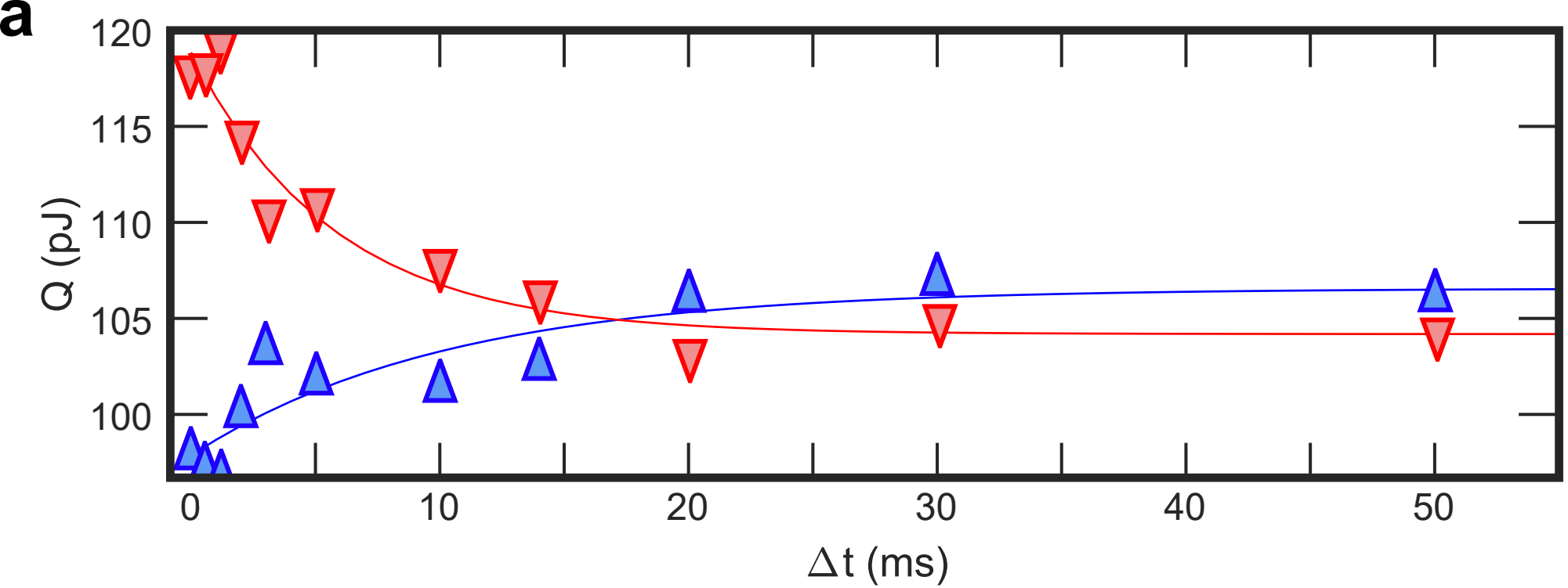
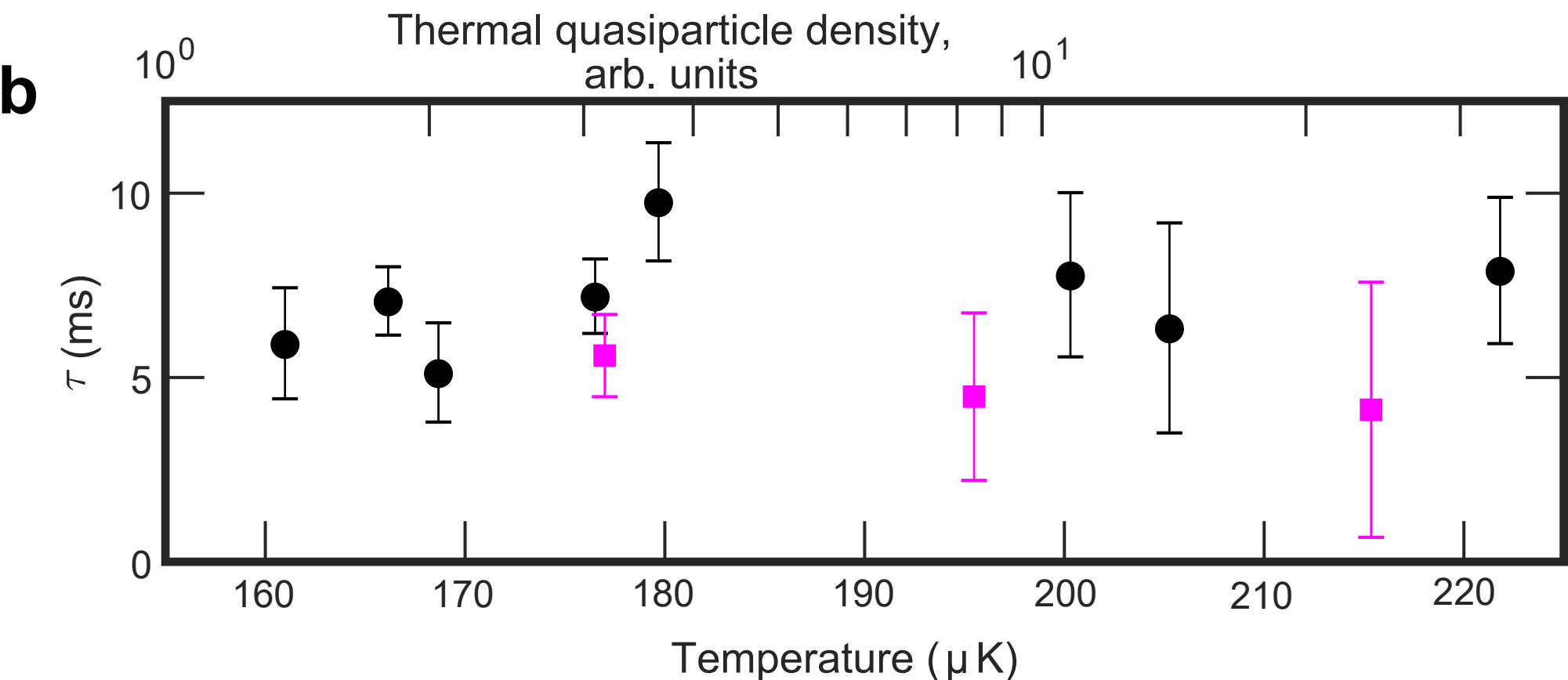

a
120
115
110
105
100
Q (pJ)
0
10
20
30
40
50
Δt (ms)


b
Thermal quasiparticle density,
arb. units
10^0
10^1
10
5
0
τ (ms)
160
170
180
190
200
210
220
Temperature (μK)