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# Refined Rellich boundary inequalities for the derivatives of a harmonic function 

Siddhant Agrawal and Thomas Alazard


#### Abstract

The classical Rellich inequalities imply that the $L^{2}$-norms of the normal and tangential derivatives of a harmonic function are equivalent. In this note, we prove several refined inequalities, which make sense even if the domain is not Lipschitz. For two-dimensional domains, we obtain a sharp $L^{p}$-estimate for $1<p \leq 2$ by using a Riemann mapping and interpolation argument.


## 1. Introduction

Let $d \geq 1$ and denote by $\mathbf{T}^{d}$ a $d$-dimensional torus. Given two real valued functions $h \in W^{1, \infty}\left(\mathbf{T}^{d}\right)$ and $\zeta \in H^{1 / 2}\left(\mathbf{T}^{d}\right)$, it is classical that there exists a unique variational solution $\phi$ to the following problem

$$
\left\{\begin{array}{l}
\Delta_{x, y} \phi=0 \quad \text { in } \Omega=\left\{(x, y) \in \mathbf{T}^{d} \times \mathbf{R} ; y<h(x)\right\}  \tag{1.1}\\
\phi(x, h(x))=\zeta(x) \\
\lim _{y \rightarrow-\infty} \sup _{x \in \mathbf{T}^{d}}\left|\nabla_{x, y} \phi(x, y)\right|=0
\end{array}\right.
$$

We are interested by quantitative estimates for the trace of the normal derivative $\partial_{N} \phi$ on the boundary $\partial \Omega$, where the normal unit vector $N \in \mathbf{R}^{d+1}$ is defined by

$$
\begin{equation*}
N=\frac{1}{\sqrt{1+|\nabla h|^{2}}}\binom{-\nabla h}{1} \tag{1.2}
\end{equation*}
$$

By construction, the variational solution is such that $\nabla_{x, y} \phi \in L^{2}(\Omega)$, so it is not obvious that one can consider the trace $\left.\partial_{N} \phi\right|_{\partial \Omega}$. However, since $\Delta_{x, y} \phi=0$, one can express the normal derivative in terms of the tangential derivatives and prove that $\left.\sqrt{1+|\nabla h|^{2}} \partial_{N} \phi\right|_{\partial \Omega}$ is well-defined and belongs to $H^{-\frac{1}{2}}\left(\mathbf{T}^{d}\right)$.

In this paper, we are chiefly interested by another estimate, known as Rellich inequality, which plays a key role in the study of boundary value problems in Lipschitz domains. This inequality shows the equivalence between the $L^{2}$-norm of the tangential derivatives and the $L^{2}$-norm of the normal derivative (see $\mathbf{7}, \mathbf{1 8}, \mathbf{8}$, 10, 4, 5, 15): there is constant $C>0$, depending only on $d$ and $\|\nabla h\|_{L^{\infty}}$ such that

$$
\begin{equation*}
\frac{1}{C} \int_{\partial \Omega}\left(\partial_{N} \phi\right)^{2} \mathrm{~d} \sigma \leq \int_{\mathbf{T}^{d}}|\nabla \zeta|^{2} \mathrm{~d} x \leq C \int_{\partial \Omega}\left(\partial_{N} \phi\right)^{2} \mathrm{~d} \sigma \tag{1.3}
\end{equation*}
$$

where $\mathrm{d} \sigma=\sqrt{1+|\nabla h|^{2}} \mathrm{~d} x$ is the surface measure on $\partial \Omega$.

We are going to prove several estimates which clarifies the dependance on the domain. Hereafter, given a function $f=f(x, y)$ we use $\left.f\right|_{y=h}$ as a short notation for the function $x \mapsto f(x, h(x))$.

Theorem 1.1. Let $d \geq 1$. For all $h \in C^{1}\left(\mathbf{T}^{d}\right)$ and for all $\zeta \in H^{1}\left(\mathbf{T}^{d}\right)$, the traces of the derivatives $\left.\left(\nabla_{x, y} \phi\right)\right|_{y=h}$ are well-defined and belong to $L^{2}\left(\mathbf{T}^{d}\right)$. In addition, there holds

$$
\begin{equation*}
\int_{\mathbf{T}^{d}}\left(\partial_{N} \phi\right)(x, h(x))^{2} \mathrm{~d} x \leq 40 \int_{\mathbf{T}^{d}}\left(1+|\nabla h(x)|^{2}\right)^{2}|\nabla \zeta(x)|^{2} \mathrm{~d} x \tag{1.4}
\end{equation*}
$$

and

$$
\begin{equation*}
\int_{\mathbf{T}^{d}}\left|\left(\nabla_{x, y} \phi\right)(x, h(x))\right|^{2} \mathrm{~d} x \leq 41 \int_{\mathbf{T}^{d}}\left(1+|\nabla h(x)|^{2}\right)^{2}|\nabla \zeta(x)|^{2} \mathrm{~d} x . \tag{1.5}
\end{equation*}
$$

REmARK 1.2. (i) Compared to (1.3), the rather surprising feature of 1.4 ) and $(1.5)$ is the fact that the right-hand sides can be estimated even if $h$ is not a Lipschitz function. For example, we can write that

$$
\int_{\mathbf{T}^{d}}\left(1+|\nabla h|^{2}\right)^{2}|\nabla \zeta|^{2} \mathrm{~d} x \leq 2\|\nabla \zeta\|_{L^{2}}^{2}+2\|\nabla \zeta\|_{L^{\infty}}^{2}\|\nabla h\|_{L^{4}}^{4}
$$

In the same vein, if $\zeta=h$, we obtain from (1.5 that

$$
\left\|\left.\left(\nabla_{x, y} \phi\right)\right|_{y=h}\right\|_{L^{2}} \leq 7\left(\|\nabla h\|_{L^{2}}+\|\nabla h\|_{L^{6}}^{3}\right) .
$$

Notice that the case $\zeta=h$ is interesting for the Hele-Shaw equation (see [6, 3, 14, (9).
(ii) One could extend the estimates (1.4) and (1.5) to the cases where $h$ belongs to $W^{1, \infty}\left(\mathbf{T}^{d}\right)$ instead of $C^{1}\left(\mathbf{T}^{d}\right)$ by using the arguments in Nečas [13, Chapter 5], Brown [4] or McLean [11, Theorem 4.24].

