## Appendix

## A. Proofs for Convergence under Gaussian Noise (Theorem 1)

## A.1. Proof Overview

The main proof of Theorem 1 is contained in Appendix A.4.
Here, we outline the steps of our proof:

1. In Appendix A.2, we construct a coupling between (3) and (2) over a single step (i.e. for $t \in[k \delta,(k+1) \delta]$, for some $k$ and $\delta$ ).
2. Appendix A.3, we prove Lemma 1, which shows that under the coupling constructed in Step 1, a Lyapunov function $f\left(x_{T}-y_{T}\right)$ contracts exponentially with rate $\lambda$, plus a discretization error term. The function $f$ is defined in Appendix E, and sandwiches $\left\|x_{T}-y_{T}\right\|_{2}$. In Corollary 2, we apply the results of Lemma 1 recursively over multiple steps to give a bound on $f\left(x_{k \delta}-y_{k \delta}\right)$ for all $k$, and for sufficiently small $\delta$.
3. Finally, in Appendix A.4, we prove Theorem 1 by applying the results of Corollary 2 , together with the fact that $f(z)$ upper bounds $\|z\|_{2}$ up to a constant factor.

## A.2. A coupling construction

In this subsection, we will study the evolution of (3) and (2) over a small time interval. Specifically, we will study

$$
\begin{align*}
& d x_{t}=-\nabla U\left(x_{t}\right) d t+M\left(x_{t}\right) d B_{t}  \tag{20}\\
& d y_{t}=-\nabla U\left(y_{0}\right) d t+M\left(y_{0}\right) d B_{t} \tag{21}
\end{align*}
$$

One can verify that (20) is equivalent to (3), and (21) is equivalent to a single step of (2) (i.e. over an interval $t \leq \delta$ ).
We first give the explicit coupling between (20) and (21): (A similar coupling in the continuous-time setting is first seen in (Gorham et al., 2016) in their proof of contraction of (3).)
Given arbirary $\left(x_{0}, y_{0}\right)$, define $\left(x_{t}, y_{t}\right)$ using the following coupled SDE:

$$
\begin{align*}
& x_{t}=x_{0}+\int_{0}^{t}-\nabla U\left(x_{s}\right) d s+\int_{0}^{t} c_{m} d V_{s}+\int_{0}^{t} N\left(x_{s}\right) d W_{s}  \tag{22}\\
& y_{t}=y_{0}+\int_{0}^{t}-\nabla U\left(y_{0}\right) d t+\int_{0}^{t} c_{m}\left(I-2 \gamma_{s} \gamma_{s}^{T}\right) d V_{s}+\int_{0}^{t} N\left(y_{0}\right) d W_{s}
\end{align*}
$$

Where $d V_{t}$ and $d W_{t}$ are two independent standard Brownian motion, and

$$
\begin{equation*}
\gamma_{t}:=\frac{x_{t}-y_{t}}{\left\|x_{t}-y\right\|_{2}} \cdot \mathbb{1}\left\{\left\|x_{t}-y_{t}\right\|_{2} \in\left[2 \epsilon, \mathcal{R}_{q}\right)\right\} \tag{23}
\end{equation*}
$$

By Lemma 6, we show that (20) has the same distribution as $x_{t}$ in (22), and (21) has the same distribution as $y_{t}$ in (22). Thus, for any $t$, the process $\left(x_{t}, y_{t}\right)$ defined by (22) is a valid coupling for (20) and (21).

## A.3. One step contraction

Lemma 1 Let $f$ be as defined in Lemma 18 with parameters $\epsilon$ satisfying $\epsilon \leq \frac{\mathcal{R}_{q}}{\alpha_{q} \mathcal{R}_{q}{ }^{2}+1}$. Let $x_{t}$ and $y_{t}$ be as defined in (22).
If we assume that $\mathbb{E}\left[\left\|y_{0}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\beta^{2} / m\right)$ and $T \leq \min \left\{\frac{\epsilon^{2}}{\beta^{2}}, \frac{\epsilon}{6 L \sqrt{R^{2}+\beta^{2} / m}}\right\}$, then

$$
\mathbb{E}\left[f\left(x_{T}-y_{T}\right)\right] \leq e^{-\lambda T} \mathbb{E}\left[f\left(x_{0}-y_{0}\right)\right]+3 T\left(L+L_{N}^{2}\right) \epsilon
$$

Remark 8 For ease of reference: $m, L, L_{R}, R$ are from Assumption $A, c_{m}, \beta$ are from Assumption $B, \alpha_{q}, \mathcal{R}_{q}, L_{N}, \lambda$ are defined in (7).

