# A tail inequality for quadratic forms of subgaussian random vectors 

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#### Abstract

This article proves an exponential probability tail inequality for positive semidefinite quadratic forms in a subgaussian random vector. The bound is analogous to one that holds when the vector has independent Gaussian entries.


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## 1 Introduction

Suppose that $x=\left(x_{1}, \ldots, x_{n}\right)$ is a random vector. Let $A \in \mathbb{R}^{n \times n}$ be a fixed matrix. A natural quantity that arises in many settings is the quadratic form $\|A x\|^{2}=x^{\top}\left(A^{\top} A\right) x$. Throughout $\|v\|$ denotes the Euclidean norm of a vector $v$, and $\|M\|$ denotes the spectral (operator) norm of a matrix $M$. We are interested in how close $\|A x\|^{2}$ is to its expectation.

Consider the special case where $x_{1}, \ldots, x_{n}$ are independent standard Gaussian random variables. The following proposition provides an (upper) tail bound for $\|A x\|^{2}$.

Proposition 1.1. Let $A \in \mathbb{R}^{n \times n}$ be a matrix, and let $\Sigma:=A^{\top} A$. Let $x=\left(x_{1}, \ldots, x_{n}\right)$ be an isotropic multivariate Gaussian random vector with mean zero. For all $t>0$,

$$
\operatorname{Pr}\left[\|A x\|^{2}>\operatorname{tr}(\Sigma)+2 \sqrt{\operatorname{tr}\left(\Sigma^{2}\right) t}+2\|\Sigma\| t\right] \leq e^{-t}
$$

The proof, given in Appendix A.2, is straightforward given the rotational invariance of the multivariate Gaussian distribution, together with a tail bound for linear combinations of $\chi^{2}$ random variables from [2]. We note that a slightly weaker form of Proposition 1.1 can be proved directly using Gaussian concentration [3].

In this note, we consider the case where $x=\left(x_{1}, \ldots, x_{n}\right)$ is a subgaussian random vector. By this, we mean that there exists a $\sigma \geq 0$, such that for all $\alpha \in \mathbb{R}^{n}$,

$$
\mathbb{E}\left[\exp \left(\alpha^{\top} x\right)\right] \leq \exp \left(\|\alpha\|^{2} \sigma^{2} / 2\right)
$$

We provide a sharp upper tail bound for this case analogous to one that holds in the Gaussian case (indeed, the same as Proposition 1.1 when $\sigma=1$ ).

[^0]
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## Tail inequalities for sums of random vectors

One motivation for our main result comes from the following observations about sums of random vectors. Let $a_{1}, \ldots, a_{n}$ be vectors in a Euclidean space, and let $A=$ $\left[a_{1}|\cdots| a_{n}\right]$ be the matrix with $a_{i}$ as its $i$ th column. Consider the squared norm of the random sum

$$
\begin{equation*}
\|A x\|^{2}=\left\|\sum_{i=1}^{n} a_{i} x_{i}\right\|^{2} \tag{1.1}
\end{equation*}
$$

where $x:=\left(x_{1}, \ldots, x_{n}\right)$ is a martingale difference sequence with $\mathbb{E}\left[x_{i} \mid x_{1}, \ldots, x_{i-1}\right]=0$ and $\mathbb{E}\left[x_{i}^{2} \mid x_{1}, \ldots, x_{i-1}\right]=\sigma^{2}$. Under mild boundedness assumptions on the $x_{i}$, the probability that the squared norm in (1.1) is much larger than its expectation

$$
\mathbb{E}\left[\|A x\|^{2}\right]=\sigma^{2} \sum_{i=1}^{n}\left\|a_{i}\right\|^{2}=\sigma^{2} \operatorname{tr}\left(A^{\top} A\right)
$$

falls off exponentially fast. This can be shown, for instance, using the following lemma by taking $u_{i}=a_{i} x_{i}$ (see Appendix A.1).

