

# Tails and moments estimates for some types of chaos \*

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## Abstract

Let  $X_i$  be a sequence of independent symmetric real random variables with logarithmically concave tails. We consider a variable  $X = \sum_{i \neq j} a_{i,j} X_i X_j$ , where  $a_{i,j}$  are real numbers. We derive approximate formulas for the tails and moments of  $X$  and its decoupled version, which are exact up to some universal constants.

**Definitions and notation.** Let  $X_i, X'_j$  be two independent sequences of independent symmetric random variables with logarithmically concave tails, i.e. the functions  $N_i, N'_j : [0, \infty) \rightarrow [0, \infty]$  defined by the formulas

$$N_i(t) = -\ln P(|X_i| \geq t)$$

and

$$N'_j(t) = -\ln P(|X'_j| \geq t)$$

are convex. Since it is only a matter of normalization we may and will assume that for all  $i$  and  $j$

$$\inf\{t : N_i(t) \geq 1\} = \inf\{t : N'_j(t) \geq 1\} = 1. \quad (1)$$

Let us define the functions  $\hat{N}_i$  by the formula

$$\hat{N}_i(t) = \begin{cases} t^2 & \text{for } |t| \leq 1 \\ N_i(|t|) & \text{for } |t| > 1. \end{cases}$$

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For sequences  $(a_i)$  of real numbers and  $p > 0$  we put

$$\|(a_i)\|_{\mathcal{N},p} = \sup\{\sum a_i b_i : \sum \hat{N}_i(b_i) \leq p\}$$

and

$$\|(a_i)\|_p = (\sum a_i^p)^{1/p}.$$

In a similar way we define  $\hat{N}'_j$  and  $\|(a_j)\|_{\mathcal{N}',p}$ .

For matrices  $(a_{i,j})$  and  $p > 0$  we define

$$\|(a_{i,j})\|_{\mathcal{N},\mathcal{N}',p} = \sup\{\sum a_{i,j} b_i c_j : \sum \hat{N}_i(b_i) \leq p, \sum \hat{N}'_j(c_j) \leq p\}.$$

We denote by  $(\varepsilon_i)$  the Bernoulli sequence, i.e. a sequence of i.i.d. symmetric r.v. taking on values  $\pm 1$ . A sequence of independent standard  $\mathcal{N}(0, 1)$  Gaussian random variables will be denoted by  $(g_i)$  and the canonical Gaussian measure on  $\mathbb{R}^n$  by  $\gamma_n$ .

For a random variable  $X$  and  $p > 0$  we write

$$\|X\|_p = (E|X|^p)^{1/p}.$$

We will also use the notation  $a \sim_C b$  to denote that  $C^{-1}a \leq b \leq Ca$ .

In this paper we will prove the following theorem

**Theorem 1** *Let  $(a_{i,j})$  be a square summable matrix and  $X = \sum a_{i,j} X_i X'_j$ . Then for each  $p \geq 1$*

$$\|X\|_p \sim_C \|(a_{i,j})\|_{\mathcal{N},\mathcal{N}',p} + \|(A_i)\|_{\mathcal{N},p} + \|(B_j)\|_{\mathcal{N}',p},$$

where  $A_i = (\sum_j a_{i,j}^2)^{1/2}$ ,  $B_j = (\sum_i a_{i,j}^2)^{1/2}$  and  $C$  is a universal constant.

We postpone the proof of Theorem 1 till the end of this article and now present some corollaries and examples.

**Corollary 1** *Let  $(a_{i,j})$  be a square summable matrix, such that  $a_{i,i} = 0$  and  $a_{i,j} = a_{j,i}$  for all  $i, j$ . Then for each  $p \geq 1$*

$$\|\sum a_{i,j} X_i X_j\|_p \sim_{\tilde{C}} \|(a_{i,j})\|_{\mathcal{N},\mathcal{N},p} + \|(A_i)\|_{\mathcal{N},p},$$

where  $A_i = (\sum_j a_{i,j}^2)^{1/2}$  and  $\tilde{C}$  is a universal constant.

**Proof.** Let  $X'_i$  be an independent copy of  $X_i$ , then by the result of de la Peña, Montgomery-Smith (cf [2]) about decoupling chaos we have for  $p \geq 1$

$$\left\| \sum a_{i,j} X_i X_j \right\|_p \sim_K \left\| \sum a_{i,j} X_i X'_j \right\|_p$$

with some universal constant  $K$ . Hence Corollary 1 is an immediate consequence of Theorem 1 if we notice that  $A_i = B_i$  by the symmetry of the matrix  $(a_{i,j})$ .

**Corollary 2** *There exist universal constants  $0 < c < C < \infty$  such that under the assumptions of Corollary 1, for each  $t \geq 1$*

$$P\left(\left| \sum a_{i,j} X_i X_j \right| \geq C(\|(a_{i,j})\|_{\mathcal{N},\mathcal{N},t} + \|(A_i)\|_{\mathcal{N},t})\right) \leq e^{-t}$$

and

$$P\left(\left| \sum a_{i,j} X_i X_j \right| \geq c(\|(a_{i,j})\|_{\mathcal{N},\mathcal{N},t} + \|(A_i)\|_{\mathcal{N},t})\right) \geq \min(c, e^{-t}).$$

**Proof.** The first inequality follows from Corollary 1 and Chebyshev's inequality. To get the second inequality we first use Corollary 1 and Proposition 1 from below to get

$$\left\| \sum a_{i,j} X_i X_j \right\|_{2p} \leq 4\tilde{C}^2 \left\| \sum a_{i,j} X_i X_j \right\|_p \text{ for } p \geq 1.$$

The inequality now may be obtained by Corollary 1 and the Paley-Zygmund inequality as in [3].

