

The Hahn-Banach Theorem & Its Consequences

Definition

Let X be a vector space. Then a function

$q: X \rightarrow \mathbb{R}$ is sublinear if

$$a. \quad q(x+y) \leq q(x) + q(y) \quad \forall x, y \in X$$

$$b. \quad q(cx) = cq(x) \quad \forall x \in X \quad \forall c \geq 0.$$

Example: Any norm or seminorm on X is sublinear.

The Hahn-Banach Theorems are abstract theorems about sublinear functions (when $\mathbb{F} = \mathbb{R}$) or seminorms on X (when $\mathbb{F} = \mathbb{R}$ or \mathbb{C}).

~~We~~ We will state the general form of the H-B Theorems next. However, it is the corollaries of the H-B Theorems that are useful in practice, so we will explore these corollaries before giving the proof of H-B.

Hahn-Banach Theorem for $\mathbb{F} = \mathbb{R}$

Let X be a real vector space,
 $g: X \rightarrow \mathbb{R}$ sublinear,
 M a subspace of X (not necessarily closed)

Suppose $\lambda: M \rightarrow \mathbb{R}$ is a linear functional, &

$$\langle x, \lambda \rangle \leq g(x) \quad \forall x \in M,$$

Then \exists linear functional $\Lambda: X \rightarrow \mathbb{R}$ s.t.

$$\Lambda|_M = \lambda \quad \& \quad \langle x, \Lambda \rangle \leq g(x) \quad \forall x \in X.$$

For the case of complex vector spaces, we will need to impose a stronger condition, namely that $|\langle x, \lambda \rangle|$ is dominated by a seminorm, rather than just a sublinear function.

Hahn-Banach Theorem for $\mathbb{F} = \mathbb{R}$ or \mathbb{C}

Let X be a vector space over \mathbb{F}

$p: X \rightarrow [0, \infty)$ a seminorm on X

M a subspace of X .

Suppose $\lambda: M \rightarrow \mathbb{F}$ is a linear functional, &

$$|\langle x, \lambda \rangle| \leq p(x) \quad \forall x \in M.$$

Then \exists linear functional $\Lambda: X \rightarrow \mathbb{F}$ s.t.

$$\Lambda|_M = \lambda \quad \& \quad |\langle x, \Lambda \rangle| \leq p(x) \quad \forall x \in X.$$

We will give 2 proofs of the Hahn-Banach Theorem later, but first we examine some of its important implications. In ~~practice~~ practice, it is these corollaries which are applied, rather than the abstract form of the H.-B. Theorem given above. Hence when invoking these corollaries it is customary to write "by the H.-B. Theorem" rather than "by a corollary to the H.-B. Theorem."

For most of these corollaries, the dominating sublinear function is actually a norm.

The first corollary is that any bounded linear functional on a subspace of a normed space has an extension to the full space. This is easy when the space is a Hilbert space (see the following remark), but far from obvious that such an extension should be possible in non-Hilbert spaces.

Corollary (Hahn-Banach)

Let X be a normed linear space,
 M a subspace of X ,
 $\lambda \in M^*$ ($\lambda: M \rightarrow \mathbb{F}$ is a bounded linear functional).

Then $\exists \Delta \in X^*$ s.t.

$$\Delta|_M = \lambda \quad \& \quad \|\Delta\| = \|\lambda\|$$

↖
operator norm
on X

↖
operator norm
on M .

Proof:

Set $p(x) = \|\lambda\| \|x\|$ for $x \in X$.

This is a seminorm (in fact, it is a norm if $\lambda \neq 0$).

