

CHCRUS

This is the accepted manuscript made available via CHORUS. The article has been published as:

Periodic Orbits, Entanglement, and Quantum Many-Body Scars in Constrained Models: Matrix Product State Approach

Wen Wei Ho, Soonwon Choi, Hannes Pichler, and Mikhail D. Lukin Phys. Rev. Lett. **122**, 040603 — Published 29 January 2019 DOI: 10.1103/PhysRevLett.122.040603

Periodic orbits, entanglement and quantum many-body scars in constrained models: matrix product state approach

Wen Wei Ho,¹ Soonwon Choi,¹ Hannes Pichler,^{2,1} and Mikhail D. Lukin¹

¹Department of Physics, Harvard University, Cambridge, MA 02138, USA

²ITAMP, Harvard-Smithsonian Center for Astrophysics, Cambridge, MA 02138, USA

(Dated: December 27, 2018)

We analyze quantum dynamics of strongly interacting, kinetically constrained many-body systems. Motivated by recent experiments demonstrating surprising long-lived, periodic revivals after quantum quenches in Rydberg atom arrays, we introduce a manifold of locally entangled spin states, representable by low-bond dimension matrix product states, and derive equations of motions for them using the time-dependent variational principle. We find that they feature isolated, unstable periodic orbits, which capture the recurrences and represent nonergodic dynamical trajectories. Our results provide a theoretical framework for understanding quantum dynamics in a class of constrained spin models, which allow us to examine the recently suggested explanation of 'quantum many-body scarring' [Nature Physics 14, 745-749 (2018)], and establish a possible connection to the corresponding phenomenon in chaotic single-particle systems.

Introduction. — Understanding non-equilibrium dynamics in closed quantum many-body systems is of fundamental importance. In ergodic systems, the eigenstate thermalization hypothesis (ETH) provides a means to describe their late-time, steady-state behavior by equilibrium statistical mechanics [1-5]. The few known exceptions to this paradigm include exactly solvable, integrable systems [6-8], and strongly disordered, manybody localized systems, which feature extensive number of conservation laws [9-12]. At the same time, the dynamics of equilibriation and thermalization is not as well understood. Concepts such as the ETH, while providing requirements for a system to eventually relax, do not unambiguously prescribe the mechanism nor the timescales on which this occurs; interesting transient dynamics like prethermalization can occur [6–8, 13–21]. Such nonequilibrium phenomena are generally challenging to analytically analyze & simulate, and much progress has thus been spurred by quantum simulation experiments in wellisolated, controllable many-body systems [22–34].

Recently, experiments on Rydberg atom arrays demonstrated surprising long-lived, periodic revivals after quantum quenches [28], with strong dependence of equilibriation timescales on the initial state. Specifically, quenching from some unentangled product states, quick relaxation and thermal equilibriation of local observables was observed, typical of a chaotic, ergodic many-body system. Conversely, quenching from certain other product states, coherent revivals with a well-defined period were instead observed, which were not seen to decay on the experimentally accessible timescales, a distinctively nonergodic dynamical behavior. Most surprisingly, these strikingly different behavior resulted from initial states that are all highly excited with similar, extensive energy densities, and are hence indistinguishable from a thermodynamic standpoint. The apparent simplicity of the special, slowly thermalizing initial states' dynamics - periodic, coherent many-body oscillations – therefore brings to question

whether they can be understood in a simple, effective picture. In fact, recent theoretical work [35] suggested an intriguing analogy of the oscillations with the phenomenon of quantum scarring in chaotic single-particle systems, where a quantum particle shows similarly longlived periodic revivals when launched along weakly unstable, periodic orbits of the underlying classical model [36]. However, to date, a firm connection to the theory of single-particle quantum scars [36] has not been established.

In this Letter, we develop a theoretical framework to analyze the quantum dynamics of a family of constrained spin models, which display similar phenomenology of long-lived periodic revivals from certain special initial states. Specifically, we introduce a manifold of simple, locally entangled states respecting the constraints, representable by a class of low bond dimension matrix product states (MPS), and derive equations of motions (EOMs) for them using the time-dependent variational principle (TDVP) [38, 39]. We find that these EOMs support isolated, unstable, periodic orbits. By quantifying the accuracy of this effective description, we show that these closed orbits indeed capture the persistent recurrences, and hence signal slow relaxation of local observables, a form of weak ergodicity breaking in dynamics, see Fig. 1(a,b). Furthermore, since the TDVP generates a Hamiltonian flow in the phase space parametrizing this (weakly entangled) manifold, one can associate our approach with a generalized "semiclassical" description of many-body dynamics in constrained Hilbert spaces. Our finding of periodic orbits in this description is therefore suggestive in establishing the connection to the theory of quantum scarring of single-particle systems of Heller [36].

