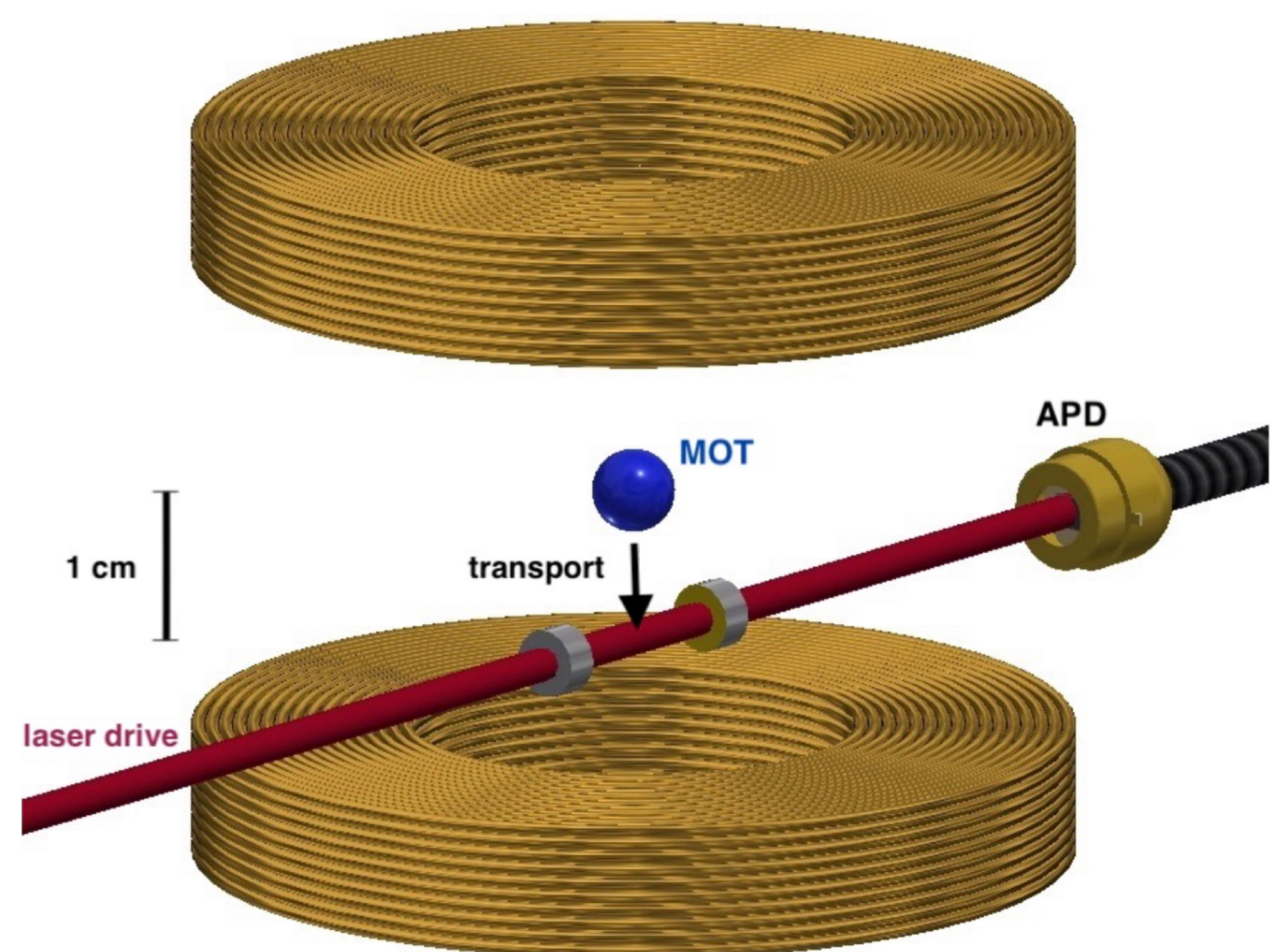


## Cold atom cavity QED experiment



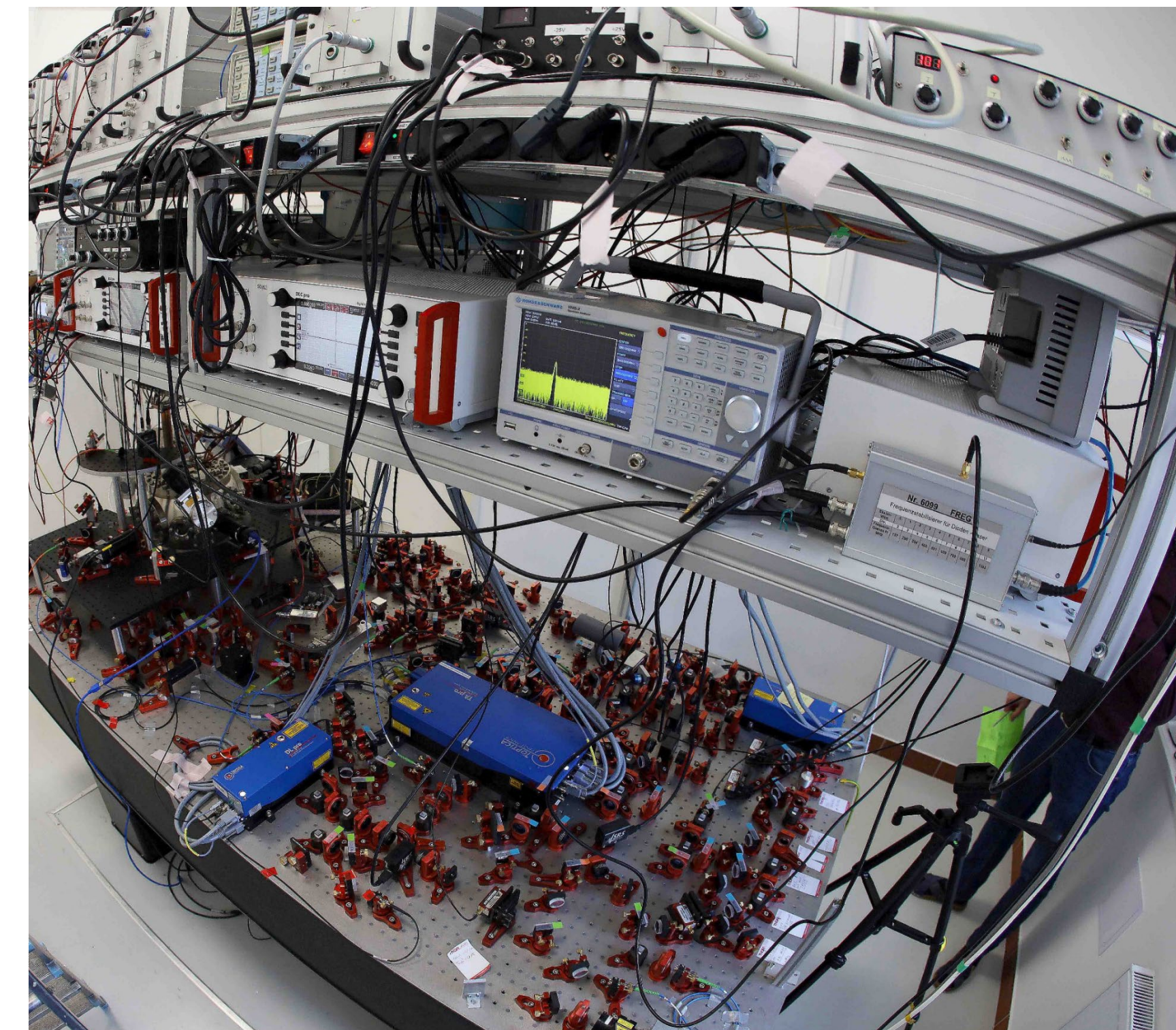
### Experimental system

- laser-cooled  $^{87}\text{Rb}$  atoms in a magneto-optical trap
- $T = 100 \mu\text{K}$
- optical pumping into the  $(F, m_F) = (2, 2)$  state
- loading the atoms into a magnetic quadrupole trap
- transport into the cavity

