# SAMPLING CONVEX BODIES: A RANDOM MATRIX APPROACH 

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#### Abstract

We prove the following result: for any $\varepsilon>0$, only $C(\varepsilon) n$ sample points are enough to obtain $(1+\varepsilon)$-approximation of the inertia ellipsoid of an unconditional convex body in $\mathbf{R}^{n}$. Moreover, for any $\rho>1$, already $\rho n$ sample points give isomorphic approximation of the inertia ellipsoid. The proofs rely on an adaptation of the moments method from the Random Matrix Theory


Warning: this version differs from the (to be) published one (the proof of the main theorem is actually slightly simpler here).

## 1. Introduction and the main results

Notation kept throughout the paper: The letters $C, c, C^{\prime} \ldots$ denote absolute positive constants, notably independent of the dimension. The value of such constants may change from line to line. Similarly, $C(\varepsilon)$ denotes a constant depending only on the parameter $\varepsilon$. The canonical basis of $\mathbf{R}^{n}$ is $\left(e_{1}, \ldots, e_{n}\right)$, and the Euclidean norm and scalar product are denoted by $|\cdot|$ and $\langle\cdot, \cdot\rangle$. The operator norm of a matrix is denoted by $\|\cdot\|$. For a real symmetric matrix $A$, we write $\lambda_{\max }(A)$ (respectively $\lambda_{\min }(A)$ ) for the largest (respectively smallest) eigenvalue of $A$. A convex body is a convex compact subset of $\mathbf{R}^{n}$ with non-empty interior. A convex body $K$ is said to be unconditional if it is invariant under sign flips of the coordinates: for any $\eta=\left(\eta_{1}, \ldots, \eta_{n}\right) \in\{-1,1\}^{n}$,

$$
\left(x_{1}, \ldots, x_{n}\right) \in K \Longleftrightarrow\left(\eta_{1} x_{1}, \ldots, \eta_{n} x_{n}\right) \in K .
$$

We reserve the letters $X, Y$ to denote an $\mathbf{R}^{n}$-valued random vector; $X_{1}, \ldots, X_{N}$ are i.i.d. copies of $X$. If $\mathbf{E} X=0, X$ is said to be centered. The random vector $X$ is said to be isotropic if it is centered and for all $y \in \mathbf{R}^{n}$

$$
\mathbf{E}\langle X, y\rangle^{2}=|y|^{2} .
$$

This is equivalent to the inertia matrix $\mathbf{E} X \otimes X$ being is the identity matrix. We will consider the special case when $X$ is uniformly distributed on a convex body $K$. We will then say "inertia matrix of $K$ ", " $K$ is isotropic ${ }^{1 "}$... for "inertia matrix of $X$ ", " $X$ is isotropic"... . The inertia ellipsoid of $K$ is the unique ellipsoid with the same inertia matrix as $K$. For recent results on isotropic convex bodies, a good reference is the survey [9]. Any random vector has an affine image which is isotropic, and this image is unique up to orthogonal transformation. Thus, for affinely invariant problems we can restrict ourselves to isotropic random vectors. If we do not know the law but only $N$ samples of the random vector $X$, we can only consider the empirical inertia matrix

$$
A^{N}(X):=\frac{1}{N} \sum_{i=1}^{N} X_{i} \otimes X_{i} .
$$

[^0]The matrices $A^{N}(X)$ tend almost surely to the identity matrix when $N$ tends to infinity; a natural question is to quantify this convergence. This problem was considered with algorithmic motivations by Kannan, Lovász and Simonovits [12] in the case when $X$ is uniformly distributed on a convex body. It was proved in [12] that $\left\|A^{N}(X)-\mathrm{Id}\right\| \leqslant \varepsilon$ with probability larger than $1-\varepsilon$ provided $N \geqslant C(\varepsilon) n^{2}$. This was improved by Bourgain [6] to $N \geqslant C(\varepsilon) n \log ^{3} n$ and later by Rudelson [20] to $N \geqslant C(\varepsilon) n \log ^{2} n$. Rudelson proved actually the following inequality, valid for a general random vector.

Theorem (Rudelson's inequality). For any isotropic random vector $X$ we have

$$
\begin{equation*}
\mathbf{E}\left\|A^{N}(X)-\mathrm{Id}\right\| \leqslant C \sqrt{\frac{\log n}{N}}\left(\mathbf{E}|X|^{\log N}\right)^{1 / \log N} \tag{1}
\end{equation*}
$$

provided the right-hand side is smaller than 1.
If $X$ is uniformly distributed on an isotropic convex body, then it satisfies

$$
\begin{equation*}
\left(\mathbf{E}|X|^{p}\right)^{1 / p} \leqslant C \sqrt{n} \quad \text { for } \quad 2 \leqslant p \leqslant c \sqrt{n} \tag{2}
\end{equation*}
$$

