

3.3. Gross-Pitaevskii equation

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- Previously, we considered non-interacting Bose gas
- BEC occurs also if (weak) interactions are present
- These can be treated very simply for dilute-gas BEC

3.3.1 Contact Interactions

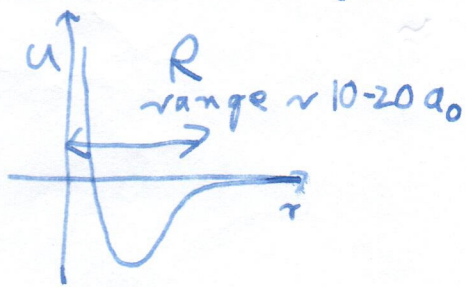
Consider N interacting Bosons with Hamiltonian (c.f. 2.23)

$$\hat{H} = \sum_{k>1} \left(-\frac{\hbar^2}{2m} \nabla_{\vec{x}_k}^2 + V(\vec{x}_k) \right) + \frac{1}{2} \sum_{k, l=1}^N U(\vec{x}_k - \vec{x}_l) \quad (3.15)$$

with $V(\vec{x}_k) = \frac{1}{2} m \omega^2 x_k^2$ (harmonically trapped).

Realistically $U(\vec{x}_k - \vec{x}_l) = \frac{A}{r^{12}} - \frac{B}{r^6}$ $r = |\vec{x}_k - \vec{x}_l|$ (3.16)

(Lennard-Jones potential)



in BEC
 • Densities are such that mean distance $d \gg R$ \rightarrow detail shape of U irrelevant

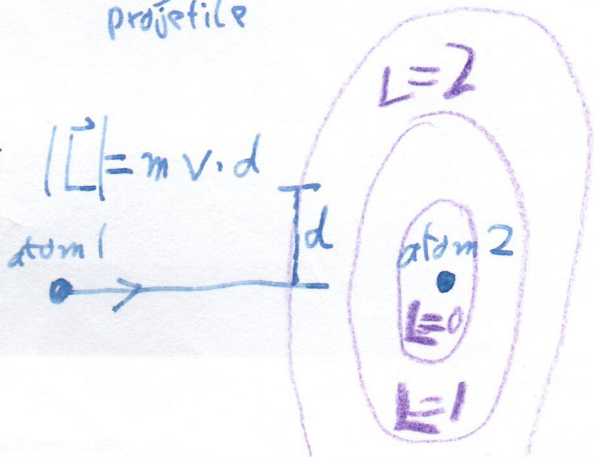
Assuming two atoms do get close and collide, need quantum scattering theory.



See QM-book!

We can expand incoming plane-wave in terms of angular momentum wrt. scattering target.

At low temperatures (low scattering velocities) only $l=0$ (s-wave) will contribute



\Rightarrow This is the s-wave scattering approximation, with isotropic outgoing wave

together the two yellow boxes on p. 32 allow the use of

contact interactions

(chosen to give same ~~language~~ s-wave scattering as (3.16))

$$U(\vec{x}_k - \vec{x}_l) \rightarrow U_0 \delta(\vec{x}_k - \vec{x}_l) \quad (3.17)$$

with $U_0 = \frac{4\pi\hbar^2 a_s}{m}$

- a_s is the s-wave scattering length, that quantifies the amplitude of the scattering process (or total cross-section)
- sign of a_s tells if interactions are $\begin{cases} \text{repulsive } a_s > 0 \\ \text{attractive } a_s < 0 \end{cases}$

3.3.2. Condensate wave function

Let us assume sth. like (3.14) [$\langle \psi_0 \rangle = |N \dots\rangle$] holds even in the interacting case.