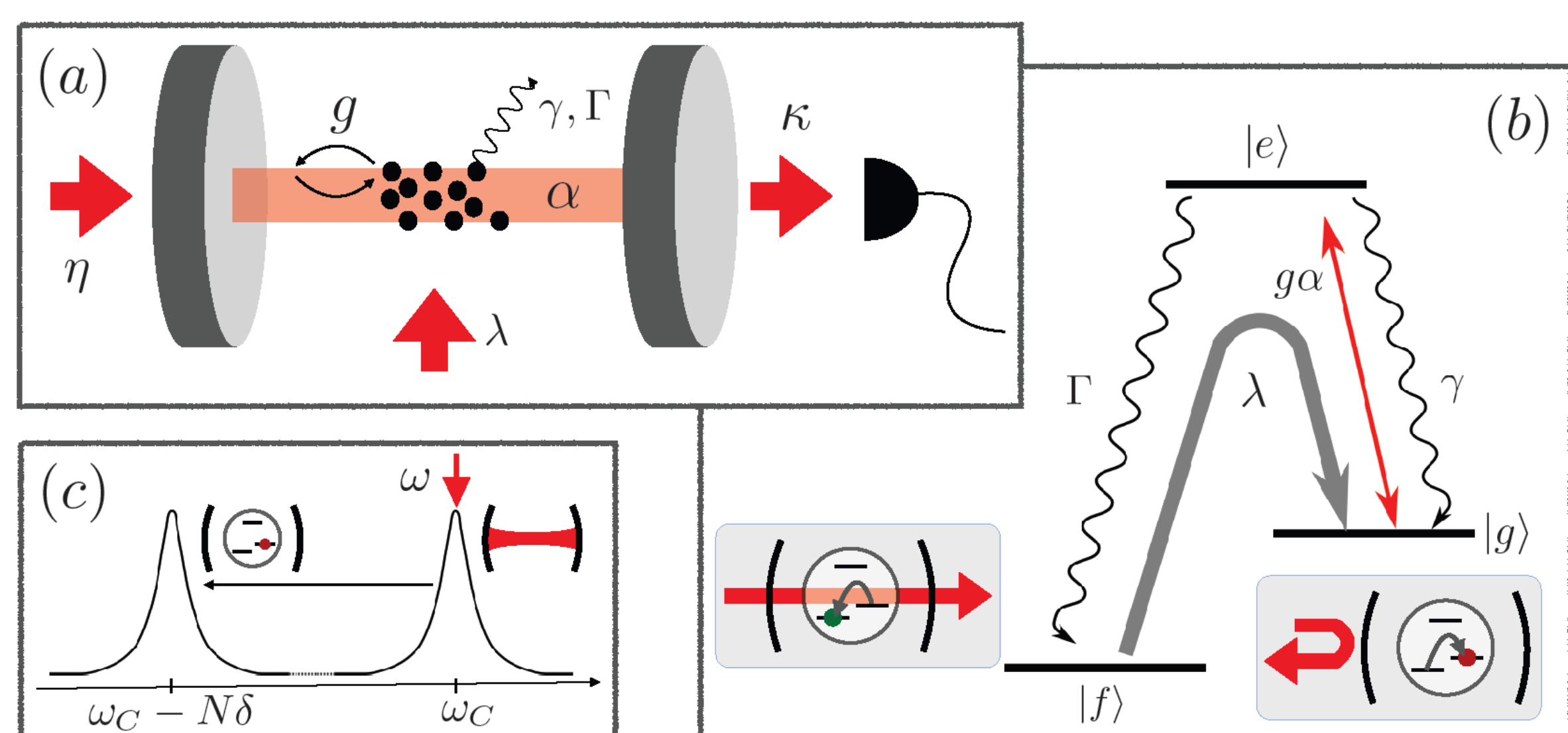
### Cavity QED parameters

- cavity length 15mm, mode waist  $127 \mu\text{m}$
- photon loss rate  $\kappa = 2\pi \times 3.2 \text{ MHz}$
- coupling strength  $g = 2\pi \times 0.33 \text{ MHz}$
- atomic linewidth  $\gamma = 2\pi \times 3 \text{ MHz}$

