance between λ and $\mathrm{Sp}(M_1)$ in $\mathbb{R}$. We consider the flattenings $\tilde{M}_2^\varepsilon$ of M_2 around the point x_2 and M_1^ε of M_1 around x_1. Let D be a smooth hypersurface of revolution of $\mathbb{R}^{m+1}$, composed of three parts, D_1, D_2, D_3, where D_1 is a cylinder of revolution isometric to $B_0(3)\setminus B_0(2) \subset \mathbb{R}^{m+1}$ at the neighbourhood of one of its boundary component and isometric to $[0,1]\times\mathbb{S}^{m-1}$ at the neighbourhood of its other boundary component, where $D_2 = [0,L]\times\mathbb{S}^{m-1}$ and where D_3 is a disc of revolution with pole x_3 and isometric to $[0,1]\times\mathbb{S}^{m-1}$ at its boundary and to a flat disc at the neighbourhood of x_3. Let C be a cylinder of revolution of dimension m isometric to $B_0(2)\setminus B_0(1)\subset\mathbb{R}^m$ at the neighbourhood of its 2 boundary components.



There exists $\nu_0 > 0$ such that for any $\nu \in]0,\nu_0[$ the gluing of $\tilde{M}_2^\varepsilon \setminus B_{x_2}(2\nu)$, of νC and of $D\setminus B_{x_3}(2\nu)$ along their isometric boundary components is a smoothly immersed submanifold T'_ν of dimension m. By standard arguments (see for instance [Arn] or what is done in section 6.1.3 in a more complicate case), when ν tends to 0, the Dirichlet spectrum of T'_ν converges to the disjoint union of the Dirichlet spectrum of D and of the spectrum of M_2. Moreover, for ν small enough, $\lambda_1^D(T'_\nu)$ depends continuously on ν. We infer that for any $\varepsilon \in]0,\varepsilon_0(M_2,\lambda,L,D_1,D_3)[$ there exists a $\nu_\varepsilon \in]0,\nu_0(M_2,\lambda,L,D_1,D_3)[$ such that $\lambda_1^D(T'_{\nu_\varepsilon}) = \varepsilon^2\lambda$ and $\lambda_2^D(T'_{\nu_\varepsilon}) \geqslant \Lambda_2(L,M_2,\lambda,D_1,D_3) > 0$. We set $T_\varepsilon = \varepsilon T'_{\nu_\varepsilon}$. Note that we have $\int_{T_\varepsilon}|\mathrm{B}|^p \leqslant \varepsilon^{m-p}C_2(M_2,\lambda,L,D_1,D_3)$ for any $p<m$, $\lim_{\varepsilon\to 0}\int_{T_\varepsilon}|\mathrm{B}|^m = \int_{M_2}|\mathrm{B}|^m + \int_{D_1}|\mathrm{B}|^m + \int_{D_3}|\mathrm{B}|^m + LC(m)$, $\lambda_1^D(T_\varepsilon) = \lambda$ and $\lambda_2^D(T_\varepsilon) \geqslant \frac{\Lambda_2}{\varepsilon^2}$ for any $\varepsilon \leqslant \varepsilon_0$.



We set M_ε the m-submanifold of $\mathbb{R}^{n+1}$ obtained by gluing M_1^ε and T_ε along their boundaries in a fixed direction $\nu \in N_{x_1}M_1$. Note that M_ε is a smooth immersion of $M_1 \# M_2$ (resp. an embedding when M_1 and M_2 are embedded).



By the computations above, the sequence $i_k(M_1 \# M_2) = M_{\frac{1}{k}}$ converges to M_1 in Hausdorff distance and we have

$$\lim_{\varepsilon\to 0}\int_{M_\varepsilon}|\mathrm{H}_\varepsilon|^\alpha dv = \int_{M_1}|\mathrm{H}|^\alpha dv \qquad \lim_{\varepsilon\to 0}\int_{M_\varepsilon}|\mathrm{B}_\varepsilon|^\alpha dv = \int_{M_1}|\mathrm{B}|^\alpha dv$$

for any $\alpha < m$ and

$$\lim_{\varepsilon\to 0}\int_{M_\varepsilon}|\mathrm{H}_\varepsilon|^m = \int_{M_1}|\mathrm{H}|^m + \int_{D_1\cup D_3}|\mathrm{H}|^m + C(m)L + \int_{M_2}|\mathrm{H}|^m$$
$$\lim_{\varepsilon\to 0}\int_{M_\varepsilon}|\mathrm{B}_\varepsilon|^m = \int_{M_1}|\mathrm{B}|^m + \int_{D_1\cup D_3}|\mathrm{B}|^m + C(m)L + \int_{M_2}|\mathrm{B}|^m$$

computspec

6.1.3. *Computation of the spectrum of M_ε.* We will prove that there exists a sequence $(\varepsilon_p)_{p\in\mathbb{N}}$ such that $\varepsilon_p \to 0$ and the spectrum of M_{ε_p} converges to the disjoint union of $\mathrm{Sp}(M_1)$ and of $\{\tilde\lambda\}$, where $\tilde\lambda$ satisfies $\lambda - \frac{C(M_1)(1+\lambda)}{\sqrt{L}} \leqslant \tilde\lambda \leqslant \lambda$. Since the collapsing of M_ε is multiscale, the cutting and rescaling technique of [4, 12] has to be adapted. Indeed, after rescaling of T_ε we get another collapsing sequence of submanifolds with no uniform control of the trace and Sobolev Inequalities.

We denote by $(\lambda_k)_{k\in\mathbb{N}}$ the union with multiplicities of the spectrum of M_1 and of $\{\lambda\}$, by $(\lambda_k^\varepsilon)_{k\in\mathbb{N}}$ the spectrum of M_ε and by $(\mu_k^\varepsilon)_{k\in\mathbb{N}}$ the Dirichlet spectrum of the disjoint union $M_\varepsilon' = T_\varepsilon \cup \Big(M_1^\varepsilon \setminus B_{x_1}(10\varepsilon)\Big)$. By the Dirichlet principle, we have $\lambda_k^\varepsilon \leqslant \mu_k^\varepsilon$ for any $k \in \mathbb{N}$. It is well known (see for instance [6]) that the Dirichlet spectrum of $M_1^\varepsilon \setminus B_{x_1}(10\varepsilon)$ converges to the spectrum of M_1. We infer that $\mu_k^\varepsilon \to \lambda_k$ as $\varepsilon \to 0$ and so $\limsup \lambda_k^\varepsilon \leqslant \lambda_k$ for any $k \in \mathbb{N}$.

We set $\alpha_k = \liminf_{\varepsilon\to 0}\lambda_k^\varepsilon$. To get some lower bound on the α_k, we need some local trace inequalities. We set $S_t = \{x \in T_\varepsilon / \, d(x, \partial T_\varepsilon) = -t\}$ for any $t \leqslant 0$ and $S_t = \{x \in M_1^\varepsilon / \, d(x, \partial M_1^\varepsilon) = t\}$ for any $t \geqslant 0$. We also set $B_{t,r} = \cup_{\{s/\,|s-t|\leqslant r\}} S_s$, $N_r = M_1^\varepsilon \cup B_{\frac{r}{2},\frac{-r}{2}}$ for any $r \leqslant 0$ and $N_r = M_1^\varepsilon \setminus B_{\frac{r}{2},\frac{r}{2}}$ for any $r \geqslant 0$. Let a_{M_1} be a constant such that the volume density θ_ε of M_ε in normal coordinates to $S_{-2\varepsilon}$ satisfies

