

# On Falconer's Distance Set Conjecture

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## Abstract

In this paper, using a recent parabolic restriction estimate of Tao, we obtain improved partial results in the direction of Falconer's distance set conjecture in dimensions  $d \geq 3$ .

## 1. Introduction

Let  $E$  be a compact subset of  $\mathbb{R}^d$ . The distance set,  $\Delta(E)$ , of  $E$  is defined as

$$\Delta(E) = \{|x - y| : x, y \in E\}.$$

Erdős' famous distinct distances conjecture [7] states that for any  $\varepsilon > 0$  and for any finite set  $E \subset \mathbb{R}^d$ ,  $d \geq 2$ ,

$$\#\Delta(E) \geq C_{d,\varepsilon}(\#E)^{\frac{2}{d}-\varepsilon}.$$

This conjecture is still open in all dimensions  $d \geq 2$ . For various partial results and references see [17], [1] and [13].

Falconer's conjecture [8] is a variant of Erdős' conjecture:

**Conjecture.** Let  $d \geq 2$ . Let  $E$  be a compact subset of  $\mathbb{R}^d$ . Then,

$$\dim(E) > \frac{d}{2} \implies |\Delta(E)| > 0.$$

Here  $|\cdot|$  is the Lebesgue measure and  $\dim(\cdot)$  is the Hausdorff dimension.

Like Erdős' conjecture, Falconer's conjecture is open in every dimension. In [8], Falconer gave an example showing that  $\frac{d}{2}$  in the conjecture is optimal and proved that  $\dim(E) > \frac{d+1}{2}$  implies  $|\Delta(E)| > 0$ . Bourgain [3] improved this result in every dimension, and in particular proved that in  $\mathbb{R}^2$ ,

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$\dim(E) > \frac{13}{9}$  suffices. Later, Wolff [24] proved that in  $\mathbb{R}^2$ ,  $\dim(E) > \frac{4}{3}$  suffices. In [6], the author obtained a simplified proof of Wolff's result and noted that it is possible to obtain the following improved partial result in higher dimensions using the method in [6] and a bilinear Fourier restriction estimate by Tao [22]. In this paper, we prove<sup>1</sup>

**Theorem 1.** *Let  $d \geq 2$ . Let  $E$  be a compact subset of  $\mathbb{R}^d$  with*

$$\dim(E) > \frac{d(d+2)}{2(d+1)}.$$

*Then  $|\Delta(E)| > 0$ .*

There are other positive results in the direction of Falconer's conjecture. For example, Mattila [14] proved that in  $\mathbb{R}^2$ ,  $\dim(E) > 1$  implies  $\dim(\Delta(E)) \geq \frac{1}{2}$ . Recently, Bourgain [4] improved this result and proved that there exists  $c > 0$  such that in  $\mathbb{R}^2$ ,  $\dim(E) > 1$  implies  $\dim(\Delta(E)) > \frac{1}{2} + c$ . Bourgain's result relies on a paper by Katz and Tao [12] which relates the Falconer's conjecture to various other problems in harmonic analysis.

There are lots of variations of Falconer's problem. Notably, Mattila and Sjölin [16] proved that  $\Delta(E)$  has interior points if  $\dim(E) > \frac{d+1}{2}$ . Peres and Schlag [18] considered pinned distance sets,

$$\Delta(x, E) = \{|x - y| : y \in E\},$$

and proved that if  $\dim(E) > \frac{d+1}{2}$  then  $|\Delta(x, E)| > 0$  for almost every  $x \in E$ .

One can also consider distance sets with respect to general metrics. Let  $K$  be a convex symmetric body in  $\mathbb{R}^d$ ,  $d \geq 2$ . Define  $\Delta_K(E) = \{d_K(x, y) : x, y \in E\}$ , where  $d_K$  is the distance induced by  $K$ . Iosevich and Laba [10] investigated the relation between the curvature of the boundary of  $K$  and the size of the distance sets. Hofmann and Iosevich [9] (also see [2] for a similar result in higher dimensions) proved that in  $\mathbb{R}^2$  if  $\dim(E) > 1$  then  $|\Delta_K(E)| > 0$  for almost every ellipse  $K$  centered at the origin. We note that our main result, Theorem 1, remains valid for  $\Delta_K$  in the case when the boundary of  $K$  is smooth and has non-vanishing Gaussian curvature (see Remark 1 below).

### List of notations.

$\chi_A$ : characteristic function of the set  $A$ .

$B(x, r) := \{y : |x - y| < r\}$ .

$d(A, B)$ : the distance between the sets  $A$  and  $B$ .

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<sup>1</sup>Recently, Theorem 1 has been improved by the author. The current best known exponent in Falconer's conjecture is  $d/2 + 1/3$  in every dimension  $d \geq 2$ .

$A_R(C) := \{x \in \mathbb{R}^d : ||x| - R| \leq C\}$ .

$C$ : a constant which may vary from line to line.

$A \lesssim B$ :  $A \leq CB$ .

$A \approx B$ :  $A \lesssim B$  and  $B \lesssim A$ .

$A \ll B$ :  $A \leq \frac{1}{C}B$ , for some large constant  $C$ .

