

# Sobolev inequalities on sets with irregular boundaries

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## 1 Introduction

It is well known that the Sobolev space  $W^{1,p}(\Omega)$  is continuously embedded into  $L^q(\Omega)$  if  $\Omega$  is a nice bounded domain in  $\mathbf{R}^n$  and

$$1 \leq p < \infty, \quad q(n-p) \leq np. \quad (1.1)$$

This fact, originally due to Sobolev, to Gagliardo and to Nirenberg, can nowadays be found in textbooks (cf. [M3], [Z]) and it is stated as the Sobolev-Poincaré inequality

$$\left( \int_{\Omega} |u - u_{\Omega}|^q dx \right)^{1/q} \leq C \left( \int_{\Omega} |\nabla u|^p dx \right)^{1/p}. \quad (1.2)$$

The weighted case of Sobolev's imbedding has been developed by Nečas [N], Besov, Ilin, and Nikolskii [BIN1, BIN2], Kufner [K], Maz'ya [M3], and others.

It is not very difficult to give examples of domains having cusps for which the Sobolev-Poincaré inequality (1.2) fails to hold or the range for its validity differs from (1.1). The question of this embedding in nonsmooth domains  $\Omega$  is addressed by many authors. To mention but a few, we would like to refer to the books [M3] and [MP], and point out that Besov [B1, B2]

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obtained embeddings in domains satisfying “flexible cone conditions”, Smith and Stegenga [SS] proved Poincaré inequality with  $q = p$  for  $s$ -John domains (that allow for twisted cusps of the type  $t^s$  with certain  $s \geq 1$ ). Maz’ya [M1] (see also Labutin [L]) established the optimal embedding for  $s$ -cusps.

Hajłasz and Koskela [HK] proved the optimal Sobolev-Poincaré inequality in  $s$ -John domains with  $p = 1$  and the next to the optimal one for  $p > 1$ . Their result also involves weights. We refer to [HK] also for further historical notes and references.

In this note we complete the picture for  $s$ -John domains and give a proof for the optimal Sobolev-Poincaré inequality in  $s$ -John domains, thus improving the results in [HK] (see Theorem 2.3). We study also the weighted case where the weight is a power of the distance to the boundary. The result is obtained as a consequence of a slightly more general criterion, which may be used to illustrate why the optimal exponent for  $s$ -John domains is worse than the optimal exponent for domains with a single  $s$ -cusp.

We use Hedberg’s trick on the maximal operator [He], a truncation argument due to Maz’ya [M2] and some ideas from Hajłasz and Koskela [HK]. The main new ingredient of our proof is a careful grouping of chains around a curve which we call a worm.

Lebesgue measure on  $\mathbf{R}^n$  is denoted by  $\lambda$ , and we write

$$|E| = \lambda(E)$$

for a measurable set  $E \subset \mathbf{R}^n$ . If  $u$  is an integrable function defined at least on  $E$ , we let  $u_E$  stand for the average

$$u_E = \int_E u \, dx = \frac{1}{|E|} \int_E u \, dx .$$

The open  $n$ -dimensional ball with center at  $x$  and radius  $r$  is written as  $B(x, r) = B_n(x, r)$ . We use  $\#F$  for the cardinality of a set  $F$ .

## 2 Main results

This section contains the results with proofs. We start with a general theorem and deduce the  $s$ -John domain result from it.

Let  $\Omega \subset \mathbf{R}^n$  be a bounded open set. Given an exponent  $a \geq 0$ , let  $\mu$  the measure on  $\mathbf{R}^n$  with

$$\frac{d\mu}{d\lambda} = \begin{cases} \rho^a & \text{in } \Omega, \\ 0 & \text{outside } \Omega; \end{cases}$$

here and in what follows  $\rho(x) = \text{dist}(x, \mathbf{R}^n \setminus \Omega)$ .