This estimate was proved by Bobkov and Nazarov [4] for unconditional convex bodies and recently extended by Paouris [18] to general isotropic bodies. When plugged in Rudelson's inequality, it yields that if $N \geqslant C(\varepsilon) n \log n$, we have $\left\|A^{N}(X)-\mathrm{Id}\right\| \leqslant \varepsilon$ with probability larger than $1-\varepsilon$ (see $\left.[10,18]\right)$. On the other hand, when $X$ is isotropic we have $\mathbf{E}|X|^{2}=n$ and consequently we must take $N$ larger than $c n \log n$ to use Rudelson's inequality. Note that this value $N \sim n \log n$ is sharp for some discrete examples. The simplest is given by the isotropic random vector $Y$ uniformly distributed on the (properly normalized) vertices of the cross-polytope

$$
\left\{ \pm \sqrt{n} e_{1}, \ldots, \pm \sqrt{n} e_{n}\right\}
$$

The matrix $A^{N}(Y)$ is then diagonal and its diagonal coefficients are distributed as

$$
\frac{n}{N}\left(p_{1}, \ldots, p_{n}\right)
$$

where $p_{i}$ denote the number of balls falling in the $i$ th urn when we put randomly, uniformly and independently $N$ balls in $n$ urns. This problem, known as the random allocation problem, is wellstudied and it is known (see [13], chapter 2.6) than we must take $N \geqslant c(\varepsilon) n \log n$ in order to get $\max \left(p_{i}\right) \leqslant(1+\varepsilon) \min \left(p_{i}\right)$ with probability larger than $\frac{1}{2}$.

We prove that for the class of unconditional convex bodies, it is possible to go below this bound of $n \log n$ and to take $N$ proportional to $n$

Theorem 1. There are absolute constants $C$, $c$ such that the following holds. Let $0<\varepsilon \leqslant 1$. Let $X$ be uniformly distributed on an unconditional isotropic convex body in $\mathbf{R}^{n}$. Then for $N \geqslant C n / \varepsilon^{2}$, we have with probability larger than $1-\exp \left(-c n^{1 / 5}\right)$

$$
\left\|A^{N}(X)-\mathrm{Id}\right\| \leqslant \varepsilon
$$

In other words, for every $y$ in $\mathbf{R}^{n}$

$$
\begin{equation*}
(1-\varepsilon)|y|^{2} \leqslant \frac{1}{N} \sum_{i=1}^{N}\left\langle X_{i}, y\right\rangle^{2} \leqslant(1+\varepsilon)|y|^{2} \tag{3}
\end{equation*}
$$

We can also obtain the isomorphic analogue of theorem 1, using as few sample points as possible

Theorem 2. Let $\rho>1$ and $N \geqslant \rho n$. Let $X$ be uniformly distributed on an unconditional isotropic convex body in $\mathbf{R}^{n}$. Then, with probability larger than $1-2 \exp \left(-c(\rho) n^{1 / 5}\right)$ we have for every $y$ in $\mathbf{R}^{n}$

$$
\frac{1}{C(\rho)}|y|^{2} \leqslant \frac{1}{N} \sum_{i=1}^{N}\left\langle X_{i}, y\right\rangle^{2} \leqslant C(\rho)|y|^{2}
$$

Question 1. Do both results extend to all isotropic convex bodies ?
Remark. With slight modifications of the proofs, one can prove the same results for all isotropic random vectors with a law being log-concave and unconditional.

## 2. The random matrix approach: auxiliary results and the structure of the proof

Our proof uses standard techniques from Random Matrix Theory (RMT). A part of the classical random matrix theory deals with random vectors $X$ with i.i.d. coordinates. Here is a reformulation of a result of Bai and Yin [2]

Theorem (Bai-Yin). Let $Z$ be a random variable with mean 0, variance 1 and finite fourth moment. Let $X^{(n)}$ be a random vector on $\mathbf{R}^{n}$ whose coordinates are i.i.d. copies of $Z$. We consider a sequence of integers $\left(N_{n}\right)$ tending to infinity in such a way that the ratio $n / N_{n}$ tends to a limit $\beta \in(0,1)$. Then, almost surely,

$$
\begin{aligned}
& \lim _{n \rightarrow \infty} \lambda_{\max }\left(A^{N_{n}}\left(X^{(n)}\right)\right)=(1+\sqrt{\beta})^{2} \\
& \lim _{n \rightarrow \infty} \lambda_{\min }\left(A^{N_{n}}\left(X^{(n)}\right)\right)=(1-\sqrt{\beta})^{2}
\end{aligned}
$$

