# SHARPENING SOME CLASSICAL NUMERICAL RADIUS INEQUALITIES 

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Abstract. New upper and lower bounds for the numerical radii of Hilbert space operators are given. Among our results, we prove that if $A \in \mathscr{B}(\mathscr{H})$ is a hyponormal operator, then for all non-negative non-decreasing operator convex $f$ on $[0, \infty)$, we have

$$
f(\omega(A)) \leqslant \frac{1}{2}\left\|f\left(\frac{1}{1+\frac{\xi_{|A|}^{2}}{8}}|A|\right)+f\left(\frac{1}{1+\frac{\xi_{|A|}^{2}}{8}}\left|A^{*}\right|\right)\right\|
$$

where $\xi_{|A|}=\inf _{\|x\|=1}\left\{\frac{\left\langle\left(|A|-\left|A^{*}\right| x, x\right\rangle\right.}{\left\langle\left(|A|+A^{*}|x, x\rangle\right\rangle\right.}\right\}$. Our results refine and generalize earlier inequalities for hyponormal operator.

## 1. Introduction

Let $(\mathscr{H},\langle\cdot, \cdot\rangle)$ be a complex Hilbert space and $\mathscr{B}(\mathscr{H})$ denote the $C^{*}$-algebra of all bounded linear operators on $\mathscr{H}$. For $A \in \mathscr{B}(\mathscr{H})$, we denote by $|A|$ the absolute value operator of $A$, that is, $|A|=\left(A^{*} A\right)^{\frac{1}{2}}$, where $A^{*}$ is the adjoint operator of $A$. A continuous real-valued function $f$ defined on an interval $I$ is said to be operator convex if $f(\lambda A+(1-\lambda) B) \leqslant \lambda f(A)+(1-\lambda) f(B)$ for all self-adjoint operators $A, B$ with spectra contained in $I$ and all $\lambda \in[0,1]$.

The numerical range of an operator $A$ in $\mathscr{B}(\mathscr{H})$ is defined as $W(A)=\{\langle A x, x\rangle$ : $\|x\|=1\}$. For any $A \in \mathscr{B}(\mathscr{H}), \overline{W(A)}$ is a convex subset of the complex plane containing the spectrum of $A$ (see [5, Chapter 2]).

Recall that $\omega(A)=\sup _{\|x\|=1}|\langle A x, x\rangle|$ and $\|A\|=\sup _{\|x\|=1}\|A x\|$. It is well-known that $\omega(\cdot)$ defines a norm on $\mathscr{B}(\mathscr{H})$, which is equivalent to the usual operator norm $\|\cdot\|$. Namely, for $A \in \mathscr{B}(\mathscr{H})$, we have

$$
\begin{equation*}
\frac{1}{2}\|A\| \leqslant \omega(A) \leqslant\|A\| \tag{1.1}
\end{equation*}
$$

Other facts about the numerical radius that we use can be found in [6].

[^0]The inequalities in (1.1) have been improved considerably by many authors, (see, e.g., $[1,8,9,15,16,17])$, Kittaneh [12, 14] has shown the following precise estimates of $\omega(A)$ by using several norm inequalities and ingenious techniques:

$$
\begin{equation*}
\omega(A) \leqslant \frac{1}{2}\left(\|A\|+\left\|A^{2}\right\|^{\frac{1}{2}}\right) \tag{1.2}
\end{equation*}
$$

and

$$
\begin{equation*}
\frac{1}{4}\left\||A|^{2}+\left|A^{*}\right|^{2}\right\| \leqslant \omega^{2}(A) \leqslant \frac{1}{2}\left\||A|^{2}+\left|A^{*}\right|^{2}\right\| . \tag{1.3}
\end{equation*}
$$

In [3], Dragomir gave the following estimate of the numerical radius which refines the second inequality in (1.1): For every $A A \in \mathscr{B}(\mathscr{H})$,

$$
\omega^{2}(A) \leqslant \frac{1}{2}\left(\omega\left(A^{2}\right)+\|A\|^{2}\right) .
$$

In this paper, we establish a considerable improvement of the second inequality in (1.3). We also propose a new upper bound for $\omega(\cdot)$ for the hyponormal operators. Next, we will give a refinement of the first inequality in (1.1).

## 2. Upper bounds for the numerical radii

The following lemma is known as the mixed Schwarz inequality (see [7, pp. 7576]).