Kinetically constrained spin models. — We consider a family of interacting, constrained spin models and demonstrate that they show atypical thermalization behavior for certain initial states. Consider a chain of L



Figure 1. (a) Flow diagrams of $\dot{\theta}_e(t)$, $\dot{\theta}_o(t)$ for the model (1) with s = 1/2. The color map gives the error γ , (5). There is an isolated, unstable periodic orbit (red curve) describing oscillatory motion between $|\mathbb{Z}_2\rangle$ (green dot) and $|\mathbb{Z}'_2\rangle$ (blue dot), with numerically extracted period $T \approx 2\pi \times 1.51 \,\Omega^{-1}$. Conversely, motion from $|\mathbf{0}\rangle$ (red dot) proceeds towards a saddle point where the error is large. (b): Dynamics of local observable $S_i^z(t)$. There are persistent, coherent oscillations in the local observable for $|\mathbb{Z}_2\rangle$ with similar period, while $|\mathbf{0}\rangle$ instead shows quick relaxation and equilibriation towards a thermal value predicted by ETH [37].

spin-s particles on a ring, with Hamiltonian

$$H = \Omega \sum_{i} \mathcal{P} S_i^x \mathcal{P}.$$
 (1)

Here, a basis on each site *i* is spanned by eigenstates $|n\rangle_i$ of $S_i^z + s \mathbb{I}_i$, with $n = 0, \dots, 2s$, and S_i^x is the spin-*s* operator in the *x*-direction. The projector $\mathcal{P} = \prod_i \mathcal{P}_{i,i+1} = \mathbb{I}_i \otimes \mathbb{I}_{i+1} - Q_i \otimes Q_{i+1}$, with $Q_i = \mathbb{I}_i - P_i$ and $P_i = |0\rangle_i \langle 0|_i$, and constrains dynamics to a subspace where at least one of two neighboring spins is in the state $|0\rangle$, which has dimensionality $d \sim ((1 + \sqrt{8s + 1})/2)^L$. When s = 1/2, Eqn. (1) effectively models the experimental setup of [28], where the constraint stems from the Rybderg blockade mechanism (see also [40-44]).

The Hamiltonian (1) has a simple interpretation: each spin rotates freely about the x-axis if both its neighbors are in the state $|0\rangle$, while its dynamics is frozen otherwise. Despite its apparent simplicity, the Hamiltonian is nonintegrable and quantum chaotic, as seen in Fig. 2(a) from level repulsion in the energy eigenspectrum. The chaotic nature of the system is expected to govern the nonequilibrium dynamics arising from a quantum quench. For example, consider "simple", unentan-



Figure 2. (a) Level spacing statistics in the momentum-zero, inversion-symmetric sector. Plotted is the *r*-statistics defined by the average of $r_n = \frac{\min(s_n, s_{n-1})}{\max(s_n, s_{n-1})}$ where $s_n = E_{n+1} - E_n$. There is a clear albeit slow trend with Hilbert space dimension *d* towards Wigner-Dyson statistics in the GOE class, indicated by $r \approx 0.53$, away from the integrable Poissonian (POI) limit of $r \approx 0.39$ (for discussion of the slow convergence, see [45, 46]). (b,c) Growth of entanglement entropy S_A following quenches from the $|\mathbf{0}\rangle$ and $|\mathbb{Z}_2\rangle$ states, of subregions *A* being (b) six contiguous sites, (c) a single-site, for the s = 1/2 model. Total system size is L = 30.

gled initial states, specifically product states in the zbasis that satisfy the constraints. All these states have the property that they have the same energy density under (1), corresponding to that of the infinite-temperature thermal state, and are hence thermodynamically indistinguishable. Under time evolution, one would expect a quick relaxation of local observables (on the timescale $t_r \sim \Omega^{-1}$) to infinite-temperature ensemble values [37], in accordance with ETH predictions [1-3, 47-50]. This behavior is indeed observed generically, as demonstrated previously [41-44], and also in Fig. 1(b) for the local observable $S_i^z(t)$ from the initial state $|\mathbf{0}\rangle = \bigotimes_{i=1}^L |0\rangle_i$ (s=1/2). However, time evolution of the initial state $|\mathbb{Z}_2\rangle\!\equiv\!\otimes_{i=1}^{L/2}|0\rangle_{2i-1}\,|2s\rangle_{2i}$ does not follow this expectation. As shown in Fig. 1(b), the same observable instead unexpectedly exhibits long-lived, coherent oscillations with a well-defined period $T \approx 2\pi \times 1.51 \,\Omega^{-1}$. Furthermore, it does not relax to, nor oscillate about, the thermal value expected from ETH, at least on numerically accessible timescales and system sizes.