Proposition 1.2. Let $u_{1}, \ldots, u_{n}$ be a martingale difference vector sequence, i.e.,

$$
\mathbb{E}\left[u_{i} \mid u_{1}, \ldots, u_{i-1}\right]=0, \quad \text { for all } i=1, \ldots, n,
$$

such that

$$
\sum_{i=1}^{n} \mathbb{E}\left[\left\|u_{i}\right\|^{2} \mid u_{1}, \ldots, u_{i-1}\right] \leq v \quad \text { and } \quad\left\|u_{i}\right\| \leq b
$$

for all $i=1, \ldots, n$, almost surely. For all $t>0$,

$$
\operatorname{Pr}\left[\left\|\sum_{i=1}^{n} u_{i}\right\|>\sqrt{v}+\sqrt{8 v t}+(4 / 3) b t\right] \leq e^{-t} .
$$

After squaring the quantities in the stated probabilistic event, Proposition 1.2 gives the bound

$$
\begin{aligned}
&\|A x\|^{2} \leq \sigma^{2} \cdot \operatorname{tr}\left(A^{\top} A\right)+\sigma^{2} \cdot O\left(\operatorname{tr}\left(A^{\top} A\right)(\sqrt{t}+t)\right. \\
&\left.+\sqrt{\operatorname{tr}\left(A^{\top} A\right)} \max _{i}\left\|a_{i}\right\|\left(t+t^{3 / 2}\right)+\max _{i}\left\|a_{i}\right\|^{2} t^{2}\right)
\end{aligned}
$$

with probability at least $1-e^{-t}$ when the $x_{i}$ are almost surely bounded by 1 (or any constant).

Unfortunately, this bound obtained from Proposition 1.2 can be suboptimal when the $x_{i}$ are subgaussian. For instance, if the $x_{i}$ are Rademacher random variables, so $\operatorname{Pr}\left[x_{i}=+1\right]=\operatorname{Pr}\left[x_{i}=-1\right]=1 / 2$, then it is known that

$$
\begin{equation*}
\|A x\|^{2} \leq \operatorname{tr}\left(A^{\top} A\right)+O\left(\sqrt{\operatorname{tr}\left(\left(A^{\top} A\right)^{2}\right) t}+\|A\|^{2} t\right) \tag{1.2}
\end{equation*}
$$

with probability at least $1-e^{-t}$. A similar result holds for any subgaussian distribution on the $x_{i}$ [1]. This is an improvement over the previous bound because the deviation terms (i.e., those involving $t$ ) can be significantly smaller, especially for large $t$.

In this work, we give a simple proof of (1.2) with explicit constants that match the analogous bound when the $x_{i}$ are independent standard Gaussian random variables.

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## 2 Positive semidefinite quadratic forms

Our main theorem, given below, is a generalization of (1.2).
Theorem 2.1. Let $A \in \mathbb{R}^{n \times n}$ be a matrix, and let $\Sigma:=A^{\top} A$. Suppose that $x=$ $\left(x_{1}, \ldots, x_{n}\right)$ is a random vector such that, for some $\mu \in \mathbb{R}^{n}$ and $\sigma \geq 0$,

$$
\begin{equation*}
\mathbb{E}\left[\exp \left(\alpha^{\top}(x-\mu)\right)\right] \leq \exp \left(\|\alpha\|^{2} \sigma^{2} / 2\right) \tag{2.1}
\end{equation*}
$$

for all $\alpha \in \mathbb{R}^{n}$. For all $t>0$,

$$
\operatorname{Pr}\left[\|A x\|^{2}>\sigma^{2} \cdot\left(\operatorname{tr}(\Sigma)+2 \sqrt{\operatorname{tr}\left(\Sigma^{2}\right) t}+2\|\Sigma\| t\right)+\operatorname{tr}\left(\Sigma \mu \mu^{\top}\right) \cdot\left(1+2\left(\frac{\|\Sigma\|^{2}}{\operatorname{tr}\left(\Sigma^{2}\right)} t\right)^{1 / 2}\right)\right] \leq e^{-t}
$$

