

Generation of high-energy, few-cycle optical pulses

PART II : Methods for generation

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Max-Born-Institute

Overview

First Lecture:

Foundations of Ultrashort Pulse Compression

- Description of short laser pulses (duration, chirp, spectrum)
- Group Delay Dispersion and its compensation
- Nonlinear optical effects (SPM and SAM)
- Soliton and solitonlike pulse shaping

Second lecture:

Practical methods for ultrafast pulse compression

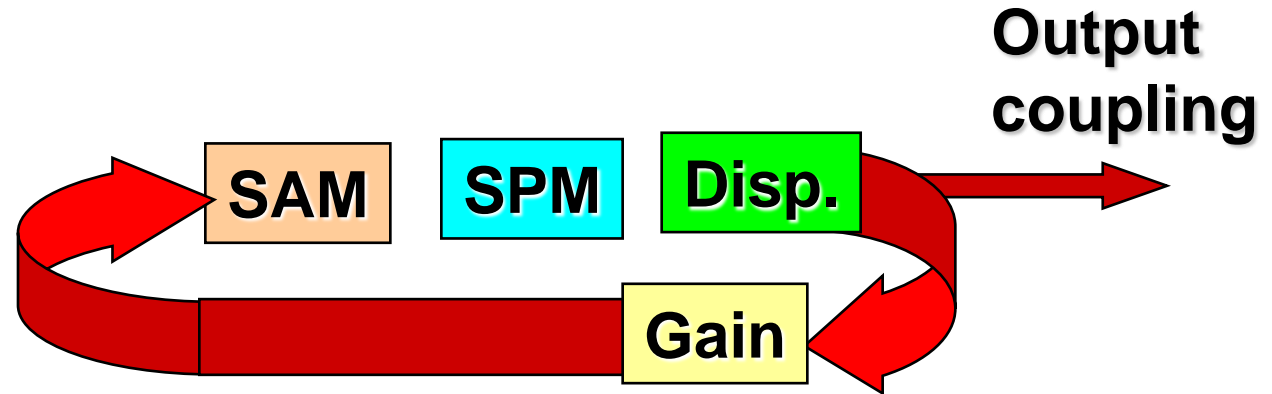
- Laser oscillators
- Amplification of short pulses, CPA
- Active pulse compression (fiber-grating, hollow fiber, filament)

The main building blocks of ultrafast optics

1. **Group Delay Dispersion** **GDD**
2. **Self-phase modulation** **SPM**
3. **Saturable absorption** **SAM**
(or self-amplitude modulation)
4. **Laser gain, dynamical gain saturation**

The three basic schemes

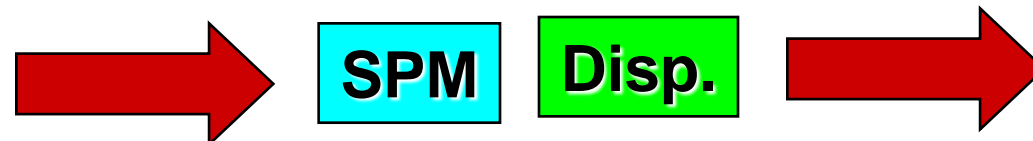
1. Oscillator



2. Amplification



3. Compression



Femtosecond Oscillators

**SAM vs. gain saturation –
mode-locking stability**

The „mode-locking force“

Fast and slow saturable absorbers

Soliton mode-locking

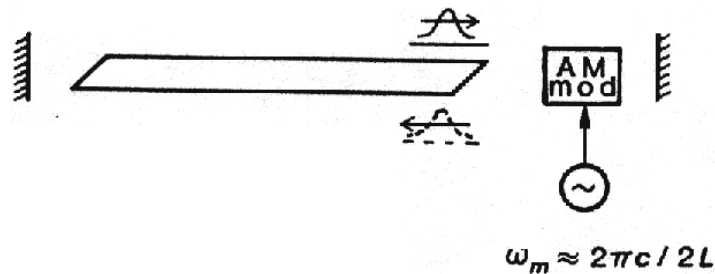
Net gain window

Shortest pulse durations

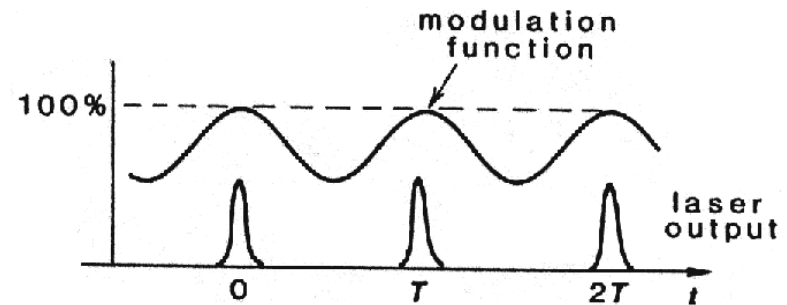
Mode-locking

Intracavity optical switch opens and closes synchronously with the propagating optical pulse

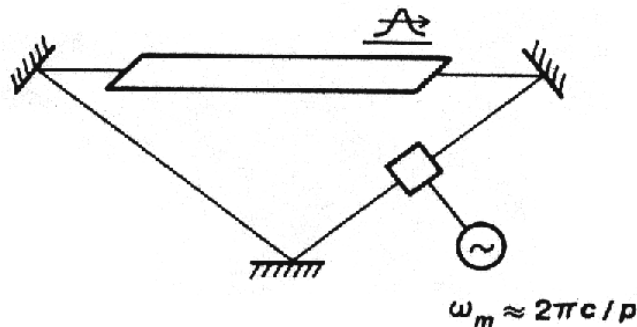
standing-wave cavity:



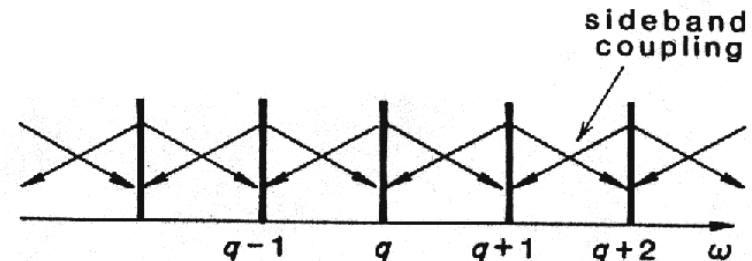
mode-locked time behavior:



ring laser cavity:



mode-locked frequency behavior:



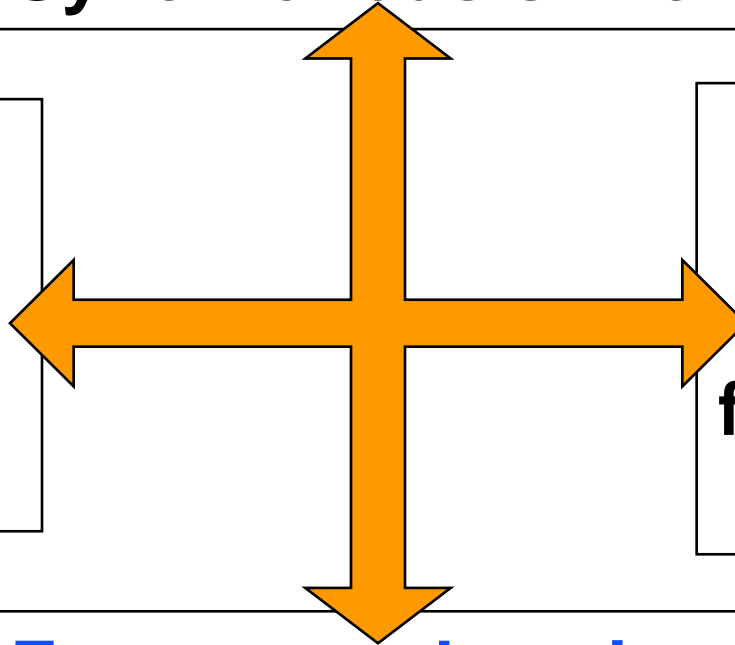
Understanding Mode-Locking

Time domain:
Synchronous switch

Steady-state:
Pulse broadening
and shortening
effects cancel out

Start-up:
Is there an
advantage
for short-pulse
operation ?

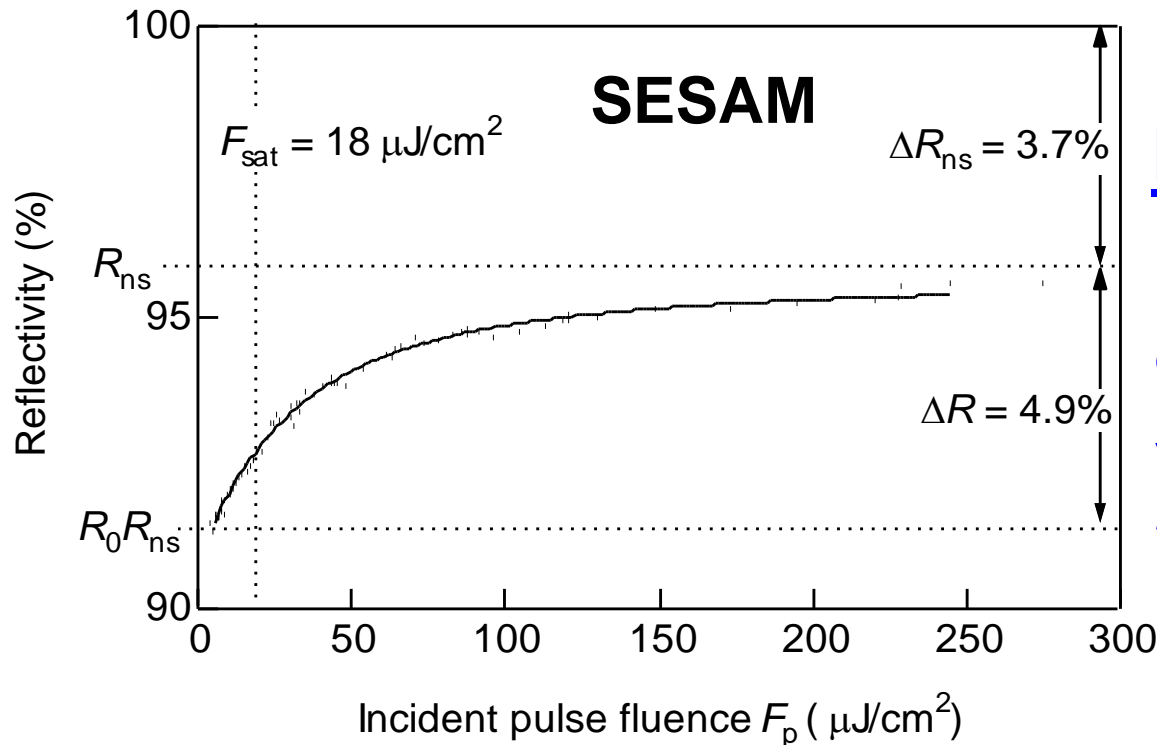
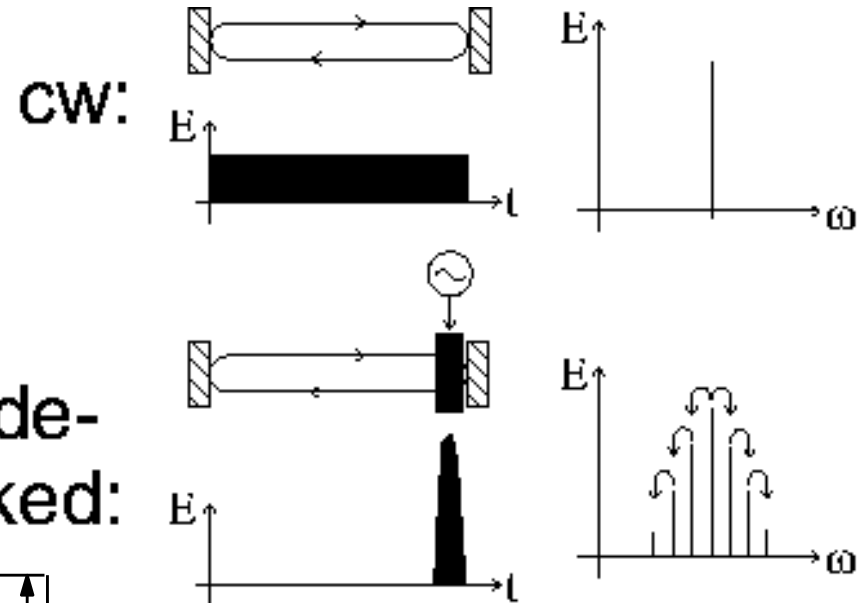
Frequency domain:
Coincidence of modulator
sidebands and cavity
modes



Passive vs. active mode-locking

Active mode-locking:

Drive modulator with rf wave; generated sidebands coinciding with optical cavity modes



Passive mode-locking:

Use nonlinear transmission characteristics of a saturable absorber. Pulse modulates its own transmission

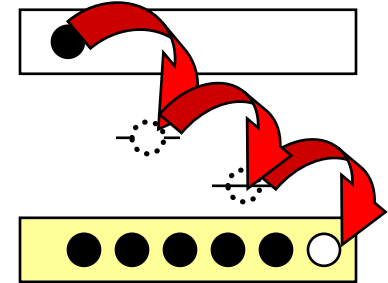
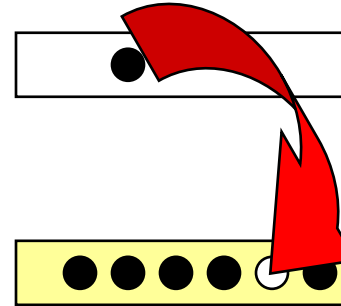
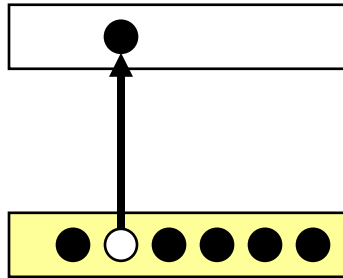
Virtual vs. real transition nonlinearity

excitation

direct relaxation

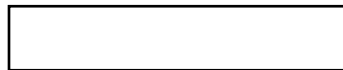
intermediate states

real transitions
semiconductor
(dye, SESAM)

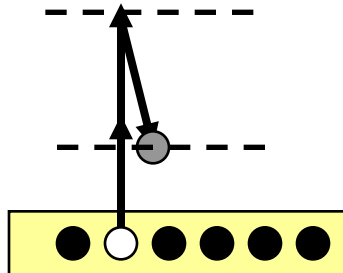


very slow
 $\approx 100\text{ps}$

somewhat faster
 $\approx 1\text{ps}$



virtual states
wide bandgap
material
(opt. Kerr)



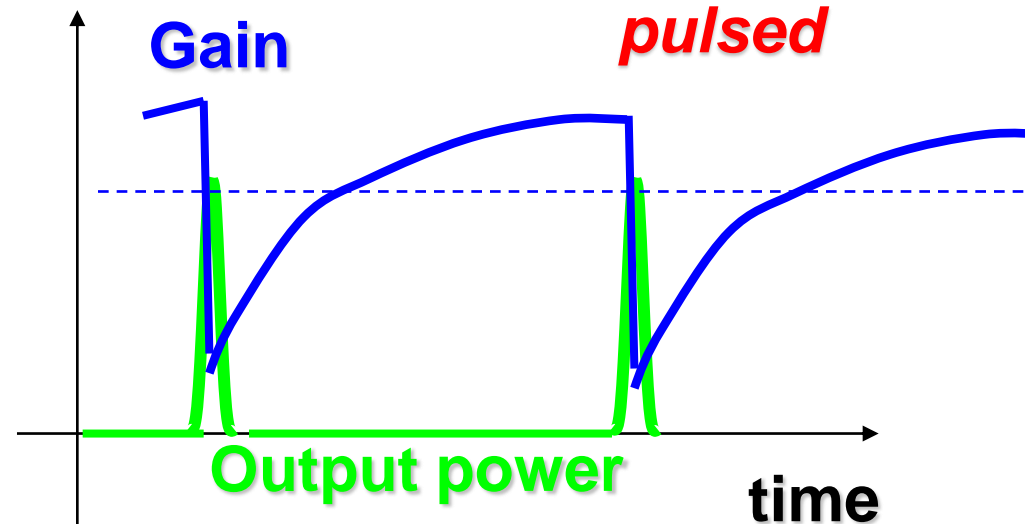
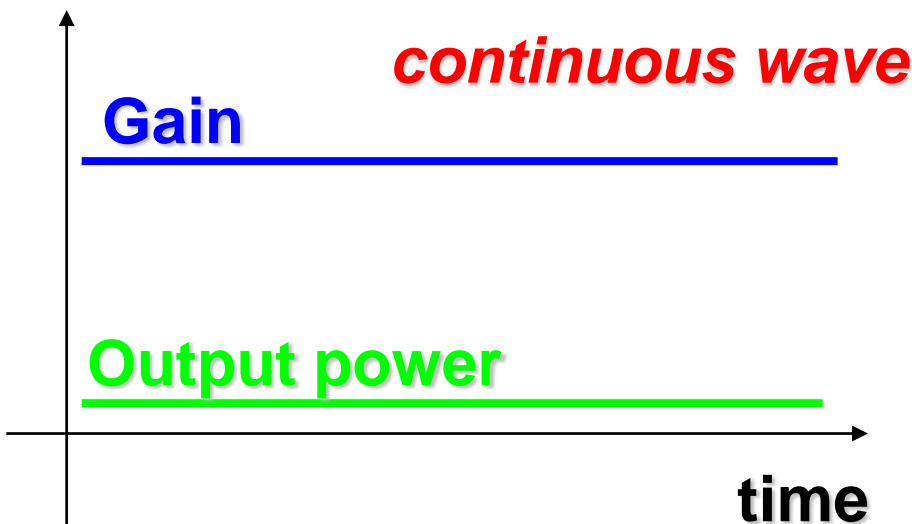
ultrafast

$$\tau_{\text{relax}} \approx (E_{\text{gap}}/h)^{-1} < 1 \text{ fs}$$

**reactive
nonlinearity**

Gain saturation

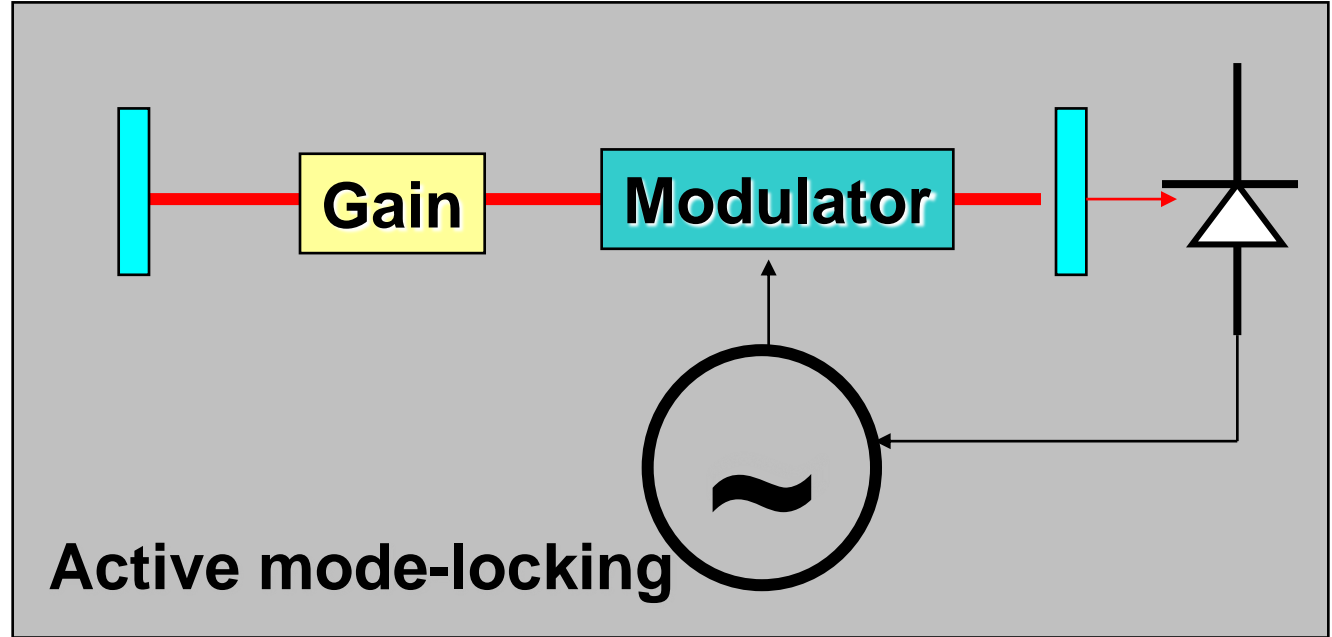
Gain saturation normally renders pulsed operation less favorable than cw operation:



Frantz-Nodvik eq.:

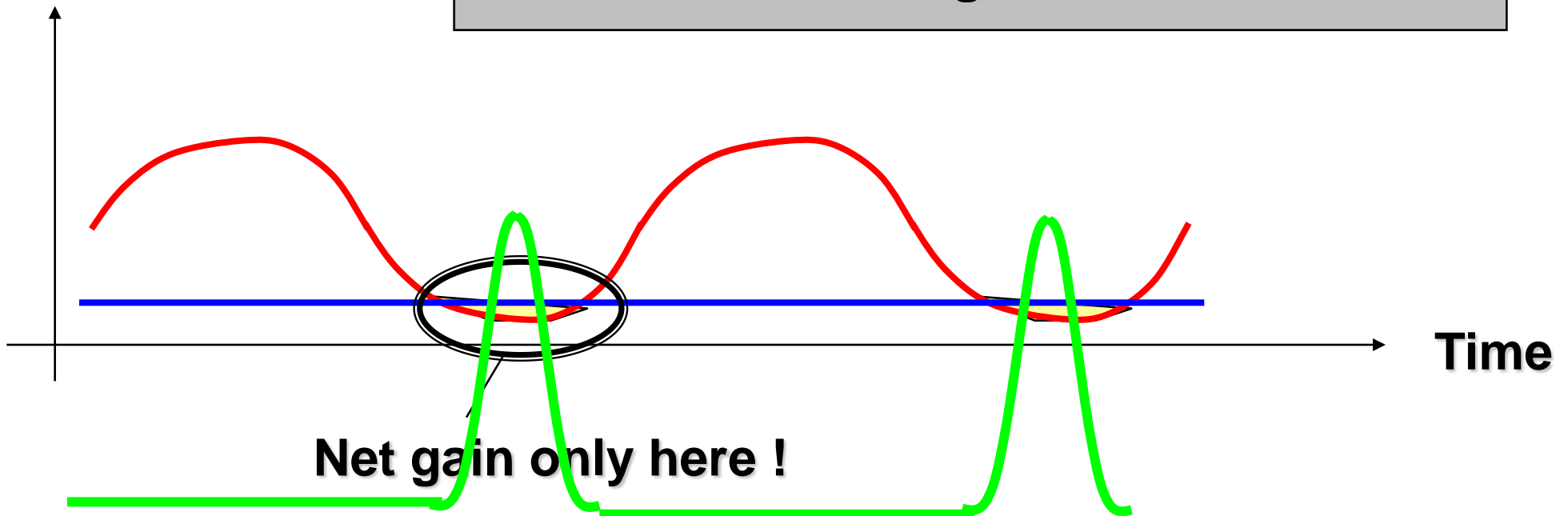
$$E_{out} = E_{sat} \log \left[1 + \exp(g_0 L) \left[\exp \frac{E_{in}}{E_{sat}} - 1 \right] \right]$$

Net Gain Window (active mode-locking)



Intensity

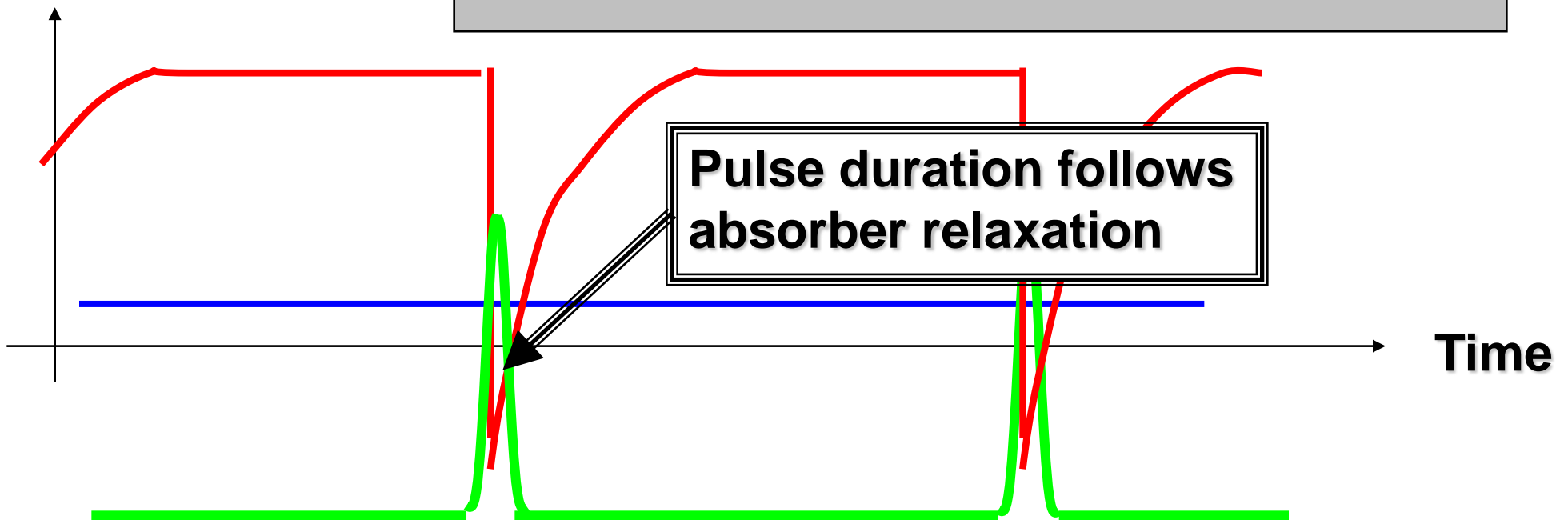
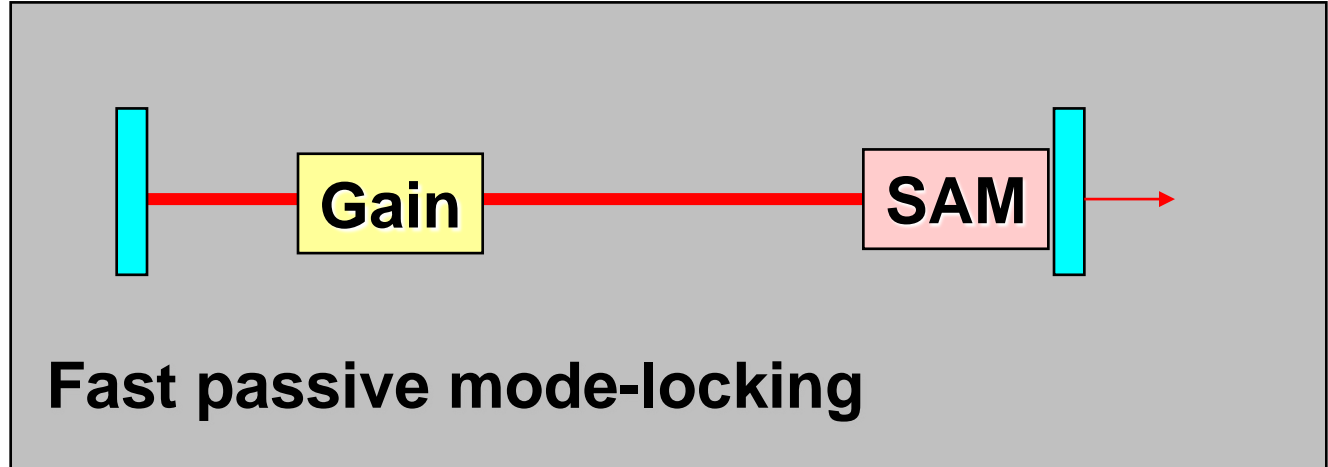
Gain, loss



Net Gain Window (fast absorber)

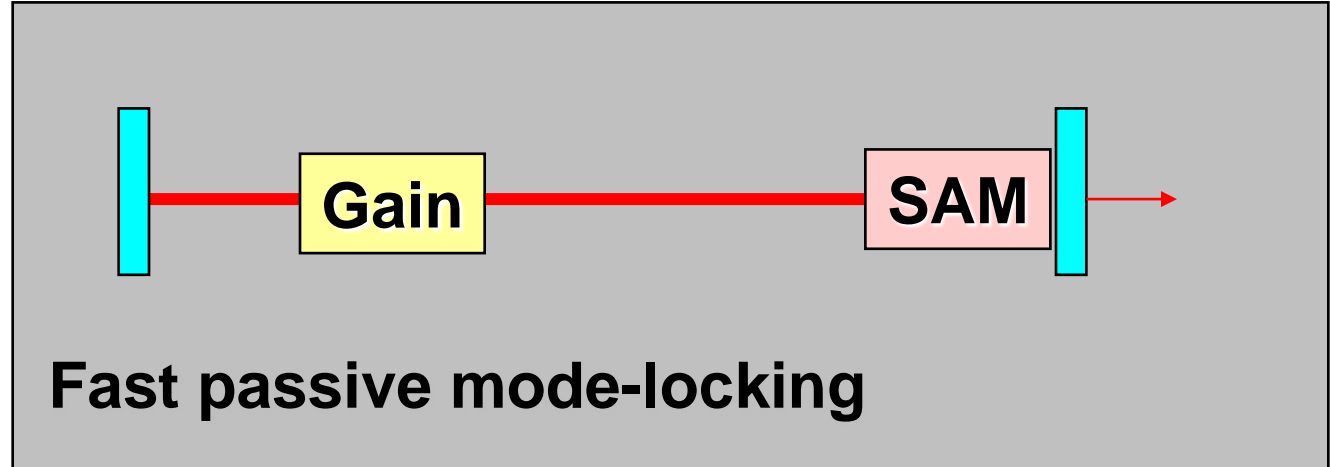
Intensity

Gain, loss



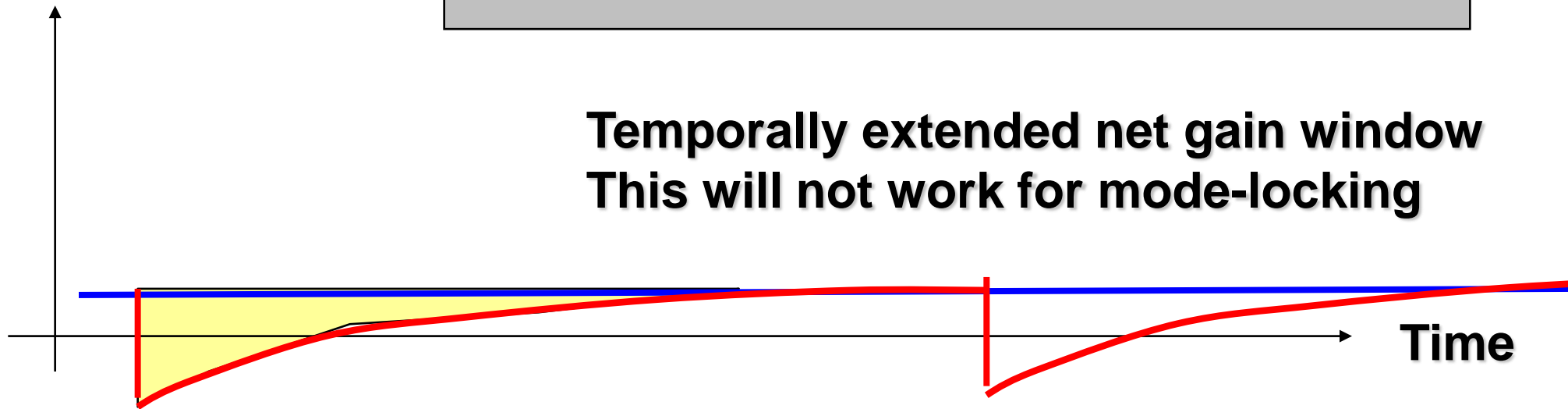
H. A. Haus, *J. Appl. Phys.* **46**, 3049 (1975).

