# $L_{p}$ MARKOV-BERNSTEIN INEQUALITIES ON ALL ARCS OF THE CIRCLE 

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Abstract. Let $0<p<\infty$ and $0 \leq \alpha<\beta \leq 2 \pi$. We prove that for $n \geq 1$ and trigonometric polynomials $s_{n}$ of degree $\leq n$, we have

$$
\begin{gathered}
\int_{\alpha}^{\beta}\left|s_{n}^{\prime}(\theta)\right|^{p}\left[\frac{\left|\sin \left(\frac{\theta-\alpha}{2}\right)\right|\left|\sin \left(\frac{\theta-\beta}{2}\right)\right|+\left(\frac{\beta-\alpha}{n}\right)^{2}}{\left(\cos \frac{\theta-\frac{\alpha+\beta}{2}}{2}\right)^{2}+\left(\frac{1}{n}\right)^{2}}\right]^{p / 2} d \theta \\
\leq c n^{p} \int_{\alpha}^{\beta}\left|s_{n}(\theta)\right|^{p} d \theta
\end{gathered}
$$

where $c$ is independent of $\alpha, \beta, n, s_{n}$. The essential feature is the uniformity in $[\alpha, \beta]$ of the estimate, and the fact that as $[\alpha, \beta]$ approaches $[0,2 \pi]$, we recover the $L_{p}$ Markov inequality. The result may be viewed as the complete $L_{p}$ form of Videnskii's inequalities, improving earlier work of the second author.

## 1. Introduction and Results

The classical Markov-Bernstein inequality for trigonometric polynomials

$$
s_{n}(\theta):=\sum_{j=0}^{n}\left(c_{j} \cos j \theta+d_{j} \sin j \theta\right)
$$

of degree $\leq n$ is

$$
\left\|s_{n}^{\prime}\right\|_{L_{\infty}[0,2 \pi]} \leq n\left\|s_{n}\right\|_{L_{\infty}[0,2 \pi]}
$$

The same factor $n$ occurs in the $L_{p}$ analogue . See [1] or [3]. In the 1950's V.S. Videnskii generalized the $L_{\infty}$ inequality to the case where the interval over which the norm is taken is shorter than the period [1, pp.242-5]: let $0<\omega<\pi$. Then there is the sharp inequality

$$
\left|s_{n}^{\prime}(\theta)\right|\left[1-\left(\frac{\cos \omega / 2}{\cos \theta / 2}\right)^{2}\right]^{1 / 2} \leq n\left\|s_{n}\right\|_{L_{\infty}[-\omega, \omega]}, \theta \in[-\omega, \omega]
$$

This implies that

$$
\sup _{\theta \in[-\pi, \pi]}\left|s_{n}^{\prime}(\theta)\right|\left[\left|\sin \left(\frac{\theta-\omega}{2}\right)\right|\left|\sin \left(\frac{\theta+\omega}{2}\right)\right|\right]^{1 / 2} \leq n\left\|s_{n}\right\|_{L_{\infty}[-\omega, \omega]}
$$

and for $n \geq n_{0}(\omega)$, gives rise to the sharp Markov inequality

$$
\begin{equation*}
\left\|s_{n}^{\prime}\right\|_{L_{\infty}[-\omega, \omega]} \leq 2 n^{2} \cot \frac{\omega}{2}\left\|s_{n}\right\|_{L_{\infty}[-\omega, \omega]} \tag{1}
\end{equation*}
$$

What are the $L_{p}$ analogues? This question arose originally in connection with large sieve inequalities [7], on subarcs of the circle. In an earlier paper, the second author
proved the following result:

## Theorem 1.1

Let $0<p<\infty$ and $0 \leq \alpha<\beta \leq 2 \pi$. Then for $n \geq 1$ and trigonometric polynomials $s_{n}$ of degree $\leq n$,

$$
\begin{equation*}
\int_{\alpha}^{\beta}\left|s_{n}^{\prime}(\theta)\right|^{p}\left[\left|\sin \left(\frac{\theta-\alpha}{2}\right)\right|\left|\sin \left(\frac{\theta-\beta}{2}\right)\right|+\left(\frac{\beta-\alpha}{n}\right)^{2}\right]^{p / 2} d \theta \leq C n^{p} \int_{\alpha}^{\beta}\left|s_{n}(\theta)\right|^{p} d \theta \tag{2}
\end{equation*}
$$

Here $C$ is independent of $\alpha, \beta, n, s_{n}$.
This inequality confirmed a conjecture of Erdelyi [4]. Theorem 1.1 was deduced from an analogous inequality for algebraic polynomials.

While Theorem 1.1 is almost certainly sharp with respect to the growth in $n$ when $[\alpha, \beta]$ is a fixed proper subinterval of $(0, \pi)$, and most especially when $[\alpha, \beta]$ is small, it is not sharp when $[\alpha, \beta]$ approaches $[0,2 \pi]$. For example, Theorem 1.1 gives

$$
\int_{0}^{2 \pi}\left|s_{n}^{\prime}(\theta)\right|^{p}\left[\left(\sin \frac{\theta}{2}\right)^{2}+\left(\frac{2 \pi}{n}\right)^{2}\right]^{p / 2} d \theta \leq C n^{p} \int_{\alpha}^{\beta}\left|s_{n}(\theta)\right|^{p} d \theta
$$

while the correct Markov inequality is (with $C=1$ ),

$$
\begin{equation*}
\int_{0}^{2 \pi}\left|s_{n}^{\prime}(\theta)\right|^{p} d \theta \leq C n^{p} \int_{0}^{2 \pi}\left|s_{n}(\theta)\right|^{p} d \theta \tag{3}
\end{equation*}
$$

It is possible to derive this by two applications of (2) (on different intervals) and then by using $2 \pi$-periodicity of the integrand. However for general $[\alpha, \beta] \subset[0,2 \pi]$, we are not able to use $2 \pi$-periodicity, so for $\beta-\alpha$ close to $2 \pi$, it seems that we cannot obtain the sharp result from (2). In this paper, we establish an improvement of Theorem 1.1 which does yield (3), and is almost certainly sharp for $[\alpha, \beta]$ close to $[0,2 \pi]$. In particular, we prove:

## Theorem 1.2

Let $0<p<\infty$ and $0 \leq \alpha<\beta \leq 2 \pi$. Then for $n \geq 1$ and trigonometric polynomials $s_{n}$ of degree $\leq n$,

$$
\begin{equation*}
\int_{\alpha}^{\beta}\left|s_{n}^{\prime}(\theta)\right|^{p}\left[\frac{\left|\sin \left(\frac{\theta-\alpha}{2}\right)\right|\left|\sin \left(\frac{\theta-\beta}{2}\right)\right|+\left(\frac{\beta-\alpha}{n}\right)^{2}}{\left(\cos \frac{\theta-\frac{\alpha+\beta}{2}}{2}\right)^{2}+\left(\frac{1}{n}\right)^{2}}\right]^{p / 2} d \theta \leq C n^{p} \int_{\alpha}^{\beta}\left|s_{n}(\theta)\right|^{p} d \theta \tag{4}
\end{equation*}
$$

Here $C$ is independent of $\alpha, \beta, n, s_{n}$.
For example, if we take our interval to be $[-\omega, \omega]$, where $0<\omega<\pi$, we may reformulate the above inequality as

$$
\begin{equation*}
\int_{-\omega}^{\omega}\left|s_{n}^{\prime}(\theta)\right|^{p}\left[\frac{\left|\sin \left(\frac{\theta-\omega}{2}\right)\right|\left|\sin \left(\frac{\theta+\omega}{2}\right)\right|+\left(\frac{2 \omega}{n}\right)^{2}}{\left(\cos \frac{\theta}{2}\right)^{2}+\left(\frac{1}{n}\right)^{2}}\right]^{p / 2} d \theta \leq C n^{p} \int_{-\omega}^{\omega}\left|s_{n}(\theta)\right|^{p} d \theta \tag{5}
\end{equation*}
$$

with $C$ independent of $\omega, n, s_{n}$, or equivalently,

$$
\begin{equation*}
\int_{-\omega}^{\omega}\left|s_{n}^{\prime}(\theta)\right|^{p}\left[\frac{\left(\cos \frac{\theta}{2}\right)^{2}-\left(\cos \frac{\omega}{2}\right)^{2}+\left(\frac{2 \omega}{n}\right)^{2}}{\left(\cos \frac{\theta}{2}\right)^{2}+\left(\frac{1}{n}\right)^{2}}\right]^{p / 2} d \theta \leq C n^{p} \int_{-\omega}^{\omega}\left|s_{n}(\theta)\right|^{p} d \theta \tag{6}
\end{equation*}
$$

