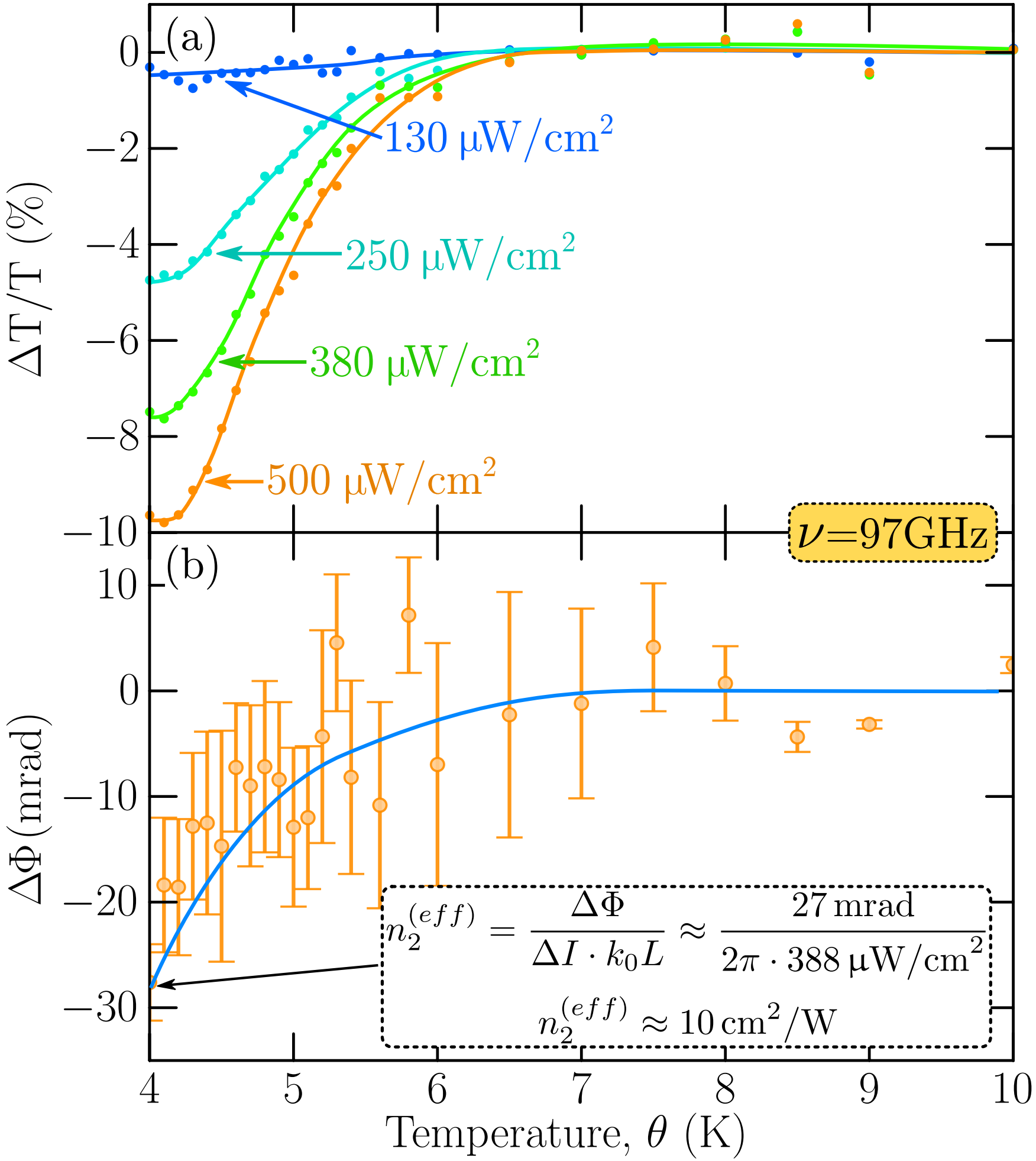
(a)
(b)
130 μW/cm²
250 μW/cm²
380 μW/cm²
500 μW/cm²
ν=97GHz
ΔT/T (%)
ΔΦ (mrad)
Temperature, θ (K)
$n_2^{(eff)} = \frac{\Delta\Phi}{\Delta I \cdot k_0 L} \approx \frac{27\,\mathrm{mrad}}{2\pi \cdot 388\,\mu\mathrm{W/cm^2}}$
$n_2^{(eff)} \approx 10\,\mathrm{cm^2/W}$