$|A|$ : length of the vector  $A$  or the measure of the set  $A$ .

## 2. Mattila's approach to distance set problem

In [14], Mattila developed a method to attack the distance set problem. For a very good exposition of this method, see [26]. Mattila's approach was used in [14, 3, 24, 9, 6, 2].

Let  $\mu$  be a probability measure supported in  $E$ . Let  $\nu_\mu$  be the push forward of  $\mu \times \mu$  under the distance map  $(x, y) \mapsto |x - y|$ , i.e.,

$$\nu_\mu(A) = \mu \times \mu(\{(x, y) : |x - y| \in A\}), \text{ for Borel sets } A \subset \mathbb{R}.$$

It is easy to check that  $\nu_\mu$  is a probability measure supported in  $\Delta(E)$ . Note that if the Fourier transform of  $\nu_\mu$ ,

$$\widehat{\nu}_\mu(\xi) := \int e^{-ix \cdot \xi} d\nu_\mu(x),$$

is an  $L^2$  function, then  $\nu_\mu$  should be absolutely continuous with an  $L^2$  density and hence

$$|\Delta(E)| \geq |\text{Supp}(\nu_\mu)| > 0.$$

Using this idea and the Fourier asymptotics of the surface measure of the unit sphere in  $\mathbb{R}^d$ , Mattila proved [14]:

**Theorem A.** *Let  $\alpha \in (0, d)$ . Let  $E$  be a compact subset of  $\mathbb{R}^d$  with  $\dim(E) > \alpha$ . Assume that there is a probability measure  $\mu$  supported in  $E$  such that*

$$(2.1) \quad \|\widehat{\mu}(R \cdot)\|_{L^2(S^{d-1})} \leq C_\mu R^{\frac{\alpha-d}{2}}, \quad \forall R > 1.$$

*Then  $|\Delta(E)| > 0$ .*

Note that Theorem A proves the distance set conjecture for Salem sets [19, 11]. A set  $E \subset \mathbb{R}^d$  is called a Salem set if for each  $\beta < \dim(E)$ , there exists a probability measure  $\mu$  supported in  $E$  such that

$$|\widehat{\mu}(\xi)| \lesssim |\xi|^{-\frac{\beta}{2}}, \quad \forall \xi \in \mathbb{R}^d.$$

To apply Theorem A to arbitrary compact sets, one needs Frostman's lemma (see, e.g., [15]).

**Definition 1.** A compactly supported probability measure  $\mu$  is called  $\alpha$ -dimensional if it satisfies

$$(2.2) \quad \mu(B(x, r)) \leq C_\mu r^\alpha, \quad \forall r > 0, \forall x \in \mathbb{R}^d.$$

**Frostman's Lemma.** If  $E$  is a compact subset of  $\mathbb{R}^d$  with  $\dim(E) > \alpha$ , then there is an  $\alpha$ -dimensional measure  $\mu$  supported in  $E$ .

Frostman's lemma and Mattila's theorem imply:

**Lemma 2.1.** Fix  $\alpha \in (0, d)$ . Assume that the inequality (2.1) holds for all  $\alpha$ -dimensional measures. Then for any compact  $E \subset \mathbb{R}^d$

$$\dim(E) > \alpha \implies |\Delta(E)| > 0.$$

In view of Lemma 2.1, Theorem 1 is a corollary of the following:

**Theorem 2.** Let  $d \geq 2$  and  $\alpha \in (0, d)$ . Let  $\mu$  be an  $\alpha$ -dimensional measure. Then for each  $q > \frac{d+2}{d}$ ,

$$\|\widehat{\mu}(R \cdot)\|_{L^2(S^{d-1})} \leq C_{q,\mu} R^{-\frac{\alpha}{2q}}, \quad \forall R > 1.$$

Like Theorem 1, Theorem 2 was first proved in [24] for  $d = 2$ . Under the hypothesis of Theorem 2, it is also known that [14, 20] (also see [21, 6])

$$(2.3) \quad \|\widehat{\mu}(R \cdot)\|_{L^2(S^{d-1})} \lesssim R^{-\max(\frac{\alpha-1}{2}, \min(\frac{\alpha}{2}, \frac{d-1}{4}))}, \quad \forall R > 1.$$

Theorem 2 and (2.3) give optimal bounds for each  $\alpha \in (0, 2)$  for  $d = 2$  (see, e.g., [20, 24, 6]). Therefore, one can not improve the result in Theorem 1 for  $d = 2$  using Mattila's approach. In higher dimensions, (2.3) is optimal for  $\alpha \leq \frac{d-1}{2}$  (see [20]); however, there is no reason to believe that Theorem 2 and (2.3) give optimal bounds for  $\alpha > \frac{d-1}{2}$ .

It is essential that in Theorem 2, we are averaging  $\widehat{\mu}(R \cdot)$  on a surface with non-vanishing Gaussian curvature. In general, the Fourier transform  $\widehat{\mu}(\xi)$  of an  $\alpha$ -dimensional measure  $\mu$  does not have to converge to zero as  $|\xi| \rightarrow \infty$ . In fact, for any  $d \geq 1$  and for any  $\alpha \in (0, d)$ , there are Cantor-type measures in  $\mathbb{R}^d$  of dimension greater than  $\alpha$  whose Fourier transform does not converge to 0 at infinity [19].