This striking departure from generic behavior is also reflected in the growth of entanglement entropy (EE) (Fig. 2(b,c)). While for generic initial states EE essentially grows linearly and quickly saturates to that of a random state [37], this is not the case for $|\mathbb{Z}_2\rangle$. In particular, the single-site EE drops periodically, indicating that each spin is repeatedly partially disentangling itself from the rest of the chain. This tantalizingly hints that the motion for the $|\mathbb{Z}_2\rangle$ state lies within a low-entanglement manifold of the Hilbert space, thereby possibly allowing for a simple, effective description of dynamics.

Equations of motion from the TDVP. — Motivated



Figure 3. (a) Geometrical depiction of the TDVP over a manifold of states $|\psi(\boldsymbol{z})\rangle$ parameterized by \boldsymbol{z} . The instantaneous motion $-iH|\psi(\boldsymbol{z})\rangle$ is projected onto the tangent space at the point, leading to motion on the manifold (green trajectory). The norm of the vector orthogonal to the manifold, $\Gamma = \gamma \sqrt{L}$ (c.f. Eqn. (5)), is a measure of its accuracy. (b) MPS representation of states $|\psi(\boldsymbol{\theta}, \boldsymbol{\phi})\rangle$ (c.f. Eqn. (3)) used.

by these considerations, we analyze the dynamics of the system using the TDVP on a suitable variational manifold of simple, low entanglement states. For concreteness, we focus first on s = 1/2. Starting from classical spin configurations, i.e. products of unentangled coherent states $\otimes_i |\vartheta_i, \varphi_i\rangle := \otimes_i [\cos(\vartheta_i/2)|0\rangle_i - ie^{i\varphi_i} \sin(\vartheta_i/2)|1\rangle_i]$, we construct states that respect the constraints set by \mathcal{P} , by explicitly projecting out neighboring excitations,

$$|\psi(\boldsymbol{\vartheta},\boldsymbol{\varphi})\rangle = \mathcal{P}\bigotimes_{i} |(\vartheta_{i},\varphi_{i})\rangle,$$
 (2)

which is akin to a Gutzwiller projection to the constrained subspace [37, 51], see Fig. 3(b). Importantly, (2) is weakly entangled, and can be written as a particular matrix product state (MPS) with bond dimension D = 2 [37, 52]. We find it convenient to normalize (2) and change to new variables $(\vartheta, \varphi) \rightarrow (\theta, \phi)$ via a non-linear mapping [37], such that $|\psi(\vartheta, \varphi)\rangle/||\psi(\vartheta, \varphi)|| = |\psi(\theta, \phi)\rangle$, so that the MPS representation is given by

$$|\psi(\boldsymbol{\theta}, \boldsymbol{\phi})\rangle = \operatorname{Tr}(A_1 A_2 \cdots A_L),$$

$$A_i(\theta_i, \phi_i) = \begin{pmatrix} P_i | (\theta_i, \phi_i) \rangle & Q_i | (\theta_i, \phi_i) \rangle \\ |0\rangle_i & 0 \end{pmatrix}, \qquad (3)$$

and $|(\theta_i, \phi_i)\rangle = e^{i\phi_i s} e^{i\phi_i S_i^z} e^{-i\theta_i S_i^x} |0\rangle_i$, which is normalized in the thermodynamic limit $L \to \infty$ (see too [53, 54]). The generalization of (3) to spin-*s* then simply consists of replacing the appropriate operators and states with the spin-*s* analogs.

The TDVP respects conservation laws, and in particular conserves the energy of the Hamiltonian (1) [37–39, 55]. On this general ground, we obtain that $\dot{\phi} = 0$, and can set $\phi = 0$, which is obeyed for initial product states in the z-basis [37]. Furthermore, to describe the motions of the $|\mathbf{0}\rangle$ and $|\mathbb{Z}_2\rangle$ states, it suffices to focus on the submanifold of states with a two-site translational symmetry, i.e. $\theta_i = \theta_{i+2}$. The TDVP-EOMs are obtained by projecting the instantaneous motion of the quantum system onto the tangent space of the variational manifold (Fig. 3(a)), and read $\sum_{\mu} \dot{\theta}_{\mu} \langle \partial_{\theta_{\nu}} \psi | \partial_{\theta_{\mu}} \psi \rangle = -i \langle \partial_{\theta_{\nu}} \psi | H | \psi \rangle$, for $\mu \in \{o, e\}$ (standing for even(e) and odd(o) sites). A lengthy but straightforward calculation [37] yields closedform, analytic expressions: $\dot{\theta}_{e}(t) = f(\theta_{e}(t), \theta_{o}(t))$ and $\dot{\theta}_{o}(t) = f(\theta_{o}(t), \theta_{e}(t))$, with