As $\omega \rightarrow \pi$, we recover the Markov inequality (3). Note that also as $\omega$ becomes small, (5) reduces to
$\int_{-\omega}^{\omega}\left|s_{n}^{\prime}(\theta)\right|^{p}\left[\left|\sin \left(\frac{\theta-\omega}{2}\right)\right|\left|\sin \left(\frac{\theta+\omega}{2}\right)\right|+\left(\frac{2 \omega}{n}\right)^{2}\right]^{p / 2} d \theta \leq C n^{p} \int_{-\omega}^{\omega}\left|s_{n}(\theta)\right|^{p} d \theta$,
which in turn implies the $L_{p}$ Markov inequality

$$
\int_{-\omega}^{\omega}\left|s_{n}^{\prime}(\theta)\right|^{p} d \theta \leq C\left(\frac{n^{2}}{\omega}\right)^{p} \int_{-\omega}^{\omega}\left|s_{n}(\theta)\right|^{p} d \theta
$$

The latter is the $L_{p}$ version of (1).
We shall deduce Theorem 1.2 from:
Theorem 1.3
Let $0<p<\infty$ and $0 \leq \alpha<\beta \leq 2 \pi$. Let

$$
\begin{equation*}
\varepsilon_{n}(z):=\frac{1}{n}\left[\frac{\left|z-e^{i \alpha}\right|\left|z-e^{i \beta}\right|+\left(\frac{\beta-\alpha}{n}\right)^{2}}{\left|z+e^{i \frac{\alpha+\beta}{2}}\right|^{2}+\left(\frac{1}{n}\right)^{2}}\right]^{1 / 2} \tag{7}
\end{equation*}
$$

Then for $n \geq 1$ and algebraic polynomials $P$ of degree $\leq n$,

$$
\begin{equation*}
\int_{\alpha}^{\beta}\left|\left(P^{\prime} \varepsilon_{n}\right)\left(e^{i \theta}\right)\right|^{p} d \theta \leq C \int_{\alpha}^{\beta}\left|P\left(e^{i \theta}\right)\right|^{p} d \theta \tag{8}
\end{equation*}
$$

Here $C$ is independent of $\alpha, \beta, n, s_{n}$.
Our method of proof uses Carleson measures much as in [8-10], but also uses ideas from [7] where large sieve inequalities were proved for subarcs of the circle. Despite the similarities in many of the proofs to especially those in [10], we provide the details, for otherwise the proofs would be very difficult to follow. The chief difference to the proofs in [10] is due to the more delicate choice of $\varepsilon_{n}$, which substantially complicates the proofs in Section 3.

We shall prove Theorem 1.3 in Section 2, deferring some technical estimates. In Section 3, we present estimates involving the function $\varepsilon_{n}$ and also estimate the norms of certain Carleson measures. In Section 4, we prove Theorem 1.2.

## 2. The Proof of Theorem 1.3

Throughout, $C, C_{0}, C_{1}, C_{2}, \ldots$ denote constants that are independent of $\alpha, \beta, \omega, n$ and polynomials $P$ of degree $\leq n$ or trigonometric polynomials $s_{n}$ of degree $\leq n$. They may however depend on $p$. The same symbol does not necessarily denote the same constant in different occurrences. We shall prove Theorem 1.3 in several steps:
(I) Reduction to the case $0<\alpha<\pi$; $\beta:=2 \pi-\alpha$

After a rotation of the circle, we may assume that our arc $\left\{e^{i \theta}: \theta \in[\alpha, \beta]\right\}$ has the form

$$
\Delta=\left\{e^{i \theta}: \theta \in\left[\alpha^{\prime}, 2 \pi-\alpha^{\prime}\right]\right\}
$$

where $0 \leq \alpha^{\prime}<\pi$. Then $\Delta$ is symmetric about the real line, and this simplifies use of a conformal map below. Moreover, then

$$
\beta-\alpha=2\left(\pi-\alpha^{\prime}\right) .
$$

Dropping the prime, it suffices to consider $0<\alpha<\pi$, and $\beta-\alpha$ replaced everywhere by $2(\pi-\alpha)$. Thus in the sequel, we assume that

$$
\begin{gather*}
\Delta=\left\{e^{i \theta}: \theta \in[\alpha, 2 \pi-\alpha]\right\}  \tag{9}\\
R(z)=\left(z-e^{i \alpha}\right)\left(z-e^{-i \alpha}\right)=z^{2}-2 z \cos \alpha+1 \tag{10}
\end{gather*}
$$

Since then $\frac{\alpha+\beta}{2}=\pi$, we may take for $z=e^{i \theta}$ (dropping the subscript $n$ from $\varepsilon_{n}$ in (7) and a factor of 2 in $\pi-\alpha$ ),

$$
\begin{equation*}
\varepsilon(z)=\frac{1}{n}\left[\frac{|R(z)|+\left(\frac{\pi-\alpha}{n}\right)^{2}}{|z-1|^{2}+\left(\frac{1}{n}\right)^{2}}\right]^{1 / 2}=\frac{1}{n}\left[\frac{4\left|\sin \left(\frac{\theta-\alpha}{2}\right) \sin \left(\frac{\theta+\alpha}{2}\right)\right|+\left(\frac{\pi-\alpha}{n}\right)^{2}}{4\left(\sin \frac{\theta}{2}\right)^{2}+\left(\frac{1}{n}\right)^{2}}\right]^{1 / 2} \tag{11}
\end{equation*}
$$

We can now begin the main part of the proof:
(II) Pointwise estimates for $P^{\prime}(z)$ when $p \geq 1$

By Cauchy's integral formula for derivatives, (or by Cauchy's estimates),

$$
\begin{aligned}
& \quad\left|P^{\prime}(z)\right|=\left|\frac{1}{2 \pi i} \int_{|t-z|=\varepsilon(z) / 100} \frac{P(t)}{(t-z)^{2}} d t\right| \\
& \leq \frac{1}{2 \pi} \int_{-\pi}^{\pi}\left|P\left(z+\frac{\varepsilon(z)}{100} e^{i \theta}\right)\right| d \theta /\left(\frac{\varepsilon(z)}{100}\right) .
\end{aligned}
$$

Then Hölder's inequality gives

$$
\begin{aligned}
& \left|P^{\prime}(z)\right| \varepsilon(z) \leq 100\left(\frac{1}{2 \pi} \int_{-\pi}^{\pi}\left|P\left(z+\frac{\varepsilon(z)}{100} e^{i \theta}\right)\right|^{p} d \theta\right)^{1 / p} \\
& \Rightarrow\left(\left|P^{\prime}(z)\right| \varepsilon(z)\right)^{p} \leq 100^{p} \frac{1}{2 \pi} \int_{-\pi}^{\pi}\left|P\left(z+\frac{\varepsilon(z)}{100} e^{i \theta}\right)\right|^{p} d \theta
\end{aligned}
$$

(III) Pointwise estimates for $P^{\prime}(z)$ when $p<1$

We follow ideas in $[9,10]$. Suppose first that $P$ has no zeros inside or on the circle $\gamma:=\left\{t:|t-z|=\frac{\varepsilon(z)}{100}\right\}$. Then we can choose a single valued branch of $P^{p}$ there, with the properties

$$
\frac{d}{d t} P(t)_{\mid t=z}^{p}=p P(z)^{p} \frac{P^{\prime}(z)}{P(z)}
$$

and

$$
\left|P^{p}(t)\right|=|P(t)|^{p}
$$

Then by Cauchy's integral formula for derivatives,

$$
p\left|P^{\prime}(z)\right||P(z)|^{p-1}=\left|\frac{1}{2 \pi i} \int_{|t-z|=\frac{\varepsilon(z)}{100}} \frac{P^{p}(t)}{(t-z)^{2}} d t\right|
$$

$$
\leq \frac{1}{2 \pi} \int_{-\pi}^{\pi}\left|P\left(z+\frac{\varepsilon(z)}{100} e^{i \theta}\right)\right|^{p} d \theta /\left(\frac{\varepsilon(z)}{100}\right)
$$