By simple calculations we may easily derive from Corollary 1 the following two examples of interest.

**Example 1.** If a matrix  $(a_{i,j})$  satisfies the assumptions of Corollary 1 then for some universal constant  $K$  and any  $p \geq 1$  we have

$$\left\| \sum a_{i,j} g_i g_j \right\|_p \sim_K p \|(a_{i,j})\|_{l_2 \rightarrow l_2} + \sqrt{p} \|(a_{i,j})\|_{HS},$$

where

$$\|(a_{i,j})\|_{l_2 \rightarrow l_2} = \sup\left\{ \sum a_{i,j} b_i c_j : \|(b_i)\|_2, \|(c_j)\|_2 \leq 1 \right\}$$

and

$$\|(a_{i,j})\|_{HS} = \left( \sum a_{i,j}^2 \right)^{1/2}.$$

**Example 2.** Under the assumptions of Corollary 1 we have

$$\begin{aligned} \left\| \sum a_{i,j} \varepsilon_i \varepsilon_j \right\|_p &\sim_K \sup \left\{ \left\| \sum a_{i,j} b_i c_j \right\|_2, \left\| (c_j) \right\|_2 \leq p, |b_i|, |c_j| \leq 1 \right\} \\ &\quad + \sum_{i \leq p} A_i^* + \sqrt{p} \left( \sum_{i > p} (A_i^*)^2 \right)^{1/2}, \end{aligned}$$

where  $A_i^*$  denotes a nondecreasing rearrangement of the sequence  $A_i$  and  $K$  is a universal constant.

**Remark.** Example 1 may be also derived in a simpler way. Using the invariance of Gaussian r.v. under orthogonal transformations, it is enough to prove that for any sequence  $(d_i)$  of real numbers we have

$$\left\| \sum d_i g_i g_i' \right\|_p \sim_{K_1} p \|(d_i)\|_\infty + \sqrt{p} \|(d_i)\|_2.$$

This easily follows from the results of [3] (see Theorem 2 below).

The following theorem was established in a slightly less general setting by Gluskin and Kwapien in [3] and in full generality in [5].

**Theorem 2** *There exists a universal constant  $C_1 < \infty$  such that for any square summable sequence  $(a_i)$  and  $p \geq 1$  we have*

$$\left\| \sum a_i X_i \right\|_p \sim_{C_1} \|(a_i)\|_{\mathcal{N},p}. \quad (2)$$

*In particular for any  $p, q \geq 1$  there exists a constant  $C_{p,q}$ , which depends only on  $p$  and  $q$  such that*

$$\left\| \sum a_i X_i \right\|_p \leq C_{p,q} \left\| \sum a_i X_i \right\|_q. \quad (3)$$

**Remark.** The inequality (3) may be also obtained by hypercontractive methods or direct calculations.

We will also use the following theorem of M. Talagrand (see [8] and [6] for a simpler proof with better constants).

**Theorem 3** *Let  $\lambda$  be the measure on  $\mathbb{R}$  with the density  $\frac{1}{2}e^{-|x|}$  and  $\lambda^n$  be the product measure  $\otimes_{i=1}^n \lambda$  on  $\mathbb{R}^n$ . Then for any Borel subset  $A$  of  $\mathbb{R}^n$  with  $\lambda^n(A) > 0$  and any  $s > 0$  we have*

$$\lambda^n(A + V_s) \geq 1 - \lambda^n(A)^{-1} e^{-s},$$

where

$$V_s = \left\{ x \in \mathbb{R}^n : \sum \min(|x_i|, x_i^2) \leq 36s \right\}.$$

In the next part of the paper we will need some additional definitions. We will say that a measure  $\mu$  on  $\mathbb{R}$  is symmetric unimodal if it has a density with respect to the Lebesgue measure, which is symmetric and nonincreasing on  $[0, \infty)$ . A nonnegative Borel measure  $\mu$  on  $\mathbb{R}^n$  will be called logconcave if

$$\mu(tA + (1-t)B) \geq \mu^t(A)\mu^{1-t}(B)$$

for any nonempty Borel sets  $A, B$  in  $\mathbb{R}^n$  and  $t \in (0, 1)$ . A real random variable will be called symmetric unimodal (logconcave) if its distribution is symmetric unimodal (logconcave).

By the results of Borell [1] products of logconcave measures are logconcave and nondegenerate measures on  $\mathbb{R}$  are logconcave if and only if they have logconcave densities with respect to the Lebesgue measure. In particular any symmetric nondegenerate logconcave real r.v. has logconcave tails and is symmetric unimodal.

**Proposition 1** *The following inequalities are satisfied*

$$\|(a_i)\|_{\mathcal{N}, \lambda p} \leq \lambda \|(a_i)\|_{\mathcal{N}, p} \text{ for } \lambda \geq 1, p > 0 \quad (4)$$

$$\|(a_{i,j})\|_{\mathcal{N}, \mathcal{N}', \lambda p} \leq \lambda^2 \|(a_{i,j})\|_{\mathcal{N}, \mathcal{N}', p} \text{ for } \lambda \geq 1, p > 0, \quad (5)$$

and

$$\sqrt{p} \left( \sum_{i>p} (a_i^*)^2 \right)^{1/2} \leq \|(a_i)\|_{\mathcal{N}, p} \leq p a_1^* + \sqrt{p} \left( \sum_i (a_i^*)^2 \right)^{1/2}, \quad (6)$$

where  $(a_i^*)$  is a nonincreasing rearrangement of the sequence  $(|a_i|)$ .