Lemma 2.1. If $A \in \mathscr{B}(\mathscr{H})$, then

$$
|\langle A x, y\rangle| \leqslant\langle | A|x, x\rangle^{\frac{1}{2}}\langle | A^{*}|y, y\rangle^{\frac{1}{2}}
$$

for all $x, y \in \mathscr{H}$.
The second lemma is a norm inequality for the sum of two positive operators, which can be found in [13].

Lemma 2.2. If $A$ and $B$ are positive operators in $\mathscr{B}(\mathscr{H})$, then

$$
\|A+B\| \leqslant \max (\|A\|,\|B\|)+\left\|A^{\frac{1}{2}} B^{\frac{1}{2}}\right\|
$$

The following lemma contains a simple inequality, which will be needed in the sequel.

Lemma 2.3. For each $\alpha \geqslant 1$, we have

$$
\begin{equation*}
\frac{\alpha-1}{\alpha+1} \leqslant \ln \alpha \tag{2.1}
\end{equation*}
$$

Proof. Taking $f(\alpha) \equiv \ln \alpha-\frac{\alpha-1}{\alpha+1}$, where $\alpha \geqslant 1$. By an elementary computation we have $f^{\prime}(\alpha) \geqslant 0$, so $f(\alpha)$ is an increasing function for $\alpha \geqslant 1$. On the other hand $f(\alpha) \geqslant f(1)=0$.

Now, we are ready to present our new improvement of the second inequality in (1.3). Recall that, an operator $A$ defined on a Hilbert space $\mathscr{H}$ is said to be hyponormal if $A^{*} A-A A^{*} \geqslant 0$, or equivalently if $\left\|A^{*} x\right\| \leqslant\|A x\|$ for every $x \in \mathscr{H}$.

THEOREM A. Let $A \in \mathscr{B}(\mathscr{H})$ be a hyponormal operator. Then, for all nonnegative non-decreasing operator convex $f$ on $[0, \infty)$, we have

$$
\begin{equation*}
f(\omega(A)) \leqslant \frac{1}{2}\left\|f\left(\frac{1}{1+\frac{\xi_{|A|}^{2}}{8}}|A|\right)+f\left(\frac{1}{1+\frac{\xi_{|A|}^{2}}{8}}\left|A^{*}\right|\right)\right\| \tag{2.2}
\end{equation*}
$$

where $\xi_{|A|}=\inf _{\|x\|=1}\left\{\frac{\left\langle\left(|A|-\left|A^{*}\right|\right) x, x\right\rangle}{\left\langle\left(|A|+\left|A^{*}\right|\right) x, x\right\rangle}\right\}$.

Proof. Since $A$ is a hyponormal operator we have $1 \leqslant \frac{\langle | A|x, x\rangle}{\langle | A^{*}|x, x\rangle}$, for each $x \in \mathscr{H}$. On choosing $\alpha=\frac{\langle | A|x, x\rangle}{\left\langle A^{*} \mid x, x\right\rangle}$ in (2.1) we get

$$
(0 \leqslant) \frac{\left\langle\left(|A|-\left|A^{*}\right|\right) x, x\right\rangle}{\left\langle\left(|A|+\left|A^{*}\right|\right) x, x\right\rangle} \leqslant \ln \frac{\langle | A|x, x\rangle}{\langle | A^{*}|x, x\rangle} .
$$

Whence

$$
\begin{equation*}
\inf _{\|x\|=1} \frac{\left\langle\left(|A|-\left|A^{*}\right|\right) x, x\right\rangle}{\left\langle\left(|A|+\left|A^{*}\right|\right) x, x\right\rangle} \leqslant \ln \frac{\langle | A|x, x\rangle}{\langle | A^{*}|x, x\rangle} . \tag{2.3}
\end{equation*}
$$

We denote the expression on the left-hand side of (2.3) by $\xi_{|A|}$. On the other hand Zou et al. in [18] proved that for each $a, b>0$,

$$
\left(1+\frac{(\ln a-\ln b)^{2}}{8}\right) \sqrt{a b} \leqslant \frac{a+b}{2}
$$

By taking $a=\langle | A|x, x\rangle$ and $b=\langle | A^{*}|x, x\rangle$ and taking into account that $\xi_{|A|} \leqslant \ln \frac{\langle | A|x, x\rangle}{\langle | A^{*}|x, x\rangle}$, we infer that

$$
\sqrt{\langle | A|x, x\rangle\langle | A^{*}|x, x\rangle} \leqslant \frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)}\left\langle\left(|A|+\left|A^{*}\right|\right) x, x\right\rangle .
$$