All bosons in same state \Rightarrow

Ansatz for many-body wave-function (N bosons, 1D)

$$\psi(\vec{x}, t) = \prod_{l=1}^N \phi(\vec{x}_l, t) \quad \left[\int dx |\phi(x, t)|^2 = 1 \right] \quad (3.18)$$

Determine $\phi(x, t)$ from \hat{H} (2.23) with $U = (3.17)$ using time-dependent variational principle: $\delta \mathcal{L} = 0$

Lagrangian density (text gives Many-Body SE upon variation of ψ)

Action

$$\mathcal{S} = \int dt d\vec{x} \left\{ \frac{i\hbar}{2} \left[\psi^*(\vec{x}, t) \frac{\partial}{\partial t} \psi(\vec{x}, t) - \psi(\vec{x}, t) \frac{\partial}{\partial t} \psi^*(\vec{x}, t) \right] - \psi^*(\vec{x}, t) \hat{H} \psi(\vec{x}, t) \right\} \quad (3.19)$$

- Variational principle allows us to "enforce" guess (3.18) and then ask "what equation does $\phi(x, t)$ have to follow?"

Note: $\frac{\partial}{\partial t} \psi(\vec{x}, t) \stackrel{(3.18)}{=} \left[\sum_{k=1}^N \frac{\partial}{\partial t} \phi(\vec{x}_k, t) \right] \prod_{\substack{l=1 \\ l \neq k}}^N \phi(\vec{x}_l, t)$ (3.20)

Product rule

Let us insert (3.18) into (3.19) and simplify

$$\begin{aligned}
 S \stackrel{(3.20)}{=} \int dt d^N x \left\{ \frac{i\hbar}{2} \left[\prod_{l=1}^N \phi^*(x_{l,t}) \prod_{\substack{l=1 \\ l \neq k}}^N \sum_{k=1}^N \prod_{\substack{l=1 \\ l \neq k}}^N \phi(x_{l,t}) \left(\frac{\partial}{\partial t} \phi(x_k, t) \right) \right. \right. \\
 \left. \left. - \prod_{l=1}^N \phi(x_{l,t'}) \sum_{k=1}^N \prod_{\substack{l=1 \\ l \neq k}}^N \phi^*(x_{l,t}) \left(\frac{\partial}{\partial t} \phi^*(x_k, t) \right) \right. \right. \\
 \left. \left. - \prod_{l=1}^N \phi^*(x_{l,t'}) \left[\sum_{k=1}^N \hat{H}_0(x_k) + \frac{1}{2} \sum_{\substack{k,l=1 \\ k \neq l}}^N U_0 \delta(x_k - x_l) \right] \prod_{l=1}^N \phi(x_{l,t}) \right\} \quad (3.21)
 \end{aligned}$$

We have to integrate $\int d^N x = \int dx_1 \int dx_2 \dots \int dx_N$. All terms with $x_i \neq x_k$ or x_{lm} give $\int |\phi(x_{l,t})|^2 dx_l = 1 \Rightarrow$

$$\begin{aligned}
 S = \sum_{k=1}^N \int dt \int dx_k \left\{ \frac{i\hbar}{2} \left[\phi^*(x_k, t) \frac{\partial}{\partial t} \phi(x_k, t) - \phi(x_k, t) \frac{\partial}{\partial t} \phi^*(x_k, t) \right] \right. \\
 \left. - \phi^*(x_k, t) \hat{H}_0(x_k) \phi(x_k, t) + \frac{U_0}{2} \sum_{\substack{m=1 \\ m \neq k}}^N \int dx_m \phi^*(x_k, t) \phi^*(x_m, t) \right. \\
 \left. \times \delta(x_k - x_m) \phi(x_k, t) \phi(x_m, t) \right\} \quad (3.22) \\
 = \frac{U_0(N-1)}{2} \phi^*(x_k, t)^2 \phi(x_k, t)^2
 \end{aligned}$$

Now, note all terms in $\sum_{k=1}^N$ are the same:

$$S = N \int dt \int dx \left\{ \frac{i\hbar}{2} \phi^*(x,t) \frac{\partial}{\partial t} \phi(x,t) - \phi(x,t) \frac{\partial}{\partial t} \phi^*(x,t) \right. \\
 \left. - \phi^*(x,t) \hat{H}_0 \phi(x,t) - \frac{U_0(N-1)}{2} \phi^*(x,t)^2 \phi(x,t)^2 \right\} \quad (3.23)$$

better: separately do for ϕ and ϕ^*
Variation

(we treat ϕ, ϕ^* as independent). Demand

$$\begin{aligned}
 0 = \delta S = N \int dt \int dx \frac{i\hbar}{2} \left\{ \delta \phi^* \frac{\partial}{\partial t} \phi + \phi^* \frac{\partial}{\partial t} \delta \phi - \delta \phi \frac{\partial}{\partial t} \phi^* - \phi \frac{\partial}{\partial t} \delta \phi^* \right. \\
 \left. - \delta \phi^* [H_0 \phi + U_0(N-1) \phi^* \phi^2] - \phi^* [H_0 \delta \phi + U_0(N-1) \phi^* \delta \phi^2] \right\}
 \end{aligned}$$