Consider now the Dirichlet-to-Neumann operator $G(h)$ defined by

$$
G(h) \zeta=\left.\left(\partial_{y} \phi-\nabla h \cdot \nabla \phi\right)\right|_{y=h}=\left.\sqrt{1+|\nabla h|^{2}} \partial_{N} \phi\right|_{y=h} .
$$

From the previous inequalities, we immediately obtain the following
Corollary 1.3. Let $d \geq 1$. For all $h \in C^{1}\left(\mathbf{T}^{d}\right)$ and for all $\zeta \in H^{1}\left(\mathbf{T}^{d}\right)$, there holds $G(h) \zeta \in L^{2}\left(\mathbf{T}^{d}\right)$ together with the estimate

$$
\begin{equation*}
\int_{\mathbf{T}^{d}} \frac{(G(h) \zeta)^{2}}{1+|\nabla h|^{2}} \mathrm{~d} x \leq 40 \int_{\mathbf{T}^{d}}\left(1+|\nabla h|^{2}\right)^{2}|\nabla \zeta|^{2} \mathrm{~d} x \tag{1.6}
\end{equation*}
$$

Remark 1.4. In particular,

$$
\begin{equation*}
\int_{\mathbf{T}^{d}}(G(h) \zeta)^{2} \mathrm{~d} x \leq 40\left(1+\|\nabla h\|_{L^{\infty}}^{2}\right)^{3} \int_{\mathbf{T}^{d}}|\nabla \zeta|^{2} \mathrm{~d} x \tag{1.7}
\end{equation*}
$$

As said above, compared to (1.7), the estimate (1.6) is quite surprising in that the right-hand side of the former might be finite even if $\nabla h$ is unbounded. In this case, we do not control the $L^{2}$-norm of $G(h) \zeta$ but only a weaker quantity.

In dimension $d=1$, we can extend the above result in two directions. The first one is a stronger version of estimate (1.6) where the right-hand side does not involve $h$ at all, while the second version generalizes to $L^{p}$ estimates. If $d=1$, we will denote simply by $f_{x}$ the derivative $\partial_{x} f$.

Theorem 1.5. For all $h \in C^{1}(\mathbf{T})$ and for all $\zeta \in H^{1}(\mathbf{T})$ we have

$$
\begin{equation*}
\int_{\mathbf{T}} \frac{(G(h) \zeta)^{2}}{1+h_{x}^{2}} \mathrm{~d} x \leq 4 \int_{\mathbf{T}} \zeta_{x}^{2} \mathrm{~d} x \tag{1.8}
\end{equation*}
$$

and

$$
\begin{equation*}
\int_{\mathbf{T}} \frac{\zeta_{x}^{2}}{1+h_{x}^{2}} \mathrm{~d} x \leq 4 \int_{\mathbf{T}}(G(h) \zeta)^{2} \mathrm{~d} x \tag{1.9}
\end{equation*}
$$

As a corollary, one can get a surprising geometric estimate.
Corollary 1.6. Denote by $\kappa$ the curvature of $\partial \Omega$ and by $\theta$ the angle the interface $\partial \Omega$ makes with the $x$-axis, defined by

$$
\kappa=\partial_{x}\left(\frac{h_{x}}{\sqrt{1+h_{x}^{2}}}\right) \quad, \quad \theta=\arctan \left(h_{x}\right)
$$

Then, there holds

$$
\|G(h) \kappa\|_{H^{-1}} \leq 2\left\|\theta_{x}\right\|_{L^{2}}
$$

Proof. Notice that $\kappa=h_{x x} /\left(1+h_{x}^{2}\right)^{3 / 2}$. Since $G(h)$ is self-adjoint for the $L^{2}$-scalar product, for any function $\varphi \in H^{1}(\mathbf{T})$, we deduce from 1.8 that

$$
\begin{aligned}
\int_{\mathbf{T}} \varphi G(h) \kappa \mathrm{d} x & =\int_{\mathbf{T}} \kappa G(h) \varphi \mathrm{d} x \leq\left(\int_{\mathbf{T}}\left(1+h_{x}^{2}\right) \kappa^{2} \mathrm{~d} x\right)^{\frac{1}{2}}\left(\int_{\mathbf{T}} \frac{(G(h) \varphi)^{2}}{1+h_{x}^{2}} \mathrm{~d} x\right)^{\frac{1}{2}} \\
& \leq 2\left(\int_{\mathbf{T}} \frac{h_{x x}^{2}}{\left(1+h_{x}^{2}\right)^{2}} \mathrm{~d} x\right)^{\frac{1}{2}}\left\|\varphi_{x}\right\|_{L^{2}}=2\left(\int_{\mathbf{T}} \theta_{x}^{2} \mathrm{~d} x\right)^{\frac{1}{2}}\left\|\varphi_{x}\right\|_{L^{2}}
\end{aligned}
$$