Further

$$\forall x \in M, |\langle x, \lambda \rangle| \leq \|x\| \|\lambda\| = p(x).$$

Hence by Hahn-Banach, \exists linear functional $\Lambda: X \rightarrow \mathbb{F}$ s.t.

$$\underbrace{\Lambda|_M = \lambda}_{\substack{\uparrow \\ \text{implies } \|\Lambda\| \geq \|\lambda\|}} \quad \& \quad \underbrace{|\langle x, \Lambda \rangle| \leq p(x) = \|\lambda\| \|x\| \quad \forall x \in X}_{\substack{\uparrow \\ \text{implies } \|\Lambda\| \leq \|\lambda\|}}$$

Hence $\|\Lambda\| = \|\lambda\|$ \blacksquare

Remark

For the Hilbert space case we can give a concrete construction of the functional Λ .

We are given a linear & continuous functional $\lambda: M \rightarrow \mathbb{F}$.

Exercise: Since M is dense in \bar{M} , \exists unique extension of λ to a continuous linear functional on \bar{M} , and the extension has the same operator norm as λ . We therefore call the extension λ .

Now we extend to all of H by making use of the fact that $H = \bar{M} \oplus M^\perp$. We declare λ to be the zero function on M^\perp , i.e., given $z \in H$ we write z uniquely as $z = x + y$ with $x \in \bar{M}$, $y \in M^\perp$, & we

define $\Lambda: H \rightarrow F$ by

$$\langle z, \Lambda \rangle = \langle x, \lambda \rangle.$$

In other words,

$$\Lambda = \lambda \circ P_{\bar{M}}$$

where $P_{\bar{M}}$ is the orthogonal projection of H onto \bar{M} .

Exercise: Show that $\Lambda|_{\bar{M}} = \lambda$ & $\|\Lambda\| = \|\lambda\|$.

It is remarkable that without the existence of any analogue of the orthogonal complement, a similar extension of ~~the~~ bounded linear functions from a subspace to the full space is possible in any normed linear space.

Easy to show that the supremum is achieved, take $y = \frac{x}{\|x\|}$.

To motivate the next H-B corollary, consider the following easy Hilbert space exercise.

Exercise

If H is a Hilbert space, then

$$\|x\| = \sup_{\|y\|=1} |\langle x, y \rangle| \quad \& \quad \|y\| = \sup_{\|x\|=1} |\langle x, y \rangle|.$$

Recall now that by the Riesz Representation Theorem for Hilbert Spaces, every bounded linear functional on H is given by ~~some~~ inner products with some element of H , & conversely. That is, $\mu \in H^*$ if & only if $\exists y \in H$ s.t. $\langle x, \mu \rangle = \langle x, y \rangle \quad \forall x \in H$. Therefore we can rewrite the conclusions of the preceding exercise as follows.

Lemma

Let H be a Hilbert space.

a. If $x \in H$ then $\|x\| = \sup_{\mu \in H^*, \|\mu\|=1} |\langle x, \mu \rangle|.$

b. If $\mu \in H^*$ then $\|\mu\| = \sup_{x \in H, \|x\|=1} |\langle x, \mu \rangle|.$

Statement b is nothing more than the definition of the operator norm: we compute the operator norm

by "looking back" at the action of $\mu \in H^*$ on vectors $x \in H$.

Statement a is perhaps more surprising; we can compute the norm of $x \in H$ by "looking forward" at all the possible actions of $\mu \in H^*$ on x .

Again the real surprise is that there is an analogue of this for general normed spaces. The analogue of statement b is simply the definition of the operator norm: If X is a normed space & $\mu \in X^*$, then

$$\|\mu\| = \sup_{x \in X, \|x\|=1} |\langle x, \mu \rangle|.$$

It is the analogue of statement a that is more interesting & surprisingly useful.

Corollary (Hahn-Banach)

If X is a normed linear space & $x \in X$, then

$$\|x\| = \sup_{\mu \in X^*, \|\mu\|=1} |\langle x, \mu \rangle|.$$

Furthermore, the supremum is achieved.

Proofs

Fix $x \in X$, and set $\alpha = \sup_{\mu \in X^*, \|\mu\|=1} |\langle x, \mu \rangle|$.