Remark 2.2. If $\mu=0$, then the assumption (2.1) implies $\mathbb{E}[x]=0$ and $\operatorname{cov}(x) \preceq \sigma^{2} I$. In this case,

$$
\mathbb{E}\left[\|A x\|^{2}\right]=\operatorname{tr}(\Sigma \operatorname{cov}(x)) \leq \sigma^{2} \operatorname{tr}(\Sigma), \quad \operatorname{var}\left(\|A x\|^{2}\right)=O\left(\sigma^{4} \operatorname{tr}\left(\Sigma^{2}\right)\right)
$$

so probability inequality may be interpreted as a Bernstein inequality. If $\mu=0$ and $\sigma=1$, then the probability inequality reads

$$
\operatorname{Pr}\left[\|A x\|^{2}>\operatorname{tr}(\Sigma)+2 \sqrt{\operatorname{tr}\left(\Sigma^{2}\right) t}+2\|\Sigma\| t\right] \leq e^{-t}
$$

which is the same as Proposition 1.1.
Remark 2.3. Our proof (via (2.2), (2.4), and (2.5)) actually establishes the following upper bounds on the moment generating function of $\|A x\|^{2}$ for $0 \leq \eta<1 /\left(2 \sigma^{2}\|\Sigma\|\right)$ :

$$
\begin{aligned}
\mathbb{E}\left[\exp \left(\eta\|A x\|^{2}\right)\right] & \leq \mathbb{E}\left[\exp \left(\sigma^{2}\left\|A^{\top} z\right\|^{2} \eta+\mu^{\top} A^{\top} z \sqrt{2 \eta}\right)\right] \\
& \leq \exp \left(\sigma^{2} \operatorname{tr}(\Sigma) \eta+\frac{\sigma^{4} \operatorname{tr}\left(\Sigma^{2}\right) \eta^{2}+\|A \mu\|^{2} \eta}{1-2 \sigma^{2}\|\Sigma\| \eta}\right)
\end{aligned}
$$

where $z$ is a vector of $n$ independent standard Gaussian random variables.
Proof of Theorem 2.1. Let $z$ be a vector of $n$ independent standard Gaussian random variables (sampled independently of $x$ ). For any $\alpha \in \mathbb{R}^{n}$,

$$
\begin{equation*}
\mathbb{E}\left[\exp \left(z^{\top} \alpha\right)\right]=\exp \left(\|\alpha\|^{2} / 2\right) \tag{2.2}
\end{equation*}
$$

Thus, for any $\lambda \in \mathbb{R}$ and $\varepsilon \geq 0$, we have the following decoupling (which holds, in fact, for any random vector $x$ ):

$$
\begin{align*}
\mathbb{E}\left[\exp \left(\lambda z^{\top} A x\right)\right] & \geq \mathbb{E}\left[\exp \left(\lambda z^{\top} A x\right) \mid\|A x\|^{2}>\varepsilon\right] \cdot \operatorname{Pr}\left[\|A x\|^{2}>\varepsilon\right] \\
& \geq \exp \left(\frac{\lambda^{2} \varepsilon}{2}\right) \cdot \operatorname{Pr}\left[\|A x\|^{2}>\varepsilon\right] . \tag{2.3}
\end{align*}
$$

Moreover, using (2.1),

$$
\begin{align*}
\mathbb{E}\left[\exp \left(\lambda z^{\top} A x\right)\right] & =\mathbb{E}\left[\mathbb{E}\left[\exp \left(\lambda z^{\top} A(x-\mu)\right) \mid z\right] \exp \left(\lambda z^{\top} A \mu\right)\right] \\
& \leq \mathbb{E}\left[\exp \left(\frac{\lambda^{2} \sigma^{2}}{2}\left\|A^{\top} z\right\|^{2}+\lambda \mu^{\top} A^{\top} z\right)\right] \tag{2.4}
\end{align*}
$$

