# Second Order Parabolic PDE: Background on Function Spaces Involving Time, Part II 

MATH 612, Texas A\&M University

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## Weak Derivatives

Definition. We say that a function $u \in L^{1}(0, T ; X)$ is weakly differentiable on $(0, T)$ if there exists a function $v \in L^{1}(0, T ; X)$ so that

$$
\int_{0}^{T} u(t) \phi^{\prime}(t) d t=-\int_{0}^{T} v(t) \phi(t) d t
$$

for all $\phi \in C_{c}^{\infty}(0, T ; \mathbb{R})$. We say that $v$ is the weak derivative of $u$ and write $u^{\prime}=v$.

Notes. 1. The $\phi$ are our usual test functions, taking values in $\mathbb{R}$.
2. We're following the convention Evans adopts and using $u \in L^{1}(0, T ; X)$, but we could also use $u \in L_{\text {loc }}^{1}(0, T ; X)$.

## Weak Derivatives

3. Suppose $X$ and $Y$ are Banach spaces with $X$ continuously embedded in $Y$, and denote by $I: X \rightarrow Y$ the identity map. In addition, suppose $u \in L^{1}(0, T ; X)$ and $(I u)^{\prime} \in L^{1}(0, T ; Y)$. Then according to the note following Theorem A.E.8, we can write

$$
I\left(\int_{0}^{T} u(t) \phi^{\prime}(t) d t\right)=\int_{0}^{T}(I u(t)) \phi^{\prime}(t) d t=-\int_{0}^{T}(I u)^{\prime}(t) \phi(t) d t
$$

If we identify $u$ with $l u$, we can view $(I u)^{\prime}$ as the $Y$-valued derivative of the $X$-valued function $u$.

The Sobolev Space $W^{1, p}(0, T ; X)$
Definition. We denote by $W^{1, p}(0, T ; X)$ the space of all functions $u \in L^{p}(0, T ; X)$ so that $u^{\prime}$ exists in the weak sense and belongs to $L^{p}(0, T ; X)$. We equip $W^{1, p}(0, T ; X)$ with the norms

$$
\begin{aligned}
&\|u\|_{W^{1, p}(0, T ; X)}=\left(\int_{0}^{T}\|u(t)\|_{X}^{p}+\left\|u^{\prime}(t)\right\|_{X}^{p} d t\right)^{1 / p} \quad(1 \leq p<\infty) \\
&\|u\|_{W^{1, p}(0, T ; X)}=\underset{0 \leq t \leq T}{\operatorname{ess} \sup }\left(\|u(t)\|_{X}+\left\|u^{\prime}(t)\right\|_{X}\right) \quad(p=\infty)
\end{aligned}
$$

We will use the notation $H^{1}(0, T ; X)=W^{1,2}(0, T ; X)$.

Theorem 7. For any $1 \leq p \leq \infty$, if $X$ is a Banach space, then $W^{1, p}(0, T ; X)$ is a Banach space.

## Sobolev Embedding and Calculus

Theorem 5.9.2. Let $u \in W^{1, p}(0, T ; X)$ for some $1 \leq p \leq \infty$. Then:
(i) $u \in C([0, T] ; X)$ (for some version of $u)$
(ii) For all $0 \leq s \leq t \leq T$

$$
u(t)=u(s)+\int_{s}^{t} u^{\prime}(\tau) d \tau
$$

(iii) There exists a constant $C$, depending only on $T$, so that

$$
\|u\|_{C([0, T] ; X)} \leq C\|u\|_{W^{1, p}(0, T ; X)} .
$$

Note. Here, for the variable $t$, we have $n=1$, so formally, $\operatorname{Reg}\left(W^{1, p}(0, T ; X)\right)=1-\frac{1}{p} \geq 0$ for all $1 \leq p \leq \infty$.