Net Gain Window (slow absorber)

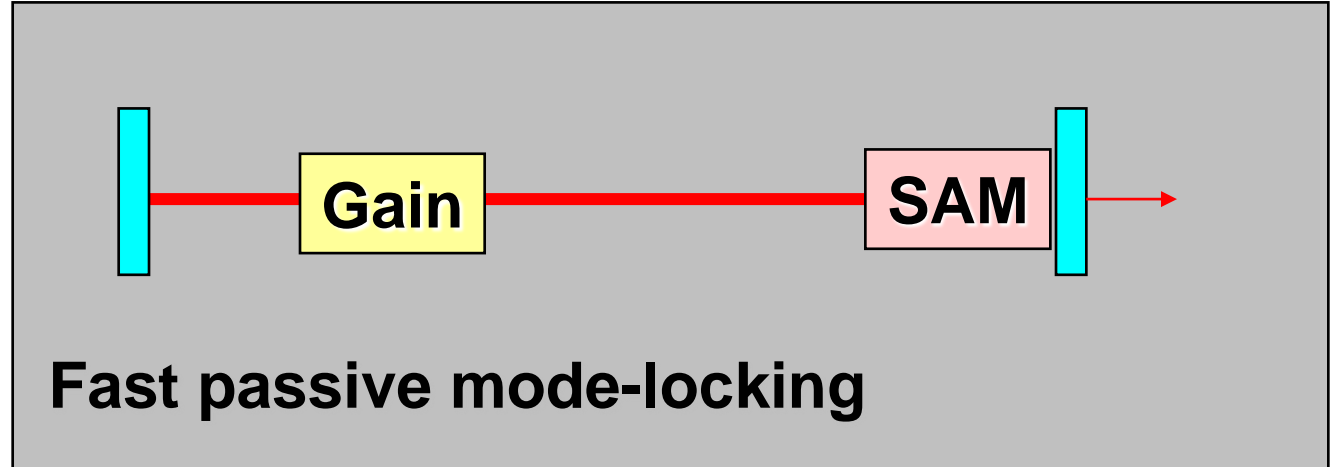


Intensity
Gain, loss

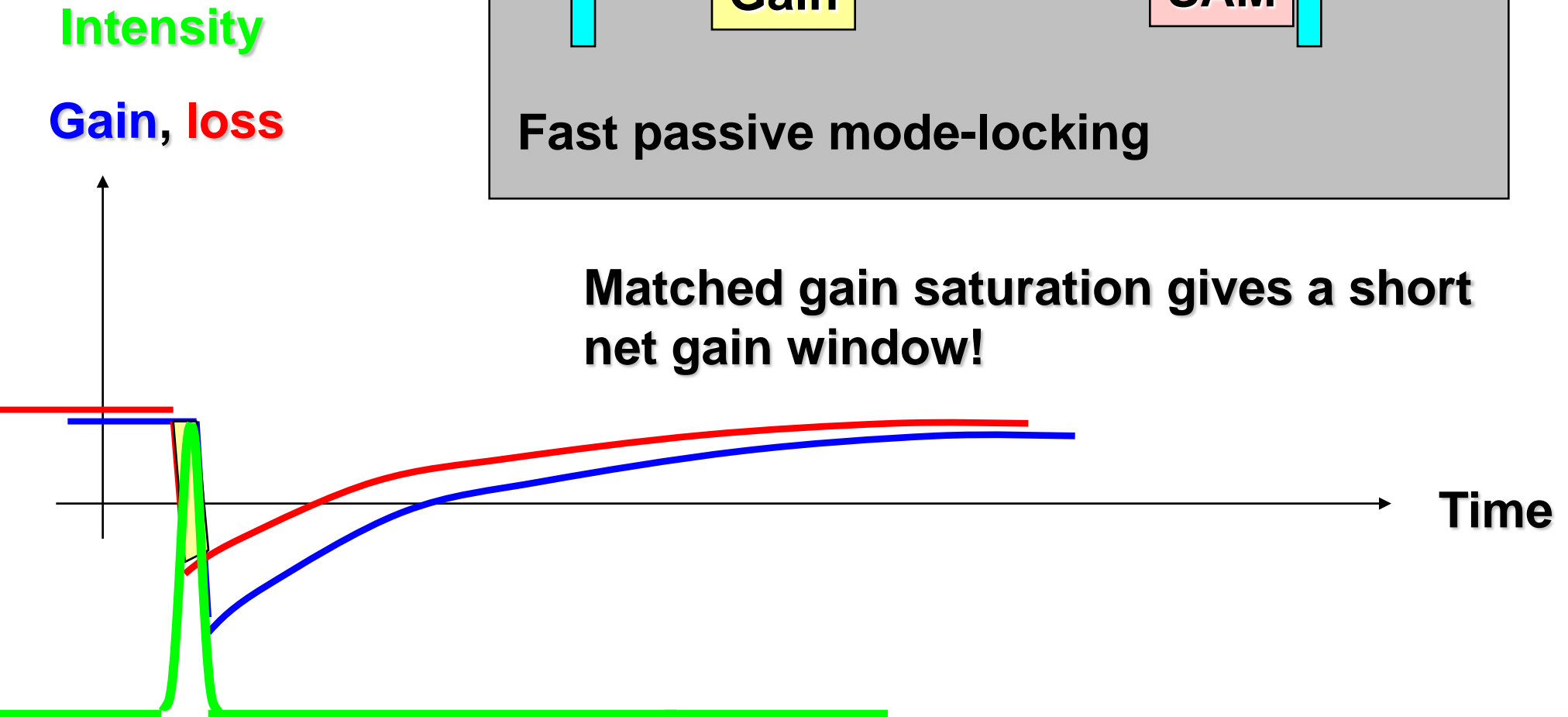
Temporally extended net gain window
This will not work for mode-locking



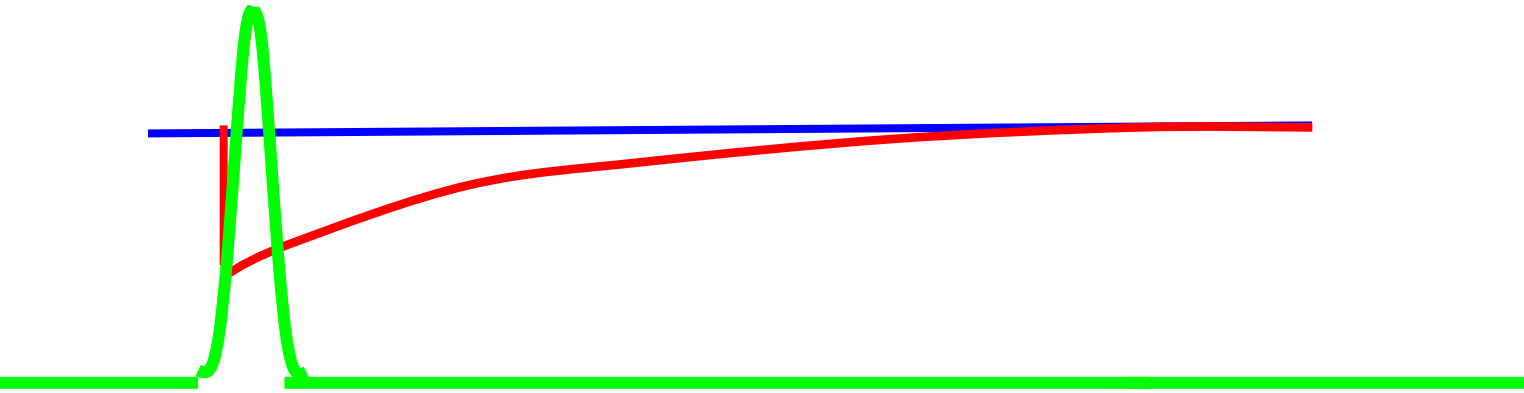
Net Gain Window (slow absorber II)



Matched gain saturation gives a short net gain window!



Soliton mode-locking



Idea: arrange cavity such that fundamental soliton can propagate (balance of SPM and dispersion)

Everything not belonging to the soliton will be eventually stripped off into „continuum“ outside the net gain window

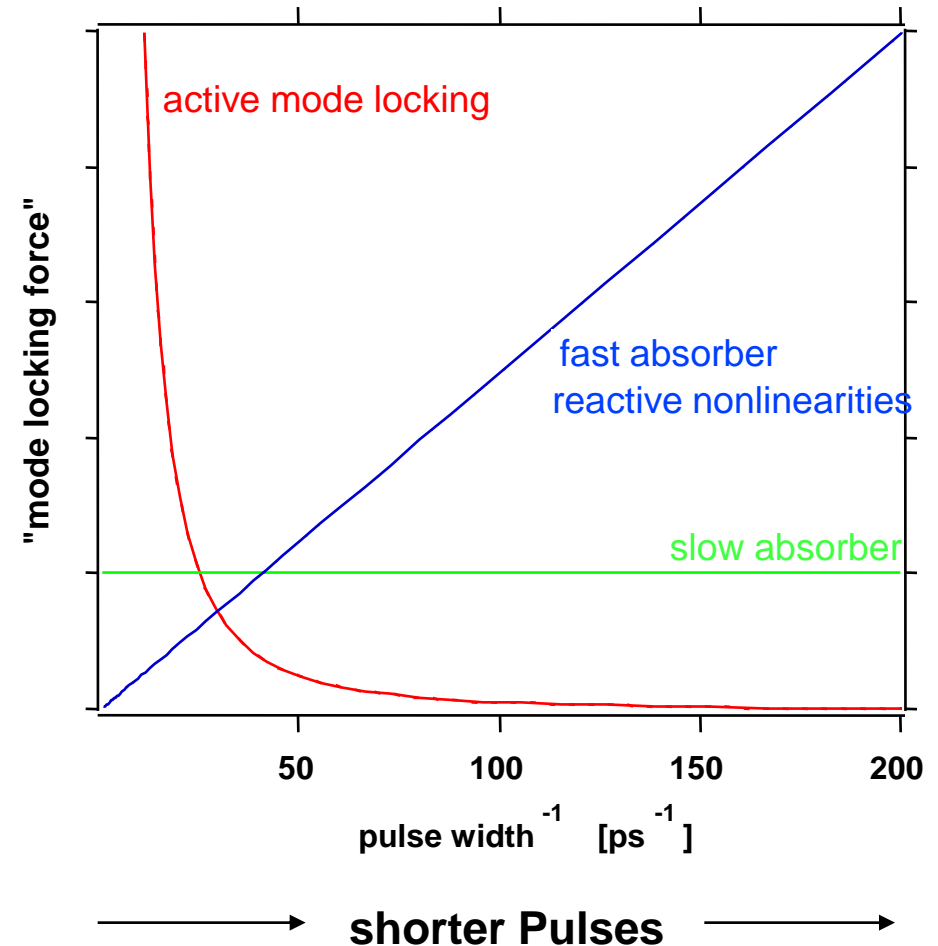
Pulses more than 10x shorter than absorber response

The most successful mode-locking method to date !!!

Mode-locking force

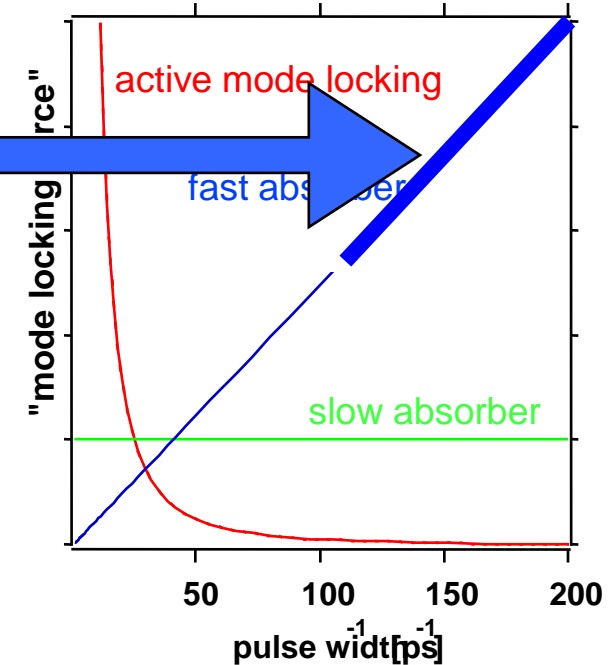
- Mode-locking force = pulse shortening / roundtrip
- Balance with gain bandwidth / dispersive broadening

fast absorbers for shortest pulses, **slow absorbers** for reliable start-up



Initiating and sustaining mode-locking

- For the shortest pulses, there is no way around a fast saturable absorber



Speed matters !

- But: it may prove useful to add a slow effect to get mode-locking started.

(combine fast absorber with active mode-locking or SESAM...)

Net gain window conclusions

For mode-locking you need to constrict your net gain window to the minimum duration possible!

If this does not work sufficiently, your laser will fall back into cw-operation (cw-spike), double pulse etc.

Ideally you want the fastest possible absorber.

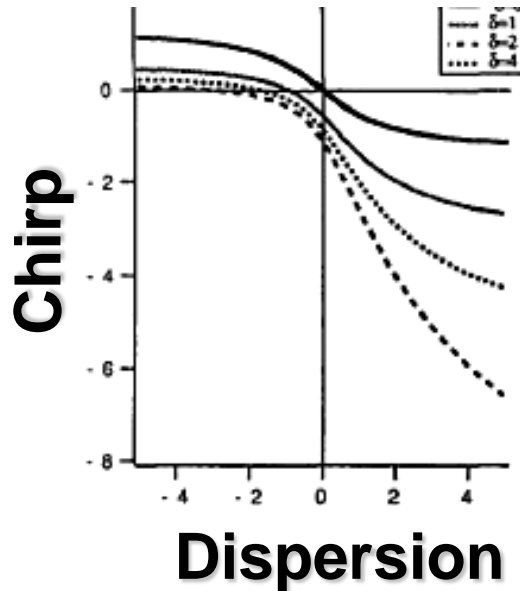
However, even slow absorbers may work if you manage to find something that stabilizes your trailing wing.

A more extensive view

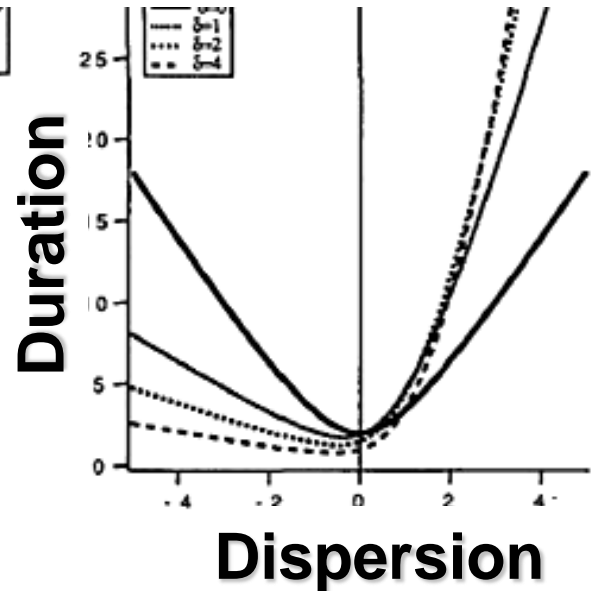
δ =SAM coefficient

Solid=weak

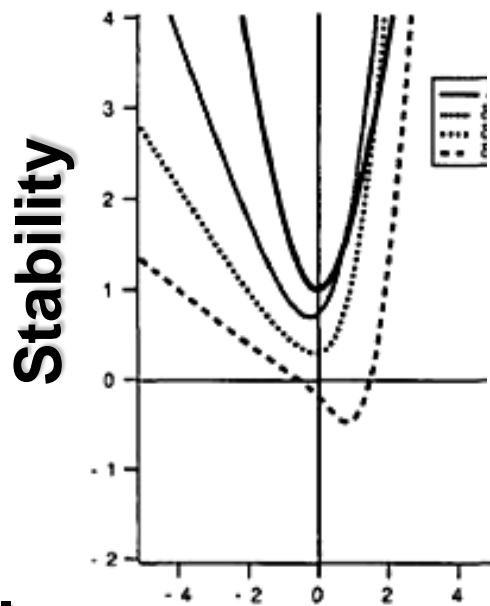
dashed=strong



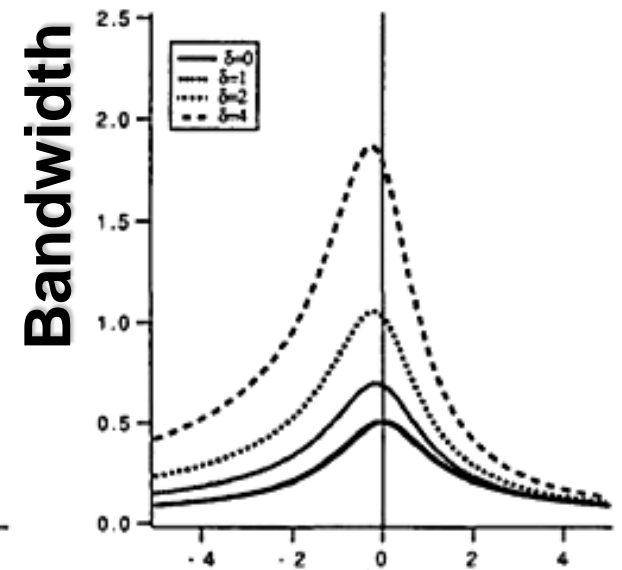
(c)



(d)



Dispersion



Dispersion

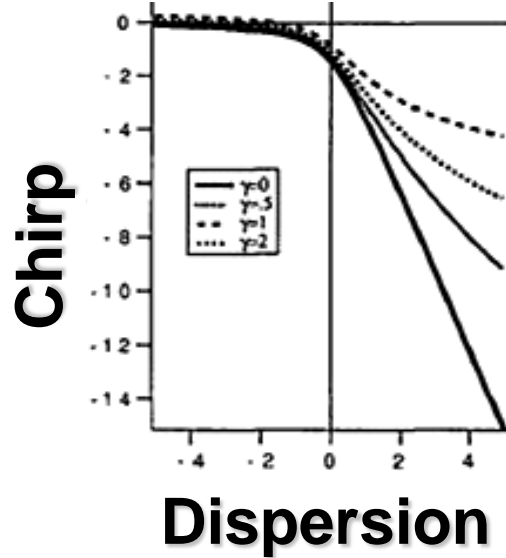
H.A.Haus et al.
JOSA B 8, 2068 (1991).

Dependence on SPM

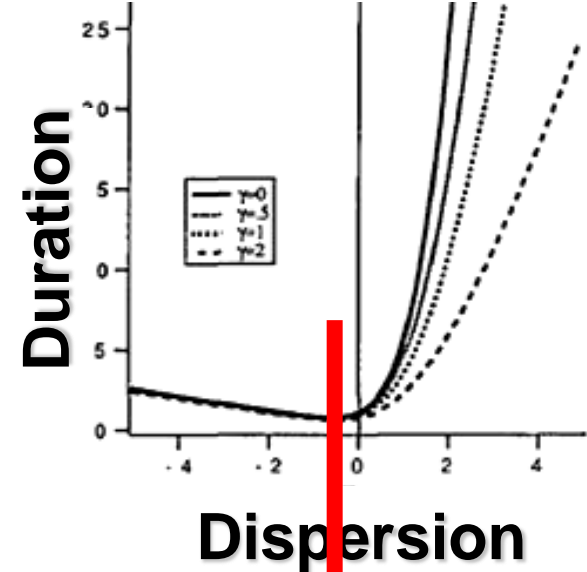
γ =SPM coefficient

Solid=weak

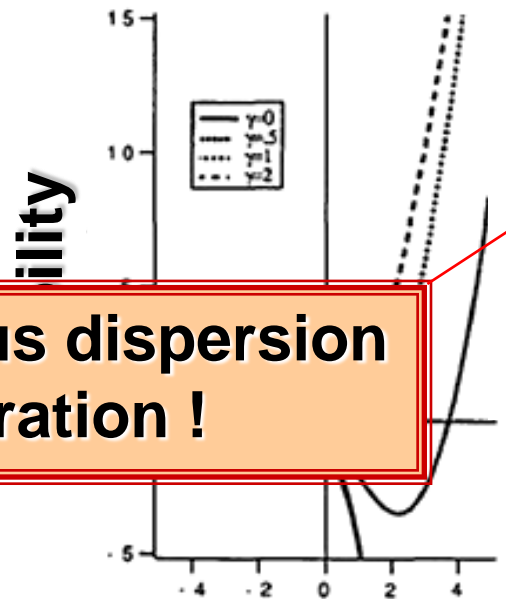
dashed=strong



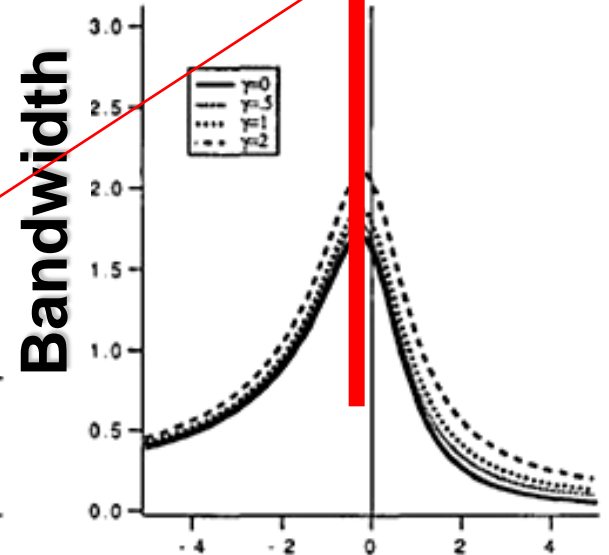
(c)



(d)



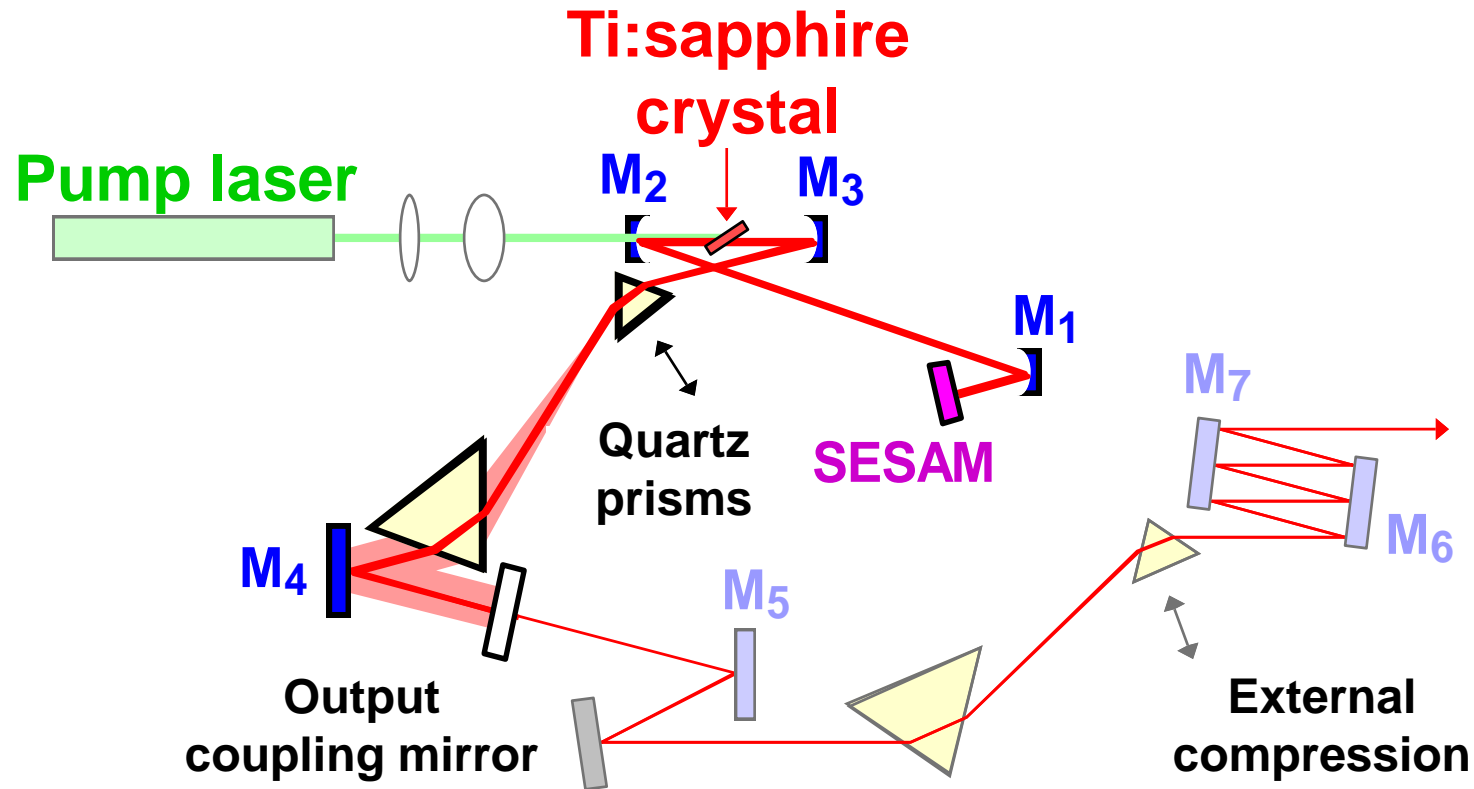
Dispersion



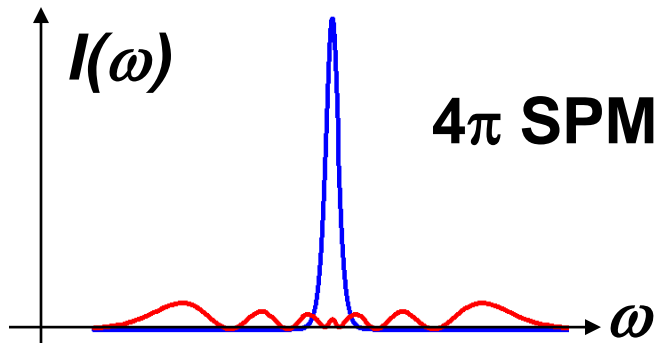
Dispersion

weak anomalous dispersion
= optimum operation !

An ultrashort-pulse Ti:sapphire laser

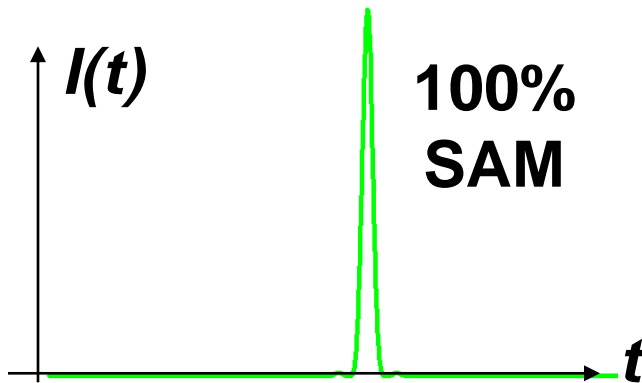


How a KLM laser really works...



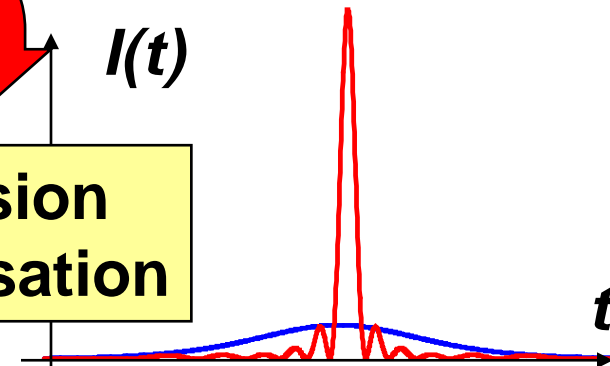
*delicate interplay
between
SAM and SPM...*

SPM broadens spectrum



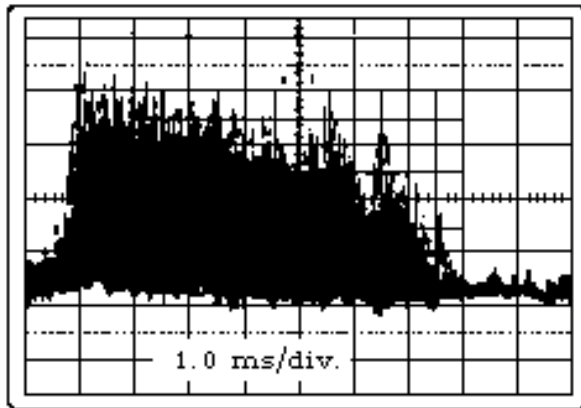
SAM kills "continuum"

**Dispersion
compensation**

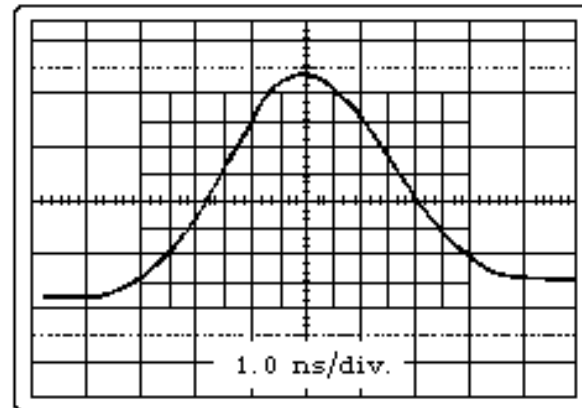


Gain

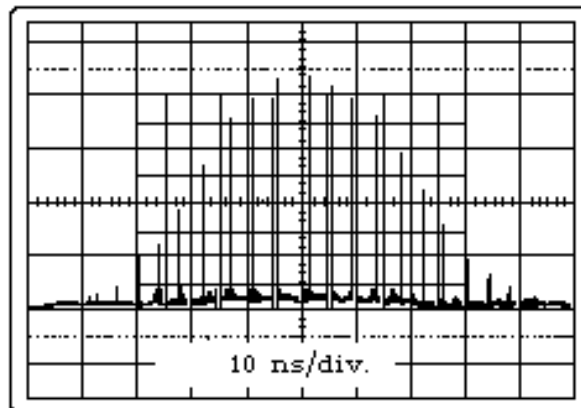
Q-switched mode-locking



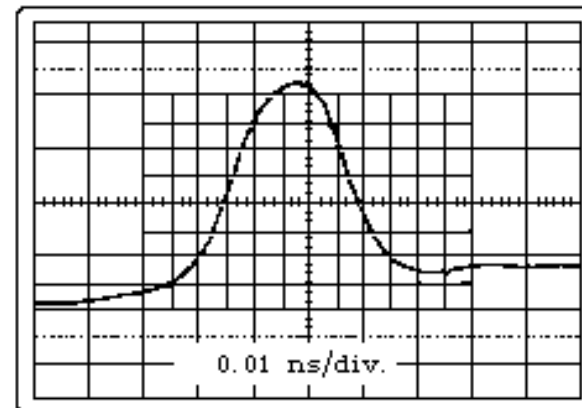
A. Normal Long Pulse



B. Q-Switched Pulse



C. Mode-Locked Train



D. Single Mode-Locked

Oscilloscope traces of a long-pulse (normal-pulse) laser (A), a Q-switched pulse (B), and mode-locked laser outputs (C and D) (From: Sliney & Wolbarsht, 1980). Note changes in time scales in each trace (1 ms = 10^6 ns).

Certain lasers tend to emit bursts of short pulses rather than a continuous train...

Avoiding q-switched mode-locking

$$E_p^2 > E_{sat,abs} E_{sat,gain} \Delta R$$

$$E_{sat} = F_{sat} A_{mode}$$

$$F_{sat,gain} = h\nu / \sigma$$

Laser needs to be driven into saturation to obtain stable mode-locking

Increase cavity length

Focus tighter!

Specific problem of rare-earth doped solid-state lasers.