By using Lemma 2.1, we get

$$
|\langle A x, x\rangle| \leqslant \frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)}\left\langle\left(|A|+\left|A^{*}\right|\right) x, x\right\rangle .
$$

Now, by taking supremum over $x \in \mathscr{H},\|x\|=1$, we get

$$
\omega(A) \leqslant \frac{1}{2\left(1+\frac{\xi_{A \mid}^{2}}{8}\right)}\left\||A|+\left|A^{*}\right|\right\|
$$

Therefore,

$$
\begin{aligned}
f(\omega(A)) & \leqslant f\left(\left.\frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)}\left\||A|+\left|A^{*}\right|\right\| \right\rvert\,\right. \\
& =\left\|f\left(\frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)}|A|+\frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)}\left|A^{*}\right|\right)\right\| \\
& \leqslant \frac{1}{2}\left\|f\left(\frac{1}{1+\frac{\xi_{|A|}^{2}}{8}}|A|\right)+f\left(\frac{1}{1+\frac{\xi_{|A|}^{2}}{8}}\left|A^{*}\right|\right)\right\|
\end{aligned}
$$

This completes the proof.

REmARK 2.1. Notice that, if $A$ is a normal operator, then $\xi_{|A|}=0$.
An important special case of Theorem A, which leads to an improvement and a generalization of inequality (1.3) for hyponormal operators, can be stated as follows.

Corollary 2.1. Let $A \in \mathscr{B}(\mathscr{H})$ be a hyponormal operator. Then, for all $1 \leqslant$ $r \leqslant 2$ we have

$$
\omega^{r}(A) \leqslant \frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)^{r}}\left\||A|^{r}+\left|A^{*}\right|^{r}\right\|,
$$

where $\xi_{|A|}=\inf _{\|x\|=1}\left\{\frac{\left\langle\left(|A|-\left|A^{*}\right|\right) x, x\right\rangle}{\left\langle\left(|A|+\left|A^{*}\right|\right) x, x\right\rangle}\right\}$. In particular,

$$
\begin{equation*}
\omega(A) \leqslant \frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)}\left\||A|+\left|A^{*}\right|\right\| \tag{2.4}
\end{equation*}
$$

and

$$
\omega^{2}(A) \leqslant \frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)^{2}}\left\|A^{*} A+A A^{*}\right\|
$$

An operator norm inequality which will be used in next corollary says that for any positive operators $A, B \in \mathscr{B}(\mathscr{H})$, we have (see [2])

$$
\begin{equation*}
\left\|A^{r} B^{r}\right\| \leqslant\|A B\|^{r}, \quad \text { for all } 0 \leqslant r \leqslant 1 \tag{2.5}
\end{equation*}
$$

The following result refines and generalizes inequality (1.2) for hyponormal operators.
Corollary 2.2. Let $A \in \mathscr{B}(\mathscr{H})$ be a hyponormal operator. Then

$$
\omega^{r}(A) \leqslant \frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)^{r}}\left(\|A\|^{r}+\left\||A|^{\frac{r}{2}}\left|A^{*}\right|^{\frac{r}{2}}\right\|\right)
$$

for all $1 \leqslant r \leqslant 2$. In particular

$$
\omega^{r}(A) \leqslant \frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)^{r}}\left(\|A\|^{r}+\left\|A^{2}\right\|^{\frac{r}{2}}\right)
$$

for $1 \leqslant r \leqslant 2$.

Proof. Applying Corollary 2.1 and Lemma 2.2, we have

$$
\begin{aligned}
\omega^{r}(A) & \leqslant \frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)^{r}}\left\||A|^{r}+\left|A^{*}\right|^{r}\right\| \\
& \leqslant \frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)^{r}}\left(\max \left(\|A\|^{r},\left\|A^{*}\right\|^{r}\right)+\left\||A|^{\frac{r}{2}}\left|A^{*}\right|^{\frac{r}{2}}\right\|\right) \\
& =\frac{1}{2\left(1+\frac{\xi_{|A|}^{2}}{8}\right)^{r}}\left(\|A\|^{r}+\left\||A|^{\frac{r}{2}}\left|A^{*}\right|^{\frac{r}{2}}\right\|\right)
\end{aligned}
$$