## Proof of Theorem 5.9.2

0 . Two familiar observations will come up during this proof in a new setting. First, if $u \in L^{p}(0, T ; X)$, then since $(0, T)$ is bounded, we can conclude that $u \in L^{q}(0, T ; X)$ for all $1 \leq q \leq p$. Second, if $u \in L^{1}(0, T ; X)$ then

$$
\int_{0}^{t} u(s) d s
$$

is continuous as a function of $t$.

1. We let $\eta_{\epsilon}(t)$ denote the usual real-valued mollifer, and set

$$
u^{\epsilon}(t)=\eta_{\epsilon} * u(t) \quad \text { in }(\epsilon, T-\epsilon)
$$

We know from Theorem 6 (i) that $u^{\epsilon} \in C^{\infty}(\epsilon, T-\epsilon ; X)$, and

$$
u^{\epsilon \prime}(t)=\eta_{\epsilon}^{\prime} * u(t) \quad \text { in }(\epsilon, T-\epsilon)
$$

## Proof of Theorem 5.9.2

Claim. $u^{\epsilon}(t)=\eta_{\epsilon} * u^{\prime}(t)$ for all $t \in(\epsilon, T-\epsilon)$.
We did this calculation in the proof of Theorem 5.3.1, but there's no harm in doing it in this new setting as well. We write

$$
\begin{aligned}
u^{\epsilon \prime}(t) & =\eta_{\epsilon}^{\prime} * u(t)=\int_{-\infty}^{+\infty} \eta_{\epsilon}^{\prime}(t-\tau) u(\tau) d \tau \\
& =-\int_{-\infty}^{+\infty} \partial_{\tau} \eta_{\epsilon}(t-\tau) u(\tau) d \tau
\end{aligned}
$$

For $t \in(\epsilon, T-\epsilon), \eta_{\epsilon}(t-\tau)$ is 0 whenever $u$ is undefined, but as Evans notes, we can extend $u$ by 0 to $\mathbb{R}$ if we like.

Here, for each $t \in(\epsilon, T-\epsilon), \eta_{\epsilon}(t-\cdot) \in C_{c}^{\infty}(0, T ; \mathbb{R})$, so in particular $\eta_{\epsilon}(t-\tau)$ is a valid test function on $(0, T)$.

## Proof of Theorem 5.9.2

Since $u$ is weakly differentiable on $(0, T)$, we can conclude that for each $t \in(\epsilon, T-\epsilon)$,

$$
\begin{aligned}
& -\int_{-\infty}^{+\infty} \partial_{\tau} \eta_{\epsilon}(t-\tau) u(\tau) d \tau=-\int_{0}^{T} \partial_{\tau} \eta_{\epsilon}(t-\tau) u(\tau) d \tau \\
& \quad=\int_{0}^{T} \eta_{\epsilon}(t-\tau) u^{\prime}(\tau) d \tau=\int_{-\infty}^{+\infty} \eta_{\epsilon}(t-\tau) u^{\prime}(\tau) d \tau
\end{aligned}
$$

and this is the claim.
According to Theorem 6 (ii), we know that as $\epsilon \rightarrow 0$

$$
u^{\epsilon}(t) \rightarrow u(t) \quad \text { in } X \text { for a.e. } t \in(0, T)
$$

and, since $u^{\epsilon \prime}(t)=\eta_{\epsilon} * u^{\prime}(t)$, with $u^{\prime} \in L^{p}(0, T ; X)$, we know that

$$
u^{\epsilon \prime} \rightarrow u^{\prime} \quad \text { in } L_{\operatorname{loc}}^{p}(0, T ; X)
$$

## Proof of Theorem 5.9.2

It follows from this latter convergence that

$$
u^{\epsilon \prime} \rightarrow u^{\prime} \quad \text { in } L_{\mathrm{loc}}^{1}(0, T ; X)
$$

Notice that if $p=\infty$, then we don't have convergence in $L_{\text {loc }}^{\infty}(0, T ; X)$, but we still have convergence in $L_{\text {loc }}^{1}(0, T ; X)$.