Conclusions

SAM is important to provide mode-locking stability (prevent fallback into cw operation, q-switching)

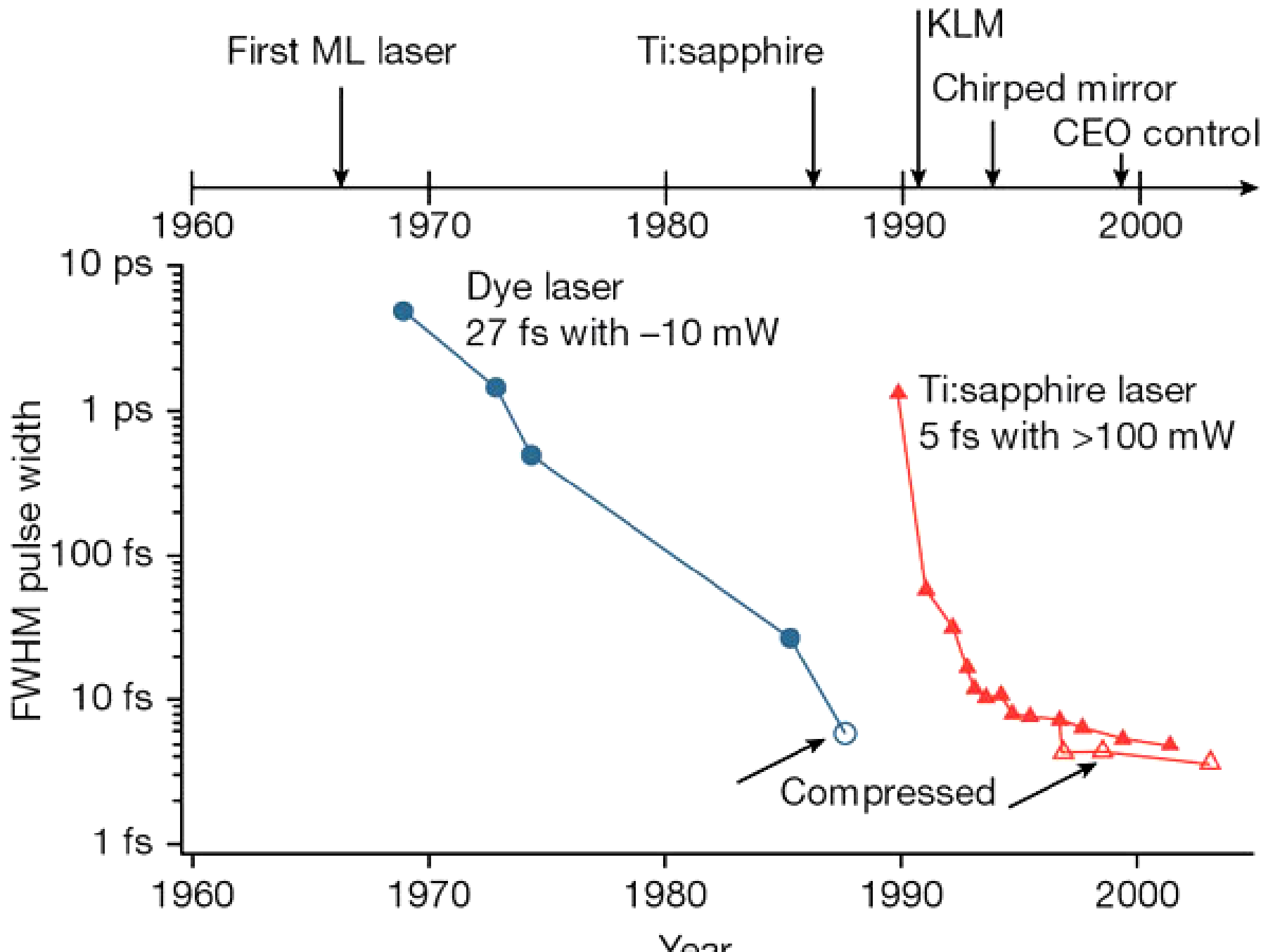
Fast absorbers provide poor start-up.

Slow absorbers may require extra tricks to provide short pulses.

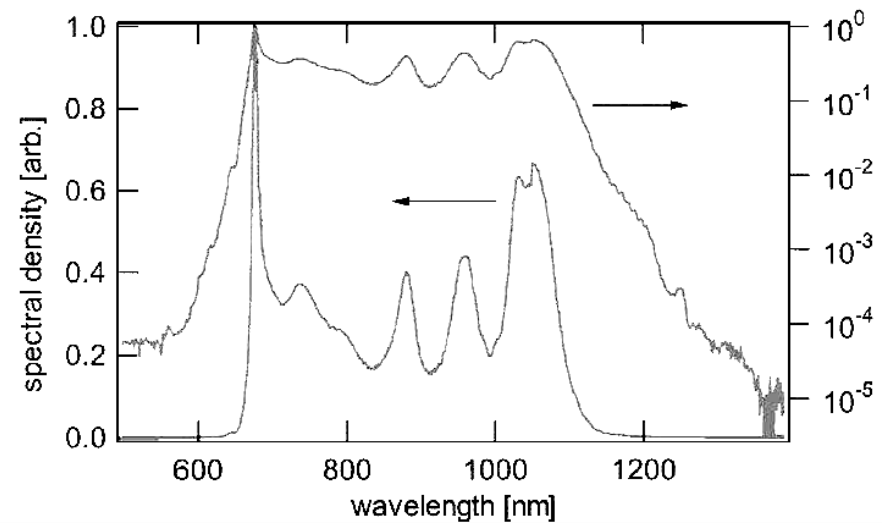
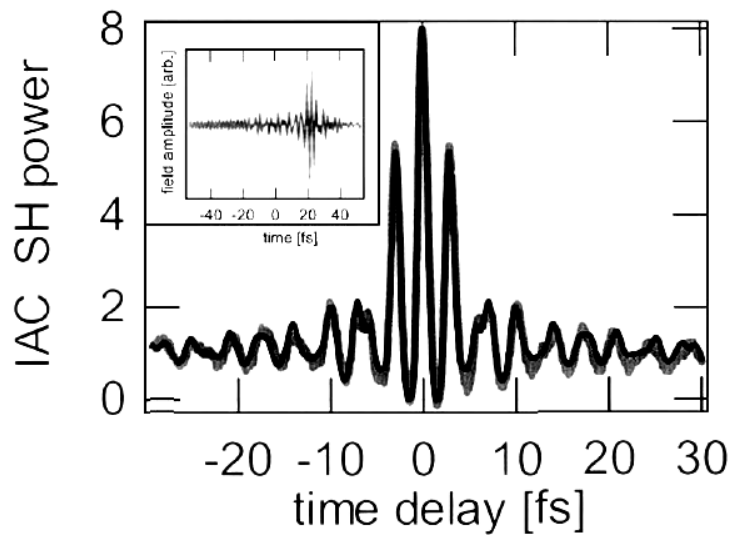
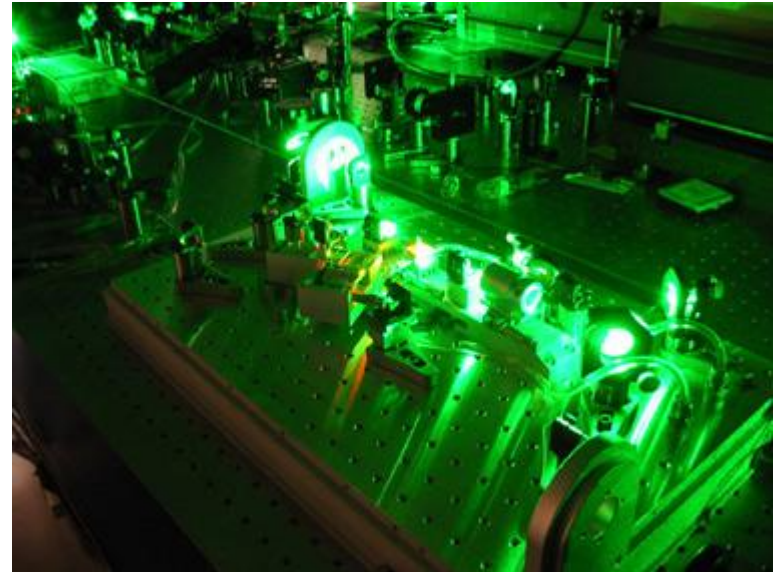
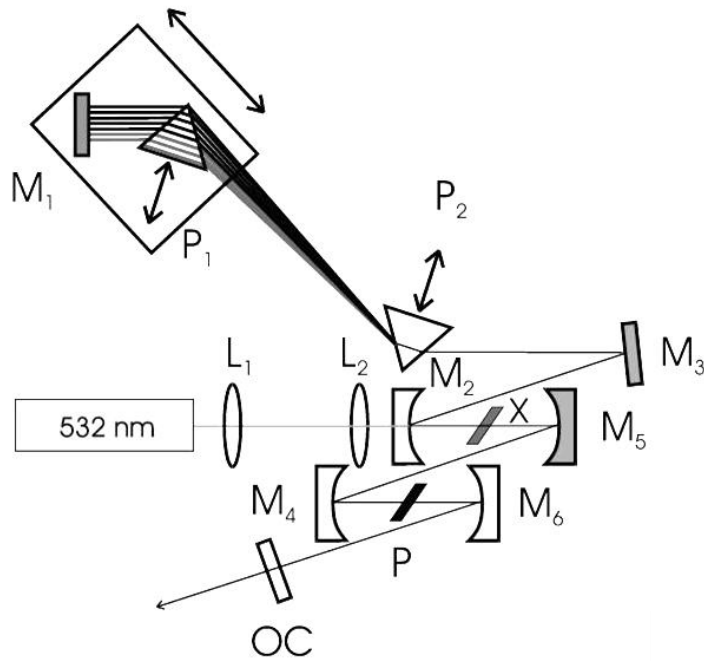
For optimum exploitation of gain bandwidth, you need to exploit (soliton-like) compression in every cavity roundtrip (negative β_2)

Kerr-lens mode-locking is, in fact, soliton mode-locking!

World records

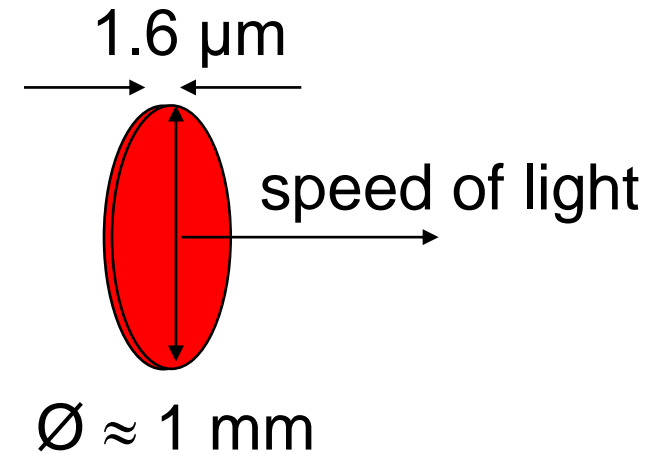
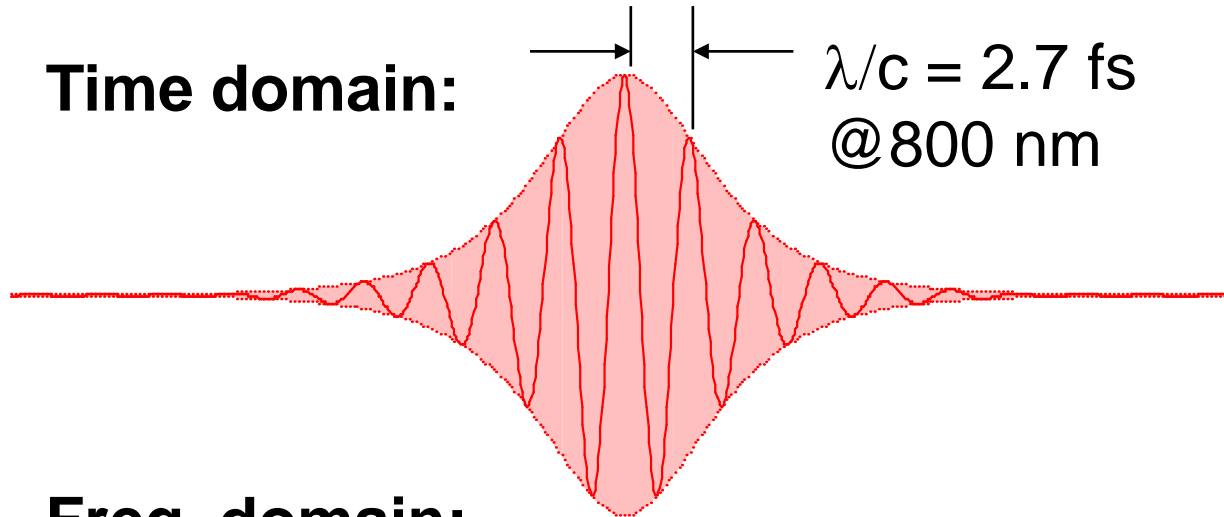


2-cycle laser pulses directly from oscillator

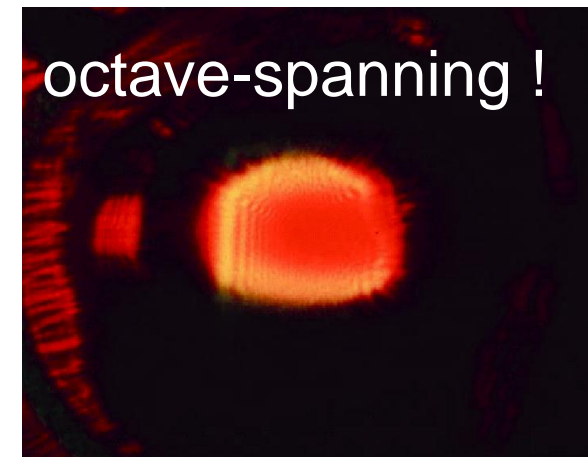
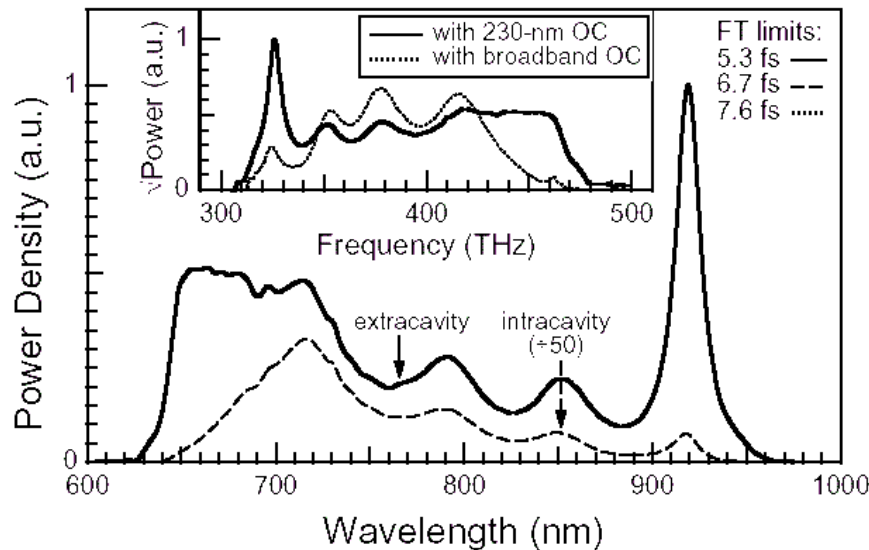


Two-cycle pulses – octave-spanning light membranes

Time domain:



Freq. domain:



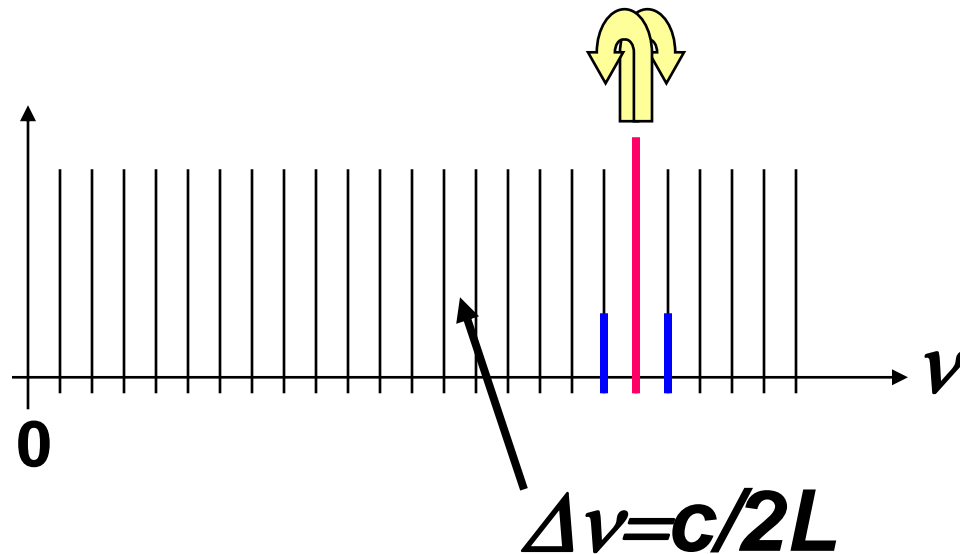
The mode comb

Siegman's picture of the laser



**Cavity
eigenfrequencies:**

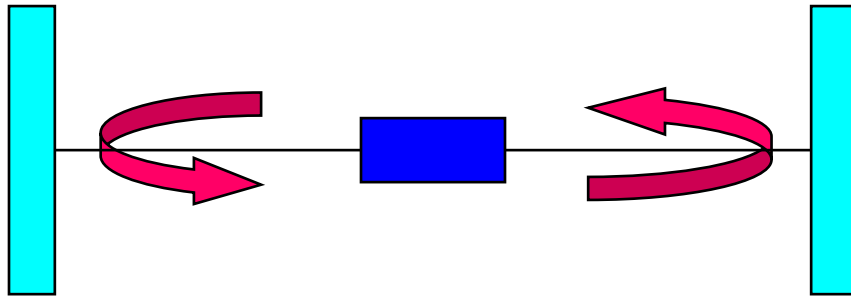
$$\nu_m = m \frac{c}{2L}$$



**Modulator creates
sidebands at neighboring
modes**

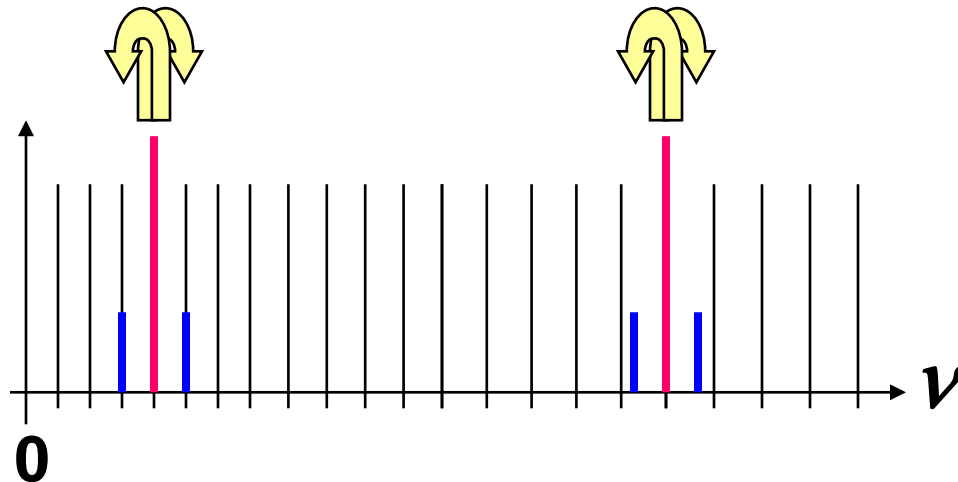
The real world

The cavity contains dispersive material



L is now a function of λ !

Cavity eigenfrequencies
no more equidistant !

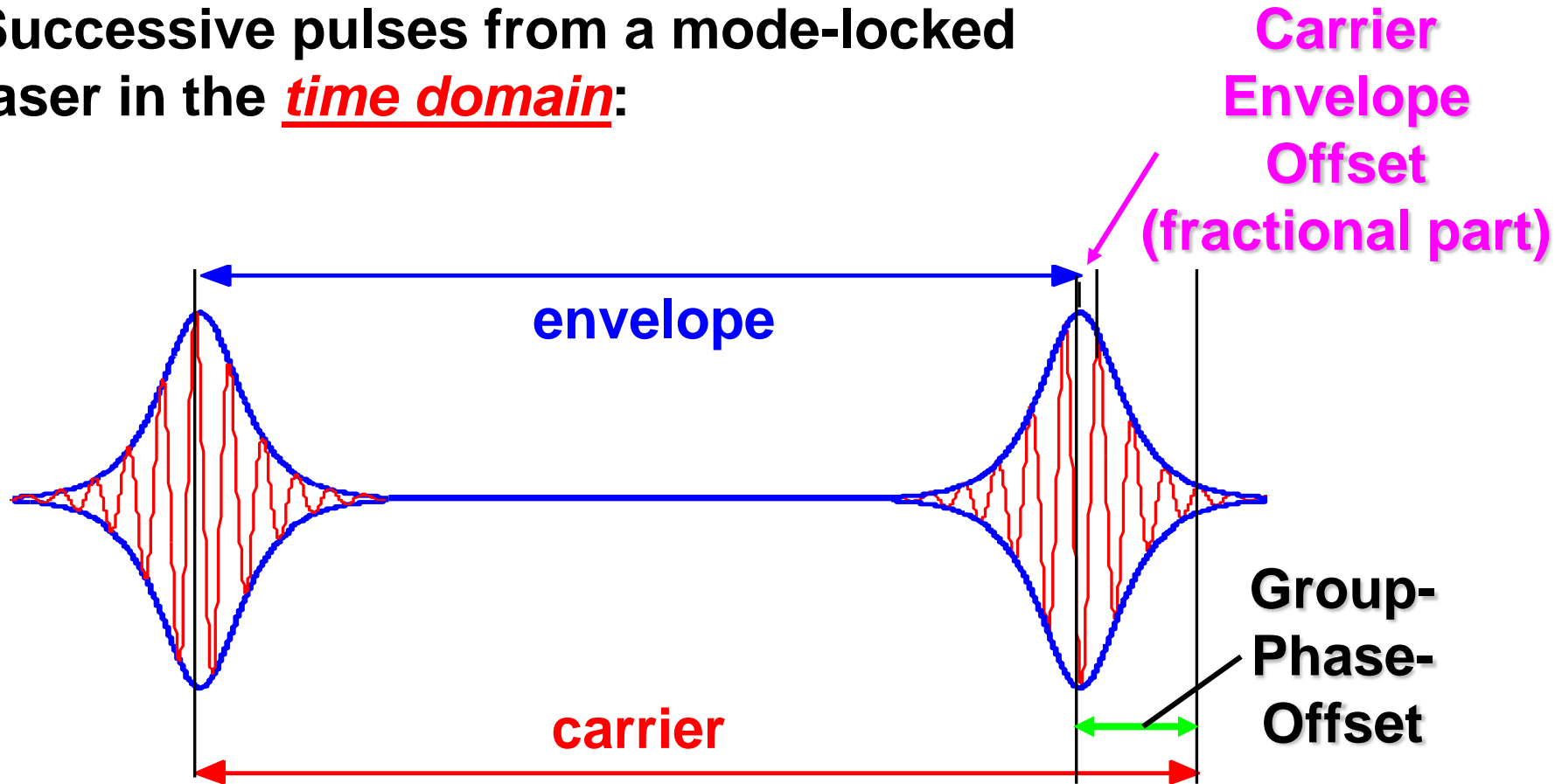


If the modulations fits
on one end of the spectrum
it does not at the other ...

*How can we solve this
dilemma ?*

Carrier Envelope Offset (CEO)

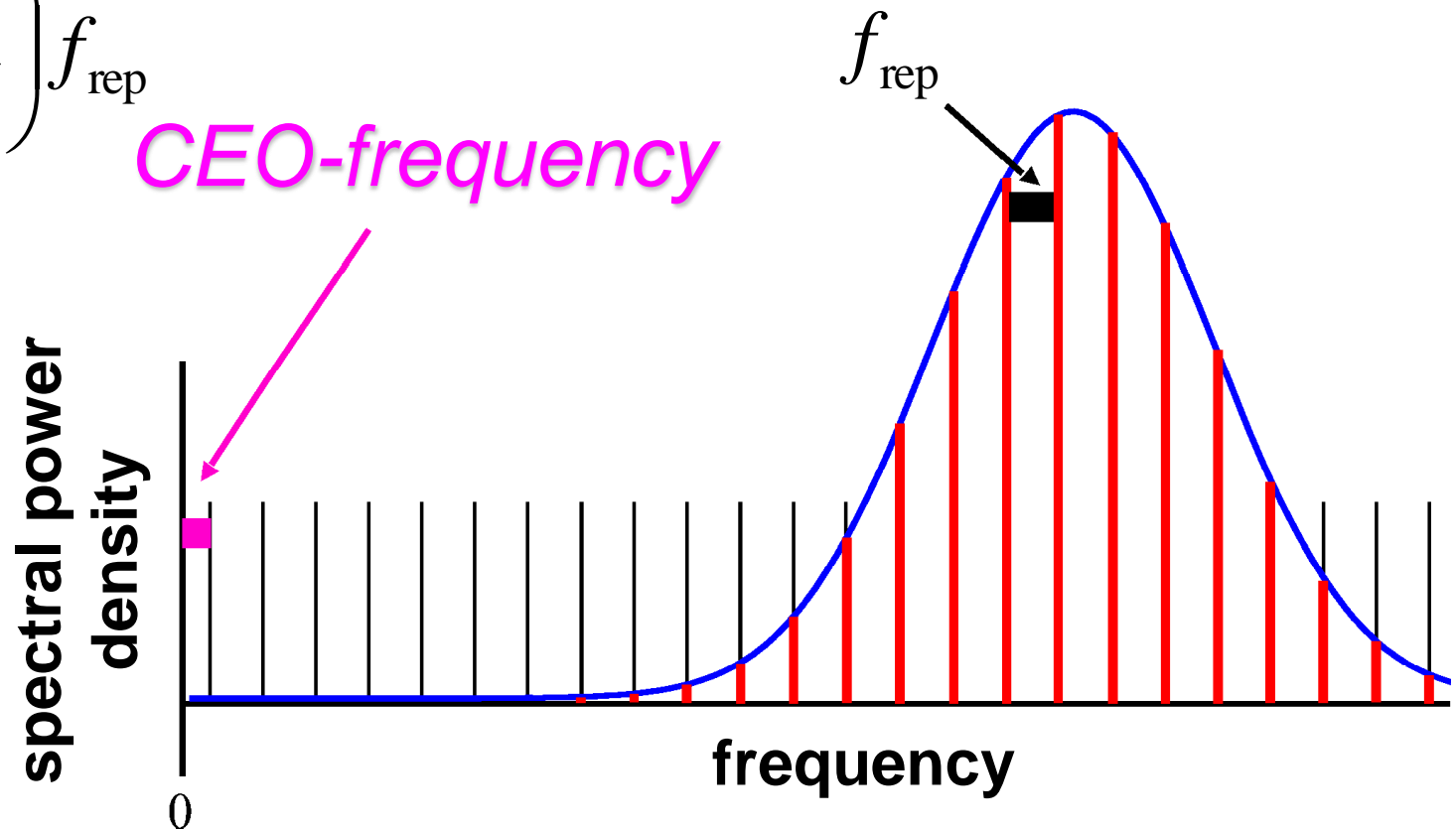
Successive pulses from a mode-locked laser in the time domain:



$$\varphi_{\text{GPO}} = \frac{2\pi}{\lambda} L(n_g - n)$$

Carrier-Envelope Offset (CEO)

$$\nu_m = \left(\frac{\varphi_{\text{GPO}}}{2\pi} + m \right) f_{\text{rep}}$$



mode-locked laser = optical frequency ruler

- mode comb uniformity better than 10^{-15}
- otherwise rep-rate would be function of wavelength
- **2 degrees of freedom**: "translation" and "breathing"

Comb parameters vs. Intracavity disp.