**Remark 1.** Mattila's approach can be modified for distance sets with respect to general metrics. Let  $K$  be a convex symmetric body. Assume that the boundary of  $K$  is smooth and has non-vanishing Gaussian curvature. Let  $K^*$  be the dual of  $K$ . One can modify Mattila's approach and prove that the statement of Lemma 2.1 remains valid if  $\Delta(E)$  is replaced with

$\Delta_K(E)$  and  $S^{d-1}$  in (2.1) is replaced with  $\partial K^*$  (see [9, 2]). We note that Theorem 2 remains valid, too, if we replace  $S^{d-1}$  with  $\partial K^*$ . The proof of this fact follows the same line below with minor changes in the statements and proofs of Corollary 2 and Lemma 5.2. Therefore, Theorem 1 holds for  $\Delta_K$  if  $K$  has a smooth boundary with non-vanishing Gaussian curvature.

### 3. Tao's bilinear parabolic extension estimate

In the proof of Theorem 2, we use a bilinear restriction estimate for elliptic surfaces by Tao [22]. First let us recall the definition of elliptic surfaces from [23]:

**Definition 2.** We say  $\phi : B(0, 1) \subset \mathbb{R}^{d-1} \rightarrow \mathbb{R}$  is an  $(M, \varepsilon_0)$ -elliptic phase if  $\phi$  satisfies

- i)  $\|\phi\|_{C^\infty} < M$ ,
- ii)  $\phi(0) = \nabla\phi(0) = 0$ , and
- iii) for all  $x \in B(0, 1)$ , all eigenvalues of the Hessian  $\phi_{x_i x_j}(x)$  lie in  $[1 - \varepsilon_0, 1 + \varepsilon_0]$ .

We say  $S$  is an  $(M, \varepsilon_0)$ -elliptic surface if  $S = \{(x, y) \in B(0, 1) \times \mathbb{R} \subset \mathbb{R}^d : y = \phi(x)\}$  for some  $(M, \varepsilon_0)$ -elliptic phase  $\phi$ .

Note that in this definition the term ‘‘elliptic’’ is used in a slightly non-standard way. In classical PDE, a non-vanishing symbol is considered to be elliptic. In the definition above, the non-vanishing of the curvature is required, too, (see II below). A model example for an elliptic phase is  $\phi(x) = \frac{|x|^2}{2}$ . We recall the following properties of elliptic phases (see, e.g., [23]):

- I) Let  $\phi$  be an  $(M, \varepsilon_0)$ -elliptic phase and  $B(x_0, \eta) \subset B(0, 1)$ . Let

$$\tilde{\phi}(x) := \frac{1}{\eta^2} (\phi(x\eta + x_0) - \phi(x_0) - \eta x \cdot \nabla\phi(x_0)), \quad x \in B(0, 1).$$

Then  $\tilde{\phi}$  is a  $(C_d M, \varepsilon_0)$ -elliptic phase.

- II) Let  $S$  be a smooth compact submanifold of  $\mathbb{R}^d$  with strictly positive principal curvatures. Note that for any  $\varepsilon_0 > 0$  and for any  $s \in S$  there is a neighborhood  $U_s$  of  $s$  and an affine bijection  $a_s$  of  $\mathbb{R}^d$  such that  $a_s(U_s)$  is an  $(M, \varepsilon_0)$ -elliptic surface, where  $M$  depends only on  $d$ ,  $\|\phi\|_{C^\infty}$  and the principal curvatures at  $s$ . Moreover, by using a partition of unity, we can write  $S$  as a union of affine images of finitely many  $(M, \varepsilon_0)$ -elliptic surfaces.

These observations are especially important for the extension of Theorem 2 to  $\partial K^*$  (see Remark 1 above).

The following theorem is proved in [22] for  $d \geq 3$ . The  $d = 2$  case is basically the Carleson-Sjölin Theorem [5]. In [6], it was used in the proof of Theorem 2 for  $d = 2$ .

**Theorem B.** *Let  $d \geq 2$ . For any  $M > 0$ , there exists  $\varepsilon_0 > 0$  such that the following statement holds.*

*Let  $S_1, S_2$  be compact subsets of an  $(M, \varepsilon_0)$ -elliptic surface in  $\mathbb{R}^d$  with  $d(S_1, S_2) > \frac{1}{2}$ . Let  $\sigma_j$  be the Lebesgue measure on  $S_j$ ,  $j = 1, 2$ . Then for all  $q > \frac{d+2}{d}$ , we have*

$$(3.1) \quad \|\widehat{f_1 d\sigma_1} \widehat{f_2 d\sigma_2}\|_{L^q(\mathbb{R}^d)} \leq C_{M,q,d} \|f_1\|_{L^2(S_1, d\sigma_1)} \|f_2\|_{L^2(S_2, d\sigma_2)},$$

for all  $f_j \in L^2(S_j, d\sigma_j)$ ,  $j = 1, 2$ .