Since also (by Cauchy or by subharmonicity)

$$
|P(z)|^{p} \leq \frac{1}{2 \pi} \int_{-\pi}^{\pi}\left|P\left(z+\frac{\varepsilon(z)}{100} e^{i \theta}\right)\right|^{p} d \theta
$$

and since $1-p>0$, we deduce that

$$
\begin{aligned}
& p\left|P^{\prime}(z)\right| \varepsilon(z) \leq 100\left(\frac{1}{2 \pi} \int_{-\pi}^{\pi}\left|P\left(z+\frac{\varepsilon(z)}{100} e^{i \theta}\right)\right|^{p} d \theta\right)^{1 / p} \\
\Rightarrow & \left(\left|P^{\prime}(z)\right| \varepsilon(z)\right)^{p} \leq\left(\frac{100}{p}\right)^{p} \frac{1}{2 \pi} \int_{-\pi}^{\pi}\left|P\left(z+\frac{\varepsilon(z)}{100} e^{i \theta}\right)\right|^{p} d \theta
\end{aligned}
$$

Now suppose that $P$ has zeros inside $\gamma$. We may assume that it does not have zeros on $\gamma$ (if necessary change $\varepsilon(z)$ a little and then use continuity). Let $B(z)$ be the Blaschke product formed from the zeros of $P$ inside $\gamma$. This is the usual Blaschke product for the unit circle, but scaled to $\gamma$ so that $|B|=1$ on $\gamma$. Then the above argument applied to $(P / B)$ gives

$$
\left(\left|(P / B)^{\prime}(z)\right| \varepsilon(z)\right)^{p} \leq\left(\frac{100}{p}\right)^{p} \frac{1}{2 \pi} \int_{-\pi}^{\pi}\left|P\left(z+\frac{\varepsilon(z)}{100} e^{i \theta}\right)\right|^{p} d \theta
$$

Moreover, as above

$$
|P / B(z)|^{p} \leq \frac{1}{2 \pi} \int_{-\pi}^{\pi}\left|P\left(z+\frac{\varepsilon(z)}{100} e^{i \theta}\right)\right|^{p} d \theta
$$

while Cauchy's estimates give

$$
\left|B^{\prime}(z)\right| \leq \frac{100}{\varepsilon(z)}
$$

Then these last three estimates give

$$
\begin{aligned}
& \left|P^{\prime}(z)\right|^{p} \varepsilon(z)^{p} \leq\left(\left|(P / B)^{\prime}(z) B(z)\right|+|P / B(z)|\left|B^{\prime}(z)\right|\right)^{p} \varepsilon(z)^{p} \\
& \quad \leq\left\{\left(\frac{200}{p}\right)^{p}+200^{p}\right\}\left[\frac{1}{2 \pi} \int_{-\pi}^{\pi}\left|P\left(z+\frac{\varepsilon(z)}{100} e^{i \theta}\right)\right|^{p} d \theta\right]
\end{aligned}
$$

In summary, the last two steps give for all $p>0$,

$$
\begin{equation*}
\left|P^{\prime} \varepsilon\right|^{p}(z) \leq C_{0} \frac{1}{2 \pi} \int_{-\pi}^{\pi}\left|P\left(z+\frac{\varepsilon(z)}{100} e^{i \theta}\right)\right|^{p} d \theta \tag{12}
\end{equation*}
$$

where

$$
C_{0}:=200^{p}\left(1+p^{-p}\right)
$$

(IV) Integrate the Pointwise estimates

We obtain by integration of (12) that

$$
\begin{equation*}
\int_{\alpha}^{2 \pi-\alpha}\left|\left(P^{\prime} \varepsilon\right)\left(e^{i \theta}\right)\right|^{p} d \theta \leq C_{0} \int|P(z)|^{p} d \sigma \tag{13}
\end{equation*}
$$

where the measure $\sigma$ is defined by

$$
\begin{equation*}
\int f d \sigma:=\int_{\alpha}^{2 \pi-\alpha}\left[\frac{1}{2 \pi} \int_{-\pi}^{\pi} f\left(e^{i s}+\frac{\varepsilon\left(e^{i s}\right)}{100} e^{i \theta}\right) d \theta\right] d s \tag{14}
\end{equation*}
$$

We now wish to pass from the right-hand side of (13) to an estimate over the whole unit circle. This passage would be permitted by a result of Carleson, provided $P$ is analytic off the unit circle, and provided it has suitable behaviour at $\infty$. To take care of the fact that it does not have the correct behaviour at $\infty$, we need a conformal map:
(V) The conformal map $\Psi$ of $\mathbb{C} \backslash \Delta$ onto $\{w:|w|>1\}$.

This is given by

$$
\Psi(z)=\frac{1}{2 \cos \alpha / 2}[z+1+\sqrt{R(z)}]
$$

where the branch of $\sqrt{R(z)}$ is chosen so that it is analytic off $\Delta$ and behaves like $z(1+o(1))$ as $z \rightarrow \infty$. Note that $\sqrt{R(z)}$ and hence $\Psi(z)$ have well defined boundary values (both non-tangential and tangential) as $z$ approaches $\Delta$ from inside or outside the unit circle, except at $z=e^{ \pm i \alpha}$. We denote the boundary values from inside by $\sqrt{R(z)_{+}}$and $\Psi(z)_{+}$and from outside by $\sqrt{R(z)_{-}}$and $\Psi(z)_{-}$. We also set (unless otherwise specified)

$$
\Psi(z):=\Psi(z)_{-}, z \in \Delta \backslash\left\{e^{i \alpha}, e^{-i \alpha}\right\}
$$

See [6] for a detailed discussion and derivation of this conformal map. Let

$$
\begin{equation*}
\ell:=\text { least positive integer }>\frac{1}{p} \tag{15}
\end{equation*}
$$

In Lemma 3.2 we shall show that there is a constant $C_{1}$ (independent of $\alpha, \beta, n$ ) such that

$$
a \in \Delta \text { and }|z-a| \leq \frac{\varepsilon(a)}{100} \Rightarrow|\Psi(z)|^{n+\ell} \leq C_{1}
$$

Then we deduce from (13) that

$$
\begin{equation*}
\int_{\alpha}^{2 \pi-\alpha}\left|\left(P^{\prime} \varepsilon\right)\left(e^{i \theta}\right)\right|^{p} d \theta \leq C_{1}^{p} C_{0} \int\left|\frac{P}{\Psi^{n+\ell}}\right|^{p} d \sigma \tag{16}
\end{equation*}
$$

Since the form of Carleson's inequality that we use involves functions analytic inside the unit ball, we now split $\sigma$ into its parts with support inside and outside the unit circle: for measurable $S$, let

$$
\begin{align*}
\sigma^{+}(S) & :=\sigma(S \cap\{z:|z|<1\})  \tag{17}\\
\sigma^{-}(S) & :=\sigma(S \cap\{z:|z|>1\})
\end{align*}
$$

Moreover, we need to "reflect $\sigma^{-}$through the unit circle": let

$$
\begin{equation*}
\sigma^{\#}(S):=\sigma^{-}\left(\frac{1}{S}\right):=\sigma^{-}\left(\left\{\frac{1}{t}: t \in S\right\}\right) \tag{18}
\end{equation*}
$$

Then since the unit circle $\Gamma$ has $\sigma(\Gamma)=0$, (16) becomes

$$
\begin{equation*}
\int_{\alpha}^{2 \pi-\alpha}\left|\left(P^{\prime} \varepsilon\right)\left(e^{i \theta}\right)\right|^{p} d \theta \leq C_{1}^{p} C_{0}\left(\int\left|\frac{P}{\Psi^{n+\ell}}\right|^{p}(t) d \sigma^{+}(t)+\int\left|\frac{P}{\Psi^{n+\ell}}\right|^{p}\left(\frac{1}{t}\right) d \sigma^{\#}(t)\right) \tag{19}
\end{equation*}
$$

We next focus on handling the first integral in the last right-hand side:
(VI) Estimate the integral involving $\sigma^{+}$

We are now ready to apply Carleson's result. Recall that a positive Borel measure $\mu$ with support inside the unit ball is called a Carleson measure if there exists $A>0$ such that for every $0<h<1$ and every sector

$$
S:=\left\{r e^{i \theta}: r \in[1-h, 1] ;\left|\theta-\theta_{0}\right| \leq h\right\}
$$

we have

$$
\mu(S) \leq A h
$$

The smallest such $A$ is called the Carleson norm of $\mu$ and denoted $N(\mu)$. See [5] for an introduction. One feature of such a measure is the inequality

$$
\begin{equation*}
\int|f|^{p} d \mu \leq C_{2} N(\mu) \int_{0}^{2 \pi}\left|f\left(e^{i \theta}\right)\right|^{p} d \theta \tag{20}
\end{equation*}
$$

valid for every function $f$ in the Hardy p space on the unit ball. Here $C_{2}$ depends only on $p$. See [5, pp. 238] and also [5,p.31;p.63].

