

Matrix concentration inequalities

Recall from Lecture 2 the following version of Bernstein's inequality:

Theorem (Bernstein): If X_1, X_n are independent, $\mathbb{E}X_i = 0$, $\|\mathbb{E}X_i^2\| \leq \sigma^2$, $X_i \leq b$ a.s., then

$$P\left[\sum_{i=1}^n X_i \geq t\right] \leq e^{-\frac{t^2/2}{\sigma^2 + b^2/3}}$$

We will prove the following extension to matrices:

Theorem (matrix Bernstein): If $X_1, X_n \in \mathbb{R}^{d \times d}$ are independent

symmetric matrices, $\mathbb{E}X_i = 0$, $\lambda_{\max}(X_i) \leq b$ a.s., then

$$P\left[\lambda_{\max}\left(\sum_{i=1}^n X_i\right) \geq t\right] \leq d \cdot e^{-\frac{t^2/2}{\sqrt{\sigma^2 + b^2} t/3}}$$

$$\text{where } \sigma = \left\| \sum_{i=1}^n \mathbb{E}X_i^2 \right\|_{\text{op}}.$$

Remark: ① σ is the matrix variance, representing "maximal variance of $S = \sum_{i=1}^n X_i$ " in any direction:

$$\begin{aligned} \sigma &= \left\| \sum_{i=1}^n \mathbb{E}X_i^2 \right\|_{\text{op}} = \left\| \mathbb{E}S^2 \right\|_{\text{op}} \\ &= \sup_{\|u\|_2=1} u^T (\mathbb{E}S^2) u = \sup_{\|u\|_2=1} \mathbb{E} \|Su\|^2. \end{aligned}$$

② This shows $\lambda_{\max}\left(\sum_{i=1}^n X_i\right) = O_p(\sqrt{\log d} + b \log d)$.

The log d factors may not be sharp, but this bound is good enough for many applications.

③ There are versions that relax $\text{dim}_{\text{vec}}(\underline{X}) \leq b$ to moment-type assumptions, see Trapp '12 "User-friendly tail bounds"

Example (covariance estimation): Let X_1, X_n be i.i.d., $\mathbb{E} \underline{X} = 0$

$$\mathbb{E} \underline{X} \underline{X}^T = \Sigma, \quad \|\underline{X}\|_2^2 \leq K^2 \mathbb{E} \|\underline{X}\|_2^2 \text{ a.s. for some } K \geq 1.$$

$$(\text{e.g. } \underline{X} = \sum_{i=1}^d Z_i, \quad Z_i \sim \text{Unit } \{\pm \sqrt{d} e_1, \dots, \pm \sqrt{d} e_d\})$$

$$\|\underline{X}\|_2^2 = \underline{Z}^T \Sigma \underline{Z} \leq d \cdot \max_{i=1}^d \sum_{j=1}^d \Sigma_{ij}, \quad \mathbb{E} \|\underline{X}\|_2^2 = T \cdot \Sigma \geq d \cdot \min_{i=1}^d \sum_{j=1}^d \Sigma_{ij}$$

$$\text{so this holds w/ } K^2 = \max_i \sum_{j=1}^d / \min_i \sum_{j=1}^d)$$

Let $\hat{\Sigma} = \frac{1}{n} \sum_{i=1}^n \underline{X}_i \underline{X}_i^T$ be sample covariance estimator.

$$\|\hat{\Sigma} - \Sigma\|_{op} = \left\| \frac{1}{n} \sum_{i=1}^n \underbrace{(\underline{X}_i \underline{X}_i^T - \Sigma)}_{:= Y_i} \right\|_{op}$$

$$\cdot \mathbb{E} Y_i = 0$$

$$\cdot \|Y_i\|_{op} \leq \|\underline{X}_i\|_2^2 + \|\Sigma\|_{op} \leq K^2 T \cdot \Sigma + \|\Sigma\|_{op} \leq 2K^2 T \cdot \Sigma.$$

$$\cdot \mathbb{E} Y_i^2 = \mathbb{E} (\underline{X}_i \underline{X}_i^T)^2 - \Sigma^2 \leq \mathbb{E} (\underline{X}_i \underline{X}_i^T)^2$$

$$= \mathbb{E} \|\underline{X}_i\|_2^2 \underline{X}_i \underline{X}_i^T \leq K^2 T \cdot \Sigma \cdot \Sigma$$

$$\Rightarrow \sqrt{\mathbb{E} \sum_{i=1}^n \mathbb{E} Y_i^2} \leq K_n \cdot T \cdot \Sigma \cdot \|\Sigma\|_{op}.$$