In [22], this theorem is proved explicitly only for the paraboloid. The version we stated here can be proved similarly, see the last section of [22] where the necessary modifications are described.

We need the following scaled and mollified version of this theorem (see e.g. [23]). In view of II) above, choose  $N_d$  large enough so that any subset of  $S^{d-1}$  of diameter  $\lesssim \frac{1}{N_d}$  is an affine image of an elliptic surface which satisfies the hypothesis of Theorem B. Let  $A_R(\varepsilon)$  denote the set  $\{x \in \mathbb{R}^d : ||x| - R| \leq \varepsilon\}$ .

**Corollary 1.** *Fix a spherical cap  $U$  in  $A_1(\varepsilon)$ , ( $\varepsilon \ll 1/N_d$ ), of diameter  $\lesssim 1/N_d$ . If  $I_1$  and  $I_2$  are subsets of  $U$  of diameter  $\eta$  with  $d(I_1, I_2) \approx \eta$ , then for  $q > \frac{d+2}{d}$ , we have*

$$\|\widehat{f_1} \widehat{f_2}\|_{L^q(\mathbb{R}^d)} \leq C_{q,d,\varepsilon} \eta^{d-1-\frac{d+1}{q}} \|f_1\|_2 \|f_2\|_2,$$

for all  $f_j \in L^2(I_j)$ ,  $j = 1, 2$ .

**Proof.** First note that the inequality (3.1) is invariant under translations of one or both of the surfaces  $S_1, S_2$ . Therefore, under the hypothesis of Theorem B, we have

$$(3.2) \quad \|\widehat{f_1} \widehat{f_2}\|_{L^q(\mathbb{R}^d)} \lesssim \varepsilon \|f_1\|_2 \|f_2\|_2,$$

for all  $f_j \in L^2(S_j^\varepsilon)$ ,  $j = 1, 2$ , where  $S_j^\varepsilon$  is the  $\varepsilon$ -neighborhood of  $S_j$ . This follows easily from the definition of Lebesgue measure.

Let  $e$  be the unit vector in the direction of the center of mass of  $I_1 \cup I_2$ . Let  $\{e_1 = e, e_2, \dots, e_d\}$  be an orthogonal basis for  $\mathbb{R}^d$ . Let  $T : \mathbb{R}^d \rightarrow \mathbb{R}^d$  be the linear map which satisfies

$$T(e_1) = \frac{1}{\eta^2} e_1, \quad T(e_j) = \frac{1}{\eta} e_j, \quad j = 2, 3, \dots, d,$$

In view of I) and II) above,  $C_j = TI_j$  is contained in  $\approx \frac{\varepsilon}{\eta^2}$ -neighborhood of an affine image of a surface  $S_j$ ,  $j = 1, 2$ , where the surfaces  $S_1, S_2$  satisfy the hypothesis of Theorem B (with  $M$  independent of  $\eta, I_1, I_2$ ).

Let  $g_j(x) = f_j(T^{-1}x)$ ,  $j = 1, 2$ . Since  $g_j$  is supported in  $C_j$ , using (3.2) we obtain

$$(3.3) \quad \|\widehat{g}_1 \widehat{g}_2\|_q \lesssim \frac{\varepsilon}{\eta^2} \|g_1\|_2 \|g_2\|_2.$$

The following elementary identities and (3.3) yield the claim of the corollary:

$$\begin{aligned} \widehat{f}_j(\xi) &= \frac{1}{\det(T)} \widehat{g}_j(T^{-1}(\xi)) = \eta^{d+1} \widehat{g}_j(T^{-1}(\xi)), \quad j = 1, 2, \\ \|\widehat{f}_1 \widehat{f}_2\|_q &= \eta^{(d+1)(2-\frac{1}{q})} \|\widehat{g}_1 \widehat{g}_2\|_q, \\ \|f_j\|_2 &= \eta^{\frac{d+1}{2}} \|g_j\|_2, \quad j = 1, 2. \end{aligned}$$

■

The following Corollary is obtained from Corollary 1 using a dilation:

**Corollary 2.** *If  $I_1$  and  $I_2$  are subsets of  $A_R(\varepsilon)$ , ( $\varepsilon \ll R/N_d$ ), of diameter  $\eta \lesssim R/N_d$  with  $d(I_1, I_2) \approx \eta$ , then for  $q > \frac{d+2}{d}$ , we have*

$$(3.4) \quad \|\widehat{f}_1 \widehat{f}_2\|_{L^q(\mathbb{R}^d)} \leq C_{q,d} \varepsilon R^{\frac{1}{q}} \eta^{d-1-\frac{d+1}{q}} \|f_1\|_2 \|f_2\|_2,$$

for all  $f_j \in L^2(I_j)$ ,  $j = 1, 2$ .