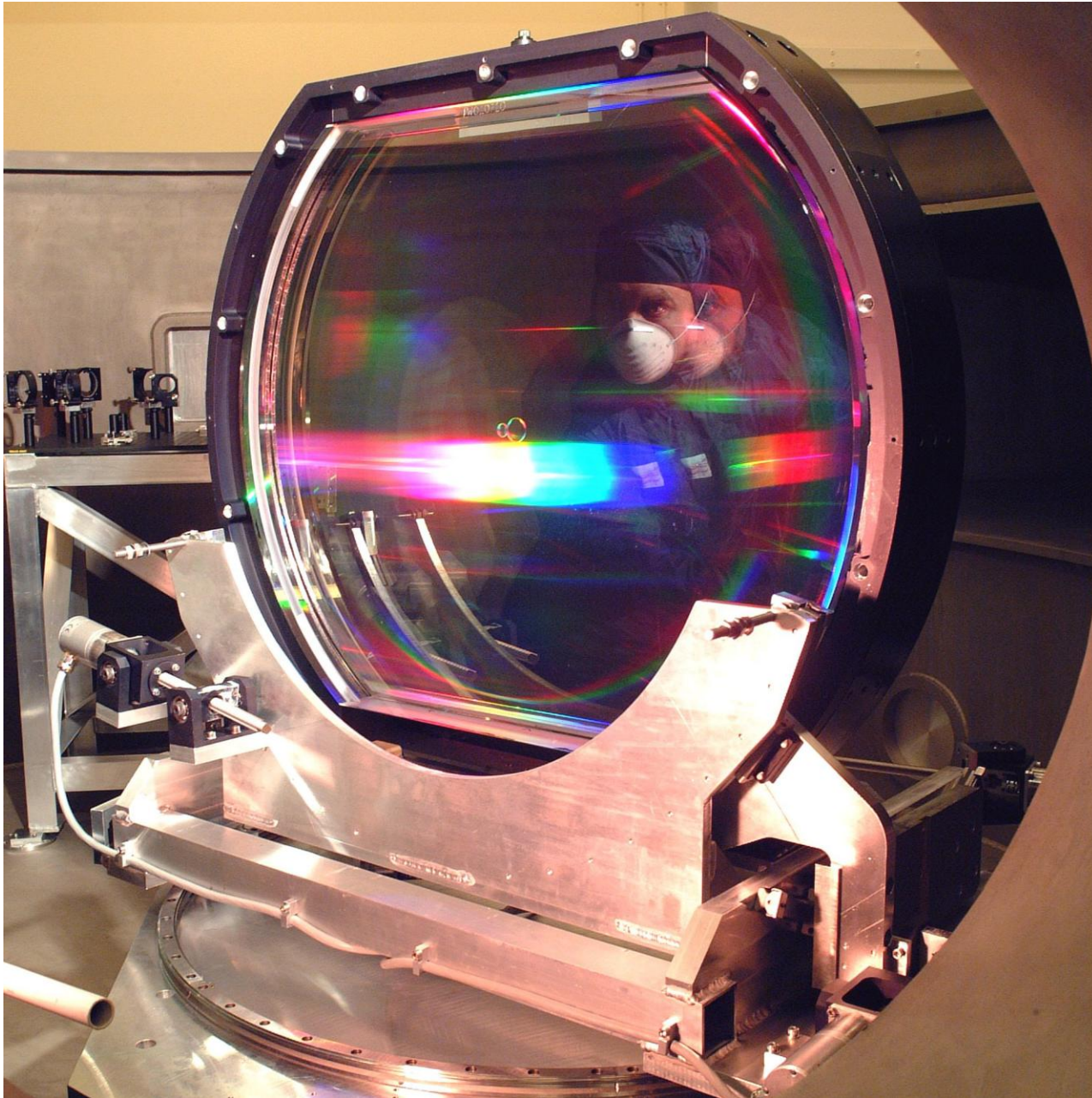
- 1. Frequency spacing** of the comb determined by the **group delay** of the cavity
- 2. Zero-offset (CEO)** of the comb determined by **group-phase offset**
- 3. All higher-order effects lead pedestal formation in pulse shaping**
(to be counteracted by SAM)

Comb frequencies \neq Cavity eigenfrequencies

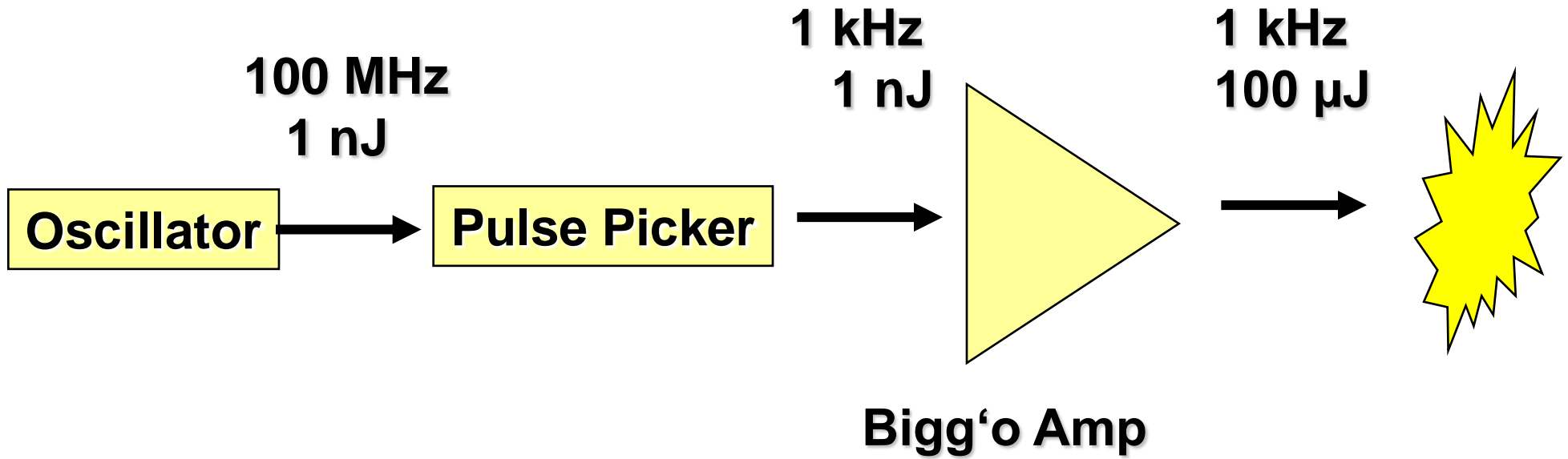
Summary oscillators

- For the generation of few-cycle pulses, a fast absorber together with soliton-like pulse shaping is required!
- SAM acts to prevent fall-back into continuum
SPM fights bandwidth reduction of the gain medium
- Real absorbers are often not fast enough
- Artificial absorbers translate phase nonlinearities into amplitude nonlinearities
- On the shortest time scales, the CE phase starts to matter

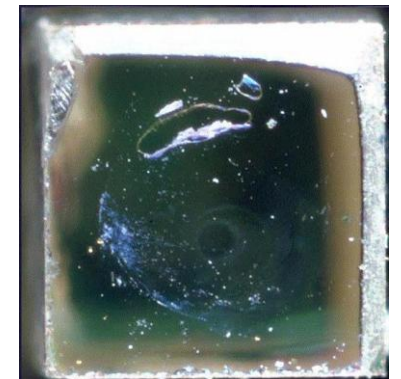
Chirped pulse amplification



Amplification of Laser Pulses

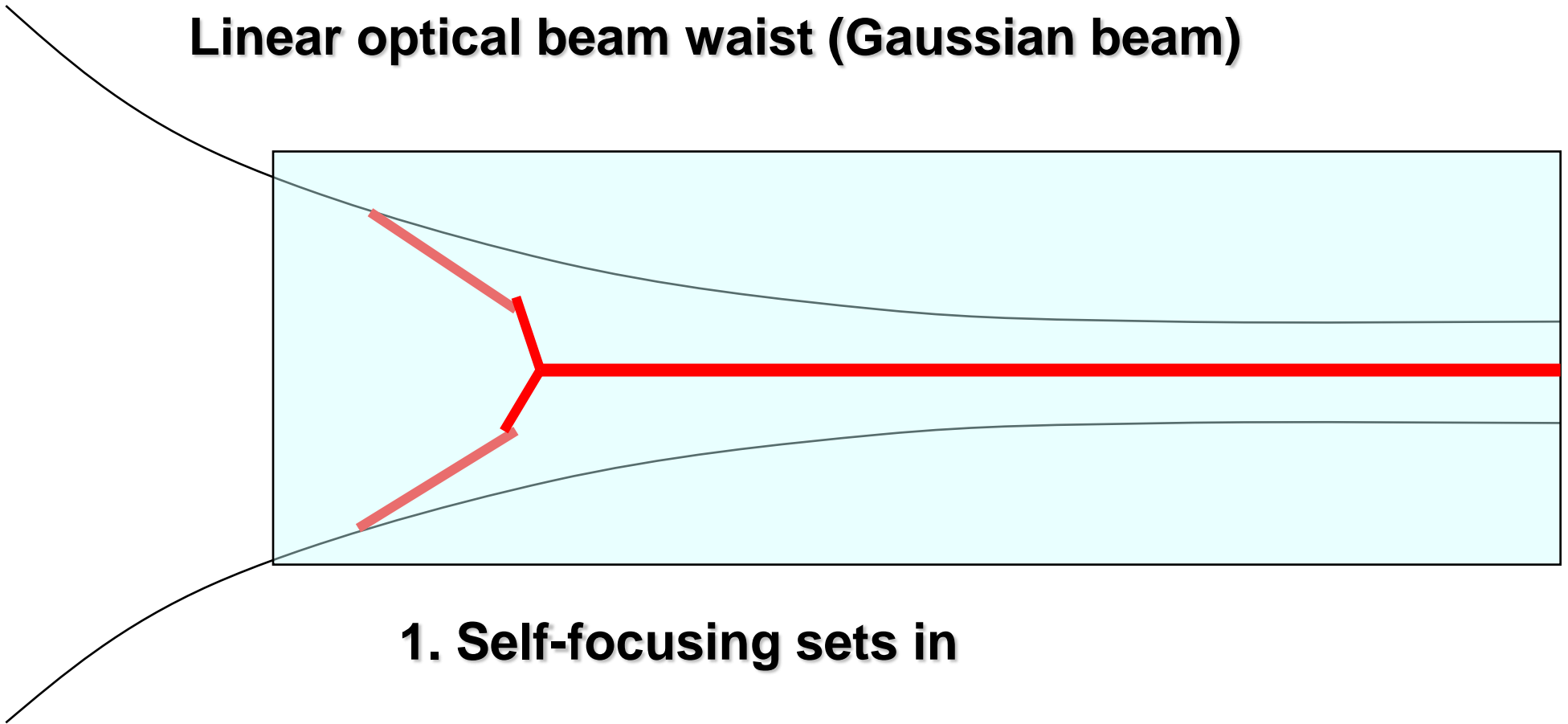


This way, you easily fry the crystal...



Why is damage occurring ?

Linear optical beam waist (Gaussian beam)



1. Self-focusing sets in

2. Beam diameter implodes; process stopped by plasma formation

The B integral

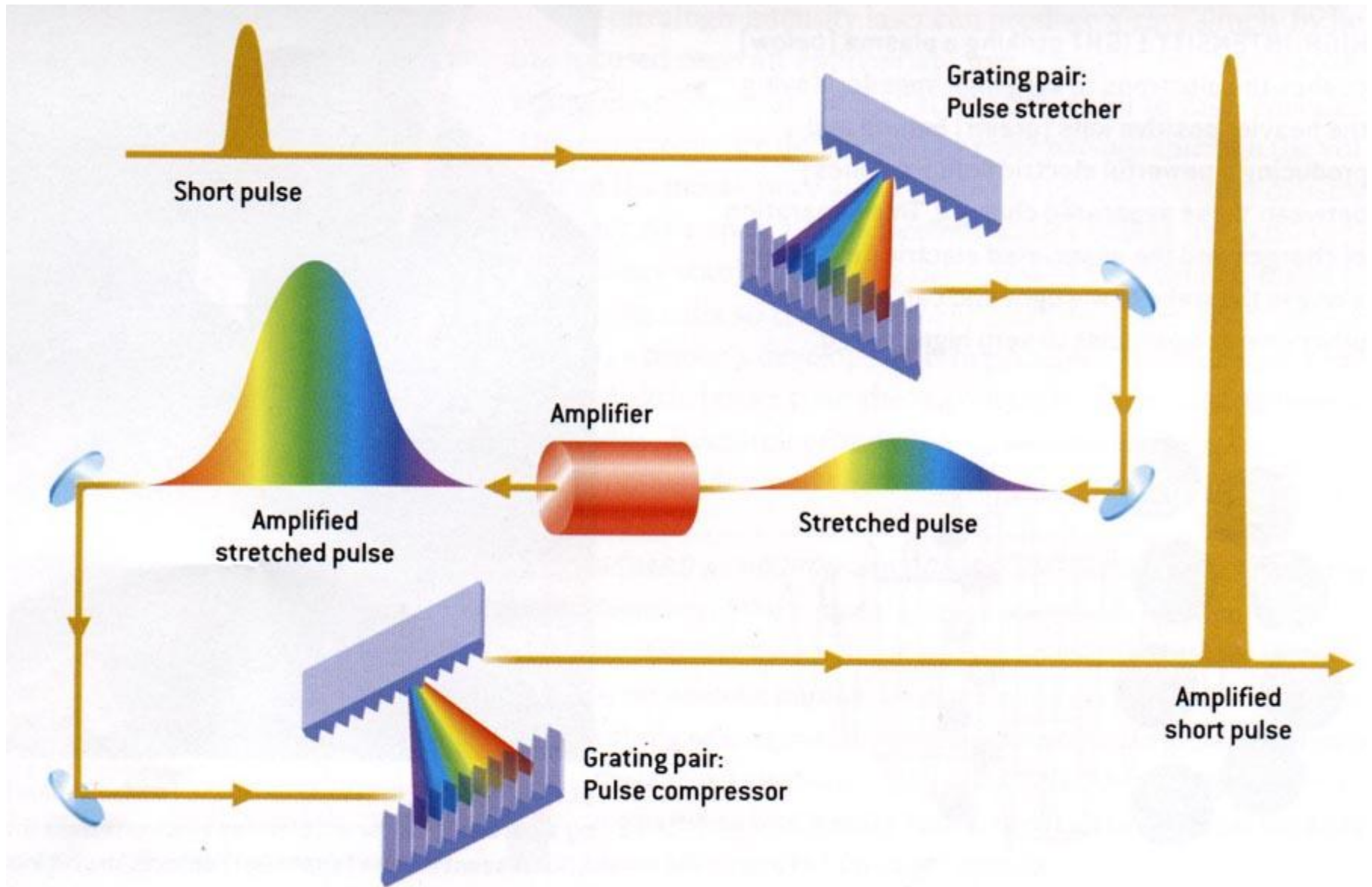
$$B = \frac{2\pi}{\lambda} \int n_2 I(z) dz$$

should be smaller than $\approx 2\pi$ to avoid catastrophic self-focusing

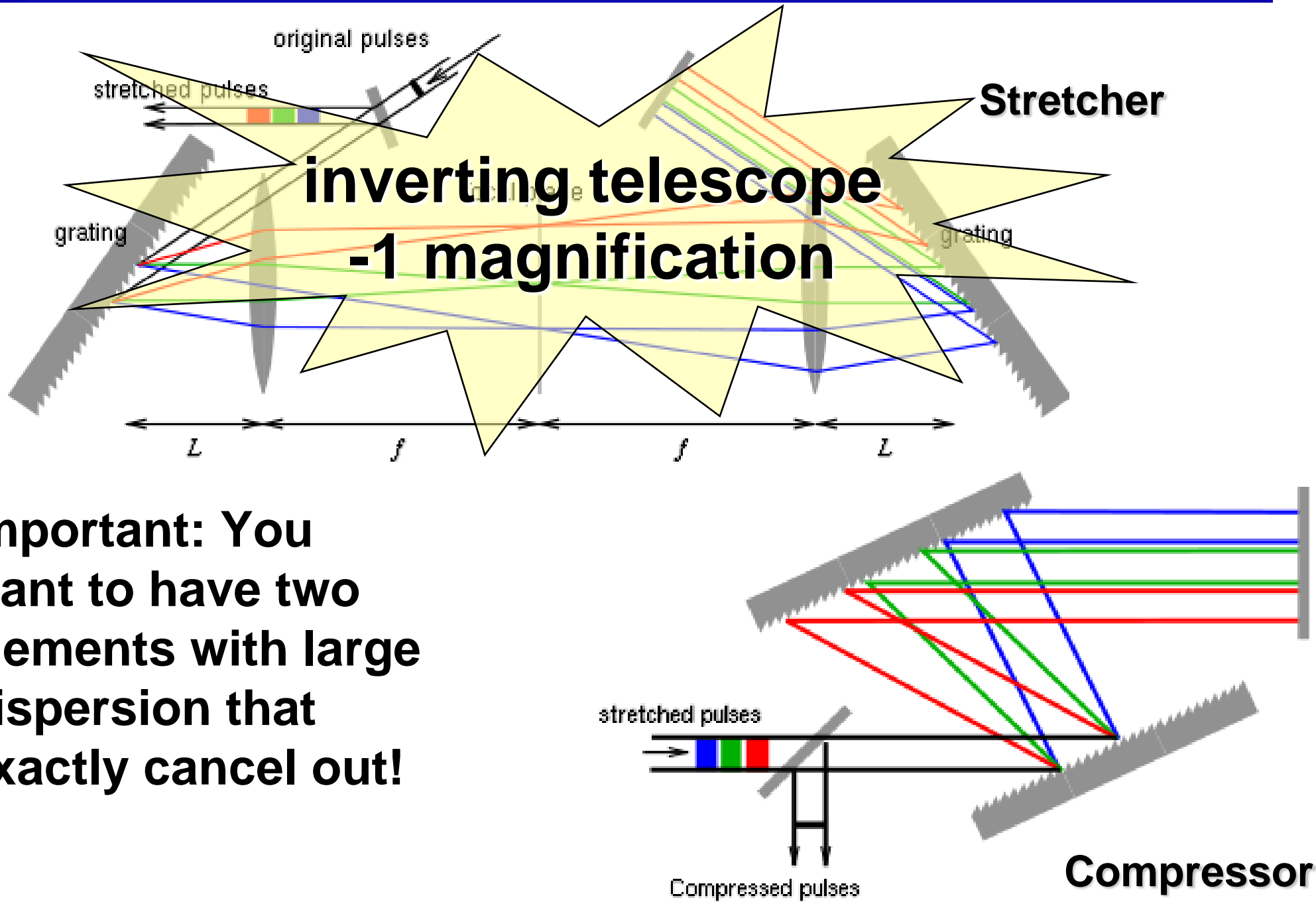
This becomes limiting when exceeding pulse energies of 1 μJ with sub-100 fs pulse duration !

Two possible solutions: *Scale up diameter or increase pulse duration*

Chirped pulse amplification



Stretcher - compressor



CPA performance and limitations

Stretching from 100fs to about 1ns (10000x)

Peak powers of several 100 TW possible

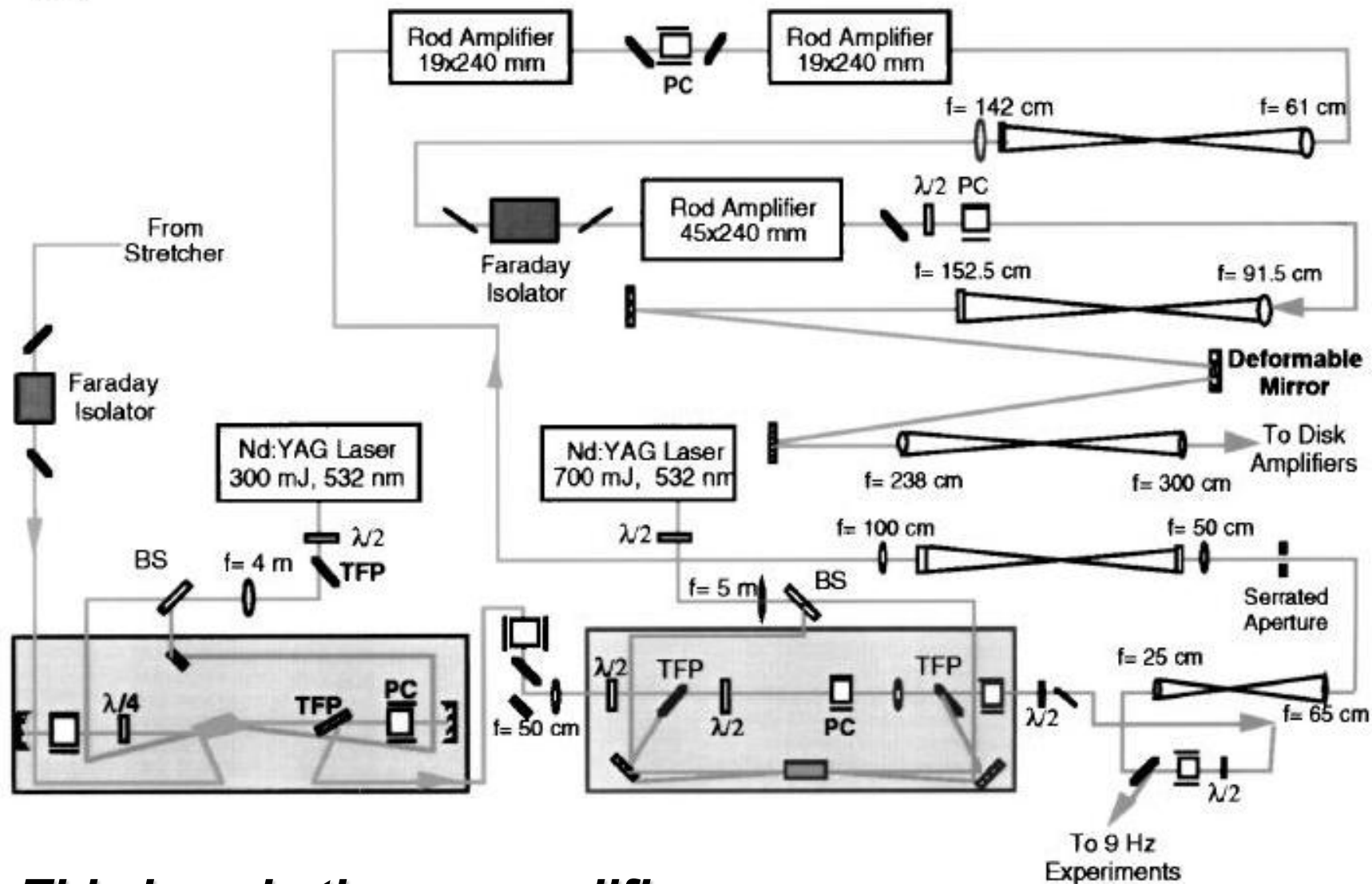
Pulse energies of several Joules

Focusing $>10^{20}$ W/cm²

Bottleneck: Grating size



The pre-amp (front end) of a PW laser

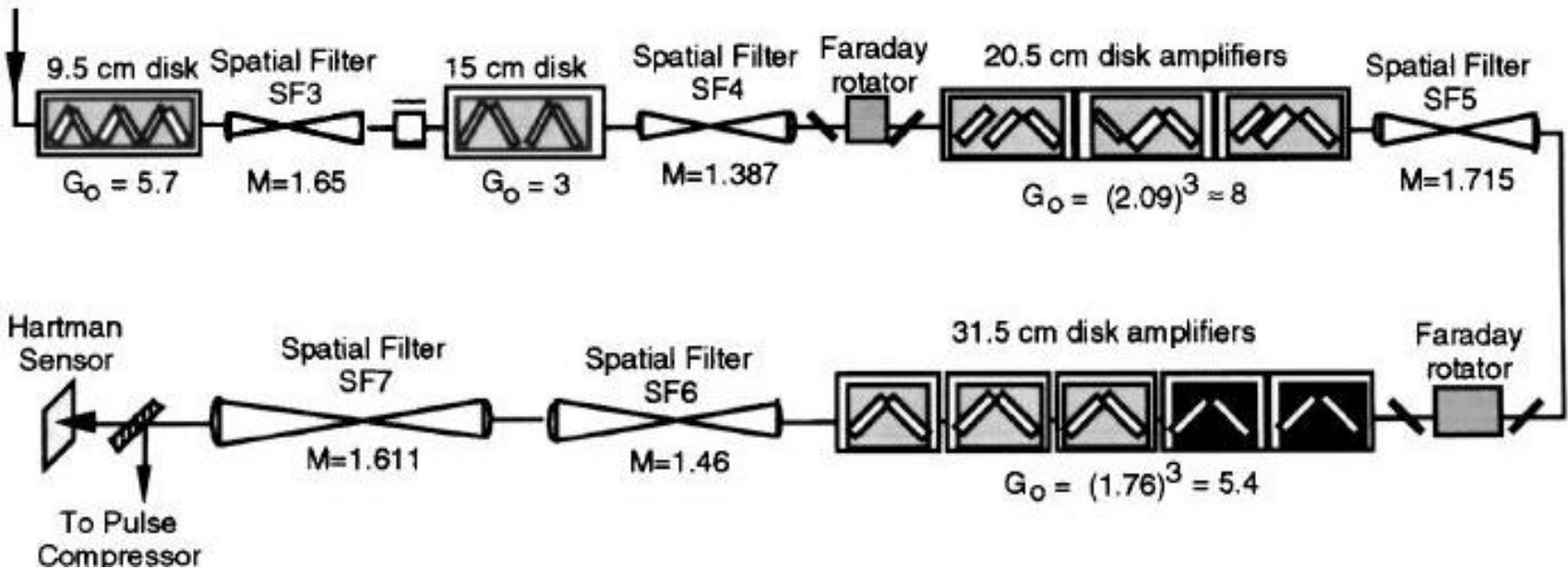


This is only the preamplifier...

Perry et al., OL **24** 160 (1999); 660J, 450fs, $>7 \times 10^{20}$ W/cm²

The power amplifier

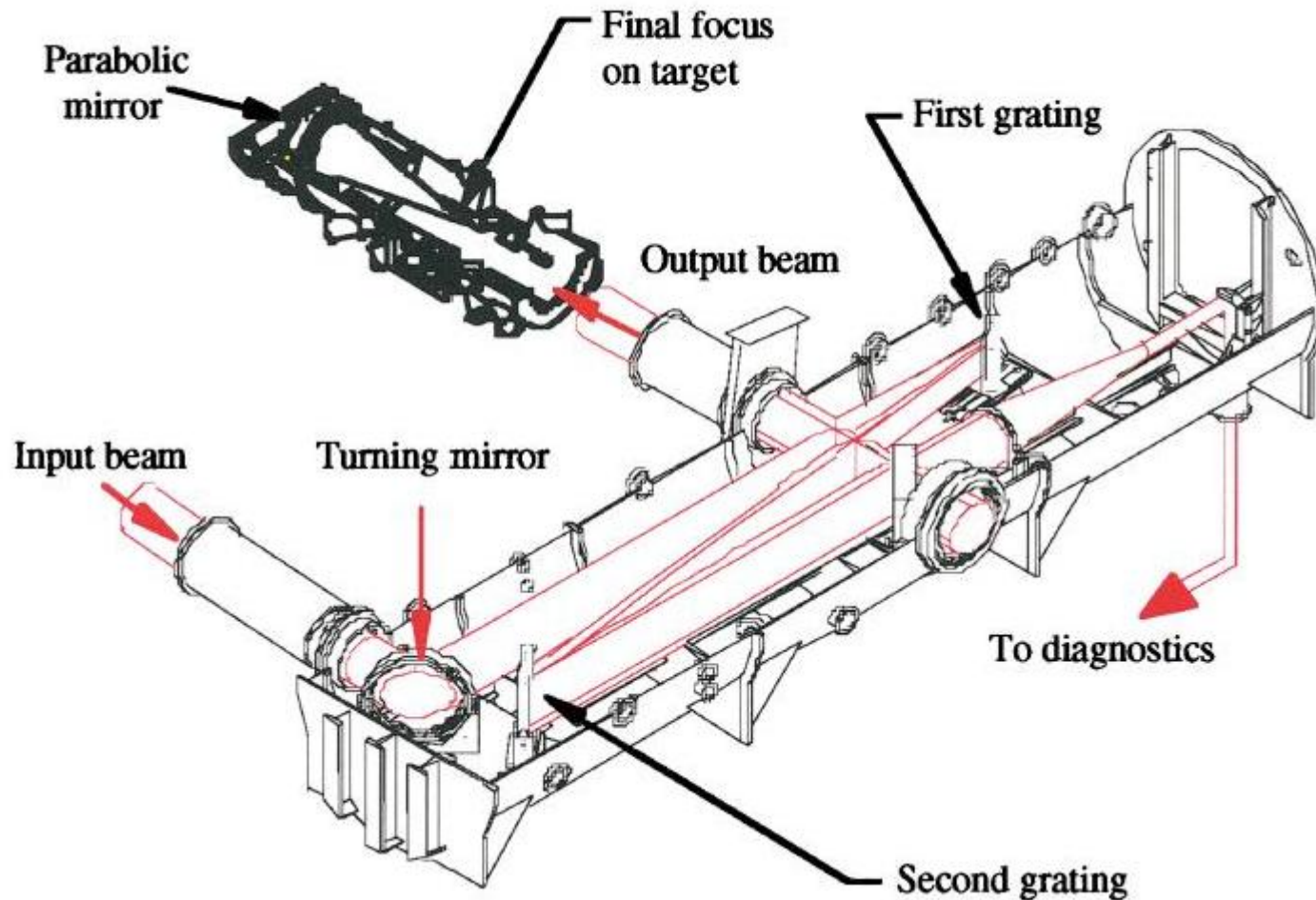
(b)



You will need this to get some real power out...

Perry et al., OL **24** 160 (1999); 660J, 450fs, $>7 \times 10^{20}$ W/cm²

Compressor chamber of PW laser



The compressor chamber looks like a small submarine...

Conclusions

- CPA indispensable for generating short energetic pulses
- Dispersion management with stretcher / compressor arrangements
- B-integral needs to be smaller than a few π
- Intensities of 10^{20} W/cm² have been demonstrated, exceeding inner-atomic binding forces by orders of magnitude

Compression techniques

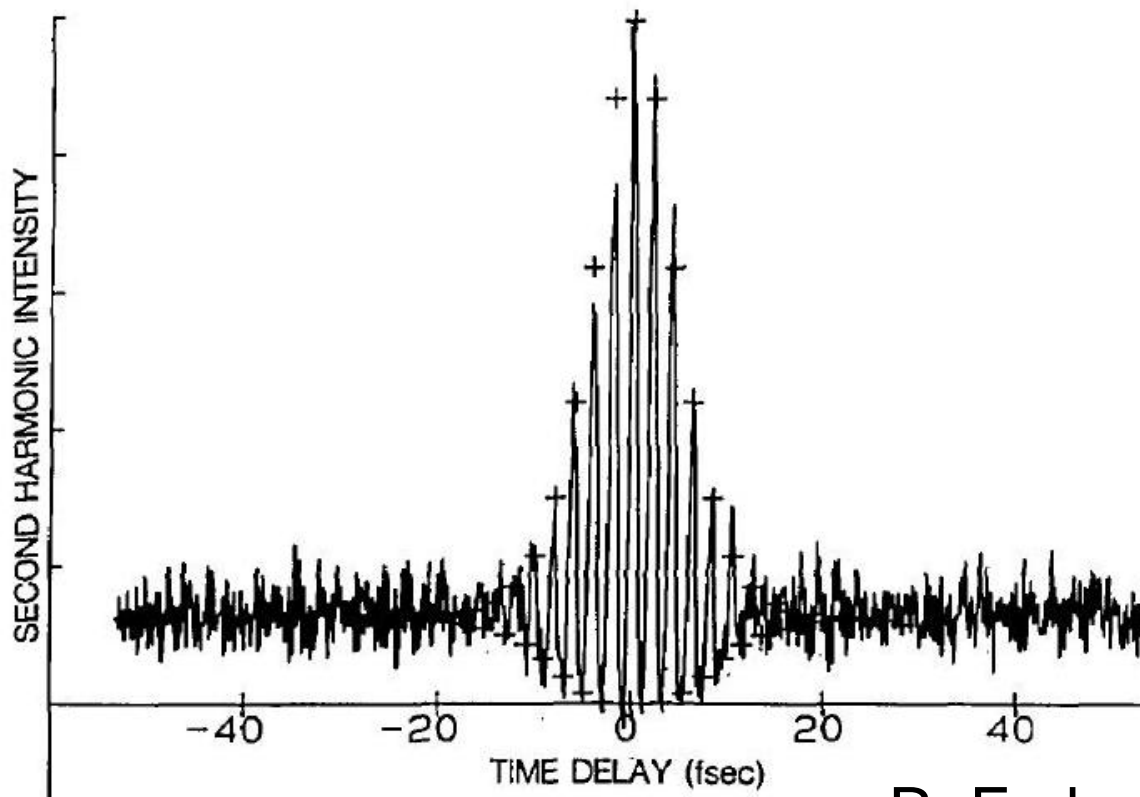
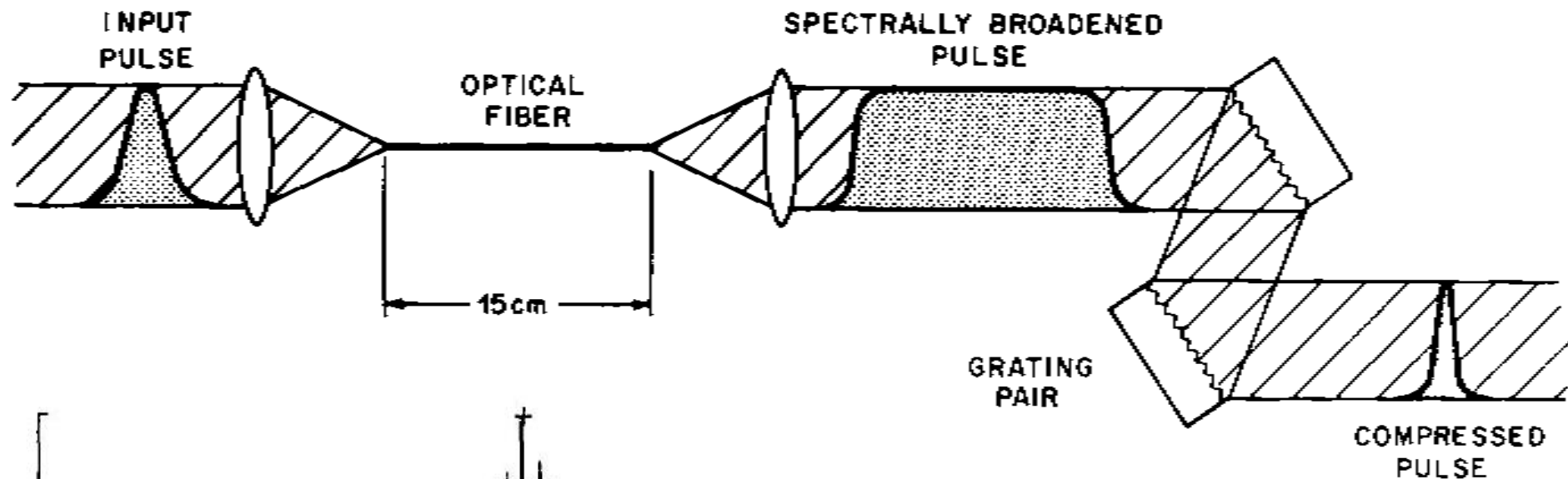