By matrix Bernstein (applied to X_i and $-X_i$),

$$\|\hat{\Sigma} - \Sigma\|_{op} = O_p \left(\sqrt{\frac{K^2 \log d}{n}} \cdot \sqrt{\text{Tr } \Sigma \cdot \|\Sigma\|_{op}} + \frac{K^2 \log d}{n} \cdot \text{Tr } \Sigma \right)$$

$$= O_p \left(\sqrt{\frac{K^2 \log d}{n}} + \frac{K^2 \log d}{n} \right) \cdot \|\Sigma\|_{op},$$

$r = \text{Tr } \Sigma / \|\Sigma\|_{op}$ is the stable rank

This recovers result of Lecture 12 up to $K^2 \log d$ factor, without a subgaussian assumption for X_i .

Lieb's concavity theorem

For $X = U \begin{pmatrix} \lambda_1 & & \\ & \ddots & \\ & & \lambda_n \end{pmatrix} U^T \in \mathbb{R}^{n \times n}$, define $\ell(X)$ by functional calculus: $\ell(X) = U \begin{pmatrix} \ell(\lambda_1) & & \\ & \ddots & \\ & & \ell(\lambda_n) \end{pmatrix} U^T$.

Idea: Apply moment generating function approach to matrices.

$$\begin{aligned} \mathbb{P} [\lambda_{\max} (\sum_{i=1}^n X_i) \geq t] &\leq e^{-\lambda t} \mathbb{E} e^{\lambda \cdot \lambda_{\max} (\sum_{i=1}^n X_i)} \quad (\forall \lambda \geq 0) \\ &= e^{-\lambda t} \mathbb{E} \lambda_{\max} (e^{\lambda \sum_{i=1}^n X_i}) \\ &\leq e^{-\lambda t} \text{Tr } \mathbb{E} e^{\lambda \sum_{i=1}^n X_i} \end{aligned}$$

Issue: For matrices, $\text{Tr } e^{\lambda \sum_{i=1}^n X_i} \neq \text{Tr } e^{\lambda X_1} \times \dots \times e^{\lambda X_n}$

Thm (Lieb): For any $H \in \mathbb{R}^{d \times d}$ symmetric,

$$A \mapsto \text{Tr } e^{H + \log A}$$

is concave over $A \geq 0$.

$$\begin{aligned} \text{Thus } \mathbb{E} \text{Tr } e^{\lambda \sum_{i=1}^n X_i} &= \mathbb{E} \text{Tr } e^{\lambda \sum_{i=1}^n X_i + \log \mathbb{E} e^{\lambda X_i}} \\ &\stackrel{(\text{Jensen})}{\leq} \mathbb{E} \text{Tr } e^{\lambda \sum_{i=1}^n X_i + \log \mathbb{E} e^{\lambda X_i}} \\ &\leq \dots \leq \text{Tr } e^{\sum_{i=1}^n \log \mathbb{E} e^{\lambda X_i}} \end{aligned}$$

This will allow us to prove matrix Bernstein.

To prove Lieb's theorem:

Def: Let $A, M \in \mathbb{R}^{d \times d}$ be symmetric, $A, M \geq 0$. The matrix relative entropy is

$$D(A \| M) = \text{Tr}[A(\log A - \log M) - (A - M)]$$

Remark: The vector analogue, for $a, h \in \mathbb{R}^d$ entrywise positive, is

$$D(a \| h) = \sum_{i=1}^d a_i \log \frac{a_i}{h_i} - (a_i - h_i). \quad \text{If } \sum_i a_i = \sum_i h_i = 1,$$

this is KL-divergence between two discrete distributions.

One may check that:

- $D(a \parallel h) \geq 0$ (non-negativity)
- $D(\lambda a + (1-\lambda)a' \parallel \lambda h + (1-\lambda)h') \leq \lambda D(a \parallel a') + (1-\lambda)D(h \parallel h')$
 $\forall \lambda \in [0,1]$ (convexity in (a, h)).

We aim to show the analogous properties for matrix relative entropy.

