HW #5

Harmonic Oscillator

(a)

We rewrite the Hamiltonian $H=\frac{p^2}{2\,m}+\frac{1}{2}\,m\,\omega^2\,x^2$ using $a=\sqrt{\frac{m\,\omega}{2\,\hbar}}\,(x+i\,\frac{p}{m\,\omega}),\,a^\dagger=\sqrt{\frac{m\,\omega}{2\,\hbar}}\,(x-i\,\frac{p}{m\,\omega}).$ We first calculate $a^\dagger\,a=\frac{m\,\omega}{2\,\hbar}\,(x-i\,\frac{p}{m\,\omega})\,(x+i\,\frac{p}{m\,\omega})=\frac{m\,\omega}{2\,\hbar}\,\left(x^2-\frac{i}{m\,\omega}\left[p,\,x\right]+\frac{p^2}{m^2\,\omega^2}\right)=\frac{m\,\omega}{2\,\hbar}\,\left(x^2-\frac{\hbar}{m\,\omega}+\frac{p^2}{m^2\,\omega^2}\right).$

Therefore,

 $\hbar\,\omega\,a^\dagger\,a = \tfrac{1}{2}\,m\,\omega^2\,x^2 - \tfrac{1}{2}\,\hbar\,\omega + \tfrac{p^2}{2\,m}\,,$ and hence $H = \hbar\,\omega(a^\dagger\,a + \tfrac{1}{2})$.

(b)

The ground state condition $a \mid 0 \rangle = 0$ can be written in the position representation as

$$\langle x \mid a \mid 0 \rangle = \left\langle x \mid \sqrt{\frac{m\,\omega}{2\,\hbar}} \; \left(x + i\, \frac{p}{m\,\omega} \right) \mid 0 \right\rangle = \sqrt{\frac{m\,\omega}{2\,\hbar}} \; \left(x + i\, \frac{1}{m\,\omega}\, \frac{\hbar}{i}\, \frac{d}{d\,x} \right) \langle x \mid 0 \rangle = 0 \,,$$

and hence

$$(x + \frac{\hbar}{m\omega} \frac{d}{dx}) \psi_0(x) = 0.$$
 This equation can be solved easily and we find

$$\psi_0(x) = N e^{-m \omega x^2/2 \hbar}$$
.

To normalize the wave function, we compute

$$\int_{-\infty}^{\infty} \left(e^{-m\omega x^2/2\hbar}\right)^2 dx = \sqrt{\frac{\pi\hbar}{m\omega}}$$

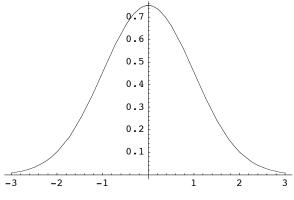
 $\int_{-\infty}^{\infty} \left(e^{-m\omega x^2/2\hbar}\right)^2 dx = \sqrt{\frac{\pi\hbar}{m\omega}}.$ Therefore, the correctly normalized ground state wave function is $\psi_0(x) = \left(\frac{m\omega}{\pi\hbar}\right)^{1/4} e^{-m\omega x^2/2\hbar}.$

$$y_0(x) = (\frac{m\omega}{x})^{1/4} e^{-m\omega x^2/2\hbar}$$

The shape of the wave function is

$$\psi_0 [x_] := \left(\frac{m \omega}{\pi \hbar}\right)^{1/4} E^{-m \omega x^2/2 \hbar}$$

$$\texttt{Plot}[\psi_0\,[\,x\,] \ \textit{/.} \ \{\mathfrak{m} \rightarrow \mathtt{1} \,,\; \omega \rightarrow \mathtt{1} \,,\; \hslash \rightarrow \mathtt{1} \} \,,\; \{\,x \,,\; \mathtt{-3} \,,\; \mathtt{3} \,\}\,]$$



- Graphics -

(c)

