

Problem 1: (have a look at Shifman - Advanced Topics in QFT)

$$\bullet S = \int d^2x \left[\frac{1}{2} (\partial_\mu \Phi)^2 - \frac{\lambda}{4} (\Phi^2 - v^2)^2 \right]$$

decomposition: $\Phi(t, z) = \Phi_k(z) + \chi(t, z)$

\uparrow kink in background \uparrow fluctuations

(1)

$$\bullet S[\Phi] = \int d^2x \left[\frac{1}{2} (\partial_\mu \Phi_k + \partial_\mu \chi)^2 - V(\Phi_k + \chi) \right]$$

$$= \int d^2x \left[\frac{1}{2} (\partial_\mu \Phi_k)^2 + (\partial_\mu \Phi_k) (\partial^\mu \chi) + \frac{1}{2} (\partial_\mu \chi)^2 - V(\Phi_k) - V'(\Phi_k) \chi - \frac{1}{2} V''(\Phi_k) \chi^2 + \dots \right]$$

integration by parts

$$= S[\Phi_k] + \int d^2x \left[\underbrace{-(\partial_\mu \partial^\mu \Phi) \chi - V'(\Phi_k) \chi}_{=0 \text{ by e.o.m.}} + \frac{1}{2} \dot{\chi}^2 + \frac{1}{2} \chi \partial_z^2 \chi - \frac{1}{2} V''(\Phi_k) \chi^2 + \dots \right]$$

$$= S[\Phi_k] + \int d^2x \left[\frac{1}{2} \dot{\chi}^2 - \frac{1}{2} \chi L_2 \chi \right]$$

where $L_2 = -\partial_z^2 + V''(\Phi_k)$

$$= -\partial_z^2 + m^2 \left[1 - \frac{3}{2} \left(\cosh \frac{mz}{2} \right)^{-2} \right]$$

(2)

$$\bullet L_2 \chi_n(z) = \omega_n^2 \chi_n(z)$$

$$\int dz \chi_n(z) \chi_m(z) = \delta_{mn}$$

$$\chi(t, z) = \sum_n a_n(t) \chi_n(z)$$

$$\bullet H = \int dz \left[\frac{1}{2} \dot{\chi}^2 + \frac{1}{2} \chi L_2 \chi \right]$$

$$\begin{aligned}
&= \int dz \left[\frac{1}{2} \left(\sum_n \dot{a}_n(t) \chi_n(z) \right)^2 + \frac{1}{2} \left(\sum_n a_n(t) \chi_n(z) \right) \left(\sum_m a_m(t) L_2 \chi_m(z) \right) \right] \\
&= \sum_{m,n} \left[\frac{1}{2} \dot{a}_n \dot{a}_m \int dz \chi_n(z) \chi_m(z) + \frac{1}{2} a_n a_m \int dz \chi_n(z) \omega_n^2 \chi_m(z) \right] \\
&= \sum_n \left(\frac{1}{2} \dot{a}_n^2 + \frac{1}{2} a_n^2 \omega_n^2 \right)
\end{aligned}$$

- This is the Hamiltonian for multiple decoupled harmonic oscillators.

(3)

- zero mode: mode that does not change the energy

$\Phi_k(z-z_0)$ and $\Phi_k(z-z_0 - \delta z_0)$ have

same energy \rightarrow fluctuations proportional

to $\frac{\partial}{\partial z_0} \Phi_k(z-z_0)$ carry no energy

- $\chi_0(z) = N \left. \frac{\partial \Phi_k(z-z_0)}{\partial z_0} \right|_{z_0=0} = N \cdot \frac{m}{\sqrt{2}\lambda} \frac{1}{\cosh^2\left(\frac{mz}{2}\right)} \quad \left(-\frac{m}{2}\right)$
 \uparrow free choice