and the result follows.
Our final result extends 1.8 and 1.9 to the $L^{p}$-setting. In dimension $d=1$, the normal and tangential unit vectors are defined by

$$
\begin{equation*}
N=\frac{1}{\sqrt{1+h_{x}^{2}}}\binom{-h_{x}}{1} \quad, \quad T=\frac{1}{\sqrt{1+h_{x}^{2}}}\binom{1}{h_{x}} \tag{1.10}
\end{equation*}
$$

and the arc length measure on $\partial \Omega$ is $\mathrm{d} \sigma=\sqrt{1+h_{x}^{2}} \mathrm{~d} x$.
ThEOREM 1.7. For all $1<p \leq 2$, there exists a constant $C_{p}>0$ such that, for all $h \in C^{1}(\mathbf{T})$ and for all $\zeta \in H^{1}(\mathbf{T})$, if $\phi$ is defined by (1.1), then the following two inequalities hold:

$$
\begin{equation*}
\int_{\partial \Omega} \frac{\left|\partial_{N} \phi\right|^{p}}{\left(1+h_{x}^{2}\right)^{\frac{p-1}{2}}} \mathrm{~d} \sigma \leq C_{p} \int_{\partial \Omega}\left|\partial_{T} \phi\right|^{p}\left(1+h_{x}^{2}\right)^{\frac{p-1}{2}} \mathrm{~d} \sigma, \tag{1.11}
\end{equation*}
$$

and

$$
\begin{equation*}
\int_{\partial \Omega} \frac{\left|\partial_{T} \phi\right|^{p}}{\left(1+h_{x}^{2}\right)^{\frac{p-1}{2}}} \mathrm{~d} \sigma \leq C_{p} \int_{\partial \Omega}\left|\partial_{N} \phi\right|^{p}\left(1+h_{x}^{2}\right)^{\frac{p-1}{2}} \mathrm{~d} \sigma . \tag{1.12}
\end{equation*}
$$

Remark 1.8. The estimates do not extend to $p=1$, as can be seen by assuming that $h=0$. Indeed, if $h=0$ and $p=1$, then

$$
\int_{\partial \Omega} \frac{\left|\partial_{N} \phi\right|^{p}}{\left(1+h_{x}^{2}\right)^{\frac{p-1}{2}}} \mathrm{~d} \sigma=\int_{\mathbf{T}}\left|\mathbb{H} \partial_{x} \zeta\right| \mathrm{d} x \quad, \quad \int_{\partial \Omega}\left|\partial_{T} \phi\right|^{p}\left(1+h_{x}^{2}\right)^{\frac{p-1}{2}} \mathrm{~d} \sigma=\int_{\mathbf{T}}\left|\partial_{x} \zeta\right| \mathrm{d} x
$$

where $\mathbb{H}$ is the periodic Hilbert transform (see (3.4) and hence we see that the estimates do not hold for $p=1$, since $\mathbb{H}$ is not bounded on $L^{1}(\mathbf{T})$.

## 2. Refined Rellich estimates

In this section we prove Theorem 1.1 and Theorem 1.5 .

### 2.1. Proof of Theorem 1.1

The proof is decomposed into four steps. We start by proving the quantitative estimates $(1.4)$ and $(1.5)$ under the additional assumption that the functions $h$ and $\zeta$ are smooth, so that all calculations will be easily justified. Then, we will consider in the fourth step the general case by an approximation argument.

Step 1: Reduction to an estimate for $G(h)$. Assume that $h$ and $\zeta$ belong to $C^{\infty}\left(\mathbf{T}^{d}\right)$. Then $(1.1)$ is a classical elliptic boundary problem, which admits a unique solution $\phi \in C^{\infty}(\bar{\Omega})$ such that $\nabla_{x, y} \phi \in L^{2}(\Omega)$.

By definition of the Dirichlet-to-Neumann operator $G(h)$, there holds

$$
\begin{equation*}
G(h) \zeta=\left.\left(\partial_{y} \phi-\nabla h \cdot \nabla \phi\right)\right|_{y=h}=\left.\sqrt{1+|\nabla h|^{2}} \partial_{N} \phi\right|_{y=h} \tag{2.1}
\end{equation*}
$$

(Let us recall that $\nabla$ denotes the gradient with respect to $x \in \mathbf{T}^{d}$.) We see that (1.4) is equivalent to

$$
\begin{equation*}
\int_{\mathbf{T}^{d}} \frac{(G(h) \zeta)^{2}}{1+|\nabla h|^{2}} \mathrm{~d} x \leq 40 \int_{\mathbf{T}^{d}}\left(1+|\nabla h|^{2}\right)^{2}|\nabla \zeta|^{2} \mathrm{~d} x . \tag{2.2}
\end{equation*}
$$

Let us show that $\sqrt{1.5}$ also follows from $(\sqrt[2.2]{ })$. To do so, it is convenient to introduce the notations

$$
\mathcal{V}=\left.(\nabla \phi)\right|_{y=h}, \quad \mathcal{B}=\left.\left(\partial_{y} \phi\right)\right|_{y=h} .
$$

Using (2.1), we have

$$
\begin{equation*}
G(h) \zeta=\mathcal{B}-\nabla h \cdot \mathcal{V} \tag{2.3}
\end{equation*}
$$

On the other hand, it follows from the chain rule that

$$
\nabla \zeta=\nabla\left(\left.\phi\right|_{y=h}\right)=\mathcal{V}+\mathcal{B} \nabla h .
$$