Now this should be zero for all small functions $\delta \phi(x,t)$
 \Rightarrow Coefficient of $\delta \phi(x,t)$ and $\delta \phi^*(x,t)$ must vanish inside integral $\forall x,t$

from coefficient of $\delta\phi^*(x,t)$:

Gross-Pitaevskii equation (GPE) (time-dependent)

$$i\hbar \dot{\phi}(x,t) = \underbrace{\left[-\frac{\hbar^2}{2m} \frac{\partial^2}{\partial x^2} + V(x) \right]}_{\hat{H}_0(x)} + U_0(N-1) |\phi(x,t)|^2 \phi(x,t) \quad (3.26)$$

- $\phi(x,t) \in \mathbb{C}$ is the condensate wave-function (here $\int_{-\infty}^{\infty} |\phi(x,t)|^2 dx = 1$)
- $U_0 = \frac{4\pi\hbar^2 a_s}{m}$ from (3.17)
- Similar to single-particle Schrödinger equation but with non-linear term
- $(N-1) |\phi(x,t)|^2 \sim \rho =$ atom density. Non-linear term = interactions

3.3.3 Mean-field theory

We can derive Eq. (3.24) differently, starting from quantum-field-theory

Consider \hat{H} in (2.28) with $U(x-y)$ from (3.17)

$$\hat{H} = \int dx \left\{ \hat{\psi}^\dagger(x) \hat{H}_0 \hat{\psi}(x) + \frac{U_0}{2} \hat{\psi}^\dagger(x) \hat{\psi}^\dagger(x) \hat{\psi}(x) \hat{\psi}(x) \right\} \quad (3.25)$$

Consider field operator in Heisenberg picture $\hat{\psi}(x,t)$

Heisenberg equation for field operator

$$i\hbar \dot{\hat{\psi}}(x,t) = [\hat{H}, \hat{\psi}(x,t)] = \hat{H}_0 \hat{\psi}(x,t) + U_0 \hat{\psi}^\dagger(x,t) \hat{\psi}(x,t) \hat{\psi}(x,t) \quad (3.26)$$

We ought to specify a (initial) quantum state, but let's not, rather we ~~choose~~ make the:

Mean-field Ansatz:

$$\langle \hat{\psi}(x,t) \rangle = \tilde{\phi}(x,t) \quad (3.27)$$

- $\tilde{\phi}$ is the condensate wavefunction (here $\int_{-\infty}^{\infty} |\tilde{\phi}(x,t)|^2 dx = N$)
or order-parameter of the BEC

Taking the expectation value of (3.26) we reach

$$i\hbar \dot{\tilde{\phi}}(x,t) = \hat{H}_0 \tilde{\phi}(x,t) + U_0 \langle \tilde{\psi}^\dagger(x,t) \tilde{\psi}(x,t) \tilde{\psi}(x,t) \rangle \quad (3.28)$$

We now assume factorisation: $\langle \tilde{\psi}^\dagger(x,t) \tilde{\psi}(x,t) \tilde{\psi}(x,t) \rangle \approx \langle \tilde{\psi}^\dagger(x,t) \rangle \langle \tilde{\psi}(x,t) \rangle \langle \tilde{\psi}(x,t) \rangle$
and reach

Gross-Pitaevskii equation (again)

$$i\hbar \dot{\tilde{\phi}}(x,t) = \hat{H}_0(x) \tilde{\phi}(x,t) + U_0 |\tilde{\phi}(x,t)|^2 \tilde{\phi}(x,t) \quad (3.29)$$

• Same as Eq. (3.24) for $N \approx N-1$ * for all $\tilde{\phi} = \sqrt{N} \phi$

• A possible quantum-state that justified (3.27) is the many-mode coherent state (2.37).