$$= -N \frac{m^2}{2\sqrt{2}\lambda} \frac{1}{\cosh^2\left(\frac{mz}{2}\right)}$$

$$\begin{aligned}
\int dz \chi_0(z) \chi_0(z) &= N^2 \int dz \left(\left. \frac{\partial \Phi_k(z-z_0)}{\partial z_0} \right|_{z_0=0} \right)^2 \\
&= v^2 \int dz \left(\frac{\partial \Phi_k(z)}{\partial z} \right)^2 \quad \text{with Bogomolny eq.} \\
&= N^2 \int dz \left[\frac{1}{2} \left(\frac{\partial \Phi_k}{\partial z} \right)^2 + V(\Phi_k) \right] \\
&= N^2 M_k \stackrel{!}{=} 1 \\
&\quad \uparrow \text{kink mass}
\end{aligned}$$

$$\rightarrow N = \pm \frac{1}{\sqrt{M_k}}$$

$$\rightarrow N = \pm \frac{1}{\sqrt{M_1 c}}$$

→ the normalized zero mode solution is

$$\chi_0(z) = \frac{1}{\sqrt{M_1 c}} \frac{m^2}{2\sqrt{2}\lambda} \frac{1}{\cosh^2(\frac{mz}{2})} = \sqrt{\frac{3m}{8}} \frac{1}{\cosh^2(\frac{mz}{2})}$$

(4)

$$\bullet L_2 \chi_0$$

$$= \left[-\partial_z^2 + m^2 \left(1 - \frac{3}{2} \left(\cosh \frac{mz}{2} \right)^{-2} \right) \right] \sqrt{\frac{3m}{8}} \frac{1}{\cosh^2(\frac{mz}{2})}$$

$$= \sqrt{\frac{3m}{8}} \cdot m \cdot \partial_z \left(\frac{\sinh(\frac{mz}{2})}{\cosh^3(\frac{mz}{2})} \right) + m^2 \sqrt{\frac{3m}{8}} \left(\frac{1}{\cosh^2(\frac{mz}{2})} - \frac{3}{2} \frac{1}{\cosh^4(\frac{mz}{2})} \right)$$

$$= m \sqrt{\frac{3m}{8}} \left(\frac{m}{2} \frac{1}{\cosh^2(\frac{mz}{2})} - 3 \frac{m}{2} \frac{\sinh^2(\frac{mz}{2})}{\cosh^4(\frac{mz}{2})} \right) + m^2 \sqrt{\frac{3m}{8}} \left(\frac{1}{\cosh^2(\frac{mz}{2})} - \frac{3}{2} \frac{1}{\cosh^4(\frac{mz}{2})} \right)$$

$$= m^2 \sqrt{\frac{3m}{8}} \left[\frac{1/2}{\cosh^2(\frac{mz}{2})} - \frac{3/2}{\cosh^2(\frac{mz}{2})} + \frac{3/2}{\cosh^4(\frac{mz}{2})} + \frac{1}{\cosh^2(\frac{mz}{2})} - \frac{3/2}{\cosh^4(\frac{mz}{2})} \right]$$

$$= 0 \rightarrow \omega_0 = 0$$

• This confirms that the zero carries no energy

(5)

$$\bullet L_2 = -\partial_z^2 + V''$$

Idea: If it is possible to write $L_2 = P^+P$,

all eigenvalues are positive:

$$L_2 \chi_n = \omega_n^2 \chi_n$$

$$\chi_n P^+ P \chi_n = \chi_n \omega_n^2 \chi_n$$

$$\rightarrow \underbrace{|P \chi_n|^2}_{\geq 0} = \omega_n^2 \underbrace{\chi_n^2}_{\geq 0} \Rightarrow \omega_n \geq 0$$

• It remains to prove that $L_2 = P^+P$.

- It remains to prove that $L_2 = P^\dagger P$.