$$f(x,y) = \Omega \left[1 - \cos^{4s-2}\left(\frac{x}{2}\right) + \cos^{4s-2}\left(\frac{x}{2}\right) \cos^{2s}\left(\frac{y}{2}\right) + 2s\sin\left(\frac{x}{2}\right)\cos^{6s-1}\left(\frac{x}{2}\right)\tan\left(\frac{y}{2}\right) \right].$$
(4)

These EOMs are coupled, nonlinear equations. Yet, remarkably, we find that for each spin-s, there is an isolated, unstable, periodic orbit C, as seen in the corresponding flow diagrams for s = 1/2 in Fig. 1(a), and s = 1, 2, in Fig. 4(a,c). Furthermore, C includes the points $(\theta_e, \theta_o) = (\pi, 0)$, and $(0, -\pi)$ (modulo 2π), corresponding to $|\mathbb{Z}_2\rangle$ and its counterpart $|\mathbb{Z}'_2\rangle = \bigotimes_{i=1}^{L/2} |0\rangle_{2i} |2s\rangle_{2i-1}$ respectively. Thus, the EOMs describe continual oscillations between these two product states (akin to a quantum Newton's cradle! [see also [22]]), which is manifestly an athermal, nonergodic behavior [56]. The periods of oscillations from the EOMs can be determined by numerical integration of Eq. (4), and the extracted values match excellently with those from numerical simulations of local observables such as $S_i^z(t)$, see Fig. 1(b) and Fig. 4(b,d). This already indicates that the variational manifold (3) is well suited to capture central aspects of the exact quantum dynamics.

To further corroborate this fact, we quantify the error in TDVP evolution as the instantaneous rate at which the state evolving under the full Hamiltonian leaves the variational manifold (see Fig. 3, [38, 39]), given by

$$\gamma(\boldsymbol{\theta}) = ||(iH + \boldsymbol{\dot{\theta}}\partial_{\boldsymbol{\theta}})|\psi(\boldsymbol{\theta})\rangle||/\sqrt{L}, \tag{5}$$

where we have normalized it to be an intensive quantity. The numerically integrated error rates around the closed orbits $\epsilon_{\mathcal{C}} = \oint_{\mathcal{C}} \gamma(\theta_e(t), \theta_o(t)) dt$ yield $\epsilon_{\mathcal{C}} \approx 0.17, 0.32, 0.41$ for s = 1/2, 1, 2 respectively, which are small values compared to neighboring trajectories [37], illustrating that \mathcal{C} is indeed a good approximation to exact quantum dynamics. We stress that the ability to capture the key features of some dynamics of a chaotic many-body system within a low entanglement manifold is remarkable. This is in contrast to generic expectations; for example, the trajectory beginning at $(\theta_e, \theta_o) = (0, 0)$ for s = 1/2, (i.e. the $|\mathbf{0}\rangle$ state), instead traces out a path that terminates in a saddle point where γ is large (see Fig. 1(a)), indicating that this low entanglement manifold is unable to capture the large growth of entanglement from this state, as expected in a thermalizing system.



Figure 4. (a,c) Flow diagrams (4) and error γ for (a) s = 1, (c) s = 2. The indicated periodic orbits (red curves) have periods (a) $T \approx 2\pi \times 1.64 \,\Omega^{-1}$, and (c) $T \approx 2\pi \times 1.73 \,\Omega^{-1}$. Note that points $\theta_{o/e} = \theta_{o/e} \pm 2\pi$ are identified. (b,d) Relaxation of local observable $S_i^z(t)$ for (b) s = 1, (d) s = 2. One sees, similarly to Fig. 1, quick relaxation of the $|\mathbf{0}\rangle$ state toward a thermal value predicted by ETH [37], while persistent oscillations for $|\mathbb{Z}_2\rangle$, with similar periods in (a,c).