Then we certainly have

$$\alpha \leq \sup_{\mu \in X^*, \|\mu\|=1} \|x\| \|\mu\| = \|x\|.$$

Let $M = \text{span}\{x\}$. Define

$$\begin{aligned} \lambda: M &\rightarrow \mathbb{F} \\ cx &\mapsto c \|x\|. \end{aligned}$$

Then $\lambda \in M^*$, with

$$\|\lambda\| = \sup_{m \in M, \|m\|=1} |\langle m, \lambda \rangle|$$

$$= \left| \left\langle \frac{x}{\|x\|}, \lambda \right\rangle \right|$$

$$= \frac{1}{\|x\|} \|x\|$$

$$= \underline{1}$$

Therefore, by a previous H.-B. Corollary,

$\exists \Lambda \in X^*$ with $\Lambda|_M = \lambda$ and $\|\Lambda\| = \|\lambda\| = 1$.

In particular, since $x \in M$ we have

$$\langle x, \Lambda \rangle = \langle x, \lambda \rangle = 1 \|x\| = \|x\|,$$

so

$$\alpha = \sup_{\mu \in X^*, \|\mu\|=1} |\langle x, \mu \rangle|$$

$$\geq |\langle x, \Lambda \rangle|$$

$$= \|x\|.$$

Thus $\alpha = \|x\|$. \blacksquare

Remark/Exercise

Review the notes on reflexive spaces. The above corollary completes the proof that there is a natural embedding of X into X^{**} . If the map is surjective, then we say X is reflexive (and abuse notation by writing $X = X^{**}$).

The next result is one of the most powerful & useful corollaries of the Hahn-Banach Theorem.

Corollary (Hahn-Banach).

Suppose X is a normed space,
 M is a closed subspace of X ,
 $x_0 \in X \setminus M$

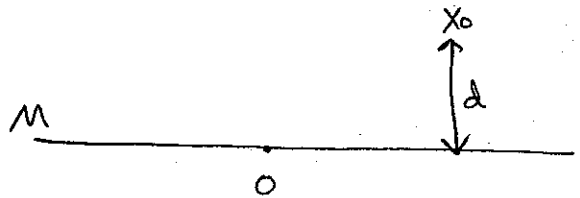
$$d = \text{dist}(x_0, M) \quad (> 0 \text{ since } M \text{ is closed}).$$

Then $\exists \mu \in X^*$ s.t.

$$\langle x_0, \mu \rangle = 1$$

$$\mu|_M = 0$$

$$\|\mu\| = \frac{1}{d}.$$



Remark

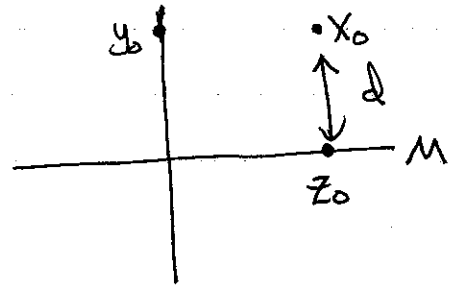
Again, the proof for the case of a Hilbert space H is easy by making use of orthogonal complements.

Suppose $x_0 \notin M$. Then we can write x_0 uniquely as

$$x_0 = y_0 + z_0, \quad y_0 \in M^\perp, \quad z_0 \in M$$

Note that

$$\|y_0\| = \|x_0 - z_0\| = \text{dist}(x_0, M) = d.$$



Now consider a different orthogonal decomposition of H . The space $S = \text{span}\{y_0\}$ is 1-dimensional, hence S is closed. Therefore

$$H = S \oplus S^\perp.$$

Hence every $x \in H$ can be written uniquely as

$$x = c_x y_0 + z_x, \quad c_x \in \mathbb{C}, \quad z_x \in S^\perp.$$

Define $\mu: H \rightarrow \mathbb{C}$ by

$$\langle x, \mu \rangle = c_x$$

Then μ is linear, & $\langle x_0, \mu \rangle = 1$. Given $x \in H$, we have by the Pythagorean Theorem that

$$\begin{aligned} \|x\|^2 &= \|c_x y_0 + z_x\|^2 \\ &= |c_x|^2 \|y_0\|^2 + \|z_x\|^2 \\ &\geq |\langle x, \mu \rangle|^2 \cdot d^2 + 0 \end{aligned}$$