Ansatz: $P = \partial_z + f(\Phi_k)$

$$\begin{aligned} P\chi_0 &= \partial_z \chi_0 + f(\Phi_k) \chi_0 \\ &= \sqrt{\frac{3m}{8}} (-2) \frac{m}{2} \frac{\sinh\left(\frac{mz}{2}\right)}{\cosh^3\left(\frac{mz}{2}\right)} + f(\Phi_k) \sqrt{\frac{3m}{8}} \frac{1}{\cosh^2\left(\frac{mz}{2}\right)} \\ &= 0 \quad \text{for} \quad f(\Phi_k) = m \tanh\left(\frac{mz}{2}\right) \end{aligned}$$

This choice would already give $L_2 \chi_0 = 0$

If we calculate $P^\dagger P$, let's see if we get L_2 :

$$\begin{aligned} P^\dagger P &= \left(-\partial_z + m \tanh\left(\frac{mz}{2}\right)\right) \left(\partial_z + m \tanh\left(\frac{mz}{2}\right)\right) \\ &= -\partial_z^2 - \frac{m^2}{2} \frac{1}{\cosh^2\left(\frac{mz}{2}\right)} - m \tanh\left(\frac{mz}{2}\right) \partial_z + m \tanh\left(\frac{mz}{2}\right) \partial_z \\ &\quad + m^2 \left(1 - \frac{1}{\cosh^2\left(\frac{mz}{2}\right)}\right) \\ &= -\partial_z^2 + m^2 \left(1 - \frac{3}{2} \frac{1}{\cosh^2\left(\frac{mz}{2}\right)}\right) = L_2 \end{aligned}$$

┌ Why $\partial_z^\dagger = -\partial_z$?

$$\langle f | \partial_z g \rangle = \langle \partial_z^\dagger f | g \rangle$$

$$\int dz f(z) (\partial_z g(z)) = \int dz (-\partial_z f(z)) g(z)$$

↑
partial int.

(6)

$$\begin{aligned} S[\Phi_k] &= \int dt dz \left[\frac{1}{2} \dot{\Phi}_k^2 - \frac{1}{2} \Phi_k'^2 - V(\Phi_k) \right] \\ &= \int dt dz \left[\frac{1}{2} \Phi_k'^2 \dot{z}_0^2 - \frac{1}{2} \Phi_k'^2 - V(\Phi_k) \right] \end{aligned}$$

$$= \int dt \left[\frac{1}{2} M_k \dot{z}_0^2 - M_k \right]$$

$$\rightarrow H_0 = M_k + \frac{M_k}{2} \dot{z}_0^2$$

$$\rightarrow H = M_k + \frac{M_k}{2} \dot{z}_0^2 + \sum_{n \neq 0} \left[\frac{1}{2} \dot{a}_n^2 + \frac{\omega_n^2}{2} a_n^2 \right]$$

(7)

- We want to solve the equation

$$L_2 \Psi_2 = \left(-\partial_z^2 + m^2 \left(1 - \frac{3}{2} \frac{1}{\cosh^2\left(\frac{mz}{2}\right)} \right) \right) \Psi_2 = \omega^2 \Psi_2$$

We know that we can write

$$L_2 = P^\dagger P \quad \text{with} \quad P = \partial_z + m \cdot \tanh\left(\frac{mz}{2}\right)$$

$$P^\dagger = -\partial_z + m \cdot \tanh\left(\frac{mz}{2}\right)$$

- Let us define $L_1 = P P^\dagger$.

$$\text{Since } \underbrace{P L_2 \Psi_2}_{\lambda \Psi_2} = L_1 P \Psi_2 = \lambda P \Psi_2, \quad L_2 \text{ and } L_1$$

share the same eigenvalues except for the ground state, because $P \Psi_2 = 0$.