Discussion. — Our effective description of the persistent oscillations seen in the many-body systems (1), in terms of isolated, unstable orbits, provides a framework to analyze a possible connection with the phenomenon of quantum scarring in single-particle chaotic systems [36]. There, special, weakly unstable classical orbits of a single-particle, characterized by the condition $\lambda T < 1$ (where T is the period of the orbit and λ the average Lyapunov exponent about the orbit) play a central role: the persistent revivals and slow decay of a Gaussian wavepacket (a quatum particle) launched along such an orbit give rise to a statistically significant enhancement of certain wavefunctions' probability densities about these orbits, above that expected of Berry's conjecture [57]. Indeed, the apparent similarity between these phenomena, and atypical signatures in the ergodic properties of certain many-body eigenstates of the $s = 1/2 \mod (1)$ tied to the long-lived oscillations, motivated the recently proposed explanation in terms of quantum many-body scars [35, 46]. Our work provides a way to make such an analogy firmer: even though our variational manifold encompasses states that explicitly include quantum entanglement, the TDVP-EOMs describe a Hamiltonian flow in the corresponding phase space [38, 39, 58, 59], and thus offer a notion of a "semiclassical trajectory" through the many-body Hilbert space. A natural extension of the condition $\lambda T < 1$ characterizing the instability of orbits is then the leakage out of the manifold $\epsilon_{\mathcal{C}} = \oint_{\mathcal{C}} \gamma(\boldsymbol{\theta}) dt < 1;$

it would be interesting to relate this quantity to the Lyapunov exponent of the EOMs [59]. Furthermore, the effect of these orbits on the nature of many-body eigenstates deserve further study; however this has to be done while contending with the thermodynamic limit, a notion absent in the single-particle scenario.

Finally, we note that the equations of motion we obtained can also be understood as the leading order, saddle-point evaluation of a path integral for the constrained spin systems (1). In particular, the manifold of states $|\psi(\theta, \phi)\rangle$ is dense and supports a resolution of the identity on the constrained space, with an appropriate measure $\mu(\theta, \phi)$ (see [37]), allowing the construction of a Feynman path integral [58, 60–63]. The TDVP EOMs extremize the action functional with the Lagrangian $\mathcal{L} = i\langle \psi | \partial_{\theta} \psi \rangle \dot{\theta} + i \langle \psi | \partial_{\phi} \psi \rangle \dot{\phi} - \langle \psi | H | \psi \rangle$, which evaluates (for s = 1/2) to:

$$\mathcal{L} = \sum_{i} K_i(\boldsymbol{\theta}) \left[\sin^2 \left(\frac{\theta_i}{2} \right) \dot{\phi}_i + \frac{\Omega}{2} \cos \left(\frac{\theta_{i+1}}{2} \right) \sin \left(\theta_i \right) \cos(\phi_i) \right]$$

where $K_i(\boldsymbol{\theta})$ is given in [37]. This formulation provides a framework, which can be used to systematically recover quantum dynamics from the saddle-point limit, by including higher-order corrections, i.e. fluctuations.

Conclusion. — In this Letter, we introduced and analyzed the dynamics of a family of constrained spin models which show atypical thermalization behavior – long-lived, coherent revivals from certain special initial states, similar to recent quench experiments in a quantum simulator of Rydberg atoms. We derived an effective description of these systems in terms of equations of motion for dynamics of locally entangled spins and found that they host isolated, unstable, periodic orbits, which correspond to long-lived recurrences at the quantum many-body level. Our results establish a possible connection to quantum scarring in single-particle chaotic systems, and suggest a framework for a generalization of the theory of quantum scars by Heller [36], which is intimately tied to unstable periodic orbits, to the many-body case.

While our analysis demonstrates that the phenomenology of stable, long-lived oscillations from special initial states extends to a number of interacting, constrained models, one of the most important outstanding questions is related to their physical origin and the sufficient conditions for their existence. A complementary Letter [45] demonstrates that these models possess important features resembling ergodic systems that are close to integrability, and that these features can be enhanced by non-trivial deformations of the Hamiltonian. In [37], we show that our variational description of the periodic dynamics is able to capture the effect of these deformations by making the corresponding error γ smaller. While it is currently unclear if this near-integrable-like behavior is directly related to, required for, or follows from the existence of scar-like dynamics, these observations as well as the framework presented here provide both theoretical foundations and important physical insights on which future studies of quantum dynamics can be based upon.

Acknowledgments. — We thank V. Khemani, A. Chandran, D. Abanin, A. Vishwanath, D. Jafferis, E. Demler, J. Nieva-Rodriguez, V. Kasper and E. Heller for useful discussions. This work was supported through the National Science Foundation (NSF), the Center for Ultracold Atoms, the Air Force Office of Scientific Research via the MURI, and the Vannevar Bush Faculty Fellowship. H.P. is supported by the NSF through a grant for the Institute for Theoretical Atomic, Molecular, and Optical Physics at Harvard University and the Smithsonian Astrophysical Observatory. W.W.H. is supported by the Moore Foundation's EPiQS Initiative Grant No. GBMF4306.