### 4. Uncertainty principle

Let  $\varphi$  be a Schwartz function satisfying

$$\varphi(\xi) = 1, \text{ for } |\xi| < 2 \text{ and } \varphi(\xi) = 0, \text{ for } |\xi| > 4.$$

Let  $D$  be a ball of radius  $s$  in  $\mathbb{R}^d$ . Fix an affine bijection  $a_D$  of  $\mathbb{R}^d$  which maps  $D$  to  $B(0, 1)$ . Let  $\varphi_D = \varphi \circ a_D$ . Since  $\varphi$  is a Schwartz function, for each  $M \in \mathbb{N}$ , we have

$$(4.1) \quad |\varphi_D^\vee(x)| = s^d |\varphi^\vee(sx)| \leq C_{M,d} s^d \sum_{j=1}^{\infty} 2^{-Mj} \chi_{B(0, 2^j s^{-1})}(x), \quad \forall x \in \mathbb{R}^d.$$

The following well-known corollary of the uncertainty principle (see, e.g., [26, Chapter 5]) is another important ingredient of the proof of Theorem 2. We give a proof for the sake of completeness.

**Lemma 4.1.** *Let  $\mu$  be an  $\alpha$ -dimensional measure in  $\mathbb{R}^d$ . Let  $D$  be a ball of radius  $s$  in  $\mathbb{R}^d$ . Then the function  $\mu_D := |\varphi_D^\vee| * \mu$  satisfies*

- i)  $\|\mu_D\|_\infty \lesssim s^{d-\alpha}$ ,
- ii)  $\|\mu_D\|_1 \lesssim 1$ ,
- iii)  $\mu_D(\mathcal{B}) := \int_{\mathcal{B}} \mu_D(y) dy \lesssim r^\alpha$ , for any ball  $\mathcal{B}$  of radius  $r \geq 100s^{-1}$ .

**Proof.** i) Fix  $M > 100d$ . Using (4.1) and (2.2), we obtain

$$\begin{aligned} 0 \leq \mu_D(x) &\lesssim s^d \sum_{j=1}^\infty 2^{-Mj} \int \chi_{B(0,2^j s^{-1})}(x-y) d\mu(y) \\ &\lesssim s^d \sum_{j=1}^\infty 2^{-Mj} (2^j s^{-1})^\alpha \lesssim s^{d-\alpha}. \end{aligned}$$

ii) follows from Young’s inequality and the observation  $\|\varphi_D^\vee\|_1 \lesssim 1$ .

iii) Using (4.1), we get

$$\mu_D(\mathcal{B}) \lesssim s^d \sum_{j=1}^\infty 2^{-Mj} \int \int \chi_{\mathcal{B}}(y) \chi_{B(0,2^j s^{-1})}(y-u) d\mu(u) dy$$

Note that  $y \in \mathcal{B}$  and  $y - u \in B(0, 2^j s^{-1})$  imply  $u \in \mathcal{B} + B(0, 2^j s^{-1})$ . Using this, Fubini’s theorem and then (2.2), we obtain

$$\begin{aligned} \mu_D(\mathcal{B}) &\lesssim s^d \sum_{j=1}^\infty 2^{-Mj} \int \int \chi_{\mathcal{B}+B(0,2^j s^{-1})}(u) \chi_{B(0,2^j s^{-1})}(y-u) dy d\mu(u) \\ &\lesssim s^d \sum_{j=1}^\infty 2^{-Mj} (r + 2^j s^{-1})^\alpha (2^j s^{-1})^d \\ &\lesssim \sum_{j=1}^\infty 2^{-\frac{Mj}{2}} (r + 2^j s^{-1})^\alpha \lesssim r^\alpha. \end{aligned}$$

■

### 5. Proof of Theorem 2

The proof is similar to the proof given in [6]. As in [24, 6], we work with the dual formulation:

**Lemma 5.1.** *Theorem 2 follows from the following statement: For all  $q > \frac{d+2}{d}$ , for all  $\alpha$ -dimensional measures  $\mu$ , for all  $R > 1$  and for all  $f$  supported in  $A_R(1)$ , we have*

$$(5.1) \quad \left| \int f^\vee(u) d\mu(u) \right| \leq C_{q,\mu} R^{\frac{d-1}{2} - \frac{\alpha}{2q}} \|f\|_2,$$

where  $f^\vee$  is the inverse Fourier transform of  $f$ .



**Proof.** ([24]) Fix  $q_0 > \frac{d+2}{d}$ . Note that by duality, Fubini's theorem and the statement of the lemma, we have

$$\begin{aligned} \|\widehat{\mu}\|_{L^2(A_R(1))} &= \sup_{\|f\|_{L^2(A_R(1))}=1} \left| \int_{A_R(1)} f(u)\widehat{\mu}(u)du \right| = \sup_{\|f\|_{L^2(A_R(1))}=1} \left| \int \widehat{f}(u)d\mu(u) \right| \\ &\leq C_{q,\mu} R^{\frac{d-1}{2}-\frac{\alpha}{2q}}, \quad \forall R > 1. \end{aligned}$$

This easily implies that for any  $0 < \varepsilon \ll 1$ ,

$$(5.2) \quad \|\widehat{\mu}\|_{L^2(A_R(R^\varepsilon))} \leq C_{q,\mu} R^{\frac{d-1}{2}-\frac{\alpha}{2q}+C\varepsilon}, \quad \forall R > 1.$$