If Ψ_1 is an eigenstate of L_1 , we can obtain the corresponding eigenstate of L_2 (with the same eigenvalue) by $\Psi_2 = P^\dagger \Psi_1$, because

$$L_1 \Psi_1 = \lambda \Psi_1 \rightarrow P^\dagger \underbrace{L_1 \Psi_1}_{=\lambda \Psi_1} = L_2 P^\dagger \Psi_1 = \lambda P^\dagger \Psi_1$$

$$\rightarrow L_2 \Psi_2 = \lambda \Psi_2$$

- $L_1 = P P^\dagger$

- $L_1 = P P^\dagger$

$$= \left(\partial_z + m \cdot \tanh\left(\frac{mz}{2}\right) \right) \left(-\partial_z + m \cdot \tanh\left(\frac{mz}{2}\right) \right)$$

$$= -\partial_z^2 + m^2 \left(1 - \frac{1}{2} \frac{1}{\cosh^2\left(\frac{mz}{2}\right)} \right)$$

A solution to $L_1 \Psi_1 = \omega^2 \Psi_1$ is $\Psi_1 \sim \frac{1}{\cosh\left(\frac{mz}{2}\right)}$

with $\omega^2 = \frac{3m^2}{4}$

$\rightarrow \Psi_2 = P^\dagger \Psi_1 \sim \frac{\sinh\left(\frac{mz}{2}\right)}{\cosh^2\left(\frac{mz}{2}\right)}$ with the same eigenvalue ω^2

- We found the second mode. Let us continue with the same procedure.

$$L_1 \Psi_1 = \omega^2 \Psi_1$$

$\rightarrow \tilde{L}_1 \Psi_1 = 0$ with $\tilde{L}_1 = L_1 - \omega^2$

Let us try to get the decomposition

$$\tilde{L}_1 = \tilde{P}^\dagger \tilde{P}$$

$$\tilde{P} = \partial_z + f(z)$$

$$\tilde{P} \Psi_1 = \left(\partial_z + f(z) \right) \frac{1}{\cosh\left(\frac{mz}{2}\right)}$$

$$= -\frac{m}{2} \frac{\sinh\left(\frac{mz}{2}\right)}{\cosh^2\left(\frac{mz}{2}\right)} + f(z) \frac{1}{\cosh\left(\frac{mz}{2}\right)} = 0$$

$\rightarrow \tilde{P} = \partial_z + \frac{m}{2} \tanh\left(\frac{mz}{2}\right)$

$$\tilde{P}^\dagger \tilde{P} = \left(-\partial_z + \frac{m}{2} \tanh\left(\frac{mz}{2}\right) \right) \left(\partial_z + \frac{m}{2} \tanh\left(\frac{mz}{2}\right) \right)$$

$$\begin{aligned}
&= -\partial_z^2 - \frac{m^2}{4} \frac{1}{\cosh^2\left(\frac{mz}{2}\right)} + \frac{m^2}{4} \left(1 - \frac{1}{\cosh^2\left(\frac{mz}{2}\right)}\right) \\
&= -\partial_z^2 - \frac{m^2}{2} \frac{1}{\cosh^2\left(\frac{mz}{2}\right)} + \frac{m^2}{4} = \tilde{L}_1
\end{aligned}$$

→ We found a working decomposition

- In the same way as before we calculate $L_0 := \tilde{P}\tilde{P}^\dagger$, because L_0 and \tilde{L}_1 share the same eigenvalues.

$$\begin{aligned}
L_0 = \tilde{P}\tilde{P}^\dagger &= \left(\partial_z + \frac{m}{2} \tanh\left(\frac{mz}{2}\right)\right) \left(-\partial_z + \frac{m}{2} \tanh\left(\frac{mz}{2}\right)\right) \\
&= -\partial_z^2 + \frac{m^2}{4} \frac{1}{\cosh^2\left(\frac{mz}{2}\right)} + \frac{m^2}{4} \frac{\sinh^2\left(\frac{mz}{2}\right)}{\cosh^2\left(\frac{mz}{2}\right)} \\
&= -\partial_z^2 + \frac{m^2}{4}
\end{aligned}$$

$$L_0 \psi_0 = \tilde{\omega}^2 \psi_0$$

solution: $\psi_0 \sim e^{ipz}$ with $\tilde{\omega}^2 = p^2 + \frac{m^2}{4}$

We obtained a continuous spectrum.