**Proof.** Inequalities (4) and (5) follow easily from the observation that  $\hat{N}_i(tx) \leq t\hat{N}_i(x)$  for any  $t \in [0, 1]$  and real number  $x$ . To prove (6) let us fix a sequence  $(b_i)$  such that  $\sum_i \hat{N}_i(b_i) \leq p$  and let  $J = \{i : b_i \geq 1\}$ . Then since  $\hat{N}_i(x) \geq x$  for  $x \geq 1$  we have  $\sum_{i \in J} a_i b_i \leq p a_1^*$  and since  $\hat{N}_i(x) = x^2$  for  $|x| \leq 1$  we get  $\sum_{i \notin J} a_i b_i \leq \sqrt{p} \left( \sum_i (a_i^*)^2 \right)^{1/2}$ .

To prove the other inequality in (6) let  $k = \lfloor p \rfloor + 1$ ,  $A = (k(a_k^*)^2 + \sum_{i>k} (a_i^*)^2)^{1/2}$ ,  $b_i = \text{sgn}(a_i) \sqrt{p} a_k^* / A$  for  $|a_i| \geq a_k^*$  and  $b_i = \sqrt{p} a_i / A$  for  $|a_i| \leq a_k^*$ . Then  $|b_i| \leq 1$ ,  $\sum \hat{N}_i(b_i) = \sum b_i^2 = p$  and

$$\sum a_i b_i \geq \sqrt{p} A \geq \sqrt{p} \left( \sum_{i>p} (a_i^*)^2 \right)^{1/2}.$$

**Proposition 2** For any random variable  $X_i$  with logconcave tails normalized as in (1) we have

$$\frac{1}{2} < 1 - e^{-1} \leq E|X_i| \leq 1 \quad (7)$$

and

$$\frac{1}{2} < 2 - 4e^{-1} \leq E|X_i|^2 \leq 2. \quad (8)$$

**Proof.** By our normalization property (1) and the convexity of  $N_i$  we get  $0 \leq N_i(t) \leq t$  for  $t \in [0, 1]$  and  $N_i(t) \geq \max(0, k(t-1) + 1)$  for some  $k \geq 1$  and all  $t \geq 0$ . Proposition easily follows by integration by parts.

**Lemma 1** Let  $\mu_1, \dots, \mu_n$  and  $\nu_1, \dots, \nu_n$  be symmetric probabilistic logconcave measures on  $\mathbb{R}$  such that

$$\forall_i \forall_{t>0} \mu_i([-t, t]) \leq \nu_i([-t, t]), \quad (9)$$

$\mu = \mu_1 \otimes \dots \otimes \mu_n$  and  $\nu = \nu_1 \otimes \dots \otimes \nu_n$ . Then for any convex symmetric Borel set  $K$  in  $\mathbb{R}^n$  we have

$$\mu(K) \leq \nu(K).$$

**Proof.** It is enough to prove that for any symmetric logconcave measure on  $\mathbb{R}^{n-1}$  and convex symmetric set  $K$  we have

$$\mu_1 \otimes \mu(K) \leq \nu_1 \otimes \mu(K).$$

Let for  $t \in \mathbb{R}$ ,  $K_t = \{x \in \mathbb{R}^{n-1} : (t, x) \in K\}$  and  $f(t) = \mu(K_t)$ . By the convexity of  $K$  we have for any  $\lambda \in (0, 1)$  and  $s, t \in \mathbb{R}$  such that  $K_t, K_s \neq \emptyset$

$$\lambda K_t + (1 - \lambda)K_s \subset K_{\lambda t + (1 - \lambda)s}.$$

Therefore  $f$  is logconcave on  $\mathbb{R}$  and since it is also symmetric, it is nonincreasing on  $[0, \infty)$ . Hence approximating  $f$  by  $\sum a_j I_{[-t_j, t_j]}$  we obtain from (9)

$$\mu_1 \otimes \mu(K) = \int_{\mathbb{R}} f(t) d\mu_1(t) \leq \int_{\mathbb{R}} f(t) d\nu_1(t) = \nu_1 \otimes \mu(K).$$

**Lemma 2** For all  $t > 0$  the following inequality holds

$$\gamma_1([-t, t]) = \frac{1}{\sqrt{2\pi}} \int_{-t}^t e^{-x^2/2} dx \geq e^{-2/t^2}.$$

**Proof.** Since for any  $x > 0$ ,  $e^{-x} + e^{-1/x} \leq \frac{1}{1+x} + \frac{1}{1+x^{-1}} = 1$ , Lemma 1 follows from well known (and easy to check) estimate  $\gamma_1([-t, t]) \geq 1 - e^{-t^2/2}$ .

**Lemma 3** For any matrix  $(a_{i,j})$  and  $C \geq 2 \sum_{i,j} a_{i,j}^2$  we have

$$\gamma_n(\max_j |\sum_{i=1}^n a_{i,j} x_i| \leq 1, \sum_j |\sum_{i=1}^n a_{i,j} x_i|^2 \leq C) \geq \frac{1}{2} e^{-2 \sum_{i,j} a_{i,j}^2}.$$

**Proof.** From the result of Khatri [4] and Sidak [7] we have

$$\begin{aligned} & \gamma_n(\max_j |\sum_{i=1}^n a_{i,j} x_i| \leq 1, \sum_j |\sum_{i=1}^n a_{i,j} x_i|^2 \leq C) \\ & \geq (\prod_j \gamma_n(|\sum_{i=1}^n a_{i,j} x_i| \leq 1)) \gamma_n(\sum_j |\sum_{i=1}^n a_{i,j} x_i|^2 \leq C). \end{aligned} \quad (10)$$

