

## Lecture 1

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## I. METHOD OF TYPES AND STRONG TYPICALITY

The method of types evolved from notions of strong typicality; some of the ideas were used by Wolfowitz [4] to prove channel capacity theorems. The method was fully developed by Csiszar and Korner [1], who derived the main theorems of information theory from this viewpoint.

Let  $x^n = (x_1, x_2, \dots, x_n)$  be a sequence from alphabet  $\mathcal{X} = (a_1, a_2, a_3, \dots, a_{|\mathcal{X}|})$ . Let  $N(a|x^n)$  be the number of times that  $a$  appears in sequence  $x^n$ .

**Definition 1 (Type)** The type  $P_{x^n}$  (or empirical probability distribution) of a sequence  $x^n$  is the relative proportion of occurrences of each symbol of  $\mathcal{X}$ , i.e.,  $P_{x^n}(a) = \frac{N(a|x^n)}{n}$  for all  $a \in \mathcal{X}$ .

**Example 1** Let  $\mathcal{X} = \{0, 1, 2\}$ , let  $n = 5$  and  $x^5 = (1, 1, 2, 2, 0)$ . Then  $N(0|x^5) = 1$ ,  $N(1|x^5) = 2$  and  $N(2|x^5) = 2$ . Hence,  $P_{x^5} = (\frac{1}{5}, \frac{2}{5}, \frac{2}{5})$ .

**Definition 2 (all possible types)** Let  $\mathcal{P}_n$  be the collection of all possible types of sequences of length  $n$ .

For example, if  $\mathcal{X} = \{0, 1\}$ , the set of possible types with denominator  $n$  is

$$\mathcal{P}_n = \left\{ (P(0), P(1)) : \left( \frac{0}{n}, \frac{n}{n} \right), \left( \frac{1}{n}, \frac{n-1}{n} \right), \dots, \left( \frac{n}{n}, \frac{0}{n} \right) \right\}. \quad (1)$$

**Lemma 1** An upper bound for  $|\mathcal{P}_n|$ :

$$|\mathcal{P}_n| \leq (n+1)^{|\mathcal{X}|}. \quad (2)$$

*Proof:* There are  $|\mathcal{X}|$  components in the vector that specifies  $P_{x^n}$ . The numerator in each component can take on only  $n+1$  values. So there are at most  $(n+1)^{|\mathcal{X}|}$  choices for the type vector. ■

**Definition 3 (Type class)** Let  $P \in \mathcal{P}_n$ , The set of sequences of length  $n$  with type  $P$  is called type class of  $P$ , denoted  $T(P)$ :

$$T(P) = \{x^n : P_{x^n} = P\} \quad (3)$$

**Theorem 1 (Probability of a sequence in the type class)** If  $X \sim Q$  i.i.d., the probability of  $x^n$  depends only on the type of  $x^n$ , i.e.,  $P_{x^n}$

$$Q(x^n) = 2^{-n(H(P_{x^n}) + D(P_{x^n}||Q))} \quad (4)$$

*Proof:*

Since  $\{X_i\}_{i \geq 1}$  are i.i.d,

$$Q^n(x^n) = \prod_{i=1}^n Q(x_i). \quad (5)$$

Now consider

$$\log Q^n(x^n) = \sum_{i=1}^n \log Q(x_i) \quad (6)$$

$$\stackrel{(a)}{=} \sum_{a \in \mathcal{X}} N(a|x^n) \log Q(a) \quad (7)$$

$$\stackrel{(b)}{=} n \sum_{a \in \mathcal{X}} P_{x^n}(a) \log Q(a) \quad (8)$$

$$= n \sum_{a \in \mathcal{X}} P_{x^n}(a) \log \frac{Q(a)}{P_{x^n}(a)} \cdot P_{x^n}(a) \quad (9)$$

$$= n(-H(P) - D(P||Q)), \quad (10)$$

where

(a) follows because each  $a \in \mathcal{X}$  contributes exactly  $\log Q(a)$  times it's number of occurrences in  $x^n$  to the sum in (6).

(b) follows from the definition of  $P_{x^n}(a)$ .

Hence we obtained

$$Q^n(x^n) = 2^{-nH(P)+D(P||Q)}. \quad (11)$$

■

**Corollary 1** if  $x^n$  is in the type class of  $Q$ , then we get  $Q(x^n) = 2^{-nH(P_{x^n})}$ .

The following theorem tells us how many sequences, asymptotically, exist of type  $P \in \mathcal{P}_n$ .

**Theorem 2 (size of a type class)** For any type  $P \in \mathcal{P}_n$

$$|T(p)| \doteq 2^{nH(P)} \quad (12)$$

Where  $a_n \doteq b_n$  if  $\lim_{n \rightarrow \infty} \frac{1}{n} \log\left(\frac{a_n}{b_n}\right) = 0$ .