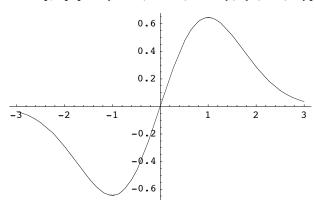
The first excited state is given by
$$|1\rangle = a^{\dagger} |0\rangle$$
, and its position representation by $\langle x | 1\rangle = \langle x | a^{\dagger} | 0\rangle = \sqrt{\frac{m\omega}{2\hbar}} (x - i \frac{1}{m\omega} \frac{\hbar}{i} \frac{d}{dx}) \langle x | 0\rangle$

$$= \sqrt{\frac{m\omega}{2\hbar}} (x + x) (\frac{m\omega}{\pi\hbar})^{1/4} e^{-m\omega x^2/(2\hbar)} = (\frac{m\omega}{\pi\hbar})^{1/4} \sqrt{\frac{m\omega}{2\hbar}} 2x e^{-m\omega x^2/(2\hbar)}$$

Its shape is

$$\psi_1 \left[\mathbf{x}_{_} \right] := \left(\frac{\mathsf{m} \, \omega}{\pi \, \tilde{h}} \right)^{1/4} \, \sqrt{\frac{\mathsf{m} \, \omega}{2 \, \tilde{h}}} \, 2 \, \mathbf{x} \, \mathbf{E}^{-\mathsf{m} \, \omega \, \mathbf{x}^2 \, / \, (2 \, \tilde{h})}$$

$$\texttt{Plot}[\psi_1\,[\,\mathtt{x}\,] \ /. \ \{\mathtt{m} \rightarrow \mathtt{1}, \ \omega \rightarrow \mathtt{1}, \ \hslash \rightarrow \mathtt{1}\}\,, \ \{\mathtt{x}\,, \ \mathtt{-3}\,, \ \mathtt{3}\}\,]$$



- Graphics -

Check that it is properly normalized:

$$\texttt{Integrate} \big[\psi_1 \, [\, \mathbf{x} \,]^{\, 2} \, , \, \, \{ \, \mathbf{x} \,, \, \, -\infty \,, \, \, \infty \} \, , \, \, \texttt{Assumptions} \, \, -> \, \mathsf{Re} \, \Big[\, \frac{m \, \, \omega}{\tilde{\tau}_1} \, \, \Big] \, > \, 0 \, \Big]$$

The second excited state is given by $\sqrt{2} |2\rangle = a^{\dagger} |1\rangle$, and its position representation by $\langle x | 2\rangle = \frac{1}{\sqrt{2}} \langle x | a^{\dagger} | 0\rangle = \frac{1}{\sqrt{2}} \sqrt{\frac{m\,\omega}{2\,\hbar}} (x - i\,\frac{1}{m\,\omega}\,\frac{\hbar}{i}\,\frac{d}{d\,x})\,\langle x | 1\rangle$

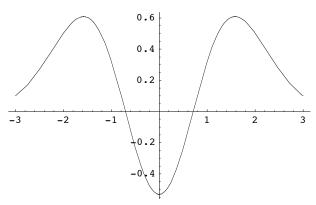
Its shape is

$$\mathbf{Simplify} \Big[\, \frac{1}{\sqrt{2}} \, \, \sqrt{\frac{\mathsf{m} \, \omega}{2 \, \hbar}} \, \, \left(\mathsf{x} \, \psi_1 \, [\, \mathsf{x}\,] \, - \, \frac{\hbar}{\mathsf{m} \, \omega} \, \, \mathsf{D} \left[\psi_1 \, [\, \mathsf{x}\,] \, , \, \, \mathsf{x} \, \right] \, \right) \Big]$$

$$\frac{ \, \mathrm{e}^{-\frac{\,\mathrm{m}\,x^2\,\,\omega}{2\,\hbar}} \, \, \left(\, 2\,\,\mathrm{m}\,\,x^2\,\,\omega \, - \, \hbar \, \right) \, \, \left(\, \frac{\,\mathrm{m}\,\omega}{\,\hbar} \, \right)^{\,1/4} }{\sqrt{2} \,\,\pi^{1/4} \,\, \hbar} \,$$

$$\psi_{2} [x_{-}] := \frac{e^{-\frac{m x^{2} \omega}{2 \hbar}} (2 m x^{2} \omega - \hbar) (\frac{m \omega}{\hbar})^{1/4}}{\sqrt{2} \pi^{1/4} \hbar}$$