Rearranging, we obtain $|\langle x, \mu \rangle| \leq \frac{1}{d} \|x\| \quad \forall x \in H$,
so $\|\mu\| \leq \frac{1}{d}$. Also, y_0/d is a unit vector and

$$|\langle \frac{y_0}{d}, \mu \rangle| = \frac{1}{d}$$

so $\|\mu\| \geq \frac{1}{d}$. Thus μ is our desired element of H^* .

Proof of the Corollary

Let $\pi: X \rightarrow X/M$ be the canonical projection.

Then, by definition,

$$\|x_0 + M\|_{X/M} = \text{dist}(x_0, M) = d.$$

Further, by a previous Hahn-Banach corollary,

$$d = \|x_0 + M\|_{X/M} = \sup_{\|\lambda\|_{(X/M)^*} = 1} |\langle x_0 + M, \lambda \rangle|$$

and the supremum is achieved. Hence,

$\exists \lambda \in (X/M)^*$ with $\|\lambda\|_{(X/M)^*} = 1$ and

$$|\langle x_0 + M, \lambda \rangle| = d.$$

Write

$$\langle x_0 + M, \lambda \rangle = c |\langle x_0 + M, \lambda \rangle|$$

where $|c| = 1$, & replace λ by $\bar{c}\lambda$ to get

$$\langle x_0 + M, \lambda \rangle = d.$$

We now have the following diagram:

$$\begin{array}{ccc} X & \overset{\lambda}{\dashrightarrow} & \mathbb{F} \\ \pi \downarrow & \nearrow & \\ X/M & & \end{array}$$

Define $\mu = \frac{1}{d} \lambda \circ \pi : X \rightarrow \mathbb{F}$.

Since λ & π are both linear & continuous, μ is

also, so $\mu \in X^*$. Further,

$$\langle x_0, \mu \rangle = \frac{1}{d} \langle \pi(x_0), \lambda \rangle$$

$$= \frac{1}{d} \langle x_0 + M, \lambda \rangle$$

$$= \underline{1}.$$

Additionally, $M = \ker(\pi) \subseteq \ker(\mu)$, so $\mu|_M = 0$.

Finally, the Isomorphism Theorem for normed spaces tells us that, since $\mu = \frac{1}{\alpha}(\lambda \circ \pi)$,

$$\|\mu\| = \frac{1}{\alpha} \|\lambda\| = \frac{1}{\alpha}. \quad \blacksquare$$

The next result is an application of the preceding corollary of Hahn-Banach.

Theorem

Let X be a normed linear space. Then

$$X^* \text{ separable} \Rightarrow X \text{ separable.}$$

Exercise: The converse fails (e.g., consider l^1).

Proof

Suppose X^* is separable. Then X^* has a countable dense subset, say $S = \{\mu_n\}_{n \in \mathbb{N}}$.

Setting $\lambda_n = \frac{\mu_n}{\|\mu_n\|}$, it follows that

$\{\lambda_n\}_{n \in \mathbb{N}}$ is a countable dense subset of

the unit sphere

$$D = \{\mu \in X^* : \|\mu\|_{X^*} = 1\}.$$

Since

$$1 = \|\mu_n\|_{X^*} = \sup_{\|x\|=1} |\langle x, \mu_n \rangle|,$$

There must exist an $x_n \in X$ with $\|x_n\| = 1$ s.t.

$$|\langle x_n, \mu_n \rangle| \geq \frac{1}{2}.$$

Define

$$M = \overline{\text{span}} \{x_n\}_{n \in \mathbb{N}} \subseteq X.$$

This is a closed subspace of X .