We shall define a *worm*. It is a pair  $(\gamma, \Delta)$ , where  $\gamma : [0, \ell] \rightarrow \Omega$  is a curve joining  $y = \gamma(0)$  to  $x_0 = \gamma(\ell)$ , parametrized by its arc-length, and  $\Delta = \{\xi_k\}$ ,  $0 = \xi_0 < \xi_1 < \xi_2 < \dots < \xi_m = \ell$ , is a finite partition of  $[0, \ell]$ . With each worm we associate its *parameters*: the number  $m$  of the partition intervals  $[\xi_{k-1}, \xi_k]$ , and for  $k = 1, \dots, m$  the quantities

$$\begin{aligned} \ell_k &= \xi_k - \xi_{k-1}, \\ R_k &= \sup\{|\gamma(t) - y| : t \in [\xi_{k-1}, \xi_k]\}, \\ r_k &= \inf\{\rho(\gamma(t)) : t \in [\xi_{k-1}, \xi_k]\}. \end{aligned}$$

**Theorem 2.1** *Let  $1 \leq p \leq q < \infty$  such that  $q(n-p) \leq np$  and let*

$$1 - n \leq b \leq p \left( \frac{a+n}{q} + 1 - \frac{n}{p} \right). \quad (2.1)$$

*Suppose that there is a constant  $A > 0$  and a point  $x_0 \in \Omega$  such that for each  $y \in \Omega \setminus B(x_0, \rho(x_0)/2)$  there is a worm  $(\gamma, \Delta)$  joining  $y$  to  $x_0$ , with parameters  $m$ ,  $\{\ell_k\}$ ,  $\{R_k\}$ ,  $\{r_k\}$  and constants  $\tau_1, \dots, \tau_m \in (0, 1]$  (both parameters and  $\tau_k$ 's may depend on  $y$ ), such that*

$$\rho(y) \leq 3R_k, \quad k = 1, \dots, m, \quad (2.2)$$

$$(1 + A^{-1})\tau_{k-1} \leq \tau_k \leq A\tau_{k-1}, \quad k = 2, \dots, m \quad (2.3)$$

and

$$A^{-1}(\mu(B(y, 3R_k)))^{1/q} \leq \tau_k \leq Ar_k^{(n+b-1)/p} \ell_k^{(1-p)/p}. \quad (2.4)$$

*Then there is a constant  $C = C(n, p, a, b, A, \Omega) > 0$  such that*

$$\left( \int_{\Omega} |u - \bar{u}_a|^q \rho^a dx \right)^{1/q} \leq C \left( \int_{\Omega} |\nabla u|^p \rho^b dx \right)^{1/p}$$

for each  $u \in C^1(\Omega)$ ; here

$$\bar{u}_a = \int_{\Omega} u d\mu = \frac{1}{\mu(\Omega)} \int_{\Omega} u d\mu.$$

We start the proof with the following lemma.

**Lemma 2.2** *Suppose that  $\Omega$  is a bounded open set. Let  $z, z' \in \Omega$  and let  $\gamma : [\xi, \xi'] \rightarrow \mathbf{R}^n$  be a path of the length  $\ell$  that joins  $z$  and  $z'$ . Suppose that  $b \geq 1 - n$  and that  $\rho \geq r$  on  $\gamma$ . Let  $u \in C^1(\Omega)$ . Then*

$$|u_{B(z, \rho(z)/2)} - u_{B(z', \rho(z')/2)}| \leq C r^{(1-b-n)/p} \ell^{(p-1)/p} \int_{D_\gamma} |\nabla u|^p \rho^b dx, \quad (2.5)$$

where

$$D_\gamma = \bigcup_{t \in [\xi, \xi']} B(\gamma(t), \rho(\gamma(t))/2).$$

*Proof.* Write  $B = B(z, \rho(z)/2)$  and  $B' = B(z', \rho(z')/2)$ . We construct a chain  $\{B_i\}$ ,  $B_i \equiv B(z_i, \rho(z_i)/2)$  of balls and denote  $\hat{B}_i = B(z_i, \rho(z_i)/4)$ . For the construction, it is enough to determine the points  $t_i$  such that  $z_i = \gamma(t_i)$ . If  $t_1, \dots, t_{j-1}$  are selected, we find next as

$$t_j = \sup\{t \in [t_{j-1}, \xi'] : B(\gamma(t), \rho(\gamma(t)/4)) \cap \hat{B}_{j-1} \neq \emptyset\}.$$

If  $t_j = \xi'$ , we set  $j_{\max} = j$ ,  $t_j = \xi'$  and terminate the construction.