$\frac{1}{a_{M_1}}(3+\frac{t}{\varepsilon})^{m-1} \geqslant \theta_\varepsilon(t,u) \geqslant a_{M_1}(3+\frac{t}{\varepsilon})^{m-1}$ for any $t \in [-2\varepsilon, a_{M_1}]$ and any $u \in S_{-2\varepsilon}$. Let εd be the distance in M_ε between M_1^ε and εD_2 and $C(D_1)$ be a constant such that for any $t \in [-(L+d+2)\varepsilon, -2\varepsilon]$ and any $u \in S_{-2\varepsilon}$ we have $\frac{\theta_\varepsilon(t,u)}{\theta_\varepsilon(-2\varepsilon,u)} \in [\frac{1}{C(D_1)}, C(D_1)]$. Let $\eta : [-2\varepsilon, a_{M_1}] \to [0,1]$ be a smooth function such that $\eta(t) = 1$ for any $t \leqslant \frac{a_{M_1}}{2}$, $\eta(a_{M_1}) = 0$ and $|\eta'| \leqslant \frac{4}{a_{M_1}}$. For any $r \in [-2\varepsilon, a_{M_1}/2]$ and any $f \in H^1(M_\varepsilon)$, we have

$$\begin{aligned}\int_{S_r} f^2 &= \int_{S_{-2\varepsilon}} \Big(\int_r^{a_{M_1}} \frac{\partial}{\partial s}[\eta(\cdot)f(\cdot,u)]ds\Big)^2 \theta_\varepsilon(r,u)du \\ &\leqslant \int_r^{a_{M_1}} \frac{\sup_{u\in S_{-2\varepsilon}}\theta_\varepsilon(r,u)}{\inf_{u\in S_{-2\varepsilon}}\theta_\varepsilon(s,u)}ds \int_{S_{-2\varepsilon}}\int_r^{a_{M_1}} \big(\frac{\partial}{\partial s}[\eta(\cdot)f(\cdot,\frac{\varepsilon}{10}u)]\big)^2\theta_\varepsilon(s,u) \\ &\leqslant c(M_1)\int_r^{a_{M_1}} \frac{(3+r/\varepsilon)^{m-1}}{(3+s/\varepsilon)^{m-1}}ds\|f\|^2_{H^1(M_\varepsilon)}\end{aligned}$$

which gives

Speneg
$$\int_{S_r} f^2 \leqslant c(M_1)(3\varepsilon + r)\|f\|^2_{H^1(M_\varepsilon)} \tag{6.1}$$

when $m \geqslant 3$. By the same way, for any $r \in [-(L+d+2)\varepsilon, -2\varepsilon]$, we have

Spepos
$$\int_{S_r} f^2 \leqslant -c(M_1, D_1)(\varepsilon + r)\|f\|^2_{H^1(M_\varepsilon)} \tag{6.2}$$

We now use this local trace inequality to get some estimates on the eigenfunctions of M_ε. We set $\varphi : M_\varepsilon \to [0,1]$ be a smooth function equal to 1 on $N_{21\varepsilon/2} \cup \big(M_\varepsilon \setminus N_{-\varepsilon/2}\big)$, equal to 0 outside M'_ε and such that $|\varphi'| \leqslant \frac{4}{\varepsilon}$. For any $f_1, f_2 \in H^1(M_\varepsilon)$, integration of Inequalities (6.1) and (6.2) gives us

cutscal
$$\Big|\int_{M_\varepsilon} f_1 f_2 - \int_{M_\varepsilon} \varphi f_1 \varphi f_2\Big| \leqslant \int_{M_\varepsilon} |\varphi^2 - 1||f_1||f_2| \leqslant c(M_1)\varepsilon^2\|f_1\|_{H^1(M_\varepsilon)}\|f_2\|_{H^1(M_\varepsilon)} \tag{6.3}$$

and

cutdir
$$\begin{aligned}\int_{M_\varepsilon} |d\varphi f_1|^2 &\leqslant \int_{M_\varepsilon} |d\varphi|^2 f_1^2 + 2\varphi f_1(df_1, d\varphi) + \varphi^2|df_1|^2 \\ &\leqslant \frac{16}{\varepsilon^2}\|f_1\|^2_{L^2(\mathrm{Supp}(d\varphi))} + \frac{8}{\varepsilon}\|f_1\|_{L^2(\mathrm{Supp}(d\varphi))}\|df_1\|_2 + \|df_1\|_2^2 \\ &\leqslant c(M_1)\|f_1\|^2_{H^1(M_\varepsilon)} \qquad (6.4)\end{aligned}$$

Let (f_k^ε) be a L^2-orthonormal, complete set of eigenfunctions of M_ε. For any k, we set $\tilde{f}_k^\varepsilon$ the function on M_1 equal to φf_k^ε on $N_{10\varepsilon}$ and extended by 0. By Inequality (6.4), we have $\|\tilde{f}_k^\varepsilon\|^2_{H^1(M_1)} \leqslant c(M_1)(1+\lambda_k)$ for ε small enough. We infer by diagonal extraction that there exists some sequences $(\varepsilon_p)_{p\in\mathbb{N}}$ and $(h_k)_{k\in\mathbb{N}} \in H^1(M_1)^{\mathbb{N}}$ such that $\lambda_k^{\varepsilon_p} \to \alpha_k$ and $(\tilde{f}_k^{\varepsilon_p})_p$ converges weakly in $H^1(M_1)$ and strongly in $L^2(M_1)$ to h_k, for any k. It is easy to prove that h_k is a weak solution of $\Delta h_k = \alpha_k h_k$ on $H^1(M_1 \setminus \{x_1\}) = H^1(M_1)$. By elliptic regularity, either $h_k = 0$ or α_k is an eigenvalue of M_1.

Let $k_0 \in \mathbb{N}$ such that $\lambda_{k_0} = \lambda$. Since D_2 isometric to $[0,L] \times \mathbb{S}^{m-1}$, any $f_k^{\varepsilon_p}$ can be seen as a function on $[0, \varepsilon_p L] \times \varepsilon_p \mathbb{S}^{m-1}$. For any $f = \sum_{i\leqslant k_0} \beta_i f_i^{\varepsilon_p} \in \mathrm{Vect}\{f_i^{\varepsilon_p} / \, i \leqslant k_0\}$,

we define the rescaling F_p on $c = [0,1] \times \mathbb{S}^{m-1}$ by $F_p(t,x) = \varepsilon_p^{\frac{m}{2}-1} L^{-\frac{1}{2}} f(\varepsilon_p L t, \varepsilon_p x)$. By Inequality (6.2), we have

$$\int_c F_p^2 = \frac{1}{\varepsilon_p^2 L^2} \int_{\varepsilon_p D_2} f^2 \leqslant c(M_1, D_1)(1 + \frac{2}{L})(1+\lambda)\|f\|_2^2,$$
$$\int_{\{0\}\times\mathbb{S}^{m-1}} F_p^2 = \frac{1}{L\varepsilon_p} \int_{\varepsilon_p(D_1 \cap D_2)} f^2 \leqslant \frac{c(M_1, D_1)(1+\lambda)\|f\|_2^2}{L},$$
$$\text{and} \quad \int_{\{1\}\times\mathbb{S}^{m-1}} F_p^2 = \frac{1}{L\varepsilon_p} \int_{\varepsilon_p(D_3 \cap D_2)} f^2 \leqslant (1+\lambda) c(M_1, D_1)(1 + \frac{d}{L})\|f\|_2^2,$$

for p large enough (note that we have $d \geqslant 2$ by construction). Moreover, we have $\int_c |dF_p|^2 \leqslant \int_{\varepsilon_p D_2} |df|^2 \leqslant \lambda \|f\|_2^2$. So we can assume that there exists $F_\infty \in H^1(c)$ such that the sequence (F_p) converges to F_∞ weakly in $H^1(c)$ and strongly in $L^2(c)$. We set $j_p(t) = \int_{\mathbb{S}^{m-1}} F_p(t,x)dx$ and $j_\infty(t) = \int_{\mathbb{S}^{m-1}} F_\infty(t,x)dx$, we have $j_p, j_\infty \in H^1([0,1])$ (with $j_p'(t) = \int_{\mathbb{S}^{m-1}} \frac{\partial F_p}{\partial t}(t,x)dx$), $j_p \to j_\infty$ strongly in $L^2([0,1])$ and weakly in $H^1([0,1])$. By the estimates above and the compactness of the trace operator on c, we have $|j_\infty(0)| \leqslant \frac{C(M_1)\sqrt{1+\lambda}\|f\|_2}{\sqrt{L}}$ and $|j_\infty(1)| \leqslant \sqrt{1+\lambda}\|f\|_2 C(M_1)$. Hence $l(t) = j_\infty(t) - \big(j_\infty(0) + (j_\infty(1) - j_\infty(0))t\big)$ is in $H_0^1([0,1])$. For any $\psi \in \mathcal{C}_c^\infty([0,1])$, we set $\psi_p(t,x) = \varepsilon_p L \psi(\frac{t}{\varepsilon_p L})$ seen as a function in $H_0^1(\varepsilon_p D_2)$. We have