Exercise:

$$\left\{ \sum_{n=1}^N c_n x_n : N > 0, c_n \text{ rational} \right\}$$

is a countable dense subset of M , so M is separable.

Suppose ~~M~~ $M \neq X$. Then $\exists x_0 \in X \setminus M$,

and by rescaling x_0 we may assume that

$d = \text{dist}(x_0, M) = 1$. By Hahn-Banach,

$\exists \mu \in X^*$ s.t.

$$\mu|_M = 0, \quad \langle x_0, \mu \rangle = 1, \quad \|\mu\|_{X^*} = \frac{1}{d} = 1.$$

Hence,

$$\|\mu - \mu_n\|_{X^*} = \sup_{\|x\|=1} |\langle x, \mu - \mu_n \rangle|$$

$$\geq \sup_{n \in \mathbb{N}} |\langle x_n, \mu \rangle - \langle x_n, \mu_n \rangle|$$

$$= \sup_{n \in \mathbb{N}} |0 - \langle x_n, \mu_n \rangle| \quad \text{since } x_n \in M$$

$$\geq \frac{1}{2}.$$

~~But~~ But \mathcal{Q} is contradicts the fact that

$\{\mu_n\}_{n \in \mathbb{N}}$ is dense in D (note that $\mu \in D$). \square

Exercise

Show that if X is a reflexive Banach space, then

$$X \text{ is separable} \iff X^* \text{ is separable.}$$

Example

l^1 is separable but can't be reflexive because l^∞ isn't separable.

Orthogonal Complements in normed spaces

Recall that the orthogonal complement of a subset S of a Hilbert space H is

$$S^\perp = \{g \in H : \langle f, g \rangle = 0 \forall f \in S\}$$

By the Riesz Representation Theorem, each $g \in H$ is uniquely identified with an element $\mu_g \in H^*$. Therefore, we can write the orthogonal complement of S as

$$S^\perp = \{\mu \in H^* : \langle f, \mu \rangle = 0 \forall f \in S\},$$

where the equality is in the sense of the identification of H with H^* .

This suggests the following definition of the orthogonal complement of a subset of an arbitrary normed space. Note, however, that when X is not a Hilbert space, a set and its orthogonal complement belong to different spaces: $S \subseteq X$ while $S^\perp \subseteq X^*$.

Consequently, although we can define an orthogonal complement, it does not imply a decomposition of X analogous to the decomposition $H = M \oplus M^\perp$ for M a closed subspace of a Hilbert space.

However, the orthogonal complement will still be a useful tool for certain results.

Definition

If S is a subset of a normed space X , then the orthogonal complement of S is the following subset of X^* :

$$S^\perp = \{ \mu \in X^* : \forall x \in X, \langle x, \mu \rangle = 0 \}.$$

Exercise: S^\perp is a closed subspace of X^* .

Corollary

Let M be a subspace of a normed space X . Then

$$M \text{ is dense in } X \iff M^\perp = \{0\}.$$

Proof

← Suppose that M was not dense in X . Then \bar{M} is a proper subspace of X , so we can find some vector $x_0 \in X \setminus \bar{M}$. Then by Hahn-Banach, $\exists \mu \in X^*$ s.t. $\mu|_{\bar{M}} = 0$ & $\langle x_0, \mu \rangle = 1$. Therefore $\mu \in M^\perp$ but $\mu \neq 0$, so $M^\perp \neq \{0\}$.