By combining the previous identities, we see that $\mathcal{B}$ and $\mathcal{V}$ can be defined only in terms of $h$ and $\zeta$ by means of the formulas

$$
\begin{equation*}
\mathcal{B}=\frac{G(h) \zeta+\nabla \zeta \cdot \nabla h}{1+|\nabla h|^{2}}, \quad \mathcal{V}=\nabla \zeta-\mathcal{B} \nabla h \tag{2.4}
\end{equation*}
$$

It follows that

$$
\begin{align*}
\left.\left|\left(\nabla_{x, y} \phi\right)\right|_{y=h}\right|^{2} & =\left(\left.\left(\partial_{y} \phi\right)\right|_{y=h}\right)^{2}+\left.|(\nabla \phi)|_{y=h}\right|^{2} \\
& =\mathcal{B}^{2}+|\mathcal{V}|^{2}  \tag{2.5}\\
& =\frac{(G(h) \zeta)^{2}}{1+|\nabla h|^{2}}+|\nabla \zeta|^{2}-\frac{(\nabla h \cdot \nabla \zeta)^{2}}{1+|\nabla h|^{2}}
\end{align*}
$$

This shows that 1.5 will follow directly from 2.2 .
Therefore, both estimates of the theorem will be proved if we show 2.2 .
Step 2: An intermediate Rellich type estimate.
To prove 2.2 , we begin by establishing a Rellich type estimate which allows to estimate the $L^{2}$-norm of $G(h) \zeta$ in terms of $\mathcal{V}=(\nabla \phi)_{\mid y=h}$.

Proposition 2.1. There holds

$$
\begin{equation*}
\int_{\mathbf{T}^{d}}(G(h) \zeta)^{2} \mathrm{~d} x \leq \int_{\mathbf{T}^{d}}\left(1+|\nabla h|^{2}\right)|\mathcal{V}|^{2} \mathrm{~d} x \tag{2.6}
\end{equation*}
$$

Proof. By squaring the identity 2.3 we get

$$
(G(h) \zeta)^{2}=\mathcal{B}^{2}-2 \mathcal{B} \nabla h \cdot \mathcal{V}+(\nabla h \cdot \mathcal{V})^{2}
$$

Since $(\nabla h \cdot \mathcal{V})^{2} \leq|\nabla h|^{2}|\mathcal{V}|^{2}$, this implies

$$
\begin{equation*}
(G(h) \zeta)^{2} \leq \mathcal{B}^{2}-|\mathcal{V}|^{2}-2 \mathcal{B} \nabla h \cdot \mathcal{V}+\left(1+|\nabla h|^{2}\right) \mathcal{V}^{2} \tag{2.7}
\end{equation*}
$$

So,

$$
\int_{\mathbf{T}^{d}}(G(h) \zeta)^{2} \mathrm{~d} x \leq \int_{\mathbf{T}^{d}}\left(1+|\nabla h|^{2}\right)|\mathcal{V}|^{2} \mathrm{~d} x+R
$$

where

$$
\begin{equation*}
R=\int_{\mathbf{T}^{d}}\left(\mathcal{B}^{2}-|\mathcal{V}|^{2}-2 \mathcal{B} \nabla h \cdot \mathcal{V}\right) \mathrm{d} x \tag{2.8}
\end{equation*}
$$

We see that, to obtain $(2.6$, it is sufficient to prove that $R=0$. It is interesting to observe that the latter result is a consequence of the classical Rellich identity. It can be proven by multiplying the equation $\Delta_{x, y} \phi=0$ by $\partial_{y} \phi$ and then integrating by parts. We will give an alternative proof, following [1, which consists in observing that $R$ is the flux associated to a vector field. Indeed,

$$
R=\int_{\partial \Omega} X \cdot N \mathrm{~d} \sigma
$$

where $X: \Omega \rightarrow \mathbf{R}^{d+1}$ is given by

$$
X=\left(2\left(\partial_{y} \phi\right) \nabla \phi ;\left(\partial_{y} \phi\right)^{2}-|\nabla \phi|^{2}\right)
$$

Then the key observation is that this vector field satisfies $\operatorname{div}_{x, y} X=0$ since

$$
\partial_{y}\left(\left(\partial_{y} \phi\right)^{2}-|\nabla \phi|^{2}\right)+2 \operatorname{div}\left(\left(\partial_{y} \phi\right) \nabla \phi\right)=2\left(\partial_{y} \phi\right) \Delta_{x, y} \phi=0
$$

as can be verified by an elementary computation. Now, we see that the cancellation $R=0$ comes from the Stokes' theorem. To rigorously justify this point, we truncate $\Omega$ in order to work in a smooth bounded domain. Given a parameter $\beta>0$, set

$$
\Omega_{\beta}=\left\{(x, y) \in \mathbf{T}^{d} \times \mathbf{R} ;-\beta<y<h(x)\right\}
$$

An application of the divergence theorem in $\Omega_{\beta}$ gives that

$$
0=\iint_{\Omega_{\beta}} \operatorname{div}_{x, y} X \mathrm{~d} y \mathrm{~d} x=R+\int_{\{y=-\beta\}} X \cdot n \mathrm{~d} \sigma .
$$

Recall that the potential $\phi$ satisfies 1.1

$$
\lim _{y \rightarrow-\infty} \sup _{x \in \mathbf{T}^{d}}\left|\nabla_{x, y} \phi(x, y)\right|=0 .
$$

Therefore, $X$ converges to 0 uniformly when $y$ goes to $-\infty$. So, by sending $\beta$ to $+\infty$, we obtain the expected result $R=0$ which completes the proof of the proposition.