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Let $U S V^{\top}$ be a singular value decomposition of $A$; where $U$ and $V$ are, respectively, matrices of orthonormal left and right singular vectors; and $S=\operatorname{diag}\left(\sqrt{\rho_{1}}, \ldots, \sqrt{\rho_{m}}\right)$ is the diagonal matrix of corresponding singular values. Note that

$$
\|\rho\|_{1}=\sum_{i=1}^{n} \rho_{i}=\operatorname{tr}(\Sigma), \quad\|\rho\|_{2}^{2}=\sum_{i=1}^{n} \rho_{i}^{2}=\operatorname{tr}\left(\Sigma^{2}\right), \quad \text { and } \quad\|\rho\|_{\infty}=\max _{i} \rho_{i}=\|\Sigma\|
$$

By rotational invariance, $y:=U^{\top} z$ is an isotropic multivariate Gaussian random vector with mean zero. Therefore $\left\|A^{\top} z\right\|^{2}=z^{\top} U S^{2} U^{\top} z=\rho_{1} y_{1}^{2}+\cdots+\rho_{n} y_{n}^{2}$ and $\mu^{\top} A^{\top} z=$ $\nu^{\top} y=\nu_{1} y_{1}+\cdots+\nu_{n} y_{n}$, where $\nu:=S V^{\top} \mu$ (note that $\|\nu\|^{2}=\left\|S V^{\top} \mu\right\|^{2}=\|A \mu\|^{2}$ ). Let $\gamma:=\lambda^{2} \sigma^{2} / 2$. By Lemma 2.4,

$$
\begin{equation*}
\mathbb{E}\left[\exp \left(\gamma \sum_{i=1}^{n} \rho_{i} y_{i}^{2}+\frac{\sqrt{2 \gamma}}{\sigma} \sum_{i=1}^{n} \nu_{i} y_{i}\right)\right] \leq \exp \left(\|\rho\|_{1} \gamma+\frac{\|\rho\|_{2}^{2} \gamma^{2}+\|\nu\|^{2} \gamma / \sigma^{2}}{1-2\|\rho\|_{\infty} \gamma}\right) \tag{2.5}
\end{equation*}
$$

for $0 \leq \gamma<1 /\left(2\|\rho\|_{\infty}\right)$. Combining (2.3), (2.4), and (2.5) gives

$$
\operatorname{Pr}\left[\|A x\|^{2}>\varepsilon\right] \leq \exp \left(-\varepsilon \gamma / \sigma^{2}+\|\rho\|_{1} \gamma+\frac{\|\rho\|_{2}^{2} \gamma^{2}+\|\nu\|^{2} \gamma / \sigma^{2}}{1-2\|\rho\|_{\infty} \gamma}\right)
$$

for $0 \leq \gamma<1 /\left(2\|\rho\|_{\infty}\right)$ and $\varepsilon \geq 0$. Choosing

$$
\varepsilon:=\sigma^{2}\left(\|\rho\|_{1}+\tau\right)+\|\nu\|^{2} \sqrt{1+\frac{2\|\rho\|_{\infty} \tau}{\|\rho\|_{2}^{2}}} \quad \text { and } \quad \gamma:=\frac{1}{2\|\rho\|_{\infty}}\left(1-\sqrt{\frac{\|\rho\|_{2}^{2}}{\|\rho\|_{2}^{2}+2\|\rho\|_{\infty} \tau}}\right)
$$

we have

$$
\begin{aligned}
& \operatorname{Pr}\left[\|A x\|^{2}>\sigma^{2}\left(\|\rho\|_{1}+\tau\right)+\|\nu\|^{2} \sqrt{1+\frac{2\|\rho\|_{\infty} \tau}{\|\rho\|_{2}^{2}}}\right] \\
& \quad \leq \exp \left(-\frac{\|\rho\|_{2}^{2}}{2\|\rho\|_{\infty}^{2}}\left(1+\frac{\|\rho\|_{\infty} \tau}{\|\rho\|_{2}^{2}}-\sqrt{1+\frac{2\|\rho\|_{\infty} \tau}{\|\rho\|_{2}^{2}}}\right)\right)=\exp \left(-\frac{\|\rho\|_{2}^{2}}{2\|\rho\|_{\infty}^{2}} h_{1}\left(\frac{\|\rho\|_{\infty} \tau}{\|\rho\|_{2}^{2}}\right)\right)
\end{aligned}
$$