For the particular applying inequality (2.5), we have

$$
\left\||A|^{\frac{r}{2}}\left|A^{*}\right|^{\frac{r}{2}}\right\| \leqslant\left\||A|\left|A^{*}\right|\right\|^{\frac{r}{2}}=\left\|A^{2}\right\|^{\frac{r}{2}}
$$

for $1 \leqslant r \leqslant 2$.
Recently, Kian [11] improved Jensen's operator inequality via superquadratic functions. As an application, he showed that the following inequality is valid:

Lemma 2.4. [11, Example 3.6] Let $A_{1}, \ldots, A_{n}$ be positive operators, then

$$
\left.\left\|\sum_{i=1}^{n} w_{i} A_{i}\right\|^{r} \leqslant\left\|\sum_{i=1}^{n} w_{i} A_{i}^{r}\right\|-\inf _{\|x\|=1}\left\{\sum_{i=1}^{n} w_{i}\langle | A_{i}-\left.\sum_{j=1}^{n} w_{j}\left\langle A_{j} x, x\right\rangle\right|^{r} x, x\right\rangle\right\}, \quad r \geqslant 2
$$

for each $w_{1}, \ldots, w_{n}$ with $\sum_{i=1}^{n} w_{i}=1$.

This, in turn, leads to the following:

Theorem B. Let $A \in \mathscr{B}(\mathscr{H})$, then

$$
\begin{equation*}
\omega^{2}(A) \leqslant \frac{1}{2}\left(\left\||A|^{2}+\left|A^{*}\right|^{2}\right\|-\inf _{\|x\|=1} \xi(x)\right) \tag{2.6}
\end{equation*}
$$

where $\xi(x)=\left\langle\left(\left||A|-\frac{1}{2}\left\langle\left(|A|+\left|A^{*}\right|\right) x, x\right\rangle\right|^{2}+\left|\left|A^{*}\right|-\frac{1}{2}\left\langle\left(|A|+\left|A^{*}\right|\right) x, x\right\rangle\right|^{2}\right) x, x\right\rangle$.

Proof. One can easily see that for each $A \in \mathscr{B}(\mathscr{H})$ we have

$$
\omega(A) \leqslant \frac{1}{2}\left\||A|+\left|A^{*}\right|\right\|
$$

we can also write

$$
\begin{equation*}
\omega^{2}(A) \leqslant \frac{1}{4}\left\||A|+\left|A^{*}\right|\right\|^{2} \tag{2.7}
\end{equation*}
$$

Choosing $n, r=2, w_{1}=w_{2}=\frac{1}{2}, A_{1}=|A|$ and $A_{2}=\left|A^{*}\right|$ in Lemma 2.4, we infer

$$
\begin{aligned}
\left\||A|+\left|A^{*}\right|\right\|^{2} \leqslant & 2\left(\left\||A|^{2}+\left|A^{*}\right|^{2}\right\|-\inf _{\|x\|=1}\left\{\langle ||A|-\left.\frac{1}{2}\left(\langle | A|x, x\rangle+\langle | A^{*}|x, x\rangle\right)\right|^{2} x, x\right\rangle\right. \\
& \left.\left.\left.+\langle |\left|A^{*}\right|-\left.\frac{1}{2}\left(\langle | A|x, x\rangle+\langle | A^{*}|x, x\rangle\right)\right|^{2} x, x\right\rangle\right\}\right)
\end{aligned}
$$

It now follows from (2.7) that

$$
\begin{aligned}
\omega^{2}(A) \leqslant & \frac{1}{4}\left\||A|+\left|A^{*}\right|\right\|^{2} \\
\leqslant & \frac{1}{2}\left(\left\||A|^{2}+\left|A^{*}\right|^{2}\right\|-\inf _{\|x\|=1}\left\{\langle ||A|-\left.\frac{1}{2}\left(\langle | A|x, x\rangle+\langle | A^{*}|x, x\rangle\right)\right|^{2} x, x\right\rangle\right. \\
& \left.\left.\left.+\langle |\left|A^{*}\right|-\left.\frac{1}{2}\left(\langle | A|x, x\rangle+\langle | A^{*}|x, x\rangle\right)\right|^{2} x, x\right\rangle\right\}\right)
\end{aligned}
$$

The validity of this inequality is just Theorem B.