**Example 2** Question: How many binary sequences of length  $n$  with 50% 0 and 50% 1 exists?

Answer: An exact calculation yields  $\binom{n}{\frac{n}{2}}$ . An asymptotic calculation Using Theorem 2 yields that  $\binom{n}{\frac{n}{2}} \doteq 2^n$ .

There are two possible ways to prove Theorem 2, one is a combinatorial proof and the other is a probabilistic. The combinatorial proof is based on Stirling's Formula.

**Lemma 2 (Stirling's formula) :**

$$\sqrt{2\pi n} \left(\frac{n}{e}\right)^n \leq n! \leq \sqrt{2\pi n} \left(\frac{n}{e}\right)^n e^{\frac{1}{12n}} \quad (13)$$

*Combinatorial proof of Theorem 2:*

$a_1$	$a_2$		$a_{ \mathcal{X} }$
$nP(a_1)$	$nP(a_2)$	$\dots$	$nP(a_{ \mathcal{X} })$

Fig. 1. The total length of the sequence is  $n$  and the part of the sequence that equals to  $a_i$  is  $nP(a_i)$

$$|T(P)| = \binom{n}{nP(a_1), nP(a_2), \dots, nP(a_{|\mathcal{X}|})} = \frac{n!}{(nP(a_1))!(nP(a_2))! \dots (nP(a_{|\mathcal{X}|}))!} \quad (14)$$

Using Stirling's formula with equation (5) we get:

$$n! \doteq \left(\frac{n}{e}\right)^n \quad (15)$$

$$|T(P)| \doteq \frac{n^n}{(nP(a_1))^{nP(a_1)} (nP(a_2))^{nP(a_2)} \dots (nP(a_{|\mathcal{X}|}))^{nP(a_{|\mathcal{X}|})}} \quad (16)$$

$$= \frac{n^n}{(n)^{nP(a_1)} (n)^{nP(a_2)} \dots (n)^{nP(a_{|\mathcal{X}|})} \prod_{i=1}^{|\mathcal{X}|} P(a_i)^{nP(a_i)}} \quad (17)$$

$$= \frac{1}{\prod_{i=1}^{|\mathcal{X}|} P(a_i)^{nP(a_i)}} \quad (18)$$

Hence:

$$|T(P)| = 2^{\log |T(P)|} \doteq 2^{-n \sum_{i=1}^{|\mathcal{X}|} P(a_i) \log(P(a_i))} = 2^{nH(P)} \quad (19)$$

■

Lets summarize our results so far:

- $|\mathcal{P}_n| \leq (n+1)^{\mathcal{X}}$
- $|T(P)| \doteq 2^{nH(P)}$
- $Q(x^n) = 2^{-n(H(P_{x^n}) + D(P_{x^n} || Q))}$

**Theorem 3** The probability of the type class  $T(P)$  where the sequences are drawn i.i.d.  $\sim Q$  is

$$Q^n(T(P)) \doteq 2^{-n(D(P||Q))}. \quad (20)$$

Proof:

$$Q^n(T(P)) = \sum_{x^n \in T(P)} Q(x^n) \quad (21)$$

$$\stackrel{(a)}{=} \sum_{x^n \in T(P)} 2^{-n(H(P_{x^n}) + D(P_{x^n} || Q))} \quad (22)$$

$$\stackrel{(b)}{=} \sum_{x^n \in T(P)} 2^{-n(H(P) + D(P || Q))} \quad (23)$$

$$= |T(P)| 2^{-n(H(P) + D(P || Q))} \quad (24)$$

$$\stackrel{(c)}{=} 2^{-nD(P || Q)}, \quad (25)$$

where (a) follows from Theorem 1, (b) from the fact that all sequences have the same type  $P_{x^n} = P$  and (c) from Theorem 2.

**Theorem 4 (Sanov's Theorem, known also as Large deviation)** Let  $X \sim Q$  i.i.d. and let  $E$  be a closed set of probabilities, then:

$$\lim_{n \rightarrow \infty} \log Q^n(E) = -\min_{P \in E} D(P || Q) = -D(P^* || Q), \quad (26)$$

where  $Q^n(E)$  is the probability that  $x^n \in E$  i.e.  $Q^n(E) = \Pr(P \in E)$  and  $P^*$  is defined as  $P^* = \arg \min_{P \in E} D(P || Q)$ .