Plot[
$$\psi_2[x]$$
 /. {m $\to 1$, $\omega \to 1$, $\hbar \to 1$ }, {x, -3, 3}]



- Graphics -

Check that it is properly normalized:

$$\text{Integrate} \left[\psi_2 \left[\mathbf{x} \right]^2, \; \left\{ \mathbf{x}, \; -\infty, \; \infty \right\}, \; \text{Assumptions} \; -> \mathsf{Re} \left[\frac{\mathsf{m} \; \omega}{\hbar} \; \right] > 0 \right]$$

(d)

From the definitions of the annihilation and creation operators, we can solve for x, $x = \sqrt{\frac{\hbar}{2 m \omega}} (a + a^{\dagger}).$

$$x = \sqrt{\frac{\hbar}{2 \, m \, \omega}} \, (a + a^{\dagger}).$$

Starting with the expectation values,

$$\langle x \rangle = \langle n \mid x \mid n \rangle = \sqrt{\frac{\hbar}{2 m \omega}} \langle n \mid a + a^{\dagger} \mid n \rangle$$
$$= \sqrt{\frac{\hbar}{2 m \omega}} \langle n \mid \left(\sqrt{n} \mid n - 1 \right) + \sqrt{n + 1} \mid n + 1 \right) = 0$$

because of the orthonormality of the Hamiltonian eigenstates $\langle n \mid m \rangle = \delta_{n, m}$.

Moving on to the variance,

$$\langle x^2 \rangle = \frac{\hbar}{2 m \omega} \left\langle n \left| \left(a + a^{\dagger} \right)^2 \right| n \right\rangle = \frac{\hbar}{2 m \omega} \left\langle n \left| a^{\dagger} a + a a^{\dagger} \right| n \right\rangle,$$

= $\frac{\hbar}{2 m \omega} \left\langle n \left| 2 N + \left[a, a^{\dagger} \right] \right| n \right\rangle = \frac{\hbar}{2 m \omega} (2 n + 1).$

(e)

From the definitions of the annihilation and creation operators, we can solve for p,

$$p = -i\sqrt{\frac{\hbar m\omega}{2}} (a - a^{\dagger}).$$

 $p=-i\,\sqrt{\frac{\hbar\,m\,\omega}{2}}\,\,(a-a^\dagger).$ Together with the expression for x from the previous problem, you can easily verify $[x,\,p]=i\,\hbar$. Starting with the expectation values,

$$\langle p \rangle = \langle n \mid p \mid n \rangle = -i \sqrt{\frac{\hbar m \omega}{2}} \ \langle n \mid a - a^\dagger \mid n \rangle = 0 \,.$$
 Moving on to the variance,

Moving on to the variance,
$$\langle p^2 \rangle = -\frac{\hbar m \omega}{2} \left\langle n \left| (a - a^\dagger)^2 \right| n \right\rangle = \frac{\hbar m \omega}{2} \left\langle n \left| a^\dagger a + a a^\dagger \right| n \right\rangle,$$
$$= \frac{\hbar m \omega}{2} \left\langle n \left| 2 N + \left[a, a^\dagger \right] \right| n \right\rangle = \frac{\hbar m \omega}{2} \left(2 n + 1 \right).$$
 Therefore,

$$(\Delta x)(\Delta p) = \frac{\hbar}{2}(2n+1)$$

 $(\Delta x)(\Delta p) = \frac{\hbar}{2}(2n+1).$ The ground state n=0 is a minimum uncertainty state, while the excited states have larger uncertainties.