We observe that the balls  $B(z_i, \rho(z_i)/4)$ ,  $i < j_{\max}$ , are disjoint, and since their radii are bounded away from zero and  $\Omega$  is bounded, the sequence really terminates after a finite number of steps. Fix  $x \in \Omega$  and denote  $I(x) = \{i < j_{\max} : x \in B_i\}$ . Let  $i \in I(x)$ . Then

$$\begin{aligned} \rho(z_i) &\leq \rho(x) + |x - z_i| \leq \rho(x) + \frac{1}{2}\rho(z_i), \\ \rho(x) &\leq \rho(z_i) + |x - z_i| \leq \rho(z_i) + \frac{1}{2}\rho(z_i), \end{aligned}$$

and thus

$$\rho(z_i) \leq 2\rho(x), \quad \rho(x) \leq 2\rho(z_i). \quad (2.6)$$

For any  $y \in \hat{B}_i$  we have

$$|y - x| \leq \rho(z_i) \leq 2\rho(x),$$

which means that

$$\bigcup_{i \in I(x)} \hat{B}_i \subset B(x, 2\rho(x))$$

Since  $\hat{B}_i$ ,  $i \in I(x)$ , are disjoint, we have

$$|B(x, \rho(x)/8)| \#I(x) \leq \sum_{i \in I(x)} |\hat{B}_i| \leq |B(x, 2\rho(x))|,$$

which implies

$$\#I(x) \leq 16^n.$$

Thus we have proven that

$$\sum \chi_{B_i} \leq 16^n + 1. \quad (2.7)$$

Next, consider  $i \in \{1, \dots, j_{\max}\}$  and notice that there is a point  $x \in \overline{\hat{B}_{i-1}} \cap \overline{\hat{B}_i}$ . Then, as above, we infer that (2.6) holds and

$$\begin{aligned} B(x, \rho(x)/8) &\subset B(x, \rho(z_{i-1})/4) \cap B(x, \rho(z_i)/4) \subset B_{i-1} \cap B_i, \\ B_{i-1} \cup B_i &\subset B(x, \rho(z_{i-1})) \cup B(x, \rho(z_i)) \subset B(x, 2\rho(x)), \end{aligned}$$

so that

$$|B_{i-1} \cup B_i| \leq 16^n |B_{i-1} \cap B_i|. \quad (2.8)$$

Also it is clear that

$$\sum_{i=1}^{j_{\max}} \rho(z_i) \leq C\ell. \quad (2.9)$$

Using (2.8) and the Poincaré inequality we have

$$\begin{aligned} |u_{B_i} - u_{B_{i-1}}| &\leq |u_{B_i} - u_{B_i \cap B_{i-1}}| + |u_{B_i \cap B_{i-1}} - u_{B_{i-1}}| \\ &\leq \int_{B_i \cap B_{i-1}} |u - u_{B_i}| dx + \int_{B_i \cap B_{i-1}} |u - u_{B_{i-1}}| dx \\ &\leq \frac{|B_i|}{|B_i \cap B_{i-1}|} \int_{B_i} |u - u_{B_i}| dx + \frac{|B_{i-1}|}{|B_i \cap B_{i-1}|} \int_{B_{i-1}} |u - u_{B_{i-1}}| dx \\ &\leq C \rho(z_i) \left( \int_{B_i} |\nabla u|^p dx \right)^{1/p} + C \rho(z_{i-1}) \left( \int_{B_{i-1}} |\nabla u|^p dx \right)^{1/p}. \end{aligned}$$