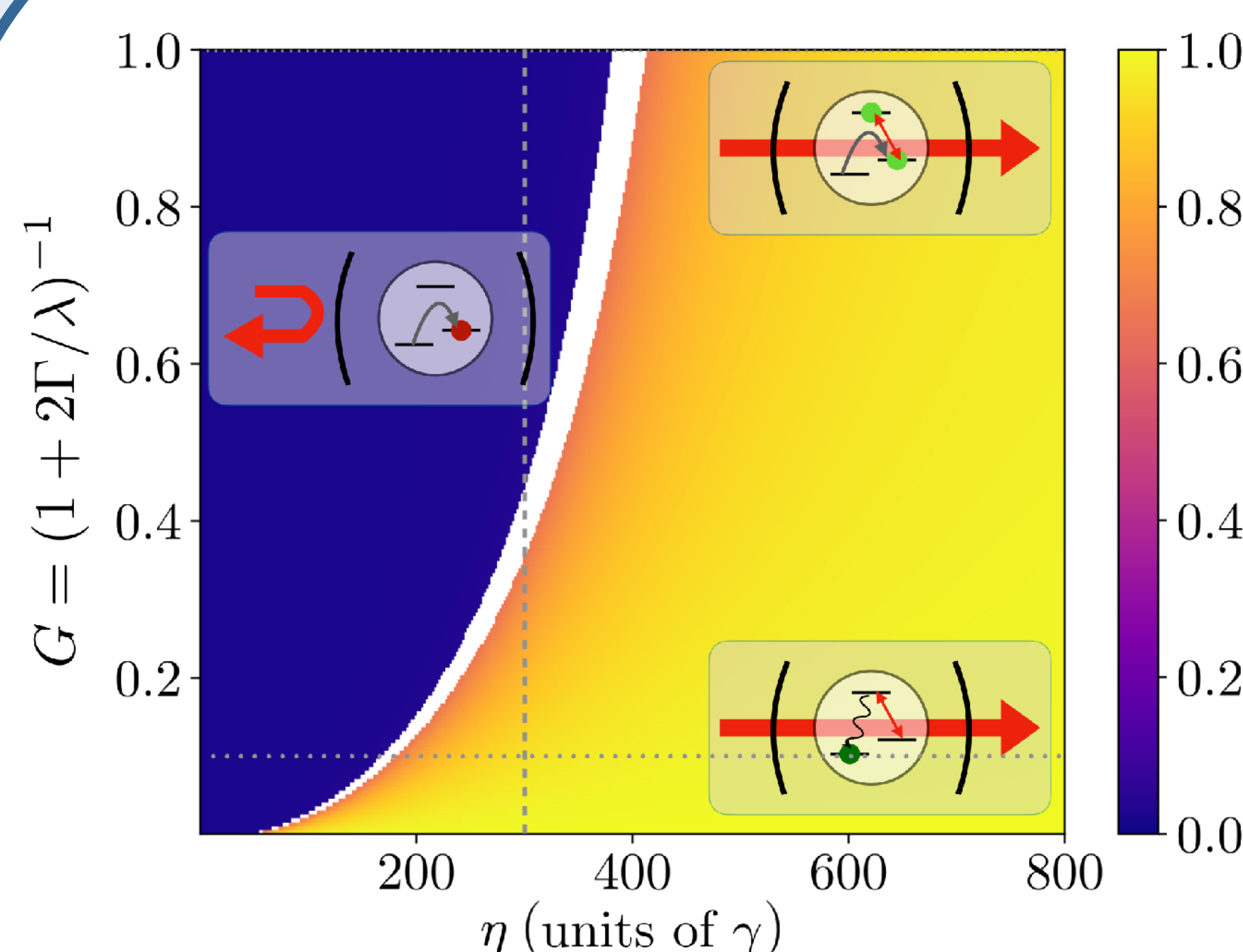
Collective strong coupling  $\mathcal{C} = \frac{Ng^2}{\gamma\kappa} > 100$