- J. M. Deutsch, "Quantum statistical mechanics in a closed system," Phys. Rev. A 43, 2046–2049 (1991).
- [2] Mark Srednicki, "Thermal fluctuations in quantized chaotic systems," Journal of Physics A: Mathematical and General 29, L75 (1996).
- [3] Mark Srednicki, "The approach to thermal equilibrium in quantized chaotic systems," Journal of Physics A: Mathematical and General **32**, 1163 (1999).
- [4] Marcos Rigol, Vanja Dunjko, and Maxim Olshanii, "Thermalization and its mechanism for generic isolated quantum systems," Nature 452, 854 (2008).
- [5] James R. Garrison and Tarun Grover, "Does a single eigenstate encode the full hamiltonian?" Phys. Rev. X 8, 021026 (2018).
- [6] J. Berges, Sz. Borsányi, and C. Wetterich, "Prethermalization," Phys. Rev. Lett. 93, 142002 (2004).
- [7] Marcos Rigol, Vanja Dunjko, Vladimir Yurovsky, and Maxim Olshanii, "Relaxation in a completely integrable many-body quantum system: An ab initio study of the dynamics of the highly excited states of 1d lattice hardcore bosons," Phys. Rev. Lett. 98, 050405 (2007).
- [8] Marcos Rigol, "Breakdown of thermalization in finite one-dimensional systems," Phys. Rev. Lett. 103, 100403 (2009).
- [9] David A. Huse, Rahul Nandkishore, and Vadim Oganesyan, "Phenomenology of fully many-bodylocalized systems," Phys. Rev. B 90, 174202 (2014).
- [10] Maksym Serbyn, Z. Papić, and Dmitry A. Abanin, "Local conservation laws and the structure of the many-body localized states," Phys. Rev. Lett. **111**, 127201 (2013).
- [11] R. Nandkishore and D. A. Huse, "Many-body localization and thermalization in quantum statistical mechanics," Annual Review of Condensed Matter Physics 6, 15– 38 (2015).
- [12] Dmitry A. Abanin and Z. Papić, "Recent progress in many body localization," Annalen der Physik 529, 1700169 (2017).
- [13] T. Barthel and U. Schollwöck, "Dephasing and the steady state in quantum many-particle systems," Phys. Rev. Lett. 100, 100601 (2008).
- [14] Corinna Kollath, Andreas M. Läuchli, and Ehud Alt-

man, "Quench dynamics and nonequilibrium phase diagram of the bose-hubbard model," Phys. Rev. Lett. **98**, 180601 (2007).

- [15] M. Gring, M. Kuhnert, T. Langen, T. Kitagawa, B. Rauer, M. Schreitl, I. Mazets, D. Adu Smith, E. Demler, and J. Schmiedmayer, "Relaxation and prethermalization in an isolated quantum system," Science **337**, 1318–1322 (2012).
- [16] Matteo Marcuzzi, Jamir Marino, Andrea Gambassi, and Alessandro Silva, "Prethermalization in a nonintegrable quantum spin chain after a quench," Phys. Rev. Lett. 111, 197203 (2013).
- [17] Takashi Mori, Tomotaka Kuwahara, and Keiji Saito, "Rigorous bound on energy absorption and generic relaxation in periodically driven quantum systems," Phys. Rev. Lett. **116**, 120401 (2016).
- [18] T. Kuwahara, T. Mori, and K. Saito, "Floquet-magnus theory and generic transient dynamics in periodically driven many-body quantum systems," Annals of Physics 367, 96–124 (2016).
- [19] Dmitry A. Abanin, Wojciech De Roeck, Wen Wei Ho, and Francois Huveneers, "Effective hamiltonians, prethermalization, and slow energy absorption in periodically driven many-body systems," Phys. Rev. B 95, 014112 (2017).
- [20] Dmitry Abanin, Wojciech De Roeck, Wen Wei Ho, and Francois Huveneers, "A rigorous theory of manybody prethermalization for periodically driven and closed quantum systems," Communications in Mathematical Physics 354, 809–82 (2017).
- [21] Wen Wei Ho, Ivan Protopopov, and Dmitry A. Abanin, "Bounds on energy absorption and prethermalization in quantum systems with long-range interactions," Phys. Rev. Lett. **120**, 200601 (2018).
- [22] Toshiya Kinoshita, Trevor Wenger, and David S. Weiss, "A quantum newton's cradle," Nature 440, 900 (2006).
- [23] Adam M Kaufman, M Eric Tai, Alexander Lukin, Matthew Rispoli, Robert Schittko, Philipp M Preiss, and Markus Greiner, "Quantum thermalization through entanglement in an isolated many-body system," Science 353, 794–800 (2016).
- [24] Michael Schreiber, Sean S. Hodgman, Pranjal Bordia, Henrik P. Lüschen, Mark H. Fischer, Ronen Vosk, Ehud Altman, Ulrich Schneider, and Immanuel Bloch, "Observation of many-body localization of interacting fermions in a quasirandom optical lattice," Science **349**, 842–845 (2015).
- [25] Bernhard Rauer, Sebastian Erne, Thomas Schweigler, Federica Cataldini, Mohammadamin Tajik, and Jörg Schmiedmayer, "Recurrences in an isolated quantum many-body system," Science 360, eaan7938–310 (2018).
- [26] Florian Meinert, Michael Knap, Emil Kirilov, Katharina Jag-Lauber, Mikhail B Zvonarev, Eugene Demler, and Hanns-Christoph Nägerl, "Bloch oscillations in the absence of a lattice," Science **356**, 945–948 (2017).
- [27] Henning Labuhn, Daniel Barredo, Sylvain Ravets, Sylvain de Léséleuc, Tommaso Macrì, Thierry Lahaye, and Antoine Browaeys, "Tunable two-dimensional arrays of single Rydberg atoms for realizing quantum Ising models," Nature 534, 667–670 (2016).
- [28] Hannes Bernien, Sylvain Schwartz, Alexander Keesling, Harry Levine, Ahmed Omran, Hannes Pichler, Soonwon Choi, Alexander S. Zibrov, Manuel Endres, Markus Greiner, Vladan Vuletic, and Mikhail D. Lukin, "Prob-