Step 3: Proof of 2.2 .
Introduce the function $\varepsilon$ : $\mathbf{T}^{d} \rightarrow[0,+\infty)$ defined by

$$
\varepsilon(x):=\frac{1}{8\left(1+|\nabla h(x)|^{2}\right)}
$$

Introduce also the functions

$$
\lambda(x)=1+\varepsilon(x) \quad, \quad \Lambda(x)=1+\frac{1}{\varepsilon(x)}
$$

Directly from the identity $(2.4)$ for $\mathcal{B}$ and the elementary inequality

$$
|a+b|^{2} \leq \lambda(x)|a|^{2}+\Lambda(x)|b|^{2} \quad\left(\text { for any }(a, b, x) \in \mathbf{R}^{d} \times \mathbf{R}^{d} \times \mathbf{T}^{d}\right)
$$

we have the pointwise inequalities

$$
\begin{aligned}
|\nabla \zeta-\mathcal{B} \nabla h|^{2} & \leq \Lambda|\nabla \zeta|^{2}+\lambda \mathcal{B}^{2}|\nabla h|^{2} \\
& \leq \Lambda|\nabla \zeta|^{2}+\lambda \frac{|\nabla h|^{2}}{\left(1+|\nabla h|^{2}\right)^{2}}(G(h) \zeta+\nabla \zeta \cdot \nabla h)^{2} \\
& \leq \Lambda|\nabla \zeta|^{2}+\lambda^{2} \frac{|\nabla h|^{2}}{\left(1+|\nabla h|^{2}\right)^{2}}(G(h) \zeta)^{2}+\lambda \Lambda \frac{|\nabla h|^{4}}{\left(1+|\nabla h|^{2}\right)^{2}}|\nabla \zeta|^{2} .
\end{aligned}
$$

Hence, it follows from (2.6) that we have an estimate of the form:

$$
\int_{\mathbf{T}^{d}} \gamma(G(h) \zeta)^{2} \mathrm{~d} x \leq \int_{\mathbf{T}^{d}} \delta|\nabla \zeta|^{2} \mathrm{~d} x
$$

where

$$
\gamma:=1-\lambda^{2} \frac{|\nabla h|^{2}}{1+|\nabla h|^{2}}, \quad \delta:=\left(1+|\nabla h|^{2}\right)\left(\Lambda+\lambda \Lambda \frac{|\nabla h|^{4}}{\left(1+|\nabla h|^{2}\right)^{2}}\right)
$$

Then, we notice that

$$
\delta \leq\left(1+|\nabla h|^{2}\right)(\Lambda+\lambda \Lambda) \leq\left(1+|\nabla h|^{2}\right)\left(4+\frac{2}{\varepsilon}\right) \leq 20\left(1+|\nabla h|^{2}\right)^{2}
$$

On the other hand, we have

$$
\gamma=1-\lambda^{2} \frac{|\nabla h|^{2}}{1+|\nabla h|^{2}}=\frac{1-\left(2 \varepsilon+\varepsilon^{2}\right)|\nabla h|^{2}}{1+|\nabla h|^{2}} \geq \frac{1}{2} \cdot \frac{1}{1+|\nabla h|^{2}},
$$

where we used the pointwise inequality $\left(2 \varepsilon+\varepsilon^{2}\right)|\nabla h|^{2} \leq 3 \varepsilon|\nabla h|^{2} \leq 1 / 2$. It follows that

$$
\frac{1}{2} \int_{\mathbf{T}^{d}} \frac{(G(h) \zeta)^{2}}{1+|\nabla h|^{2}} \mathrm{~d} x \leq \int_{\mathbf{T}^{d}} 20\left(1+|\nabla h|^{2}\right)^{2}|\nabla \zeta|^{2} \mathrm{~d} x
$$

This implies the wanted result 2.2 and hence concludes the proof of the theorem.
Step 4: The general case. We now assume only that $h \in C^{1}\left(\mathbf{T}^{d}\right)$ and $\zeta \in$ $H^{1}\left(\mathbf{T}^{d}\right)$.

Introduce two sequences of smooth functions $\left\{h_{n}\right\}_{n \in \mathbf{N}}$ and $\left\{\zeta_{n}\right\}_{n \in \mathbf{N}}$ such that $\left\|h_{n}-h\right\|_{W^{1, \infty}}$ and $\left\|\zeta_{n}-\zeta\right\|_{H^{1}}$ converge to 0 when $n$ goes to $+\infty$. Then it follows from variational arguments (see [2, Section 3]) that $G\left(h_{n}\right) \zeta_{n}$ converges to $G(h) \zeta$ in $H^{-1 / 2}\left(\mathbf{T}^{d}\right)$.

On the other hand, it follows from 2.2 applied with $(h, \zeta)$ replaced by $\left(h_{n}, \zeta_{n}\right)$ that the sequence $\left\{G\left(h_{n}\right) \zeta_{n}\right\}_{n \in \mathbf{N}}$ is bounded in $L^{2}\left(\mathbf{T}^{d}\right)$, indeed

$$
\int_{\mathbf{T}^{d}}\left(G\left(h_{n}\right) \zeta_{n}\right)^{2} \mathrm{~d} x \leq 40\left(1+\left\|\nabla h_{n}\right\|_{L^{\infty}}^{2}\right)^{3} \int_{\mathbf{T}^{d}}\left|\nabla \zeta_{n}\right|^{2} \mathrm{~d} x .
$$

It follows that there exists a subsequence $\left\{G\left(h_{n^{\prime}}\right) \zeta_{n^{\prime}}\right\}$ converging weakly in $L^{2}\left(\mathbf{T}^{d}\right)$. Therefore, by uniqueness of the limit in the space of distributions, we see that $G(h) \zeta$ belongs to $L^{2}\left(\mathbf{T}^{d}\right)$. Given 2.5), this in turn implies that $\left.\left(\partial_{N} \phi\right)\right|_{y=h}$ and $\left.\left(\nabla_{x, y} \phi\right)\right|_{y=h}$ are well defined and belong to $L^{2}\left(\mathbf{T}^{d}\right)$.