1. **Fibers**

2. **Hollow fibers**

3. **Filaments**

Traditional fiber – grating compressor



**Combined prism
and grating compressor**

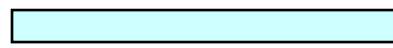
amplified dye laser

**long-standing world record
of 6 fs pulse duration**

R. Fork et al., *OL* 12, 483 (1987)

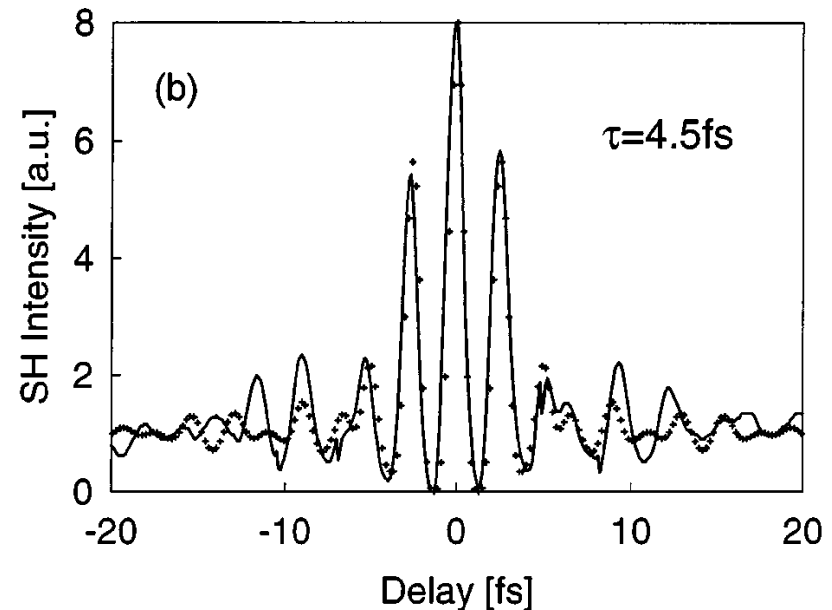
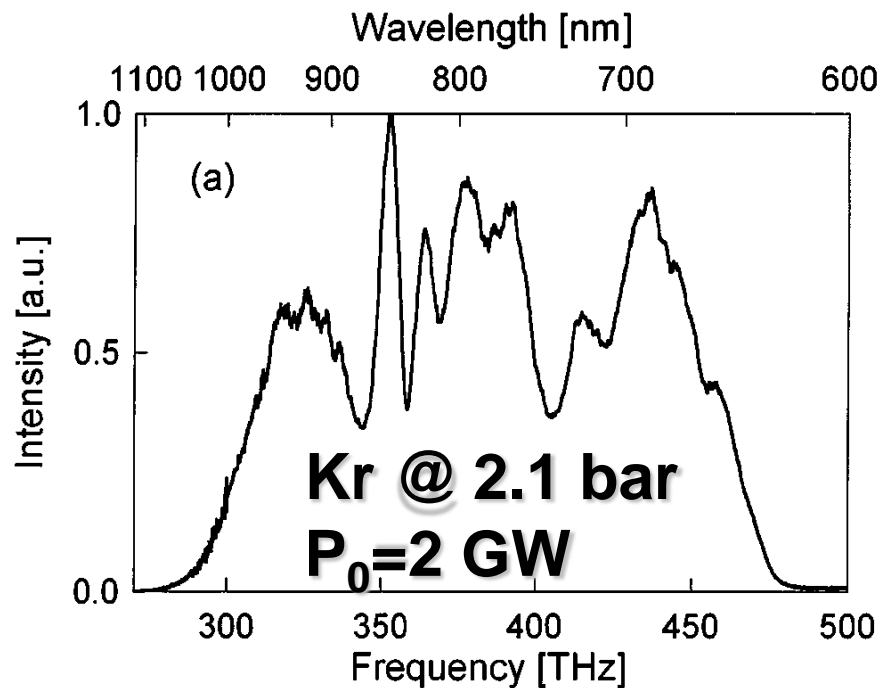
The hollow fiber compressor

Ti:sa Amp



Disp. compensation

**hollow waveguide filled with
noble gas (neon, argon, krypton)**



The hollow fiber compressor

**Noble gases are most indestructible medium
He: ionization energy 21.4 eV**

**Nonlinearity adapted to high peak powers
of CPA laser systems (several GW)**

**Focused field strength can exceed binding
forces for any given atom!**

**Hollow geometry provides quasi-guiding
and confines the beam to a small interaction
volume**

**Avoid ionization of gas, no other nonlinearities,
simple dispersion**

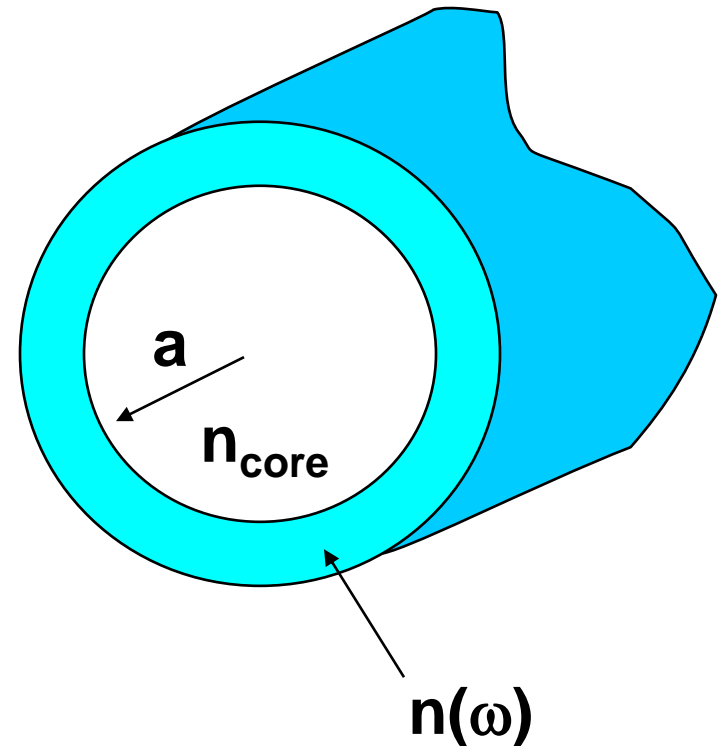
Hollow fiber compressor

Wave equation:

$$\nabla^2 E - \frac{\varepsilon}{c^2} \frac{\partial^2 E}{\partial t^2} = 0$$

Solutions are of the form

$$E_{l,v}(\vec{r}, t) = \text{Re} \left\{ \frac{\exp[i(\omega t - \beta z)]}{2} \times \right. \\ \left. [\tilde{E}_{l,v}(r) \exp(i v \vartheta) + \tilde{E}_{l,-v}(r) \exp(-i v \vartheta)] \right\}$$



Hybrid modes $\text{EH}_{v,m}$ with radial behavior related to Bessel functions of 1st order $J_v(r)$

β =propagation constant
 v, m =integer, specifying mode
 $l=\{r, z, \vartheta\}$

MBI

Ref.: S. de Silvestri et al., „Few-cycle-pulses by external compression“
in: Few-Cycle Laser Pulse Generation and its application, F.X.Kärtner ed.

Hollow fiber compressor

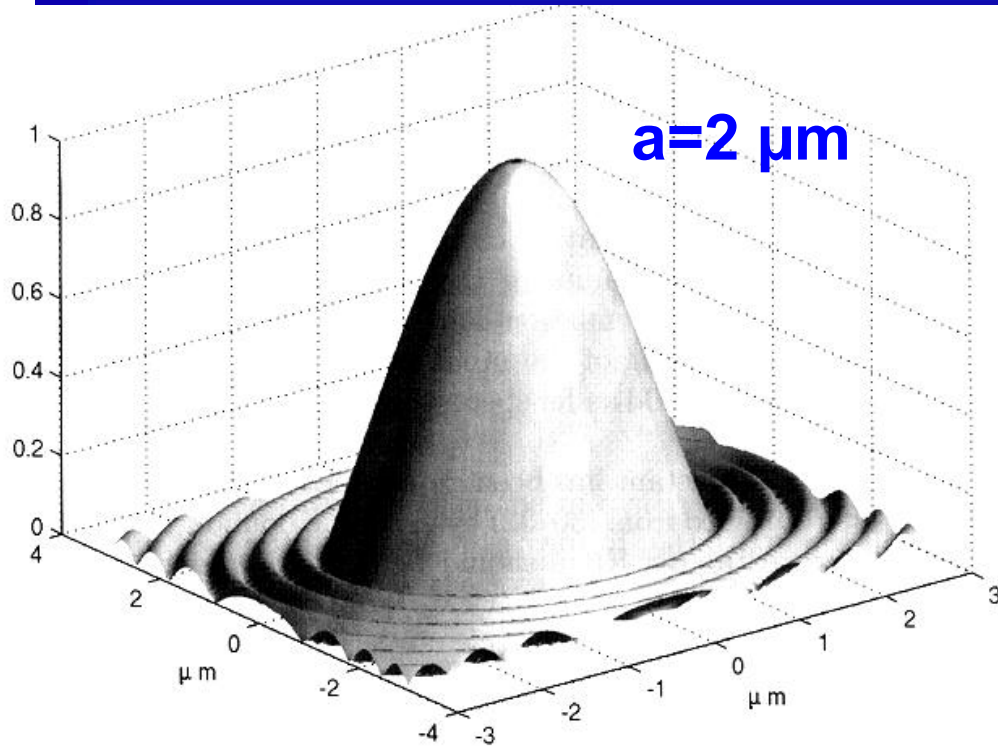


Fig. 5. EH₁₁ mode profile calculated for capillary inner radius $a = 2 \mu\text{m}$. In calculations, it was assumed that $n_{\text{core}} = 1$, $n_{\text{clad}} = 1.45$

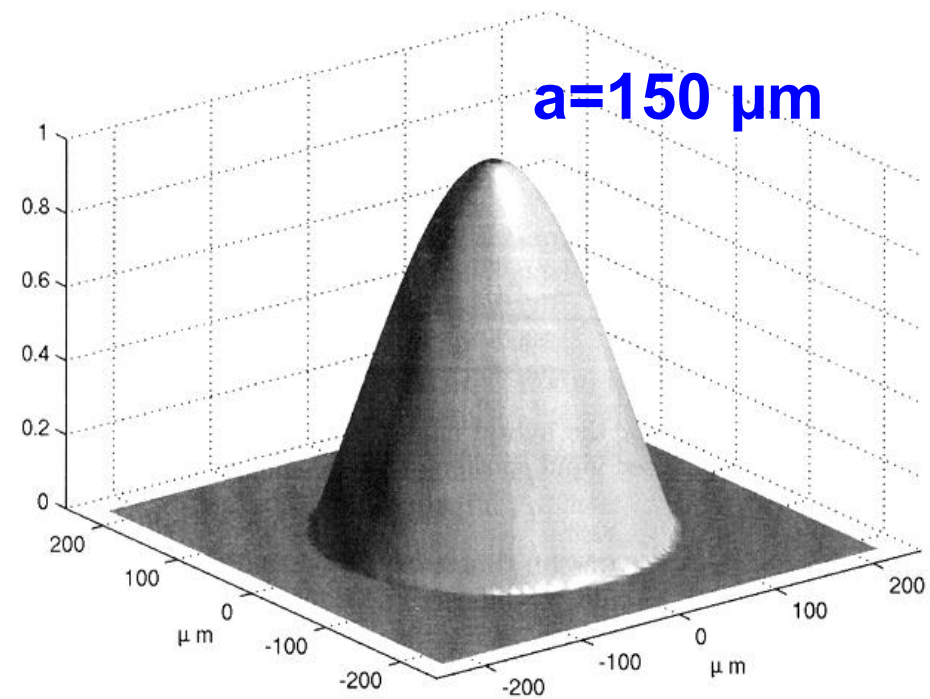


Fig. 6. EH₁₁ mode profile calculated for a capillary inner radius $a = 150 \mu\text{m}$. In the calculations, it was assumed that $n_{\text{core}} = 1$, $n_{\text{clad}} = 1.45$



Ref.: S. de Silvestri et al., „Few-cycle-pulses by external compression“
in: Few-Cycle Laser Pulse Generation and its application, F.X.Kärtner ed.

Hollow fiber compressor

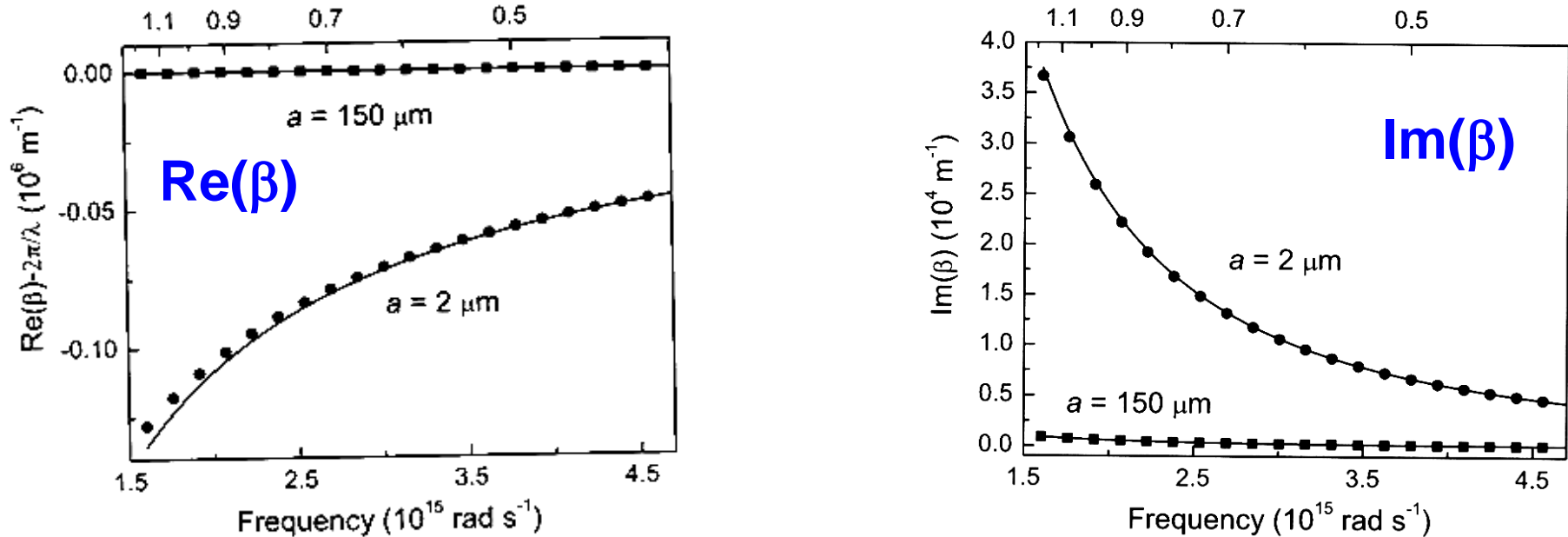


Fig. 2. Difference between the real part of the propagation constant β of the EH_{11} mode and the free propagation constant $2\pi/\lambda$ as a function of frequency for $a = 2 \mu\text{m}$ (solid dots) and for $a = 150 \mu\text{m}$ (solid squares). Solid lines: analytical approximation of the same quantity. In both cases, it was assumed that $n_{\text{core}} = 1$, $n_{\text{clad}} = 1.45$

$u_m = \text{Bessel zeros}$
(2.4048, 5.52008, 8.65373...)

$$\beta(\omega) = \frac{\omega n_{\text{core}}(\omega)}{c} \left[1 - \frac{1}{2} \left(\frac{u_m c}{\omega n_{\text{core}}(\omega) a} \right)^2 \right] + \frac{i}{a^3} \left(\frac{u_m c}{\omega n_{\text{core}}(\omega)} \right)^2 \frac{n^2(\omega) + 1}{\sqrt{n^2(\omega) - 1}}, \quad (33)$$

Ref.: S. de Silvestri et al., „Few-cycle-pulses by external compression“
in: Few-Cycle Laser Pulse Generation and its application, F.X.Kärtner ed.

Hollow fiber compressor

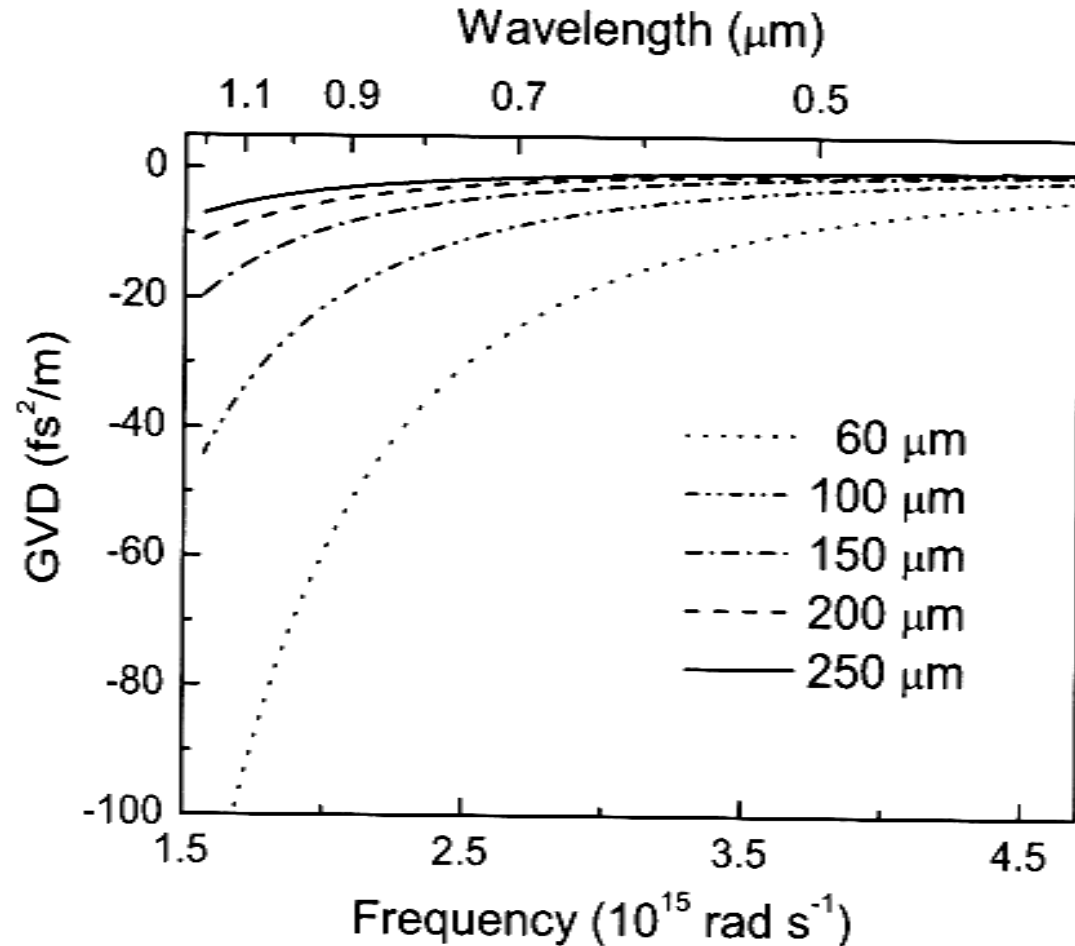


Fig. 8. Group velocity dispersion, GVD, of the EH_{11} mode as a function of frequency for various fiber radii



Ref.: S. de Silvestri et al., „Few-cycle-pulses by external compression“
in: Few-Cycle Laser Pulse Generation and its application, F.X.Kärtner ed.

Hollow fiber compressor

154 Sandro De Silvestri et al.

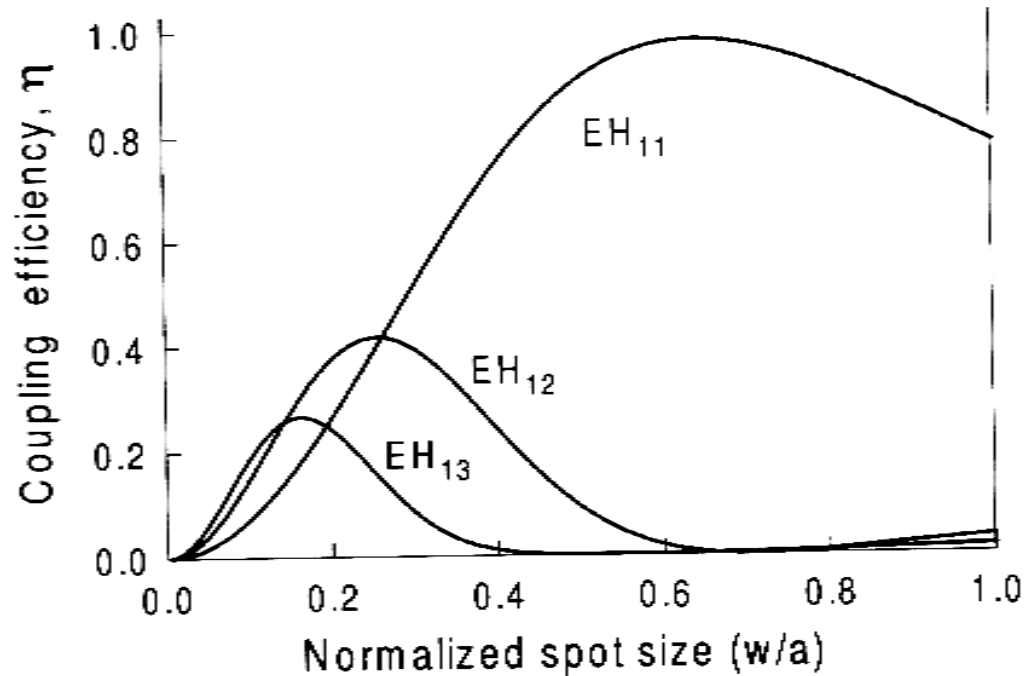


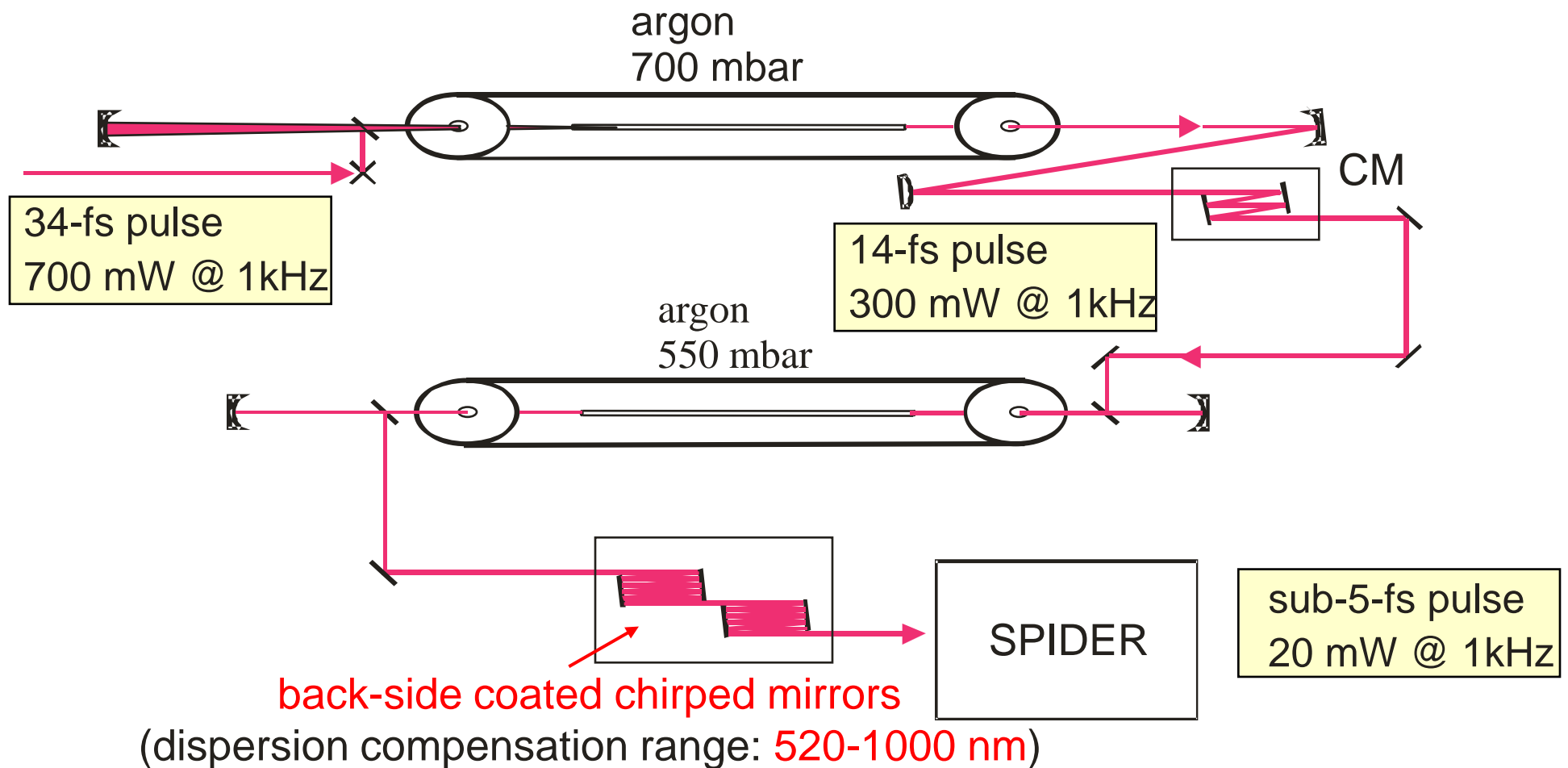
Fig. 7. Coupling efficiency η for the hybrid modes EH_{1m} excited by a Gaussian beam as a function of normalized input spot size w/a

$$\eta = \frac{4 \left[\int r J_0(u_{1m} r/a) \exp(-r^2/w_l^2) dr \right]^2}{w_l^2 \int r J_0^2(u_{1m} r/a) dr}.$$

MBI

Ref.: S. de Silvestri et al., „Few-cycle-pulses by external compression“
in: Few-Cycle Laser Pulse Generation and its application, F.X.Kärtner ed.

Our double-stage compressor at MBI



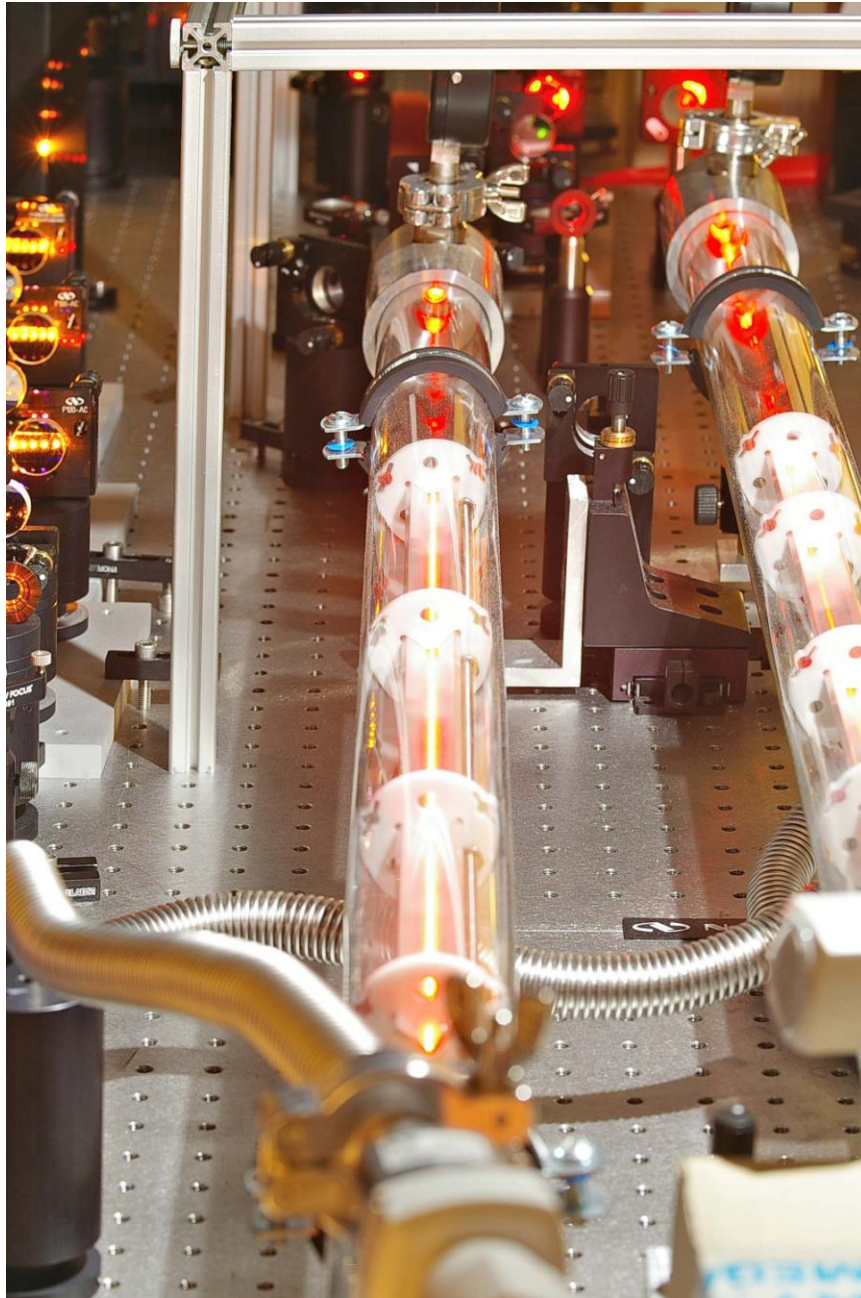
G. Sansone, G. Steinmeyer et al., Appl. Phys. B **78**, 551 (2004).