$$\begin{aligned}
&\int_0^1 l'\psi'\,dt = \int_0^1 j_\infty'\psi'\,dt \\
&= \lim_p \int_0^1 j_p'(t)\psi'(t)\,dt = \lim_p \int_c \frac{\partial F_p}{\partial t}\psi' = \lim_p \frac{1}{\varepsilon_p^{\frac{m}{2}}\sqrt{L}} \int_{\varepsilon_p D_2} \langle df, d\psi_p\rangle\,dt\,dx \\
&= \lim_p \sum_i \frac{\beta_i \lambda_i^{\varepsilon_p}}{\varepsilon_p^{\frac{m}{2}}\sqrt{L}} \int_{\varepsilon_p D_2} f_i^{\varepsilon_p}\psi_p\,dt\,dx = \sum_i \alpha_i\beta_i L^2 \lim_p \varepsilon_p^2 \int_c F_{i,p}\psi\,dt\,dx \\
&= 0,
\end{aligned}$$

where $F_{i,p}(t,x) = \varepsilon_p^{\frac{m}{2}-1} L^{-\frac{1}{2}} f_i^{\varepsilon_p}(\varepsilon_p L t, \varepsilon_p x)$. We infer l is harmonic and in $H_0^1([0,1])$, i.e. $l = 0$ and $j_\infty(t) = j_\infty(0) + (j_\infty(1) - j_\infty(0))t$ on $[0,1]$. Since the Poincare inequality on $\mathbb{S}^{m-1}$ gives us

$$\begin{aligned}
\int_{\mathbb{S}^{m-1}} F_p(t,x)^2\,dx &\leqslant \frac{1}{\operatorname{Vol}\mathbb{S}^{m-1}}\big(\int_{\mathbb{S}^{m-1}} F_p(t,x)\,dx\big)^2 + \frac{1}{m-1}\int_{\mathbb{S}^{m-1}} |d_{\mathbb{S}^{m-1}} F_p|^2 \\
&\leqslant \frac{1}{\operatorname{Vol}\mathbb{S}^{m-1}} j_p^2(t) + \frac{\varepsilon_p}{(m-1)L}\int_{\varepsilon_p\mathbb{S}^{m-1}} |d_{\varepsilon_p\mathbb{S}^{m-1}} f|^2(\varepsilon_p L t, x)\,dx,
\end{aligned}$$

we get that

$$\begin{aligned}\frac{1}{L\varepsilon_p^2}\int_{[0,\varepsilon_p\sqrt{L}]\times\varepsilon_p\mathbb{S}^{m-1}} f^2 &= L\int_{[0,\frac{1}{\sqrt{L}}]\times\mathbb{S}^{m-1}} F_p^2\\ &\leqslant \frac{L}{\operatorname{Vol}\mathbb{S}^{m-1}}\int_0^{\frac{1}{\sqrt{L}}} j_p^2(t)\,dt + \frac{1}{(m-1)L}\int_{[0,\varepsilon_p\sqrt{L}]\times\varepsilon_p\mathbb{S}^{m-1}} |d_{\varepsilon_p\mathbb{S}^{m-1}}f|^2\\ &\leqslant \frac{L}{\operatorname{Vol}\mathbb{S}^{m-1}}\int_0^{\frac{1}{\sqrt{L}}} j_p^2(t)\,dt + \frac{\lambda}{(m-1)L}\|f\|^2\\ &\to \frac{L}{\operatorname{Vol}\mathbb{S}^{m-1}}\int_0^{\frac{1}{\sqrt{L}}} j_\infty(t)^2\,dt + \frac{\lambda}{(m-1)L}\|f\|^2 \leqslant \frac{C(M_1)(1+\lambda)\|f\|^2}{\sqrt{L}}\end{aligned}$$

If the family $(h_i)_{i<k_0}$ is not free in $L^2(M_1)$, then either one h_i is null or they are all eigenfunctions of M_1. Since the eigenspaces are in direct sum, we infer that there exists $\mu \leqslant \lambda_{k_0-1}$ and $(\beta_i) \in \mathbb{R}^{k_0}\setminus\{0\}$ such that $\sum_i \beta_i^2 = 1$, $\sum_i \beta_i h_i = 0$ and $\alpha_i = \mu$ for any i such that $\beta_i \neq 0$. We set $f = \sum_i \beta_i f_i^{\varepsilon_p}$ and $\eta : M_{\varepsilon_p} \to [0,1]$ a smooth function equal to 1 on $M_{\varepsilon_p}\setminus N_{-(2+d+\sqrt{L})\varepsilon_p}$, equal to 0 on $N_{-(2+d)\varepsilon_p}$ and such that $|\varphi'| \leqslant \frac{2}{\varepsilon_p\sqrt{L}}$. We then have

$$\begin{aligned}&\Big|\int_{M_{\varepsilon_p}} |d(\eta f)|^2 - \mu\int_{M_{\varepsilon_p}} (\eta f)^2\Big| = \Big|\int_{M_{\varepsilon_p}} |d\eta|^2 f^2 + \langle df, d(\eta^2 f)\rangle - \mu\int_{M_{\varepsilon_p}} (\eta f)^2\Big|\\ &\leqslant \frac{C(M_1)(1+\lambda)}{\sqrt{L}}\|f\|_2^2 + \int_{M_{\varepsilon_p}}\sum_{i,j}(\lambda_i^{\varepsilon_p}-\mu)\beta_i\eta f_i^{\varepsilon_p}\beta_j\eta f_j^{\varepsilon_p}\end{aligned} \tag{6.5}$$

strict

Inequalities (6.3) and (6.2) imply that $\int_{M_{\varepsilon_p}}(\eta f)^2 \to 1$. Since $\eta f \in H_0^1(T_{\varepsilon_p})$ and since by construction of T_{ε_p}, we have $\lambda_1^D(T_{\varepsilon_p}) = \lambda$, we then have $\int_{M_{\varepsilon_p}} |d(\eta f)|^2 \geqslant \lambda\int_{M_{\varepsilon_p}}(\eta f)^2$. Letting p tend to ∞ in Inequality (6.5) we get that $\lambda - \lambda_{k_0-1} \leqslant \frac{C(M_1)(1+\lambda)}{\sqrt{L}}$, which contradicts the choice made on L at the beginning of this subsection.

We infer that $(h_i)_{i<k_0}$ is free in $L^2(M_1)$. This implies that α_i is an eigenvalue of M_1 and h_i is an eigenfunction of M_1 for any $i < k_0$. Since $\alpha_i = \lim\lambda_i^{\varepsilon_p} \leqslant \lambda_i = \lambda_i(M_1)$ for any $i < k_0$, we infer that $\alpha_i = \lambda_i$ for any $i < k_0$ and that the $(h_i)_{i<k_0}$ is a basis of the eigenspaces of M_1 associated to the first k_0 eigenvalues. By the same way, if $h_{k_0} \neq 0$, then $\alpha_{k_0} = \lambda_{k_0-1}$ (since it is an eigenvalue of M_1 less than λ) and so the family $(h_i)_{i\leqslant k_0}$ is not free. The same argument as above gives a contradiction. So we have that $h_{k_0} = 0$.

Assume that there exists another index $l \neq k_0$ such that $h_l = 0$. Then, Inequality (6.3) gives that $\int_{T_{\varepsilon_p}} \varphi f_{k_0}^{\varepsilon_p}\varphi f_l^{\varepsilon_p} \to 0$, $\int_{T_{\varepsilon_p}}(\varphi f_{k_0}^{\varepsilon_p})^2 \to 1$ and $\int_{T_{\varepsilon_p}}(\varphi f_l^{\varepsilon_p})^2 \to 1$ and Inequality (6.4) gives that $\int_{T_{\varepsilon_p}} |d\varphi f_{k_0}^{\varepsilon_p}|^2$ and $\int_{T_{\varepsilon_p}} |d\varphi f_l^{\varepsilon_p}|^2$ remain bounded as $\varepsilon_p \to 0$. We set g_p a unitary eigenfunction of T_{ε_p} for the Dirichlet problem associated to the eigenvalue λ. If we set $(\varphi f_{k_0}^{\varepsilon_p})_{|T_{\varepsilon_p}} = \beta_{k_0}^p g_p + \delta_{k_0}^p$ and $(\varphi f_l^{\varepsilon_p})_{|T_{\varepsilon_p}} = \beta_l^p g_p + \delta_l^p$, with $\beta_{k_0}^p, \beta_l^p \in \mathbb{R}$ and $\delta_{k_0}^p, \delta_l^p$ orthogonal to g_p in $H_0^1(T_{\varepsilon_p})$. The previous relations and the lower bound on $\lambda_2^D(T_{\varepsilon_p})$ imply that

$$\int_{T_{\varepsilon_p}} |d(\varepsilon f_{k_0}^{\varepsilon_p})|^2 \geqslant \lambda(\beta_{k_0}^p)^2 + \lambda_2^D(T_{\varepsilon_p})\|\delta_{k_0}^p\|^2_{L^2(T_{\varepsilon_p})} \geqslant (\beta_{k_0}^p)^2\lambda + \frac{\Lambda_2}{\varepsilon_p^2}\|\delta_{k_0}^p\|^2_{L^2(T_{\varepsilon_p})}.$$