⇒ Exercise. ▮

Exercise

Even if $S \subseteq X$ is not a subspace, the condition $S^\perp = \{0\}$ corresponds to an important property, namely that S is complete, i.e., its finite linear span is dense. Prove that

$$S \text{ is complete in } X \iff S^\perp = \{0\}.$$

Comparisons

Hilbert Space

$$x \in H$$

inner product

$$\langle x, y \rangle \quad x, y \in H$$

Cauchy-Schwarz

$$|\langle x, y \rangle| \leq \|x\| \|y\|$$

$$\|y\| = \sup_{\|x\|=1} |\langle x, y \rangle|$$

$$\|x\| = \sup_{\|y\|=1} |\langle x, y \rangle|$$

Subspaces M closed:

$$M^\perp = \{y \in M : \langle x, y \rangle = 0 \quad \forall x \in M\}$$

$$\subseteq H$$

$$M^\perp \cong H/M$$

$$H = M \oplus M^\perp$$

Banach space

$$x \in X$$

linear functionals

$$f(x), \quad x \in X, \quad f \in X^* \\ = \langle x, f \rangle$$

operator norm

$$|f(x)| \leq \|f\|_{X^*} \|x\|_X$$

$$\|f\|_{X^*} = \sup_{\|x\|=1} |f(x)|$$

$$\|x\|_X = \sup_{\|f\|=1} |f(x)|$$

Subspaces M closed:

$$M^\perp = \{f \in X^* : f(x) = 0 \\ \forall x \in M\}$$

$$\subseteq X^*$$

(next section)

No analogue

EXERCISES

Exercise (See Conway, p. 92-93)

Let M be a closed subspace of a Banach space X

Let $\rho_X: X \rightarrow X^{**}$ & $\rho_M: M \rightarrow M^{**}$ be the natural maps.

Let $i: M \rightarrow X$ be the inclusion map, $i(x) = x \forall x \in M$.

Show \exists isometry $\phi: M^{**} \rightarrow X^{**}$ s.t.

$$\rho_X \circ i = \phi \circ \rho_M.$$

$$\begin{array}{ccc} X & \xrightarrow{\rho_X} & X^{**} \\ \uparrow i & & \uparrow \exists \phi \\ M & \xrightarrow{\rho_M} & M^{**} \end{array}$$

Prove further that $\phi(M^{**}) = (M^\perp)^\perp$.

Exercise

Use the preceding exercise to show that if X is reflexive, then any closed subspace of X is reflexive.

(Do this exercise after we have covered Hahn-Banach.)

Exercise

Let X be a Banach space, & let x_1, \dots, x_n be
finitely many linearly independent vectors in X .

Given $\alpha_1, \dots, \alpha_n \in \mathbb{F}$, ~~we~~ show $\exists \mu \in X^*$ s.t.

$$\langle x_k, \mu \rangle = \alpha_k \text{ for } k=1, \dots, n.$$

Exercise

Let M be a ~~normed~~ subspace of a normed space X .
Show that

$$\bar{M} = \bigcap \{ \ker(\mu) : \mu \in X^* \text{ \& } \mu|_M = 0 \}$$

Note that $\mu|_M = 0$ implies $M \subseteq \ker(\mu)$.

Exercise

Suppose that $\mu \in C[0,1]^*$ (i.e., μ is a complex Radon measure on $[0,1]$). Show that

$$\langle x^n, \mu \rangle = 0 \quad \forall n \geq 0 \implies \mu = 0.$$

Hint: Weierstrass Approximation Theorem.

Exercise

Let X be a normed space. Show that

$$\langle x, \mu \rangle = 0 \quad \forall \mu \in X^* \iff x = 0.$$

Definition

Let $\{x_n\}_{n \in \mathbb{N}}$ be a sequence in a Banach space X .

- a. $\{x_n\}_{n \in \mathbb{N}}$ is minimal if no x_m lies in the closed span of the other x_n , i.e.,

$$\forall m \in \mathbb{N}, \quad x_m \notin \overline{\text{span} \{x_n\}_{n \neq m}}.$$

- b. A sequence $\{\mu_n\}_{n \in \mathbb{N}}$ is biorthogonal to $\{x_n\}_{n \in \mathbb{N}}$ if

$$\langle x_m, \mu_n \rangle = \delta_{mn} = \begin{cases} 1, & m=n, \\ 0, & m \neq n. \end{cases}$$

Exercise

Let $\{x_n\}_{n \in \mathbb{N}}$ be a sequence in a Banach space X .