To get more intuitive understanding we can think of  $D(P^* || Q)$  as the minimum distance between  $E$  space and  $Q$  as shown in the figure:

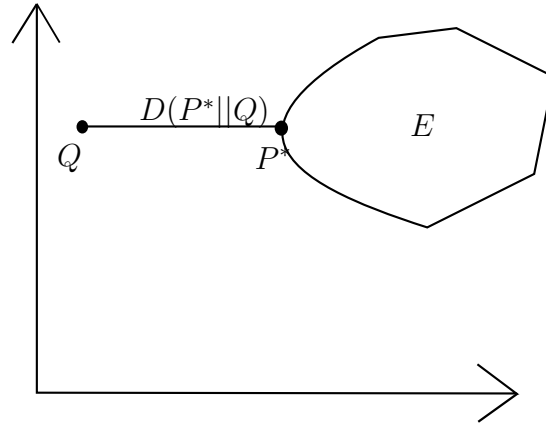


Fig. 2. Let  $X \sim Q$  than  $P^*$  is the type  $P \in E$  that gives the minimum to  $D(P || Q)$ .

$$Q^n(E) \doteq 2^{-nD(P^* || Q)} \quad (27)$$

$$P^* = \arg \min_{P \in E} D(P||Q) \quad (28)$$

Historical note: Sanov's theorem [3] was generalized by Csiszar [2] using the method of types.

**Example 3** Let  $Q(x = 1) = Q(x = -1) = \frac{1}{2}$ , What is the probability of getting an empirical distribution that satisfies:  $P(x = 1) \geq 0.8$ ,  $P(x = -1) \leq 0.2$ ?

Answer:  $P^*$  is the probability  $P(x = 1) = 0.8$ ,  $P(x = -1) = 0.2$  so by using Sanov's theorem and Theorem 4 we get our result:  $Q(E) \doteq 2^{-nD(P^*||Q)}$

*Proof of Theorem 4:* First we will find the upper bound

$$Q^n(E) = \sum_{P \in E \cap \mathcal{P}_n} Q(T(P)) \quad (29)$$

$$\stackrel{(a)}{\leq} \sum_{P \in E \cap \mathcal{P}_n} 2^{-nD(P||Q)} \quad (30)$$

$$\leq \sum_{P \in E \cap \mathcal{P}_n} \max_{P \in E \cap \mathcal{P}_n} 2^{-nD(P||Q)} \quad (31)$$

$$= \sum_{P \in E \cap \mathcal{P}_n} 2^{-n \min_{P \in E \cap \mathcal{P}_n} D(P||Q)} \quad (32)$$

$$\stackrel{(b)}{\leq} (n+1)^{|\mathcal{X}|} 2^{-n \min_{P \in E \cap \mathcal{P}_n} D(P||Q)}, \quad (33)$$

where (a) follows from Theorem 3, and (b) follows from the fact that  $|E| \leq |\mathcal{P}_n|$  and the bound on the number of types (Lemma 1).

Now we will find the lower bound:

$$Q^n(E) = \sum_{P \in E \cap \mathcal{P}_n} Q(T(P)) \quad (34)$$

$$\stackrel{(a)}{\geq} Q(T(P^*)) \quad (35)$$

$$\stackrel{(b)}{\doteq} 2^{-nD(P^*||Q)} \quad (36)$$

where (a) follows from the fact that we take into consideration only one type and (b) According to Theorem 3.

Using the lower bound from (51) and the upper bound from (47) we get:

$$2^{-nD(P^*||Q)} \leq Q^n(E) \leq (n+1)^{|\mathcal{X}|} 2^{-n \min_{P \in E \cap \mathcal{P}_n} D(P||Q)}. \quad (37)$$

$$(38)$$

which proves that:

$$Q^n(E) \doteq 2^{-nD(P^*||Q)} \quad (39)$$

**Example 4** Let  $X, Y$  be i.i.d.  $X, Y \sim P_X P_Y$ .

We look at a specific sequence  $(X^n, Y^n)$  with type  $P_{X,Y}$ , what is the probability that a sequence  $(x^n, y^n)$  which was generated from i.i.d.  $P_X P_Y$  has a joint type  $P_{X,Y}$ ?

Answer:  $Q(T(P)) \doteq 2^{-nD(P||Q)} = 2^{-nD(P_{X,Y}||P_X P_Y)} = 2^{-nI(X;Y)}$

## II. JOINT TYPE

**Definition 4 (Joint type)** The type  $P_{x^n, y^n}$  (or empirical probability distribution) of a pair-sequence  $(x^n, y^n)$  is the relative proportion of occurrences of each pair-symbol of  $\mathcal{X} \times \mathcal{Y}$ , i.e.,  $P_{x^n, y^n}(a, b) = \frac{N(a, b|x^n, y^n)}{n}$  for all  $a \in \mathcal{X}$  and  $b \in \mathcal{Y}$ .

**Example 5** Let  $\mathcal{X} = \{0, 1\}$ , and  $\mathcal{Y} = \{A, B\}$ . let  $n = 5$  and  $x^5 = (1, 1, 0, 1, 0)$  and  $y^5 = (A, A, B, A, B)$ . Then  $N(0, A|x^5) = 0$ ,  $N(0, B|x^5) = 2$ ,  $N(1, A|x^5) = 3$  and  $N(1, B|x^5) = 0$ .