By Lemma 2 we have

$$\gamma_n(|\sum_{i=1}^n a_{i,j} x_i| \leq 1) = \gamma_1([-(\sum_{i=1}^n a_{i,j}^2)^{-1/2}, (\sum_{i=1}^n a_{i,j}^2)^{-1/2}]) \geq e^{-2 \sum_{i=1}^n a_{i,j}^2}. \quad (11)$$

Since  $E \sum_j |\sum_{i=1}^n a_{i,j} g_i|^2 = \sum_{i,j} a_{i,j}^2$ , from Chebyshev's inequality we obtain

$$\gamma_n(\sum_j |\sum_{i=1}^n a_{i,j} x_i|^2 \leq C) = 1 - P(\sum_j |\sum_{i=1}^n a_{i,j} g_i|^2 > C) \geq \frac{1}{2}. \quad (12)$$

Lemma 3 follows from (10), (11) and (12).

**Lemma 4** Let  $Y_1, \dots, Y_n$  be symmetric unimodal real r.v.'s and  $d_i = EY_i^2$ . Then for any matrix  $(b_{i,j})$  we have

$$P(\max_j |\sum_{i=1}^n b_{i,j} Y_i| \leq 1, \sum_j |\sum_{i=1}^n b_{i,j} Y_i|^2 \leq 1 + 4 \sum d_i b_{i,j}^2) \geq \frac{1}{4} e^{-4 \sum_{i,j} d_i b_{i,j}^2}.$$

**Proof.** Let  $Y_i$  have the distribution  $\mu_i$  with the density  $f_i$  and  $\mu = \otimes_{i=1}^n \mu_i$ . Since  $f_i$  are nonnegative, symmetric, nonincreasing on  $[0, \infty)$  and  $\mu_i$  are probability measures, there exist probability measures  $m_1, \dots, m_n$  on  $\mathbb{R}$  such that for each  $i$

$$f_i(x) = \int_0^\infty \frac{1}{2t} I_{[-t,t]}(x) dm_i(t).$$

We also have

$$\int_0^\infty t^2 dm_i(t) = 3 \int_0^\infty \int_{\mathbb{R}} x^2 \frac{1}{2t} I_{[-t,t]}(x) dx dm_i(t) = 3 \int_{\mathbb{R}} x^2 f_i(x) dx = 3d_i.$$

For any Borel set  $A$  in  $\mathbb{R}^n$  we have

$$\mu(A) = \int_{\mathbb{R}^n} \nu_{t_1, \dots, t_n}^n(A) dm_1(t_1) \dots dm_n(t_n), \quad (13)$$

where  $\nu_{t_1, \dots, t_n}^n$  denotes a uniform probability measure on  $[-t_1, t_1] \times \dots \times [-t_n, t_n]$ . We will also write  $\nu_t^n$  instead of  $\nu_{t, \dots, t}^n$ .

From Lemma 1 it immediately follows that for any convex symmetric set  $K$  in  $\mathbb{R}^n$ ,  $\nu_{\sqrt{\pi/2}}^n(K) \geq \gamma_n(K)$ . Hence by Lemma 3

$$\begin{aligned} & \nu_{t_1, \dots, t_n}^n(x \in \mathbb{R}^n : \max_j \left| \sum_{i=1}^n b_{i,j} x_i \right| \leq 1, \sum_j \left| \sum_{i=1}^n b_{i,j} x_i \right|^2 \leq C) \\ &= \nu_{\sqrt{\pi/2}}^n(x \in \mathbb{R}^n : \max_j \left| \sum_{i=1}^n b_{i,j} t_i \sqrt{\frac{2}{\pi}} x_i \right| \leq 1, \sum_j \left| \sum_{i=1}^n b_{i,j} t_i \sqrt{\frac{2}{\pi}} x_i \right|^2 \leq C) \\ &\geq \frac{1}{2} e^{-\frac{4}{\pi} \sum_{i,j} t_i^2 b_{i,j}^2} I_{\{\frac{4}{\pi} \sum_{i,j} t_i^2 b_{i,j}^2 \leq C\}}. \end{aligned} \quad (14)$$

Since the function  $e^{-x}$  is convex we obtain

$$\begin{aligned} \int_{\mathbb{R}^n} e^{-\frac{4}{\pi} \sum_{i,j} t_i^2 b_{i,j}^2} dm_1(t_1) \dots dm_n(t_n) &\geq \exp\left(-\int_{\mathbb{R}^n} \frac{4}{\pi} \sum_{i,j} t_i^2 b_{i,j}^2 dm_1(t_1) \dots dm_n(t_n)\right) \\ &= \exp\left(-\frac{12}{\pi} \sum_{i,j} d_i b_{i,j}^2\right). \end{aligned}$$

Using the above and the obvious estimate

$$\int_{\mathbb{R}^n} e^{-\frac{4}{\pi} \sum_{i,j} t_i^2 b_{i,j}^2} I_{\{\frac{4}{\pi} \sum_{i,j} t_i^2 b_{i,j}^2 > C\}} dm_1(t_1) \dots dm_n(t_n) \leq e^{-C}$$



we obtain by (13) and (14)

$$\begin{aligned} \mu(x \in \mathbb{R}^n : \max_j \left| \sum_{i=1}^n b_{i,j} x_i \right| \leq 1, \sum_j \left| \sum_{i=1}^n b_{i,j} x_i \right|^2 \leq 1 + 4 \sum d_i b_{i,j}^2) \\ \geq \frac{1}{2} e^{-4 \sum_{i,j} d_i b_{i,j}^2} - \frac{1}{2} e^{-1-4 \sum_{i,j} d_i b_{i,j}^2} \geq \frac{1}{4} e^{-4 \sum_{i,j} d_i b_{i,j}^2}. \end{aligned}$$

