

Theorem: Let $x_n \rightarrow x$ weakly in Hilbert space $\mathcal{H}$. Then x_n is bounded uniformly in $\mathcal{H}$.

Proof: $\langle x_n, y \rangle \rightarrow \langle x, y \rangle \quad \forall y \in \mathcal{H} \Rightarrow \langle x_n, y \rangle$ is bdd uniformly.
 Let $T_n: \mathcal{H} \rightarrow \mathbb{C}$ is linear, bdd, i.e. $\sup_n |T_n(y)| < \infty$
 $y \mapsto \langle x_n, y \rangle \quad \forall y \in \mathcal{H}$.

By Uniformly Boundedness principle / Banach-Steinhaus theorem
 $\infty > \sup_n \|T_n\| = \sup_n \sup_{\|y\| \leq 1} |T_n(y)| = \sup_n \|x_n\|$.

Proof of UBP (in Hilbert space).

Lemma: For any $x \in \mathcal{H}$ and $\alpha > 0$ we have
 $\sup_{x \in B(x, \alpha)} \|Tx\| \geq \alpha \|T\| \quad \square$

Now, assume that $\sup_n \|T_n\| = \infty$ and choose sequence (T_n) :
 $\|T_n\| \geq 4^n$. We use the Lemma to choose inductively $x_n \in \mathcal{H}$
 st $\|x_n - x_{n-1}\| \leq 3^{-n}$ and $\|T_n x_n\| \geq \frac{2}{3} 3^{-n} \|T_n\|$.

It follows that $\{x_n\}$ is Cauchy sequence since

$$\forall m > n: \|x_m - x_n\| \leq \|x_m - x_{m-1}\| + \|x_{m-1} - x_{m-2}\| + \dots + \|x_{n+1} - x_n\| \\ \leq 3^{-m} + 3^{-m+1} + \dots + 3^{-n-1} = \frac{1}{2} 3^{-n} (1 - 3^{-m+n}) \leq \frac{1}{2} 3^{-n}.$$

Then $x_n \rightarrow x$ as $n \rightarrow \infty$. Taking the limit $m \rightarrow \infty$ we have
 $\|x - x_n\| \leq \frac{1}{2} 3^{-n}$.

$$\text{Hence } \|T_n x\| \geq \|T_n x_n\| - \|T_n(x_n - x)\| \geq \frac{2}{3} 3^{-n} \|T_n\| - \frac{1}{2} 3^{-n} \|T_n\| \\ \geq \frac{1}{6} 3^{-n} \|T_n\| \geq \frac{1}{6} \left(\frac{4}{3}\right)^n \rightarrow \infty \text{ as } n \rightarrow \infty$$

This contradicts to $\sup_n |T_n(x)| < \infty \quad \forall x \in \mathcal{H}$.

Ex 1: Let A be a symmetric operator on a separable Hilbert space $\mathcal{H}$. Prove that if $\langle u, Au \rangle = 0 \forall u \in \mathcal{H}$ then $A \equiv 0$.

Ex 2: Let $P (P \neq 0, P \neq \text{id})$ be a projection on $\mathcal{H}$. Show that $\sigma(P) = \{0, 1\}$.

Ex 3: Let $\{u_n\}, \{v_n\}$ be ONF for $\mathcal{H}$, and let
$$A = \sum_{n=1}^{\infty} \lambda_n |u_n\rangle \langle v_n| \text{ with } |\lambda_n| \rightarrow 0 \text{ as } n \rightarrow \infty.$$
 Prove that A is compact operator.

Ex 4: Let T be a distribution. Assume that there exists $C > 0$ st $|T(\varphi)| \leq C \|\varphi\|_{L^2(\mathbb{R}^d)} \forall \varphi \in C_c^\infty(\mathbb{R}^d)$. Prove that there exist $f \in L^2(\mathbb{R}^d)$ st $T = T_f$.