By the same way, $(\beta_l^p)^2\lambda+\frac{\Lambda_2}{\varepsilon_p^2}\|\delta_l^p\|^2_{L^2(T_{\varepsilon_p})}$ is bounded, and so $\|\delta_{k_0}^p\|^2_{L^2(T_{\varepsilon_p})}$ and $\|\delta_l^p\|^2_{L^2(T_{\varepsilon_p})}$ tend to 0 with ε_p. Now, we have $(\beta_{k_0}^p)^2+\|\delta_{k_0}^p\|^2_{L^2(T_{\varepsilon_p})}\to 1$ and so $|\beta_{k_0}^p|\to 1$. By the same way, we have $|\beta_l^p|\to 1$, which contradicts the fact that $\int_{T_{\varepsilon_p}}\varphi f_{k_0}^{\varepsilon_p}\varphi f_l^{\varepsilon_p}\to 0$. We infer that for any $k\in\mathbb{N}\setminus\{k_0\}$ we have that α_k is an eigenvalue of M_1. Moreover, if we decompose $(\varphi f_k^{\varepsilon_p})_{|T_{\varepsilon_p}}=\beta_k^p g_p+\delta_k^p$ as above, Inequality (6.4) implies that $(\beta_k^p)^2+\frac{\Lambda_2}{\varepsilon_p^2}\|\delta_k^p\|^2_{L^2(T_{\varepsilon_p})}$ remains bounded and so we have $\lim\|\delta_k^p\|^2_{L^2(T_{\varepsilon_p})}=0$ and Inequality (6.3) gives

$$0=\lim\int_{M_\varepsilon} f_{k_0}^{\varepsilon_p}f_k^{\varepsilon_p}=\lim\beta_k^p\beta_{k_0}^p=\lim\beta_k^p$$

and so $(\varphi f_k^{\varepsilon_p})_{|T_{\varepsilon_p}}\to 0$ in $L^2(T_{\varepsilon_p})$ for any $k\neq k_0$. Once again, Inequality (6.3) gives us that for any $k,l\in\mathbb{N}\setminus\{k_0\}$, we have

$$\int_{M_1}h_kh_l=\delta_{kl}.$$

From the min-max principle, it gives that we have $\alpha_k\geqslant\lambda_k$ for any $k\neq k_0$. Since we have $\alpha_k\leqslant\lambda_k$ for any $k\in\mathbb{N}$, we infer that for any $k\in\mathbb{N}\setminus\{k_0\}$ we have $\alpha_k=\lambda_k$. Finally, Inequality (6.5), applied to $f=f_{k_0}^{\varepsilon_p}$ and $\mu=\alpha_{k_0}$ gives that $\alpha_{k_0}\in[\lambda-\frac{C(M_1)(1+\lambda)}{\sqrt{L}},\lambda]$.

6.1.4. *End of the proof of Theorem 1.2 and case $\alpha=m$.* Since we can take L as large as needed while keeping $\int_{M_\varepsilon}|\mathrm{B}|^\alpha\to\int_{M_1}|B|^\alpha$ for any $\alpha<n$, we get Theorem 1.2 for $F=\mathrm{Sp}(M_1)\cup\{\lambda\}$ by diagonal extraction. Iterating the construction (with M_2 replaced by $\mathbb{S}^m$ for any supplementary gluing) we get the result for any disjoint union $F=\mathrm{Sp}(M_1)\cup\{\text{finite set}\}$ and then for any F, since any closed set F is the limit in pointed-Hausdorff topology of a sequence of finite sets.

In the case $\alpha=m$, the limit $\int_{M_\varepsilon}|\mathrm{B}|^m$ depend on L and so we are only able to get a weak version of Theorem 1.2 with $F=\mathrm{Sp}(M_1)\cup G$, where G is a finite set whose elements are known up to an error term and where the point 2) is replaced by $\int_{i_k(M_1\#M_2)}|\mathrm{B}|^m$ is bounded by a constant that depend on M_1, M_2, D_1, D_3, G and on the error term.

pot3

6.2. **Example 1.4.** We set $I_\varepsilon=[\varepsilon,\frac{\pi}{2}]$ for $\varepsilon>0$ and let $\varphi:I_\varepsilon\longrightarrow(-1,+\infty)$ be a function continuous on I_ε and smooth on $(\varepsilon,\frac{\pi}{2}]$. For any $0\leqslant k\leqslant n-2$, we consider the map

$$\begin{array}{rcl}\Phi_\varphi:\mathbb{S}^{n-k-1}\times\mathbb{S}^k\times I_\varepsilon & \longrightarrow & \mathbb{R}^{n+1}=\mathbb{R}^{n-k}\oplus\mathbb{R}^{k+1}\\ x=(y,z,r) & \longmapsto & (1+\varphi(r))(y\sin r+z\cos r)\end{array}$$

whose image X_φ is a smooth embedded submanifold (with boundary) diffeomorphic to $\mathbb{S}^n\setminus B(\mathbb{S}^k,\varepsilon)$. We denote respectively by $\mathrm{B}_q(\varphi)$ and $\mathrm{H}_q(\varphi)$ the second fundamental form and the mean curvature of X_φ at the point q. They are given by the following formulae.

courbmoy **Lemma 6.1.** *Let $x = (y, z, r) \in \mathbb{S}^{n-k-1} \times \mathbb{S}^k \times I_\varepsilon$, $q = \Phi_\varphi(x)$ and $(u, v, h) \in T_x X_\varepsilon$. Then we have*

$$n\mathrm{H}_q(\varphi) = \big(\varphi'^2 + (1+\varphi)^2\big)^{-3/2}\Big[-(1+\varphi(r))\varphi''(r) + (1+\varphi(r))^2 + 2\varphi'^2(r)\Big]$$
$$+\frac{\big(\varphi'^2 + (1+\varphi)^2\big)^{-1/2}}{1+\varphi(r)}\Big[-(n-k-1)\varphi'(r)\cot r + (n-1)(1+\varphi(r)) + k\varphi'(r)\tan r\Big]$$

$$|\mathrm{B}_q(\varphi)| =$$
$$\frac{(1+\varphi(r))^{-1}}{\big(1+(\frac{\varphi'(r)}{1+\varphi(r)})^2\big)^{1/2}}\max\Big(\big|1-\frac{\varphi'}{1+\varphi}\cot r\big|, \big|1+\frac{\varphi'}{1+\varphi}\tan r\big|, \big|1+\frac{(\varphi')^2-(1+\varphi)\varphi''}{\varphi'^2+(1+\varphi)^2}\big|\Big)$$

ctrexple1 To prove Theorem 1.4, we set $a < \frac{\pi}{10}$ and define the function φ_ε on I_ε by

$$\varphi_\varepsilon(r) = \begin{cases} f_\varepsilon(r) = \varepsilon\displaystyle\int_1^{\frac{r}{\varepsilon}} \frac{dt}{\sqrt{t^{2(n-k-1)}-1}} & \text{if } \varepsilon \leqslant r \leqslant a+\varepsilon, \\ u_\varepsilon(r) & \text{if } r \geqslant a+\varepsilon, \\ b_\varepsilon & \text{if } r \geqslant 2a+\varepsilon, \end{cases}$$

where b_ε is a constant and u_ε is chosen so that φ_ε is smooth on $(\varepsilon, \frac{\pi}{2}]$ and strictly concave on $(\varepsilon, 2a+\varepsilon]$. Since we have $f_\varepsilon(x) \to 0$, $f'_\varepsilon(x) \to 0$, $f''_\varepsilon(x) \to 0$ for any fixed $x \in (\varepsilon, a+\varepsilon]$, the concavity implies that $b_\varepsilon \to 0$ as $\varepsilon \to 0$ (hence b_ε can be chosen less than $\frac{1}{2}$), that $\varphi_\varepsilon \to 0$ uniformly on I_ε and that φ'_ε converges uniformly to 0 on any compact subset of $(\varepsilon, \frac{\pi}{2}]$. Moreover, u_ε can be chosen such that φ''_ε converges to 0 uniformly on any compact subset of $(\varepsilon, \frac{\pi}{2}]$.