Hence we can estimate by using (2.7) and (2.9) that

$$\begin{aligned}
|u_{B'} - u_B| &\leq \sum_{i=2}^{j_{\max}} |u_{B_i} - u_{B_{i-1}}| \\
&\leq C \sum_{i=1}^{j_{\max}} \rho(z_i)^{1-n/p} \left( \int_{B_i} |\nabla u|^p dx \right)^{1/p} \\
&\leq C \sum_{i=1}^{j_{\max}} \rho(z_i)^{1-\frac{1}{p}+\frac{1-n-b}{p}} \left( \int_{B_i} \rho(z_i)^b |\nabla u|^p dx \right)^{1/p} \\
&\leq C \sum_{i=1}^{j_{\max}} r^{\frac{1-n-b}{p}} \rho(z_i)^{1-\frac{1}{p}} \left( \int_{B_i} \rho^b |\nabla u|^p dx \right)^{1/p} \\
&\leq C r^{\frac{1-n-b}{p}} \left( \sum_{i=1}^{j_{\max}} \rho(z_i) \right)^{1-\frac{1}{p}} \left( \sum_{i=1}^{j_{\max}} \int_{B_i} \rho^b |\nabla u|^p dx \right)^{1/p} \\
&\leq C r^{(1-b-n)/p} \ell^{(p-1)/p} \left( \int_{D_\gamma} \rho^b |\nabla u|^p dx \right)^{1/p},
\end{aligned} \tag{2.10}$$

since  $b+n \geq 1$ . The lemma is proven.

*Proof of Theorem 2.1.* Denote  $B_0 = B(x_0, \rho(x_0)/2)$ . Let  $u \in C^1(\Omega)$ . We may assume that

$$|\{u \geq 0\} \cap B_0| \geq \frac{1}{2}|B_0| \quad \text{and} \quad |\{u \leq 0\} \cap B_0| \geq \frac{1}{2}|B_0|. \tag{2.11}$$

We will also assume as we may that

$$\int_{\Omega} |\nabla u|^p \rho^b dx = 1. \tag{2.12}$$

We shall first establish a weak type estimate:

$$\mu(A_\lambda) \leq C \lambda^{-q}, \tag{2.13}$$

where

$$A_\lambda = \{x \in \Omega : |u(x)| > \lambda\}$$

and  $\lambda > 0$ . First observe that since the median of  $u$  is zero in  $B_0$  by (2.11), we have that

$$\int_{B_0} |u|^p dx \leq c \int_{B_0} |\nabla u|^p dx, \tag{2.14}$$

see [Z, Theorem 4.4.4]. Hence

$$|u_{B_0}| \leq \left( \int_{B_0} |u|^p dx \right)^{1/p} \leq c \left( \int_{B_0} |\nabla u|^p dx \right)^{1/p} \leq c_0, \quad (2.15)$$

where  $c_0$  is independent of  $u$ . Since  $\mu(\Omega) < \infty$  it suffices to establish (2.13) for  $\lambda > 3c_0$ . To do so, we fix  $\lambda > 3c_0$  and divide  $A_\lambda$  into three parts: write  $B_y = B(y, \rho(y)/2)$  and let

$$E_\lambda = \left\{ y \in A_\lambda \setminus B_0 : |u_{B_y}| > \frac{\lambda}{2} \right\}$$

and

$$F_\lambda = A_\lambda \setminus (B_0 \cup E_\lambda).$$

The third part is  $A_\lambda \cap B_0$ . We treat  $E_\lambda$  first. Fix  $y \in E_\lambda$  and let  $(\gamma, \{\xi_k\})$  be a worm in  $\Omega$  that connects  $y$  to  $x_0$ , with parameters  $m, \{\ell_k\}, \{R_k\}, \{r_k\}$ , and obeys the bounds of the theorem. We apply Lemma 2.2 to paths

$$\gamma_k = \gamma|_{[\xi_{k-1}, \xi_k]}$$

and points  $z = z_k = \gamma(\xi_{k-1})$ ,  $z' = z'_k = \gamma(\xi_k)$ . Let  $x = \gamma(t)$  with  $t \in [\xi_{k-1}, \xi_k]$ . Then by (2.2)

$$\rho(x) \leq \rho(y) + |y - x| \leq 4R_k$$

and thus

$$\begin{aligned} B(x, \rho(x)/2) &\subset B(y, R_k + 2R_k), \\ D_{\gamma_k} &\subset B(y, 3R_k). \end{aligned}$$

Since  $\lambda > 3c_0$ , we have that

$$\begin{aligned} \lambda &\leq 6 |u_{B_y} - u_{B_0}| \leq 6 \sum_{k=1}^m |u_{B_{z'_k}} - u_{B_{z_k}}| \\ &\leq C \sum_k r_k^{(1-b-n)/p} \ell_k^{(p-1)/p} \left( \int_{B(y, 3R_k)} \rho^{b-a} |\nabla u|^p d\mu \right)^{1/p}. \end{aligned}$$