Applying this to $P / \Psi^{n+\ell}$ gives

$$
\begin{equation*}
\int\left|\frac{P}{\Psi^{n+\ell}}\right|^{p} d \sigma^{+} \leq C_{2} N\left(\sigma^{+}\right) \int_{0}^{2 \pi}\left|\frac{P}{\Psi^{n+\ell}}\left(e^{i \theta}\right)\right|^{p} d \theta \tag{21}
\end{equation*}
$$

(VII) Estimate the integral involving $\sigma^{\#}$

Suppose that $P$ has degree $\nu \leq n$. As $\Psi(z) / z$ has a finite non-zero limit as $z \rightarrow \infty$, $P(z) / \Psi(z)^{\nu}$ has a finite non-zero limit as $z \rightarrow \infty$. Then $h(t):=P\left(\frac{1}{t}\right) / \Psi\left(\frac{1}{t}\right)^{n+\ell}$ has zeros in $|t|<1$ corresponding only to zeros of $P(z)$ in $|z|>1$ and a zero of multiplicity $n+\ell-\nu$ at $t=0$, corresponding to the zero of $P(z) / \Psi(z)^{n+\ell}$ at $z=\infty$. Then we may apply Carleson's inequality (20) to $h$. The consequence is that

$$
\int\left|\frac{P}{\Psi^{n+\ell}}\right|^{p}\left(\frac{1}{t}\right) d \sigma^{\#}(t) \leq C_{2} N\left(\sigma^{\#}\right) \int_{0}^{2 \pi}\left|\frac{P}{\Psi^{n+\ell}}\left(e^{-i \theta}\right)\right|^{p} d \theta
$$

Combined with (19) and (21), this gives

$$
\begin{equation*}
\int_{\alpha}^{2 \pi-\alpha}\left|\left(P^{\prime} \varepsilon\right)\left(e^{i \theta}\right)\right|^{p} d \theta \leq C_{0} C_{1}^{p} C_{2}\left(N\left(\sigma^{+}\right)+N\left(\sigma^{\#}\right)\right) \int_{0}^{2 \pi}\left|\frac{P}{\Psi^{n+\ell}}\left(e^{i \theta}\right)\right|^{p} d \theta \tag{22}
\end{equation*}
$$

(VIII) Pass from the Whole Unit Circle to $\Delta$ when $p>1$

Let $\Gamma$ denote the whole unit circle, and let $|d t|$ denote arclength on $\Gamma$. In Step VIII of the proof of Theorem 1.2 in [10], we established an estimate of the form

$$
\begin{equation*}
\int_{\Gamma \backslash \Delta}|g(t)|^{p}|d t| \leq C_{3}\left(\int_{\Delta}\left|g_{+}(t)\right|^{p}|d t|+\left|g_{-}(t)\right|^{p}|d t|\right), \tag{23}
\end{equation*}
$$

valid for all functions $g$ analytic in $\mathbb{C} \backslash \Delta$, with limit 0 at $\infty$, and interior and exterior boundary values $g_{+}$and $g_{-}$for which the right-hand side of (23) is finite. Here,
$C_{3}$ depends only on $p$. We apply this to $g:=P / \Psi^{n+\ell}$. Then as $\Psi_{ \pm}$have absolute value 1 on $\Delta$, so that $\left|g_{ \pm}\right|=|P|$ on $\Delta$, we deduce that

$$
\begin{aligned}
& \int_{\Gamma \backslash \Delta}\left|P(t) / \Psi(t)^{n+\ell}\right|^{p}|d t| \leq C_{3} \int_{\Delta}|P(t)|^{p}|d t| \\
\Rightarrow & \int_{0}^{2 \pi}\left|\frac{P}{\Psi^{n+\ell}}\left(e^{i \theta}\right)\right|^{p} d \theta \leq\left(\int_{\alpha}^{2 \pi-\alpha}\left|P\left(e^{i \theta}\right)\right|^{p} d \theta\right)\left(1+C_{3}\right) .
\end{aligned}
$$

Now (22) becomes

$$
\begin{equation*}
\int_{\alpha}^{2 \pi-\alpha}\left|\left(P^{\prime} \varepsilon\right)\left(e^{i \theta}\right)\right|^{p} d \theta \leq C_{0} C_{1}^{p} C_{2}\left(1+C_{3}\right)\left(N\left(\sigma^{+}\right)+N\left(\sigma^{\#}\right)\right) \int_{\alpha}^{2 \pi-\alpha}\left|P\left(e^{i \theta}\right)\right|^{p} d \theta \tag{24}
\end{equation*}
$$

(IX) Pass from the Whole Unit Circle to $\Delta$ when $p \leq 1$

It is only here that we really need the choice (15) of $\ell$. Let

$$
q:=\ell p(>1) .
$$

Then we would like to apply (23) with $p$ replaced by $q$ and with

$$
\begin{equation*}
g:=\left(P / \Psi^{n}\right)^{p / q} \Psi^{-1}=\left(P / \Psi^{n+\ell}\right)^{p / q} \tag{25}
\end{equation*}
$$

The problem is that $g$ does not in general possess the required properties. To circumvent this, we proceed as follows: firstly, we may assume that $P$ has full degree $n$. For, if $P$ has degree $<n$, we can add a term of the form $\delta z^{n}$, giving $P(z)+\delta z^{n}$, a polynomial of full degree $n$. Once (8) is proved for such $P$, we can then let $\delta \rightarrow 0+$.

So assume that $P$ has degree $n$. Then $P / \Psi^{n}$ is analytic in $\mathbb{C} \backslash \Delta$ and has a finite non-zero limit at $\infty$, so is analytic at $\infty$. Now if all zeros of $P$ lie on $\Delta$, then we may define a single valued branch of $g$ of (25) in $\overline{\mathbb{C}} \backslash \Delta$. Then (23) with $q$ replacing $p$ gives as before

$$
\begin{gathered}
\int_{\Gamma \backslash \Delta}|g(t)|^{q}|d t| \leq C_{3}\left(\int_{\Delta}\left|g_{+}(t)\right|^{q}|d t|+\left|g_{-}(t)\right|^{q}|d t|\right) \\
\Rightarrow \int_{\Gamma \backslash \Delta}\left|P / \Psi^{n+\ell}\right|^{p}|d t| \leq 2 C_{3} \int_{\Delta}|P(t)|^{p}|d t|
\end{gathered}
$$

and then we obtain an estimate similar to (24). When $P$ has zeros in $\mathbb{C} \backslash \Delta$, we adopt a standard procedure to "reflect" these out of $\mathbb{C} \backslash \Delta$. Write

$$
P(z)=d \prod_{j=1}^{n}\left(z-z_{j}\right)
$$

For each factor $z-z_{j}$ in $P$ with $z_{j} \notin \Delta$, we define

$$
b_{j}(z):=\left\{\begin{array}{ll}
\left(z-z_{j}\right) /\left(\frac{\Psi(z)-\Psi\left(z_{j}\right)}{1-\overline{\Psi\left(z_{j}\right)} \Psi(z)}\right), & z \neq z_{j} \\
\left(1-\left|\Psi\left(z_{j}\right)\right|^{2}\right) / \Psi^{\prime}\left(z_{j}\right), & z=z_{j}
\end{array} .\right.
$$

This is analytic in $\mathbb{C} \backslash \Delta$, does not have any zeros there, and moreover, since as $z \rightarrow \Delta,|\Psi(z)| \rightarrow 1$, we see that

$$
\left|b_{j}(z)\right|=\left|z-z_{j}\right|, z \in \Delta ;\left|b_{j}(z)\right| \geq\left|z-z_{j}\right|, z \in \mathbb{C} \backslash \Delta
$$