This theorem is restricted to random vectors with independent coordinates. Moreover, as often in RMT, this is a limit-result. Therefore it may be hard to use to get a result in a fixed dimension. In a few cases, quantified analogues (sometimes called localized) of limit-theorems from RMT have been proved; see [14]. For Bai-Yin theorem, this has been done by S. Sodin in the special case of random signs [21], but we still lack a quantified version for general entries. Bai and Yin proved their theorem as a consequence of the following result

$$
\begin{equation*}
\limsup _{n \rightarrow \infty}\left\|A^{N_{n}}\left(X^{(n)}\right)-(1+\beta) \operatorname{Id}\right\| \leqslant 2 \sqrt{\beta} \quad \text { a.s. } \tag{4}
\end{equation*}
$$

We follow an similar approach, except that we will rather estimate

$$
\begin{equation*}
\left\|A^{N_{n}}\left(X^{(n)}\right)-\mathrm{Id}\right\| . \tag{5}
\end{equation*}
$$

When $\beta \ll 1$, the quantities involved in (4) and (5) are comparable. This is no longer true when $\beta$ becomes large (i.e. when matrices involved become close to being square matrices). Because of $\lambda_{\max }$, it is even impossible to obtain from (5) any non-trivial information on $\lambda_{\min }$ when $\beta$ is larger than $3-2 \sqrt{2} \approx 0.172$.

In this framework, the expected norm of a self-adjoint random matrix $A$ is usually bounded from above by $\left(\mathbf{E} \operatorname{tr} A^{k}\right)^{1 / k}$, for even integer $k$ (usually large, but not very large). We are led to some combinatorial problems to estimate $\operatorname{Etr} A^{k}$. This is the so-called moments method initiated by Wigner. The main advantage of considering (5) rather than (4) is that the combinatorics involved are simpler. We prove the following proposition.

Proposition 1. Let $X$ be a random vector uniformly distributed on an unconditional convex body in $\mathbf{R}^{n}$, and $\left(X_{i}\right)$ be i.i.d. copies of $X$. We write $A$ for $A^{N}(X)$, the empirical inertia matrix of $X$ with $N \geqslant n$ sample points. For $k=n^{1 / 5}$, we have

$$
\begin{equation*}
\left(\mathbf{E}\|A-\mathrm{Id}\|^{k}\right)^{1 / k} \leqslant C \sqrt{\frac{n}{N}} \tag{6}
\end{equation*}
$$

where $C$ is a universal constant.
We postpone the proof of proposition 1 to section 3. Then, the lower estimate in theorem 2 is proved using the Laplace transform technique from [15] (see section 4).

Remark. A natural question is whether the Bai-Yin theorem can be extended to random vectors uniformly distributed on convex bodies. This question needs sharper tools than the problem which is treated here. The author obtained an affirmative answer for the case of the unit ball of $\ell_{p}^{n}$ [1].

We now show how proposition 1 implies the theorems
Proof of theorem 1. We write $A=A^{N}(X)$. Let $N \geqslant 4 C^{2} n / \varepsilon^{2}$, where $C$ is the constant appearing in proposition 1. By proposition 1, for $k=n^{1 / 5}$ we have $\left(\mathbf{E}\|A-\mathrm{Id}\|^{k}\right)^{1 / k} \leqslant \varepsilon / 2$. Markov's inequality now implies that $\mathbf{P}(\|A-\mathrm{Id}\| \geqslant \varepsilon) \leqslant 2^{-k}=\exp \left(-c n^{1 / 5}\right)$.

Proof of theorem 2. We get as a consequence of proposition 1 a good estimate for the largest eigenvalue of $A$ using the inequality $\|A\| \leqslant\|A-\mathrm{Id}\|+1$ (or alternatively, using the moments method directly on $A$ instead of $A-\mathrm{Id})$ : for any $N \geqslant n$

$$
\mathbf{P}(\|A\| \geqslant C) \leqslant C \exp \left(-c n^{1 / 5}\right)
$$

The smallest eigenvalue is automatically controlled by the following general proposition, proved in section 4.

Proposition 2. For every $M>0$ and $\rho>1$ there are constants $c=c(M, \rho)$ and $\kappa=\kappa(M, \rho)$ such that, for every random vector $X$ uniformly distributed on an isotropic convex body and any $N \geqslant \rho n$, the empirical inertia matrix $A=A^{N}(X)$ automatically satisfies

$$
\mathbf{P}\left(\lambda_{\min }(A) \leqslant c\right) \leqslant \mathbf{P}\left(\lambda_{\max }(A) \geqslant M\right)+\exp (-\kappa n)
$$

Remark. Usually in random matrix theory, it is substantially harder to deal with the smallest eigenvalue than with the largest, hence the above proposition may surprise. We emphasize that it this is only an isomorphic result.