The eigenvalues of \tilde{L}_1 are $\tilde{\omega}^2 = p^2 + \frac{m^2}{4}$

and thus the corresponding eigenvalues of $L_1 = \tilde{L}_1 + \omega^2$

are $\omega_{\text{contin.}}^2 = \frac{m^2}{4} + \frac{3}{4}m^2 + p^2 = m^2 + p^2$

and also the eigenvalues of L_2 are

$$\omega_{\text{contin.}}^2 = m^2 + p^2$$

- Now we can calculate the corresponding eigenstates:

$$\psi_2 = P^\dagger \psi_1 = P^\dagger \tilde{P}^\dagger \psi_0$$

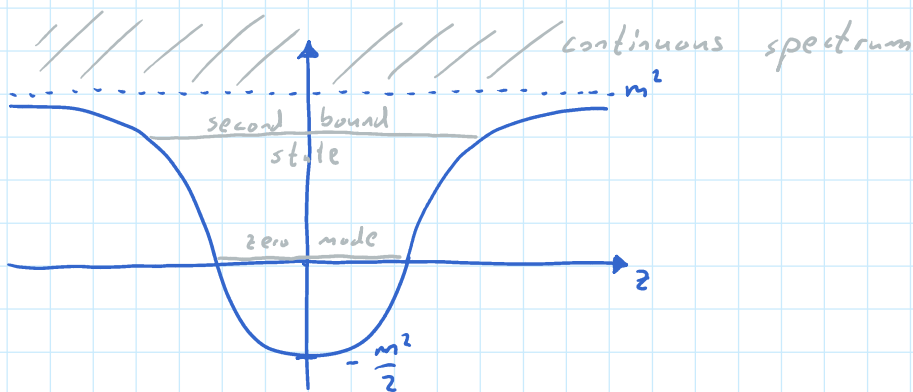
$$\sim \left(-\partial_z + m \tanh\left(\frac{mz}{2}\right)\right) \left(-\partial_z + \frac{m}{2} \tanh\left(\frac{mz}{2}\right)\right) e^{ipz}$$

$$\begin{aligned}
&\sim \left(-\partial_z + m \tanh\left(\frac{mz}{2}\right)\right) \left(-\partial_z + \frac{m}{2} \tanh\left(\frac{mz}{2}\right)\right) e^{ipz} \\
&= \left(-\partial_z + m \tanh\left(\frac{mz}{2}\right)\right) \left(-ip + \frac{m}{2} \tanh\left(\frac{mz}{2}\right)\right) e^{ipz} \\
&= \left[\left(-ip + \frac{m}{2} \tanh\left(\frac{mz}{2}\right)\right) (-ip) - \frac{m^2}{4} \frac{1}{\cosh^2\left(\frac{mz}{2}\right)} \right. \\
&\quad \left. - ipm \tanh\left(\frac{mz}{2}\right) + \frac{m^2}{2} \tanh^2\left(\frac{mz}{2}\right) \right] e^{ipz} \\
&= \left(-p^2 - \frac{3m}{2} ip \tanh\left(\frac{mz}{2}\right) + \frac{m^2}{2} - \frac{3m^2}{4} \frac{1}{\cosh^2\left(\frac{mz}{2}\right)} \right) e^{ipz}
\end{aligned}$$

• Sketch:

$$\left[-\partial_z^2 + m^2 \left(1 - \frac{3}{2} \left(\cosh \frac{mz}{2} \right)^{-2} \right) \right] \chi_n(z) = \omega_n^2 \chi_n(z)$$

Like potential in Schrödinger eq.



(8)

• At $z \rightarrow -\infty$ there is an incoming wave e^{ipz} .