Prove TFAE:

- a. $\{x_n\}_{n \in \mathbb{N}}$ is minimal.

- b. $\exists \{\mu_n\}_{n \in \mathbb{N}}$ biorthogonal to $\{x_n\}_{n \in \mathbb{N}}$.

Also prove that TFAE:

- a'. $\{x_n\}_{n \in \mathbb{N}}$ is minimal & complete.

- b'. \exists unique sequence $\{\mu_n\}_{n \in \mathbb{N}}$ biorthogonal to $\{x_n\}_{n \in \mathbb{N}}$.

Exercise

Let $x_1, \dots, x_n \in \mathbb{C}^d$ be given. Prove TFAE:

a. x_1, \dots, x_n are linearly independent.

b. x_1, \dots, x_n are minimal.

Exercise

Let $\{x_1, \dots, x_d\}$ be a basis for \mathbb{C}^d . Show

\exists unique sequence $\{y_1, \dots, y_d\}$ biorthogonal to $\{x_1, \dots, x_d\}$,

this sequence is itself a basis for \mathbb{C}^d , &

$$\forall x \in \mathbb{C}^d, \quad x = \sum_{k=1}^d (x \cdot y_k) x_k = \sum_{k=1}^d (x \cdot x_k) y_k$$

Remark

These simple equivalences do not extend to infinite-dimensional spaces! In general,

minimal \implies finitely independent
 $\not\Leftarrow$

minimal + complete $\not\Rightarrow$ Schauder basis
 \Leftarrow

Exercise: For $1 < p < \infty$.

Let $\{x_n\}_{n \in \mathbb{N}}$ be a sequence in a Banach space X .
Suppose that

$$T: X^* \longrightarrow \ell^p$$
$$\mu \longmapsto \{\langle x_n, \mu \rangle\}_{n \in \mathbb{N}}$$

is a bounded map of X^* into ℓ^p . Show that

$$\forall (c_n)_{n \in \mathbb{N}} \in \ell^{p'}, \quad \sum_{n=1}^{\infty} c_n x_n \text{ converges unconditionally in } X.$$

Q. What if $p=1$ or $p=\infty$, is the result still valid?

Remark

In fact, by using the Uniform Boundedness Principle or the Closed Graph Theorem, the hypothesis that $T(\mu) = \{\langle x_n, \mu \rangle\}_{n \in \mathbb{N}}$ maps X^* into ℓ^p implies that T must be bounded, so the hypothesis is actually not needed as a hypothesis in the exercise.

Remark

The special case where X is a Hilbert space and $p=2$ occurs often and has a special name.

Definition

A sequence $\{x_n\}_{n \in \mathbb{N}}$ in a Hilbert space H is a Bessel sequence if

$$\forall x \in H, \quad \sum_{n=1}^{\infty} |\langle x, x_n \rangle|^2 < \infty. \quad (*)$$

Again, by using either the Uniform Boundedness Principle or the Closed Graph Theorem, hypothesis (*) is equivalent to the hypothesis that $\exists B > 0$ s.t.

$$\forall x \in H, \quad \sum_{n=1}^{\infty} |\langle x, x_n \rangle|^2 \leq B \|x\|^2.$$

A subclass of Bessel sequences is especially useful.

Definition

A sequence $\{x_n\}_{n \in \mathbb{N}}$ in a Hilbert space H is a frame for H if $\exists A, B > 0$ s.t.

$$\forall x \in H, \quad A \|x\|^2 \leq \sum_{n=1}^{\infty} |\langle x, x_n \rangle|^2 \leq B \|x\|^2.$$