On $(\varepsilon, a+\varepsilon]$, φ_ε satisfies

equadif
$$\varphi''_\varepsilon = -\frac{(n-k-1)(1+\varphi'^2_\varepsilon)}{r}\varphi'_\varepsilon, \tag{6.6}$$

$\varphi_\varepsilon(\varepsilon) = 0$ and $\lim_{t\to\varepsilon}\varphi'_\varepsilon(t) = +\infty = -\lim_{t\to\varepsilon}\varphi''_\varepsilon(t)$. On $(-b_\varepsilon, b_\varepsilon)$, we define $\tilde\varphi_\varepsilon$ by $\tilde\varphi_\varepsilon(t) = \varphi_\varepsilon^{-1}(|t|)$. Since $\tilde\varphi_\varepsilon$ satisfies the equation $yy'' = (n-k-1)\big(1+(y')^2\big)$ with initial data $\tilde\varphi_\varepsilon(0) = \varepsilon$ and $\tilde\varphi'_\varepsilon(0) = 0$, it is smooth at 0, hence on $(-b_\varepsilon, b_\varepsilon)$.

Now we consider the two applications $\Phi_{\varphi_\varepsilon}$ and $\Phi_{-\varphi_\varepsilon}$ defined as above, and we set $M_\varepsilon^+ = X_{\varphi_\varepsilon}$, $M_\varepsilon^- = X_{-\varphi_\varepsilon}$ and $M_\varepsilon^k = M_\varepsilon^+ \cup M_\varepsilon^-$. M_ε^k is a smooth submanifold of $\mathbb{R}^{n+1}$ since the function $F_\varepsilon(p_1, p_2) = |p_1|^2 - |p|^2\sin^2\big(\tilde\varphi_\varepsilon(|p|-1)\big)$, defined on

$$U = \{p = (p_1, p_2) \in \mathbb{R}^{n-k} \oplus \mathbb{R}^{k+1} / \, p_1 \neq 0,\, p_2 \neq 0,\, -b_\varepsilon + 1 < |p| < b_\varepsilon + 1\}$$

gives a smooth, local equation of M_ε^k at the neighborhood of $M_\varepsilon^+ \cap M_\varepsilon^-$ that satisfies

$$\nabla F_\varepsilon(p_1, p_2) = 2p_1\cos^2\varepsilon - 2p_2\sin^2\varepsilon \neq 0$$

on $M_\varepsilon^+ \cap M_\varepsilon^-$.

We denote respectively by H_ε and B_ε, the mean curvature and the second fundamental form of M_ε^k.

ctrexple2 **Theorem 6.2.** *$\|H_\varepsilon\|_\infty$ and $\|\mathrm{B}_\varepsilon\|_{n-k}$ remain bounded whereas $\|H_\varepsilon - 1\|_1 \to 0$ and $\big\||X| - 1\big\|_\infty \to 0$ when $\varepsilon \to 0$.*

Remark 6.3. *We have $\|\mathrm{B}_\varepsilon\|_q \to \infty$ when $\varepsilon \to 0$, for any $q > n-k$.*

Proof. From the lemma courbmoy 6.1 and the definition of φ_ε, H_ε and $|\mathrm{B}_\varepsilon|$ converge uniformly to 1 on any compact of $M_\varepsilon^k \setminus M_\varepsilon^+ \cap M_\varepsilon^-$. On the neighborhood of $M_\varepsilon^+ \cap M_\varepsilon^-$, we have $n(H_\varepsilon)_x = nh_\varepsilon^\pm(r)$ and $nh_\varepsilon^\pm \leqslant h_{1,\varepsilon}^\pm + h_{2,\varepsilon}^\pm + h_{3,\varepsilon}^\pm$, where

$$h_{2,\varepsilon}^\pm(r) = k\frac{(\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2)^{-1/2}}{1\pm\varphi_\varepsilon}\varphi_\varepsilon' \tan(r) \leqslant \frac{k}{1-b_\varepsilon}\tan\frac{\pi}{5}$$
$$h_{3,\varepsilon}^\pm(r) = (n-1)(\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2)^{-1/2} + (\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2)^{-3/2}((1\pm\varphi_\varepsilon)^2 + 2\varphi_\varepsilon'^2) \leqslant \frac{n+1}{1-b_\varepsilon}$$

and by differential Equation (equadif 6.6) we have

$$\begin{aligned}
h_{1,\varepsilon}^\pm(r) &= \Big|(n-k-1)\frac{(\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2)^{-1/2}}{1\pm\varphi_\varepsilon}\varphi_\varepsilon' \cot(r) + (\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2)^{-3/2}(1\pm\varphi_\varepsilon)\varphi_\varepsilon''\Big| \\
&\leqslant (n-k-1)\frac{(\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2)^{-1/2}}{1\pm\varphi_\varepsilon}\varphi_\varepsilon'\Big|\cot(r) - \frac{1}{r}\Big| \\
&\quad + \frac{n-k-1}{r}\Big|\frac{(\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2)^{-1/2}}{1\pm\varphi_\varepsilon}\varphi_\varepsilon' - (\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2)^{-3/2}(1\pm\varphi_\varepsilon)(1+\varphi_\varepsilon'^2)\varphi_\varepsilon'\Big| \\
&\leqslant \frac{n}{1-b_\varepsilon}\Big(\frac{1}{r} - \cot(r)\Big) \\
&\qquad + \frac{n\left(\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2\right)^{-3/2}}{r(1\pm\varphi_\varepsilon)}\varphi_\varepsilon'\Big|\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2 - (1\pm\varphi_\varepsilon)^2(1+\varphi_\varepsilon'^2)\Big| \\
&\leqslant \frac{n}{1-b_\varepsilon}\Big(\frac{1}{r} - \cot(r)\Big) + \frac{n}{r}\varphi_\varepsilon\frac{2\pm\varphi_\varepsilon}{1\pm\varphi_\varepsilon}\frac{\varphi_\varepsilon'^3}{[\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2]^{3/2}} \\
&\leqslant \frac{n}{1-b_\varepsilon}\Big(\frac{1}{r} - \cot(r)\Big) + \frac{n}{r}\varphi_\varepsilon\frac{2+b_\varepsilon}{1-b\varepsilon}
\end{aligned}$$

Since $\dfrac{\varphi_\varepsilon}{r} = \dfrac{\varepsilon}{r}\displaystyle\int_1^{r/\varepsilon}\frac{dt}{\sqrt{t^{2(n-k-1)}-1}} \leqslant \frac{\varepsilon}{r}\int_1^{r/\varepsilon}\frac{dt}{\sqrt{t^2-1}}$ and $\frac{1}{x}\int_1^x \frac{dt}{\sqrt{t^2-1}} \sim_{+\infty} \frac{\ln x}{x}$, we get that $h_{1,\varepsilon}^\pm$ is bounded on M_ε^k, hence H_ε is bounded on M_ε. By the Lebesgue theorem we have $\|\mathrm{H}_\varepsilon - 1\|_1 \to 0$.

We now bound $\|\mathrm{B}_\varepsilon\|_q$ with $q = n-k$. The volume element at the neighbourhood of $M_\varepsilon^+ \cap M_\varepsilon^-$ is

vol (6.7) $$dv_{g_\varepsilon} = (1\pm\varphi_\varepsilon)^n(1 + (\frac{\varphi_\varepsilon'}{1\pm\varphi_\varepsilon})^2)^{1/2}\sin^{n-k-1}(r)\cos^k(r)dv_{n-k-1}dv_k dr$$

where dv_{n-k-1} and dv_k are the canonical volume element of $\mathbb{S}^{n-k-1}$ and $\mathbb{S}^k$ respectively. By Lemma courbmoy 6.1 and Equation (equadif 6.6), we have

$$|\mathrm{B}_\varepsilon|^q dv_{g_\varepsilon} = \frac{1}{(\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2)^{\frac{q}{2}}}\max\Big(\Big|1 - \frac{\varphi_\varepsilon'}{1\pm\varphi_\varepsilon}\cot r\Big|, \Big|1 + \frac{\varphi_\varepsilon'}{1\pm\varphi_\varepsilon}\tan r\Big|, \Big|1 + \frac{\varphi_\varepsilon'^2 + (n-k-1)(1\pm\varphi_\varepsilon)(1+\varphi_\varepsilon'^2)\varphi_\varepsilon'/r}{\varphi_\varepsilon'^2 + (1\pm\varphi_\varepsilon)^2}\Big|\Big)\Big]^q dv_{g_\varepsilon}$$