(Recall that we extended $\Psi$ to $\Delta$ as an exterior boundary value). We may now choose a branch of

$$
g(z):=\left[d\left(\prod_{z_{j} \notin \Delta} b_{j}(z)\right)\left(\prod_{z_{j} \in \Delta}\left(z-z_{j}\right)\right) / \Psi(z)^{n}\right]^{p / q} / \Psi(z)
$$

that is single valued and analytic in $\mathbb{C} \backslash \Delta$, and has limit 0 at $\infty$. Then as $\Psi_{ \pm}$have absolute value 1 on $\Delta$, so that $\left|g_{ \pm}\right|^{q}=|P|^{p}$ on $\Delta$, we deduce from (23) that

$$
\begin{aligned}
& \int_{\Gamma \backslash \Delta}\left|P(t) / \Psi(t)^{n+\ell}\right|^{p}|d t| \leq \int_{\Gamma \backslash \Delta}|g(t)|^{q}|d t| \\
& \leq C_{3} \int_{\Delta}\left(\left|g_{+}(t)\right|^{q}+\left|g_{-}(t)\right|^{q}\right)|d t|=2 C_{3} \int_{\Delta}|P(t)|^{p}|d t|
\end{aligned}
$$

and again we obtain an estimate similar to (24).
(X) Completion of the proof

We shall show in Lemma 3.3 that

$$
\begin{equation*}
N\left(\sigma^{+}\right)+N\left(\sigma^{\#}\right) \leq C_{4} \tag{26}
\end{equation*}
$$

Then (24) becomes

$$
\int_{\alpha}^{2 \pi-\alpha}\left|\left(P^{\prime} \varepsilon_{n}\right)\left(e^{i \theta}\right)\right|^{p} d \theta \leq C_{5} \int_{\alpha}^{2 \pi-\alpha}\left|P\left(e^{i \theta}\right)\right|^{p} d \theta
$$

So we have (8) with a constant $C_{5}$ that depends only on the numerical constants $C_{j}, 1 \leq j \leq 4$ that arise from
(a) the bound on the conformal map $\Psi$;
(b) Carleson's inequality (20);
(c) the norm of the Hilbert transform as an operator on $L_{p}(\Gamma)$ and the choice of $\ell$;
(d) the upper bound on the Carleson norms of $\sigma^{+}$and $\sigma^{\#}$.

## 3. Technical Estimates

Throughout we assume (9) to (11). Recall that

$$
\begin{align*}
R\left(e^{i \theta}\right) & =\left(e^{i \theta}-e^{i \alpha}\right)\left(e^{i \theta}-e^{-i \alpha}\right) \\
& =-4 e^{i \theta} \sin \left(\frac{\theta-\alpha}{2}\right) \sin \left(\frac{\theta+\alpha}{2}\right) \\
& =-4 e^{i \theta}\left(\cos ^{2} \frac{\alpha}{2}-\cos ^{2} \frac{\theta}{2}\right) \\
& =-4 e^{i \theta}\left(\sin ^{2} \frac{\theta}{2}-\sin ^{2} \frac{\alpha}{2}\right) \tag{27}
\end{align*}
$$

From this, we derive the following bounds, valid for $\theta \in[\alpha, 2 \pi-\alpha]$ :

$$
\begin{gather*}
\left|R\left(e^{i \theta}\right)\right| \leq 4\left(\sin \frac{\theta}{2}\right)^{2}  \tag{28}\\
\left|R\left(e^{i \theta}\right)\right| \leq 4\left(\cos \frac{\alpha}{2}\right)^{2}  \tag{29}\\
\left|R\left(e^{i \theta}\right)\right| \leq 4\left|\sin \frac{\theta}{2}\right| \cos \frac{\alpha}{2} \tag{30}
\end{gather*}
$$

Our first lemma deals with properties of $\varepsilon(z)$ of (11),

$$
\varepsilon\left(e^{i \theta}\right)=\varepsilon_{n}\left(e^{i \theta}\right)=\frac{1}{n}\left[\frac{4\left|\sin \left(\frac{\theta-\alpha}{2}\right) \sin \left(\frac{\theta+\alpha}{2}\right)\right|+\left(\frac{\pi-\alpha}{n}\right)^{2}}{4\left(\sin \frac{\theta}{2}\right)^{2}+\left(\frac{1}{n}\right)^{2}}\right]^{1 / 2}
$$

Note that we drop the subscript $n$, as in the previous section, to simplify notation.

## Lemma 3.1

(a) For $a \in \Delta$,

$$
\begin{equation*}
\left|\varepsilon\left(e^{i \theta}\right)\right| \leq 6 \frac{\cos \frac{\alpha}{2}}{n} \tag{31}
\end{equation*}
$$

(b) For $a, z \in \Delta$,

$$
\begin{equation*}
|\varepsilon(z)-\varepsilon(a)| \leq 14|z-a| . \tag{32}
\end{equation*}
$$

(c) For $a, z \in \Delta$ such that $|z-a| \leq \frac{1}{28} \varepsilon(a)$, we have

$$
\begin{equation*}
\frac{1}{2} \leq \frac{\varepsilon(z)}{\varepsilon(a)} \leq \frac{3}{2} \tag{33}
\end{equation*}
$$

(d) Let $\theta \in[0,2 \pi]$ be given and let $s \in[0,2 \pi]$ satisfy

$$
\left|e^{i s}-e^{i \theta}\right| \leq r<2
$$

Then $s$ belongs to a set of linear Lebesgue measure at most $2 \pi r$.
Proof
We shall write

$$
\begin{aligned}
& f(\theta):=\left|R\left(e^{i \theta}\right)\right|+\left(\frac{\pi-\alpha}{n}\right)^{2} \\
& g(\theta):=4\left(\sin \frac{\theta}{2}\right)^{2}+\left(\frac{1}{n}\right)^{2}
\end{aligned}
$$

so that

$$
\varepsilon\left(e^{i \theta}\right)=\frac{1}{n}\left(\frac{f(\theta)}{g(\theta)}\right)^{1 / 2}
$$

(a) It follows from (28) that

$$
\begin{equation*}
f(\theta) \leq 4\left(\sin \frac{\theta}{2}\right)^{2}+\left(\frac{\pi}{n}\right)^{2} \leq \pi^{2} g(\theta) \tag{34}
\end{equation*}
$$

so that

$$
\varepsilon\left(e^{i \theta}\right) \leq \frac{\pi}{n}
$$

Also, from the inequality

$$
\begin{equation*}
\frac{\pi-\alpha}{\pi} \leq \cos \frac{\alpha}{2}=\sin \left(\frac{\pi-\alpha}{2}\right) \leq \frac{\pi-\alpha}{2} \tag{35}
\end{equation*}
$$

and from (29), we obtain

$$
\varepsilon\left(e^{i \theta}\right) \leq \frac{\left(4+\pi^{2}\right)^{1 / 2}}{n} \frac{\cos \frac{\alpha}{2}}{\left|\sin \frac{\theta}{2}\right|} \leq \frac{4}{n} \frac{\cos \alpha / 2}{\sin \alpha / 2}
$$

Then the two bounds on $\varepsilon$ give

$$
\frac{\varepsilon\left(e^{i \theta}\right)}{\cos \frac{\alpha}{2}} \leq \frac{4}{n} \min \left\{\frac{1}{\cos \frac{\alpha}{2}}, \frac{1}{\sin \frac{\alpha}{2}}\right\} \leq \frac{6}{n}
$$

(b) Write $z=e^{i \theta} ; a=e^{i s}$. We shall assume, as we may, that

$$
\begin{equation*}
\left|\sin \frac{s}{2}\right| \geq\left|\sin \frac{\theta}{2}\right| \tag{36}
\end{equation*}
$$

or equivalently, that $s$ is closer to $\pi$ than $\theta$. Note from the definition of $f, g$ and (27) that

$$
f(\theta)=g(\theta)+c
$$

where

$$
c=-4\left(\sin \frac{\alpha}{2}\right)^{2}+\frac{(\pi-\alpha)^{2}-1}{n^{2}}
$$