## 3. Proof of proposition 1: the moments method

Proof of proposition 1. We start with the following standard symmetrization lemma
Lemma 1. Let $\left(X_{i}\right)$ be i.i.d. copies of an isotropic random vector $X$. Let $\left(\varepsilon_{i}\right)$ be i.i.d. copies of a Bernoulli random variable $(\mathbf{P}(\varepsilon=1)=\mathbf{P}(\varepsilon=-1)=1 / 2)$, independent from $\left(X_{i}\right)$. Then for any $k \geqslant 1$,

$$
\mathbf{E}\left\|\frac{1}{N} \sum_{i=1}^{N} X_{i} \otimes X_{i}-\mathrm{Id}\right\|^{k} \leqslant 2^{k} \mathbf{E}\left\|\frac{1}{N} \sum_{i=1}^{N} \varepsilon_{i} X_{i} \otimes X_{i}\right\|^{k}
$$

Proof of lemma 1. Let $\left(X_{i}^{\prime}\right)$ be an independent copy of the sequence $\left(X_{i}\right)$, also independent from $\left(\varepsilon_{i}\right)$. We write respectively $\mathbf{E}, \mathbf{E}^{\prime}$ and $\mathbf{E}_{\varepsilon}$ for expectations relative to $\left(X_{i}\right),\left(X_{i}^{\prime}\right)$ and $\left(\varepsilon_{i}\right)$.

$$
\begin{aligned}
\mathbf{E}\left\|\frac{1}{N} \sum_{i=1}^{N} X_{i} \otimes X_{i}-\mathrm{Id}\right\|^{k} & =\mathbf{E}\left\|\frac{1}{N} \sum_{i=1}^{N} X_{i} \otimes X_{i}-\mathbf{E}^{\prime} \frac{1}{N} \sum_{i=1}^{N} X_{i}^{\prime} \otimes X_{i}^{\prime}\right\|^{k} \\
& \leqslant \mathbf{E E}^{\prime}\left\|\frac{1}{N} \sum_{i=1}^{N} X_{i} \otimes X_{i}-X_{i}^{\prime} \otimes X_{i}^{\prime}\right\|^{k} \\
& =\mathbf{E E}^{\prime} \mathbf{E}_{\varepsilon}\left\|\frac{1}{N} \sum_{i=1}^{N} \varepsilon_{i}\left(X_{i} \otimes X_{i}-X_{i}^{\prime} \otimes X_{i}^{\prime}\right)\right\|^{k} \\
& \leqslant 2^{k} \mathbf{E} \mathbf{E}_{\varepsilon}\left\|\frac{1}{N} \sum_{i=1}^{N} \varepsilon_{i} X_{i} \otimes X_{i}\right\|^{k}
\end{aligned}
$$

We used Jensen's inequality to obtain the first inequality.
Let $k$ be an even integer (we will choose later $k \approx n^{1 / 5}$ ). We write $A$ for $A^{N}(X)$. Using lemma 1 and the moments method, we get

$$
\begin{aligned}
\mathbf{E}\|A-\mathrm{Id}\|^{k} & \leqslant 2^{k} \mathbf{E} \operatorname{tr}\left(\frac{1}{N} \sum_{i=1}^{N} \varepsilon_{i} X_{i} \otimes X_{i}\right)^{k} \\
& =\frac{2^{k}}{N^{k}} \mathbf{E} \sum_{r_{1}, \ldots, r_{k}} \varepsilon_{r_{1}} \ldots \varepsilon_{r_{k}}\left\langle X_{r_{1}}, X_{r_{2}}\right\rangle \ldots\left\langle X_{r_{k-1}}, X_{r_{k}}\right\rangle\left\langle X_{r_{k}}, X_{r_{1}}\right\rangle \\
& =\frac{2^{k}}{N^{k}} \sum_{r_{1}, \ldots, r_{k}}\left(\mathbf{E} \varepsilon_{r_{1}} \ldots \varepsilon_{r_{k}}\right)\left(\mathbf{E}\left\langle X_{r_{1}}, X_{r_{2}}\right\rangle \ldots\left\langle X_{r_{k-1}}, X_{r_{k}}\right\rangle\left\langle X_{r_{k}}, X_{r_{1}}\right\rangle\right) .
\end{aligned}
$$

The summation runs a priori on multi-indices $\left(r_{1}, \ldots, r_{k}\right) \in\{1, \ldots, N\}^{k}$. However, note that the quantity $\mathbf{E} \varepsilon_{r_{1}} \ldots \varepsilon_{r_{k}}$ equals 0 or 1 , and that it equals 1 if and only if every $i \in\{1, \ldots, N\}$ appears an even (possibly 0 ) number of times among $\left(r_{1}, \ldots, r_{k}\right)$. Call such a multi-index paired; we actually sum over paired multi-indices. We write $X_{i}=\left(x_{i 1}, \ldots, x_{i n}\right)$ for the coordinates of $X_{i}$ in the canonical basis, and expand the $k$ scalar products as follows

$$
\left\langle X_{r_{p}}, X_{r_{p+1}}\right\rangle=\sum_{s_{p}=1}^{n} x_{r_{p} s_{p}} x_{r_{p+1} s_{p}}
$$