(f)

There are many ways to show this.

First of all, using the relation $a^{\dagger} \mid n \rangle = \sqrt{n+1} \mid n+1 \rangle$, we can show that

$$(a^{\dagger})^n \mid 0 \rangle = \sqrt{n!} \mid n \rangle$$

by recursion. It obviously holds for n = 1. If it holds for n, the n + 1-th one is

 $(a^{\dagger})^{n+1} \mid 0 \rangle = a^{\dagger} (a^{\dagger})^n \mid 0 \rangle = a^{\dagger} \sqrt{n!} \mid n \rangle = \sqrt{n!} \sqrt{n+1} \mid n+1 \rangle = \sqrt{(n+1)!} \mid n+1 \rangle$, and it holds again. Therefore, it holds for all n.

Using the definition $|f\rangle = \sum_{n=0}^{\infty} \frac{f^n}{n!} \left(a^{\dagger}\right)^n \left|0\right\rangle$, we can write it as $|f\rangle = \sum_{n=0}^{\infty} \frac{f^n}{\sqrt{n!}} \left|n\right\rangle$. Then $a|f\rangle = a\sum_{n=0}^{\infty} \frac{f^n}{\sqrt{n!}} \left|n\right\rangle = \sum_{n=1}^{\infty} \frac{f^n}{\sqrt{n!}} \sqrt{n} \left|n-1\right\rangle$, where the summation is now taken only from i=1 because i=0 term vanishes by $a|0\rangle = 0$. Continuing on, $a|f\rangle = \sum_{n=1}^{\infty} \frac{f^n}{\sqrt{(n-1)!}} \left|n-1\right\rangle = \sum_{m=0}^{\infty} \frac{f^{m+1}}{\sqrt{m!}} \left|m\right\rangle$, where the dummy variable was changed to m=n-1. Pulling one factor of f out of the sum, $a|f\rangle = f\sum_{m=0}^{\infty} \frac{f^m}{\sqrt{m!}} \left|m\right\rangle = f|f\rangle$.

$$a \mid f \rangle = \sum_{n=1}^{\infty} \frac{f^n}{\sqrt{(n-1)!}} \mid n-1 \rangle = \sum_{n=0}^{\infty} \frac{f^{m+1}}{\sqrt{m!}} \mid m \rangle$$

$$a \mid f \rangle = f \sum_{m=0}^{\infty} \frac{f^m}{\sqrt{m!}} \mid m \rangle = f \mid f \rangle$$

Another way to show the same result is by first showing the relation

$$[a, (a^{\dagger})^n] = n(a^{\dagger})^{n-1}$$

It obviously holds for n = 1. If it holds for n, the n + 1-th one is

$$[a, (a^{\dagger})^{n+1}] = [a, a^{\dagger}(a^{\dagger})^{n}] = [a, a^{\dagger}](a^{\dagger})^{n} + a^{\dagger}[a, (a^{\dagger})^{n}]$$

$$= (a^{\dagger})^n + a^{\dagger} n(a^{\dagger})^n = (n+1) (a^{\dagger})^{n+1}$$

and hence it holds as well. Therefore, it holds for any n.

$$a \mid f \rangle = a \sum_{n=0}^{\infty} \frac{f^n}{n!} \left(a^{\dagger} \right)^n \mid 0 \rangle = \sum_{n=0}^{\infty} \frac{f^n}{n!} \left[a, \left(a^{\dagger} \right)^n \right] \mid 0 \rangle,$$

$$a \mid f \rangle = \sum_{n=1}^{\infty} \frac{f^n}{n!} \, n \left(a^{\dagger} \right)^{n-1} \, \left| \, 0 \right\rangle = \sum_{n=1}^{\infty} \frac{f^n}{(n-1)!} \, \left(a^{\dagger} \right)^{n-1} \, \left| \, 0 \right\rangle$$