Then

$$
\varepsilon\left(e^{i \theta}\right)=\frac{1}{n}\left(1+\frac{c}{g(\theta)}\right)^{1 / 2}
$$

so

$$
\begin{aligned}
n\left[\varepsilon\left(e^{i \theta}\right)-\varepsilon\left(e^{i s}\right)\right] & =\frac{\left(1+\frac{c}{g(\theta)}\right)-\left(1+\frac{c}{g(s)}\right)}{\left(1+\frac{c}{g(\theta)}\right)^{1 / 2}+\left(1+\frac{c}{g(s)}\right)^{1 / 2}} \\
& =\frac{c[g(s)-g(\theta)]}{g(\theta) g(s)\left[\left(1+\frac{c}{g(\theta)}\right)^{1 / 2}+\left(1+\frac{c}{g(s)}\right)^{1 / 2}\right]}
\end{aligned}
$$

Here

$$
\begin{align*}
|g(s)-g(\theta)| & =4\left|\sin \left(\frac{s-\theta}{2}\right) \sin \left(\frac{s+\theta}{2}\right)\right| \\
& =2\left|e^{i s}-e^{i \theta}\right|\left|\sin \frac{s}{2} \cos \frac{\theta}{2}+\cos \frac{s}{2} \sin \frac{\theta}{2}\right| \\
& \leq 4\left|e^{i s}-e^{i \theta}\right| \min \left\{\sin \frac{s}{2}, \cos \frac{\alpha}{2}\right\} \tag{37}
\end{align*}
$$

(We have used the fact that $s, \theta \in[\alpha, 2 \pi-\alpha]$ and also (36)). Also,

$$
\begin{aligned}
|c| & \leq 4\left(\sin \frac{\alpha}{2}\right)^{2}+\left(\frac{\pi}{n}\right)^{2} \\
& \leq 4\left(\sin \frac{\theta}{2}\right)^{2}+\left(\frac{\pi}{n}\right)^{2} \leq \pi^{2} g(\theta)
\end{aligned}
$$

Then

$$
\begin{aligned}
n\left|\frac{\varepsilon\left(e^{i \theta}\right)-\varepsilon\left(e^{i s}\right)}{e^{i \theta}-e^{i s}}\right| & \leq \frac{4 \pi^{2} \min \left\{\sin \frac{s}{2}, \cos \frac{\alpha}{2}\right\}}{g(s)\left(1+\frac{c}{g(s)}\right)^{1 / 2}} \\
& =\frac{4 \pi^{2} \min \left\{\sin \frac{s}{2}, \cos \frac{\alpha}{2}\right\}}{(f(s) g(s))^{1 / 2}}
\end{aligned}
$$

We now consider two subcases:
Case I: $\alpha \leq \frac{\pi}{2}$
Here we use

$$
\begin{aligned}
& f(s)^{1 / 2} \geq \frac{\pi-\alpha}{n} \geq \frac{\pi}{2 n} \\
& g(s)^{1 / 2} \geq 2\left|\sin \frac{s}{2}\right|
\end{aligned}
$$

to deduce

$$
\left|\frac{\varepsilon\left(e^{i \theta}\right)-\varepsilon\left(e^{i s}\right)}{e^{i \theta}-e^{i s}}\right| \leq 4 \pi<14
$$

Case II: $\alpha>\frac{\pi}{2}$
Here we use

$$
f(s)^{1 / 2} \geq \frac{\pi-\alpha}{n} \geq \frac{2 \cos \frac{\alpha}{2}}{n}
$$

by (35), and also

$$
g(s)^{1 / 2} \geq 2\left|\sin \frac{s}{2}\right| \geq 2 \sin \frac{\pi}{4}
$$

to deduce

$$
\left|\frac{\varepsilon\left(e^{i \theta}\right)-\varepsilon\left(e^{i s}\right)}{e^{i \theta}-e^{i s}}\right| \leq \frac{\pi^{2}}{\sin \frac{\pi}{4}}<14
$$

(c) This is an immediate consequence of (b).
(d) Our restrictions on $s, \theta$ give

$$
\left|\frac{s-\theta}{2}\right| \in[0, \pi] .
$$

Then

$$
\begin{aligned}
0 & \leq \sin \left|\frac{s-\theta}{2}\right|=\frac{1}{2}\left|e^{i s}-e^{i \theta}\right| \leq \frac{r}{2} \\
& \Rightarrow\left|\frac{s-\theta}{2}\right| \in\left[0, \arcsin \frac{r}{2}\right] \cup\left[\pi-\arcsin \frac{r}{2}, \pi\right]
\end{aligned}
$$

It follows that $s$ can lie in a set of linear Lebesgue measure at most $8 \arcsin \frac{r}{2}$. The inequality

$$
\arcsin u \leq \frac{\pi}{2} u, u \in[0,1]
$$

then gives the result
We next discuss the growth of the conformal map

$$
\begin{equation*}
\Psi(z)=\frac{1}{2 \cos \frac{\alpha}{2}}[z+1+\sqrt{R(z)}] \tag{38}
\end{equation*}
$$

mapping $\mathbb{C} \backslash \Delta$ onto $\{w:|w|>1\}$. The proof here is more complex than that in [7], because of the more difficult choice of $\varepsilon(z)$.

## Lemma 3.2

Let $\ell \geq 1$. For $a \in \Delta$ and $z \in \mathbb{C}$ such that

$$
\begin{equation*}
|z-a| \leq \varepsilon(a) / 100 \tag{39}
\end{equation*}
$$

we have

$$
\begin{equation*}
|\Psi(z)|^{n+\ell} \leq C_{0} \tag{40}
\end{equation*}
$$

Here $C_{0}$ depends on $\ell$, but is independent of $n, \alpha, z$.
Proof
We shall assume that $|z| \geq 1$. The case $|z|<1$ is similar. Let us write

$$
\begin{equation*}
z=t e^{i \theta}=e^{i \xi} \text { where } \xi=\theta-i \log t \tag{41}
\end{equation*}
$$

and set

$$
v:=e^{i \theta}
$$

We consider two subcases.
(A) Suppose that $v \in \Delta$.

We shall show that for some numerical constant $C_{1}$,

$$
\begin{equation*}
|\Psi(z)-\Psi(v)|=\left|\Psi(z)-\Psi(v)_{-}\right| \leq \frac{C_{1}}{n+1} \tag{42}
\end{equation*}
$$

Then as $|\Psi(v)|=1$, we obtain

$$
|\Psi(z)|^{n+\ell} \leq\left(1+\frac{C_{1}}{n+1}\right)^{n+\ell} \leq C_{0}
$$

First we see that

$$
\begin{align*}
|\Psi(z)-\Psi(v)| & \leq \frac{|z-v|}{2 \cos \alpha / 2}+\frac{|\sqrt{R(z)}-\sqrt{R(v)}|}{2 \cos \alpha / 2} \\
& =: T_{1}+T_{2} \tag{43}
\end{align*}
$$

Here

$$
T_{1}=\frac{|z-v|}{2 \cos \alpha / 2} \leq \frac{|z-a|}{2 \cos \alpha / 2} \leq \frac{\varepsilon(a)}{200 \cos \frac{\alpha}{2}} \leq \frac{1}{n+1}
$$

by Lemma 3.1(a). We turn to the more difficult estimation of

$$
\begin{equation*}
T_{2}:=\frac{|\sqrt{R(z)}-\sqrt{R(v)}|}{2 \cos \alpha / 2} \tag{44}
\end{equation*}
$$

We see from (10) that

$$
\begin{aligned}
R(v)-R(z) & =\left(v^{2}-2(\cos \alpha) v+1\right)-\left(z^{2}-2(\cos \alpha) z+1\right) \\
& =(v-z)(z-v+2(v-\cos \alpha)) \\
& =-(v-z)^{2}+2(v-z)(\cos \theta-\cos \alpha)+2 i(\sin \theta)(v-z)
\end{aligned}
$$

Then

$$
\begin{align*}
|R(z)-R(v)| & \leq|v-z|\left(|v-z|+4\left(\cos ^{2} \frac{\alpha}{2}-\cos ^{2} \frac{\theta}{2}\right)+2|\sin \theta|\right) \\
& =|v-z|(|v-z|+|R(v)|+2|\sin \theta|) \tag{45}
\end{align*}
$$

see (27). We now consider two subcases:
Case I: $|R(v)| \leq\left(\frac{\pi-\alpha}{n}\right)^{2}$
Then as

$$
|a-v| \leq|a-z| \leq \varepsilon(a) / 100
$$

Lemma 3.1 (c), followed by (11), gives

$$
\varepsilon(a) \leq 2 \varepsilon(v) \leq \frac{2 \sqrt{2}\left(\frac{\pi-\alpha}{n}\right)}{n\left(\left(\sin \frac{\theta}{2}\right)^{2}+\left(\frac{1}{n}\right)^{2}\right)^{1 / 2}} \leq 2 \sqrt{2} \frac{\pi-\alpha}{n} \min \left\{1, \frac{1}{n\left|\sin \frac{\theta}{2}\right|}\right\}
$$