Noting that $\frac{x}{\sqrt{1+x^2}} \leqslant \min(1,x)$, it is easy to see that, if we set $h_\varepsilon = \min(1,|\varphi'_\varepsilon|)$

$$\begin{aligned}\frac{\big|1-\frac{\varphi'_\varepsilon}{1\pm\varphi_\varepsilon}\cot r\big|}{\sqrt{\varphi'^2_\varepsilon+(1\pm\varphi_\varepsilon)^2}} &\leqslant \frac{1}{\sqrt{\varphi'^2_\varepsilon+(1\pm\varphi_\varepsilon)^2}} + \frac{\frac{\varphi'_\varepsilon}{1\pm\varphi_\varepsilon}}{\sqrt{\frac{\varphi'^2_\varepsilon}{(1\pm\varphi_\varepsilon)^2}+1}}\frac{\cot r}{1\pm\varphi_\varepsilon}\\ &\leqslant \frac{1}{1-\varphi_\varepsilon}+\frac{h_\varepsilon\cot r}{(1-\varphi_\varepsilon)^2} \leqslant 4\left(1+\frac{h_\varepsilon}{r}\right)\end{aligned}$$

Similarly for $r\in[\varepsilon,\pi/5+\varepsilon]$ and ε small enough, we have

$$\frac{\big|1+\frac{\varphi'_\varepsilon}{1\pm\varphi_\varepsilon}\tan r\big|}{\sqrt{\varphi'^2_\varepsilon+(1\pm\varphi_\varepsilon)^2}} \leqslant 4(1+h_\varepsilon\tan r)\leqslant 8(1+h_\varepsilon r)\leqslant 8\big(1+\frac{h_\varepsilon}{r}\big)$$

And since $\varphi'_\varepsilon=0$ for $r\geqslant\pi/5+\varepsilon$, this inequality is also true for $r\in(\varepsilon,\pi/2]$. Moreover

$$\begin{aligned}&\frac{1}{\sqrt{\varphi'^2_\varepsilon+(1\pm\varphi_\varepsilon)^2}}\Big|1+\frac{\varphi'^2_\varepsilon+(n-k-1)(1\pm\varphi_\varepsilon)(1+\varphi'^2_\varepsilon)\varphi'_\varepsilon/r}{\varphi'^2_\varepsilon+(1\pm\varphi_\varepsilon)^2}\Big|\\ &\leqslant \frac{1}{1\pm\varphi_\varepsilon}+\frac{\varphi'^2_\varepsilon}{(\varphi'^2_\varepsilon+(1\pm\varphi_\varepsilon)^2)^{3/2}}+\frac{n}{r}\frac{(1\pm\varphi_\varepsilon)(1+\varphi'^2_\varepsilon)}{\varphi'^2_\varepsilon+(1\pm\varphi_\varepsilon)^2}\frac{|\varphi'_\varepsilon|}{(\varphi'^2_\varepsilon+(1\pm\varphi_\varepsilon)^2)^{1/2}}\\ &\leqslant \frac{2}{1\pm\varphi_\varepsilon}+\frac{nh_\varepsilon}{r(1-\varphi_\varepsilon)}\frac{(1\pm\varphi_\varepsilon)(1+\varphi'^2_\varepsilon)}{\varphi'^2_\varepsilon+(1\pm\varphi_\varepsilon)^2}\leqslant\frac{2}{1\pm\varphi_\varepsilon}+2\frac{nh_\varepsilon}{r}\frac{(1+\varphi_\varepsilon)^2}{(1-\varphi_\varepsilon)^2}\\ &\leqslant 2\big(2+9\frac{nh_\varepsilon}{r}\big)\end{aligned}$$

It follows that

$$\begin{aligned}|\mathrm{B}_\varepsilon|^q dv_{g_\varepsilon} &\leqslant C(n,k)\big(1+\frac{h_\varepsilon}{r}\big)^q dv_{g_\varepsilon}\leqslant C(n,k)(r+h_\varepsilon)^q r^{-1}\big(1+\frac{\varphi'_\varepsilon}{1\pm\varphi_\varepsilon}\big)dv_{n-k-1}dv_k dr\\ &\leqslant C(n,k)r^{-1}(r+h_\varepsilon)^q\Big(1+\frac{1}{\sqrt{(r/\varepsilon)^{2(n-k-1)}-1}}\Big)dv_{n-k-1}dv_k dr\end{aligned}$$

Now

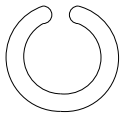
$$\begin{aligned}\int_{M^k_\varepsilon}|\mathrm{B}_\varepsilon|^q dv_{g_\varepsilon} &\leqslant C(n,k)\Big(\int_\varepsilon^{2^{\frac{1}{2(n-k-1)}}\varepsilon} r^{-1}\Big(1+\frac{1}{\sqrt{(r/\varepsilon)^{2(n-k-1)}-1}}\Big)dr\\ &\qquad+\int_{2^{\frac{1}{2(n-k-1)}}\varepsilon}^{2a+\varepsilon} r^{n-k-1}\Big(1+\frac{1}{r\sqrt{(r/\varepsilon)^{2(n-k-1)}-1}}\Big)^q dr\Big)\\ &\leqslant C(n,k)\Big(\int_1^{2^{\frac{1}{2(n-k-1)}}} s^{-1}\Big(1+\frac{1}{\sqrt{s^{2(n-k-1)}-1}}\Big)ds+\int_{2^{\frac{1}{2(n-k-1)}}}^{2a/\varepsilon+1} s^{n-k-1}\big(\varepsilon+\frac{1}{s^q}\big)^q ds\Big)\end{aligned}$$

Since $\varepsilon^{\frac{-1}{q}}\leqslant\frac{2a}{\varepsilon}+1$ for ε small enough we have

$$\begin{aligned}\int_{M^k_\varepsilon}|\mathrm{B}_\varepsilon|^q dv_{g_\varepsilon} &\leqslant C(n,k)\Big(1+\int_{2^{\frac{1}{2(n-k-1)}}}^{\varepsilon^{\frac{-1}{q}}}\frac{2s^{n-k-1}}{s^{q^2}}ds+\int_\varepsilon^{\frac{-1}{q}}2s^{n-k-1}\varepsilon^q ds\Big)\\ &\leqslant C(n,k)\big(1+\varepsilon^{n-k-1}\big)\end{aligned}$$

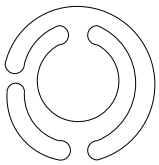
which remains bounded when $\varepsilon\to 0$. □

Since φ_ε is constant outside a neighborhood of $M_\varepsilon^+ \cap M_\varepsilon^-$ (given by a), M_ε^k is a smooth submanifold diffeomorphic to the sum of two spheres $\mathbb{S}^n$ along a (great) subsphere $\mathbb{S}^k \subset \mathbb{S}^n$.



If we denote $\tilde{M}_\varepsilon^k$ one connected component of the points of M_ε^k corresponding to $r \leqslant 3a$, we get some pieces of hypersurfaces

that can be glued together along pieces of spheres of constant curvature to get a smooth submanifold M_ε, diffeomorphic to p spheres $\mathbb{S}^n$ glued each other along l subspheres S_i, and with curvature satisfying the bounds of Theorem I.4 (when all the subspheres have dimension 0) or of the remark before Theorem I.3.