**Lemma 5** *Let  $Y_1, \dots, Y_n$  be symmetric unimodal r.v.'s such that  $EY_i^2 \leq 4$ . Then for any  $p > 0$*

$$P(\|(\sum_{i=1}^n a_{i,j} Y_i)\|_{\mathcal{N}', p} \leq 10 \|(B_j)\|_{\mathcal{N}', p}) \geq \frac{1}{4} e^{-8p}.$$

**Proof.** For  $p \leq 1$ ,  $\|(a_j)\|_{\mathcal{N}', p} = \sqrt{p} \|(a_j)\|_2$  and the lemma follows easily from Chebyshev's inequality. So we will assume that  $p > 1$ . Without loss of generality we may also assume that  $B_1 \geq B_2 \geq \dots$  and  $\|(B_j)\|_{\mathcal{N}', p} = p$ . Let

$$b_{i,j} = \begin{cases} a_{i,j}/B_j & \text{for } j \leq p \\ a_{i,j} & \text{for } j > p \end{cases}$$

and  $d_i = EY_i^2/4$ . Then by (6) we get

$$\sum_{i,j} d_i b_{i,j}^2 \leq \sum_{i,j} b_{i,j}^2 = \lfloor p \rfloor + \sum_{j>p} B_j^2 \leq p + p^{-1} \|(B_j)\|_{\mathcal{N}', p}^2 \leq 2p.$$

Moreover if  $\max_j \left| \sum_i b_{i,j} y_i \right| \leq 1$  and  $\sum_j \left| \sum_i b_{i,j} y_i \right|^2 \leq 1 + 4 \sum_{i,j} d_i b_{i,j}^2$  then by (6)

$$\begin{aligned} \left\| \left( \sum_{i=1}^n a_{i,j} y_i \right) \right\|_{\mathcal{N}', p} &\leq \left\| \left( \sum_{i=1}^n a_{i,j} y_i \right)_{j \leq p} \right\|_{\mathcal{N}', p} + p \max_{j>p} \left| \sum_i a_{i,j} y_i \right| + \sqrt{p} \left( \sum_{j>p} \left| \sum_i a_{i,j} y_i \right|^2 \right)^{1/2} \\ &\leq \|(B_j)\|_{\mathcal{N}', p} + p + \sqrt{p(8p+1)} \leq 5p. \end{aligned}$$

Hence by Lemma 4

$$P(\|(\sum_{i=1}^n a_{i,j} Y_i/2)\|_{\mathcal{N}', p} \leq 5 \|(B_j)\|_{\mathcal{N}', p}) \geq \frac{1}{4} \exp(-4 \sum_{i,j} d_i b_{i,j}^2) \geq \frac{1}{4} e^{-8p}.$$

**Corollary 3** *There exists  $C_3 < \infty$  such that for any matrix  $(a_{i,j})$  and  $p > 0$*

$$E\left\|\sum_{i=1}^n a_{i,j}X_i\right\|_{\mathcal{N}',p} \leq C_3(\|(a_{i,j})\|_{\mathcal{N},\mathcal{N}',p} + \|(B_j)\|_{\mathcal{N}',p}).$$

**Proof.** For  $p < 1$  Corollary follows easily by (8), so we will assume that  $p \geq 1$ . Suppose first that all  $X_i$ 's are also unimodal. Then  $P(|X_i| < t) \geq tP(|X_i| \leq 1) = t(1 - e^{-1})$  for  $t \in [0, 1]$ . So for all  $t > 0$

$$N_i(t) = -\ln P(|X_i| \geq t) \geq (1 - e^{-1})t \geq \frac{t}{2}. \quad (15)$$

Let  $F_i$  be an odd function, whose restriction to  $\mathbb{R}^+$  is the inverse of  $N_i$ . Then  $X_i$  has the distribution  $F_i(\lambda)$ , where  $\lambda$  is the same symmetric exponential measure as in Theorem 3. Let

$$A = \{x \in \mathbb{R}^n : \left\|\sum_{i=1}^n a_{i,j}F_i(x_i)\right\|_{\mathcal{N}',p} \leq 10\|(B_j)\|_{\mathcal{N}',p}\}.$$

Then by Lemma 5 and (8)

$$\lambda^n(A) = P\left(\left\|\sum_{i=1}^n a_{i,j}X_i\right\|_{\mathcal{N}',p} \leq 10\|(B_j)\|_{\mathcal{N}',p}\right) \geq \frac{1}{4}e^{-8p}.$$

Let  $s > 0$ ,  $x = y + z$  with  $y \in A$  and  $z \in V_s$ . Let  $\Delta_i = F_i(x_i) - F_i(y_i)$ , then by (15) and since  $N_i$  is convex we get  $\Delta_i \leq 2 \min(F_i(|z_i|), |z_i|)$ . So for  $36s \geq p$  we get

$$\begin{aligned} \left\|\sum_{i=1}^n a_{i,j}\Delta_i\right\|_{\mathcal{N}',p} &\leq 2 \sup\left\{\left\|\sum_{i=1}^n a_{i,j}b_i\right\|_{\mathcal{N}',p} : \sum \hat{N}_i(b_i) \leq 36s\right\} \\ &\leq \frac{72s}{p} \sup\left\{\left\|\sum_{i=1}^n a_{i,j}b_i\right\|_{\mathcal{N}',p} : \sum \hat{N}_i(b_i) \leq p\right\} = \frac{72s}{p} \|(a_{i,j})\|_{\mathcal{N},\mathcal{N}',p}. \end{aligned}$$