According to Theorem 2, for any $0<s<t<T$ we can write

$$
u^{\epsilon}(t)=u^{\epsilon}(s)+\int_{s}^{t} u^{\epsilon \prime}(\tau) d \tau
$$

Using the pointwise convergence of $u^{\epsilon}(t)$ and the $L_{\text {loc }}^{1}(0, T ; X)$ convergence of $u^{\epsilon \prime}$, we can conclude that for a.e. $0<s<t<T$ we have

$$
u(t)=u(s)+\int_{s}^{t} u^{\prime}(\tau) d \tau
$$

Since the integral is continuous in both $s$ and $t$, we see that in fact $u$ is continuous on $[0, T]$. This gives both (i) and (ii).

Proof of Theorem 5.9.2
2. For Item (iii), we can use Theorem A.E. 8 to write

$$
\begin{align*}
\|u(t)\|_{x} & \leq\left\|u(s)+\int_{s}^{t} u^{\prime}(\tau) d \tau\right\|_{x} \\
& \leq\|u(s)\|_{x}+\int_{s}^{t}\left\|u^{\prime}(\tau)\right\|_{x} d \tau \tag{*}
\end{align*}
$$

We now integrate this relation with respect to $s$ to see that

$$
\begin{aligned}
T\|u(t)\|_{x} & \leq \int_{0}^{T}\|u(s)\|_{X} d s+\int_{0}^{T} \int_{s}^{t}\left\|u^{\prime}(\tau)\right\|_{X} d \tau d s \\
& \leq \int_{0}^{T}\|u(s)\|_{X} d s+T \int_{0}^{T}\left\|u^{\prime}(\tau)\right\| d \tau
\end{aligned}
$$

Dividing by $T$, we see that there exists a constant $\tilde{C}$ so that

$$
\|u(t)\|_{x} \leq \tilde{C} \int_{0}^{T}\|u(t)\|_{x}+\left\|u^{\prime}(t)\right\|_{x} d t
$$

## Proof of Theorem 5.9.2

The right-hand side does not depend on $t$, so we can take the maximum over $t \in[0, T]$ to see that

$$
\|u\|_{C([0, T] ; X)} \leq \tilde{C} \int_{0}^{T}\|u(t)\|_{x}+\left\|u^{\prime}(t)\right\|_{x} d t
$$

Since this integration is over a bounded domain, we can use Hölder's inequality in the usual way to get the claimed estimate. $\square$

## Sobolev Embedding and More Calculus

Notes. 1. While studying second order parabolic PDE, we will often work with functions $u \in L^{2}\left(0, T ; H_{0}^{1}(U)\right)$ for which $u^{\prime} \in L^{2}\left(0, T ; H^{-1}(U)\right)$. Intuitively, we can understand this by considering the heat equation

$$
u_{t}=\Delta u
$$

In general, we expect the Laplacian to reduce the regularity of a function space by 2 , so if $u \in H^{m}(U)$, then $\Delta u \in H^{m-2}(U)$.

Correspondingly, if $u:[0, T] \rightarrow H^{m}(U)$ is a solution of the heat equation, we expect $u^{\prime}:[0, T] \rightarrow H^{m-2}(U)$. The case described above corresponds (very formally!) with $m=1$.

## Sobolev Embedding and More Calculus

2. In the setting of Note 1 , we should keep in mind that we continue to have $u \in L^{1}\left(0, T ; H_{0}^{1}(U)\right)$ and $u^{\prime} \in L^{1}\left(0, T ; H_{0}^{1}(U)\right)$, as specified in our definition of weak differentiability.

We recall that $H_{0}^{1}(U)$ is continuously embedded in $H^{-1}(U)$, and use the third note following our definition of weak derivatives to view the weak derivative of $u$ as $(I u)^{\prime} \in L^{1}\left(0, T ; H^{-1}(U)\right)$.