N. Matuschek et al., Appl. Phys. B **71**, 509 (2000).

G. Stibenz and G. Steinmeyer, Appl. Phys. B, in press



Hollow fiber compressor

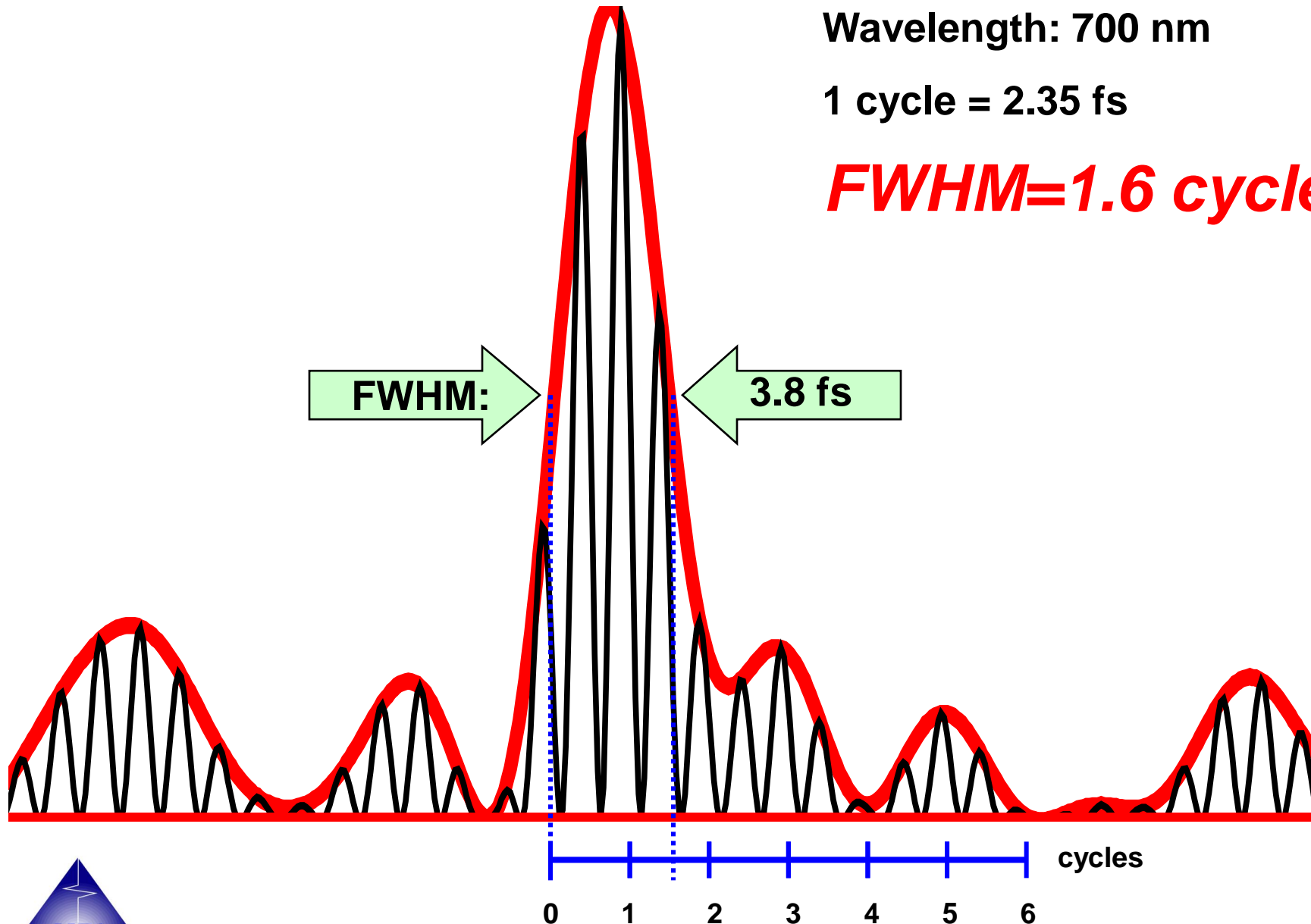


Shortest pulses with chirped mirrors

Wavelength: 700 nm

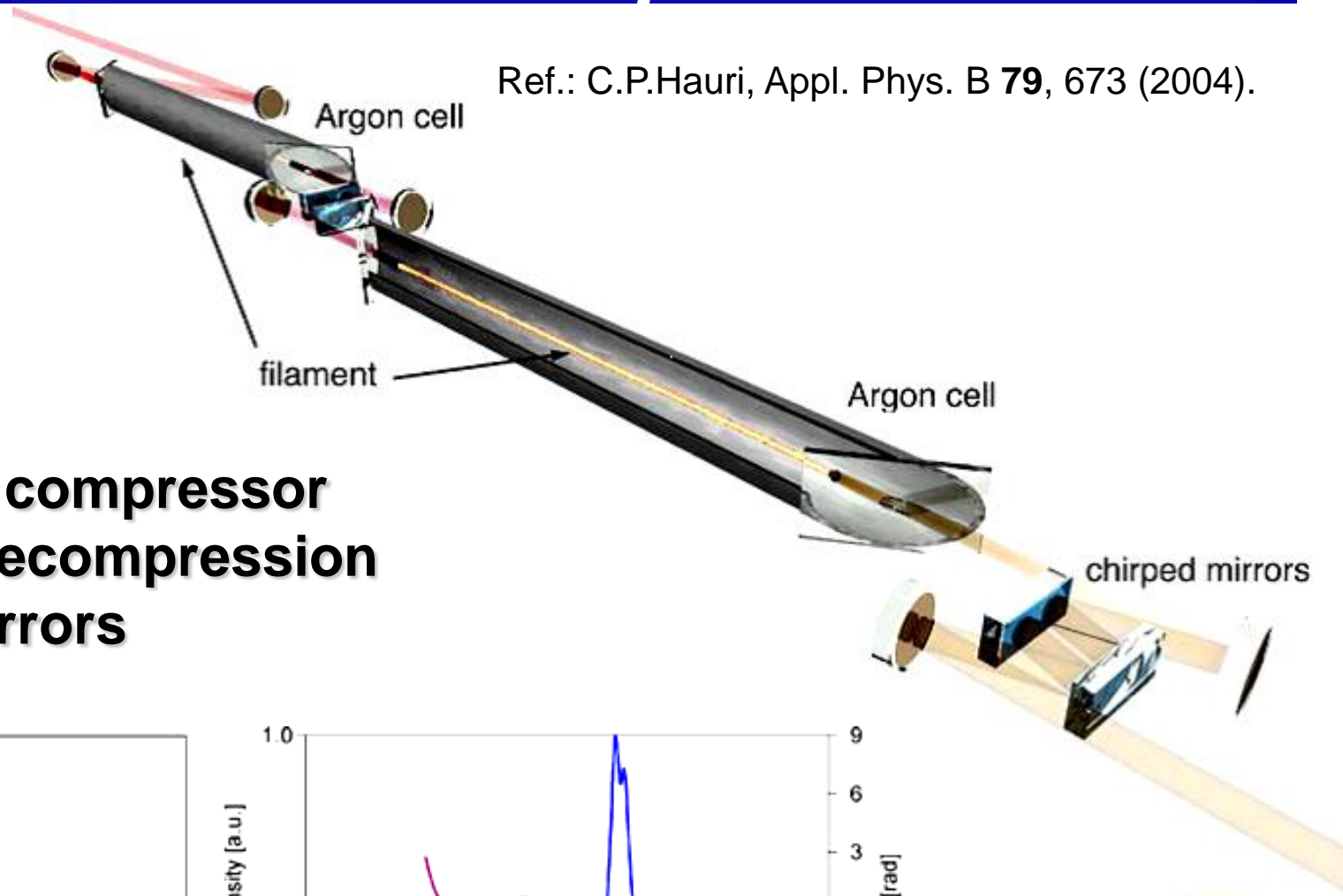
1 cycle = 2.35 fs

FWHM=1.6 cycles

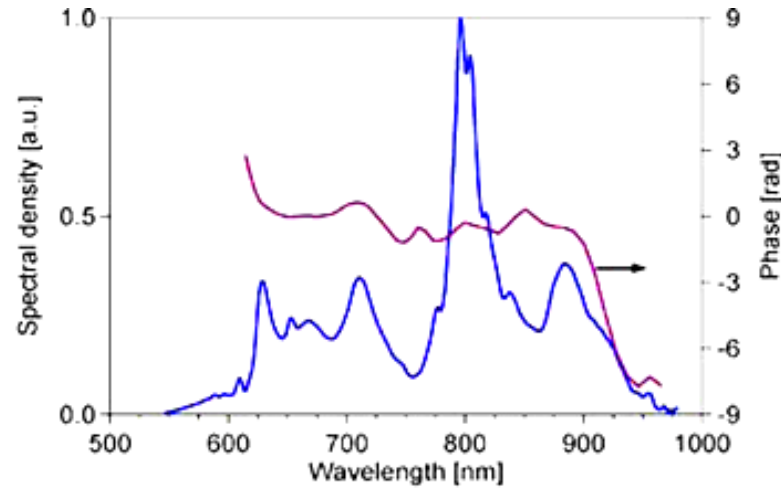
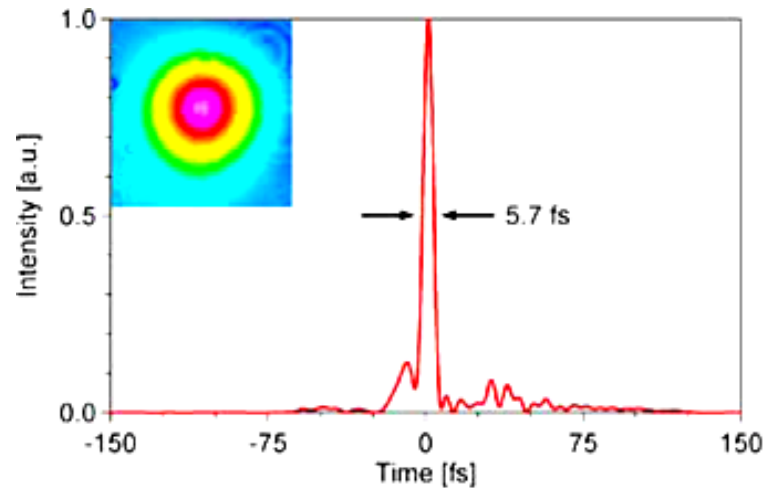


The filament compressor

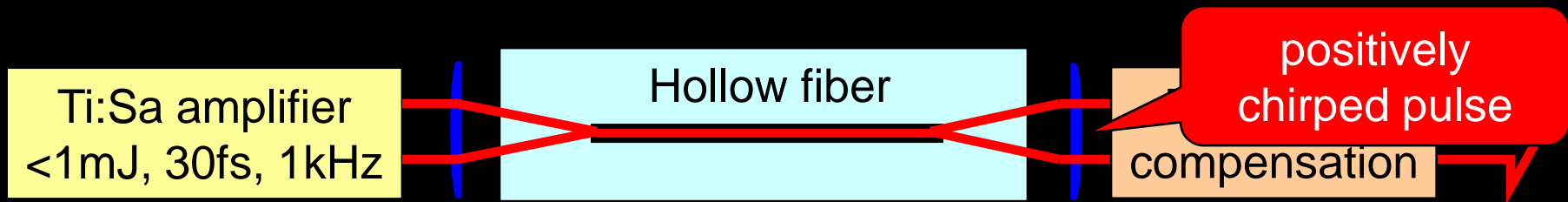
Ref.: C.P.Hauri, Appl. Phys. B **79**, 673 (2004).



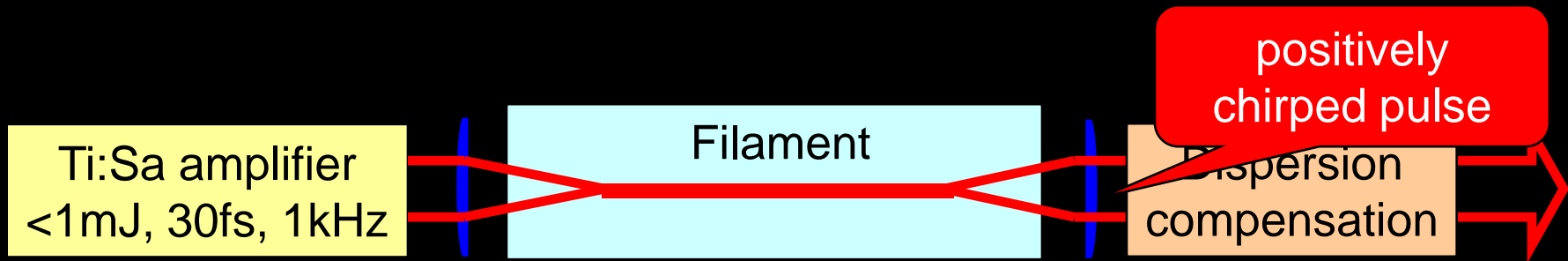
Double stage compressor
Subsequent recompression
w/ chirped mirrors



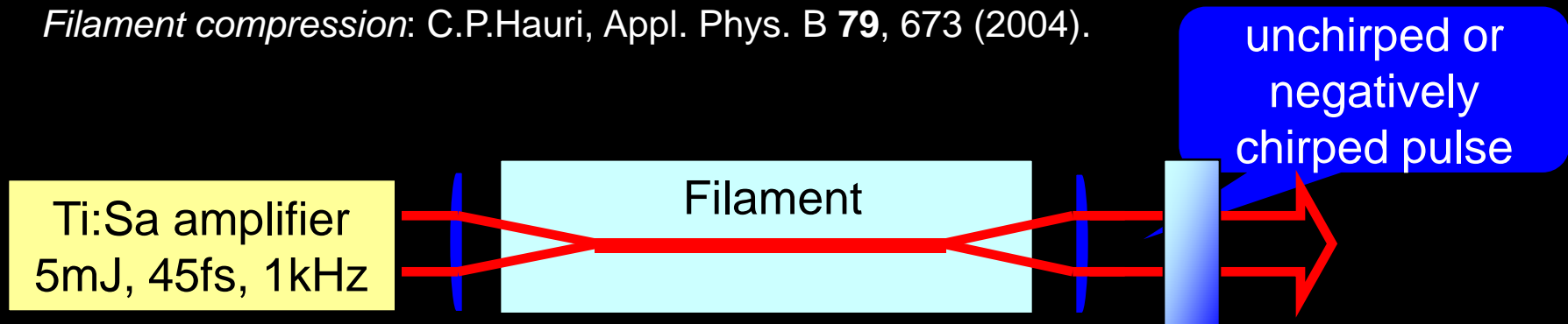
Compressing amplified pulses



Hollow fiber compressor: M.Nisoli et al., Opt. Lett. **22**, 522 (1997).



Filament compression: C.P.Hauri, Appl. Phys. B **79**, 673 (2004).

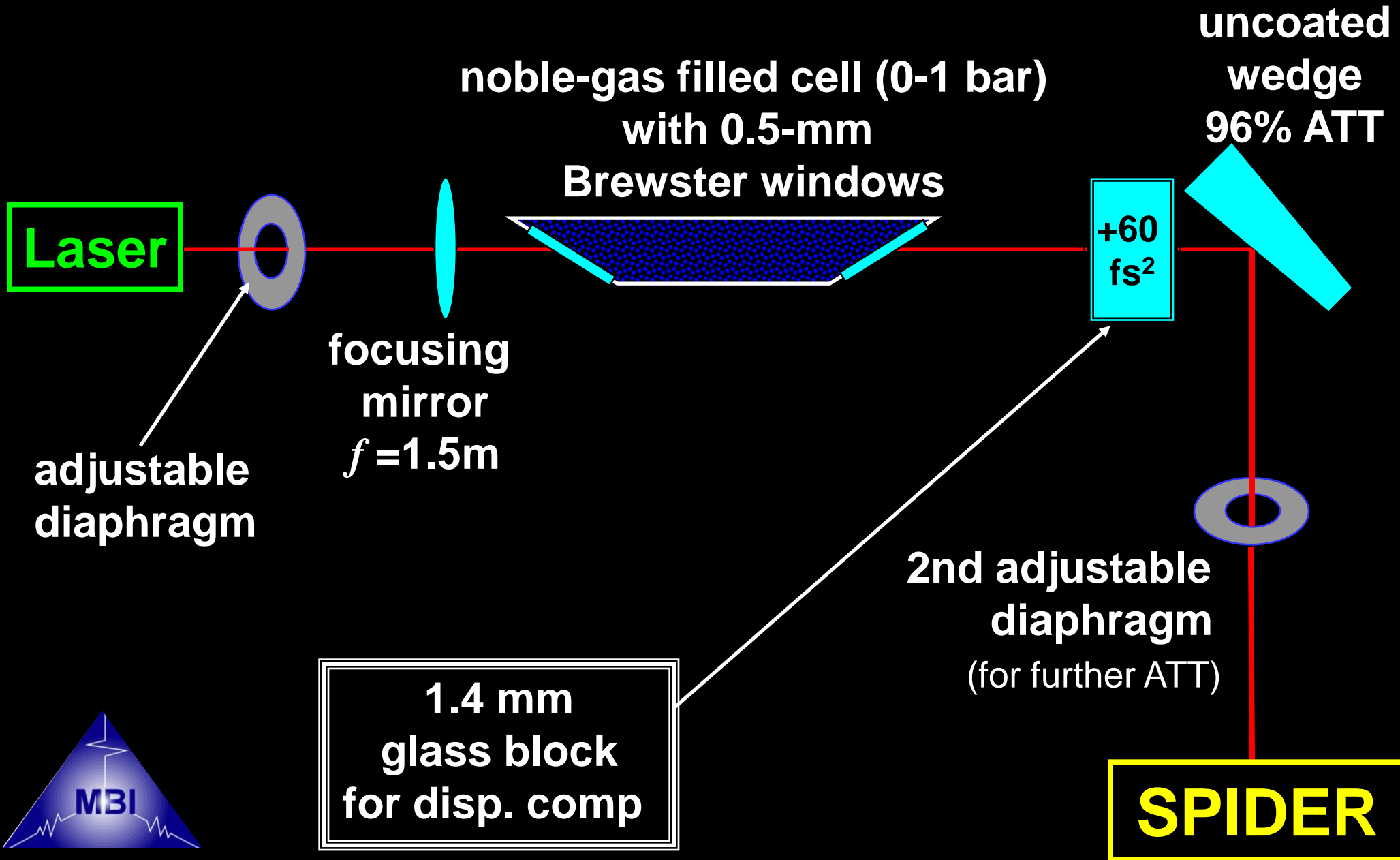


Self-compression: G. Stibenz et al., Opt. Lett. **31**, 274 (2006).

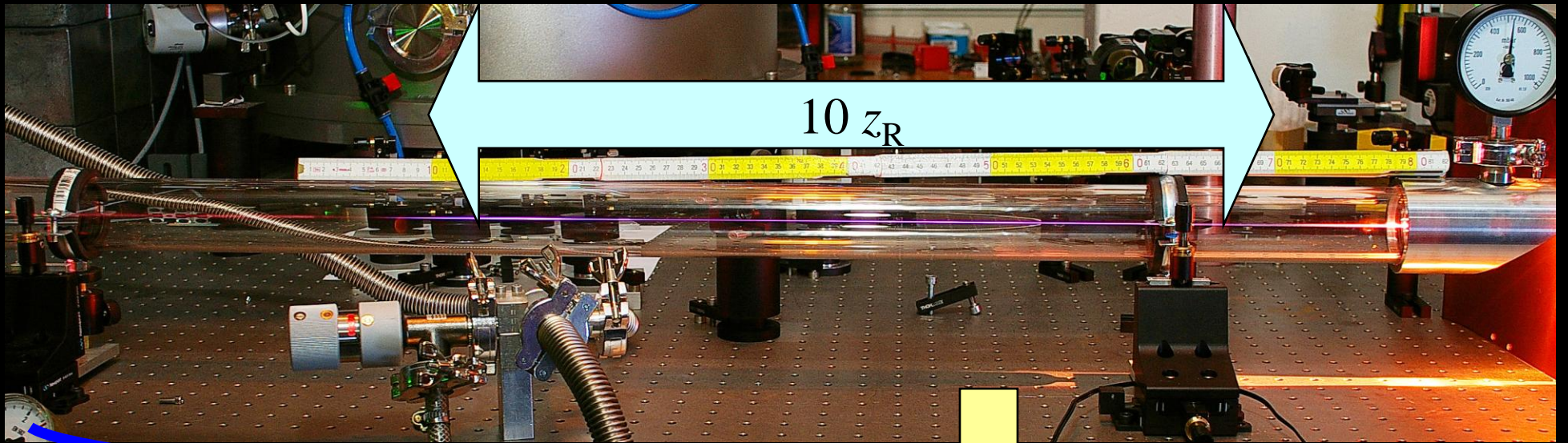
**Dispersion compensation
by 1.3 mm fused silica**



The set-up



Parameters



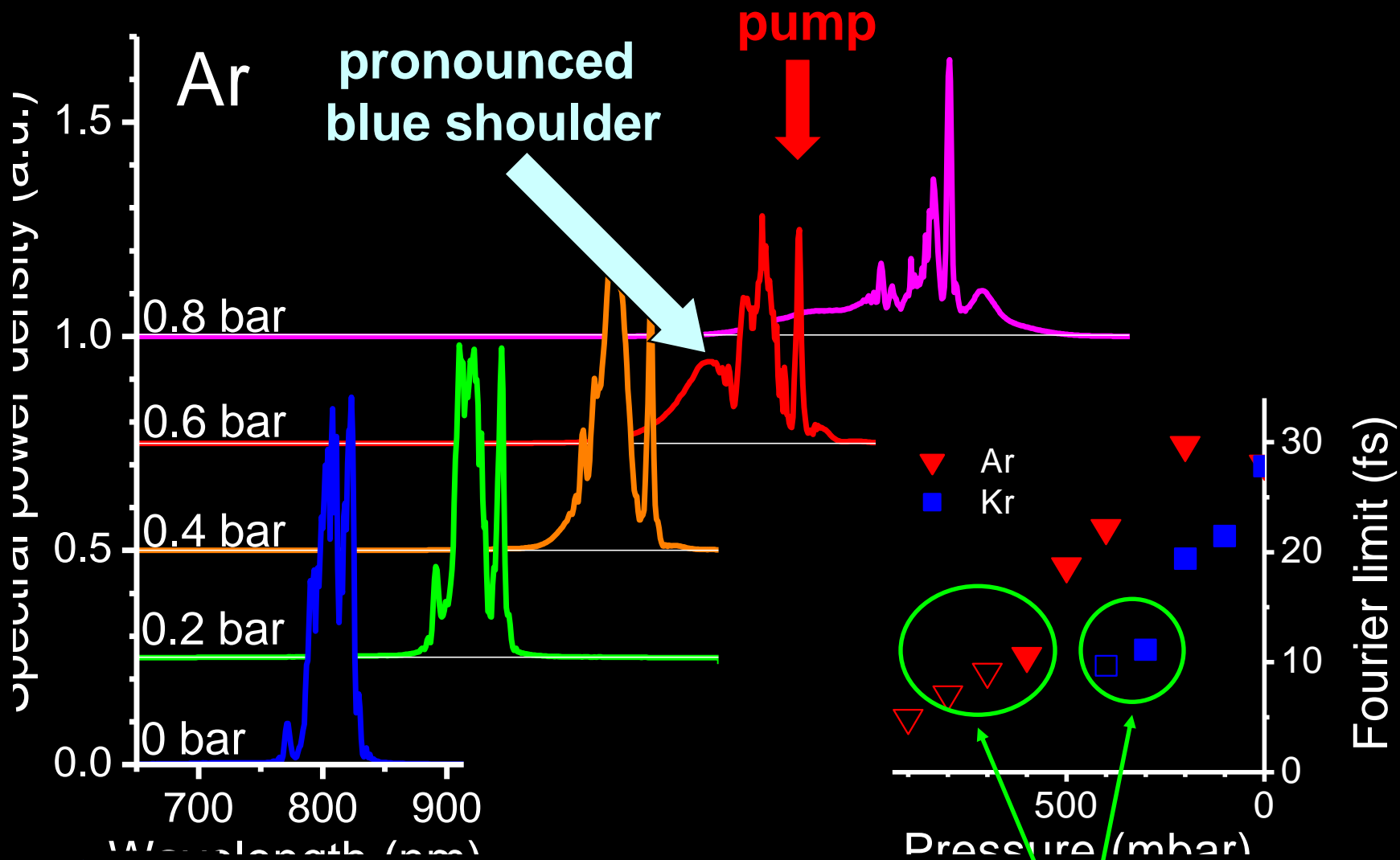
$$w_0 \approx \underline{150 \mu\text{m}}$$

$$z_R = \pi w_0^2 / \lambda \approx \underline{8 \text{ cm}}$$

$$P = 2-5 P_{\text{cr}}$$

$$N_e = 0.1 \dots 1\% \approx \underline{10^{16} - 10^{17} \text{ cm}^{-3}}$$

Spectral broadening vs. pressure

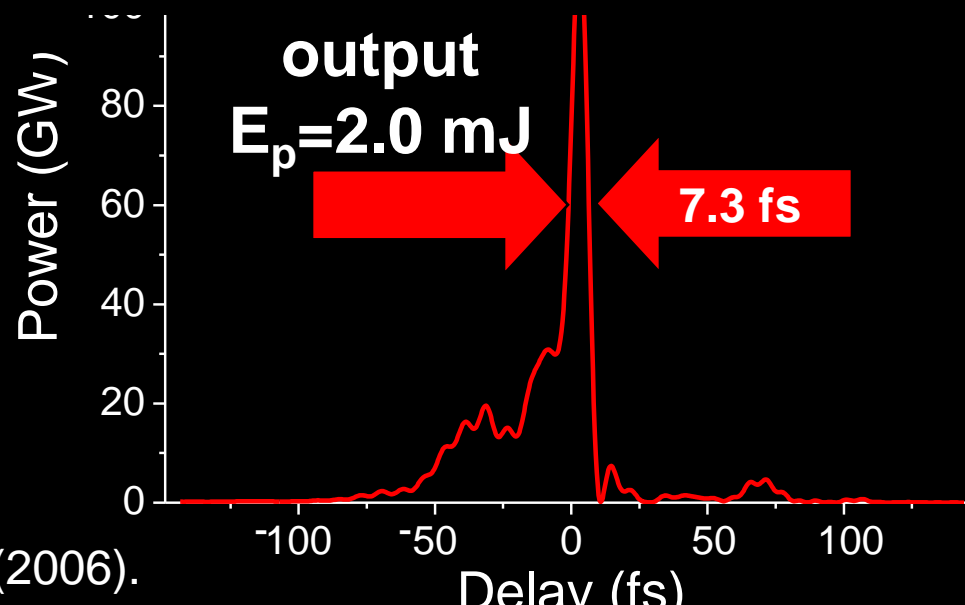
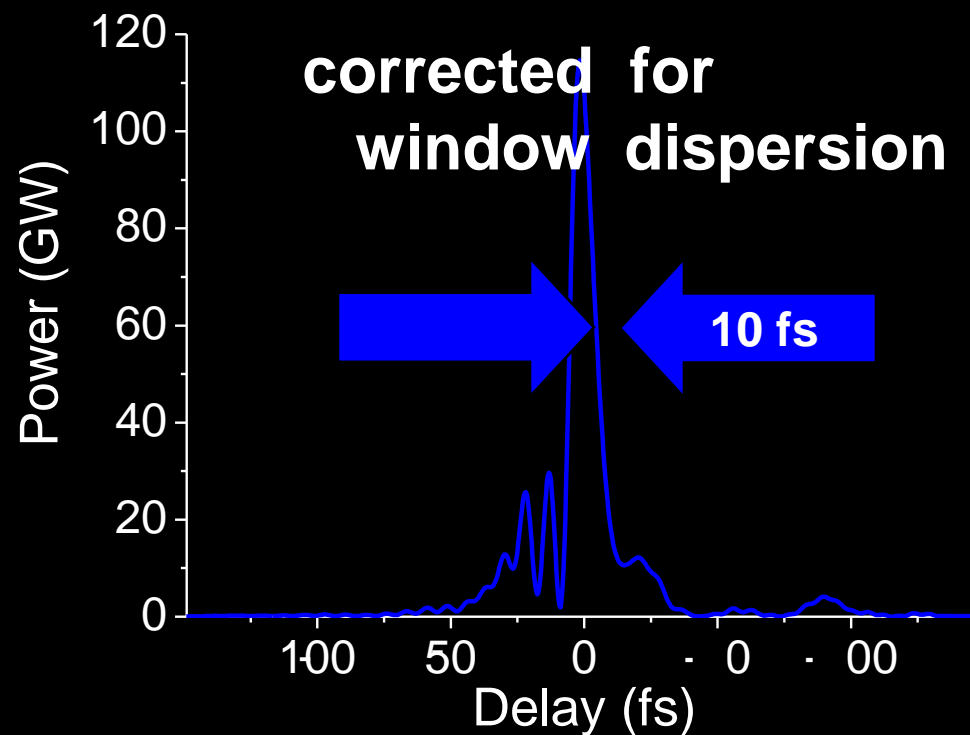
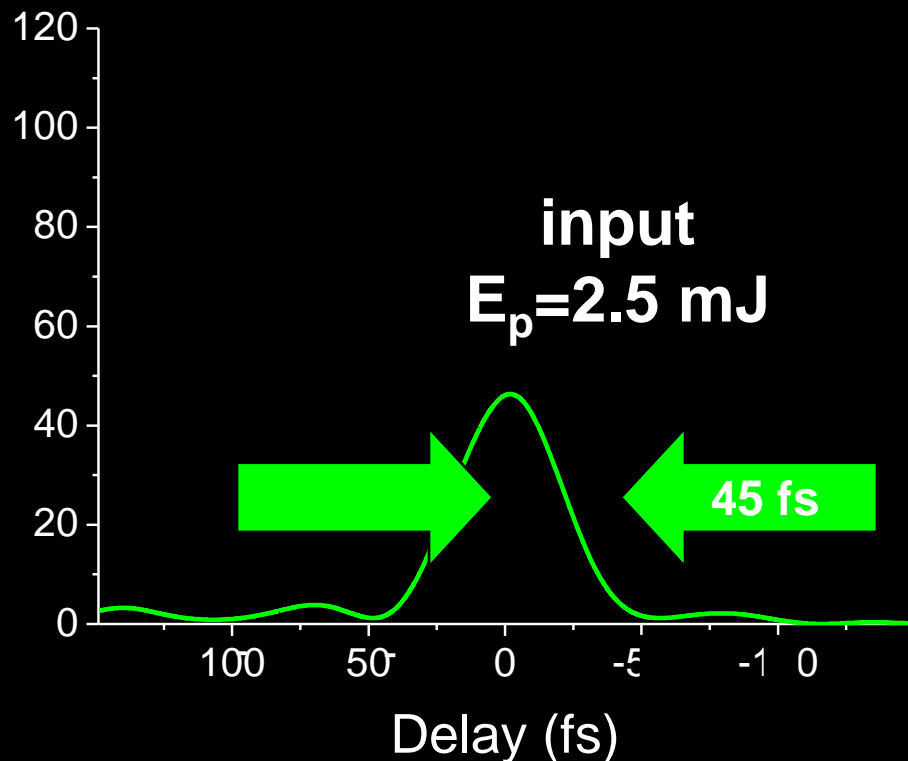


Max-Born-Institute

Stibenz & Steinmeyer, OL 31, 274 (2006)

Multi-file

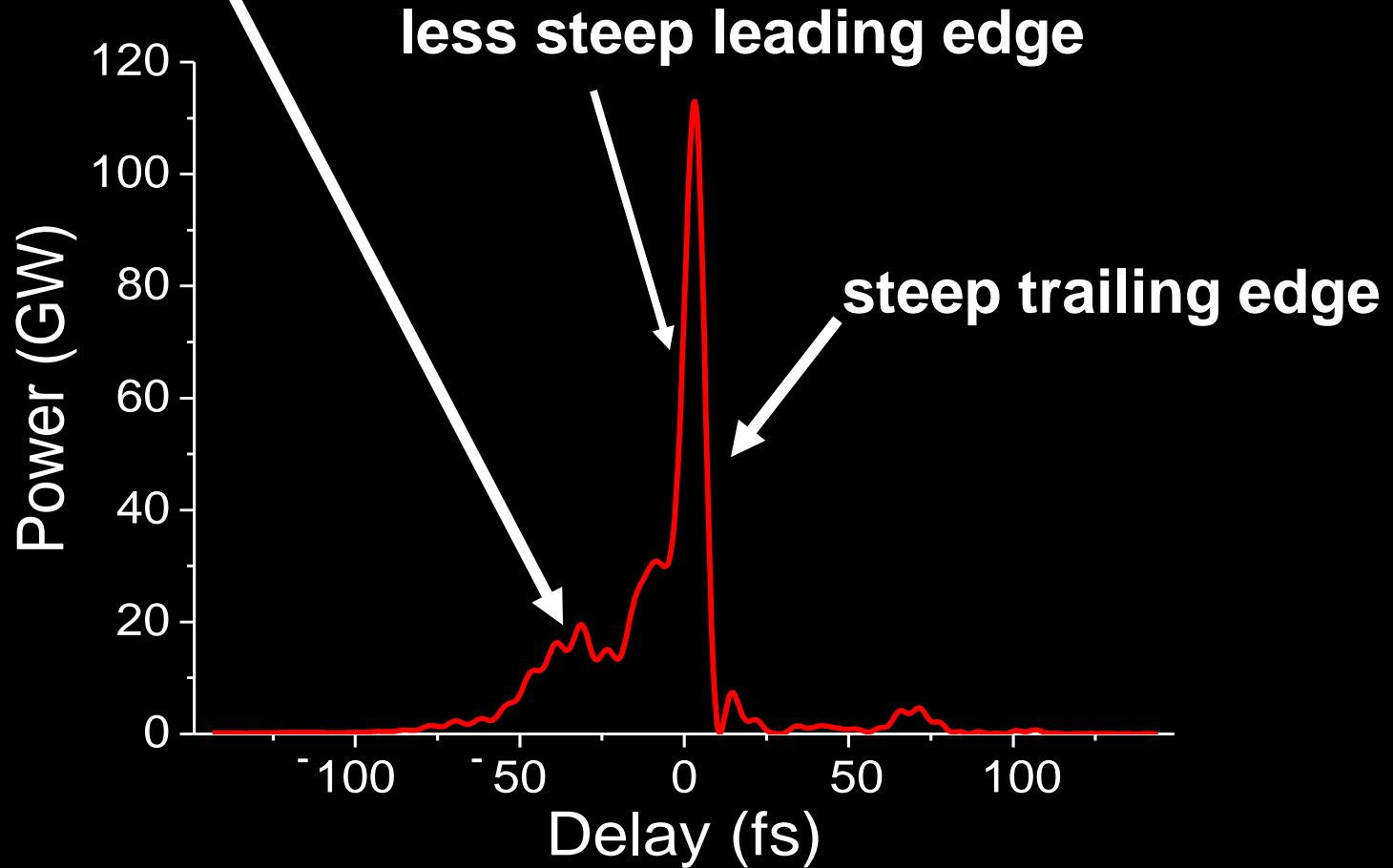
Self compression results



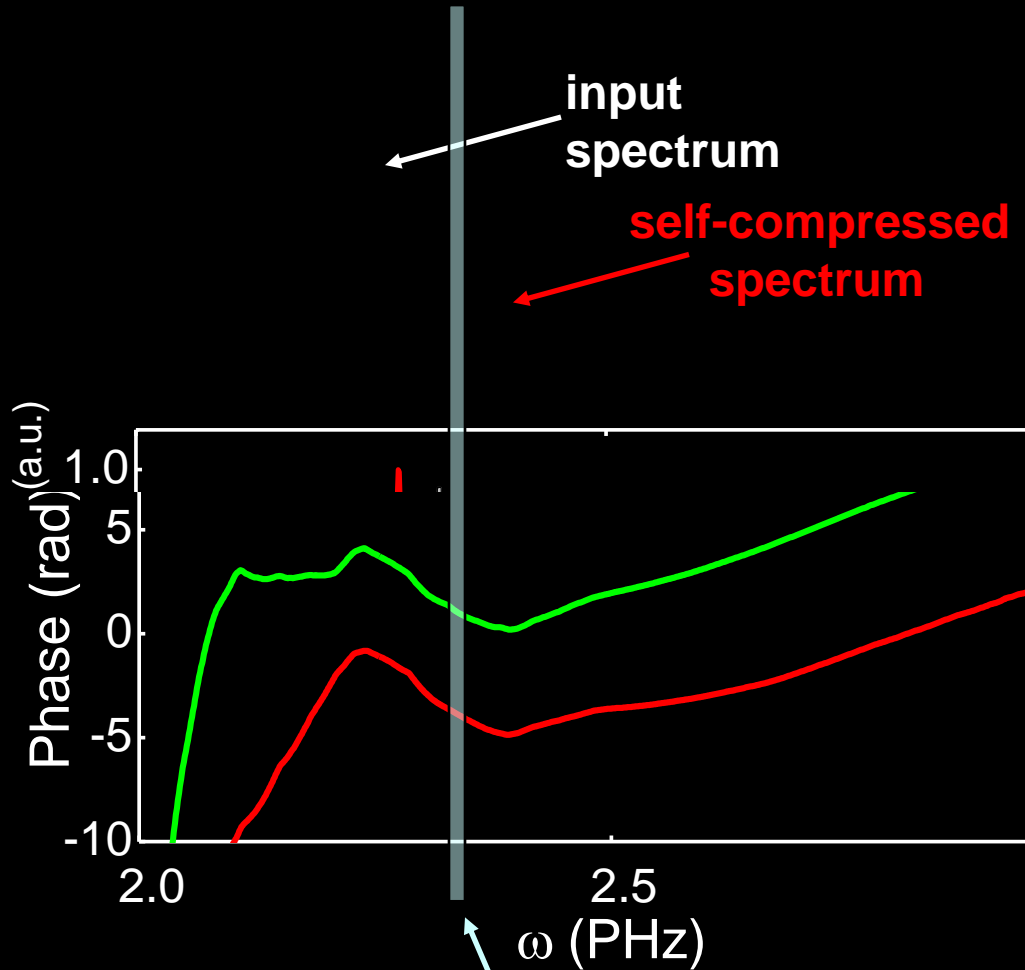
measured with SPIDER:
Stibenz & Steinmeyer,
Rev. Sci. Instrum. **77**, 073105 (2006).