Take a Schwartz function  $\phi$  equal to 1 in the support of  $\mu$ . Note that  $\widehat{\mu} = \widehat{\mu} * \widehat{\phi}$ . Let  $d\sigma_R$  be the surface measure on  $RS^{d-1}$ . We have

$$\begin{aligned} \|\widehat{\mu}(R\cdot)\|_{L^2(S^{d-1})}^2 &= C_d R^{-(d-1)} \|\widehat{\mu}\|_{L^2(RS^{d-1})}^2 = C_d R^{-(d-1)} \|\widehat{\mu} * \widehat{\phi}\|_{L^2(RS^{d-1})}^2 \\ &\leq C_d R^{-(d-1)} \|\widehat{\phi}\|_1 \|\widehat{\mu}^2 * \widehat{\phi}\|_{L^1(RS^{d-1})} \\ &\lesssim R^{-(d-1)} \int |\widehat{\mu}|^2(u)(|\widehat{\phi}| * d\sigma_R)(u)du \\ (5.3) \quad &\lesssim R^{-(d-1)} \int |\widehat{\mu}|^2(u)(1 + |R - |u||)^{-M} du. \end{aligned}$$

The second line follows from Cauchy-Schwarz inequality (as in (5.7) below); the third line from Fubini's theorem and the last line from the Schwartz decay of  $\phi$ . Here  $M$  is a large constant and the implicit constants in the inequalities depend on  $d, \mu, \phi$ , and  $M$ . Choose  $q \in ((d+2)/2, q_0)$ . Using (5.2) for small  $\varepsilon = \varepsilon(d, \alpha, q, q_0)$  and (5.3) for large  $M = M(\varepsilon, d, q, q_0, \alpha)$ , we obtain

$$\begin{aligned} \|\widehat{\mu}(R\cdot)\|_{L^2(S^{d-1})}^2 &\lesssim R^{-(d-1)} \left[ \|\widehat{\mu}\|_{L^2(A_R(R^\varepsilon))}^2 + \int_{A_R(R^\varepsilon)^c} (1 + |R - |u||)^{-M} du \right] \\ &\lesssim R^{-\frac{\alpha}{q}+2C\varepsilon} + R^{-M\varepsilon/2} \lesssim R^{-\frac{\alpha}{q_0}}. \end{aligned}$$

This yields Theorem 2 and hence finishes the proof of the lemma. ■

Let  $f$  be as in Lemma 5.1 with  $L^2$  norm 1. Below, we prove that

$$(5.4) \quad \|f^\vee\|_{L^2(d\mu)} \lesssim R^{\frac{d-1}{2}-\frac{\alpha}{2q}}.$$

(5.1) can be obtained from (5.4) using Cauchy-Schwarz inequality. As in [6], we use the bilinear approach. It suffices to prove (5.4) for functions  $f$  supported in a subset of  $A_R(1)$  of diameter  $\ll R$ . Consider a dyadic decomposition of  $A_R(1)$  into spherical caps,  $I$ , with dimensions  $2 \times 2^n \times \dots \times 2^n$  for

$$R^{\frac{1}{2}} \ll 2^n \ll R.$$

We say  $I$  has sidelength  $2^n$  and write  $\ell(I) = 2^n$ . The unique cap of sidelength  $2^{n+1}$  which contains  $I$  is called the parent of  $I$ . Let  $I$  and  $J$  be caps with the same sidelength. We say  $I$  and  $J$  are related,  $I \sim J$ , if they are not adjacent but their parents are.

Let  $f_I := f\chi_I$ . As in [6], we have

$$(5.5) \quad \|f^\vee\|_{L^2(d\mu)}^2 \leq \sum_{R^{\frac{1}{2}} \ll 2^n \ll R} \sum_{\ell(I)=2^n, I \sim J} \|f_I^\vee f_J^\vee\|_{L^1(d\mu)} + \sum_{I \in I_E} \|f_I^\vee\|_{L^2(d\mu)}^2 =: S_1 + S_2.$$

Here  $I_E$  is a set of dyadic caps with sidelengths  $\approx R^{\frac{1}{2}}$  satisfying the finite overlapping property:

$$(5.6) \quad \left\| \sum_{I \in I_E} \chi_I \right\|_\infty \lesssim 1.$$

First, we obtain a bound for  $S_2$ . Since each  $I \in I_E$  is contained in a ball  $D$  of radius  $CR^{\frac{1}{2}}$ , we have  $f_I^\vee = f_I^\vee * \varphi_D^\vee$  ( $\varphi_D$  is defined in the beginning of Section 4). Using this and Cauchy-Schwarz inequality, we have

$$(5.7) \quad |f_I^\vee| \leq (|f_I^\vee|^2 * |\varphi_D^\vee|)^{\frac{1}{2}} \|\varphi_D^\vee\|_1^{\frac{1}{2}} \lesssim (|f_I^\vee|^2 * |\varphi_D^\vee|)^{\frac{1}{2}}.$$

Using this, Fubini’s theorem and Lemma 4.1, we obtain

$$(5.8) \quad \|f_I^\vee\|_{L^2(d\mu)}^2 \leq \int |f_I^\vee(x)|^2 (\mu * |\varphi_D^\vee|)(x) dx \lesssim \|f_I^\vee\|_2^2 R^{\frac{d-\alpha}{2}} = \|f_I \vee\|_2^2 R^{\frac{d-\alpha}{2}}.$$

Using (5.8) and (5.6), we obtain

$$S_2 = \sum_{I \in I_E} \|f_I^\vee\|_{L^2(d\mu)}^2 \lesssim R^{\frac{d-\alpha}{2}} \sum_{I \in I_E} \|f_I\|_2^2 \lesssim R^{\frac{d-\alpha}{2}} \|f\|_2^2 = R^{\frac{d-\alpha}{2}}.$$

This term is harmless since  $\frac{d-\alpha}{2} < d - 1 - \frac{\alpha}{q}$ , for  $\alpha \in (0, d)$  and  $q > \frac{d+2}{d}$ .