When we write $u \in L^{2}\left(0, T ; H_{0}^{1}(U)\right)$, we mean that this is the case in addition to $u \in L^{1}\left(0, T ; H_{0}^{1}(U)\right)$, and likewise when we write $u^{\prime} \in L^{2}\left(0, T ; H^{-1}(U)\right)$, we mean that in addition to $(I u)^{\prime} \in L^{1}\left(0, T ; H^{-1}(U)\right)$ we have $(I u)^{\prime} \in L^{2}\left(0, T ; H^{-1}(U)\right)$.

## Sobolev Embedding and More Calculus

Theorem 5.9.3. Suppose $u \in L^{2}\left(0, T ; H_{0}^{1}(U)\right)$ and $u^{\prime} \in L^{2}\left(0, T ; H^{-1}(U)\right)$. Then:
(i) $u \in C\left([0, T] ; L^{2}(U)\right)$ (for some version of $u$ )
(ii) The mapping $t \mapsto\|u(t)\|_{L^{2}(U)}$ is absolutely continuous, and

$$
\frac{d}{d t}\|u(t)\|_{L^{2}(U)}^{2}=2\left\langle u^{\prime}(t), u(t)\right\rangle,
$$

for a.e. $0<t<T$.
(iii) There exists a constant $C$, depending only on $T$, so that

$$
\|u\|_{C\left([0, T] ; L^{2}(U)\right)} \leq C\left(\|u\|_{L^{2}\left(0, T ; H_{0}^{1}(U)\right)}+\left\|u^{\prime}\right\|_{L^{2}\left(0, T ; H^{-1}(U)\right)}\right) .
$$

## Proof of Theorem 5.9.3

1. First, we extend $u$ (by 0 ) to a slightly larger interval
$[-\sigma, T+\sigma], \sigma>0$, so that we'll be able to evaluate mollifications of $u$ on the full set $[0, T]$.

For $0<\epsilon, \delta<\sigma$, we set $u^{\epsilon}=\eta_{\epsilon} * u$ and $u^{\delta}=\eta_{\delta} * u$. Then, for any $t \in(0, T)$

$$
\begin{aligned}
\frac{d}{d t}\left\|u^{\epsilon}(t)-u^{\delta}(t)\right\|_{L^{2}(U)}^{2} & =\frac{d}{d t} \int_{U}\left(u^{\epsilon}(t)-u^{\delta}(t)\right)^{2} d \vec{x} \\
& =2 \int_{U}\left(u^{\epsilon}(t)-u^{\delta}(t)\right)\left(u^{\epsilon \prime}(t)-u^{\delta^{\prime}}(t)\right) d \vec{x} \\
& =2\left(u^{\epsilon \prime}(t)-u^{\delta^{\prime}}(t), u^{\epsilon}(t)-u^{\delta}(t)\right)_{L^{2}(U)} .
\end{aligned}
$$

where we differentiate under the integral in the usual way with difference quotients and LDCT. Notice that in this last calculation, $u^{\epsilon \prime}(t)=\left(\eta_{\epsilon}^{\prime} * u\right)(t) \in H_{0}^{1}(U)$.

## Proof of Theorem 5.9.3

Integrating this relation, we obtain

$$
\begin{align*}
\| u^{\epsilon}(t)- & u^{\delta}(t)\left\|_{L^{2}(U)}^{2}=\right\| u^{\epsilon}(s)-u^{\delta}(s) \|_{L^{2}(U)}^{2} \\
& +2 \int_{s}^{t}\left(u^{\epsilon \prime}(\tau)-u^{\delta \prime}(\tau), u^{\epsilon}(\tau)-u^{\delta}(\tau)\right)_{L^{2}(U)} d \tau \tag{}
\end{align*}
$$

for all $0 \leq s, t \leq T$. From Item (iii) of Theorem 5.9.1,

$$
\begin{aligned}
\left(u^{\epsilon \prime}(\tau)-u^{\delta \prime}(\tau)\right. & \left., u^{\epsilon}(\tau)-u^{\delta}(\tau)\right)_{L^{2}(U)} \\
& =\left\langle u^{\epsilon \prime}(\tau)-u^{\delta \prime}(\tau), u^{\epsilon}(\tau)-u^{\delta}(\tau)\right\rangle
\end{aligned}
$$