It remains to prove the estimates. Notice that $\left(G\left(h_{n}\right) \zeta_{n}\right) / \sqrt{1+\left|\nabla h_{n}\right|^{2}}$ converges weakly in $L^{2}$ to $G(h) \zeta / \sqrt{1+|\nabla h|^{2}}$. Therefore, the $L^{2}$-norm of the latter is bounded by

$$
\liminf \left\|\left(G\left(h_{n}\right) \zeta_{n}\right) / \sqrt{1+\left|\nabla h_{n}\right|^{2}}\right\|_{L^{2}}
$$

This establishes the estimate 2.2 . Using again 2.5), this in turn implies the estimate (1.5) which completes the proof.

### 2.2. Proof of Theorem 1.5

We will do the computations for smooth $h$ and $\zeta$. We can then extend the estimates to $h \in C^{1}(\mathbf{T})$ and $\zeta \in H^{1}(\mathbf{T})$ by the same logic as in the proof of Theorem 1.1 .

We know from the proof of Proposition 2.1 that the quantity $R$ defined in 2.8 is zero, i.e.

$$
\int_{\mathbf{T}}\left(\mathcal{B}^{2}-\mathcal{V}^{2}-2 h_{x} \mathcal{B} \mathcal{V}\right) \mathrm{d} x=0
$$

Now as we are in one dimension, the equations 2.4 simplify

$$
\begin{aligned}
\mathcal{B} & =\frac{h_{x}}{1+h_{x}^{2}} \zeta_{x}+\frac{1}{1+h_{x}^{2}} G(h) \zeta \\
\mathcal{V} & =\frac{1}{1+h_{x}^{2}} \zeta_{x}-\frac{h_{x}}{1+h_{x}^{2}} G(h) \zeta
\end{aligned}
$$

Substituting it in the above formula and simplifying we get

$$
\begin{equation*}
\int_{\mathbf{T}}\left\{-\frac{\zeta_{x}^{2}}{1+h_{x}^{2}}+\frac{(G(h) \zeta)^{2}}{1+h_{x}^{2}}+\frac{2 h_{x} \zeta_{x} G(h) \zeta}{1+h_{x}^{2}}\right\} \mathrm{d} x=0 \tag{2.9}
\end{equation*}
$$

Now using Young's inequality $a b \leq \frac{a^{2}}{2}+\frac{b^{2}}{2}$ gives

$$
\begin{aligned}
\int_{\mathbf{T}} \frac{(G(h) \zeta)^{2}}{1+h_{x}^{2}} \mathrm{~d} x & \leq \int_{\mathbf{T}} \frac{\zeta_{x}^{2}}{1+h_{x}^{2}} \mathrm{~d} x+\frac{1}{2} \int_{\mathbf{T}} \frac{(G(h) \zeta)^{2}}{1+h_{x}^{2}} \mathrm{~d} x+\frac{1}{2} \int_{\mathbf{T}} \frac{4 h_{x}^{2} \zeta_{x}^{2}}{1+h_{x}^{2}} \mathrm{~d} x \\
& \leq \frac{1}{2} \int_{\mathbf{T}} \frac{(G(h) \zeta)^{2}}{1+h_{x}^{2}} \mathrm{~d} x+\int_{\mathbf{T}} \frac{\left(1+2 h_{x}^{2}\right) \zeta_{x}^{2}}{1+h_{x}^{2}} \mathrm{~d} x \\
& \leq \frac{1}{2} \int_{\mathbf{T}} \frac{(G(h) \zeta)^{2}}{1+h_{x}^{2}} \mathrm{~d} x+2 \int_{\mathbf{T}}\left|\zeta_{x}\right|^{2} \mathrm{~d} x
\end{aligned}
$$

The estimate 1.8 now follows. The proof of 1.9 follows the same logic.

## 3. Riemann mapping and Rellich estimates

In this section, we prove Theorem 1.7
We will do the computations for smooth $h$ and $\zeta$. We can then extend the estimates to $h \in C^{1}(\mathbf{T})$ and $\zeta \in H^{1}(\mathbf{T})$ by the same logic as in the proof of Theorem 1.1 .

Note that the estimate 1.8 , which reads

$$
\int_{\mathbf{T}} \frac{(G(h) \zeta)^{2}}{1+h_{x}^{2}} \mathrm{~d} x \leq 4 \int_{\mathbf{T}} \zeta_{x}^{2} \mathrm{~d} x
$$

can be rewritten as

$$
\begin{equation*}
\int_{\partial \Omega} \frac{\left(\partial_{N} \phi\right)^{2}}{\left(1+h_{x}^{2}\right)^{\frac{1}{2}}} \mathrm{~d} \sigma \leq 4 \int_{\partial \Omega}\left(\partial_{T} \phi\right)^{2}\left(1+h_{x}^{2}\right)^{\frac{1}{2}} \mathrm{~d} \sigma \tag{3.1}
\end{equation*}
$$

which is the wanted estimate 1.11 for $p=2$. We will deduce that 1.11 holds for $1<p<2$ by an interpolation argument. To do so, we will exploit the existence of a Riemann mapping to reduce the problem to the study of harmonic functions in a half-space.