Remark 2.2. Notice that
$\inf _{\|x\|=1} \xi(x)>0 \Leftrightarrow 0 \notin \overline{W\left(|A|-\left.\frac{1}{2}\left\langle\left(|A|+\left|A^{*}\right|\right) x, x\right\rangle\right|^{2}+\left|\left|A^{*}\right|-\frac{1}{2}\left\langle\left(|A|+\left|A^{*}\right|\right) x, x\right\rangle\right|^{2}\right)}$.
To make things a bit clearer, we consider the following example:

EXAMPLE 2.1. Taking $A=\left(\begin{array}{ll}0 & 0 \\ 3 & 0\end{array}\right)$. By an easy computation we find that

$$
\left||A|-\frac{1}{2}\left\langle\left(|A|+\left|A^{*}\right|\right) x, x\right\rangle\right|^{2}+\left|\left|A^{*}\right|-\frac{1}{2}\left\langle\left(|A|+\left|A^{*}\right|\right) x, x\right\rangle\right|^{2}=\left(\begin{array}{cc}
4.5 & 0 \\
0 & 4.5
\end{array}\right) .
$$

It is well-known that, $A=\lambda I$ if and only if $W(A)=\{\lambda\}$ (see, e.g., [10, Section 18]). So we get $\inf _{\|x\|=1} \xi(x)=4.5>0$.

This shows that the inequality (2.6) provides an improvement for the second inequality in (1.3).

## 3. Lower bounds for the numerical radii

The next theorem is slightly more intricate.
THEOREM C. Let $A \in \mathscr{B}(\mathscr{H})$, then

$$
\begin{equation*}
\|A\|\left(1-\frac{1}{2}\left\|I-\frac{A}{\|A\|}\right\|^{2}\right) \leqslant \omega(A) \tag{3.1}
\end{equation*}
$$

Proof. It is easy to check that

$$
\begin{equation*}
1-\frac{1}{2}\left\|\frac{x}{\|x\|}-\frac{y}{\|y\|}\right\|^{2} \leqslant \frac{1}{\|x\|\|y\|}|\langle x, y\rangle| \tag{3.2}
\end{equation*}
$$

for every $x, y \in \mathscr{H}$.
If we choose $\|x\|=\|y\|=1$ in (3.2) we get

$$
\begin{equation*}
1-\frac{1}{2}\|x-y\|^{2} \leqslant|\langle x, y\rangle| \tag{3.3}
\end{equation*}
$$

This is an interesting inequality in itself as well. Now taking $y=\frac{A x}{\|A x\|}$ in (3.3), we infer

$$
\begin{equation*}
\|A x\|\left(1-\frac{1}{2}\left\|x-\frac{A x}{\|A x\|}\right\|^{2}\right) \leqslant|\langle A x, x\rangle| . \tag{3.4}
\end{equation*}
$$

Since $\|x\|=1,\|A x\|$ does not exceed $\|A\|$. Hence we get from (3.4) that

$$
\|A x\|\left(1-\frac{1}{2}\left\|I-\frac{A}{\|A\|}\right\|^{2}\right) \leqslant|\langle A x, x\rangle|
$$

Now by taking supremum over $x \in \mathscr{H}$ with $\|x\|=1$, we deduce the desired inequality (3.1).

REMARK 3.1. It is striking that if $\|A-\| A\|\|\leqslant\| A\|$, then inequality (3.1) provides an improvement for the first inequality in (1.1).

EXAMPLE 3.1. Taking $A=\left(\begin{array}{ll}2 & 1 \\ 0 & 4\end{array}\right)$. Then $\|A\| \simeq 4.1594$ and $\|A-\| A\|\| \simeq 2.3807$. We obtain by easy computation

$$
\frac{1}{2}\|A\| \simeq 2.079, \quad\|A\|\left(1-\frac{1}{2}\left\|I-\frac{A}{\|A\|}\right\|\right) \simeq 2.968, \quad \omega(A) \simeq 4.118
$$

whence

$$
\frac{1}{2}\|A\| \risingdotseq\|A\|\left(1-\frac{1}{2}\left\|I-\frac{A}{\|A\|}\right\|\right) \lesseqgtr \omega(A)
$$

which shows that if $\|A-\| A\|\|\leqslant\| A\|$, then inequality (3.1) is really an improvement of the first inequality in (1.1).

The following basic lemma is essentially known as in [4, Lemma 1], but our expression is a little bit different from those in [4]. For the sake of convenience, we give it a slim proof.