where for the right-hand side we mean the action of $u^{\epsilon \prime}(\tau)-u^{\delta \prime}(\tau)$, viewed as an element of $H^{-1}(U)$, on $u^{\epsilon}(\tau)-u^{\delta}(\tau) \in H_{0}^{1}(U)$.
If we compute the supremum of both sides of $\left({ }^{*}\right)$ over $t \in[0, T]$, we obtain the inequality on the next slide.

## Proof of Theorem 5.9.3

We can now compute

$$
\begin{aligned}
& \sup _{0 \leq t \leq T}\left\|u^{\epsilon}(t)-u^{\delta}(t)\right\|_{L^{2}(U)}^{2} \leq\left\|u^{\epsilon}(s)-u^{\delta}(s)\right\|_{L^{2}(U)}^{2} \\
& \quad+2 \int_{0}^{T}\left\|u^{\epsilon \prime}(\tau)-u^{\delta \prime}(\tau)\right\|_{H^{-1}(U)}\left\|u^{\epsilon}(\tau)-u^{\delta}(\tau)\right\|_{H^{1}(U)} d \tau \\
& \leq\left\|u^{\epsilon}(s)-u^{\delta}(s)\right\|_{L^{2}(U)}^{2}+\int_{0}^{T}\left\|u^{\epsilon \prime}(\tau)-u^{\delta \prime}(\tau)\right\|_{H^{-1}(U)}^{2} d \tau \\
& \quad+\int_{0}^{T}\left\|u^{\epsilon}(\tau)-u(\tau)\right\|_{H^{1}(U)}^{2} d \tau \\
& \leq\left\|u^{\epsilon}(s)-u^{\delta}(s)\right\|_{L^{2}(U)}^{2}+\left\|u^{\epsilon \prime}-u^{\delta \prime}\right\|_{L^{2}\left(0, T ; H^{-1}(U)\right)}^{2} \\
& \quad+\left\|u^{\epsilon}(\tau)-u^{\delta}(\tau)\right\|_{L^{2}\left(0, T ; H_{0}^{1}(U)\right)}^{2}
\end{aligned}
$$

## Proof of Theorem 5.9.3

I.e., we have

$$
\begin{aligned}
& \left\|u^{\epsilon}-u^{\delta}\right\|_{C\left([0, T] ; L^{2}(U)\right)} \leq\left\|u^{\epsilon}(s)-u^{\delta}(s)\right\|_{L^{2}(U)}^{2} \\
& \quad+\left\|u^{\epsilon \prime}-u^{\delta \prime}\right\|_{L^{2}\left(0, T ; H^{-1}(U)\right)}^{2}+\left\|u^{\epsilon}-u^{\delta}\right\|_{L^{2}\left(0, T ; H_{0}^{1}(U)\right)}^{2}
\end{aligned}
$$

Since $u \in L^{2}\left(0, T ; H_{0}^{1}(U)\right)$, we know from Theorem 6 (ii) that $u^{\epsilon}(t) \rightarrow u(t)$ in $H_{0}^{1}(U)$ for a.e. $t \in(0, T)$. We choose $s \in(0, T)$ to be one of these values.

We also know from Theorem 6 (iv) that as $\epsilon \rightarrow 0$

$$
\begin{gathered}
u^{\epsilon} \rightarrow u \text { in } L_{\mathrm{loc}}^{2}\left(-\sigma, T+\sigma, H_{0}^{1}(U)\right) \\
u^{\epsilon \prime} \rightarrow u^{\prime} \text { in } L_{\mathrm{loc}}^{2}\left(-\sigma, T+\sigma, H^{-1}(U)\right) .
\end{gathered}
$$

Combining these observations, we see that $\left\{u^{\epsilon}\right\}$ is Cauchy in $C\left([0, T] ; L^{2}(U)\right)$, and so there is some $v \in C\left([0, T] ; L^{2}(U)\right)$ so that $u^{\epsilon} \rightarrow v$ in $C\left([0, T] ; L^{2}(U)\right)$.