In the remaining part of the paper we prove that for  $q > \frac{d+2}{d}$ ,

$$S_1 \lesssim R^{d-1-\frac{\alpha}{q}}.$$

Fix  $n$  and  $I \sim J$  with  $|I| = |J| = 2^n$ . First, we prove that

$$(5.9) \quad \|f_I^\vee f_J^\vee\|_{L^1(d\mu)} \leq C_{\alpha,q,d} R^{d-1-\frac{\alpha}{q}} \|f_I\|_2 \|f_J\|_2.$$

Note that  $I + J$  is contained in a ball of radius  $C2^n$ . Hence,  $f_I * f_J$  is supported in a ball  $D$  of radius  $C2^n$ . Using this as in (5.8), we obtain

$$(5.10) \quad \|f_I^\vee f_J^\vee\|_{L^1(d\mu)} \leq \int |f_I^\vee(x) f_J^\vee(x)| \mu_D(x) dx,$$

where  $\mu_D = \mu * |\varphi_D^\vee|$ .

Let  $e$  be the unit vector which is in the direction of the center of mass of  $I \cup J$ . Consider a tiling of  $\mathbb{R}^d$  with rectangles  $P$  of dimensions  $100 \times 100 \frac{2^n}{R} \times \dots \times 100 \frac{2^n}{R}$ , the long axis being in the direction  $e$ . For each  $P$ , let  $a_P$  be an affine bijection from  $\mathbb{R}^d$  to  $\mathbb{R}^d$  which maps  $P$  to the unit cube. Let  $\phi$  be a Schwartz function satisfying

$$(5.11) \quad \phi(x) \geq \chi_{B(0,1)}(x), \quad x \in \mathbb{R}^d, \quad \text{and} \quad \text{supp}(\widehat{\phi}) \subset B(0,1).$$

Let  $\phi_P := \phi \circ a_P$  and  $f_{I,P} := \widehat{f_I^\vee \phi_P}$ . Using (5.11) and the fact that the rectangles  $P$  tile  $\mathbb{R}^d$ , we obtain

$$(5.10) \lesssim \sum_P \int |f_{I,P}^\vee(x) f_{J,P}^\vee(x)| \mu_D(x) \phi_P(x) dx$$

$$(5.12) \lesssim \sum_P \|f_{I,P}^\vee f_{J,P}^\vee\|_q \|\mu_D \phi_P\|_{q'},$$

where  $q > \frac{d+2}{d}$  and  $q' = \frac{q}{q-1}$ .

To estimate  $\|f_{I,P}^\vee f_{J,P}^\vee\|_q$ , we use the Corollary 2 of Tao's theorem. Let  $I_P$  be the support of  $f_{I,P}$ . Note that  $I_P$  is contained in  $I + \text{supp}(\widehat{\phi_P}) \subset I + P_{dual}$ , where  $P_{dual}$  is the dual of  $P$  centered at the origin. We have

**Lemma 5.2.**  *$I + P_{dual}$  is contained in a spherical cap of dimensions  $10 \times \frac{11}{10} 2^n \times \dots \times \frac{11}{10} 2^n$  in  $A_R(10)$  which contains  $I$ .*

**Proof.** Note that  $P_{dual}$  is a rectangle of dimensions  $100^{-1} \times 100^{-1} R 2^{-n} \times \dots \times 100^{-1} R 2^{-n}$ , the short axis being in the direction  $e$ . For each  $p \in P_{dual}$  and  $x \in I$ , the angle between  $p - e \langle p, e \rangle$  and the hyperplane  $H_x$  with normal  $x$  is  $\leq 10 \frac{2^n}{R}$ . Therefore  $P_{dual}$  is contained in  $\frac{1}{10}$ -neighborhood of  $H_x \cap B(0, 100^{-1} R 2^{-n})$ . Note that if  $|x| \approx R$ , and  $r \ll R^{\frac{1}{2}}$ , then  $x + (H_x \cap B(0, r))$  is contained in a spherical cap containing  $x$  of dimensions  $\approx 1 \times r \times \dots \times r$  in  $A_{|x|}(1)$ . This finishes the proof since

$$100^{-1} R 2^{-n} \leq 100^{-1} R^{\frac{1}{2}} \ll 2^n. \quad \blacksquare$$

Using Lemma 5.2 for  $I$  and  $J$ , we see that  $I_P$  and  $J_P$  have diameter  $\lesssim 2^n$ ; they are contained in  $A_R(10)$  and  $d(I_P, J_P) \gtrsim 2^n$ . Therefore, Corollary 2 implies that

$$(5.13) \quad \|f_{I,P}^\vee f_{J,P}^\vee\|_q \lesssim R^{\frac{1}{q}} 2^{n(d-1-\frac{d+1}{q})} \|f_{I,P}\|_2 \|f_{J,P}\|_2.$$