We assume the S.H.O single-particle basis (1.2)
and $|\psi\rangle = |\alpha_0, \alpha_1, \dots\rangle$ (see (2.37))

$$\begin{aligned} \text{Thus } \langle \psi | \hat{\psi} | \psi \rangle &= \langle \alpha_0, \alpha_1, \dots | \sum_{k=1}^{\infty} \psi_k(x) \hat{a}_k | \alpha_0, \alpha_1, \dots \rangle \\ &= \langle \alpha_0, \alpha_1, \dots | \sum_{k=1}^{\infty} \psi_k(x) \alpha_k | \alpha_0, \alpha_1, \dots \rangle \\ &= \sum_{k=1}^{\infty} \psi_k(x) \alpha_k \equiv \tilde{\phi}(x, t=0) \in \mathbb{C} \end{aligned}$$

↑ state!
↑ field op!
↑ state

This would also justify factorisation (3.28)

• Due to the use of coherent states, we have an uncertainty in particle number here ($\approx N$ in the mean)



Comments for page 36

• $\langle \frac{\partial}{\partial t} \Psi \rangle = \frac{\partial}{\partial t} \langle \hat{\Psi} \rangle$ since in Heisenberg picture state is time-independent

• $\langle \hat{H}_0(x) \Psi \rangle = \langle \Psi | \hat{H}_0(x) \sum_n \varphi_n(x) \hat{a}_n | \Psi \rangle$ → = acts on...
 many body (Fock state)

$$= \hat{H}_0(x) \sum_n \varphi_n(x) \langle \Psi | \hat{a}_n | \Psi \rangle$$

~~obvious~~
~~fact~~
~~example~~

$$= \hat{H}_0(x) \langle \Psi | \sum_n \varphi_n(x) \hat{a}_n | \Psi \rangle = \hat{H}_0(x) \tilde{\phi}(x) = \langle \hat{\Psi} \rangle$$

• For coherent state $|\Psi\rangle = |\alpha_0 \alpha_1 \dots\rangle$

$$\langle \alpha_0 \alpha_1 \dots | \hat{\Psi}^\dagger(x) \hat{\Psi}(x) \hat{\Psi}(x) | \alpha_0 \alpha_1 \dots \rangle = \langle \hat{\Psi}^\dagger \rangle \langle \hat{\Psi} \rangle \langle \hat{\Psi} \rangle \quad (\text{exercise, as on p. 36})$$

• Counterexample where factorisation does not work
 [No physics here, just math example]

$$|\Psi\rangle = \frac{1}{\sqrt{2}} (|300\dots\rangle + |200\dots\rangle) \Rightarrow$$

$$\langle \Psi | \hat{\Psi}^\dagger(x) \hat{\Psi}(x) \hat{\Psi}(x) | \Psi \rangle = \frac{1}{2} \langle \Psi | |\varphi_0(x)|^2 \varphi_0(x) \hat{a}_0^\dagger \hat{a}_0 \hat{a}_0 | \Psi \rangle$$

↑
all other pieces of $\sum_{k=1}^{\infty} \varphi_k(x) \hat{a}_k$

then $k=0$ are irrelevant / vanish

$$= \frac{|\varphi_0(x)|^2}{2} (\langle 300 | + \langle 200 |) (\sqrt{3} |200\rangle + \sqrt{2} |100\rangle) = \frac{\sqrt{3}}{2} |\varphi_0(x)|^2 \varphi_0(x)$$

But $\langle \hat{\Psi}^\dagger \rangle = \frac{\varphi_0(x)}{2} (\langle 300 | + \langle 200 |) (\sqrt{3} |200\rangle + \sqrt{2} |100\rangle) = \frac{\sqrt{3}}{2} \varphi_0(x)$

$$\Rightarrow \langle \hat{\Psi}^\dagger \rangle \langle \hat{\Psi} \rangle \langle \hat{\Psi} \rangle = \frac{3\sqrt{3}}{8} |\varphi_0(x)|^2 \varphi_0(x)$$