## Competing pumps

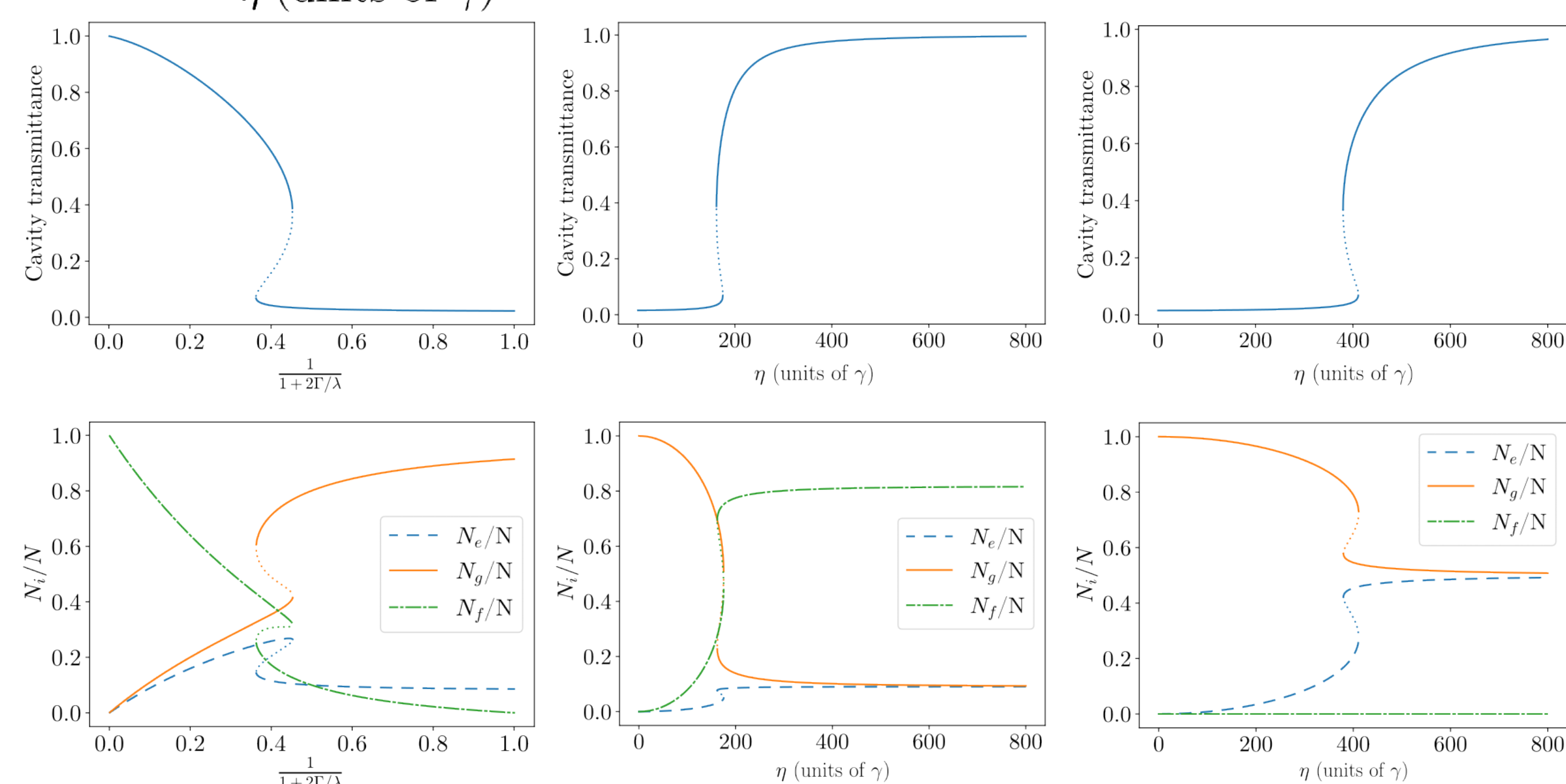


## Phase diagram

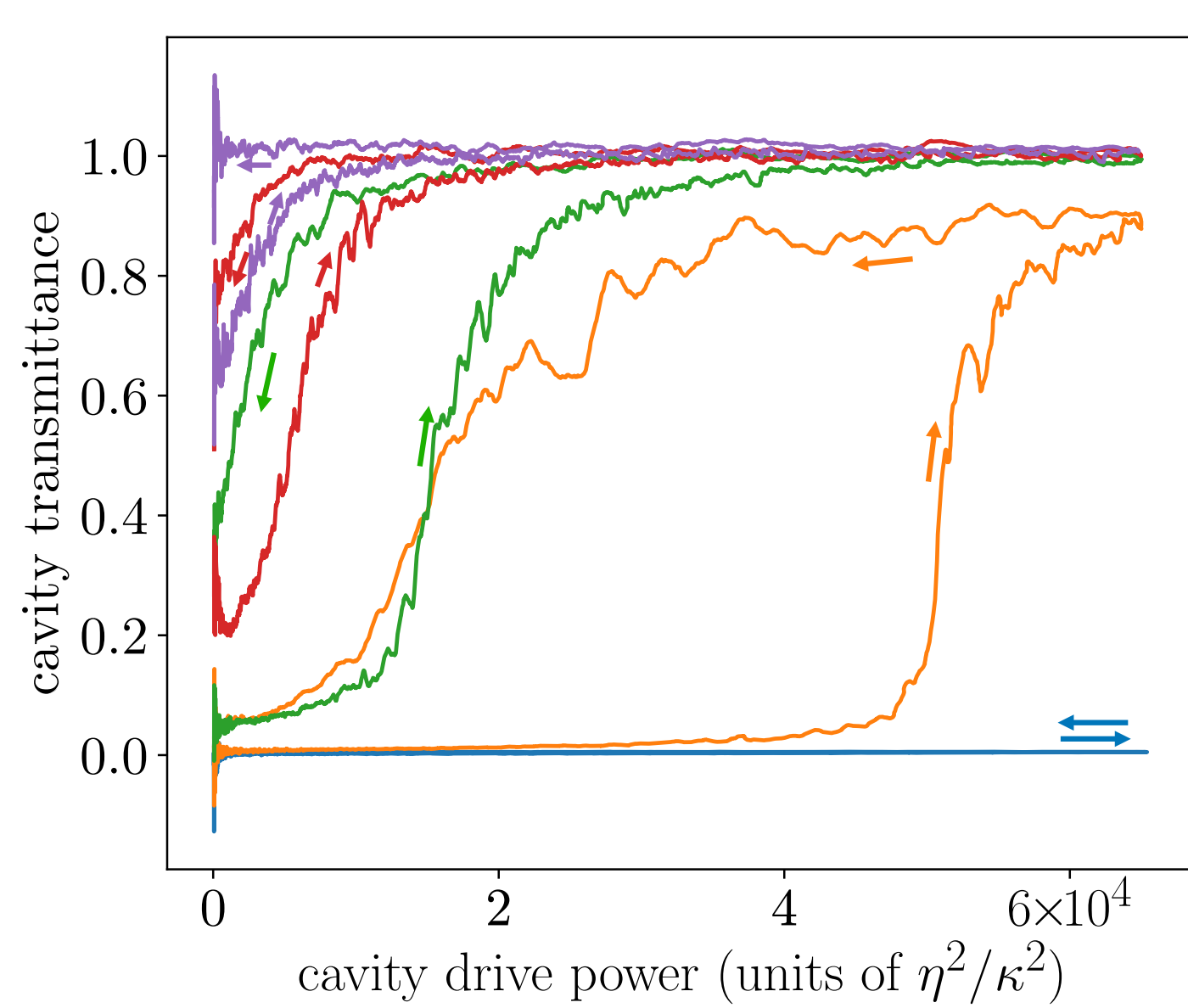


### Mean-field model

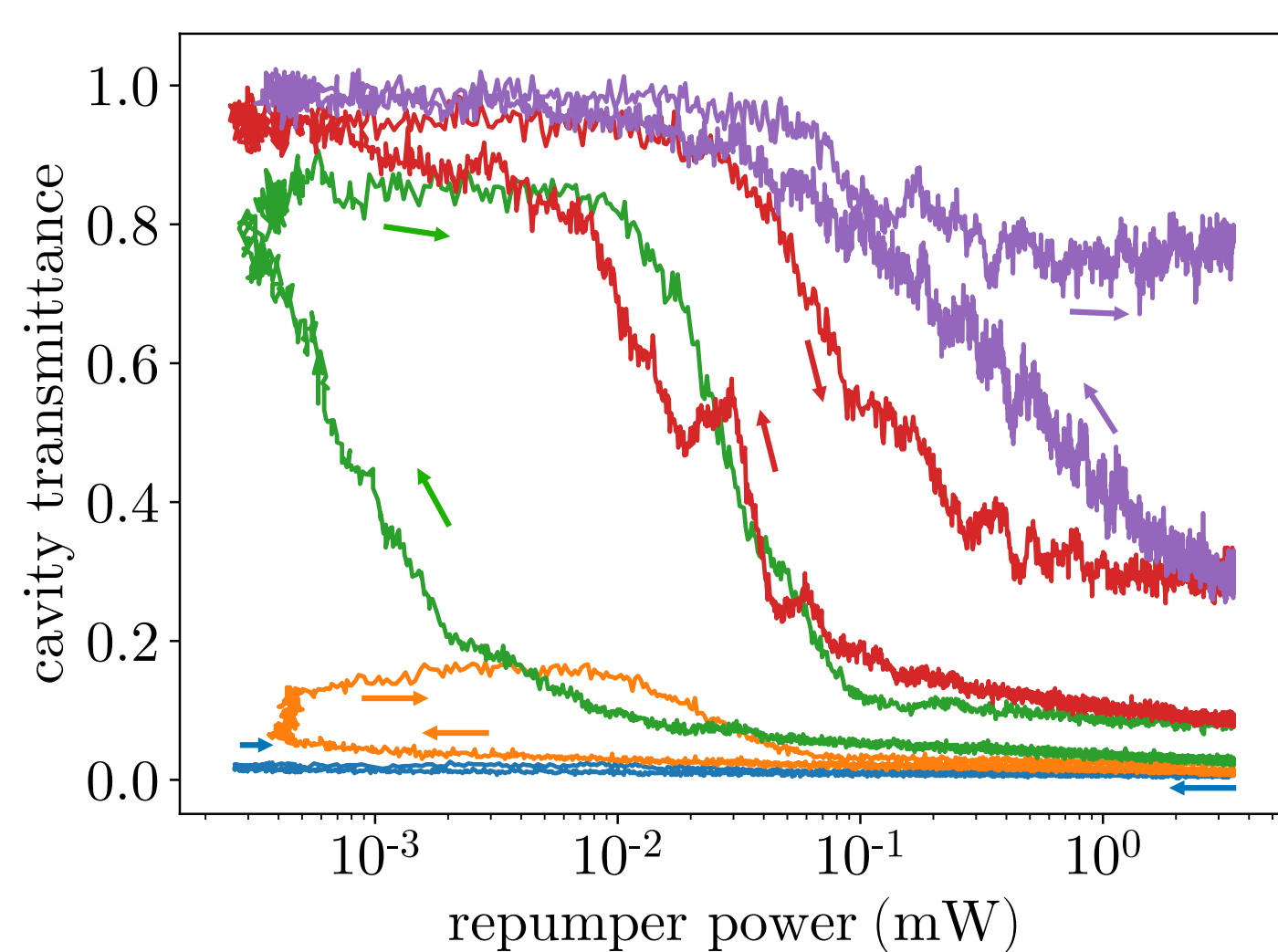
