

$$\leq \frac{1}{\sqrt{\pi}} \left(\frac{1}{\sqrt{\pi}} + \frac{1}{\sqrt{\pi}} \right) = \frac{2}{\sqrt{\pi}}$$

$$\leq \frac{H}{\sqrt{\lambda}} + \frac{L^2 H}{\sqrt{\lambda}(\epsilon - L)} = O\left(\frac{1}{\epsilon}\right)$$

[illegible]

[illegible]