









| | 5ms | 5ms | 1ms | 1ms | 5ms | 1ms | 1ms |
|----------------------------------|---|---|---|---|---|---|---|
| polarization gradient cooling |  | | | | | | |
| magnetic field | |  | | | | | |
| optical pumping to $F=2, m_F=-2$ | |  | | | | | |
| optical pumping to $F=1$ | | | | |  | | |
| probe field 1 | | |  | | |  | |
| probe field 2 | | | |  | | |  |