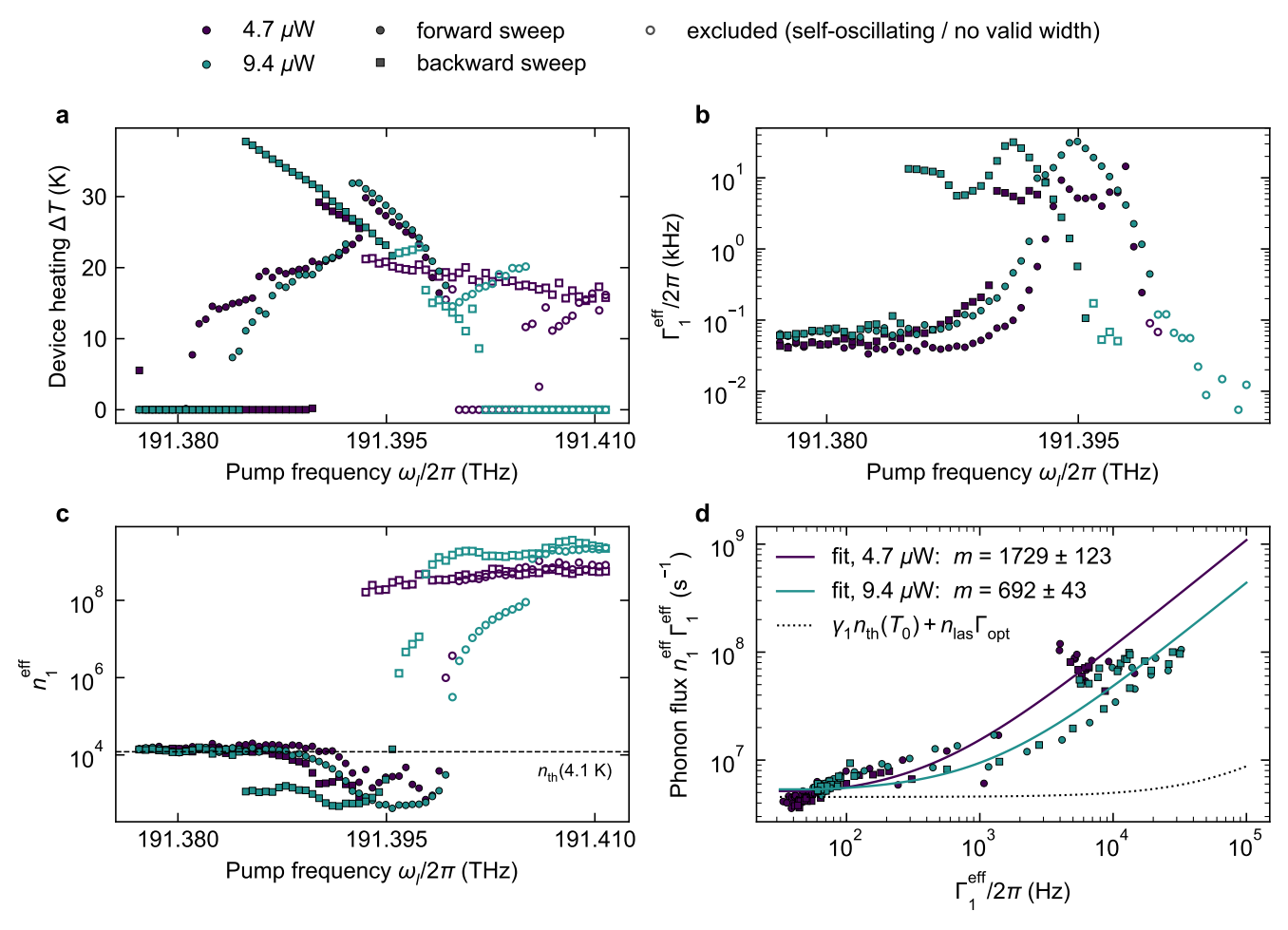

4.7 μW
9.4 μW
forward sweep
backward sweep
excluded (self-oscillating / no valid width)
a
Device heating ΔT (K)
Pump frequency ω_l/2π (THz)
b
Γ_1^eff/2π (kHz)
Pump frequency ω_l/2π (THz)
c
n_1^eff
n_th(4.1 K)
Pump frequency ω_l/2π (THz)
d
Phonon flux n_1^eff Γ_1^eff (s^-1)
fit, 4.7 μW: m = 1729 ± 123
fit, 9.4 μW: m = 692 ± 43
γ_1 n_th(T_0) + n_las Γ_opt
Γ_1^eff/2π (Hz)