**Theorem 5** (Conditional type)

Let us define the *conditional type*  $P_{x^n|y^n}$  (or conditional empirical distribution)

$$P_{x^n|y^n}(a|b) \triangleq \frac{N((a, b)|x^n, y^n)}{N(b|y^n)} \quad (40)$$

$$= \frac{P_{X^n, Y^n}(a, b)}{P_{Y^n}(b)}. \quad (41)$$

Let  $W(y|x) \in \mathcal{P}^n(x|y)$  be a conational probability, The conditional type  $T_W(y^n)$

$$T_W(y^n) = \{x^n \in \mathcal{X}^n : P_{X^n|Y^n}(a|b) = W_{X|Y}(a|b), \forall a, b \in \mathcal{X}, \mathcal{Y}\} \quad (42)$$

$$= \{x^n \in \mathcal{X}^n : P_{X^n, Y^n}(a, b) = W_{X|Y}(a|b)P_{Y^n}(b), \forall a, b \in \mathcal{X}, \mathcal{Y}\} \quad (43)$$

$$H(X|Y) = - \sum_{x \in \mathcal{X}} \sum_{y \in \mathcal{Y}} P(x, y) \log P(x|y) \quad (44)$$

$$P_{X,Y}(a, b) = P_{Y^n}(b) W_{X|Y}(a|b) \quad (45)$$

Than:

$$|T_W(y^n)| \doteq 2^{nH(X|Y)} \quad (46)$$

Proof:

$b_1$	$b_2$		$b_{ \mathcal{Y} }$
$nP_{Y^n}(b_1)$	$nP_{Y^n}(b_2)$	$\dots$	$nP_{Y^n}(b_{ \mathcal{Y} })$

Fig. 3. Length of each  $b_i$ .

Now if we have  $b_1$  we get:

$a_1$	$a_2$		$a_{ \mathcal{X} }$
$nP_{X^n, Y^n}(a_1, b_1)$	$nP_{X^n, Y^n}(a_2, b_1)$	$\dots$	$nP_{X^n, Y^n}(a_{ \mathcal{X} }, b_1)$

Fig. 4. Length of each  $a_i$  given  $b_1$ .

Therefore we can use combinatorial proof as we did in the non conditional case:

$$\left( nP_{y^n}(b_1) nP_{x^n, y^n}(a_1, b_1) nP_{x^n, y^n}(a_2, b_1) \dots nP_{x^n, y^n}(a_{|\mathcal{X}|}, b_1) \right) \doteq 2^{nH(X|y=b_1)P_{y^n}(b_1)} \quad (47)$$

$$\left( nP_{Y^n}(b_1) P_{x^n|y^n}(a_1|b_1) nP_{Y^n}(b_1) P_{x^n|y^n}(a_2|b_1) \dots nP_{Y^n}(b_1) P_{x^n|y^n}(a_{|\mathcal{X}|}|b_1) \right) \doteq 2^{nP_{Y^n}(b_1)H(X|y=b_1)} \quad (48)$$

$$|T_W(y^n)| \doteq \prod_{i=1}^{|\mathcal{Y}|} 2^{nH(X|y=b_i)P_{Y^n}(b_i)} = 2^{nH(X|Y)} \quad (49)$$

### III. STRONG TYPICALITY

**Definition 5 ( $\epsilon$ -strongly typical)** A sequence  $x^n \in \mathcal{X}$  is said to be  $\epsilon$ -strongly typical with respect to a distribution  $P(x)$  on  $\mathcal{X}$  if

- 1) For all  $a \in \mathcal{X}$  with  $P_X(a) > 0$  we have

$$|P_{x^n}(a) - P_X(a)| \leq \frac{\epsilon}{|\mathcal{X}|} \quad (50)$$

- 2) If  $P_X(a) = 0$  then  $P_{x^n}(a) = 0$ .

**Definition 6 ( $\epsilon$ -joint strongly typical)** A pair of sequences  $(x^n, y^n) \in \mathcal{X} \times \mathcal{Y}$  is said to be  $\epsilon$ -joint strongly typical with respect to a distribution  $P(x, y)$  on  $\mathcal{X} \times \mathcal{Y}$  if

- 1) For all  $(a, b) \in \mathcal{X} \times \mathcal{Y}$  with  $P_{X,Y}(a, b) > 0$  we have

$$|P_{x^n, y^n}(a, b) - P_{X,Y}(a, b)| \leq \frac{\epsilon}{|\mathcal{X}||\mathcal{Y}|} \quad (51)$$

- 2) If  $P_{X,Y}(a, b) = 0$  then  $P_{x^n, y^n}(a, b) = 0$ .