This yields

$$
\mathbf{E}\|A-\mathrm{Id}\|^{k} \leqslant \frac{2^{k}}{N^{k}} \sum_{\substack{r_{1}, \ldots, r_{k} \text { paired } \\ s_{1}, \ldots, s_{k}}} \mathbf{E} x_{r_{1} s_{1}} x_{r_{2} s_{1}} x_{r_{2} s_{2}} x_{r_{3} s_{2}} \ldots x_{r_{k} s_{k}} x_{r_{1} s_{k}}
$$

where the sum is taken over all indices $r_{1}, \ldots, r_{k}$ in $\{1, \ldots, N\}$ and $s_{1}, \ldots, s_{k}$ in $\{1, \ldots, n\}$. We now use unconditionality to show that most of these terms are actually 0 . Since the random vectors $\left(X_{1}, \ldots, X_{N}\right)$ are independent, each expectation appearing in the sum can be factorized as the product of $N$ factors of the form

$$
\begin{equation*}
\mathbf{E} x_{1}^{\alpha_{1}} x_{2}^{\alpha_{2}} \ldots x_{n}^{\alpha_{n}} \tag{7}
\end{equation*}
$$

for some integers $\alpha_{1}, \ldots, \alpha_{n}$, where $X=\left(x_{1}, \ldots, x_{n}\right)$. Since the vector $X$ is unconditional, it is invariant under sign flips of coordinates, and this shows that the expectation (7) is zero if one of the $\alpha_{i}$ is odd. We are led to the following inequality (note that we changed the indexation)

$$
\mathbf{E}\|A-\mathrm{Id}\|^{k} \leqslant \frac{2^{k}}{N^{k}} \sum_{\left[\left(r_{1}, s_{1}\right), \ldots,\left(r_{2 k}, s_{2 k}\right)\right] \mathrm{V}-\mathrm{graph}} \mathbf{E} x_{r_{1} s_{1}} x_{r_{2} s_{2}} \ldots x_{r_{2 k-1} s_{2 k-1}} x_{r_{2 k} s_{2 k}}
$$

where a $V$-graph is a $2 k$-tuple of pairs $\left(r_{i}, s_{i}\right) \in\{1, \ldots, N\} \times\{1, \ldots, n\}$ such that
(V1) $r_{2 i+1}=r_{2 i}\left(\right.$ and $\left.r_{1}=r_{2 k}\right)$,
(V2) $s_{2 i}=s_{2 i-1}$,
(V3) Each couple $(r, s) \in\{1, \ldots, N\} \times\{1, \ldots, n\}$ appears an even (possibly 0 ) number of times among $\left[\left(r_{i}, s_{i}\right)\right]$,
(V4) The number of occurences of each $r \in\{1, \ldots, N\}$ among $\left(r_{i}\right)$ is a multiple of 4 (possibly 0 ).
Condition (V4) has to be satisfied since we restricted ourself to paired multi-indices. We associate several parameters to a V-graph $G=\left[\left(r_{1}, s_{1}\right), \ldots,\left(r_{2 k}, s_{2 k}\right)\right]$, following the standard combinatorial techniques of $[8,22]$. Let $r(G)=\#\left\{r_{i}\right\}, c(G)=\#\left\{s_{i}\right\}$ and $\ell(G)=r(G)+c(G) ; \ell(G)$ is the number of distinct indices appearing in $G$. Let also $d(G)=\#\left\{\left(r_{i}, s_{i}\right)\right\}$ be the number of distinct couples of indices that appear in $G$. Let $n_{2}(G)$ be the number of indices $i$ such that the couple $\left(r_{i}, s_{i}\right)$ appears exactly 2 times in $G$ and $n_{+}(G)$ be the number of indices $i$ such that the couple ( $r_{i}, s_{i}$ ) appears 4 times or more in $G$. We clearly have $n_{2}(G)+n_{+}(G)=2 k$.
Lemma 2. If $G=\left[\left(r_{1}, s_{1}\right), \ldots,\left(r_{2 k}, s_{2 k}\right)\right]$ is a $V$-graph then

$$
\mathbf{E} x_{r_{1} s_{1}} \ldots x_{r_{2 k} s_{2 k}} \leqslant C^{k} k^{n_{+}(G)}
$$