Starting with the definition $|f\rangle = \sum_{n=0}^{\infty} \frac{f^n}{n!} \left(a^{\dagger}\right)^n \left|0\right\rangle$, $a |f\rangle = a \sum_{n=0}^{\infty} \frac{f^n}{n!} \left(a^{\dagger}\right)^n \left|0\right\rangle = \sum_{n=0}^{\infty} \frac{f^n}{n!} \left[a, \left(a^{\dagger}\right)^n\right] \left|0\right\rangle$, Here, we used the fact $a |0\rangle = 0$. Using the relation shown above, $a |f\rangle = \sum_{n=1}^{\infty} \frac{f^n}{n!} n \left(a^{\dagger}\right)^{n-1} \left|0\right\rangle = \sum_{n=1}^{\infty} \frac{f^n}{(n-1)!} \left(a^{\dagger}\right)^{n-1} \left|0\right\rangle$, where the summation is now taken only from i=1 because i=0 term vanishes by [a,1]=0. Changing the dummy variable to m = n - 1.

$$a\mid f\rangle = \sum\nolimits_{m=0}^{\infty} \frac{f^{m+1}}{m!} \left(a^{\dagger}\right)^{m} \left| \, 0 \right\rangle = f \sum\nolimits_{m=0}^{\infty} \frac{f^{m}}{m!} \left(a^{\dagger}\right)^{m} \left| \, 0 \right\rangle = f\mid f \rangle,$$

(g)

Using the result from (d),

$$\langle f \mid x \mid f \rangle = \left\langle f \mid \sqrt{\frac{\hbar}{2 \, m \, \omega}} \, \left(a + a^{\dagger} \right) \mid f \right\rangle = \sqrt{\frac{\hbar}{2 \, m \, \omega}} \, \left(f + f^{*} \right) = \sqrt{\frac{\hbar}{2 \, m \, \omega}} \, \, 2 \, \text{Re}(f).$$

 $\langle f \mid x \mid f \rangle = \left\langle f \mid \sqrt{\frac{\hbar}{2 m \omega}} \left(a + a^{\dagger} \right) \mid f \right\rangle = \sqrt{\frac{\hbar}{2 m \omega}} \left(f + f^{*} \right) = \sqrt{\frac{\hbar}{2 m \omega}} \ 2 \operatorname{Re}(f).$ Here, we used the fact $\langle f \mid a^{\dagger} = \langle f \mid f^{*}$, obtained by taking the hermitian conjugate of $a \mid f \rangle = f \mid f \rangle$. Similarly, using the result from (e),

$$\left\langle f\mid p\mid f\right\rangle = \left\langle f\mid -i\sqrt{\frac{\hbar\,m\omega}{2}}\,\left(a-a^{\dagger}\right)\mid f\right\rangle = -i\sqrt{\frac{\hbar\,m\omega}{2}}\,\left(f-f^{*}\right) = \sqrt{\frac{\hbar\,m\omega}{2}}\,\,2\,\mathrm{Im}(f)\,.$$

Now on the variance,

$$\begin{split} & \langle f \mid x^{2} \mid f \rangle = \left\langle f \mid \frac{\hbar}{2 \, m \, \omega} \, \left(a + a^{\dagger} \right)^{2} \mid f \right\rangle = \frac{\hbar}{2 \, m \, \omega} \, \left\langle f \mid a^{2} + a \, a^{\dagger} + a^{\dagger} \, a + \left(a^{\dagger} \right)^{2} \mid f \right\rangle \\ & = \frac{\hbar}{2 \, m \, \omega} \, \left\langle f \mid a^{2} + [a, \, a^{\dagger}] + 2 \, a^{\dagger} \, a + \left(a^{\dagger} \right)^{2} \mid f \right\rangle = \frac{\hbar}{2 \, m \, \omega} \, \left(f^{2} + 1 + 2 \, f^{*} \, f + \left(f^{*} \right)^{2} \right) \\ & = \frac{\hbar}{2 \, m \, \omega} \, \left(\left(f + f^{*} \right)^{2} + 1 \right) \end{split}$$

and hence

$$(\Delta x)^2 = \frac{\hbar}{2 \, m \, \omega}.$$

Similarly.