**Definition 7 (Strongly typical set)** The set of sequences  $(x^n, y^n) \in \mathcal{X}^n \times \mathcal{Y}^n$  that are  $\epsilon$ -joint strongly typical is called *strongly typical set* and is denoted as  $T_\epsilon^{(n)}(X, Y)$  or  $T_\epsilon^{(n)}(P_{X,Y})$ . I.e.,

$$T_\epsilon^{(n)}(X, Y) \triangleq \{(x^n, y^n) \in \mathcal{X}^n \times \mathcal{Y}^n : |P_{x^n, y^n} - P(x, y)| \leq \epsilon\} \quad (52)$$

In a shorter notation we write it as

$$T_\epsilon^{(n)}(X, Y) \triangleq \{x^n, y^n : |P_{x^n, y^n} - P(x, y)| \leq \epsilon\}. \quad (53)$$

**Definition 8 (Strongly conditional typical set  $T_\epsilon^{(n)}(X|y^n)$ )**

$$\begin{aligned} T_\epsilon^{(n)}(Y|x^n) &\triangleq \{y^n : (x^n, y^n) \in T_\epsilon^{(n)}(X, Y)\} \\ &= \{y^n : |P_{x^n, y^n} - P(x, y)| \leq \epsilon\}. \end{aligned} \quad (54)$$

The following lemma follows directly from the Sanov's Theorem.

**Lemma 3** Suppose w.l.o.g. that  $Q(x) > 0$  for all  $x \in \mathcal{X}$  (otherwise shrink the alphabet to its effective size) and that  $X_i$  are i.i.d.  $\sim Q(x)$ . Then there exists  $\epsilon'(\epsilon)$  such that  $\epsilon'(\epsilon) \rightarrow 0$  as  $\epsilon \rightarrow 0$  such that for all sufficiently large  $n$

$$2^{-n[D(P||Q)+\epsilon']} \leq \Pr(X^n \in T_\epsilon^{(n)}(P)) \leq 2^{-n[D(P||Q)-\epsilon']}. \quad (55)$$

**Lemma 4** Consider a joint distribution  $P_{X,Y}$  with marginal  $P_X$  and  $P_Y$ . Generate  $X^n$  i.i.d.  $\sim P_X$  and  $\sim P_Y$ . Then

$$2^{-n[I(X;Y)+\epsilon']} \leq \Pr((X^n, Y^n) \in T_\epsilon^{(n)}(X, Y)) \leq 2^{-n[I(X;Y)-\epsilon']}. \quad (56)$$

#### IV. ALTERNATIVE PROOFS BASED ONLY ON PROBABILISTIC METHODS

A reminder on Types:

$$P_{x^n}(a) = \frac{N(a|x^n)}{n} \quad (57)$$

$$|T(P)| \doteq 2^{nH(P)} \quad (58)$$

$$x^n \in T(P), \quad Q^n(x^n) = 2^{-n(H(P)+D(P||Q))} \quad (59)$$

$$(60)$$

A reminder on strongly typical definition:

$$T_\epsilon^{(n)}(P_X) = T_\epsilon^{(n)}(X) = \{x^n \in \mathcal{X}^n : |P_{x^n}(a) - P_X(a)| \leq \epsilon P_X(a)\} \quad (61)$$

##### A. Jointly Strong Typical Set

Let us define

$$T_\epsilon^{(n)}(P_{XY}) = T_\epsilon^{(n)}(X, Y) = \{x^n, y^n : |P_{x^n y^n}(a, b) - P_{XY}(a, b)| \leq \epsilon P_{XY}(a, b)\}. \quad (62)$$

##### Properties:

1) If  $X^n \sim$  i.i.d.  $P_X$ , then

$$\lim_{n \rightarrow \infty} \Pr \{X^n \in T_\epsilon^{(n)}(X)\} = 1 \quad (63)$$

or equivalently

$$1 - \delta(\epsilon) \leq \Pr \{X^n \in T_\epsilon^{(n)}(X)\} \leq 1, \quad (64)$$

where  $\forall \epsilon > 0, \lim_{n \rightarrow \infty} \delta_{\epsilon, n} = 0$ .

*Proof:* Because of the L.L.N. ■

2) For  $X^n \sim \text{i.i.d.} \sim P_X$ , then for any sequence  $x^n \in T_\epsilon^{(n)}(X)$  we have

$$2^{-nH(X)(1+\epsilon)} \stackrel{(i)}{\leq} p(x^n) = \prod_{i=1}^n P_X(x_i) \stackrel{(ii)}{\leq} 2^{-nH(X)(1-\epsilon)}. \quad (65)$$

*Proof:* Note that  $p(x^n) = \prod_{a \in \mathcal{X}} P_X(a)^{N(a|x^n)}$ , hence, the left hand side of the inequality (i) follows from

$$\frac{1}{n} \log p(x^n) = \frac{1}{n} \sum_{a \in \mathcal{X}} N(a|x^n) \log P_X(a) \quad (66)$$

$$= \sum_{a \in \mathcal{X}} P_{x^n}(a) \log P_X(a) \quad (67)$$

$$\stackrel{(a)}{\geq} \sum_{a \in \mathcal{X}} (1 + \epsilon) P_X(a) \log P_X(a) \quad (68)$$

$$= -H(X)(1 + \epsilon), \quad (69)$$

where step (a) follows from (61).