Parts of it can transmit and parts of it

can reflect: \downarrow transmission coefficient

$$\lim_{z \rightarrow \infty} \varphi(z) = T(p) e^{ipz}$$

$$\lim_{z \rightarrow -\infty} \varphi(z) = e^{ipz} + R(p) e^{-ipz}$$

\uparrow reflection coefficient

$$\bullet \lim_{z \rightarrow \infty} \chi_p(z) = \left(-p^2 - \frac{3m}{2} ip + \frac{m^2}{2} \right) e^{ipz}$$

$$\lim_{z \rightarrow -\infty} \chi_p(z) = \left(-p^2 + \frac{3m}{2} ip + \frac{m^2}{2} \right) e^{ipz}$$

$$\rightarrow T(p) = \frac{-p^2 - \frac{3m}{2} ip + \frac{m^2}{2}}{-p^2 + \frac{3m}{2} ip + \frac{m^2}{2}}, \quad R(p) = 0 \quad (\text{reflectionless potential})$$

$$= \left(\frac{m+ip}{m-ip} \right) \left(\frac{m+2ip}{m-2ip} \right)$$

• phase shift:

$$\chi_p(z \rightarrow -\infty) = e^{ipz}$$

$$\chi_p(z \rightarrow +\infty) = T(p) e^{ipz} = e^{ipz + i\varphi}$$

$$\rightarrow e^{i\varphi} = T(p) = \left(\frac{m+ip}{m-ip} \right) \left(\frac{m+2ip}{m-2ip} \right)$$

(9)

• boundary conditions:

$$A \chi_p\left(\frac{L}{2}\right) + B \chi_p\left(-\frac{L}{2}\right) = 0$$

$$A \chi_p\left(-\frac{L}{2}\right) + B \chi_p\left(\frac{L}{2}\right) = 0$$

We have a non-trivial solution if

$$\chi_p\left(\frac{L}{2}\right) = \pm \chi_p\left(-\frac{L}{2}\right)$$

$$e^{\frac{ipL}{2} + i\varphi} = \pm e^{-\frac{ipL}{2}}$$

$$e^{ipL + i\varphi} = \pm 1$$

$$\rightarrow pL + \varphi = \pi n, \quad n = 0, 1, \dots$$

$$\rightarrow \omega_n = \sqrt{m^2 + p_n^2} \quad \text{with} \quad p_n = \frac{\pi n - \varphi}{L}$$

$$\rightarrow \omega_n = \sqrt{m^2 + p_n^2} \quad \text{with} \quad p_n = \frac{\pi n - \varphi}{L}$$

- The vacuum energy is given by all free waves without the kink in the background: $p_n^0 = \frac{\pi n}{L}$

$$E_{\text{vac}} = \frac{1}{2} \sum_{n=0}^{\infty} \sqrt{m^2 + (p_n^0)^2}$$

We need to subtract this energy from the quantum corrected mass of the kink:

$$M^{\text{quant}} = M + \frac{\omega_1}{2} + \frac{1}{2} \sum_{n=0}^{\infty} \sqrt{m^2 + p_n^2} - E_{\text{vac}}$$

- ω_1 can be calculated by $L \chi_1 = \omega_1^2 \chi_1$ and gives $\omega_1^2 = \frac{3m^2}{4}$.

With $p_n = p_n^0 - \frac{\varphi}{L}$:

$$M^{\text{quant}} = M + \frac{\sqrt{3}m}{4} + \frac{1}{2} \sum_{n=0}^{\infty} \left[\sqrt{m^2 + (p_n^0)^2 - \frac{2\varphi}{L} p_n^0 + \frac{\varphi^2}{L^2}} - \sqrt{m^2 + (p_n^0)^2} \right] \quad \text{for large } L$$