Def: A function $f: \mathbb{I} \rightarrow \mathbb{R}$ on an interval $\mathbb{I} \subseteq \mathbb{R}$ is

$\left\{ \begin{array}{l} \text{operator monotone increasing} \\ \text{operator convex} \\ \text{trace monotone increasing} \end{array} \right.$

if, for all $d \geq 1$ and $A, H \in \mathbb{R}^{d \times d}$ symmetric w/ all eigenvalues in \mathbb{I} ,

$\left\{ \begin{array}{l} A \geq H \text{ implies } f(A) \geq f(H) \\ f(\lambda A + (1-\lambda)H) \leq \lambda f(A) + (1-\lambda)f(H) \quad \forall \lambda \in [0,1] \\ A \geq H \text{ implies } \text{Tr } f(A) \leq \text{Tr } f(H) \end{array} \right.$

Trace monotonicity is the simplest condition:

Prop: If $f: \mathbb{I} \rightarrow \mathbb{R}$ is monotone increasing, then it is also trace monotone increasing.

Proof: Let $\lambda_1(A) \geq \dots \geq \lambda_d(A)$ be eigenvalues of A . If $A \geq H$,

by Courant-Fischer min-max theorem,

$$\lambda_i(A) = \max_{V: \dim(V)=i} \min_{u \in V: \|u\|_2=1} u^T A u \leq \max_V \min_u u^T A u = \lambda_i(H).$$

$$\text{Thus } \operatorname{Tr} f(A) = \sum_i f(\lambda_i(A)) \leq \sum_i f(\lambda_i(H)) = \operatorname{Tr} f(H). \quad \blacksquare$$

It is not true that f increasing/convex $\Rightarrow f$ operator increasing/convex.

$$\text{E.g. } A = \begin{pmatrix} 1 & 1 \\ 0 & 1 \end{pmatrix}, \quad B = \begin{pmatrix} 2 & 1 \\ 1 & 1 \end{pmatrix}, \quad f(x) = x^2 \text{ on } [0, \infty).$$

$$A \neq B \text{ but } A^2 \neq B^2$$

$$A = \begin{pmatrix} 1 & 1 \\ 0 & 1 \end{pmatrix}, \quad B = \begin{pmatrix} 3 & 1 \\ 1 & 1 \end{pmatrix}, \quad f(x) = x^3 \text{ on } [0, \infty).$$

$$\frac{A^3 + B^3}{2} \neq \left(\frac{A+B}{2} \right)^3$$

Prop: (a) Fix any $a \geq 0$. $a \mapsto (a+u)^{-1}$ is operator monotone decreasing and operator convex on $(0, \infty)$.

(b) $a \mapsto \log a$ is operator monotone increasing and operator concave on $(0, \infty)$.

Proof: (a) Suppose $H \in A \geq 0$. Then $H+uI \in A+uI$.

Note if $A \leq B$ then $M^T A M \leq M^T B M$ for any M .

$$\Rightarrow I \not\preceq (H+uI)^{-1/2} (A+uI) (H+uI)^{-1/2}$$

$$\Rightarrow I \not\preceq [(H+uI)^{-1/2} (A+uI) (H+uI)^{-1/2}]^{-1} = (H+uI)^{1/2} (A+uI)^{-1} (H+uI)^{1/2}$$

$(A+uI)^{-1} \not\preceq (H+uI)^{-1}$. This shows monotonicity.

Consider any $A, H \succeq 0$, $\lambda \in [0, 1]$.

Note: If $A \succeq 0$, then $\begin{pmatrix} A & B \\ B^T & C \end{pmatrix} \succeq 0$ if and only if $C - B^T A^{-1} B \succeq 0$.

$$\text{Then } 0 \preceq \lambda \cdot \underbrace{\begin{pmatrix} A+uI & I \\ I & (A+uI)^{-1} \end{pmatrix}}_{\succeq 0} + (1-\lambda) \underbrace{\begin{pmatrix} H+uI & I \\ I & (H+uI)^{-1} \end{pmatrix}}_{\succeq 0}$$

$$= \begin{pmatrix} \lambda A + (1-\lambda) H + uI & I \\ I & \lambda (A+uI)^{-1} + (1-\lambda) (H+uI)^{-1} \end{pmatrix}$$

$$\Rightarrow \lambda (A+uI)^{-1} + (1-\lambda) (H+uI)^{-1} - (\lambda A + (1-\lambda) H + uI)^{-1} \succeq 0.$$