Proof. First, we use the fact that the vectors $\left(X_{i}\right)$ are independent to write the whole expectation as a product of $N$ factors of the form (7). Note that the sum of all exponents $\alpha_{i}$ appearing in factors (7) is exactly $2 k$, while the sum restricted to the exponents satisfying $\alpha_{i} \geqslant 4$ is exactly $n_{+}(G)$. We use the following comparison theorem by Bobkov and Nazarov. Let $B_{1}^{n}=\left\{x \in \mathbf{R}^{n}\right.$ s.t. $\left.\sum\left|x_{j}\right| \leqslant 1\right\}$ denote the unit ball of $\ell_{1}^{n}$; the convex body $\alpha_{n} B_{1}^{n}$ is isotropic for $\alpha_{n}=\sqrt{(n+1)(n+2) / 2}$. It has been proved in [4] that for some absolute constant $C$, if $X=\left(x_{1}, \ldots, x_{n}\right)$ is uniformly distributed on an isotropic unconditional convex body, and if $Y=\left(y_{1}, \ldots, y_{n}\right)$ is uniformly distributed on $C n B_{1}^{n}$, then for any increasing functions $f_{i}: \mathbf{R}^{+} \rightarrow \mathbf{R}$

$$
\mathbf{E} \prod_{i=1}^{n} f_{i}\left(\left|x_{i}\right|\right) \leqslant \mathbf{E} \prod_{i=1}^{n} f_{i}\left(\left|y_{i}\right|\right)
$$

On each factor (7), we use this result with $f_{i}(x)=x^{\alpha_{i}}$ (recall that $\alpha_{i}$ is necessarily even). The resulting expectation for $Y$ can then be estimated using sub-independence [3], a special property of $\ell_{p}^{n}$-balls asserting that for any increasing functions $f_{i}: \mathbf{R}^{+} \rightarrow \mathbf{R}$

$$
\mathbf{E} \prod_{i=1}^{n} f_{i}\left(\left|y_{i}\right|\right) \leqslant \prod_{i=1}^{n} \mathbf{E} f_{i}\left(\left|y_{i}\right|\right)
$$

Now, by Borell's lemma (see [5], or [17] p.135), there is an absolute constant $C$ such that $\Psi_{1}\left(y_{i}\right) \leqslant C$, which means that $\mathbf{E}\left|y_{i}\right|^{p} \leqslant(C p)^{p}$. If $\alpha_{i} \geqslant 4$, we use the following bound

$$
\mathbf{E} y_{i}^{\alpha_{i}} \leqslant\left(\mathbf{E} y_{i}^{n_{+}(G)}\right)^{\alpha_{i} / n_{+}(G)} \leqslant\left(C n_{+}(G)\right)^{\alpha_{i}} \leqslant(2 C k)^{\alpha_{i}}
$$

Using this method to bound separately all the factors of the form (7), we are led to

$$
\mathbf{E} x_{r_{1} s_{1}} \ldots x_{r_{2 k} s_{2 k}} \leqslant\left(\mathbf{E} y_{1}^{2}\right)^{n_{2}(G) / 2}(2 C k)^{n_{+}(G)}
$$

and the lemma is proved.
Applying lemma 2, we obtain the inequality

$$
\begin{equation*}
\mathbf{E}\|A-\mathrm{I}\| \|^{k} \leqslant\left(\frac{C}{N}\right)^{k} \sum_{G \mathrm{~V}-\mathrm{graph}} k^{n+(G)} . \tag{8}
\end{equation*}
$$

We now state some bounds on the parameters associated to a V-graph.
Lemma 3. Let $G=\left[\left(r_{1}, s_{1}\right), \ldots,\left(r_{2 k}, s_{2 k}\right)\right]$ be a V-graph. Then
(a) $d(G) \leqslant k$.
(b) $\ell(G) \leqslant d(G)+1 \leqslant k+1$.
(c) $r(G) \leqslant k / 2$.
(d) $n_{+}(G) \leqslant 4(k-\ell(G)+1)$.

Proof. Assertion (a) is an immediate consequence of property (V3). To prove (b), read the V-graph from $\left(r_{1}, s_{1}\right)$ to $\left(r_{2 k}, s_{2 k}\right)$. Each of the $d(G)$ first occurences $\left(r_{i}, s_{i}\right)$ of some couple of indices may bring a new row index or a new column index, but not both (except for $i=1$ ) because of properties (V1-V2). This shows $\ell(G) \leqslant d(G)+1$, and (b) follows from (a). Assertion (c) is an immediate consequence of property (V3). For (d), note that $d(G) \leqslant \frac{1}{2} n_{2}(G)+\frac{1}{4} n_{+}(G)$ (with equality iff no couple $(r, s)$ appears 6 times or more). The result then follows from (b) and the equality $n_{2}(G)+n_{+}(G)=2 k$.

We now need a bound on the number of V-graphs with given $r$ and $c$. This can be done using standard combinatorial techniques developed in [8, 22]. We present here a different approach, suggested to us by S. Szarek, based on the facts that the combinatorics of $V$-graphs do not depend on the specific entries of the random matrix, and that for Gaussian random matrices very precise information is available.