(floor, clod)

3.3.4 Condensate ground state

Stationary states of (3.29) evolve as $\tilde{\phi}(x,t) = e^{-i\frac{\mu}{\hbar}t} \tilde{\phi}_0(x)$ (3.29)

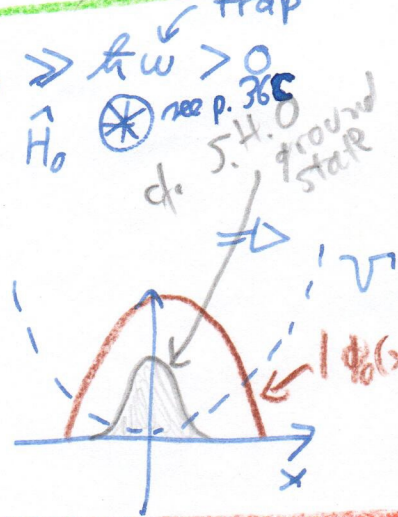
Insertion into Eq. (3.29) gives a

time-independent GPE

$$\mu \tilde{\phi}_0(x) = [\hat{H}_0(x) + U_0 |\tilde{\phi}_0(x)|^2] \tilde{\phi}_0(x) \quad (3.30)$$

- We renamed $\tilde{\phi}_0 \rightarrow \phi_0$ but still (now $\int |\phi_0(x)|^2 = N$)
- μ is the chemical potential (if ϕ_0 is the ground-state)
- as the TISE, (3.30) has ~~multiple~~ multiple (excited state) solutions [diagram]

Ground-state solutions: (add imaginary)

Example (i): Very strong ^(repulsive) interactions $U_0 \gg \hbar\omega > 0$
 In that case, neglect $-\frac{\hbar^2}{2m} \nabla^2$ in \hat{H}_0 

$$\mu \phi_0(x) = V(x) \phi_0(x) + U_0 |\phi_0(x)|^2 \phi_0(x)$$

$$|\phi_0(x)|^2 = \begin{cases} \frac{\mu - V}{U_0} & \text{where } > 0 \\ 0 & \text{else} \end{cases}$$

Thomas-Fermi approximation (3.31)
 Wave-function $\phi_0(x) = \sqrt{\frac{\mu - V}{U_0}}$ for $(\mu - V) > 0$
 (else = 0)

Example (ii): Very weak interactions $|U_0| \ll \hbar\omega$

For $U_0=0$, we know harmonic oscillator ground-state ϕ_0 solves (3.30). So

Ansatz:
$$\phi_0(x) = N \exp\left[-\frac{x^2}{2\sigma(U_0)^2}\right] \quad (3.32)$$

Determine $\sigma(U_0)$ from variational principle $\delta E = 0$

Using $E = \int dx \phi_0^*(x) [\hat{H}_0 + U_0 |\phi_0(x)|^2] \phi_0(x)$ Pethick-Smith / 37

Why do we neglect $-\frac{\hbar^2}{2m} \nabla^2$ only?

See: Both rep. Interaction $U_0 |\phi_0(x)|^2$ for $U_0 > 0$

and kinetic energy cause a spread of the wave function

Trap ∇ causes localisation.

Final shape = balance of spread & interaction

For $U_0 \gg \frac{\hbar \omega}{2}$ k.E. can be neglected relative to interaction.
Approx kinetic energy in GS oscillator

Example (iii) Any interaction!

Imaginary time method:

Solve (3.29) with $A \rightarrow -i\tau$

Imaginary time GPE

$$-A \frac{\partial}{\partial t} \tilde{\phi}(x, \tau) = \left[\hat{H}_0(x) + U_0 |\tilde{\phi}(x, \tau)|^2 \right] \tilde{\phi}(x, \tau) \quad (3.32b)$$

subject to constraint $\int_{-\infty}^{\infty} |\tilde{\phi}(x, \tau)|^2 dx = N$

This typically rapidly converges to the lowest energy solution $\phi_0(x)$ of (3.30), ^(almost) regardless of initial state.

heuristic motivation:

Take the (linear) Schrödinger equation ($U_0=0$)

$$\text{Then } \psi(x, t) = \sum_n c_n(0) e^{-i E_n t / \hbar} \phi_n(x)$$

Replace $t \rightarrow -i\tau \Rightarrow$

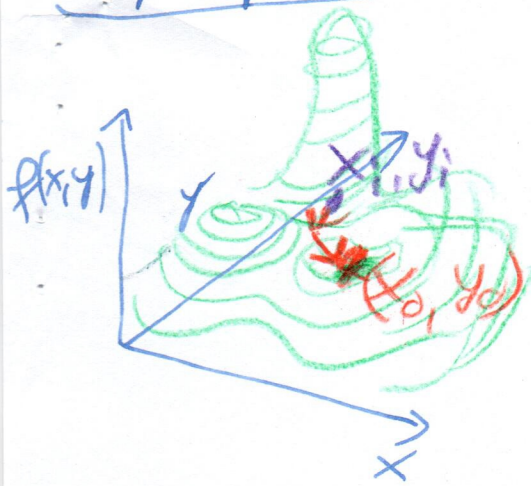
$$\psi(x, \tau) = \sum_n c_n(0) e^{-E_n \tau / \hbar} \phi_n(x)$$

$\psi(x, \tau) \rightarrow 0$ ~~sum~~ for $\tau \rightarrow \infty$ since all components exponentially decay.

Put groundstate component ($n=0$) decays the slowest

\Rightarrow If we enforce $\int_{-\infty}^{\infty} |\psi|^2 dx = 1$, this converges to the groundstate

Imaginary time for $U_0 > 0$, justification 1



Let $f(x,y)$ be a 2D function.

To find minimum location $\phi_0(x_0, y_0)$, go opposite to gradient ∇ from some initial test-point (x_i, y_i)

This is called steepest descent method in optimisation

Now consider GP energy functional as ∞ -dimensional function

$$\begin{aligned} \phi &\rightarrow E \\ (x,y) &\rightarrow \phi(x) \end{aligned}$$

$$E = \int d^3x \phi^*(x) \left[H_0(x) + \frac{U_0}{2} |\phi(x)|^2 \right] \phi(x)$$

The analog of $\frac{\partial f}{\partial x}$ is $\frac{\delta E}{\delta \phi(x)}$ (functional derivative)

Lets consider ϕ, ϕ^* independent.

$$\frac{\delta E}{\delta \phi^*(x)} = H_0 \phi(x) + U_0 |\phi(x)|^2 \phi(x)$$

(see page

Thus going for a short step $\delta\tau$ into direction of negative gradient should be ϕ^* ??

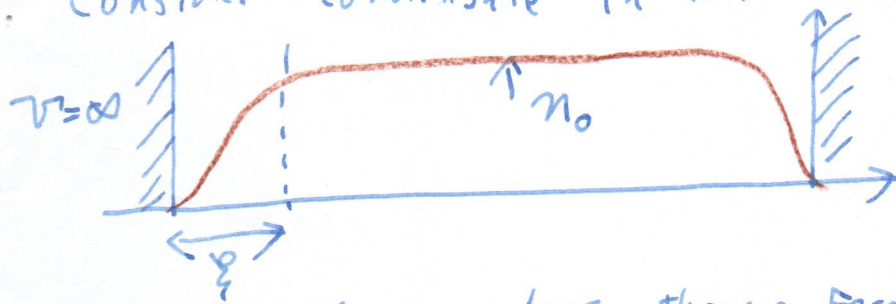
$$\delta\phi(x, \tau + \delta\tau) - \phi(x, \tau) = - [H_0 \phi(x) + U_0 |\phi(x)|^2] \phi(x)$$

$$\phi(x, \tau + \delta\tau) - \phi(x, \tau) = - [H_0 \phi(x, \tau) + U_0 |\phi(x, \tau)|^2] \phi(x, \tau)$$

\Rightarrow Which is a discrete time-derivative version of Eq. (3.32b)

3.3.5. Condensate healing length

Consider condensate in hard box, for large U_0



$|\phi_0(x)|^2$
At edges ψ has to vanish due to boundary conditions.

