## Lower bounds of $L^1$ -norms of non-harmonic trigonometric polynomials

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In this talk, we will present quantitative lower bounds of the  $L^1$  norm of a non-harmonic trigonometric polynomial of the following form:

- let T > 1;

- let  $(\lambda_j)_{j\geq 0}$  be a sequence of non-negative real numbers with  $\lambda_{j+1} - \lambda_j \geq 1$ ;

 $- \operatorname{let} (a_j)_{j=0,\dots,N}$  be a finite sequence of complex numbers. Then

$$C(T)\sum_{j=0}^{N} \frac{|a_j|}{j+1} \le \frac{1}{T} \int_{-T/2}^{T/2} \left| \sum_{j=0}^{N} a_j e^{2i\pi\lambda_j t} \right| \, \mathrm{d}t$$

where C(T) is an explicit constant that depends on T only. This provides a quantitative statement of a result by F. Nazarov.

The  $L^2$  analogue is Ingham's Inequality and the harmonic case ( $\lambda_j$  integers) is McGehee, Pigno, Smith's solution of the Littlewood conjecture.