where $h_{1}(a):=1+a-\sqrt{1+2 a}$, which has the inverse function $h_{1}^{-1}(b)=\sqrt{2 b}+b$. The result follows by setting $\tau:=2 \sqrt{\|\rho\|_{2}^{2} t}+2\|\rho\|_{\infty} t=2 \sqrt{\operatorname{tr}\left(\Sigma^{2}\right) t}+2\|\Sigma\| t$.

The following lemma is a standard estimate of the logarithmic moment generating function of a quadratic form in standard Gaussian random variables, proved much along the lines of the estimate from [2].

Lemma 2.4. Let $z$ be a vector of $n$ independent standard Gaussian random variables. Fix any non-negative vector $\alpha \in \mathbb{R}_{+}^{n}$ and any vector $\beta \in \mathbb{R}^{n}$. If $0 \leq \lambda<1 /\left(2\|\alpha\|_{\infty}\right)$, then

$$
\log \mathbb{E}\left[\exp \left(\lambda \sum_{i=1}^{n} \alpha_{i} z_{i}^{2}+\sum_{i=1}^{n} \beta_{i} z_{i}\right)\right] \leq\|\alpha\|_{1} \lambda+\frac{\|\alpha\|_{2}^{2} \lambda^{2}+\|\beta\|_{2}^{2} / 2}{1-2\|\alpha\|_{\infty} \lambda}
$$

Proof. Fix $\lambda \in \mathbb{R}$ such that $0 \leq \lambda<1 /\left(2\|\alpha\|_{\infty}\right)$, and let $\eta_{i}:=1 / \sqrt{1-2 \alpha_{i} \lambda}>0$ for $i=1, \ldots, n$. We have

$$
\begin{aligned}
\mathbb{E}\left[\exp \left(\lambda \alpha_{i} z_{i}^{2}+\beta_{i} z_{i}\right)\right] & =\int_{-\infty}^{\infty} \frac{1}{\sqrt{2 \pi}} \exp \left(-z_{i}^{2} / 2\right) \exp \left(\lambda \alpha_{i} z_{i}^{2}+\beta_{i} z_{i}\right) d z_{i} \\
& =\eta_{i} \exp \left(\frac{\beta_{i}^{2} \eta_{i}^{2}}{2}\right) \int_{-\infty}^{\infty} \frac{1}{\sqrt{2 \pi \eta_{i}^{2}}} \exp \left(-\frac{1}{2 \eta_{i}^{2}}\left(z_{i}-\beta_{i} \eta_{i}^{2}\right)^{2}\right) d z_{i}
\end{aligned}
$$

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so

$$
\log \mathbb{E}\left[\exp \left(\lambda \sum_{i=1}^{n} \alpha_{i} z_{i}^{2}+\sum_{i=1}^{n} \beta_{i} z_{i}\right)\right]=\frac{1}{2} \sum_{i=1}^{n} \beta_{i}^{2} \eta_{i}^{2}+\frac{1}{2} \sum_{i=1}^{n} \log \eta_{i}^{2}
$$

The right-hand side can be bounded using the inequalities

$$
\frac{1}{2} \sum_{i=1}^{n} \log \eta_{i}^{2}=-\frac{1}{2} \sum_{i=1}^{n} \log \left(1-2 \alpha_{i} \lambda\right)=\frac{1}{2} \sum_{i=1}^{n} \sum_{j=1}^{\infty} \frac{\left(2 \alpha_{i} \lambda\right)^{j}}{j} \leq\|\alpha\|_{1} \lambda+\frac{\|\alpha\|_{2}^{2} \lambda^{2}}{1-2\|\alpha\|_{\infty} \lambda}
$$

and

$$
\frac{1}{2} \sum_{i=1}^{n} \beta_{i}^{2} \eta_{i}^{2} \leq \frac{\|\beta\|_{2}^{2} / 2}{1-2\|\alpha\|_{\infty} \lambda}
$$

## Example: fixed-design regression with subgaussian noise

We give a simple application of Theorem 2.1 to fixed-design linear regression with the ordinary least squares estimator.