Taylor \downarrow

$$\approx M + \frac{\sqrt{3}m}{4} + \frac{1}{2} \sum_{n=0}^{\infty} \left[\sqrt{m^2 + (p_n^0)^2} - \frac{\frac{\varphi}{L} p_n^0}{\sqrt{m^2 + (p_n^0)^2}} - \sqrt{m^2 + (p_n^0)^2} \right]$$

$$= M + \frac{\sqrt{3}m}{4} - \frac{1}{2} \sum_{n=0}^{\infty} \frac{\frac{\varphi}{L} p_n^0}{\sqrt{m^2 + (p_n^0)^2}}$$

(10)

- continuous limit: $\sum_n = \sum_{\frac{p_n^0 L}{\pi}} \rightarrow \int_0^{\infty} \frac{dp L}{\pi}$

$$\int \frac{d}{\sqrt{-2+n^2}} = p$$

$$M^{\text{quant}} \rightarrow M + \frac{\sqrt{3}m}{4} - \frac{1}{2\pi} \int_0^\infty dp \frac{\varphi_p}{\sqrt{m^2+p^2}}$$

$\left[\frac{d}{dp} \sqrt{m^2+p^2} = \frac{p}{\sqrt{m^2+p^2}} \right]$

Partial int. \rightarrow

$$= M + \frac{\sqrt{3}m}{4} + \frac{1}{2\pi} \int_0^\infty dp \frac{d\varphi}{dp} \sqrt{m^2+p^2}$$

$$\varphi = -i \ln \left(\left(\frac{m+ip}{m-ip} \right) \left(\frac{m+2ip}{m-2ip} \right) \right)$$

$$\frac{d\varphi}{dp} = -i \left(\frac{m-ip}{m+ip} \right) \left(\frac{m-2ip}{m+2ip} \right) \left[\left(\frac{(m-ip)i - (m+ip)(-i)}{(m-ip)^2} \right) \left(\frac{m+2ip}{m-2ip} \right) \right. \\ \left. + \left(\frac{m+ip}{m-ip} \right) \left(\frac{(m-2ip)2i - (m+2ip)(-2i)}{(m-2ip)^2} \right) \right]$$

$$= -i \frac{2im}{m^2+p^2} - i \frac{4im}{m^2+4p^2}$$

$$= \frac{2}{m} \left(\frac{1}{1+y^2} + \frac{2}{1+4y^2} \right) \quad \text{where } y = \frac{p}{m}$$

$$\rightarrow M^{\text{quant}} \approx M + \frac{\sqrt{3}m}{4} + \frac{m}{\pi} \int_0^\infty dy \left(\frac{1}{1+y^2} + \frac{2}{1+4y^2} \right) \sqrt{1+y^2}$$

(11)

- Since the integral is logarithmically divergent we can approximate the integral (only large y contribute significantly)

$$\frac{m}{\pi} \int_0^\infty dy \left(\frac{1}{1+y^2} + \frac{2}{1+4y^2} \right) \sqrt{1+y^2}$$

$$\approx \frac{m}{\pi} \int_0^\infty dy \frac{3}{2y^2} \cdot y = \frac{3m}{2\pi} \int_0^\infty dy \frac{1}{y}$$

- Introduce cutoff $p = M_{UV}$

$$\frac{3m}{2\pi} \int_0^{\frac{M_{UV}}{m}} dy \frac{1}{y} = \frac{3m}{2\pi} \ln \left(\frac{M_{UV}}{m} \right) - \frac{3m}{2\pi} \ln(0)$$

this is an artificial singularity,

$$\ln \frac{y}{y_0} = \frac{2\pi}{\lambda} \ln \left(\frac{M_{UV}}{m} \right)$$

this is an artificial singularity, which comes from the approximation above. We can ignore this, because $\ln(y_0)$ is way smaller than $\ln(M_{UV}/m)$

$$\Rightarrow M^{\text{quant}} \approx M + \frac{3m}{2\pi} \ln \left(\frac{M_{UV}}{m} \right)$$