Lemma 4. Let $I \subset\{1, \ldots, N\}$ and $J \subset\{1, \ldots, n\}$, such that $r+c \leqslant k+1$, with $r=\# I$ and $c=\# J$. Then the number of $V$-graphs $G=\left[\left(r_{1}, s_{1}\right), \ldots,\left(r_{2 k}, s_{2 k}\right)\right]$ such that $\left\{r_{i}\right\} \subset I$ and $\left\{s_{i}\right\} \subset J$ is bounded from above by $(C k)^{k}$, for some absolute constant $C$.

Proof. We can assume that $I=\{1, \ldots, r\}$ and $J=\{1, \ldots, c\}$. Let $G_{r, c}=\left(g_{i j}\right)$ a random $r \times c$ matrix with entries being independent $N(0,1)$ random variables. It is well-known (as a consequence of Slepian's lemma, see [7] chapter 2.3, or using a net argument) that for some absolute constant $C$, $\mathbf{E}\left\|G_{r, c}\right\| \leqslant C(\sqrt{r}+\sqrt{c}) \leqslant C^{\prime} \sqrt{k}$. Moreover, the operator norm is a 1-Lipschitz function with respect to the entries of the matrix (in the Hilbert-Schmidt metric), and standard concentration property of the Gaussian measure ([7], chapter 2.2) implies that for any $t \geqslant 0$

$$
\mathbf{P}\left(\left\|G_{r, c}\right\| \geqslant \mathbf{E}\left\|G_{r, c}\right\|+t\right) \leqslant \exp \left(-t^{2} / 2\right)
$$

This in turn implies that

$$
\mathbf{E}\left\|G_{r, c}\right\|^{2 k}=\int_{0}^{\infty} 2 k t^{2 k-1} \mathbf{P}\left(\left\|G_{r, c}\right\| \geqslant t\right) d t \leqslant(C \sqrt{k})^{2 k}
$$

Also, since $\operatorname{tr}\left(G_{r, c}^{t} G_{r, c}\right)^{k}$ is the sum of $2 k$ th powers of singular values of $G_{r, c}$, we have

$$
\mathbf{E t r}\left(G_{r, c}^{t} G_{r, c}\right)^{k} \leqslant \min (r, c) \mathbf{E}\left\|G_{r, c}\right\|^{2 k} \leqslant\left(C^{\prime} k\right)^{k}
$$

On the other hand, the quantity $\operatorname{Etr}\left(G_{r, c}^{t} G_{r, c}\right)^{k}$ itself can also be expanded as

$$
\operatorname{Etr}\left(G_{r, c}^{t} G_{r, c}\right)^{k}=\sum \mathbf{E} g_{r_{1} s_{1}} \ldots g_{r_{2 k} s_{2 k}}
$$

where the sum is taken over $2 k$-tuples of pairs $\left(r_{i}, s_{i}\right) \subset I \times J$ satisfying conditions (V1), (V2), (V3). Notably, all V-graphs considered in the statement of the lemma enter this setting. Moreover, all terms in the sum are positive, and even larger than 1 since $\mathbf{E} g_{i j}^{p} \geqslant 1$ for $p$ even integer. This shows that the number of V-graphs with indices contained in $I \times J$ is bounded from above by $\operatorname{Etr}\left(G_{r, c}^{t} G_{r, c}\right)^{k}$, which proves the lemma.

Lemma 4 implies that the number of V-graphs $G$ such that $r(G)=r$ and $c(G)=c$ is bounded by

$$
\binom{N}{r}\binom{n}{c}(C k)^{k} \leqslant C_{1}^{k} N^{r} n^{c} \frac{k^{k}}{\ell(G)^{\ell(G)}} \leqslant C_{2}^{k} N^{r} n^{c} k^{k-\ell(G)}
$$

where we used the inequalities $\binom{B}{b} \leqslant(B e / b)^{b}, r^{r} c^{c} \geqslant(\ell / 2)^{\ell}$ and $k^{k} / \ell^{\ell} \leqslant(k e)^{k-\ell}$. By lemma 3c, for any V-graph G we have

$$
\begin{aligned}
N^{r(G)} n^{c(G)} & \leqslant \begin{cases}N^{\ell(G)} & \text { if } \ell(G) \leqslant k / 2 \\
N^{k / 2} n^{\ell(G)-k / 2} & \text { if } \ell(G) \geqslant k / 2\end{cases} \\
& \leqslant N^{k}\left(\frac{n}{N}\right)^{k / 2} \frac{1}{n^{k-\ell(G)}}
\end{aligned}
$$

Gathering the V-graphs with the same $\ell$, we get as a consequence of inequality (8) and lemma 3d that (setting $m=l-1$ )

$$
\begin{aligned}
\mathbf{E}\|A-\mathrm{Id}\|^{k} & \leqslant\left(\frac{C}{N}\right)^{k} \sum_{l=2}^{k+1} k^{4(k-l+1)} k C_{2}^{k} k^{k-l} N^{k}\left(\frac{n}{N}\right)^{k / 2} \frac{1}{n^{k-l}} \\
& \leqslant\left(C \sqrt{\frac{n}{N}}\right)^{k} n \sum_{m=1}^{k}\left(\frac{k^{5}}{n}\right)^{k-m}
\end{aligned}
$$

We now choose $k$ to be the smallest even integer such that $k \geqslant n^{1 / 5}$. We then use the inequality $n \sum\left(k^{5} / n\right)^{k-m} \leqslant C^{k}$ to finish the proof (note that the l.h.s. in (6) is an increasing function of $k$ ).