We split the last sum into two parts by  $K = K(y)$  that is to be determined. First we notice that by (2.3)

$$\sum_{k>K} \tau_k^{-1} \leq C \tau_{K+1}^{-1}, \quad \sum_{k \leq K} \tau_k^{q/p-1} \leq C \tau_K^{q/p-1}. \quad (2.16)$$

If  $K < m$ , due to our normalization of  $u$ , (2.4) and (2.16) we have that

$$\begin{aligned}
& \sum_{k>K} r_k^{(1-b-n)/p} \ell_k^{(p-1)/p} \left( \int_{B(y, 3R_k)} \rho^{b-a} |\nabla u|^p d\boldsymbol{\mu} \right)^{1/p} \\
& \leq \left( \int_{\Omega} \rho^b |\nabla u|^p dx \right)^{1/p} \sum_{k>K} r_k^{(1-b-n)/p} \ell_k^{(p-1)/p} \\
& = \sum_{k>K} r_k^{(1-b-n)/p} \ell_k^{(p-1)/p} \leq C \sum_{k>K} \tau_k^{-1} \leq C \tau_{K+1}^{-1}.
\end{aligned} \tag{2.17}$$

Before treating the second part of the sum, we set

$$f = |\nabla u|^p \rho^{b-a}$$

and

$$g(x) = \left( \sup_{r>0} \frac{1}{\mu(B(x, r))} \int_{B(x, r)} f d\boldsymbol{\mu} \right)^{1/p}.$$

Since the maximal operator with respect to  $\boldsymbol{\mu}$  is of weak type  $(1, 1)$  (see e.g. [M, Theorem 2.19] or [S, I.8.17, p. 44]) and  $\|f\|_{L^1(\boldsymbol{\mu})} = 1$ , we have

$$\boldsymbol{\mu}(\{g^p > t\}) \leq C/t, \quad 0 < t < \infty. \tag{2.18}$$

We estimate

$$\begin{aligned}
& \sum_{k \leq K} r_k^{(1-b-n)/p} \ell_k^{(p-1)/p} \left( \int_{B(y, 3R_k)} \rho^{b-a} |\nabla u|^p d\boldsymbol{\mu} \right)^{1/p} \\
& \leq \sum_{k \leq K} r_k^{(1-b-n)/p} \ell_k^{(p-1)/p} (\boldsymbol{\mu}(B(y, 3R_k)))^{1/p} g(y) \\
& \leq C \sum_{k \leq K} \tau_k^{-1} \tau_k^{q/p} g(y) \leq C \tau_K^{-1+q/p} g(y).
\end{aligned} \tag{2.19}$$

Now we specify the choice of  $K$ , distinguishing three cases. If

$$\tau_1^{-q/p} \leq g(y),$$

we choose  $K = 0$ . Then the sum over all  $k = 1, \dots, m$  reduces to (2.17) and we have

$$\lambda \leq C \tau_1^{-1} \leq C g(y)^{p/q}.$$

If

$$\tau_m^{-q/p} \geq g(y),$$



we choose  $K = m$ . Then the sum over  $k = 1, \dots, m$  is treated in (2.19), and we have

$$\lambda \leq C\tau_m^{-1+q/p} g(y) \leq Cg(y)^{(p/q)-1} g(y) = Cg(y)^{p/q}.$$

The remaining case is that

$$\tau_m^{-q/p} < g(y) < \tau_1^{-q/p}$$

Then we choose the integer  $K < m$  so that

$$\tau_{K+1}^{-q/p} \leq g(y) < \tau_K^{-q/p}.$$

Using (2.17) and (2.19) we obtain

$$\lambda \leq C\tau_{K+1}^{-1} + C\tau_K^{-1+q/p} g(y) \leq Cg(y)^{p/q}.$$

Hence we always have that

$$\lambda \leq Cg(y)^{p/q}$$

for every  $y \in E_\lambda$ . Therefore by (2.18)

$$\mu(E_\lambda) \leq \mu(\{g^p > (\lambda/C)^q\}) \leq C\lambda^{-q}. \quad (2.20)$$