Hence for  $36s \geq p$

$$\left\|\sum_{i=1}^n a_{i,j}F_i(x_i)\right\|_{\mathcal{N}',p} \leq 10\|(B_j)\|_{\mathcal{N}',p} + \frac{72s}{p} \|(a_{i,j})\|_{\mathcal{N},\mathcal{N}',p}.$$

So by Theorem 3

$$\begin{aligned}
P\left(\left\|\sum_{i=1}^n a_{i,j} X_i\right\|_{\mathcal{N}',p} > 10\|(B_j)\|_{\mathcal{N}',p} + \frac{72s}{p}\|(a_{i,j})\|_{\mathcal{N},\mathcal{N}',p}\right) \\
\leq 1 - \lambda^n(A + V_s) \leq 4e^{8p-s}.
\end{aligned}$$

Integrating by parts we therefore get for any  $s_0 \geq p/36$

$$E\left\|\left(\sum_{i=1}^n a_{i,j} X_i\right)\right\|_{\mathcal{N}',p} \leq 10\|(B_j)\|_{\mathcal{N}',p} + \|(a_{i,j})\|_{\mathcal{N},\mathcal{N}',p} \left(\frac{72s_0}{p} + \frac{288}{p} \int_{s_0}^{\infty} e^{8p-x} dx\right).$$

Choosing  $s_0 = 9p$  we get

$$E\left\|\left(\sum_{i=1}^n a_{i,j} X_i\right)\right\|_{\mathcal{N}',p} \leq \tilde{C}_3(\|(a_{i,j})\|_{\mathcal{N},\mathcal{N}',p} + \|(B_j)\|_{\mathcal{N}',p}).$$

Now let  $X_i$  be arbitrary r.v.'s with logconcave tails, satisfying the normalization property (1). Let  $\tilde{X}_i$  be a r.v. with the density  $c_i e^{-N_i(|x|)}$ , where  $c_i = (\int_{\mathbb{R}} e^{-N_i(|x|)} dx)^{-1}$ . Let  $\alpha_i = \inf\{t > 0 : P(|t\tilde{X}_i| \geq 1) \geq e^{-1}\}$ ,  $Y_i = \alpha_i X_i$ ,

$$\tilde{N}_i(t) = -\ln P(|Y_i| \geq t) = -\ln P(|\alpha_i \tilde{X}_i| \geq t)$$

and

$$M_i(t) = \begin{cases} \tilde{N}_i(|t|) & \text{for } |t| > 1 \\ t^2 & \text{for } |t| \leq 1 \end{cases}.$$

Functions  $\tilde{N}_i$  are convex, satisfy the normalization property (1) and variables  $Y_i$  are unimodal, so by the first part of this proof

$$E\left\|\left(\sum_{i=1}^n a_{i,j} Y_i\right)\right\|_{\mathcal{N}',p} \leq \tilde{C}_3(\|(a_{i,j})\|_{\tilde{\mathcal{N}},\mathcal{N}',p} + \|(B_j)\|_{\mathcal{N}',p}), \quad (16)$$

where

$$\|(a_{i,j})\|_{\tilde{\mathcal{N}},\mathcal{N}',p} = \sup\left\{\sum a_{i,j} b_i c_j : \sum M_i(b_i) \leq p, \sum \hat{N}'_j(c_j) \leq p\right\}.$$

Let us notice that

$$c_i^{-1} \leq 2\left(1 + \int_1^{\infty} e^{-x} dx\right) < 3$$

and

$$c_i^{-1} \geq 2 \int_0^1 e^{-x} dx > 1.$$

Hence

$$P(|\tilde{X}_i| \geq t) = 2c_i \int_t^\infty e^{-N_i(x)} dx \leq 2 \int_t^\infty e^{-xN_i(t)/t} dx = \frac{2t}{N_i(t)} e^{-N_i(t)},$$

so for  $t \geq 2$  we obtain

$$P(|\tilde{X}_i| \geq t) \leq 2e^{-N_i(t)} \leq 2e^{-2N_i(t/2)} \leq e^{-N_i(t/2)}. \quad (17)$$

We also get

$$P(|\tilde{X}_i| \geq t) \geq \frac{2}{3} \int_t^\infty e^{-N_i(x)} dx \geq te^{-N_i(5t/2)}. \quad (18)$$

From (17) and the normalization property (1) we get that  $\alpha_i \geq 1/2$ . Since  $P(|\tilde{X}_i| \leq t) \leq 2c_i t \leq 2t$  we obtain that  $\alpha_i \leq 4$ . Therefore we get by (18) for  $t \geq 5/2$

$$P(|X_i| \geq t) \leq P(|5\tilde{X}_i/2| \geq t) \leq P(|5\alpha_i\tilde{X}_i| \geq t) = P(|5Y_i| \geq t).$$

So by the contraction principle

$$E\left\|\left(\sum_{i=1}^n a_{i,j} X_i I_{\{|X_i| \geq 5/2\}}\right)\right\|_{\mathcal{N}', p} \leq 5E\left\|\left(\sum_{i=1}^n a_{i,j} Y_i\right)\right\|_{\mathcal{N}', p}.$$

Also by the contraction principle, since by (7)  $E|Y_i| \geq 1/2$

$$E\left\|\left(\sum_{i=1}^n a_{i,j} X_i I_{\{|X_i| \leq 5/2\}}\right)\right\|_{\mathcal{N}', p} \leq \frac{5}{2}E\left\|\left(\sum_{i=1}^n a_{i,j} \varepsilon_i\right)\right\|_{\mathcal{N}', p} \leq 5E\left\|\left(\sum_{i=1}^n a_{i,j} Y_i\right)\right\|_{\mathcal{N}', p}.$$