## Proof of Theorem 5.9.3

Using again the observation that $u^{\epsilon}(t) \rightarrow u(t)$ in $H_{0}^{1}(U)$ for a.e. $t \in(0, T)$, we see that $u(t)=v(t)$ for a.e. $t \in(0, T)$. We can conclude that $v$ is a continuous version of $u$, giving (i).
2. For (ii), we can use the same argument as in Step 1 to see that

$$
\left\|u^{\epsilon}(t)\right\|_{L^{2}(U)}^{2}=\left\|u^{\epsilon}(s)\right\|_{L^{2}(U)}^{2}+2 \int_{s}^{t}\left\langle u^{\epsilon \prime}(\tau), u^{\epsilon}(\tau)\right\rangle d \tau
$$

for all $0 \leq s, t \leq T$. We can take the limit as $\epsilon \rightarrow 0$ in this expression, noting as above that $\left\|u^{\epsilon}(t)\right\|_{L^{2}(U)}^{2} \rightarrow\|u(t)\|_{L^{2}(U)}$ for a.e. $t \in(0, T)$.

Let's check that

$$
\lim _{\epsilon \rightarrow 0} \int_{s}^{t}\left\langle u^{\epsilon \prime}(\tau), u^{\epsilon}(\tau)\right\rangle d \tau=\int_{s}^{t}\left\langle u^{\prime}(\tau), u(\tau)\right\rangle d \tau
$$

## Proof of Theorem 5.9.3

For this, we compute

$$
\begin{aligned}
& \left|\int_{s}^{t}\left\langle u^{\epsilon^{\prime}}(\tau), u^{\epsilon}(\tau)\right\rangle d \tau-\int_{s}^{t}\left\langle u^{\prime}(\tau), u(\tau)\right\rangle d \tau\right| \\
& \quad \leq\left|\int_{s}^{t}\left\langle u^{\epsilon \prime}(\tau), u^{\epsilon}(\tau)\right\rangle-\left\langle u^{\epsilon \prime}(\tau), u(\tau)\right\rangle d \tau\right| \\
& \quad+\left|\int_{s}^{t}\left\langle u^{\epsilon \prime}(\tau), u(\tau)\right\rangle-\left\langle u^{\prime}(\tau), u(\tau)\right\rangle d \tau\right| \\
& \quad \leq \int_{0}^{T}\left\|u^{\epsilon \prime}(\tau)\right\|_{H^{-1}(U)}\left\|u^{\epsilon}(\tau)-u(\tau)\right\|_{H^{1}(U)} d \tau \\
& \quad+\int_{0}^{T}\left\|u^{\epsilon \prime}(\tau)-u^{\prime}(\tau)\right\|_{H^{-1}(U)}\|u(\tau)\|_{H^{1}(U)} d \tau
\end{aligned}
$$

## Proof of Theorem 5.9.3

We can now apply Hölder's inequality to each of these last two integrals. E.g., for the first, we have

$$
\begin{aligned}
& \int_{0}^{T}\left\|u^{\epsilon \prime}(\tau)\right\|_{H^{-1}(U)}\left\|u^{\epsilon}(\tau)-u(\tau)\right\|_{H^{1}(U)} d \tau \\
\leq & \left(\int_{0}^{T}\left\|u^{\epsilon \prime}(\tau)\right\|_{H^{-1}(U)}^{2} d \tau\right)^{1 / 2}\left(\int_{0}^{T}\left\|u^{\epsilon}(\tau)-u(\tau)\right\|_{H^{1}(U)}^{2} d \tau\right)^{1 / 2} \\
= & \left\|u^{\epsilon \prime}\right\|_{L^{2}\left(0, T ; H^{-1}(U)\right)}\left\|u^{\epsilon}-u\right\|_{L^{2}\left(0, T ; H^{1}(U)\right)} \xrightarrow{\epsilon \rightarrow 0} 0 .
\end{aligned}
$$

