Low-angle excitation pulse

\[ k_B T \gg \hbar \omega_L \]

\[ k_B T \sim \hbar \omega_L \]

Frequency

Energy

-3/2

-1/2

3/2

3/2

Experiment

Theory

\[ T_L = 4.5 \text{ K} \]

\[ T_S = 1.2 \text{ mK} \]