Therefore

$$E\left\|\left(\sum_{i=1}^n a_{i,j} X_i\right)\right\|_{\mathcal{N}', p} \leq 10E\left\|\left(\sum_{i=1}^n a_{i,j} Y_i\right)\right\|_{\mathcal{N}', p}. \quad (19)$$

Let  $t \geq 8$ , then by (17) we have

$$P(|Y_i| \geq t) = P(|\alpha_i \tilde{X}_i| \geq t) \leq P(|\tilde{X}_i| \geq t/4) \leq e^{-N_i(t/8)}.$$

Hence  $\tilde{N}_i(t) \geq N_i(t/8)$  for  $t \geq 8$ , so  $M_i(t) \geq \hat{N}_i(t/8)$  for all  $t$  and

$$\|(a_{i,j})\|_{\tilde{\mathcal{N}}, \mathcal{N}', p} \leq 8\|(a_{i,j})\|_{\mathcal{N}, \mathcal{N}', p}. \quad (20)$$

(16), (19) and (20) complete the proof.

**Proof of Theorem 1.** First we estimate  $\|X\|_p$  from below. By the Jensen inequality and symmetry of  $X_i$  we have

$$\|X\|_p \geq \left\| \sum_i X_i E \left| \sum_j a_{i,j} X'_j \right| \right\|_p.$$

But by (3) and (8) we get

$$E \left| \sum_j a_{i,j} X'_j \right| \geq C_{2,1}^{-1} \left\| \sum_j a_{i,j} X'_j \right\|_2 \geq C_{2,1}^{-1} \left( \sum_j \frac{1}{2} a_{i,j}^2 \right)^{1/2} = \tilde{C}^{-1} A_i.$$

Hence by Theorem 2

$$\|X\|_p \geq \tilde{C}^{-1} \left\| \sum_i A_i X_i \right\|_p \geq (\tilde{C} C_1)^{-1} \|(A_i)\|_{\mathcal{N},p}. \quad (21)$$

In a similar way we prove that

$$\|X\|_p \geq (\tilde{C} C_1)^{-1} \|(B_j)\|_{\mathcal{N}',p}. \quad (22)$$

By Theorem 2 we also have that for any  $(c_j)$  with  $\sum_j \hat{N}'_j(c_j) \leq p$  we have

$$\|X\|_p \geq C_1^{-1} \left( E \left| \sum_{i,j} a_{i,j} c_j X_i \right|^p \right)^{1/p} \geq C_1^{-2} \left\| \sum_j a_{i,j} c_j \right\|_{\mathcal{N},p}.$$

Taking the supremum over all such sequences  $(c_j)$  we get

$$\|X\|_p \geq C_1^{-2} \|(a_{i,j})\|_{\mathcal{N},\mathcal{N}',p}. \quad (23)$$

(21), (22) and (23) complete the proof of this part of Theorem 1.

To prove the estimation from above let us first notice that  $X_i = Y_i + Z_i$  for some symmetric random variables  $Y_i$  and  $Z_i$  such that

$$P(|Y_i| \geq t) = e^{-\tilde{N}_i(t)}, \text{ where } \tilde{N}_i(t) = \begin{cases} t & \text{for } t \leq 1 \\ N_i(t) & \text{for } t > 1 \end{cases}$$

and  $|Z_i| \leq 1$  a.e., we will also assume that the  $Y_i$  are independent and so are the  $Z_i$ . In the same way we split  $X'_i = Y'_i + Z'_i$ . By the contraction principle and since by (7)  $E|Y_i|, E|Y'_i| \geq 1/2$ ,

$$\left\| \sum a_{i,j} Z_i Y'_j \right\|_p \leq \left\| \sum a_{i,j} \varepsilon_i Y'_j \right\|_p \leq 2 \left\| \sum a_{i,j} Y_i Y'_j \right\|_p$$

and

$$\|\sum a_{i,j} Z_i Z_j'\|_p \leq \|\sum a_{i,j} \varepsilon_i Z_j'\|_p \leq 2\|\sum a_{i,j} Y_i Z_j'\|_p \leq 4\|\sum a_{i,j} Y_i Y_j'\|_p.$$

Hence

$$\begin{aligned} \|X\|_p &\leq \|\sum a_{i,j} Z_i Z_j'\|_p + \|\sum a_{i,j} Z_i Y_j'\|_p + \|\sum a_{i,j} Y_i Z_j'\|_p + \|\sum a_{i,j} Y_i Y_j'\|_p \\ &\leq 9\|\sum a_{i,j} Y_i Y_j'\|_p. \end{aligned}$$

So it is enough to prove that for  $p \geq 1$

$$\|\sum a_{i,j} Y_i Y_j'\|_p \leq C(\|(a_{i,j})\|_{\mathcal{N}, \mathcal{N}', p} + \|(A_i)\|_{\mathcal{N}, p} + \|(B_j)\|_{\mathcal{N}', p}).$$

To simplify the notation let

$$m_p = \|(a_{i,j})\|_{\mathcal{N}, \mathcal{N}', p} + \|(A_i)\|_{\mathcal{N}, p} + \|(B_j)\|_{\mathcal{N}', p}.$$

Then  $m_p \geq \|(A_i)\|_{\mathcal{N}, 1} + \|(B_j)\|_{\mathcal{N}', 1} = 2(\sum_{i,j} a_{i,j}^2)^{1/2}$ . Since by (8),  $EY_i^2, E(Y_j')^2 \leq 2$ , we get

$$P(|\sum a_{i,j} Y_i Y_j'| \geq 2m_p) \leq P(|\sum a_{i,j} Y_i Y_j'|^2 \geq 4E|\sum a_{i,j} Y_i Y_j'|^2) \leq \frac{1}{4}. \quad (24)$$