The right hand side of the inequality (ii) follows from

$$\frac{1}{n} \log p(x^n) = \frac{1}{n} \sum_{a \in \mathcal{X}} N(a|x^n) \log P_X(a) \quad (70)$$

$$= \sum_{a \in \mathcal{X}} P_{x^n}(a) \log P_X(a) \quad (71)$$

$$\leq \sum_{a \in \mathcal{X}} (1 - \epsilon) P_X(a) \log P_X(a) \quad (72)$$

$$= -H(X)(1 - \epsilon). \quad (73)$$

■

3) The size of the strongly typical set can be bounded as

$$(1 - \delta_{\epsilon,n}) 2^{nH(X)(1-\epsilon)} \stackrel{(i)}{\leq} |T_\epsilon^{(n)}(X)| \stackrel{(ii)}{\leq} 2^{nH(X)(1+\epsilon)}. \quad (74)$$

*Proof:* recall that  $(1 - \delta) \leq \Pr \{X^n \in T_\epsilon^{(n)}(X)\} \leq 1$ , then, the left hand side inequality (i) follows from

$$\Pr \{X^n \in T_\epsilon^{(n)}(X)\} = \sum_{x^n \in T_\epsilon^{(n)}(X)} p(x^n) \quad (75)$$

$$\leq \sum_{x^n \in T_\epsilon^{(n)}(X)} 2^{-n(H(X)(1-\epsilon))} \quad (76)$$

$$= |T_\epsilon^{(n)}(X)| 2^{-nH(X)(1-\epsilon)}, \quad (77)$$

and because  $(1 - \delta) \leq \Pr \{X^n \in T_\epsilon^{(n)}(X)\}$ , we get that  $(1 - \delta) 2^{nH(X)(1-\epsilon)} \leq |T_\epsilon^{(n)}(X)|$ . The right hand side inequality (ii) follows from

$$1 \geq \Pr \{X^n \in T_\epsilon^{(n)}(X)\} \quad (78)$$

$$= \sum_{x^n \in T_\epsilon^{(n)}(X)} p(x^n) \quad (79)$$

$$\geq \sum_{x^n \in T_\epsilon^{(n)}(X)} 2^{-nH(X)(1+\epsilon)} \quad (80)$$

$$= |T_\epsilon^{(n)}(X)| 2^{-nH(X)(1+\epsilon)}, \quad (81)$$

therefore,  $|T_\epsilon^{(n)}(X)| \leq 2^{nH(X)(1+\epsilon)}$ . ■

### B. Conditionally strong typical set

For a given  $x^n \in \mathcal{X}^n$ , let us define

$$T_\epsilon^{(n)}(Y|x^n) = \{y^n : (x^n, y^n) \in T_\epsilon^{(n)}(X, Y)\}. \quad (82)$$

Notice that if  $(x^n, y^n) \in T_\epsilon^{(n)}(X, Y)$ , then surely  $x^n \in T_\epsilon^{(n)}(X)$ .

#### Properties:

- 1) If  $x^n \in T_{\epsilon_x}^{(n)}(X)$ ,  $p(y^n|x^n) = \prod_{i=1}^n P_{Y|X}(y_i|x_i)$  (DMC),  $\epsilon_x \leq \epsilon$ , then

$$1 - \delta_{\epsilon, \epsilon_x, n} \leq \Pr \{y^n \in T_\epsilon^{(n)}(Y|x^n)\} \leq 1 \quad (83)$$

where  $\forall \epsilon, \epsilon_x > 0$ ,  $\delta_{\epsilon, \epsilon_x, n} \rightarrow 0$  as  $n \rightarrow \infty$ .

*Proof:* Follows directly from the L.L.N. ■

- 2) If  $y^n \in T_\epsilon^{(n)}(Y|x^n)$ ,  $p(y^n|x^n) = \prod_{i=1}^n P_{Y|X}(y_i|x_i)$  (DMC), then

$$2^{-nH(Y|X)(1+\epsilon)} \stackrel{(i)}{\leq} p(y^n|x^n) = \prod_{i=1}^n P_{Y|X}(y_i|x_i) \stackrel{(ii)}{\leq} 2^{-nH(Y|X)(1-\epsilon)}. \quad (84)$$

*Proof:* Notice that

$$p(y^n|x^n) = \prod_{i=1}^n P_{Y|X}(y_i|x_i) = \prod_{\substack{a \in \mathcal{X} \\ b \in \mathcal{Y}}} P_{Y|X}(b|a)^{N(a,b|x^n,y^n)}. \quad (85)$$