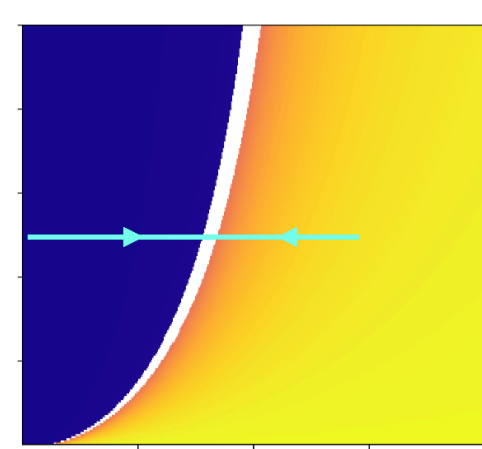
$$\begin{aligned} \dot{\alpha} &= (i\Delta_C - \kappa)\alpha + gM + \eta, \\ \dot{M} &= (i\Delta_A - \gamma - \Gamma)M + g(N_e - N_g)\alpha, \\ \dot{N}_e &= -g(\alpha^*M + M^*\alpha) - 2(\gamma + \Gamma)N_e, \\ \dot{N}_g &= g(\alpha^*M + M^*\alpha) + 2\gamma N_e + \lambda N_f, \\ \dot{N}_f &= 2\Gamma N_e - \lambda N_f. \end{aligned}$$