Next, we estimate the measure of  $F_\lambda$ . Using the Besicovitch covering theorem (cf. [M, 2.7]) we can cover  $F_\lambda$  with balls  $B_{x_i} = B(x_i, \rho(x_i)/2)$  so that  $x_i \in F_\lambda$  and

$$\sum_i \chi_{B_{x_i}} \leq N.$$

Then

$$|u - u_{B_{x_i}}| \geq \frac{\lambda}{2} \quad \text{on } F_\lambda$$

whence we have by using the Sobolev-Poincaré inequality that

$$\begin{aligned}
\mu(F_\lambda) &\leq \sum_i \mu(B_{x_i} \cap F_\lambda) \\
&\leq \sum_i \int_{B_{x_i} \cap F_\lambda} \rho^a dx \\
&\leq C \sum_i \rho(x_i)^a \int_{B_{x_i} \cap F_\lambda} dx \\
&\leq C \lambda^{-q} \sum_i \rho(x_i)^a \int_{B_{x_i} \cap F_\lambda} |u - u_{B_{x_i}}|^q dx \\
&\leq C \lambda^{-q} \sum_i \rho(x_i)^{a+q+n(1-q/p)} \left( \int_{B_{x_i}} |\nabla u|^p dx \right)^{q/p} \\
&\leq C \lambda^{-q} \sum_i \left( \int_{B_{x_i}} |\nabla u|^p \rho^{p((a+n)/q+1-n/p)} dx \right)^{q/p} \\
&\leq C \lambda^{-q} \left( \int_{\Omega} |\nabla u|^p \rho^b dx \right)^{q/p} \\
&\leq C \lambda^{-q},
\end{aligned} \tag{2.21}$$

since  $p((a+n)/q+1-n/p) \geq b$  by (2.1).

Finally, combining (2.14) and the usual Sobolev inequality in the ball  $B_0$ , we obtain the weak type estimate

$$\mu(A_\lambda \cap B_0) \leq C \lambda^{-q}.$$

Hence by the estimates (2.20) and (2.21)

$$\mu(A_\lambda) \leq \mu(E_\lambda) + \mu(F_\lambda) + \mu(A_\lambda \cap B_0) \leq C \lambda^{-q}.$$

In conclusion, (2.13) holds for all  $\lambda > 0$ , or without normalization (2.12),

$$\sup_{\lambda > 0} \lambda \mu(\{|u| > \lambda\})^{1/q} \leq C \left( \int_{\Omega} |\nabla u|^p \rho^b dx \right)^{1/p}. \tag{2.22}$$

A truncation argument shows that the weak type estimate (2.22) implies the desired embedding. Indeed, for each  $t > 0$  the truncated functions

$$u_t(x) = \begin{cases} t/2 & \text{if } u(x) > t, \\ u(x) - t/2 & \text{if } t/2 < u(x) < t, \\ 0 & \text{if } u(x) < t/2, \end{cases}$$

satisfy (2.11). Thus we may use (2.22) to conclude

$$\begin{aligned}
\left( \int_{\{t < u \leq 2t\}} |u|^q d\mu \right)^{1/q} &\leq Ct \mu(\{|u| > t\})^{1/q} \\
&\leq Ct \mu(\{u_t \geq t/2\})^{1/q} \\
&\leq C \left( \int_{\Omega} |\nabla u_t|^p \rho^b dx \right)^{1/p} \\
&= C \left( \int_{\{t/2 < |u| \leq t\}} |\nabla u|^p \rho^b dx \right)^{1/p}.
\end{aligned}$$

Hence

$$\begin{aligned}
\int_{\Omega} |u|^q \rho^a dx &\leq \sum_{j=-\infty}^{\infty} \int_{\{2^j < |u| \leq 2^{j+1}\}} |u|^q \rho^a dx \\
&\leq C \sum_{j=-\infty}^{\infty} \left( \int_{\{2^{j-1} < |u| \leq 2^j\}} |\nabla u|^p \rho^b dx \right)^{q/p} \\
&\leq C \left( \int_{\Omega} |\nabla u|^p \rho^b dx \right)^{q/p},
\end{aligned}$$

and the theorem is proved, since

$$\int_{\Omega} |u - \bar{u}_a|^q \rho^a dx \leq C \int_{\Omega} |u|^q \rho^a dx.$$