Since the surgeries are performed along subsets of capacity zero, the manifold constructed have a spectrum close to the spectrum of p disjoints spheres of radius close to 1 (i.e. close to the spectrum of the standard $\mathbb{S}^n$ with all multiplicities multiplied by p). More precisely, we set $\eta \in [2\varepsilon, \frac{\pi}{20}]$, and for any subsphere S_i, we set $N_{i,\eta,\varepsilon}$ the tubular neighborhood of radius η of the submanifold $\tilde{S}_i = M_{\varepsilon,i}^+ \cap M_{\varepsilon,i}^-$ in the local parametrization of M_ε given by the map $\Phi_{\varphi_{\varepsilon,i}}$ associated to the subsphere S_i. We have $M_\varepsilon = \Omega_{1,\eta,\varepsilon} \cup \cdots \cup \Omega_{p,\eta,\varepsilon} \cup N_{1,\eta,\varepsilon} \cup \cdots \cup N_{l,\eta,\varepsilon}$ where $\Omega_{i,\eta,\varepsilon}$ are the connected component of $M \setminus \cup_i N_{i,\eta,\varepsilon}$. The $\Omega_{i,\eta,\varepsilon}$ are diffeomorphic to some $S_{i,\eta}$ (which does not depend on ε and η) open set of $\mathbb{S}^n$ which are complements of neighborhoods of subspheres of dimension less than $n-2$ and radius η, endowed with metrics which converge in $\mathcal{C}^1$ topology to standard metrics of curvature 1 on $S_{i,\eta}$. Indeed, φ_ε converge to 0 in topology $\mathcal{C}^2$ on $[r_{\varepsilon,\eta}^{i,\pm}, \frac{\pi}{2}]$, where $\int_\varepsilon^{r_{\varepsilon,\eta}^{i,\pm}} \sqrt{(1 \pm \varphi_{\varepsilon,i})^2 + (\varphi'_{\varepsilon,i})^2} = \eta$ since it converges in $\mathcal{C}^1$ topology on any compact of $[\varepsilon, \frac{\pi}{2}]$ and since we have

$$\eta \geqslant \int_\varepsilon^{r_{\varepsilon,\eta}^{i,\pm}} (1 - b_{i,\varepsilon})\, dt = (r_{\varepsilon,\eta}^{i,\pm} - \varepsilon)(1 - b_{i,\varepsilon})$$

$$\eta \leqslant \int_\varepsilon^{r_{\varepsilon,\eta}^{i,\pm}} (1 + b_{i,\varepsilon})\, dt + \int_\varepsilon^{r_{\varepsilon,\eta}^{i,\pm}} \frac{dt}{\sqrt{(\frac{t}{\varepsilon})^{2(n-k-1)} - 1}} = (r_{\varepsilon,\eta}^{i,\pm} - \varepsilon)(1 + b_{i,\varepsilon}) + \varepsilon \int_1^{+\infty} \frac{dt}{\sqrt{t^{2(n-k-1)} - 1}}$$

so $r_{\varepsilon,\eta}^{\pm} \to \eta$ when $\varepsilon \to 0$. So the spectrum of $\cup_i \Omega_{i,\eta,\varepsilon} \subset M_\varepsilon$ for the Dirichlet problem converges to the spectrum of $\amalg_i S_{i,\eta} \subset \amalg_i \mathbb{S}^n$ for the Dirichlet problem as ε tends to 0 (by the min-max principle). Since any subsphere of codimension at least 2 has zero capacity in $\mathbb{S}^n$, we have that the spectrum of $\amalg_i S_{i,\eta} \subset \amalg_i \mathbb{S}^n$ for the Dirichlet problem converges to the spectrum of $\amalg_i \mathbb{S}^n$ when η tends to 0 (see for instance [6] or adapt

what follows). Since the spectrum of $\amalg_i \mathbb{S}^n$ is the spectrum of $\mathbb{S}^n$ with all multiplicities multiplied by p, by diagonal extraction we infer the existence of two sequences (ε_m) and (η_m) such that $\varepsilon_m \to 0$, $\eta_m \to 0$ and the spectrum of $\cup_i \Omega_{i,\eta_m,\varepsilon_m} \subset M_{\varepsilon_m}$ for the Dirichlet problem converges to the spectrum of $\mathbb{S}^n$ with all multiplicities multiplied by p. Finally, note that $\lambda_l(M_\varepsilon) \leqslant \lambda_l(\cup_i \Omega_{i,2\eta,\varepsilon})$ for any l by the Dirichlet principle.

On the other hand, by using functions of the distance to the $\tilde{S}_i$ we can easily construct on M_ε a function ψ_ε with value in $[0,1]$, support in $\cup_i \Omega_{i,\eta,\varepsilon}$, equal to 1 on $\cup_i \Omega_{i,2\eta,\varepsilon}$ and whose gradient satisfies $|d\psi_\varepsilon|_{g_\varepsilon} \leqslant \frac{2}{\eta}$. It readily follows that

$$\|1-\psi_\varepsilon^2\|_1 + \|d\psi_\varepsilon\|_2^2 \leqslant (1+\frac{4}{\eta^2}) \sum_i \frac{\operatorname{Vol} N_{i,2\eta,\varepsilon}}{\operatorname{Vol} M_\varepsilon}$$

To estimate $\sum_i \operatorname{Vol} N_{i,2\eta,\varepsilon}$, note that $N_{i,2\eta,\varepsilon}$ corresponds to the set of points with $r^{i,\pm} \leqslant r^{i,\pm}_{\varepsilon,2\eta}$ in the parametrization of M_ε given by $\Phi_{\varphi_{\varepsilon,i}}$ at the neighborhood of $\tilde{S}_i$, where, as above, $r^{i,\pm}_{\varepsilon,2\eta}$ is given by

$$\int_\varepsilon^{r^{i,\pm}_{\varepsilon,2\eta}} \sqrt{(1 \pm \varphi_{\epsilon,i})^2 + (\varphi'_{\epsilon,i})^2} = 2\eta$$

hence satisfies $\frac{1}{2}(r^{i,\pm}_{\varepsilon,2\eta} - \varepsilon) \leqslant 2\eta$ (since we have $1 - \varphi_{\varepsilon,i} \geqslant \frac{1}{2}$). By formula vol 6.7, we have

$$\begin{aligned}\operatorname{Vol} N_{i,2\eta,\varepsilon} &\leqslant C(n) \int_\varepsilon^{r_\eta^-} (1-\varphi_{\varepsilon,i})^{n-1} \sqrt{(1-\varphi_{\varepsilon,i})^2 + (\varphi'_{\varepsilon,i})^2}\, t^{n-k-1} dt \\ &\quad + C(n) \int_\varepsilon^{r_\eta^+} (1+\varphi_{\varepsilon,i})^{n-1} \sqrt{(1+\varphi_{\varepsilon,i})^2 + (\varphi'_{\varepsilon,i})^2}\, t^{n-k-1} dt \\ &\leqslant C(n)(4\eta+\varepsilon)^{n-k-1}\eta \leqslant C(n,k)\eta^{n-k}\end{aligned}$$

where we have used that $\varphi_{\varepsilon,i} \leqslant 2$ and $2\varepsilon \leqslant \eta$. We then have

$$\|1-\psi_\varepsilon^2\|_1 + \|d\psi_\varepsilon\|_2^2 \leqslant C(n,k,l,p)\eta^{n-k}$$

To end the proof of the fact that M_{ε_m} has a spectrum close to that of $\cup_i \Omega_{i,\eta_m,\varepsilon_m}$ we need the following proposition, whose proof is a classical Moser iteration (we use the Simon and Michael Sobolev Inequality).

rminffoncprop **Proposition 6.4.** *For any $q > n$ there exists a constant $C(q,n)$ so that if (M^n, g) is any Riemannian manifold isometrically immersed in $\mathbb{R}^{n+1}$ and $E_N = \langle f_0, \cdots, f_N \rangle$ is the space spanned by the eigenfunctions associated to $\lambda_0 \leqslant \cdots \leqslant \lambda_N$, then for any $f \in E_N$ we have*

$$\|f\|_\infty \leqslant C(q,n) \left((v_M)^{1/n} (\lambda_N^{1/2} + \|\mathrm{H}\|_q) \right)^\gamma \|f\|_2$$

where $\gamma = \frac{1}{2}\frac{qn}{q-n}$.