• Far away from edges, Thomas-Fermi gives $n_0 = \frac{\mu}{U_0}$ (3.33)

• Near edge, cannot neglect kinetic term

Rewrite (3.30) as

$$-\frac{\hbar^2}{2m} \frac{\partial^2}{\partial x^2} \phi_0(x) + U_0 [|\phi_0(x)|^2 - n_0] \phi_0(x) = 0$$

Define $\phi_0(x) = \sqrt{n_0} f\left(\frac{x}{\xi}\right) \Rightarrow$

$$-\frac{\hbar^2}{2mU_0 n_0 \xi^2} f''\left(\frac{x}{\xi}\right) + [f^2 - 1] f = 0 \quad (3.34)$$

This Eqn becomes scale-free if

$$\text{healing length } \xi = \frac{\hbar}{\sqrt{2mU_0 n_0}} \quad (3.35)$$

• this is the shortest scale on which the BEC can respond to perturbations in the bulk

3.3.6. Hydrodynamic equations and vortices

Let us rewrite $\phi(x,t) = \underbrace{\rho(x,t)}_{\text{amplitude}} e^{i \underbrace{\varphi(x,t)}_{\text{phase}}} \quad \phi \in \mathbb{C}, \rho, \varphi \in \mathbb{R}$ (3.36)

These have the interpretation

atomic density $\rho = |\phi|^2$ (3.37)

and flow velocity $\vec{v} = \frac{\hbar}{m} \nabla \varphi$

To see that this makes sense we insert (3.36) into Eq. (3.29) split into $\text{Re}()$ & $\text{Im}()$ and derive

Hydrodynamic equations for a BEC

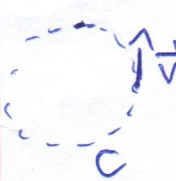
continuity equation $\frac{\partial \rho}{\partial t} = -\vec{\nabla} \cdot (\rho \cdot \vec{v})$ (3.38)

"Bernoulli's" equation $m \frac{d\vec{v}}{dt} = -\vec{\nabla} \left[P_q + \frac{1}{2} m \vec{v}^2 + U \cdot \rho + V(x) \right]$ (3.39)

with quantum pressure term $P_q = -\frac{\hbar^2 \nabla^2 \sqrt{\rho}}{2m\sqrt{\rho}}$ (3.40)

- Whenever P_q is small, can think of BEC as "fluid"
- quantum nature still has interesting consequence such as

Quantisation of circulation

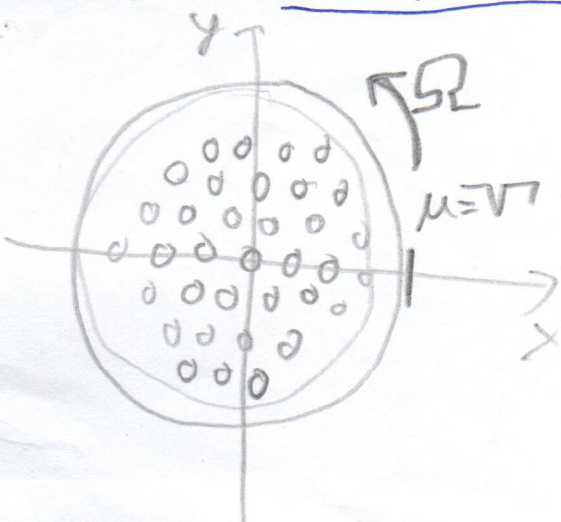


$$\oint_C \vec{v} \cdot d\vec{x} = (2\pi n) \frac{\hbar}{m} = n \left(\frac{h}{m} \right) \quad (3.41)$$

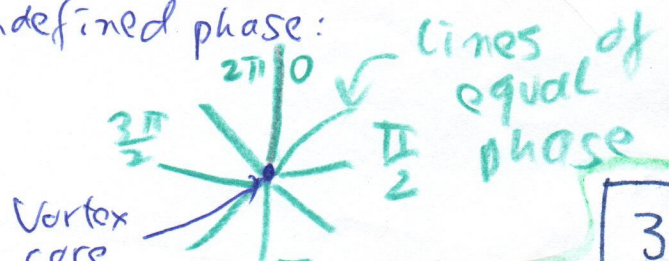
circulation
circulation quantum
 $n \in \mathbb{N}_0$
Winding number