Let $x_{1}, \ldots, x_{n}$ be fixed design vectors in $\mathbb{R}^{d}$. Let the responses $y_{1}, \ldots, y_{n}$ be random variables for which there exists $\sigma>0$ such that

$$
\mathbb{E}\left[\exp \left(\sum_{i=1}^{n} \alpha_{i}\left(y_{i}-\mathbb{E}\left[y_{i}\right]\right)\right)\right] \leq \exp \left(\sigma^{2} \sum_{i=1}^{n} \alpha_{i}^{2}\right)
$$

for any $\alpha_{1}, \ldots, \alpha_{n} \in \mathbb{R}$. This condition is satisfied, for instance, if

$$
y_{i}=\mathbb{E}\left[y_{i}\right]+\varepsilon_{i}
$$

for independent subgaussian zero-mean noise variables $\varepsilon_{1}, \ldots, \varepsilon_{n}$. Let $\Sigma:=\sum_{i=1}^{n} x_{i} x_{i}^{\top} / n$, which we assume is invertible without loss of generality. Let

$$
\beta:=\Sigma^{-1}\left(\frac{1}{n} \sum_{i=1}^{n} x_{i} \mathbb{E}\left[y_{i}\right]\right)
$$

be the coefficient vector of minimum expected squared error (i.e., $\mathbb{E}\left[n^{-1} \sum_{i=1}^{n}\left(x_{i}^{\top} \beta-\right.\right.$ $\left.\left.y_{i}\right)^{2}\right]=\min !$ ). The ordinary least squares estimator is given by

$$
\hat{\beta}:=\Sigma^{-1}\left(\frac{1}{n} \sum_{i=1}^{n} x_{i} y_{i}\right) .
$$

The excess loss $R(\hat{\beta})$ of $\hat{\beta}$ is the difference between the expected squared error of $\hat{\beta}$ and that of $\beta$ :

$$
R(\hat{\beta}):=\mathbb{E}\left[\frac{1}{n} \sum_{i=1}^{n}\left(x_{i}^{\top} \hat{\beta}-y_{i}\right)^{2}\right]-\mathbb{E}\left[\frac{1}{n} \sum_{i=1}^{n}\left(x_{i}^{\top} \beta-y_{i}\right)^{2}\right] .
$$

It is easy to see that

$$
R(\hat{\beta})=\left\|\Sigma^{1 / 2}(\hat{\beta}-\beta)\right\|^{2}=\left\|\sum_{i=1}^{n}\left(\Sigma^{-1 / 2} x_{i}\right)\left(y_{i}-\mathbb{E}\left[y_{i}\right]\right)\right\|^{2} .
$$

By Theorem 2.1,

$$
\operatorname{Pr}\left[R(\hat{\beta})>\frac{\sigma^{2}(d+2 \sqrt{d t}+2 t)}{n}\right] \leq e^{-t} .
$$

Note that in the case that $\mathbb{E}\left[\left(y_{i}-\mathbb{E}\left[y_{i}\right]\right)^{2}\right]=\sigma^{2}$ for each $i$, then

$$
\mathbb{E}[R(\hat{\beta})]=\frac{\sigma^{2} d}{n}
$$

so the tail inequality above is essentially tight when the $y_{i}$ are independent Gaussian random variables.