We bound  $\|\mu_D \phi_P\|_{q'}$  by interpolating between  $L^1$  and  $L^\infty$ . Using the Schwarz decay of  $\phi_P$ , we have

$$\|\mu_D \phi_P\|_1 \leq \sum_{j=1}^\infty 2^{-Mj} \int \mu_D(x) \chi_{2^j P}(x) dx.$$

Note that  $2^j P$  can be covered by  $\approx \frac{R}{2^n}$  balls of radius  $\approx \frac{2^j 2^n}{R}$ . Therefore, using Lemma 4.1, we get

$$(5.14) \quad \|\mu_D \phi_P\|_1 \lesssim \sum_{j=1}^{\infty} 2^{-\frac{Mj}{2}} 2^{n\alpha-n} R^{1-\alpha} \lesssim 2^{n\alpha-n} R^{1-\alpha}.$$

Using Lemma 4.1 once again, we obtain

$$(5.15) \quad \|\mu_D \phi_P\|_{\infty} \lesssim \|\mu_D\|_{\infty} \lesssim 2^{nd-n\alpha}.$$

Using (5.15) and (5.14), we obtain

$$(5.16) \quad \|\mu_D \phi_P\|_{q'} \leq \|\mu_D \phi_P\|_{\infty}^{1/q} \|\mu_D \phi_P\|_1^{1/q'} \lesssim 2^{n\frac{d-\alpha}{q}} (2^{n\alpha-n} R^{1-\alpha})^{1/q'}.$$

Using (5.12), (5.13), (5.16) and then Cauchy-Schwarz inequality, we get

$$\begin{aligned} \|f_I^{\vee} f_J^{\vee}\|_{L^1(d\mu)} &\lesssim R^{1-\frac{\alpha}{q'}} 2^{n(\alpha(1-\frac{2}{q})+d-2)} \sum_P \|f_{I,P}\|_2 \|f_{J,P}\|_2 \\ &\lesssim R^{1-\frac{\alpha}{q'}} 2^{n(\alpha(1-\frac{2}{q})+d-2)} \left[ \sum_P \|f_{I,P}\|_2^2 \right]^{\frac{1}{2}} \left[ \sum_P \|f_{J,P}\|_2^2 \right]^{\frac{1}{2}} \end{aligned}$$

Using the Schwartz decay of  $\phi$ , the fact that the rectangles  $P$  tile  $\mathbb{R}^d$  and Plancherel formula, we get

$$(5.17) \quad \|f_I^{\vee} f_J^{\vee}\|_{L^1(d\mu)} \lesssim R^{1-\frac{\alpha}{q'}} 2^{n(\alpha(1-\frac{2}{q})+d-2)} \|f_I\|_2 \|f_J\|_2.$$

The exponent of  $2^n$  in (5.17) is non-negative and  $2^n \lesssim R$ . Therefore

$$(5.18) \quad \|f_I^{\vee} f_J^{\vee}\|_{L^1(d\mu)} \lesssim R^{1-\frac{\alpha}{q'}} R^{\alpha(1-\frac{2}{q})+d-2} \|f_I\|_2 \|f_J\|_2 \lesssim R^{d-1-\frac{\alpha}{q}} \|f_I\|_2 \|f_J\|_2.$$

Finally, using (5.18) and  $L^2$ -orthogonality, as in [23] and [25], we bound  $S_1$ . Note that for each dyadic cap  $I$ , there are finitely many (depending on  $d$ ) dyadic caps  $J$  related to  $I$ . Therefore, for each  $I$ ,

$$\sum_{J \sim I} \|f_J\|_2 \lesssim \|f_{I'}\|_2,$$

for a cap  $I'$  of sidelength  $C2^n$  which contains  $I$ . Also note that for each  $n$ , the caps  $\{I' : \ell(I) = 2^n\}$  are finitely overlapping. Thus,

$$\sum_{\ell(I)=2^n} \|f_I\|_2^2 \approx \sum_{\ell(I)=2^n} \|f_{I'}\|_2^2 \approx \|f\|_2^2.$$

Therefore,

$$\sum_{\ell(I)=2^n, I \sim J} \|f_I\|_2 \|f_J\|_2 \leq \left[ \sum_{\ell(I)=2^n} \|f_I\|_2^2 \right]^{1/2} \left[ \sum_{\ell(I)=2^n} \left( \sum_{J \sim I} \|f_J\|_2 \right)^2 \right]^{1/2} \lesssim \|f\|_2^2.$$

Using this, (5.18) and the fact that there are  $\lesssim \log(R)$  values of  $n$  in the sum for  $S_1$  in (5.5), we obtain (for each  $q > \frac{d+2}{d}$ )

$$S_1 \lesssim R^{d-1-\frac{\alpha}{q}}.$$

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