ing many-body dynamics on a 51-atom quantum simulator," Nature **551**, 579 (2017).

- [29] Brian Neyenhuis, Jiehang Zhang, Paul W. Hess, Jacob Smith, Aaron C. Lee, Phil Richerme, Zhe-Xuan Gong, Alexey V. Gorshkov, and Christopher Monroe, "Observation of prethermalization in long-range interacting spin chains," Science Advances 3 (2017), 10.1126/sciadv.1700672.
- [30] J. Zhang, P. W. Hess, A. Kyprianidis, P. Becker, A. Lee, J. Smith, G. Pagano, I.-D. Potirniche, A. C. Potter, A. Vishwanath, N. Y. Yao, and C. Monroe, "Observation of a discrete time crystal," Nature 543, 217–220 (2017).
- [31] Esteban A Martinez, Christine A Muschik, Philipp Schindler, Daniel Nigg, Alexander Erhard, Markus Heyl, Philipp Hauke, Marcello Dalmonte, Thomas Monz, Peter Zoller, and Rainer Blatt, "Real-time dynamics of lattice gauge theories with a few-qubit quantum computer," Nature 534, 516-519 (2016).
- [32] Wen Wei Ho, Soonwon Choi, Mikhail D. Lukin, and Dmitry A. Abanin, "Critical time crystals in dipolar systems," Phys. Rev. Lett. **119**, 010602 (2017).
- [33] Soonwon Choi, Joonhee Choi, Renate Landig, Georg Kucsko, Hengyun Zhou, Junichi Isoya, Fedor Jelezko, Shinobu Onoda, Hitoshi Sumiya, Vedika Khemani, Curt von Keyserlingk, Norman Y. Yao, Eugene Demler, and Mikhail D. Lukin, "Observation of discrete timecrystalline order in a disordered dipolar many-body system," Nature 543, 221–225 (2017).
- [34] J. Choi, H. Zhou, S. Choi, R. Landig, W. W. Ho, J. Isoya, F. Jelezko, S. Onoda, H. Sumiya, D. A. Abanin, and M. D. Lukin, "Probing quantum thermalization of a disordered dipolar spin ensemble with discrete time-crystalline order," ArXiv e-prints (2018), arXiv:1806.10169 [quant-ph].
- [35] C. J. Turner, A. A. Michailidis, D. A. Abanin, M. Serbyn, and Z. Papic, "Weak ergodicity breaking from quantum many-body scars," Nature Physics 14, 745–749 (2018).
- [36] Eric J. Heller, "Bound-state eigenfunctions of classically chaotic hamiltonian systems: Scars of periodic orbits," Phys. Rev. Lett. 53, 1515–1518 (1984).
- [37] See supplemental material for details on calculations.
- [38] Jutho Haegeman, J. Ignacio Cirac, Tobias J. Osborne, Iztok Pižorn, Henri Verschelde, and Frank Verstraete, "Time-dependent variational principle for quantum lattices," Phys. Rev. Lett. 107, 070601 (2011).
- [39] Jutho Haegeman, Christian Lubich, Ivan Oseledets, Bart Vandereycken, and Frank Verstraete, "Unifying time evolution and optimization with matrix product states," Phys. Rev. B 94, 165116 (2016).
- [40] B Sun and F Robicheaux, "Numerical study of two-body correlation in a 1d lattice with perfect blockade," New Journal of Physics 10, 045032 (2008).
- [41] B Olmos, M Mller, and I Lesanovsky, "Thermalization of a strongly interacting 1d rydberg lattice gas," New Journal of Physics 12, 013024 (2010).
- [42] Igor Lesanovsky, Beatriz Olmos, and Juan P. Garrahan, "Thermalization in a coherently driven ensemble of twolevel systems," Phys. Rev. Lett. 105, 100603 (2010).
- [43] C. Ates, J. P. Garrahan, and I. Lesanovsky, "Thermalization of a strongly interacting closed spin system: From coherent many-body dynamics to a fokker-planck equation," Phys. Rev. Lett. 108, 110603 (2012).
- [44] S Ji, C Ates, J P Garrahan, and I Lesanovsky, "Equili-