The second is similar. We conclude that

$$
\begin{equation*}
\|u(t)\|_{L^{2}(U)}^{2}=\|u(s)\|_{L^{2}(U)}^{2}+2 \int_{s}^{t}\left\langle u^{\prime}(\tau), u(\tau)\right\rangle d \tau \tag{**}
\end{equation*}
$$

for a.e. $0<s, t<T$, and if we take $u$ to be its continuous version, we must have the relation for all $0 \leq s, t \leq T$. Since $\left\langle u^{\prime}(\tau), u(\tau)\right\rangle \in L^{1}(0, T)$, we can conclude that $\|u(t)\|_{L^{2}(U)}^{2}$ is absolutely continuous. Upon differentiation of $\left({ }^{* *}\right)$ we obtain (ii).

## Proof of Theorem 5.9.3

3. For (iii) if we integrate our relation

$$
\|u(t)\|_{L^{2}(U)}^{2}=\|u(s)\|_{L^{2}(U)}^{2}+2 \int_{s}^{t}\left\langle u^{\prime}(\tau), u(\tau)\right\rangle d \tau
$$

in $s$ on the interval $[0, T]$, we see that

$$
\begin{aligned}
& T\|u(t)\|_{L^{2}(U)}^{2}=\int_{0}^{T}\|u(s)\|_{L^{2}(U)}^{2} d s+2 \int_{0}^{T} \int_{s}^{t}\left\langle u^{\prime}(\tau), u(\tau)\right\rangle d \tau d s \\
& \leq\|u\|_{L^{2}\left(0, T ; L^{2}(U)\right)}^{2}+2 \int_{0}^{T} \int_{s}^{t}\left\|u^{\prime}(\tau)\right\|_{H^{-1}(U)}\|u(\tau)\|_{H^{1}(U)} d \tau \\
& \leq\|u\|_{L^{2}\left(0, T ; L^{2}(U)\right)}^{2}+2 T \int_{0}^{T}\left\|u^{\prime}(\tau)\right\|_{H^{-1}(U)}\|u(\tau)\|_{H^{1}(U)} d \tau \\
& \leq\|u\|_{L^{2}\left(0, T ; L^{2}(U)\right)}^{2}+T \int_{0}^{T}\left\|u^{\prime}(\tau)\right\|_{H^{-1}(U)}^{2}+\|u(\tau)\|_{H^{1}(U)}^{2} d \tau \\
& \quad=\|u\|_{L^{2}\left(0, T ; L^{2}(U)\right)}^{2}+T\left(\left\|u^{\prime}\right\|_{L^{2}\left(0, T ; H^{-1}(U)\right)}^{2}+\|u\|_{L^{2}\left(0, T ; H_{0}^{1}(U)\right)}^{2}\right)
\end{aligned}
$$

## Proof of Theorem 5.9.3

Since the right-hand side does not depend on $t$, we can compute the maximum over $t \in[0, T]$ on both sides to see that (also dividing by $T$ and taking a square root)

$$
\begin{aligned}
\|u\|_{C\left([0, T] ; L^{2}(U)\right)} & \leq \tilde{C}\left(\|u\|_{L^{2}\left(0, T ; H_{0}^{1}(U)\right)}^{2}+\left\|u^{\prime}\right\|_{L^{2}\left(0, T ; H^{-1}(U)\right)}^{2}\right)^{1 / 2} \\
& \leq \tilde{C}\left(\|u\|_{L^{2}\left(0, T ; H_{0}^{1}(U)\right)}+\left\|u^{\prime}\right\|_{L^{2}\left(0, T ; H^{-1}(U)\right)}\right)
\end{aligned}
$$

and this is the claim.