From Corollary 3 we have

$$P(\|(\sum_{i=1}^n a_{i,j} Y_i)\|_{\mathcal{N}', p} \geq 4C_3 m_p) \leq \frac{1}{4} \quad (25)$$

and

$$P(\|(\sum_{j=1}^n a_{i,j} Y_j')\|_{\mathcal{N}, p} \geq 4C_3 m_p) \leq \frac{1}{4}. \quad (26)$$

Let  $F_i, F_j' : R \rightarrow R$  be odd functions, whose restrictions to  $\mathbb{R}^+$  are the inverses of  $\tilde{N}_i, \tilde{N}_j'$  respectively. Then  $Y_i, Y_j'$  have distributions  $F_i(\lambda)$  and  $F_j'(\lambda)$ , where  $\lambda$  is the same symmetric exponential measure as in Theorem 3. Let

$$\begin{aligned} A &= \{(x, x') \in \mathbb{R}^{2n} : |\sum a_{i,j} F_i(x_i) F_j'(x_j')| \leq 2m_p, \\ &\|(\sum_{i=1}^n a_{i,j} F_i(x_i))\|_{\mathcal{N}', p}, \|(\sum_{j=1}^n a_{i,j} F_j'(x_j')\|_{\mathcal{N}, p} \leq 4C_3 m_p\}, \end{aligned}$$

then by (24), (25) and (26)

$$\lambda^{2n}(A) \geq \frac{1}{4}.$$

Hence by Theorem 3 for  $s > 0$

$$\lambda^{2n}(A + V_s) \geq 1 - 4e^{-s}.$$

Let  $(x, x') = (y + z, y' + z')$  with  $(y, y') \in A, (z, z') \in V_s$ . Let  $\Delta_i = F_i(x_i) - F_i(y_i)$  and  $\Delta'_j = F'_j(x'_j) - F'_j(y'_j)$ . By the convexity of  $\tilde{N}_i$  we have  $|\Delta_i| \leq 2F_i(|x_i - y_i|)$ , therefore

$$\sum_i \hat{N}_i(\Delta_i/2) \leq \sum_i \hat{N}_i(F_i(|z_i|)) = \sum_i \min(|z_i|, z_i^2) \leq 36s.$$

By the similar reason we have

$$\sum_j \hat{N}'_j(\Delta'_j/2) \leq 36s.$$

Hence

$$\begin{aligned} \left| \sum_{i,j} a_{i,j} \Delta_i F'_j(y'_j) \right| &\leq 2 \sup \left\{ \sum_i \left( \sum_j a_{i,j} F'_j(y'_j) \right) b_i : \sum_i \hat{N}_i(b_i) \leq 36s \right\} \\ &\leq 2 \left\| \left( \sum_j a_{i,j} F'_j(y'_j) \right) \right\|_{\mathcal{N}, 36s}. \end{aligned}$$

Therefore by (4) we have

$$\left| \sum_{i,j} a_{i,j} \Delta_i F'_j(y'_j) \right| \leq \frac{72s}{p} \left\| \left( \sum_j a_{i,j} F'_j(y'_j) \right) \right\|_{\mathcal{N}, p} \leq \frac{288s}{p} C_3 m_p \text{ for } 36s \geq p. \quad (27)$$

In a similar way we prove

$$\left| \sum_{i,j} a_{i,j} F_i(y_i) \Delta'_j \right| \leq \frac{288s}{p} C_3 m_p \text{ for } 36s \geq p. \quad (28)$$

We also have

$$\left| \sum_{i,j} a_{i,j} \Delta_i \Delta'_j \right| \leq 4 \sup \left\{ \sum_{i,j} a_{i,j} b_i c_j : \sum_i \hat{N}_i(b_i), \sum_j \hat{N}'_j(c_j) \leq 36s \right\}$$

$$= 4\|(a_{i,j})\|_{\mathcal{N},\mathcal{N}',36s}.$$

So by (5) we get for  $36s \geq p$

$$|\sum_{i,j} a_{i,j} \Delta_i \Delta'_j| \leq 4\left(\frac{36s}{p}\right)^2 \|(a_{i,j})\|_{\mathcal{N},\mathcal{N}',p} \leq 4\left(\frac{36s}{p}\right)^2 m_p. \quad (29)$$

By (27), (28) and (29) and the definition of the set  $A$  we get

$$|\sum_{i,j} a_{i,j} F_i(x_i) F'_j(x'_j)| \leq (2 + 2\frac{288s}{p} C_3 + 4\left(\frac{36s}{p}\right)^2) m_p \leq C_4 \left(\frac{s}{p}\right)^2 m_p \text{ for } s \geq p.$$

Therefore for  $s \geq p$

$$\begin{aligned} & P(|\sum_{i,j} a_{i,j} Y_i Y'_j| > C_4 \left(\frac{s}{p}\right)^2 m_p) \\ &= \lambda^{2n}((x, x') \in \mathbb{R}^{2n} : |\sum_{i,j} a_{i,j} F_i(x_i) F'_j(x'_j)| > C_4 \left(\frac{s}{p}\right)^2 m_p) \\ &\leq 1 - \lambda^{2n}(A + V_s) \leq 4e^{-s}. \end{aligned}$$

Hence integrating by parts

$$E|\sum_{i,j} a_{i,j} Y_i Y'_j|^p \leq C_4^p m_p^p (1 + 4 \int_1^\infty x^{p-1} e^{-p\sqrt{x}} dx) \leq C^p m_p^p.$$

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