Following Smith and Stegenga [SS] we call a bounded domain  $\Omega$  an *s-John domain*,  $s \geq 1$ , if there is a point  $x_0 \in \Omega$  and a constant  $c_0 \geq 1$  such that each point  $x \in \Omega$  can be joined to  $x_0$  in  $\Omega$  by a rectifiable curve (called an *s-John core*)  $\gamma [0, \ell] \rightarrow \Omega$ , such that  $\gamma$  is parametrized by the arc length,  $\gamma(0) = x$ ,  $\gamma(\ell) = x_0$ , and

$$\text{dist}(\gamma(t), \partial\Omega) \geq c_0^{-1} t^s$$

for all  $t \in [0, \ell]$ . The next theorem improves the main result of [HK].

**Theorem 2.3** *Suppose that  $\Omega$  is an s-John domain and  $b \geq 1 - n$ . Then there is a constant  $C = C(n, p, q, \Omega) > 0$  such that*

$$\left( \int_{\Omega} |u - \bar{u}_a|^q \rho^a dx \right)^{1/q} \leq C \left( \int_{\Omega} |\nabla u|^p \rho^b dx \right)^{1/p}$$

for each  $u \in C^1(\Omega)$ ; here the Sobolev exponent is

$$q = \frac{p(n+a)}{s(n+b-1) - p + 1}.$$

*Proof.* We will verify the assumptions of Theorem 2.1. First we notice that the inequalities  $s \geq 1$  and  $b \geq 1 - n$  imply

$$p\left(\frac{a+n}{q} + 1 - \frac{n}{p}\right) = s(n+b-1) + 1 - n \geq b,$$

so that (2.1) is true. For fixed  $y \in \Omega \setminus B(x_0, \rho(x_0)/2)$ , the  $s$ -John core  $\gamma$  on  $[0, \ell]$  gives us the desired worm: Let

$$d = \sup\{|\gamma(t) - y| : t \in [0, \ell]\}.$$

Find the integer  $m$  with

$$3d < 2^m \rho(y) \leq 6d.$$

Since

$$\rho(y) \leq \rho(x_0) + |y - x_0| \leq 3|y - x_0| \leq 3d,$$

we have  $m \geq 1$ . Set

$$\xi_k = \sup\{t \in [0, \ell] : |\gamma(s) - y| \leq 2^{k-m}d \text{ for all } s \in [0, t]\}.$$

Then  $(\gamma, \{\xi_k\})$  is a worm with parameters  $m$ ,  $\{\ell_k\}$ ,  $\{R_k\}$ ,  $\{r_k\}$ , and

$$\begin{aligned} \ell_k &\leq \xi_k, \\ \xi_k &\geq R_k = 2^{k-m}d, \\ r_k &\geq c_0 \xi_k^s. \end{aligned}$$

The inequality

$$\rho(y) \leq 6 \cdot 2^{-m}d \leq 3R_k$$

verifies (2.2). Since

$$(n+a)/q = (s(n+b-1) + 1 - p)/p$$

we have by choosing  $\tau_k = 2^{(k-m)(s(n+b-1)+1-p)/p}$  that

$$\boldsymbol{\mu}(B(y, R_k))^{1/q} \leq R_k^{(n+a)/q} \leq C\tau_k$$

and

$$\begin{aligned} r_k^{-(n+b-1)/p} \varrho_k^{(p-1)/p} &\leq (c_0 \xi_k)^{-s(n+b-1)/p} \xi_k^{(p-1)/p} \\ &= C \xi_k^{-(n+a)/q} \\ &\leq C \tau_k^{-1} \end{aligned}$$

Hence the claim follows from Theorem 2.1.