We first consider the $2 \pi$ periodic version of $\Omega$ by considering the domain $\widetilde{\Omega}=$ $\left\{(x, y) \in \mathbf{R}^{2} \mid \exists n \in \mathbb{Z}\right.$ so that $\left.(x-2 n \pi, y) \in \Omega\right\}$. Let $P_{-}=\left\{(x, y) \in \mathbf{R}^{2} \mid y<0\right\}$ be the lower half plane and let $\Psi: P_{-} \rightarrow \widetilde{\Omega}$ be a Riemann mapping. As the boundary $\partial \widetilde{\Omega}$ is a Jordan curve, by Carathéodory's theorem the map $\Psi$ extends continuously to a homeomorphism on the boundary. Let $Z$ be the boundary value of $\Psi$ and so $Z: \mathbf{R} \rightarrow \partial \widetilde{\Omega}$ is a homeomorphism. We will denote the coordinates on this $\mathbf{R}$ by $\alpha$ so we will use quantities like $Z(\alpha), \partial_{\alpha}$ etc.

Now as $\Psi$ is a Riemann map from $P_{-} \rightarrow \widetilde{\Omega}$, we see that $z \mapsto \Psi(k(z-c))$ for $k>0$ and $c \in \mathbf{R}$ are all the Riemann maps from $P_{-} \rightarrow \widetilde{\Omega}$. Therefore we let $Z(0)=(0, h(0))$ and $Z(2 \pi)=(2 \pi, h(2 \pi))=Z(0)+2 \pi$. Now consider $\Psi_{1}: P_{-} \rightarrow \widetilde{\Omega}$ given by $\Psi_{1}(z)=\Psi(z+2 \pi)-2 \pi$. Clearly $\Psi_{1}$ is a Riemann map with $\Psi_{1}(0)=\Psi(0)$ and so there exists $k>0$ so that $\Psi_{1}(z)=\Psi(z+2 \pi)-2 \pi=\Psi(k z)$. If $k \neq 1$, then we get a contradiction by plugging in $z=\frac{2 \pi}{k-1}$ in this equation. Hence $\Psi_{1}=\Psi$ and therefore $\Psi(z+2 \pi)=\Psi(z)+2 \pi$.

As $\Psi$ is a Riemann map, we see that $\Psi_{z} \neq 0$ in $P_{-}$and as $P_{-}$is simply connected, we see that $\log \left(\Psi_{z}\right)$ is well defined if we fix the value of $\log \left(\Psi_{z}(-i)\right)$ (the choice one makes is immaterial). Now the smoothness of the domain $\widetilde{\Omega}$ implies that $\log \left(\Psi_{z}\right)$ extends continuous to $\bar{P}_{-}$(see Theorem 3.5 in $\mathbf{1 6}$. The proof given there is for the unit disc but the same proof also works for the half plane). In particular this means that there exists $c_{1}, c_{2}>0$ such that $c_{1} \leq\left|Z_{\alpha}(\alpha)\right| \leq c_{2}$ for all $\alpha \in \mathbf{R}$. Now we define $g: \mathbf{R} \rightarrow \mathbf{R}$ by

$$
\begin{equation*}
g=\operatorname{Im}\left(\log \left(Z_{\alpha}\right)\right) \tag{3.2}
\end{equation*}
$$

Notice that $g$ is $2 \pi$ periodic.
As the slope of the interface is bounded, we can define $\theta(x)=\arctan \left(h_{x}(x)\right)$, where $\theta$ is now the angle the interface makes with the $x$-axis. Hence we see that

$$
e^{i \theta(\operatorname{Re}(Z(\alpha)))}=e^{i g(\alpha)}
$$

Therefore $1+h_{x}(\operatorname{Re}(Z(\alpha)))^{2}=1+\tan (g(\alpha))^{2}$. We also note that $\tan (g)$ is a bounded function.

Now let $\widetilde{\phi}: P_{-} \rightarrow \mathbf{R}$ be the pullback of $\phi$, given by

$$
\widetilde{\phi}(z)=\phi(\Psi(z))
$$

with its boundary value being $\widetilde{\zeta}$, i.e. $\widetilde{\phi}(\alpha)=\widetilde{\zeta}(\alpha)=\zeta(Z(\alpha))$. As $\Psi$ is conformal, we see that $\widetilde{\phi}$ is also a harmonic function and on the boundary we have

$$
\left(\partial_{T} \phi\right)(Z(\alpha))=\frac{1}{\left|Z_{\alpha}\right|}\left(\partial_{\alpha} \widetilde{\phi}\right)(\alpha)=\frac{1}{\left|Z_{\alpha}\right|}\left(\partial_{\alpha} \widetilde{\zeta}\right)(\alpha)
$$

If $n$ is the unit outward normal of $P_{-}$, then we also see that

$$
\left(\partial_{N} \phi\right)(Z(\alpha))=\frac{1}{\left|Z_{\alpha}\right|}\left(\partial_{n} \widetilde{\phi}\right)(\alpha)=\frac{1}{\left|Z_{\alpha}\right|}(|D| \widetilde{\zeta})(\alpha)
$$

where $|D|=\sqrt{-\Delta}$. We can also see that the pullback of the measure $\mathrm{d} \sigma$ on $\partial \Omega$ is the measure $\left|Z_{\alpha}\right| \mathrm{d} \alpha$ on $\mathbf{T}$. Hence (3.1) is equivalent to

$$
\begin{equation*}
\int_{\mathbf{T}} \frac{| | D|\widetilde{\zeta}|^{2}}{\left|Z_{\alpha}\right|\left(1+\tan ^{2}(g)\right)^{\frac{1}{2}}} \mathrm{~d} \alpha \leq 4 \int_{\mathbf{T}} \frac{\left|\partial_{\alpha} \widetilde{\zeta}\right|^{2}\left(1+\tan ^{2}(g)\right)^{\frac{1}{2}}}{\left|Z_{\alpha}\right|} \mathrm{d} \alpha \tag{3.3}
\end{equation*}
$$