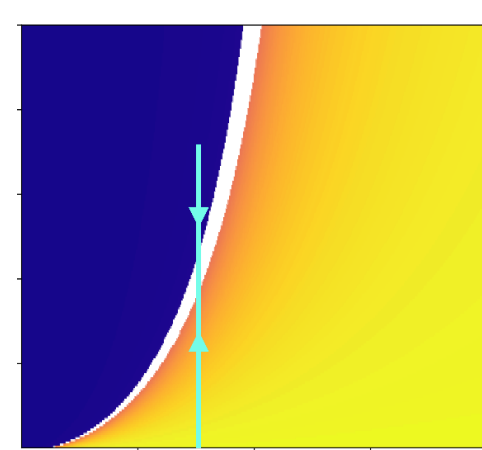
## Hysteresis



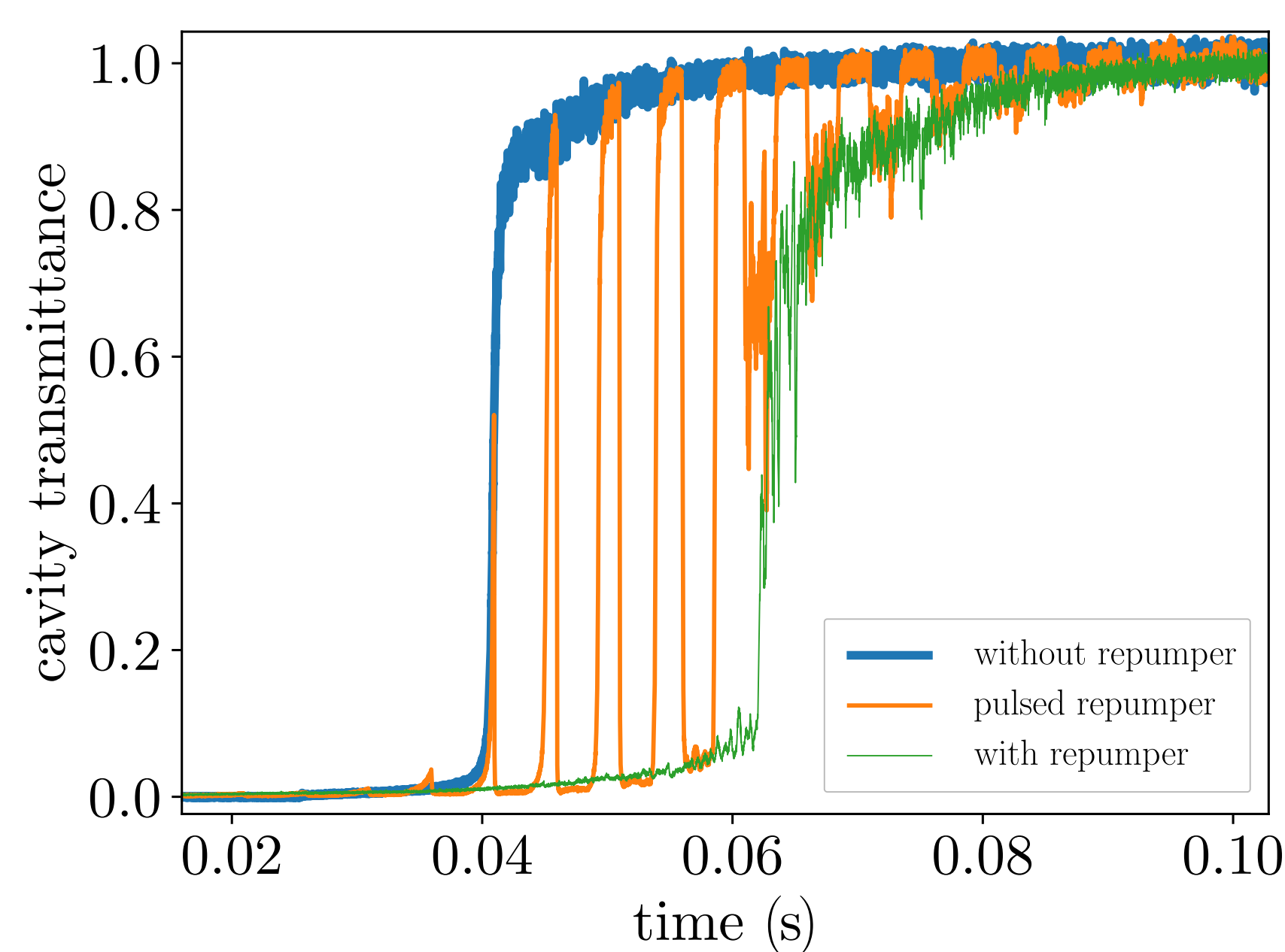
- bistable switching between ground states  $|g\rangle \leftrightarrow |f\rangle$
- bistable region shrinks due to atom loss



- ramping up then down the laser drives 5 times
- first-order phase transition with hysteresis



## Controlled time evolution



- switching between phases
- repumper ON  $\rightarrow |g\rangle$  – dark
- repumper OFF  $\rightarrow |f\rangle$  – bright
- slope of drop – fitting  $\lambda$