**Remark.** The exponent  $q$  of Theorem 2.3 is the best possible in the class of  $s$ -John domains, see [HK].

**Example 2.4** An example of an  $s$ -John domain is an  $s$ -cusp domain. Surprisingly, the optimal embedding exponent for the  $s$ -cusp obtained in [M1], [L], [MP] is better than that for general  $s$ -John domains. The reason is that complicated  $s$ -John domains may contain “rooms and corridors” so that the upper estimate for  $\mu(B(y, R) \cap \Omega)$  must be more carefully examined. We show that the optimal embedding for  $s$ -cusp domains can be deduced from Theorem 2.1. Let us write  $x \in \mathbf{R}^n$  as  $x = (\hat{x}, x^*)$ , where  $\hat{x} \in \mathbf{R}^{n-1}$  and  $x^*$  is the last coordinate of  $x$ . We will consider the  $s$ -cusp domain

$$\Omega = \{x \in \mathbf{R}^n : |\hat{x}| \leq (x^*)^s, 0 < x^* < 2\}$$

and show that Theorem 2.1 yields embedding of  $W^{1,p}(\Omega, \rho^b)$  to  $L^q(\Omega, \rho^a)$ , where the Sobolev exponent is

$$q = \frac{p(s(n+a-1)+1)}{s(n+b-1)-p+1}.$$

We choose  $x_0 = \mathbf{e}_n = (0, 1)$ . If  $y \in \Omega \setminus B(x_0, \rho(x_0)/2)$ , we set

$$\ell = \ell(y) = |\hat{y}| + |y^* - 1|$$

and define the worm curve  $\gamma : [0, \ell] \rightarrow \Omega$  as

$$\gamma(t) = \begin{cases} \left( \left(1 - \frac{t}{|\hat{y}|}\right) \hat{y}, y^* \right) & 0 \leq t \leq |\hat{y}|, \\ \left( 1 + \frac{\ell-t}{\ell-|\hat{y}|} (y^* - 1) \right) \mathbf{e}_n, & |\hat{y}| \leq t \leq \ell. \end{cases}$$

In other words, worm curve starts at  $y$ , goes first on line segment connecting  $y$  with  $y^* \mathbf{e}_n$  and then turns to the line segment connecting  $y^* \mathbf{e}_n$  with  $\mathbf{e}_n$ . We find a partition  $\{\xi_0, \dots, \xi_m\}$  of  $[0, \ell]$  in such a way that  $\xi_0 = 0$ ,

$$\xi_k = 2^{k-m} \ell, \quad k = 1, \dots, m, \quad (2.23)$$

$$\rho(y) < \xi_1 < 2\rho(y), \quad (2.24)$$

where (2.24) is what determines  $m$  and guarantees (2.2). From now we treat only the interesting case that  $y^* < 1$ . Then

$$\ell_k = \xi_k/2, \quad k = 2, \dots, m, \quad \ell_1 = \xi_1, \quad (2.25)$$

$$\ell_k^s \leq r_k, \quad (2.26)$$

$$\xi_k \leq R_k \leq 2\xi_k, \quad (2.27)$$

$$B(y, R_k) \cap \Omega \subset B_{n-1}(\hat{y}, Cr_k) \times (y^* - R_k, y^* + R_k), \quad (2.28)$$

$$\rho \leq Cr_k \quad \text{on } B(y, R_k). \quad (2.29)$$

Set  $\tau_k = (\xi_k^{n+a-1} \ell_k)^{1/q}$ . It is easy to observe that  $\tau_k$  satisfy (2.3). From (2.26) we obtain

$$\begin{aligned} r_k^{(n+b-1)/p} \ell_k^{(1-p)/p} &\geq r_k^{(n+a-1)/q} \ell_k^{1/q} \\ &\geq C^{-1} \tau_k. \end{aligned}$$

The additional information provided by (2.28) and (2.29) has no counterpart in the case of a general  $s$ -John domain. We use it to estimate  $\boldsymbol{\mu}(B(y, 3R_k))$ :

$$\begin{aligned} C\boldsymbol{\mu}(B(y, R_k))^{1/q} &\leq C(R_k r_k^{n-1+a})^{1/q} \\ &\leq C(\xi_k r_k^{n-1+a})^{1/q} \leq \\ &\leq C\tau_k. \end{aligned}$$

Hence (2.4) is verified and Theorem 2.1 yields the result.

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