Now, the left hand side of the inequality (i) follows from

$$\frac{1}{n} \log p(y^n|x^n) = \frac{1}{n} \sum_{\substack{a \in \mathcal{X} \\ b \in \mathcal{Y}}} N(a,b|x^n,y^n) \log P_{Y|X}(b|a) \quad (86)$$

$$= \sum_{\substack{a \in \mathcal{X} \\ b \in \mathcal{Y}}} P_{x^n,y^n}(a,b) \log P_{Y|X}(b|a) \quad (87)$$

$$\geq \sum_{\substack{a \in \mathcal{X} \\ b \in \mathcal{Y}}} (1 + \epsilon) P_{XY}(a,b) \log P_{Y|X}(b|a) \quad (88)$$

$$= -H(Y|X)(1 + \epsilon). \quad (89)$$

The right hand side of the inequality (ii) follows from

$$\frac{1}{n} \log p(y^n|x^n) = \frac{1}{n} \sum_{\substack{a \in \mathcal{X} \\ b \in \mathcal{Y}}} N(a,b|x^n,y^n) \log P_{Y|X}(b|a) \quad (90)$$

$$= \sum_{\substack{a \in \mathcal{X} \\ b \in \mathcal{Y}}} P_{x^n,y^n}(a,b) \log P_{Y|X}(b|a) \quad (91)$$

$$\leq \sum_{\substack{a \in \mathcal{X} \\ b \in \mathcal{Y}}} (1 - \epsilon) P_{XY}(a,b) \log P_{Y|X}(b|a) \quad (92)$$

$$= -H(Y|X)(1 - \epsilon). \quad (93)$$

■

3) Given  $x^n \in T_{\epsilon_x}^{(n)}(X)$ , then

$$(1 - \delta_{\epsilon,\epsilon_x,n}) 2^{nH(Y|X)(1+\epsilon)} \stackrel{(i)}{\leq} |T_{\epsilon}^{(n)}(Y|x^n)| \stackrel{(ii)}{\leq} 2^{nH(Y|X)(1-\epsilon)}. \quad (94)$$

The proof is done in a similar way to the proof of (74).

**Lemma 5** Consider a joint PMF  $P_{XY}$ . Let  $x^n \in T_{\epsilon_x}^{(n)}(X)$  and  $y^n$  drawn i.i.d. according to  $P_Y$  and independent of  $x^n$ , then

$$2^{-n(I(X;Y)+\delta_{\epsilon})} \stackrel{(i)}{\leq} \Pr \{Y^n \in T_{\epsilon}^{(n)}(Y|x^n)\} \stackrel{(ii)}{\leq} 2^{-n(I(X;Y)-\delta_{\epsilon})} \quad (95)$$

for  $\delta_\epsilon \rightarrow 0$  as  $\epsilon \rightarrow 0$ .

*Proof:* The left hand side inequality (i) follows from

$$\Pr \{Y^n \in T_\epsilon^{(n)}(Y|x^n)\} = \sum_{y^n \in T_\epsilon^{(n)}(Y|x^n)} p(y^n) \quad (96)$$

$$\geq \sum_{y^n \in T_\epsilon^{(n)}(Y|x^n)} 2^{-nH(Y)(1+\epsilon)} \quad (97)$$

$$= |T_\epsilon^{(n)}(Y|x^n)| 2^{-nH(Y)(1+\epsilon)} \quad (98)$$

$$\geq (1 - \delta_{\epsilon,n}) 2^{n(H(Y|X)(1-\epsilon))} 2^{-nH(Y)(1+\epsilon)} \quad (99)$$

$$= (1 - \delta_{\epsilon,n}) 2^{-n(I(X;Y)+\delta_{\epsilon,n})}. \quad (100)$$

The right hand side inequality (ii) follows from

$$\Pr \{Y^n \in T_\epsilon^{(n)}(Y|x^n)\} = \sum_{y^n \in T_\epsilon^{(n)}(Y|x^n)} p(y^n) \quad (101)$$

$$\leq \sum_{y^n \in T_\epsilon^{(n)}(Y|x^n)} 2^{-nH(Y)(1-\epsilon)} \quad (102)$$

$$= |T_\epsilon^{(n)}(Y|x^n)| 2^{-nH(Y)(1-\epsilon)} \quad (103)$$

$$\leq 2^{-n(H(Y)-H(Y|X))} 2^{n\epsilon(H(Y)+H(Y|X))} \quad (104)$$

$$= 2^{-n(I(X;Y)-\delta_\epsilon)}. \quad (105)$$

■

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APPENDIX I  
PROBABILISTIC PROOF OF THEOREM 2:

$$1 \geq \Pr(x^n \in T(P)) \quad (106)$$

$$\stackrel{(a)}{=} \sum_{x^n \in T(P)} \Pr(x^n) \quad (107)$$

$$\stackrel{(b)}{=} \sum_{x^n \in T(P)} 2^{-nH(P)} \quad (108)$$

$$= |T(P)| 2^{-nH(P)} \quad (109)$$

(a) The probability of a subset where one element is chosen from the whole set equals to the sum of the probabilities of each element in the subset. For example, if we have a set  $A, B, C$  where the probability of choosing  $A$  is  $P_A$ ,  $B$  is  $P_B$  and  $C$  is  $P_C$ , where  $P_A + P_B + P_C = 1$ , then the probability of choosing from the subset  $(A, B)$  is  $P_A + P_B$ .