Also,

$$
|v-z| \leq|a-z| \leq \frac{\varepsilon(a)}{100} \leq C \frac{\pi-\alpha}{n}
$$

Then (45) and our assumption on $R(v)$ give

$$
\begin{aligned}
|R(z)-R(v)| & \leq C\left\{\left(\frac{\pi-\alpha}{n}\right)^{2}+\left(\frac{\pi-\alpha}{n}\right)^{2}+\varepsilon(a) 2\left|\sin \frac{\theta}{2}\right|\left|\cos \frac{\theta}{2}\right|\right\} \\
& \leq C\left\{\left(\frac{\pi-\alpha}{n}\right)^{2}+\frac{\pi-\alpha}{n^{2}\left|\sin \frac{\theta}{2}\right|}\left|\sin \frac{\theta}{2}\right|\left|\cos \frac{\alpha}{2}\right|\right\} \\
& \leq C\left(\frac{\pi-\alpha}{n}\right)^{2}
\end{aligned}
$$

recall also that $\cos \frac{\theta}{2} \leq \cos \frac{\alpha}{2}$. Hence

$$
|R(z)| \leq C\left(\frac{\pi-\alpha}{n}\right)^{2}
$$

Then we see from (44) that

$$
\begin{equation*}
T_{2} \leq \frac{C}{n} \tag{46}
\end{equation*}
$$

Case II: $|R(v)|>\left(\frac{\pi-\alpha}{n}\right)^{2}$
As above, Lemma 3.1 (c) gives

$$
\begin{equation*}
\varepsilon(a) \leq 2 \varepsilon(v) \leq \frac{2 \sqrt{2}|R(v)|^{1 / 2}}{n\left(\left(\sin \frac{\theta}{2}\right)^{2}+\left(\frac{1}{n}\right)^{2}\right)^{1 / 2}} \leq 2 \sqrt{2}|R(v)|^{1 / 2} \min \left\{1, \frac{1}{n\left|\sin \frac{\theta}{2}\right|}\right\} \tag{47}
\end{equation*}
$$

Then (45) and the fact that $|R(v)| \leq 4$ give

$$
\begin{aligned}
|R(z)-R(v)| & \leq \frac{\varepsilon(a)}{100}\left(\frac{\varepsilon(a)}{100}+|R(v)|+2\left|\sin \frac{\theta}{2}\right|\left|\cos \frac{\theta}{2}\right|\right) \\
& \leq \frac{8}{10,000}|R(v)|+\frac{4 \sqrt{2}}{100}|R(v)|+\frac{4 \sqrt{2}}{100} \frac{|R(v)|^{1 / 2}}{n} \cos \frac{\alpha}{2}
\end{aligned}
$$

But

$$
|R(v)|^{1 / 2}>\frac{\pi-\alpha}{n} \geq 2 \frac{\cos \frac{\alpha}{2}}{n}
$$

so

$$
|R(z)-R(v)| \leq \frac{1}{4}|R(v)|
$$

It then follows that for some numerical constant $C$,

$$
|\sqrt{R(v)}-\sqrt{R(z)}| \leq C \frac{|R(v)-R(z)|}{\sqrt{|R(v)|}}
$$

(See the proof of Lemma 3.2 in [7] for a detailed justification of this inequality). Then from (44) and (45),

$$
\begin{align*}
T_{2} & \leq C\left\{\frac{|v-z|^{2}}{\cos \frac{\alpha}{2}|R(v)|^{1 / 2}}+\frac{|v-z||R(v)|^{1 / 2}}{\cos \frac{\alpha}{2}}+\frac{|\sin \theta||v-z|}{|R(v)|^{1 / 2} \cos \frac{\alpha}{2}}\right\} \\
& =: C\left\{T_{21}+T_{22}+T_{23}\right\} \tag{48}
\end{align*}
$$

Here from (31), (47),

$$
\begin{aligned}
T_{21} & =\frac{|v-z|^{2}}{\cos \frac{\alpha}{2}|R(v)|^{1 / 2}} \leq \frac{\varepsilon(a)^{2}}{\cos \frac{\alpha}{2}|R(v)|^{1 / 2}} \\
& \leq \frac{\left(6 \frac{\cos \frac{\alpha}{2}}{n}\right)\left(2 \sqrt{2}|R(v)|^{1 / 2}\right)}{\cos \frac{\alpha}{2}|R(v)|^{1 / 2}}=\frac{12 \sqrt{2}}{n} .
\end{aligned}
$$

Next,

$$
T_{22}=\frac{|v-z||R(v)|^{1 / 2}}{\cos \frac{\alpha}{2}} \leq \frac{\varepsilon(a) \cdot 2}{\cos \frac{\alpha}{2}} \leq \frac{12}{n}
$$

by (31). Finally,

$$
\begin{aligned}
T_{23} & =\frac{|\sin \theta||v-z|}{|R(v)|^{1 / 2} \cos \frac{\alpha}{2}} \leq \frac{2\left|\sin \frac{\theta}{2}\right|\left(\cos \frac{\alpha}{2}\right) \varepsilon(a)}{|R(v)|^{1 / 2} \cos \frac{\alpha}{2}} \\
& \leq \frac{4 \sqrt{2}}{n}
\end{aligned}
$$

by (47). Then these estimates and (48) give

$$
T_{2} \leq C / n
$$

and then we have the desired inequality (42).
(B) Suppose that $v \notin \Delta$.

Then $\theta \in[0, \alpha)$ or $\theta \in(2 \pi-\alpha, 2 \pi]$. We assume the former. We also assume that $a=e^{i s}$ with $s \in[\alpha, \pi]$ (the case $s \in(\pi, 2 \pi-\alpha]$ is easier). Then

$$
\begin{align*}
\left|\Psi(z)-\Psi\left(e^{i \alpha}\right)\right| & =\frac{1}{2 \cos \frac{\alpha}{2}}\left|z-e^{i \alpha}+\sqrt{R(z)}\right| \\
& \leq \frac{\left|z-e^{i \alpha}\right|}{2 \cos \frac{\alpha}{2}}+\frac{|R(z)|^{1 / 2}}{2 \cos \frac{\alpha}{2}} . \tag{49}
\end{align*}
$$

Here, as above,

$$
\left|z-e^{i \alpha}\right| \leq|z-a|+\left|a-e^{i \alpha}\right| \leq \frac{\varepsilon(a)}{50}
$$

so from Lemma 3.1(c),

$$
\begin{equation*}
\varepsilon(a) \leq 2 \varepsilon\left(e^{i \alpha}\right)=\frac{2\left(\frac{\pi-\alpha}{n}\right)}{n\left(4\left(\sin \frac{\alpha}{2}\right)^{2}+\frac{1}{n^{2}}\right)^{1 / 2}} \leq 2 \pi \frac{\cos \frac{\alpha}{2}}{n} \min \left\{1, \frac{1}{n\left|\sin \frac{\alpha}{2}\right|}\right\} \tag{50}
\end{equation*}
$$

Then from (31),

$$
\begin{equation*}
\frac{\left|z-e^{i \alpha}\right|}{2 \cos \frac{\alpha}{2}} \leq \frac{\varepsilon(a)}{100 \cos \frac{\alpha}{2}} \leq \frac{6}{n} \tag{51}
\end{equation*}
$$

Next,

$$
\begin{aligned}
|R(z)| & =\left|z-e^{i \alpha}\right|\left|z-e^{-i \alpha}\right| \\
& \leq\left|z-e^{i \alpha}\right|\left(\left|z-e^{i \alpha}\right|+2 \sin \alpha\right) \\
& \leq \varepsilon(a)^{2}+\frac{\varepsilon\left(e^{i \alpha}\right)}{25} 2 \sin \frac{\alpha}{2} \cos \frac{\alpha}{2} \\
& \leq C\left(\frac{\cos \frac{\alpha}{2}}{n}\right)^{2}+C \frac{\pi-\alpha}{n^{2}} \cos \frac{\alpha}{2} \\
& \leq C\left(\frac{\cos \frac{\alpha}{2}}{n}\right)^{2}
\end{aligned}
$$