This shows convexity.

$$(b) \text{ Note } \int_0^\infty \left(\frac{1}{1+u} - \frac{1}{a+u} \right) du = \lim_{L \rightarrow \infty} \log((1+u))_0^L - \log((a+u))_0^L$$

$$= \log a + \lim_{L \rightarrow \infty} \log \frac{1+L}{a+L} = \log a.$$

$$\text{If } A \succeq H, \log A = \int_0^\infty [(1+u)^{-1} I - (A+uI)^{-1}] du$$

$$\not\preceq \int_0^\infty [(1+u)^{-1} I - (H+uI)^{-1}] du = \log H$$

For any $A, H \in \mathcal{O}$, $\lambda \in [0, 1]$,

$$\lambda \log A + (1-\lambda) \log H$$

$$= \int_0^\infty \left(\lambda \left[(I+u)^{-1} I - (A+uI)^{-1} \right] + (1-\lambda) \left[(I+u)^{-1} I - (H+uI)^{-1} \right] \right) du$$

$$= \int_0^\infty \left((I+u)^{-1} I - \left[\lambda (A+uI)^{-1} + (1-\lambda) (H+uI)^{-1} \right] \right) du$$

$$\left\{ \int_0^\infty \left[(I+u)^{-1} I - (\lambda A + (1-\lambda) H + uI)^{-1} \right] du = \log(\lambda A + (1-\lambda) H) \right.$$

Lemma (operator Jensen): Suppose $f: \mathcal{I} \rightarrow \mathbb{R}$ is operator convex,

$A_1 \in \mathbb{R}^{d_1 \times d_1}$, $A_2 \in \mathbb{R}^{d_2 \times d_2}$ symmetric w/ eigenvalues in \mathcal{I} ,

$K_1 \in \mathbb{R}^{d_1 \times d_1}$, $K_2 \in \mathbb{R}^{d_2 \times d_2}$ s.t. $K_1^T K_1 + K_2^T K_2 = I$. Then

$$f(K_1^T A_1 K_1 + K_2^T A_2 K_2) \geq K_1^T f(A_1) K_1 + K_2^T f(A_2) K_2.$$

Proof: Let $A = \begin{pmatrix} A_1 & 0 \\ 0 & A_2 \end{pmatrix}$, $U = \begin{pmatrix} I & 0 \\ 0 & -I \end{pmatrix}$. Note $\begin{pmatrix} K_1 \\ K_2 \end{pmatrix}$ has orthonormal columns, and pick L_1, L_2 s.t. $Q = \begin{pmatrix} K_1 & L_1 \\ K_2 & L_2 \end{pmatrix}$ is orthogonal.

$$\text{Then } Q^T A Q = \begin{pmatrix} K_1^T A_1 K_1 + K_2^T A_2 K_2 & * \\ * & * \end{pmatrix}$$

$$\cdot \frac{1}{2} \begin{pmatrix} T & B \\ B^T & M \end{pmatrix} + \frac{1}{2} U^T \begin{pmatrix} T & B \\ B^T & M \end{pmatrix} U = \begin{pmatrix} T & 0 \\ 0 & M \end{pmatrix} \quad \forall T, B, M.$$

$$\therefore f(K_1^T A_1 K_1 + K_2^T A_2 K_2) = f([Q^T A Q]_{11})$$

$$\begin{aligned}
&= f\left(\left[\frac{1}{2}Q^T A Q + \frac{1}{2}U^T Q^T A Q U\right]_{11}\right) \\
&= \left[f\left(\frac{1}{2}Q^T A Q + \frac{1}{2}U^T Q^T A Q U\right)\right]_{11} \quad b/c \text{ block diagonal}
\end{aligned}$$

By operator convexity,

$$\begin{aligned}
f\left(\frac{1}{2}Q^T A Q + \frac{1}{2}U^T Q^T A Q U\right) &\leq \frac{1}{2}f(Q^T A Q) + \frac{1}{2}f(U^T Q^T A Q U) \\
&= \frac{1}{2}Q^T f(A) Q + \frac{1}{2}U^T Q^T f(A) Q U \quad b/c \quad Q, Q U \text{ orthogonal}
\end{aligned}$$

$$\begin{aligned}
\Rightarrow f(K_1^T A K_1 + K_2^T A_2 K_2) &\leq \left[\frac{1}{2}Q^T f(A) Q + \frac{1}{2}U^T Q^T f(A) Q U\right]_{11} \\
&= [Q^T f(A) Q]_{11} = K_1^T f(A_1) K_1 + K_2^T f(A_2) K_2. \quad \blacksquare
\end{aligned}$$

Lemma: $(A, H) \mapsto D(A \otimes H) = \text{Tr}[A(\log A - \log H) - (A - H)]$

is non-negative and convex over $\{(A, H) : A, H \succ 0\}$.