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## A Standard tail inequalities

## A. 1 Martingale tail inequalities

The following is a standard form of Bernstein's inequality stated for martingale difference sequences.
Lemma A. 1 (Bernstein's inequality for martingales). Let $d_{1}, \ldots, d_{n}$ be a martingale difference sequence with respect to random variables $x_{1}, \ldots, x_{n}$ (i.e., $\mathbb{E}\left[d_{i} \mid x_{1}, \ldots, x_{i-1}\right]=0$ for all $i=1, \ldots, n)$ such that $\left|d_{i}\right| \leq b$ and $\sum_{i=1}^{n} \mathbb{E}\left[d_{i}^{2} \mid x_{1}, \ldots, x_{i-1}\right] \leq v$. For all $t>0$,

$$
\operatorname{Pr}\left[\sum_{i=1}^{n} d_{i}>\sqrt{2 v t}+(2 / 3) b t\right] \leq e^{-t} .
$$

Proposition 1.2 is an immediate consequence of the following folklore results, together with Jensen's inequality. Lemma A. 2 is a straightforward application of Bernstein's inequality to a Doob martingale, and Lemma A. 3 is proved by a simple induction argument.

Lemma A.2. Let $u_{1}, \ldots, u_{n}$ be random vectors such that $\sum_{i=1}^{n} \mathbb{E}\left[\left\|u_{i}\right\|^{2} \mid u_{1}, \ldots, u_{i-1}\right] \leq v$ and $\left\|u_{i}\right\| \leq b$ for all $i=1, \ldots, n$, almost surely. For all $t>0$,

$$
\operatorname{Pr}\left[\left\|\sum_{i=1}^{n} u_{i}\right\|-\mathbb{E}\left[\left\|\sum_{i=1}^{n} u_{i}\right\|\right]>\sqrt{8 v t}+(4 / 3) b t\right] \leq e^{-t} .
$$

Lemma A.3. If $u_{1}, \ldots, u_{n}$ is a martingale difference vector sequence (c.f. Proposition 1.2), then $\mathbb{E}\left[\left\|\sum_{i=1}^{n} u_{i}\right\|^{2}\right]=\sum_{i=1}^{n} \mathbb{E}\left[\left\|u_{i}\right\|^{2}\right]$.

## A. 2 Gaussian quadratic forms and $\chi^{2}$ tail inequalities

It is well-known that if $z \sim \mathcal{N}(0,1)$ is a standard Gaussian random variable, then $z^{2}$ follows a $\chi^{2}$ distribution with one degree of freedom. The following inequality from [2] gives a bound on linear combinations of $\chi^{2}$ random variables.
Lemma A. 4 ( $\chi^{2}$ tail inequality; [2]). Let $q_{1}, \ldots, q_{n}$ be independent $\chi^{2}$ random variables, each with one degree of freedom. For any vector $\gamma=\left(\gamma_{1}, \ldots, \gamma_{n}\right) \in \mathbb{R}_{+}^{n}$ with nonnegative entries, and any $t>0$,

$$
\operatorname{Pr}\left[\sum_{i=1}^{n} \gamma_{i} q_{i}>\|\gamma\|_{1}+2 \sqrt{\|\gamma\|_{2}^{2} t}+2\|\gamma\|_{\infty} t\right] \leq e^{-t}
$$

Proof of Proposition 1.1. Let $V \Lambda V^{\top}$ be an eigen-decomposition of $A^{\top} A$, where $V$ is a matrix of orthonormal eigenvectors, and $\Lambda:=\operatorname{diag}\left(\rho_{1}, \ldots, \rho_{n}\right)$ is the diagonal matrix of corresponding eigenvalues $\rho_{1}, \ldots, \rho_{n}$. By the rotational invariance of the distribution, $z:=V^{\top} x$ is an isotropic multivariate Gaussian random vector with mean zero. Thus, $\|A x\|^{2}=z^{\top} \Lambda z=\rho_{1} z_{1}^{2}+\cdots+\rho_{n} z_{n}^{2}$, and the $z_{i}^{2}$ are independent $\chi^{2}$ random variables, each with one degree of freedom. The claim now follows from a tail bound for $\chi^{2}$ random variables (Lemma A.4).

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