Here we have used (50). This last inequality and (49), (51) give

$$
|\Psi(z)| \leq\left|\Psi\left(e^{i \alpha}\right)\right|+\frac{C}{n}=1+\frac{C}{n}
$$

and again (42) follows.
We next estimate the norms of the Carleson measures $\sigma^{+}, \sigma^{\#}$ defined by (14) and (17-18). Recall that the Carleson norm $N(\mu)$ of a measure $\mu$ with support in the unit ball is the least $A$ such that

$$
\begin{equation*}
\mu(S) \leq A h \tag{52}
\end{equation*}
$$

for every $0<h<1$ and for every sector

$$
\begin{equation*}
S:=\left\{r e^{i \theta}: r \in[1-h, 1] ;\left|\theta-\theta_{0}\right| \leq h\right\} \tag{53}
\end{equation*}
$$

## Lemma 3.3

(a)

$$
\begin{equation*}
N\left(\sigma^{+}\right) \leq c_{1} \tag{54}
\end{equation*}
$$

$$
\begin{equation*}
N\left(\sigma^{\#}\right) \leq c_{2} \tag{b}
\end{equation*}
$$

Proof
(a) We proceed much as in [7] or [8] or [10]. Let $S$ be the sector (53) and let $\gamma$ be a circle centre $a$, radius $\frac{\varepsilon(a)}{100}>0$. A necessary condition for $\gamma$ to intersect $S$ is that

$$
\left|a-e^{i \theta_{0}}\right| \leq \frac{\varepsilon(a)}{100}+h
$$

(Note that each point of $S$ that is on the unit circle is at most $h$ in distance from $e^{i \theta_{0}}$.) Using Lemma 3.1(b), we continue this as

$$
\begin{gather*}
\left|a-e^{i \theta_{0}}\right| \leq \frac{\varepsilon\left(e^{i \theta_{0}}\right)}{100}+\frac{14}{100}\left|a-e^{i \theta_{0}}\right|+h \\
\quad \Rightarrow\left|a-e^{i \theta_{0}}\right| \leq \frac{\varepsilon\left(e^{i \theta_{0}}\right)}{86}+2 h=: \lambda \tag{56}
\end{gather*}
$$

Next $\gamma \cap S$ consists of at most three arcs (draw a picture!) and as each such arc is convex, it has length at most 4h. Therefore the total angular measure of $\gamma \cap S$ is
at most $12 h /(\varepsilon(a) / 100)$. It also obviously does not exceed $2 \pi$. Thus if $\chi_{S}$ denote the characteristic function of $S$,

$$
\int_{-\pi}^{\pi} \chi_{S}\left(a+\varepsilon(a) e^{i \theta}\right) d \theta \leq \min \left\{2 \pi, \frac{1200 h}{\varepsilon(a)}\right\}
$$

Then from (14) and (17), we see that

$$
\begin{align*}
\sigma^{+}(S) \leq \sigma(S) & \leq \int_{[\alpha, 2 \pi-\alpha] \cap\left\{s:\left|e^{i s}-e^{i \theta_{0}}\right| \leq \lambda\right\}}\left[\frac{1}{2 \pi} \int_{-\pi}^{\pi} \chi_{S}\left(e^{i s}+\frac{\varepsilon\left(e^{i s}\right)}{100} e^{i \theta}\right) d \theta\right] d s \\
& \leq C_{1} \int_{[\alpha, 2 \pi-\alpha] \cap\left\{s:\left|e^{i s}-e^{i \theta_{0}}\right| \leq \lambda\right\}} \min \left\{1, \frac{h}{\varepsilon\left(e^{i s}\right)}\right\} d s . \tag{57}
\end{align*}
$$

Here $C_{1}$ is a numerical constant. We now consider two subcases:
(I) $h \leq \varepsilon\left(e^{i \theta_{0}}\right) / 100$

In this case,

$$
\lambda<\frac{\varepsilon\left(e^{i \theta_{0}}\right)}{25}<1
$$

recall (31). Then Lemma 3.1(d) shows that $s$ in the integral in (57) lies in a set of linear Lebesgue measure at most

$$
2 \pi \cdot \frac{\varepsilon\left(e^{i \theta_{0}}\right)}{25}
$$

Also Lemma 3.1 (c) gives

$$
\varepsilon\left(e^{i s}\right) \geq \frac{1}{2} \varepsilon\left(e^{i \theta_{0}}\right)
$$

So (57) becomes

$$
\sigma^{+}(S) \leq \sigma(S) \leq C_{1}\left(2 \pi \cdot \frac{\varepsilon\left(e^{i \theta_{0}}\right)}{25}\right)\left(2 \frac{h}{\varepsilon\left(e^{i \theta_{0}}\right)}\right)=C_{2} h
$$

(II) $h>\varepsilon\left(e^{i \theta_{0}}\right) / 100$

In this case $\lambda<4 h$. If $h<\frac{1}{2}$, we obtain from Lemma 3.1(d) that $s$ in the integral in (57) lies in a set of linear Lebesgue measure at most $2 \pi \cdot 4 h$. Then (57) becomes

$$
\sigma^{+}(S) \leq \sigma(S) \leq C_{1}(2 \pi \cdot 4 h)=C_{2} h
$$

If $h>\frac{1}{2}$, it is easier to use

$$
\sigma^{+}(S) \leq \sigma(S) \leq \sigma(\mathbb{C}) \leq 2 \pi \leq 4 \pi h
$$

In summary, we have proved that

$$
N\left(\sigma^{+}\right)=\sup _{S, h} \frac{\sigma^{+}(S)}{h} \leq C_{3}
$$

where $C_{3}$ is independent of $n, \alpha, \beta$. (It is also independent of $p$.) (b) Recall that if $S$ is the sector (53), then

$$
\sigma^{\#}(S)=\sigma^{-}(1 / S) \leq \sigma(1 / S)
$$

where

$$
1 / S=\left\{r e^{i \theta}: r \in\left[1, \frac{1}{1-h}\right] ;\left|\theta+\theta_{0}\right| \leq h\right\}
$$

For small $h$, say for $h \in[0,1 / 2]$, so that

$$
\frac{1}{1-h} \leq 1+2 h
$$

we see that exact same argument as in (a) gives

$$
\sigma^{\#}(S) \leq \sigma(1 / S) \leq C_{4} h
$$

When $h \geq 1 / 2$, it is easier to use

$$
\sigma^{\#}(S) / h \leq 2 \sigma^{\#}(\mathbb{C}) \leq 2 \sigma(\mathbb{C}) \leq 4 \pi
$$

## 4. The Proof of Theorem 1.2

We deduce Theorem 1.2 from Theorem 1.3 as follows: if $s_{n}$ is a trigonometric polynomial of degree $\leq n$, we may write

$$
s_{n}(\theta)=e^{-i n \theta} P\left(e^{i \theta}\right)
$$

where $P$ is an algebraic polynomial of degree $\leq 2 n$. Then

$$
\left|s_{n}^{\prime}(\theta)\right| \varepsilon_{2 n}\left(\varepsilon^{i \theta}\right) \leq n\left|P\left(e^{i \theta}\right)\right| \varepsilon_{2 n}\left(e^{i \theta}\right)+\left|P^{\prime}\left(e^{i \theta}\right)\right| \varepsilon_{2 n}\left(\varepsilon^{i \theta}\right)
$$

Moreover,

$$
\left|e^{i \theta}-e^{i \alpha}\right|\left|e^{i \theta}-e^{i \beta}\right|=4\left|\sin \left(\frac{\theta-\alpha}{2}\right)\right|\left|\sin \left(\frac{\theta-\beta}{2}\right)\right|,
$$

and

$$
\left|e^{i \theta}+e^{i \frac{\alpha+\beta}{2}}\right|^{2}=4\left(\cos \left(\theta-\frac{\alpha+\beta}{2}\right)\right)^{2}
$$

These last three relations, the fact that $n \varepsilon_{2 n}\left(e^{i \theta}\right)$ is bounded independently of $n, \theta, \alpha, \beta$ and Theorem 1.3 easily imply (4).

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