Characteristic shape of 7.4 fs pulse

pedestal in the front

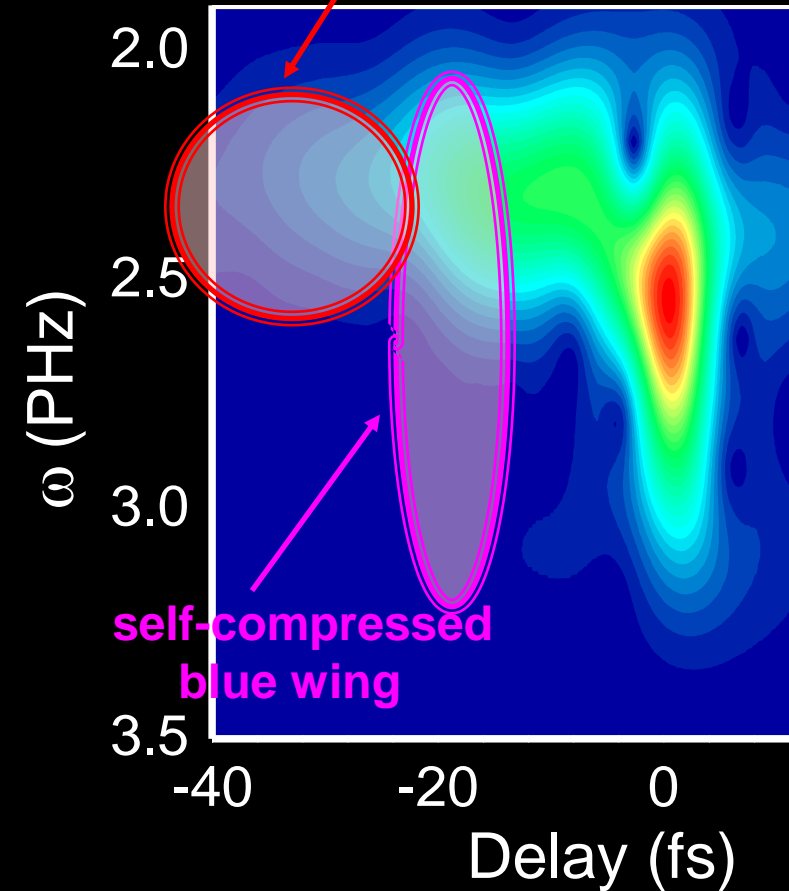


Experimental data on temporal structure



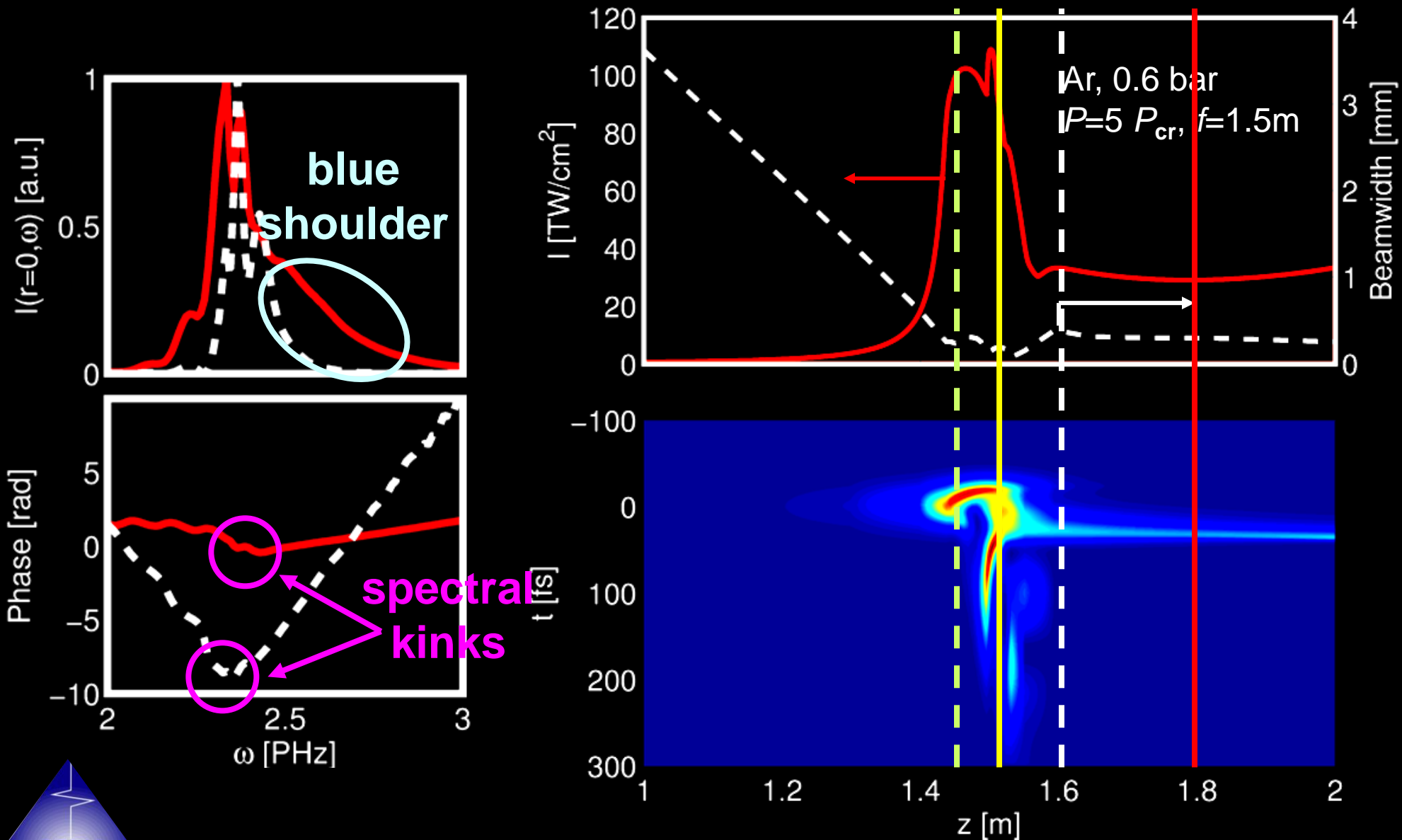
incompressible red pedestal

simulated XFROG trace



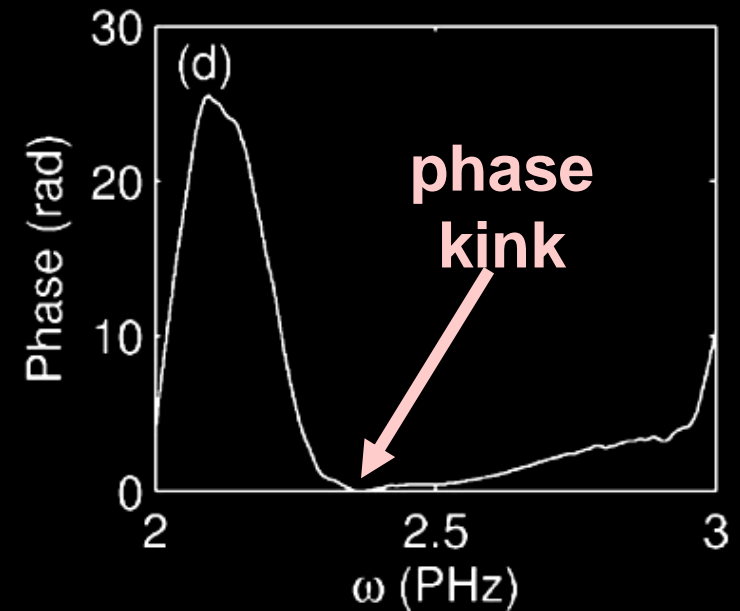
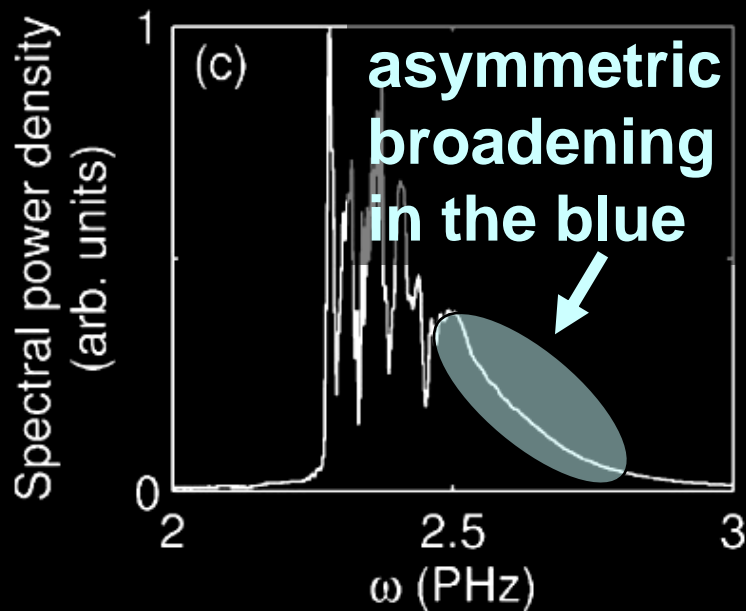
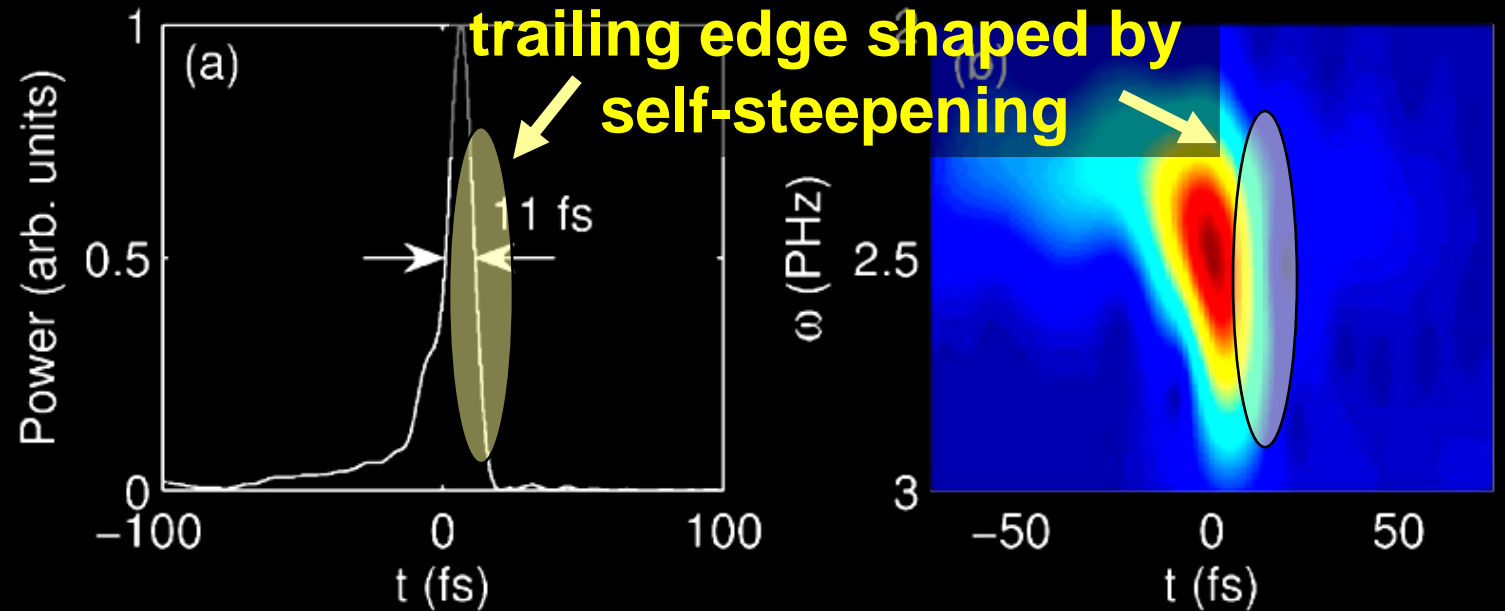
krypton

Numerical modeling



S. Skupin et al., Phys. Rev. E 74, 056604 (2006).

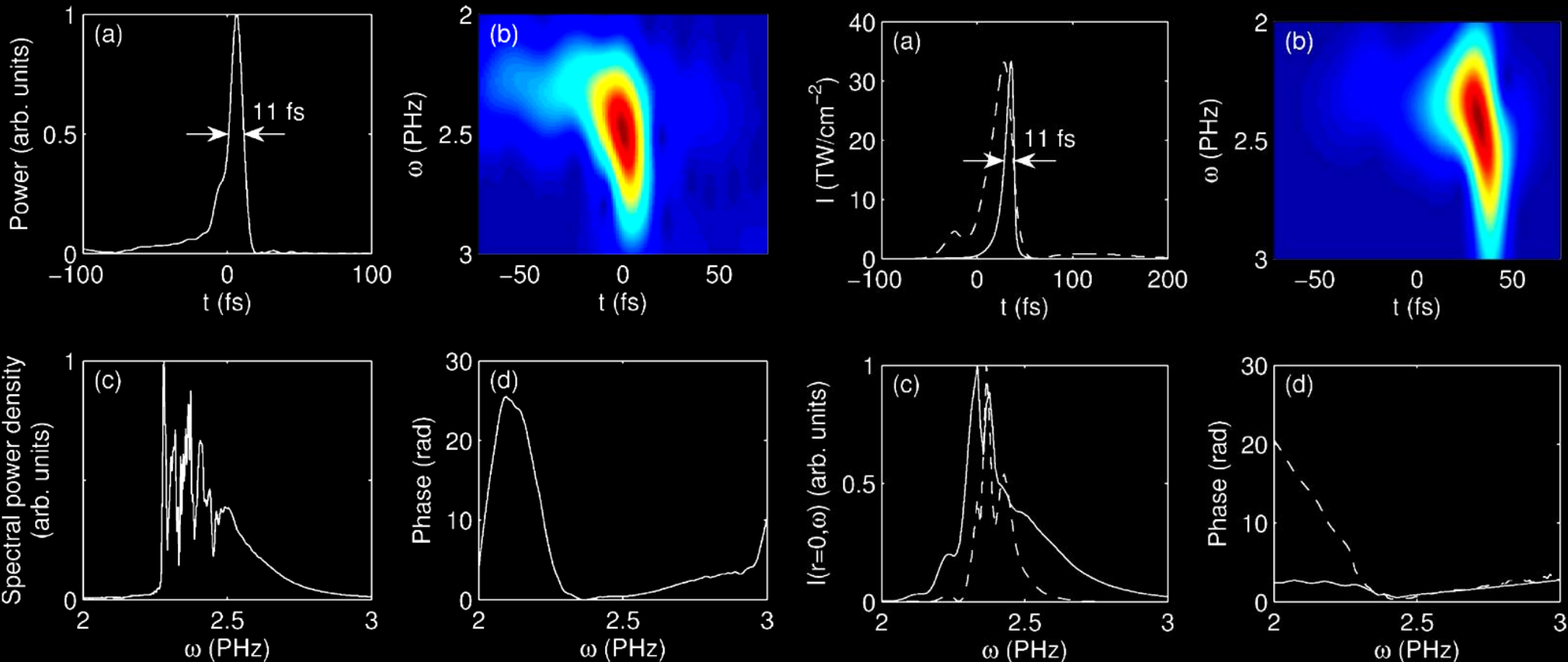
Experimental data on temporal structure



argon



Agreement b/t simulation & experiment



Experiment

Theory

Parameters: argon

$p=500$ mbar (600 mbar theo.)

$z=2\text{m}$

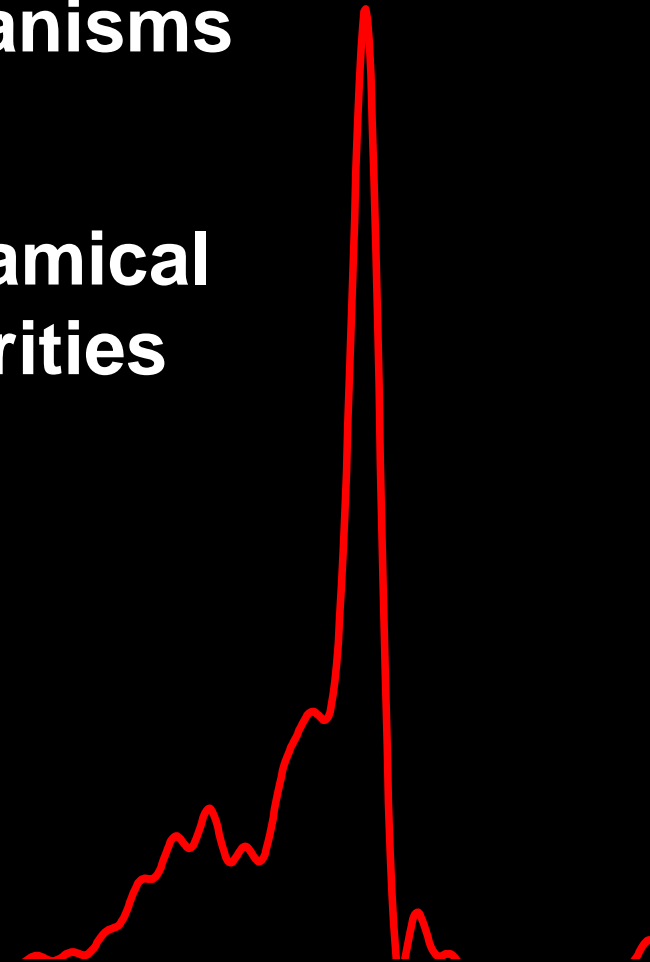
$E=4$ mJ, 45 fs input, $4 P_{\text{crit}}$

S. Skupin et al., Phys. Rev. E 74, 056604 (2006).

What is behind self-compression?

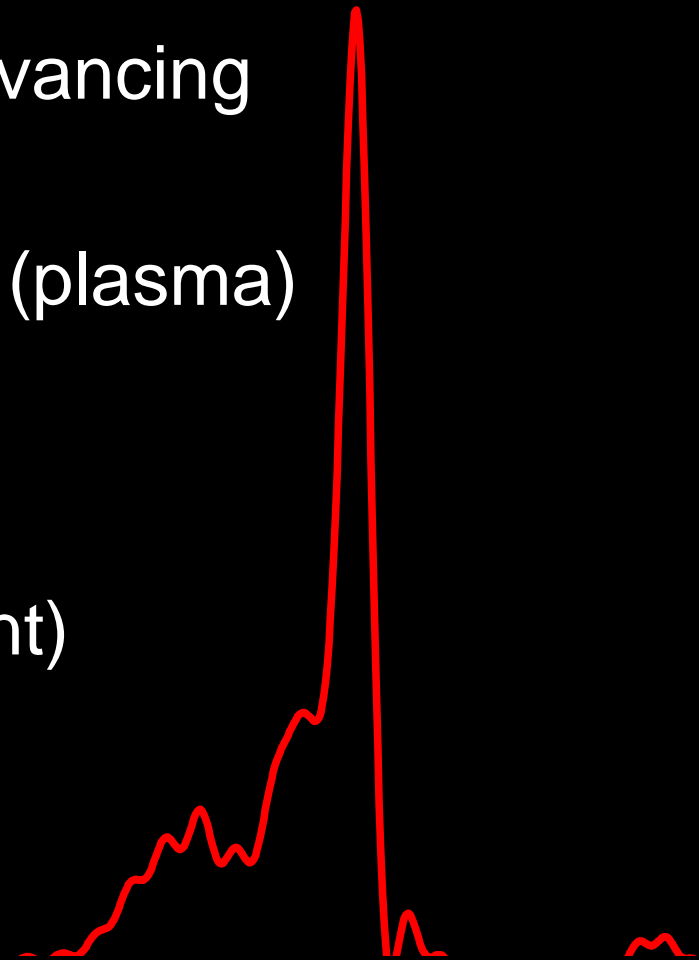
- Numerics indicate a very complex interplay of many linear and nonlinear mechanisms
- Are they all equally important?
- Can we try to reduce to, e.g., a dynamical balance of two competing nonlinearities
- Asymptotic pulse shape:
Is there something like a

soliton
behind?

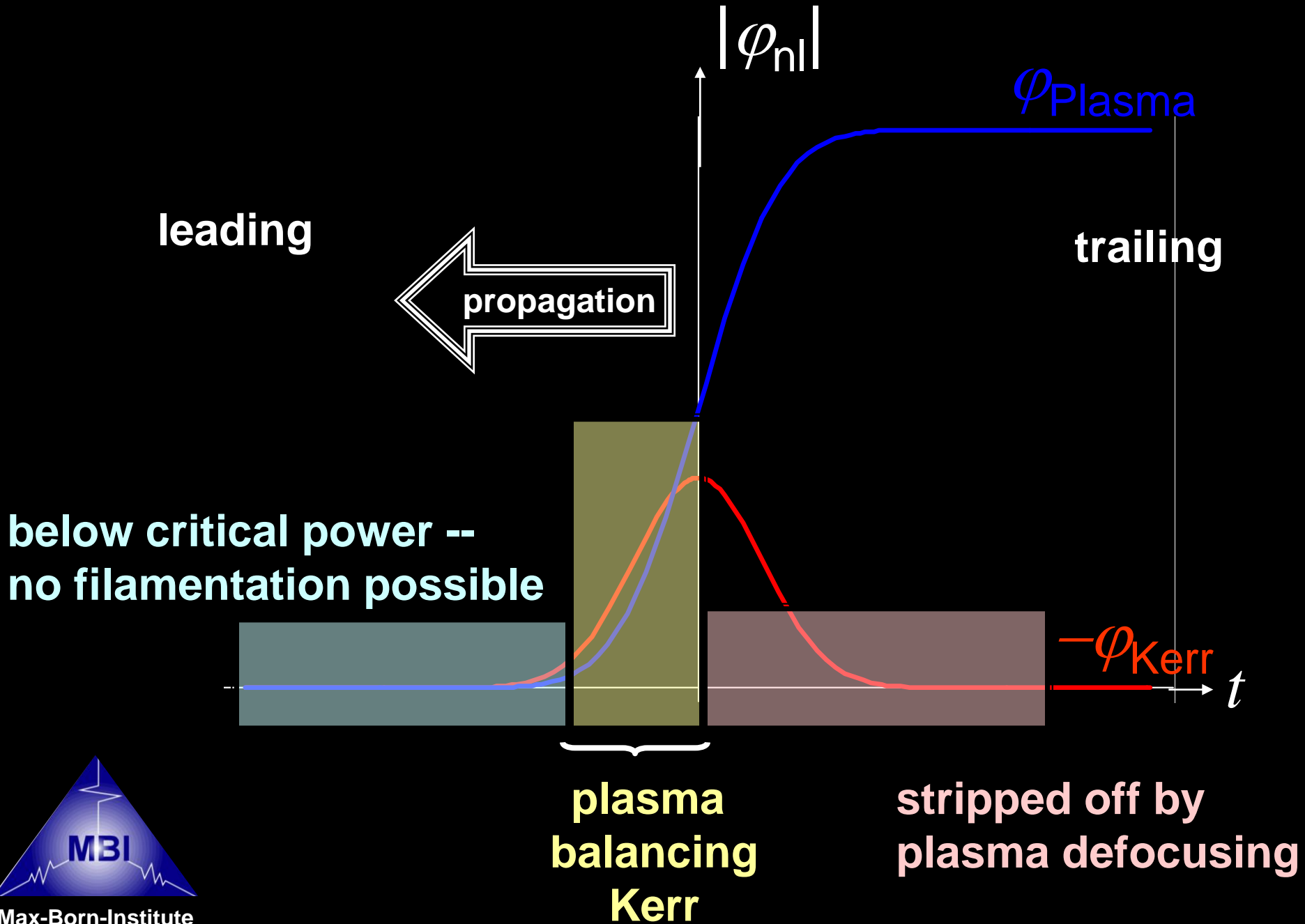


Pulse shaping effects inside filament ?

- **Kerr nonlinearity**
 - bound electrons, instantaneous, retarding
- **Plasma nonlinearity**
 - free electrons, persistent, advancing
- **Self-steepening**
 - blue-shift in the trailing edge (plasma)
- **Spatio-temporal effects:**
 - plasma defocusing in the tail
- Dispersion (probably less important)



Instantaneous vs. Persistent Nonlinearity



ADK / PPT solitons ?

Self-consistent pulse shape arising from balance of Kerr effect and plasma induced n_2 ?

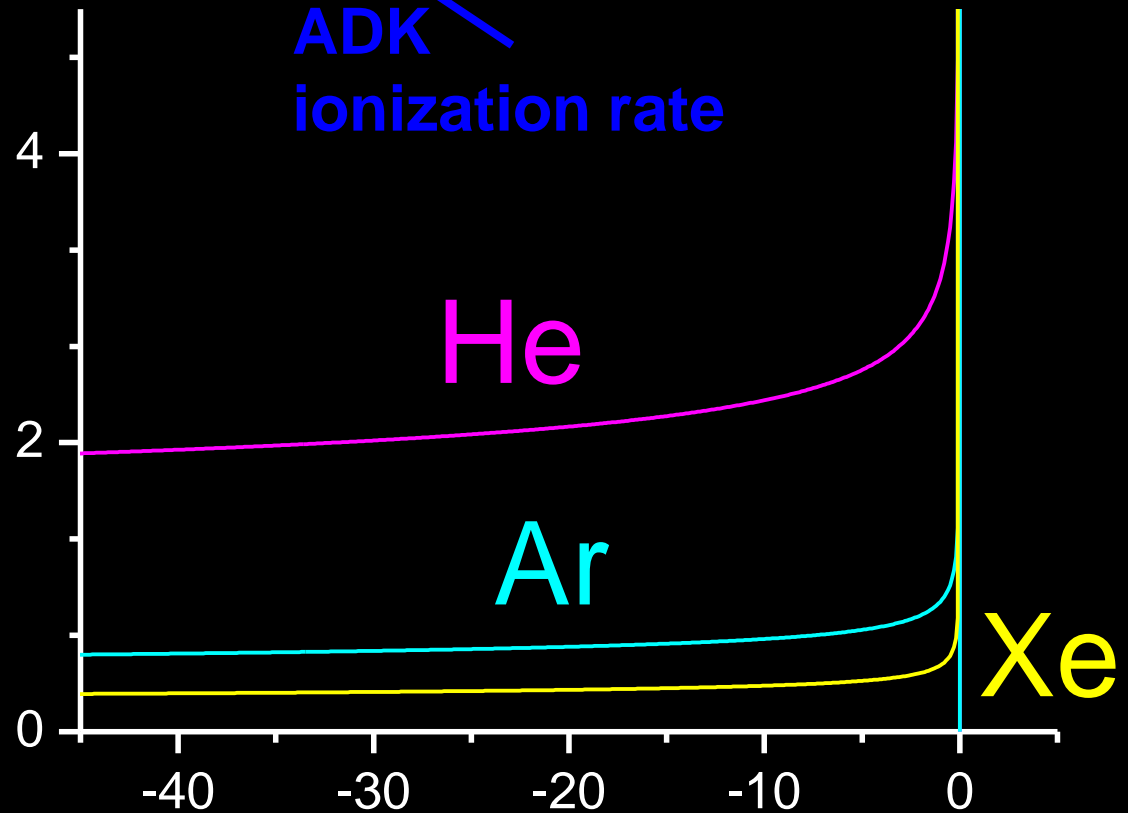
$$\frac{N q_e^2}{2 m_e \epsilon_0 \omega^2} \int_{-\infty}^t w(I) dt = n_2 l(t)$$

number density

Drude factor

ADK ionization rate

Intensity (10^{14} W/cm²)



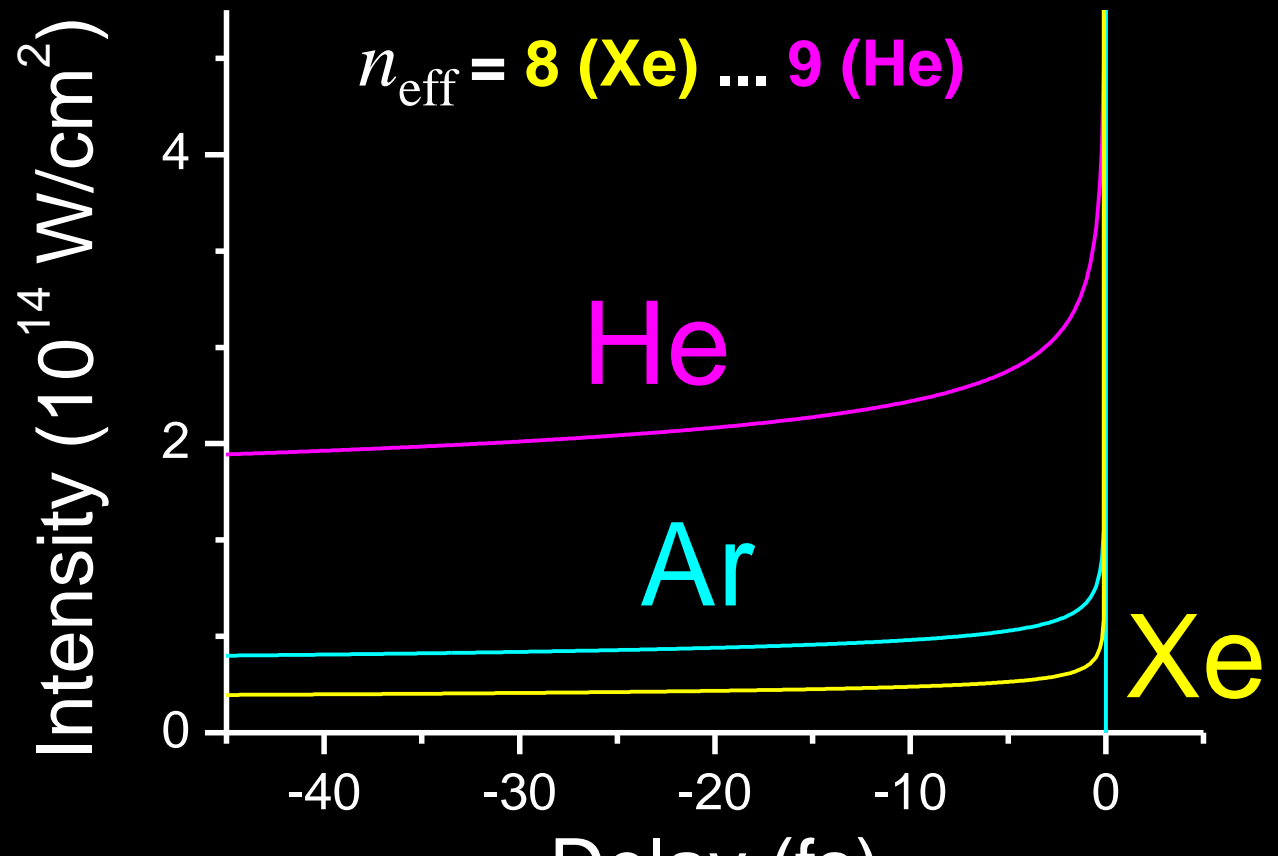
W I A S



ADK solitons

$$\frac{N q_e^2}{2 m_e \epsilon_0 \omega^2} \int_{-\infty}^t w(I) dt = n_2 I(t)$$

Approximate solutions: $I(t) \propto (-t)^{-\frac{1}{n_{\text{eff}}-1}}$



W I A S



Inclusion of Diffraction

$$\frac{Nq_e^2}{2m_e \epsilon_0 \omega^2} \int_{-\infty}^t w(I) dt' + \frac{n_2 P_{\text{cr}}}{\pi w_0^2} = n_2 I$$

Self-guiding model, cf. A. Couairon & A. Mysyrowicz, Phys. Rep. **441**, 47 (2007).