Since we already know that $\lambda_\sigma(M_{\varepsilon_m}) \leqslant \lambda_\sigma(\cup_i \Omega_{i,\eta_m,\varepsilon_m}) \to \lambda_{E(\sigma/p)}(\mathbb{S}^n)$ for any σ when $m \to \infty$, we infer that for any N there exists $m = m(N)$ large enough such that on M_{ε_m} and for any $f \in E_N$, we have (with $q = 2n$ and since $\|\mathrm{H}\|_\infty \leqslant C(n)$)

$$\|f\|_\infty \leqslant C(p,N,n)\|f\|_2$$

By the previous estimates, if we set

$$L_{\varepsilon_m} : f \in E_N \mapsto \psi_{\varepsilon_m} f \in \mathrm{H}_0^1(\cup_i \Omega_{i,\eta_m,\varepsilon_m})$$

then we have

$$\|f\|_2^2 \geqslant \|L_{\varepsilon_m}(f)\|_2^2 \geqslant \|f\|_2^2 - \|f\|_\infty^2 \|1-\psi_{\varepsilon_m}^2\|_1 \geqslant \|f\|_2^2\big(1 - C(k,l,p,N,n)\eta_m^{n-k}\big)$$

and

$$\begin{aligned}\|dL_{\varepsilon_m}(f)\|_2^2 &= \frac{1}{\operatorname{Vol} M_{\varepsilon_m}}\int_{M_{\varepsilon_m}} |f d\psi_{\varepsilon_m} + \psi_{\varepsilon_m} df|^2 \\ &\leqslant (1+h)\|df\|_2^2 + (1+\frac{1}{h})\frac{1}{\operatorname{Vol} M_{\varepsilon_m}}\int_{M_{\varepsilon_m}} f^2 |d\psi_{\varepsilon_m}|^2 \\ &\leqslant (1+h)\|df\|_2^2 + (1+\frac{1}{h})C(k,l,p,N,n)\|f\|_2^2\eta_m^{n-k}\end{aligned}$$

for any $h>0$. We set $h = \eta_m^{\frac{n-k}{2}}$. For $m = m(k,l,p,N,n)$ large enough, $L_{\varepsilon_m} : E_N \to \mathrm{H}_0^1(\cup_i \Omega_{i,\eta_m,\varepsilon_m})$ is injective and for any $f \in E_N$, we have

$$\frac{\|dL_{\varepsilon_m}(f)\|_2^2}{\|L_{\varepsilon_m}(f)\|_2^2} \leqslant (1 + C(k,l,p,N,n)\eta_m^{\frac{n-k}{2}})\frac{\|df\|_2^2}{\|f\|_2^2} + C(k,l,p,N,n)\eta_m^{\frac{n-k}{2}}$$

By the min-max principle, we infer that for any $\sigma \leqslant N$, we have

$$\lambda_\sigma(M_{\varepsilon_m}) \leqslant \lambda_\sigma(\cup_i \Omega_{i,\eta_m,\varepsilon_m}) \leqslant (1 + C(k,l,p,N,n)\eta_m^{\frac{n-k}{2}})\lambda_\sigma(M_{\varepsilon_m}) + C(k,l,p,N,n)\eta_m^{\frac{n-k}{2}}$$

Since $\lambda_\sigma(\cup_i \Omega_{i,\eta_M,\varepsilon_m}) \to \lambda_{E(\sigma/p)}(\mathbb{S}^n)$, this gives that $\lambda_\sigma(M_{\varepsilon_m}) \to \lambda_{E(\sigma/p)}(\mathbb{S}^n)$ for any $\sigma \leqslant N$. By diagonal extraction we get the sequence of manifolds (M_j) of Theorem I.4. ctrexple1

To construct the sequence of Theorem I.5, we consider the sequence of embedded submanifolds (M_j) of Theorem I.4 for $p=2$, $k=n-2$ and $l=1$. Each element of the sequence admits a covering of degree d given by $y \mapsto y^d$ in the local charts associated to the maps Φ. We endow these covering with the pulled back metrics. Arguing as above, we get that the spectrum of the new sequence converge to the spectrum of two disjoint copies of

$$\big(\mathbb{S}^1 \times \mathbb{S}^{n-2} \times [0, \frac{\pi}{2}], dr^2 + d^2 \sin^2 r g_{\mathbb{S}^1} + \cos^2 r g_{\mathbb{S}^{n-2}}\big).$$

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Appendix A. Proof of Lemma courbmoy 6.1

Let $(u,v,h)\in T_xS_\varepsilon$ and put $w=d(\Phi_\varphi)_x(u,v,h)\in T_qX_\varphi$ where $S_\varepsilon=\mathbb{S}^{n-k-1}\times\mathbb{S}^k\times I_\varepsilon$. An easy computation shows that

$$\begin{aligned} w&=(1+\varphi(r))((\sin r)u+(\cos r)v)\\ &\quad+\varphi'(r)((\sin r)y+(\cos r)z)h+(1+\varphi(r))((\cos r)y-(\sin r)z)h \end{aligned}\tag{A.1}$$

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We set

$$\tilde N_q=-\varphi'(r)((\cos r)y-(\sin r)z)+(1+\varphi(r))((\sin r)y+(\cos r)z)$$

and $N_q=\dfrac{\tilde N_q}{(\varphi'^2+(1+\varphi)^2)^{1/2}}$ is a unit normal vector field on X_φ. Then we have

$$\begin{aligned} \mathrm{B}_q(\varphi)(w,w)&=\langle\nabla^0_wN,w\rangle=\big(\varphi'^2+(1+\varphi)^2\big)^{-1/2}\langle\nabla^0_w\tilde N,w\rangle\\ &=\big(\varphi'^2+(1+\varphi)^2\big)^{-1/2}\Big\langle\sum_{i=1}^{n+1}w(\tilde N^i)\partial_i,w\Big\rangle \end{aligned}\tag{A.2}$$

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where $(\partial_i)_{1\leqslant i\leqslant n+1}$ is the canonical basis of $\mathbb{R}^{n+1}$. A straightforward computation shows that

$$\begin{aligned} \sum_{i=1}^{n+1}w(\tilde N^i)\partial_i=&-\varphi'(r)((\cos r)u-(\sin r)v)+(1+\varphi(r))((\sin r)u+(\cos r)v)\\ &-\varphi''(r)((\cos r)y-(\sin r)z)h+2\varphi'(r)((\sin r)y+(\cos r)z)h\\ &+(1+\varphi(r))((\cos r)y-(\sin r)z)h \end{aligned}$$

Reporting this in (A.2) and using (A.1) we get

$$\begin{aligned} \mathrm{B}_q(\varphi)((u,v,h),(u,v,h))=\frac{1}{\sqrt{\varphi'^2+(1+\varphi)^2}}\Big[&-\varphi'(r)\big(1+\varphi(r)\big)\sin r\cos r(|u|^2-|v|^2)\\ &+(1+\varphi(r))^2(\sin^2r|u|^2+\cos^2r|v|^2)-\big(1+\varphi(r)\big)\varphi''(r)h^2+2\varphi'^2(r)h^2+(1+\varphi(r))^2h^2\Big] \end{aligned}$$

Now let $(u_i)_{1\leqslant i\leqslant n-k-1}$ and $(v_i)_{1\leqslant i\leqslant k}$ be orthonormal bases of respectively $\mathbb{S}^{n-k-1}$ at y and $\mathbb{S}^k$ at z. We set $g=\Phi_\varphi^\star can$ and $\xi=(0,0,1)$, then we have

$$\begin{aligned} g(u_i,u_j)=(1+\varphi(r))^2\sin^2r\delta_{ij},\quad g(v_i,v_j)=(1+\varphi(r))^2\cos^2r\delta_{ij},\quad g(u_i,v_j)=0,\\ g(\xi,\xi)=\varphi'^2+(1+\varphi)^2,\qquad\qquad g(u_i,\xi)=g(v_j,\xi)=0. \end{aligned}$$

Now setting $\tilde u_i=d(\Phi_\varphi)_x(u_i)$, $\tilde v_i=d(\Phi_\varphi)_x(u_i)$ and $\tilde\xi=d(\Phi_\varphi)_x(\xi)$, the relation above allows us to compute the trace and norm

$$\begin{aligned} |\mathrm{B}_q(\varphi)|&=\max\Big(\max_i\frac{|\mathrm{B}_q(\varphi)(\tilde u_i,\tilde u_i)|}{g(u_i,u_i)},\max_j\frac{|\mathrm{B}_q(\varphi)(\tilde v_j,\tilde v_j)|}{g(v_j,v_j)},\frac{|\mathrm{B}_q(\varphi)(\tilde\xi,\tilde\xi)|}{g(\xi,\xi)}\Big)\\ &=\frac{1}{\sqrt{\varphi'^2+(1+\varphi)^2}}\max\Big(\big|1-\frac{\varphi'}{1+\varphi}\cot r\big|,\big|1+\frac{\varphi'}{1+\varphi}\tan r\big|,\big|1+\frac{(\varphi')^2-(1+\varphi)\varphi''}{\varphi'^2+(1+\varphi)^2}\big|\Big) \end{aligned}$$

of the second fundamental form.

(E. Aubry) LJAD, Université de Nice Sophia-Antipolis, CNRS; 28 avenue Valrose, 06108 Nice, France

E-mail address: eaubry@unice.fr

(J.-F. Grosjean) Institut Élie Cartan de Lorraine (Mathématiques), Université de Lorraine, B.P. 239, F-54506 Vandœuvre-les-Nancy cedex, France

E-mail address: jean-francois.grosjean@univ-lorraine.fr