- Proof: show that $\int_L \vec{v} \cdot d\vec{x} = \frac{\hbar}{m} [\varphi(\vec{b}) - \varphi(\vec{a})]$ for a non-closed loop
- then (3.41) follows because the phase at \vec{x} has to be unique \Rightarrow

Example: Abrikosov - Lattice:



A BEC brought to high circulation state $n \gg 1$ forms an Abrikosov - lattice of n vortices each vortex-core has $\rho = 0$, due to undefined phase:



7] Condensate excitations

What happens to a stationary state (3.29b) if it is slightly perturbed? Look for periodic (eigenmode) solutions with Ansatz:

Perturbed BEC:

$$\phi(x,t) = e^{-i\mu t} \left[\phi_0(x) + u(x)e^{-i\omega t} - v^*(x)e^{i\omega t} \right] \quad (3.42)$$

- We need to include $e^{i\omega t}$ AND $e^{-i\omega t}$ because (3.29) couples ϕ and ϕ^*
- Insert (3.42) into (3.29), use (3.30) separately consider coefficients of $e^{i\omega t}$ and $e^{-i\omega t}$. Get:

Bogoliubov equation for elementary excitations of BEC

$$\left[-\frac{\hbar^2}{2m} \nabla^2 + V(x) + 2U_0 |\phi_0(x)|^2 - \mu - \hbar\omega_m \right] u(x) - U_0 \phi_0(x)^2 v(x) = 0$$

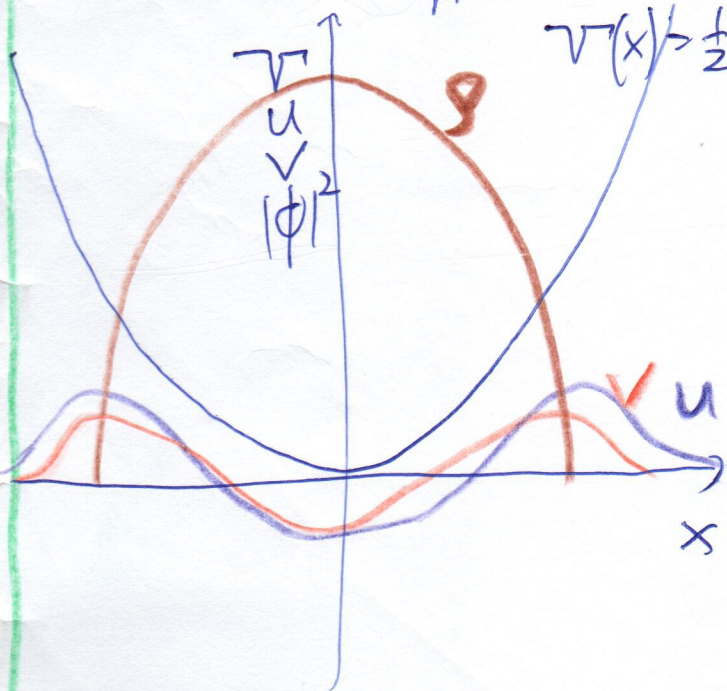
$$\left[-\frac{\hbar^2}{2m} \nabla^2 + V(x) + 2U_0 |\phi_0(x)|^2 - \mu + \hbar\omega_m \right] v(x) - U_0 \phi_0^*(x)^2 u(x) = 0 \quad (3.43)$$

$\omega_m = \text{Mode frequency}$

Example:

Breathing mode of harmonically trapped BEC

Find one mode with $\phi_0, u, v \in \mathbb{R}$ as shown left.



$$V(x) = \frac{1}{2} m \omega^2 x^2$$

$$|\phi(x,t)|^2 \approx |\phi_0(x)|^2$$

$$+ 2\phi_0(u-v) \cos(\omega t) + \mathcal{O}(u^2, v^2)$$

This will do breathing oscillations from competition of trapping and repulsive interactions.

Breathing frequency (for large U_0)

$$\omega_m \approx \sqrt{5} \omega_{\text{trap}}$$