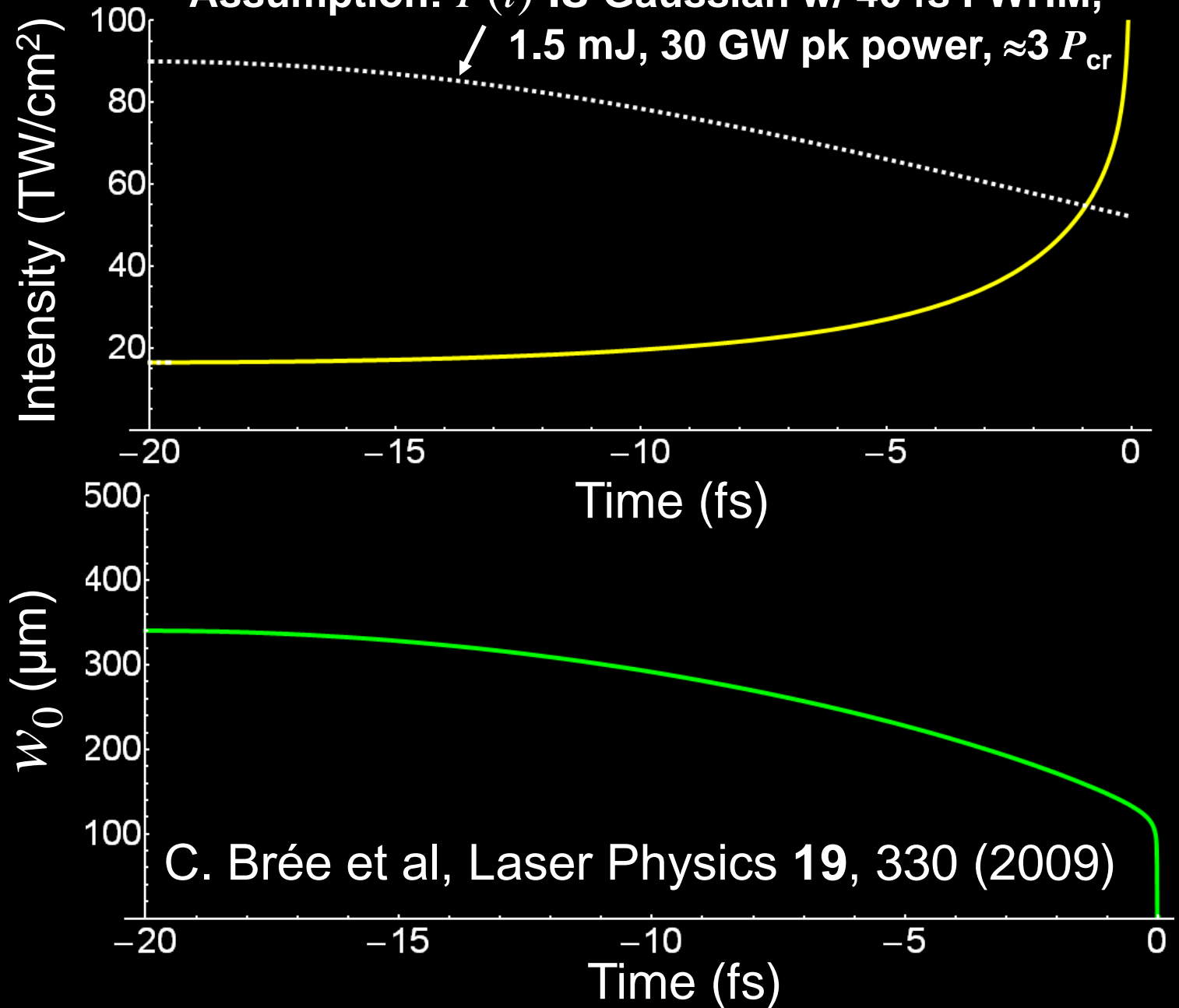
BUT: $w_0(t)$ is now considered as time-dependent

This enforces a boundary condition via $\frac{P(t)}{\pi w_0^2(t)} = I(t)$



Solutions of the full equations

Assumption: $P(t)$ is Gaussian w/ 40 fs FWHM,
1.5 mJ, 30 GW pk power, $\approx 3 P_{cr}$

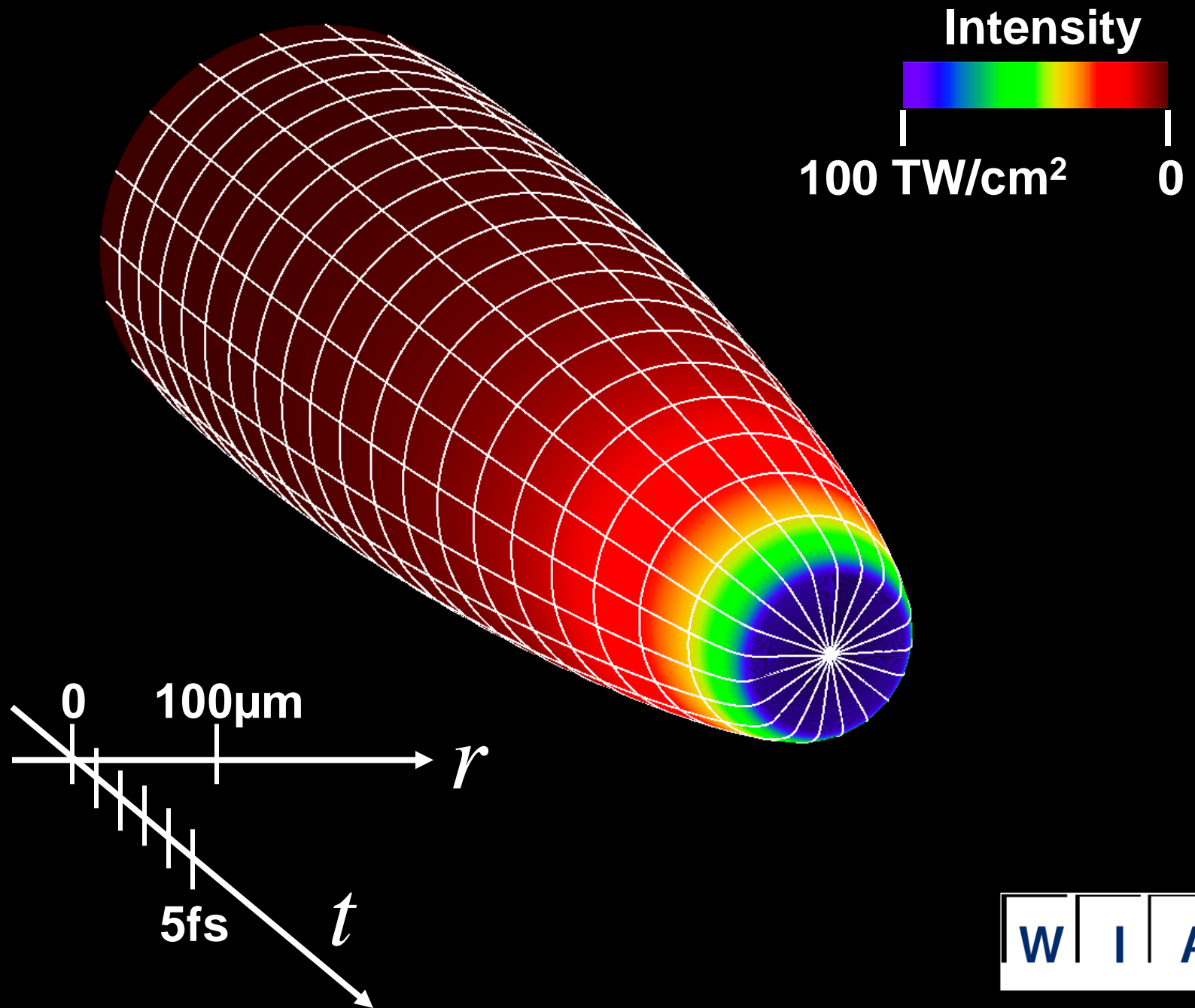


C. Brée et al, Laser Physics **19**, 330 (2009)

W I A S



Space-time structure of the light bullet



„Stability“ analysis of ADK solitons

- plasma generation follows ADK and is retarding

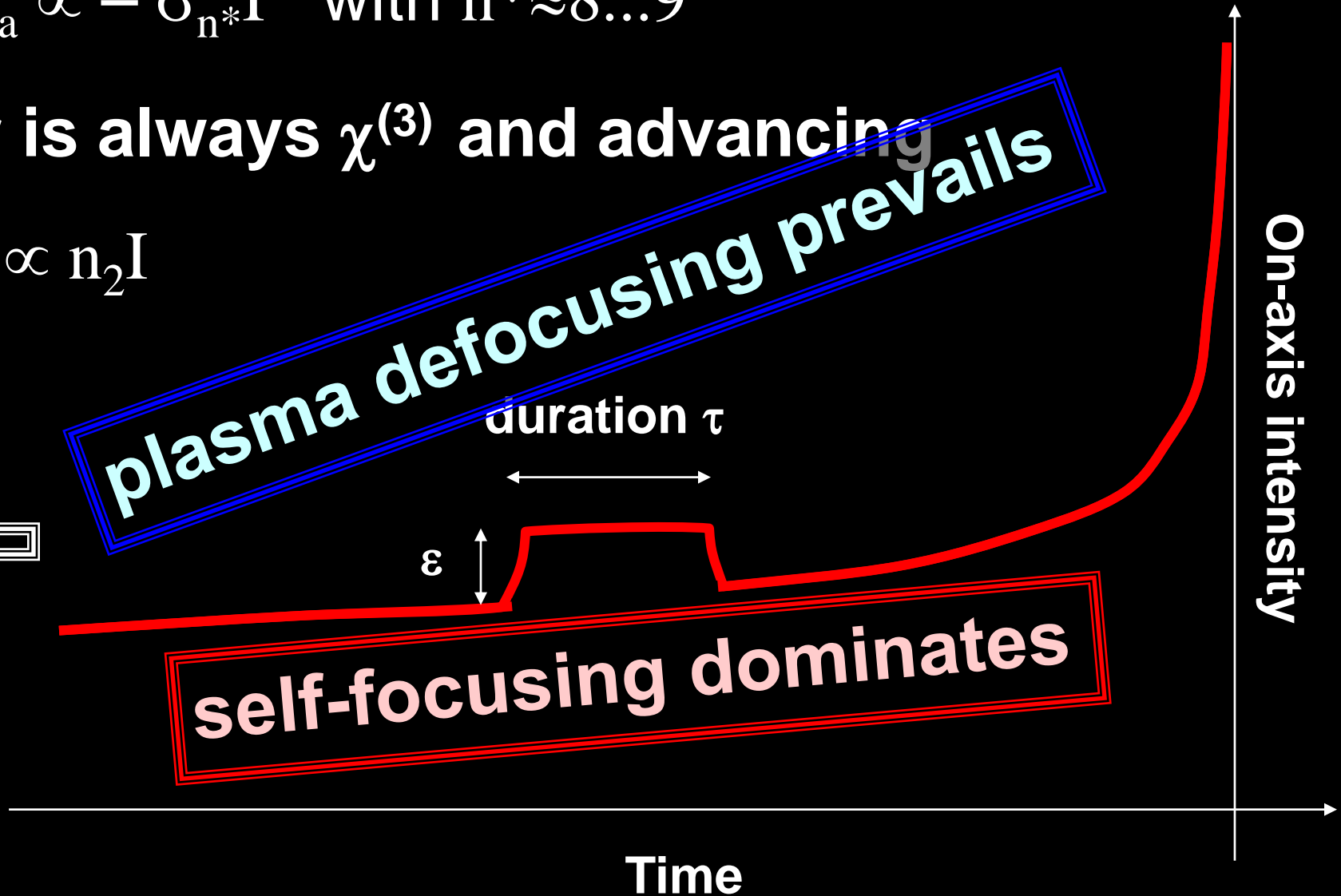
$$\Delta\varphi_{\text{plasma}} \propto -\sigma_{n^*} I^{n^*} \text{ with } n^* \approx 8 \dots 9$$

- Kerr is always $\chi^{(3)}$ and advancing

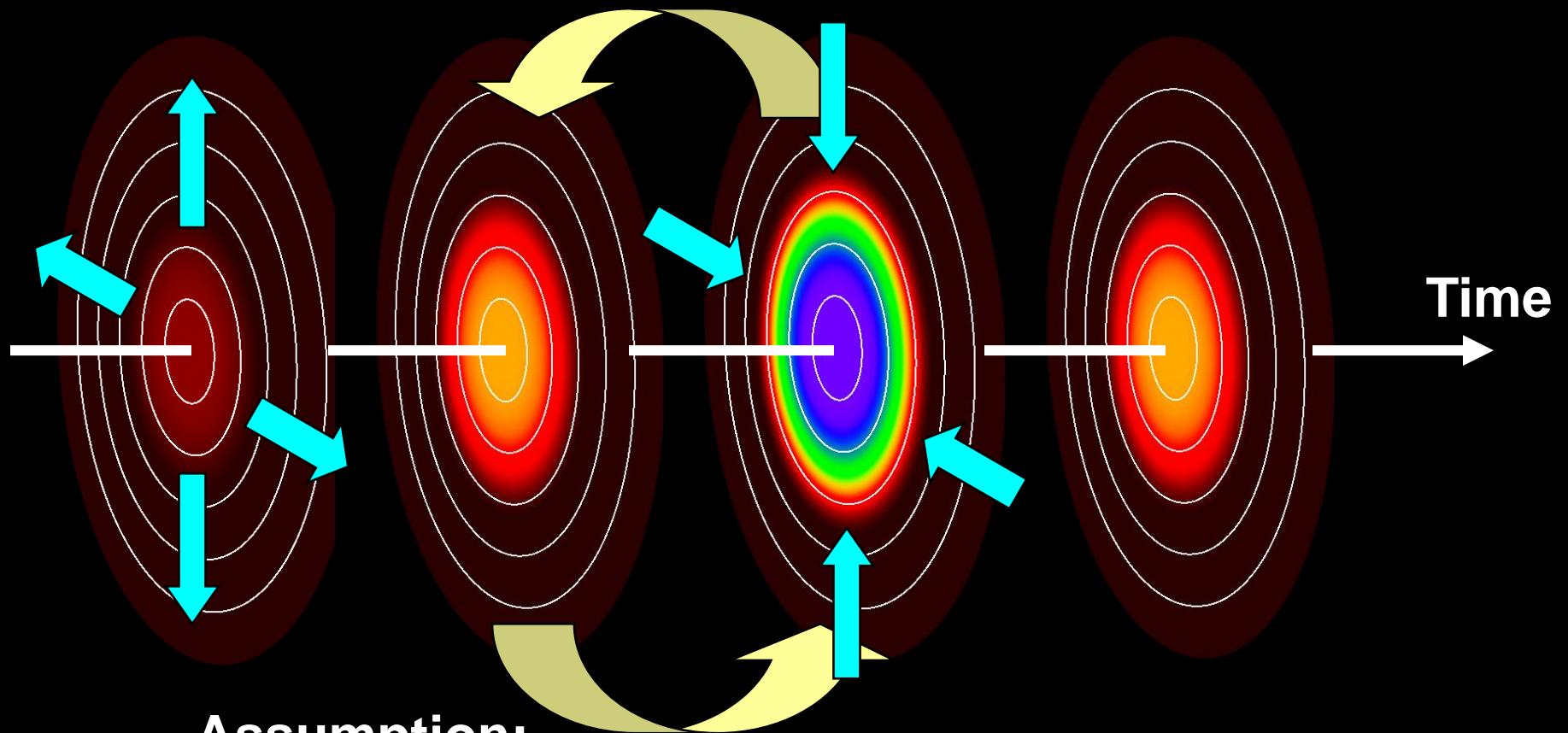
$$\Delta\varphi_{\text{Kerr}} \propto n_2 I$$

plasma defocusing prevails

self-focusing dominates



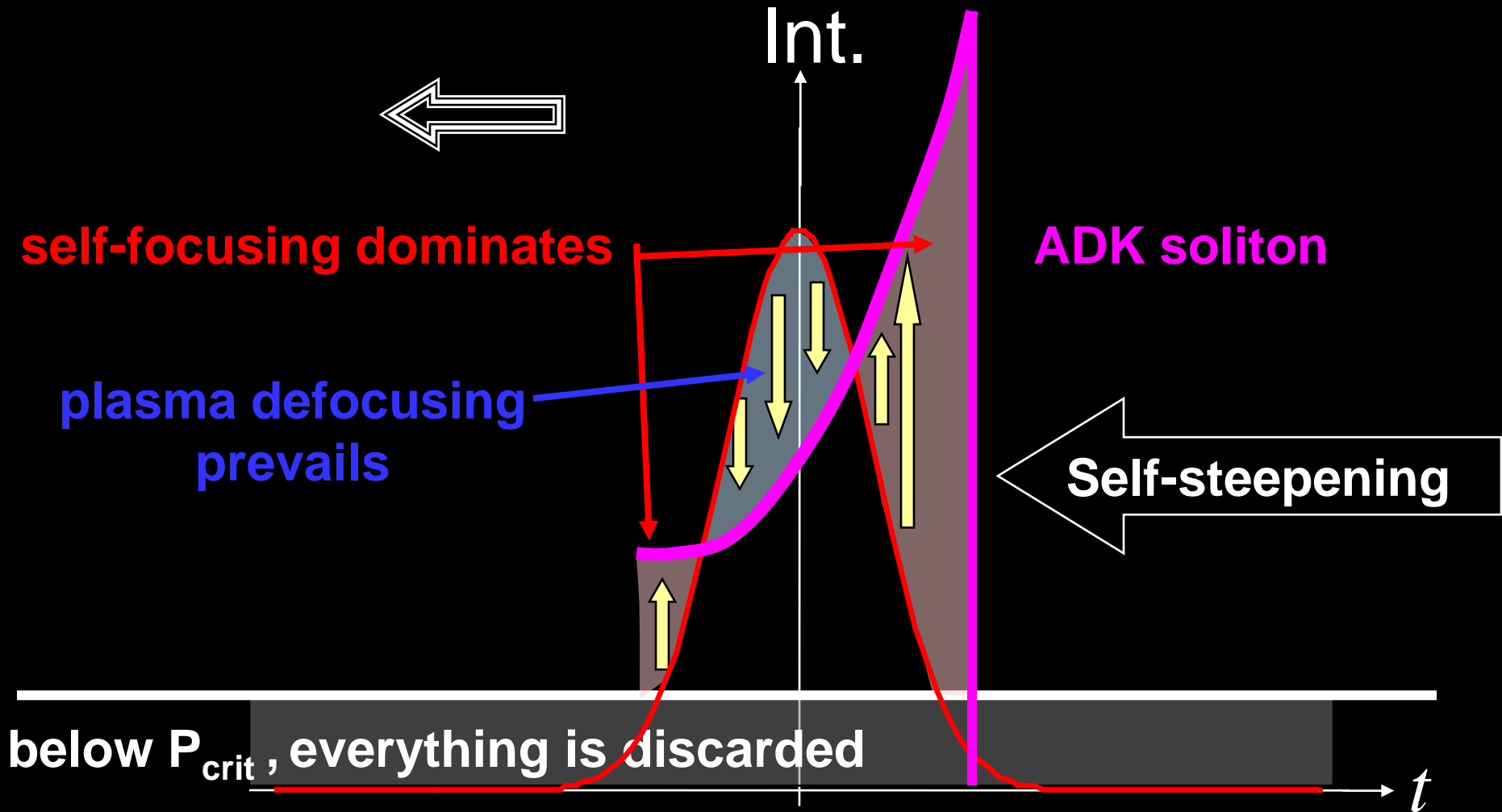
Self-channeling model



Assumption:
negligible energy flow between temporal slices

consider only radial energy flow

A simple model of self-compression



Light bullet structure in numerical simulations

Several simplifying assumptions...

1. Gaussian pulse profile assumed
2. Only leading edge considered
3. Does self-channeling occur in the presence of Kerr, plasma, and diffraction only?
4. What happens when we include space-time focusing, self-steepening and the rest of the zoo?



Reduced model of filamentary propagation

Reduced model equation (paraxial wave equation with nonlinear refractive index):

$$\partial_z \mathcal{E} = \frac{i}{2k_0} \Delta \mathcal{E} + i \frac{\omega_0}{c} n_2 |\mathcal{E}|^2 \mathcal{E} - i \frac{1}{2n_0 \rho_c} \frac{\omega_0}{c} \rho(I) \mathcal{E}$$
$$\rho(I) = \rho_{\text{nt}} \left(1 - \exp \left(- \int_{-\infty}^t dt' W[I(t')] \right) \right)$$

$$P(z, t) = \int |\mathcal{E}(z, r, t)|^2 d\sigma_{\perp}$$

$$\partial_z P(z, t) \equiv 0$$

Surface element in the diffraction plane for the radially symmetric case:

$$d\sigma_{\perp} = 2\pi r dr$$

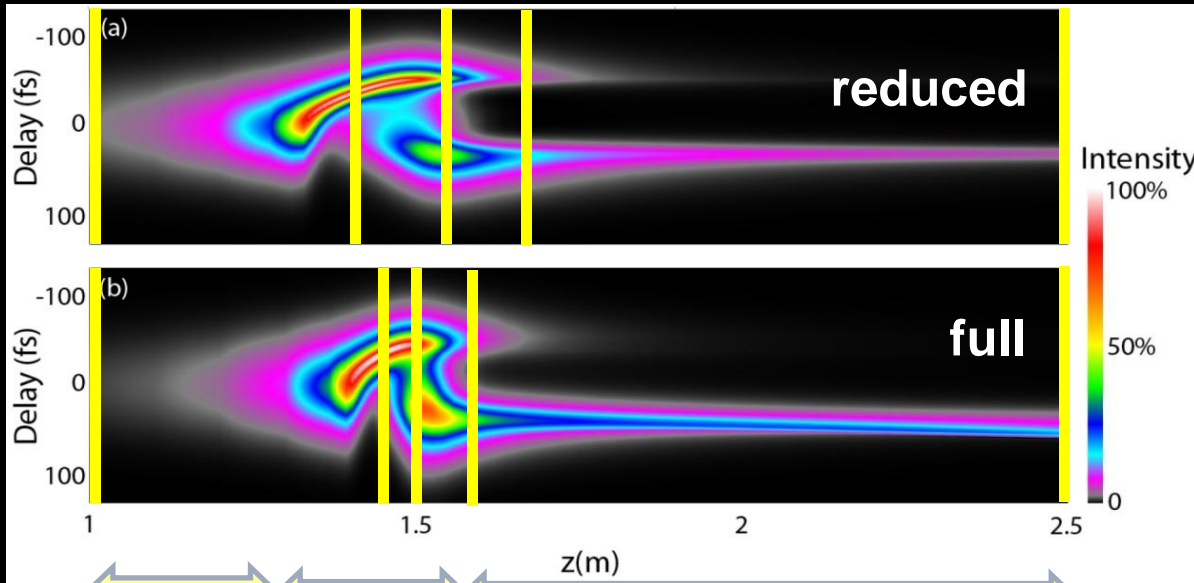
Optical power conserved along propagation path, no flow of energy between temporal slices

Quasi-hydrodynamic spatio-temporal shaping in filamentary propagation of fs pulses

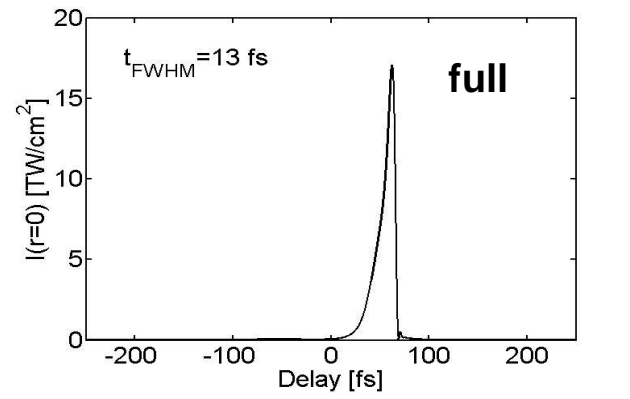
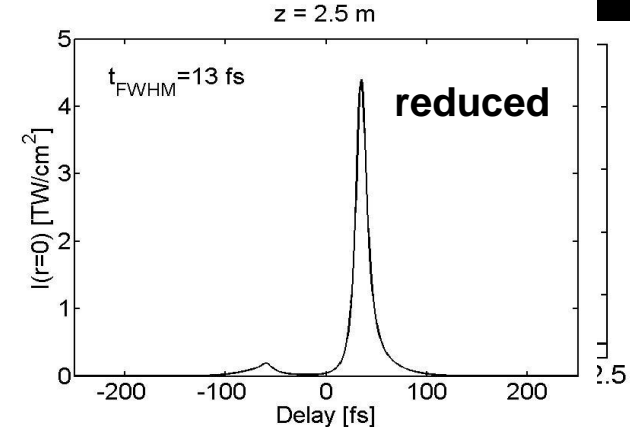


Three-stage compression scheme

(a) Evolution of *on-axis* temporal intensity profile along z



linear Kerr & plasma: $\rho_{\max} = 10^{16} \text{ cm}^{-3}$ weakly ionized, Kerr only: $\rho_{\max} < 10^{13} \text{ cm}^{-3}$



Three stages of filament self-compression:

- I. Temporal break-up
- II. Leading sub-pulse diffracts out
- III. Additional compression in the weakly ionized channel

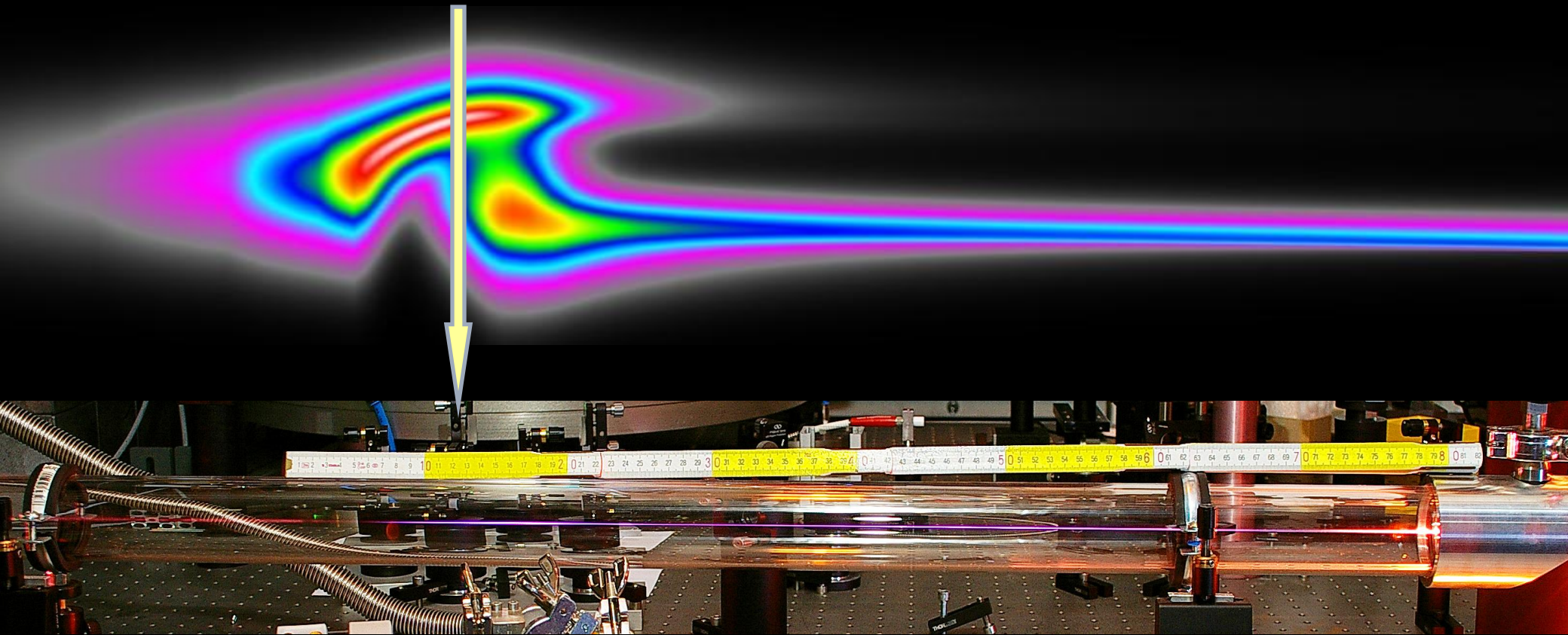


Dynamics dominated by spatial effects



Comparison with experiments

Focal point



Linear regime

strongly ionized

weakly ionized

MBI

G. Stibenz et al., *Opt. Lett.*, **31**, 274 (2006)

Measured with SPIDER: Stibenz & Steinmeyer, *Rev. Sci. Instrum.* **77**,

Space-time structure