$$\langle f \mid p^{2} \mid f \rangle = \langle f \mid -\frac{\hbar m \omega}{2} (a - a^{\dagger})^{2} \mid f \rangle = \frac{\hbar m \omega}{2} \langle f \mid -a^{2} + a \, a^{\dagger} + a^{\dagger} \, a - (a^{\dagger})^{2} \mid f \rangle$$

$$= \frac{\hbar m \omega}{2} \langle f \mid -a^{2} + [a, \ a^{\dagger}] + 2 \, a^{\dagger} \, a - (a^{\dagger})^{2} \mid f \rangle = \frac{\hbar m \omega}{2} (-f^{2} + 1 + 2 \, f^{*} \, f - (f^{*})^{2})$$

$$= \frac{\hbar m \omega}{2} (-(f - f^{*})^{2} + 1)$$

and hence

$$(\Delta p)^2 = \frac{\hbar m \omega}{2}.$$

Therefore,

$$(\Delta x)(\Delta p) = \frac{\hbar}{2}$$

and hence the coherent state is a minimum uncertainty state for any f.

(h)

The Schrödinger equation gives $|n, t\rangle = e^{-iHt/\hbar} |n\rangle = e^{-i\hbar\omega(n+1/2)t/\hbar} |n\rangle = e^{-i\omega(n+1/2)t} |n\rangle$. Using what we showed above,

$$|f\rangle = \sum_{n=0}^{\infty} \frac{f^n}{\sqrt{n!}} |n\rangle$$
, its time evolution is

$$|f\rangle = \sum_{n=0}^{\infty} \frac{f^n}{\sqrt{n!}} |n\rangle, \text{ its time evolution is}$$

$$|f,t\rangle = e^{-iHt/\hbar} \sum_{n=0}^{\infty} \frac{f^n}{\sqrt{n!}} |n\rangle = \sum_{n=0}^{\infty} \frac{f^n}{\sqrt{n!}} |n\rangle e^{-i\omega(n+1/2)t}$$

$$= \sum_{n=0}^{\infty} \frac{(fe^{-i\omega t})^n}{\sqrt{n!}} |n\rangle e^{-i\omega t/2} = |fe^{-i\omega t}\rangle e^{-i\omega t/2}$$
where the subgroup test state in the last expression has the sign value of

where the coherent state in the last expression has the eigenvalue $a \mid f e^{-i\omega t} \rangle = f e^{-i\omega t} \mid f e^{-i\omega t} \rangle$. The exectation value of the position operator is

$$\begin{aligned} &\langle f, t \, | \, x \, | \, f, \, t \rangle = e^{i \, \omega \, t/2} \, \langle f \, e^{-i \, \omega \, t} \, | \, x \, | \, f \, e^{-i \, \omega \, t} \rangle \, e^{-i \, \omega \, t/2} = \left\langle f \, e^{-i \, \omega \, t} \, \left| \, \sqrt{\frac{\hbar}{2 \, m \, \omega}} \, \left(a + a^{\dagger} \right) \, \right| f \, e^{-i \, \omega \, t} \right\rangle \\ &= \sqrt{\frac{\hbar}{2 \, m \, \omega}} \, \left(f \, e^{-i \, \omega \, t} + f^* \, e^{i \, \omega \, t} \right) \, \langle f \, e^{-i \, \omega \, t} \, | \, f \, e^{-i \, \omega \, t} \rangle = \sqrt{\frac{\hbar}{2 \, m \, \omega}} \, 2 \left(\text{Re}(f) \cos \omega \, t + \text{Im}(f) \sin \omega \, t \right) \, \langle f, \, t \, | \, f, \, t \rangle \end{aligned}$$

$$\langle x \rangle (t) = \frac{\langle f, t | x | f, t \rangle}{\langle f, t | f, t \rangle} = \sqrt{\frac{\hbar}{2 m \omega}} 2 \left(\text{Re}(f) \cos \omega \, t + \text{Im}(f) \sin \omega \, t \right),$$

and shows the oscillatory behavior just like the classical solution.