bration of quantum hard rods in one dimension," Journal of Statistical Mechanics: Theory and Experiment **2013**, P02005 (2013).

- [45] V. Khemani, C. R. Laumann, and A. Chandran, "Signatures of integrability in the dynamics of Rydberg-blockaded chains," ArXiv e-prints (2018), arXiv:1807.02108 [cond-mat.str-el].
- [46] C. J. Turner, A. A. Michailidis, D. A. Abanin, M. Serbyn, and Z. Papić, "Quantum scarred eigenstates in a Rydberg atom chain: entanglement, breakdown of thermalization, and stability to perturbations," ArXiv e-prints (2018), arXiv:1806.10933 [cond-mat.quant-gas].
- [47] Mark Srednicki, "Chaos and quantum thermalization," Phys. Rev. E 50, 888–901 (1994).
- [48] Lea F. Santos, Anatoli Polkovnikov, and Marcos Rigol, "Entropy of isolated quantum systems after a quench," Phys. Rev. Lett. 107, 040601 (2011).
- [49] L. F. Santos, F. Borgonovi, and F. M. Izrailev, "Chaos and statistical relaxation in quantum systems of interacting particles," Phys. Rev. Lett. 108, 094102 (2012).
- [50] E. J. Torres-Herrera and Lea F. Santos, "Quench dynamics of isolated many-body quantum systems," Phys. Rev. A 89, 043620 (2014).
- [51] Martin C. Gutzwiller, "Correlation of electrons in a narrow s band," Phys. Rev. 137, A1726–A1735 (1965).
- [52] G. Vidal, "Classical simulation of infinite-size quantum lattice systems in one spatial dimension," Phys. Rev. Lett. 98, 070201 (2007).
- [53] Igor Lesanovsky, "Many-body spin interactions and the ground state of a dense rydberg lattice gas," Phys. Rev. Lett. 106, 025301 (2011).
- [54] Igor Lesanovsky, "Liquid ground state, gap, and excited states of a strongly correlated spin chain," Phys. Rev. Lett. 108, 105301 (2012).
- [55] Eyal Leviatan, Frank Pollmann, Jens H. Bardarson, David A. Huse, and Ehud Altman, "Quantum thermalization dynamics with Matrix-Product States," ArXiv eprints (2018), arXiv:1702.08894 [cond-mat.stat-mech].
- [56] Note that due to the parametrization, $(\theta_e, \theta_o) = (\pi/2, 0)$ gives the same state as $(\theta_e, \theta_o) = (\pi/2, -\pi)$. There is additionally a coordinate singularity at each point.
- [57] M V Berry, "Regular and irregular semiclassical wavefunctions," Journal of Physics A: Mathematical and General 10, 2083 (1977).
- [58] A. G. Green, C. A. Hooley, J. Keeling, and S. H. Simon, "Feynman Path Integrals Over Entangled States," ArXiv e-prints (2016), arXiv:1607.01778 [cond-mat.str-el].
- [59] A. Hallam, J. Morley, and A. G. Green, "The Lyapunov Spectrum of Quantum Thermalisation," ArXiv e-prints (2018), arXiv:1806.05204 [cond-mat.str-el].
- [60] R. P. Feynman, "Space-time approach to non-relativistic quantum mechanics," Rev. Mod. Phys. 20, 367–387 (1948).
- [61] S. Weinberg, *The Quantum Theory of Fields* (Cambridge University Press, 1996).
- [62] A. Zee, Quantum Field Theory in a Nutshell (Princeton University Press, 2010).
- [63] A. Altland and B. Simons, Condensed Matter Field Theory (Cambridge University Press, 2010).