Proof: Let $A \otimes H = \begin{pmatrix} a_{11}H & \dots & a_{1d}H \\ \vdots & \ddots & \vdots \\ a_{d1}H & \dots & a_{dd}H \end{pmatrix} \in \mathbb{R}^{d^2 \times d^2}$ be the Kronecker product.

If $A = \sum_i \lambda_i u_i u_i^T$, $H = \sum_j \mu_j v_j v_j^T$ are the eigen-decays, then

$$A \otimes H = \sum_{ij} \lambda_i \mu_j (u_i \otimes v_j)(u_i \otimes v_j)^T \Rightarrow \log(A \otimes H) = \log A \otimes I + I \otimes \log H.$$

Sol $f(x) = x - 1 - \log x$, nonnegative + operator convex on $(0, \infty)$.

Let $\mathcal{E} : \mathbb{R}^{d^2 \times d^2} \rightarrow \mathbb{R}$ be given by $\mathcal{E}(B) = \underbrace{\text{vec}(I)^T B \text{vec}(I)}_{\in \mathbb{R}^{d^2}}$

This satisfies

- $B \succeq 0 \Rightarrow \mathcal{E}(B) \geq 0$

- $\mathcal{E}(A \otimes H) = \sum_{i,j} (A \otimes H)_{(i,j), (i,j)} = \sum_{i,j} a_{ij} h_{ij} = \text{Tr } AH.$

$$\Rightarrow D(A \otimes H) = \mathcal{E}(A \log A \otimes I - A \otimes \log H - (A \otimes I) + (I \otimes H))$$

$$= \mathcal{E}\left((A \otimes I)\left[A^{-1} \otimes H - I \otimes I - \underbrace{\log(A^{-1} \otimes H)}_{= -\log A \otimes I + I \otimes \log H}\right]\right)$$

$$= \mathcal{E}((A \otimes I) \cdot F(A^{-1} \otimes H))$$

Note $(A \otimes I) F(A^{-1} \otimes H) = (A \otimes I)^{1/2} F((A \otimes I)^{-1/2} (I \otimes H) (A \otimes I)^{-1/2}) (A \otimes I)^{1/2}$

b/c $A \otimes I, A^{-1} \otimes H$ have same eigenvectors

$$\{0 \Rightarrow D(A \otimes H) \geq 0.$$

Consider any $A_1, A_2, H_1, H_2 \succeq 0, \lambda \in [0, 1]$.

Set $A = \lambda A_1 + (1-\lambda) A_2, H = \lambda H_1 + (1-\lambda) H_2$

$$K_1 = \sqrt{\lambda} A_1^{1/2} A^{-1/2}, \sqrt{1-\lambda} A_2^{1/2} A^{-1/2} \Rightarrow K_1^T K_1 + K_2^T K_2 = I$$

$$\Rightarrow A^{1/2} F(A^{-1/2} H A^{-1/2}) A^{1/2}$$

$$= A^{1/2} F(\lambda \cdot A^{-1/2} H_1 A^{-1/2} + (1-\lambda) A^{-1/2} H_2 A^{-1/2}) \cdot A^{1/2}$$

$$= A^{1/2} F(K_1^T A_1^{-1/2} H_1 A_1^{-1/2} K_1 + K_2^T A_2^{-1/2} H_2 A_2^{-1/2} K_2) A^{1/2}$$

(operator Jensen)

$$\begin{aligned} & \geq A^{\frac{1}{2}} \left[K_1^\top F(A_1^{-\frac{1}{2}} H_1 A_1^{-\frac{1}{2}}) K_1 + K_2^\top F(A_2^{-\frac{1}{2}} H_2 A_2^{-\frac{1}{2}}) K_2 \right] A^{\frac{1}{2}} \\ & = \lambda A_1^{\frac{1}{2}} F(A_1^{-\frac{1}{2}} H_1 A_1^{-\frac{1}{2}}) A_1^{\frac{1}{2}} + (1-\lambda) A_2^{\frac{1}{2}} F(A_2^{-\frac{1}{2}} H_2 A_2^{-\frac{1}{2}}) A_2^{\frac{1}{2}} \end{aligned}$$