LEMMA 3.1. Let $x, y, z_{i}, i=1, \ldots, n$ be nonzero vectors and $\left\langle z_{j}, z_{i}\right\rangle \neq 0$, then

$$
\begin{equation*}
\left|\left\langle x-\sum_{i} \frac{\left\langle x, z_{i}\right\rangle}{\sum_{j}\left|\left\langle z_{j}, z_{i}\right\rangle\right|} z_{i}, y\right\rangle\right|^{2} \leqslant\|y\|^{2}\left(\|x\|^{2}-\sum_{i} \frac{\left|\left\langle x, z_{i}\right\rangle\right|^{2}}{\sum_{j}\left|\left\langle z_{i}, z_{j}\right\rangle\right|}\right) \tag{3.5}
\end{equation*}
$$

Proof. Define

$$
u=x-\sum_{i} \frac{\left\langle x, z_{i}\right\rangle}{\sum_{j}\left|\left\langle z_{j}, z_{i}\right\rangle\right|} z_{i}
$$

Whence

$$
\begin{equation*}
\|u\|^{2}=\left\|x-\sum_{i} a_{i} z_{i}\right\|^{2} \leqslant\|x\|^{2}-\sum_{i} \frac{\left|\left\langle x, z_{i}\right\rangle\right|^{2}}{\sum_{j}\left|\left\langle z_{i}, z_{j}\right\rangle\right|} \tag{3.6}
\end{equation*}
$$

By multiplying both sides (3.6) by $\|y\|^{2}$ and then utilizing the Cauchy Schwarz inequality we get

$$
|\langle u, y\rangle|^{2} \leqslant\|y\|^{2}\left(\|x\|^{2}-\sum_{i} \frac{\left|\left\langle x, z_{i}\right\rangle\right|^{2}}{\sum_{j}\left|\left\langle z_{i}, z_{j}\right\rangle\right|}\right)
$$

which is exactly desired inequality (3.5).
Finally, we state the last result.
Theorem D. Let $A \in \mathscr{B}(\mathscr{H})$ be an invertible operator, then

$$
\inf _{\|x\|=1} \xi^{2}(x)+\omega^{2}(A) \leqslant\|A\|^{2}
$$

where $\xi(x)=\frac{\left|\left\langle A^{2} x, x\right\rangle-\langle A x, x\rangle^{2}\right|}{\left\|A^{*} x\right\|}$.

Proof. Simplifying (3.5) for the case $n=1$, we find that

$$
\left|\langle x, y\rangle-\frac{\langle x, z\rangle}{\|z\|^{2}}\langle z, y\rangle\right|^{2}+\frac{|\langle x, z\rangle|^{2}}{\|z\|^{2}}\|y\|^{2} \leqslant\|x\|^{2}\|y\|^{2}
$$

Apply these considerations to $x=A x, y=A^{*} x$ and $z=x$ with $\|x\|=1$ we deduce

$$
\begin{equation*}
\left(\frac{\left|\left\langle A^{2} x, x\right\rangle-\langle A x, x\rangle^{2}\right|}{\left\|A^{*} x\right\|}\right)^{2}+|\langle A x, x\rangle|^{2} \leqslant\|A x\|^{2} \tag{3.7}
\end{equation*}
$$

We denote the first expression on the left-hand side of (3.7) by $\xi(x)$. Whence (3.7) implies that

$$
\inf _{\|x\|=1} \xi^{2}(x)+|\langle A x, x\rangle|^{2} \leqslant\|A x\|^{2}
$$

Now, the result follows by taking the supremum over all unit vectors in $\mathscr{H}$.
REMARK 3.2. Of course, if $A$ is a normal operator we must have $\xi(x)=0$. In this regard, we have:
(i) If $A$ is a normal matrix and $x$ is an eigenvector of $A$ with the eigenvalue $e$, then $\left\langle A^{2} x, x\right\rangle-\langle A x, x\rangle^{2}=e^{2}-e^{2}=0$.
(ii) Let $\sigma(A)$ and $\sigma_{a p}(A)$ be the spectrum and approximate spectrum of $A$, respectively. It is well-known that the spectrum of a normal operator has a simple structure. More precisely, if $A$ is normal, then we have $\sigma(A)=\sigma_{a p}(A)$. If we assume that $e$ is in the approximate point spectrum of normal operator $A$, then there is a sequence $x_{n} \in \mathscr{H}$ with $\left\|x_{n}\right\|=1$ and $\left\langle A x_{n}, x_{n}\right\rangle \rightarrow e$ as $n \rightarrow \infty$. Therefore $\lim _{n \rightarrow \infty}\left|\left\langle A^{2} x_{n}, x_{n}\right\rangle-\left\langle A x_{n}, x_{n}\right\rangle^{2}\right|=0$.

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