## 4. Proof of proposition 2: the role of log-Concavity

Proof. The proof is similar to the proof of the main theorem in [15], but here the log-concavity makes things much easier. We introduce the matrix $\Gamma$ defined by

$$
\Gamma=\frac{1}{\sqrt{N}}\left(\begin{array}{c}
X_{1}  \tag{9}\\
X_{2} \\
\vdots \\
X_{N}
\end{array}\right)
$$

We have the equality $A=\Gamma^{t} \Gamma$; we think of $\Gamma$ as an operator from $\ell_{2}^{n}$ to $\ell_{2}^{N}$. We write $s_{\min }(\Gamma)$ for the smallest singular value of $\Gamma$, which equals $\sqrt{\lambda_{\min }(A)}$. For $\varepsilon>0$ to be determined later, let $\mathcal{N}$ be a $\varepsilon$-net in $S^{n-1}$ with cardinality smaller that $(3 / \varepsilon)^{n}$ (existence of such a net is proved using volumetric arguments, see Lemma 4.10 in [19]). Set also $t=\varepsilon \sqrt{M}$. Let $\bar{\Omega}$ be the event " $\|\Gamma\|<\sqrt{M}$ ". By the standard approximation argument, the event

$$
\bar{\Omega} \cap\left\{\exists x \in S^{n-1} \text { s.t. }|\Gamma x| \leqslant t\right\}
$$

is contained in the event

$$
\bar{\Omega} \cap\{\exists x \in \mathcal{N} \text { s.t. }|\Gamma x| \leqslant 2 t\}
$$

Consequently,

$$
\mathbf{P}\left(s_{\min }(\Gamma) \leqslant t\right) \leqslant \mathbf{P}\left(\bar{\Omega}^{c}\right)+\# \mathcal{N} \max _{x \in S^{n-1}} \mathbf{P}(|\Gamma x| \leqslant 2 t)
$$

For fixed $x$ in the sphere $S^{n-1}$ and $j$ between 1 and $N$, let $f_{j}$ be the random variable $\left\langle X_{j}, x\right\rangle$. It is well-known $[11,9]$ that when $K$ is an isotropic convex body in $\mathbf{R}^{n}$, the ( $n-1$ )-dimensional volume of hyperplane sections is controlled: for any affine hyperplane $H$, we have $\operatorname{vol}_{n-1}(K \cap H) \leqslant C$ for a universal constant $C$. Consequently, for any $s \geqslant 0$ we have $\mathbf{P}\left(\left|f_{j}\right| \leqslant s\right) \leqslant C s$. Calculations are now straightforward:

$$
\begin{aligned}
\mathbf{P}(|\Gamma x| \leqslant 2 t) & =\mathbf{P}\left(\sum_{i=1}^{N} f_{i}^{2} \leqslant 4 t^{2} N\right) \\
& =\mathbf{P}\left(N-\sum_{i=1}^{N} f_{j}^{2} / 4 t^{2} \geqslant 0\right) \\
& \leqslant \mathbf{E} \exp \left(N-\sum_{i=1}^{N} f_{j}^{2} / 4 t^{2}\right) \\
& =\left(e \mathbf{E} \exp \left(-f_{1}^{2} / 4 t^{2}\right)\right)^{N} \\
& =e^{N}\left(\int_{0}^{1} \mathbf{P}\left(\exp \left(-f_{1}^{2} / 4 t^{2}\right)>s\right) d s\right)^{N} \\
& =e^{N}\left(\int_{0}^{1} \mathbf{P}\left(f_{1} \leqslant 2 t \sqrt{\log (1 / s)}\right) d s\right)^{N} \\
& \leqslant e^{N}\left(2 C t \int_{0}^{1} \sqrt{\log (1 / s)} d s\right)^{N} \\
& =(C e \sqrt{\pi} t)^{N}
\end{aligned}
$$

And consequently

$$
\mathbf{P}\left(s_{\min }(\Gamma) \leqslant t\right) \leqslant \mathbf{P}(\|A\| \geqslant M)+\left(\frac{3 \sqrt{M}}{t}\right)^{n}(C e \sqrt{\pi} t)^{N}
$$

thus for any $\rho>1$, we can choose $t$ (and thus $\varepsilon$ ) such that the conclusion of the proposition holds.
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    ${ }^{1}$ This terminology slightly differs from $[16,9]$ where isotropic convex bodies are normalized to have volume 1.