If $\mathcal{F}(f)$ is the Fourier transform of $f$, then the periodic Hilbert transform $\mathbb{H}$ : $L^{2}(\mathbf{T}) \rightarrow L^{2}(\mathbf{T})$ is given by the relation

$$
\begin{equation*}
\mathcal{F}(\mathbb{H} f)(n)=-\operatorname{isgn}(n) \mathcal{F}(f)(n) \quad \text { for } n \in \mathbb{Z} \tag{3.4}
\end{equation*}
$$

where $\operatorname{sgn}(n)=1$ if $n>0, \operatorname{sgn}(n)=-1$ if $n<0$ and $\operatorname{sgn}(0)=0$. Hence

$$
||D| \widetilde{\zeta}|=\left|\mathbb{H} \partial_{\alpha} \widetilde{\zeta}\right|
$$

Therefore we see that $(3.3)$ is equivalent to the statement that the map $\mathbb{H}$ : $L^{2}(\mathbf{T}, v \mathrm{~d} \alpha) \rightarrow L^{2}(\mathbf{T}, u \mathrm{~d} \alpha)$ is bounded, where the weights $u$ and $v$ are defined by

$$
u=\frac{\left(1+\tan ^{2}(g)\right)^{-\frac{1}{2}}}{\left|Z_{\alpha}\right|} \quad \text { and } \quad v=\frac{\left(1+\tan ^{2}(g)\right)^{\frac{1}{2}}}{\left|Z_{\alpha}\right|}
$$

Note that there exists constants $c_{3}, c_{4}>0$ such that $c_{3} \leq u, v \leq c_{4}$ on all of $\mathbf{T}$ due to the properties of $\tan (g)$ and $Z_{\alpha}$ mentioned above.

Now we know that $\mathbb{H}: L^{1}(\mathbf{T}, \mathrm{~d} \alpha) \rightarrow L^{1, \infty}(\mathbf{T}, \mathrm{~d} \alpha)$ is bounded, where we recall that $f \in L^{1, \infty}$ if we have $\|f\|_{1, \infty}=\sup _{t>0} t|\{x \in \mathbf{T}| | f(x) \mid>t\}|<\infty$ (see Corollary 3.16 in [12]). Hence by real interpolation of operators with change of measures (namely, by using Theorem 2.9 from [17] with $T=\mathbb{H}, p_{0}=q_{0}=1, p_{1}=q_{1}=2$, $M=N=\mathbf{T}, d \mu_{0}=d \nu_{0}=d \alpha, d \mu_{1}=v d \alpha$ and $\left.d \nu_{1}=u d \alpha\right)$ we see that, for all $1<p<2$,

$$
\begin{equation*}
\mathbb{H}: L^{p}\left(\mathbf{T}, v^{p-1} \mathrm{~d} \alpha\right) \rightarrow L^{p}\left(\mathbf{T}, u^{p-1} \mathrm{~d} \alpha\right) \quad \text { is bounded. } \tag{3.5}
\end{equation*}
$$

Therefore for $1<p<2$, there exists a constant $C_{p}>0$ such that

$$
\int_{\mathbf{T}} \frac{| | D|\widetilde{\zeta}|^{p}}{\left|Z_{\alpha}\right|^{p-1}\left(1+\tan ^{2}(g)\right)^{\frac{p-1}{2}}} \mathrm{~d} \alpha \leq C_{p} \int_{\mathbf{T}} \frac{\left|\partial_{\alpha} \widetilde{\zeta}\right|^{p}\left(1+\tan ^{2}(g)\right)^{\frac{p-1}{2}}}{\left|Z_{\alpha}\right|^{p-1}} \mathrm{~d} \alpha
$$

which is equivalent to

$$
\int_{\partial \Omega} \frac{\left|\partial_{N} \phi\right|^{p}}{\left(1+h_{x}^{2}\right)^{\frac{p-1}{2}}} \mathrm{~d} \sigma \leq C_{p} \int_{\partial \Omega}\left|\partial_{T} \phi\right|^{p}\left(1+h_{x}^{2}\right)^{\frac{p-1}{2}} \mathrm{~d} \sigma,
$$

proving the first statement. The other statement also follows directly as 3.5 applied on the function $|D| \widetilde{\zeta}$ instead gets us

$$
\int_{\mathbf{T}} \frac{\left|\partial_{\alpha} \widetilde{\zeta}\right|^{p}}{\left|Z_{\alpha}\right|^{p-1}\left(1+\tan ^{2}(g)\right)^{\frac{p-1}{2}}} \mathrm{~d} \alpha \leq C_{p} \int_{\mathbf{T}} \frac{| | D|\widetilde{\zeta}|^{p}\left(1+\tan ^{2}(g)\right)^{\frac{p-1}{2}}}{\left|Z_{\alpha}\right|^{p-1}} \mathrm{~d} \alpha
$$

which is equivalent to

$$
\int_{\partial \Omega} \frac{\left|\partial_{T} \phi\right|^{p}}{\left(1+h_{x}^{2}\right)^{\frac{p-1}{2}}} \mathrm{~d} \sigma \leq C_{p} \int_{\partial \Omega}\left|\partial_{N} \phi\right|^{p}\left(1+h_{x}^{2}\right)^{\frac{p-1}{2}} \mathrm{~d} \sigma .
$$

This completes the proof.

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