

















Going way back to our original equation (p. 7)

$$\left\langle \frac{d\varepsilon_{0}^{2}}{dt} \right\rangle = -\frac{2}{\tau_{s}} \oint \langle \varepsilon P \rangle dt + \frac{1}{\tau_{s}} \oint \dot{N} \langle u^{2} \rangle dt$$

$$= \frac{\varepsilon_{0}^{2} U_{s}}{\tau_{s} E_{s}} (2 + D) + \frac{1}{\tau_{s}} \oint \dot{N} \langle u^{2} \rangle dt$$
damping heating

$$\varepsilon_{0}^{2}(t) = \varepsilon_{0}^{2}(0)e^{-t/\tau_{s}^{2}} + \varepsilon_{0}^{2}(\infty)\left(1 - e^{-t/\tau_{s}^{2}}\right)$$
where $\frac{1}{\tau_{e^{2}}} = \frac{U_{s}}{\tau_{s} E_{s}} (2 + D)$ The energy then decays in a time

$$\varepsilon_{0}^{2}(\infty) = \frac{\tau_{e^{2}}}{\tau_{s}} \oint \dot{N} \langle u^{2} \rangle dt$$

$$\tau_{e} = 2\tau_{e^{2}}$$

$$\frac{1}{\tau_{e}} = \frac{U_{s}}{2\tau_{s} E_{s}} (2 + D)$$

























$$\begin{aligned} & \mathbf{F} \\ & \mathbf{F}$$