(b) Using Theorem 1.

Therefore:

$$|T(P)| \leq 2^{nH(P)} \quad (110)$$

In order to prove the other part we need the following lemma:

**Lemma 6**  $P^n(T(P)) \geq P^n(T(Q))$

*Proof:* Let  $X^n$  be of a type  $P$ . The term  $P^n(T(P))$  is the probability of type class  $T(P)$  where the sequences of length  $n$  are drawn according to  $P(x^n) = \prod_{i=1}^n P(x_i)$ , and let  $Q \in \mathcal{P}_n$ .

Consider

$$\frac{P^n(T(P))}{P^n(T(Q))} \stackrel{(a)}{=} \frac{|T(P)| \prod_{a \in \mathcal{X}} P(a)^{nP(a)}}{|T(Q)| \prod_{a \in \mathcal{X}} P(a)^{nQ(a)}} \quad (111)$$

$$\stackrel{(b)}{=} \frac{\binom{n}{nP(a_1), nP(a_2), \dots, nP(a_{|\mathcal{X}|})} \prod_{a \in \mathcal{X}} P(a)^{nP(a)}}{\binom{n}{nQ(a_1), nQ(a_2), \dots, nQ(a_{|\mathcal{X}|})} \prod_{a \in \mathcal{X}} P(a)^{nQ(a)}} \quad (112)$$

$$\stackrel{(c)}{=} \prod_{a \in \mathcal{X}} \frac{(nQ(a))!}{(nP(a))!} P(a)^{n(P(a)-Q(a))} \quad (113)$$

(a) Using the fact that probability of each type  $P_{x^n} \in \mathcal{P}_n$  is given by:

$$P_{x^n} = \prod_{i=1}^n P(x_i) = \prod_{a \in \mathcal{X}} P(a)^{N(a|x^n)} = \prod_{a \in \mathcal{X}} P(a)^{nP(a)}.$$

(b) Using combinatorial math it is known that the number of possibilities to arrange a vector  $\{x^n : P_{x^n} = P\}$  is:  $\binom{n}{nP(a_1), nP(a_2), \dots, nP(a_{|\mathcal{X}|})}$ .

$$(c) \frac{\binom{n}{nP(a_1), nP(a_2), \dots, nP(a_{|\mathcal{X}|})}}{\binom{n}{nQ(a_1), nQ(a_2), \dots, nQ(a_{|\mathcal{X}|})}} = \prod_{a \in \mathcal{X}} \frac{(nQ(a))!}{(nP(a))!}$$

Using the simple bound  $\frac{m!}{n!} \geq n^{m-n}$  we obtain:

$$\frac{P^n(T(P))}{P^n(T(Q))} \geq \prod_{a \in \mathcal{X}} (nP(a))^{nQ(a)-nP(a)} P(a)^{n(P(a)-Q(a))} \quad (114)$$

$$= \prod_{a \in \mathcal{X}} n^{n(Q(a)-P(a))} \quad (115)$$

$$= n^{n(\sum_{a \in \mathcal{X}} Q(a) - \sum_{a \in \mathcal{X}} P(a))} \quad (116)$$

$$= n^{n(1-1)} = 1 \quad (117)$$

■

Using Lemma 6 let us show that  $|T(P)| \geq \frac{2^{nH(P)}}{(n+1)^{|\mathcal{X}|}}$ :

$$1 = \sum_{Q \in \mathcal{P}_n} P^n(T(Q)) \quad (118)$$

$$\leq \sum_{Q \in \mathcal{P}_n} \max_Q P^n(T(Q)) \quad (119)$$

$$\stackrel{(a)}{=} \sum_{Q \in \mathcal{P}_n} P^n(T(P)) \quad (120)$$

$$\stackrel{(b)}{\leq} (n+1)^{|\mathcal{X}|} P^n(T(P)) \quad (121)$$

$$\stackrel{(c)}{=} (n+1)^{|\mathcal{X}|} \sum_{x^n \in T(P)} 2^{-nH(P)} \quad (122)$$

$$= (n+1)^{|\mathcal{X}|} |T(P)| 2^{-nH(P)} \quad (123)$$

(a) Using theorem 2 it is clear that:  $\max_Q P^n(T(Q)) = P^n(T(P))$ .

(b) Using Lemma 1.

(c) Using Theorem 3.

Therefore our final result is:

$$\frac{2^{nH(P)}}{(n+1)^{|\mathcal{X}|}} \leq |T(P)| \leq 2^{nH(P)} \quad (124)$$

which imply that:

$$|T(P)| \doteq 2^{nH(P)} \quad (125)$$