Apply this w/ $A \otimes I$, $I \otimes H$ in place of A, H :

$$\begin{aligned} (A \otimes I) F(A^{-1} \otimes H) & \geq \lambda (A_1 \otimes I) F(A_1^{-1} \otimes H_1) + (1-\lambda) (A_2 \otimes I) F(A_2^{-1} \otimes H_2) \\ \Rightarrow D(A \parallel H) & = \mathcal{E}((A \otimes I) F(A^{-1} \otimes H)) \\ & \leq \lambda D(A_1 \parallel H_1) + (1-\lambda) D(A_2 \parallel H_2). \end{aligned}$$

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Proof of Lieb's Thm: For any $M, T \geq 0$,

$$D(T \parallel M) = T \cdot [T(\lg T - \lg M) - (T - M)] \geq 0$$

$$\Rightarrow T \cdot M \geq T \cdot [T \lg M - T \lg T + T]$$

Equality holds for $T=M$. So

$$T \cdot M = \sup_{T \geq 0} T \cdot [T \lg M - T \lg T + T]$$

$$\Rightarrow T \cdot e^{H + \lg A} = \sup_{T \geq 0} T \cdot [T(H + \lg A) - T \lg T + T]$$

$$= \sup_{T \geq 0} T \cdot \underbrace{TM + TA - D(T \parallel A)}_{\text{concave in } (T, A) \text{ for any } H \geq 0},$$

concave in (T, A) for any $H \geq 0$.

$$\Rightarrow A \mapsto T \cdot e^{H + \lg A} \text{ concave.}$$

◻

Proof of matrix Bernstein

Let $S = \sum_{i=1}^n X_i$, $\mathbb{E} X_i = 0$, $\lambda_{\max}(X_i) \leq b$ a.s.

$$\begin{aligned} P[\lambda_{\max}(S) \geq t] &\leq e^{-\lambda t} \cdot \mathbb{E} e^{\lambda \cdot \lambda_{\max}(S)} \quad \forall t \geq 0 \\ &\leq e^{-\lambda t} \text{Tr } \mathbb{E} e^{\lambda S} \\ &\leq e^{-\lambda t} \text{Tr } e^{\sum_{i=1}^n \log \mathbb{E} e^{\lambda X_i}} \quad \text{by Lieb's Thm.} \end{aligned}$$

$$\text{With } e^{\lambda X} = I + \lambda X + X f(\lambda) X, \quad f(x) = \frac{e^{\lambda x} - x - 1}{x^2}.$$

Can check that • f is increasing

$$\bullet f(x) \leq \frac{\lambda^2/2}{1 - \lambda x/3} \quad \forall x < \frac{3}{\lambda}.$$

$$\Rightarrow e^{\lambda X_i} \geq I + \lambda X_i + f(b) X_i^2 \geq I + \lambda X_i + \underbrace{\frac{\lambda^2/2}{1 - \lambda b/3} X_i^2}_{:= g(\lambda)} \quad \forall \lambda < 3/b.$$

$$\Rightarrow \mathbb{E} e^{\lambda X_i} \geq I + g(\lambda) \mathbb{E} X_i^2$$

$$\Rightarrow \log \mathbb{E} e^{\lambda X_i} \geq \log(I + g(\lambda) \mathbb{E} X_i^2) \geq g(\lambda) \mathbb{E} X_i^2 \quad \text{by operator monotonicity of log}$$

By trace monotonicity of exp,

$$P[\lambda_{\max}(S) \geq t] \leq e^{-\lambda t} \cdot \text{Tr } e^{g(\lambda) \sum_{i=1}^n \mathbb{E} X_i^2} \leq e^{-\lambda t} e^{g(\lambda) \cdot \nu},$$

where $\nu = \|\sum_{i=1}^n \mathbb{E} X_i^2\|_{op}$. Pick $\lambda = \frac{t}{\sqrt{b} + t/3}$ and substitute into $g(\lambda)$.