(i)

The Heisenberg equation of motion is

$$i\hbar \frac{d}{dt} x = [x, H] = [x, \frac{p^2}{2m}] = i\hbar \frac{p}{m},$$

 $i\hbar \frac{d}{dt} p = [p, H] = [p, \frac{1}{2} m \omega^2 x^2] = -i\hbar m \omega^2 x.$

There are many ways to solve these coupled equations. One way is to use the exponential of a matrix as Daniel explained in the section. Write the equations in the matrix form,

$$\frac{d}{dt} \binom{m \omega x}{p} = \binom{\omega p}{-m \omega^2 x} = \omega \binom{0}{-1} \binom{m \omega x}{p}.$$

Therefore.

$${m\omega x \choose p}(t) = \exp\left({0 - i \choose i \ 0}i\omega t\right) {m\omega x \choose p}(0) = \exp(\sigma_2 i\omega t) {m\omega x \choose p}(0).$$

Here, σ_2 is one of the Pauli matrices. The exponential factor can be worked out using its Taylor expansion,

$$\exp(\sigma_2 i \omega t) = \sum_{n=0}^{\infty} \frac{1}{n!} \sigma_2^n (i \omega t)^n$$

$$\exp(\sigma_2 i \omega t) = \sum_{n=0}^{\infty} \exp(\frac{1}{n!} 1(i \omega t)^n + \sum_{n=0}^{\infty} \operatorname{odd} \frac{1}{n!} \sigma_2(i \omega t)^n$$

Here,
$$\sigma_2$$
 is one of the Pauli matrices. The exponential factor can be worked ou $\exp(\sigma_2 i \omega t) = \sum_{n=0}^{\infty} \frac{1}{n!} \sigma_2^n (i \omega t)^n$. It is easy to check that $\sigma_2^2 = 1$, and hence $\sigma_2^{\text{even}} = 1$, $\sigma_2^{\text{odd}} = \sigma_2$. Therefore, $\exp(\sigma_2 i \omega t) = \sum_{n=0, \text{ even}}^{\infty} \frac{1}{n!} 1 (i \omega t)^n + \sum_{n=0, \text{ odd}}^{\infty} \frac{1}{n!} \sigma_2 (i \omega t)^n$

$$= 1 \cos \omega t + i \sigma_2 \sin \omega t = \begin{pmatrix} \cos \omega t & \sin \omega t \\ -\sin \omega t & \cos \omega t \end{pmatrix}.$$
We find the solution

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In the solution
$${m \omega x \choose p}(t) = {\cos \omega t \sin \omega t \choose -\sin \omega t \cos \omega t} {m \omega x \choose p}(0)$$

$$= {m \omega x(0) \cos \omega t + p(0) \sin \omega t \choose -m \omega x(0) \sin \omega t + p(0) \cos \omega t}.$$

Using this solution, we calculate the expectation value,
$$\langle x \rangle (t) = \frac{\langle f | x(t) | f \rangle}{\langle f | f \rangle} = \frac{1}{\langle f | f \rangle} \langle f | x(0) \cos \omega t + \frac{p(0)}{m\omega} \sin \omega t | f \rangle$$
$$= \sqrt{\frac{\hbar}{2m\omega}} 2 \operatorname{Re}(f) \cos \omega t + \frac{1}{m\omega} \sqrt{\frac{\hbar m\omega}{2}} 2 \operatorname{Im}(f) \sin \omega t$$
$$= \sqrt{\frac{\hbar}{2m\omega}} 2 (\operatorname{Re}(f) \cos \omega t + \operatorname{Im}(f) \sin \omega t),$$

which agrees with the calculation in the Schrödinger picture.