## Proof of Lemma 1

For notational convenience, for the rest of this proof, let us define $z_{t}:=x_{t}-y_{t}$ and $\nabla_{t}:=\nabla U\left(x_{t}\right)-\nabla U\left(y_{t}\right), \Delta_{t}:=$ $\nabla U\left(y_{0}\right)-\nabla U\left(y_{t}\right) N_{t}:=N\left(x_{t}\right)-N\left(y_{t}\right)$.

It follows from (22) that

$$
\begin{equation*}
d z_{t}=-\nabla_{t} d t+\Delta_{t} d t+2 c_{m} \gamma_{t} \gamma_{t}^{T} d V_{t}+\left(N_{t}+N\left(y_{t}\right)-N\left(y_{0}\right)\right) d W_{t} \tag{24}
\end{equation*}
$$

Using Ito's Lemma, the dynamics of $f\left(z_{t}\right)$ is given by

$$
\begin{align*}
& d f\left(z_{t}\right) \\
= & \left\langle\nabla f\left(z_{t}\right), d z_{t}\right\rangle+2 c_{m}^{2} \operatorname{tr}\left(\nabla^{2} f\left(z_{t}\right)\left(\gamma_{t} \gamma_{t}^{T}\right)\right) d t+\frac{1}{2} \operatorname{tr}\left(\nabla^{2} f\left(z_{t}\right)\left(N_{t}+N\left(y_{t}\right)-N\left(y_{0}\right)\right)^{2}\right) d t \\
= & \underbrace{-\left\langle\nabla f\left(z_{t}\right), \nabla_{t}\right\rangle}_{(1)} d t+\underbrace{\left\langle\nabla f\left(z_{t}\right), \Delta_{t}\right\rangle}_{(2)} d t+\underbrace{\left\langle\nabla f\left(z_{t}\right), 2 c_{m} \gamma_{t} \gamma_{t}^{T} d V_{t}+\left(N_{t}+N\left(y_{t}\right)-N\left(y_{0}\right)\right) d W_{t}\right\rangle}_{3} \\
& +\underbrace{2 c_{m}^{2} \operatorname{tr}\left(\nabla^{2} f\left(z_{t}\right)\left(\gamma_{t} \gamma_{t}^{T}\right)\right)}_{4} d t+\underbrace{\frac{1}{2} \operatorname{tr}\left(\nabla^{2} f\left(z_{t}\right)\left(N_{t}+N\left(y_{t}\right)-N\left(y_{0}\right)\right)^{2}\right)}_{(5)} d t \tag{25}
\end{align*}
$$

(3) goes to 0 when we take expectation, so we will focus on (1), (2), (4), (5). We will consider 3 cases

Case 1: $\left\|z_{t}\right\|_{2} \leq 2 \epsilon$
From item 1(c) of Lemma 18, $\|\nabla f(z)\|_{2} \leq 1$. Using Assumption A.1, $\left\|\nabla_{t}\right\| \leq L\left\|z_{t}\right\|_{2}$, so that

$$
\text { (1) } \leq\left\|\nabla_{t}\right\|_{2} \leq L\left\|z_{t}\right\|_{2} \leq 2 L \epsilon
$$

Also by Cauchy Schwarz,

$$
\text { (2) }=\left\langle\nabla f\left(z_{t}\right), \Delta_{t}\right\rangle \leq\left\|\Delta_{t}\right\|_{2} \leq L\left\|y_{t}-y_{0}\right\|_{2}
$$

Since $\gamma_{t}=0$ in this case by definition in (23), (4) $=0$.
Using Lemma 18.2.c. $\left\|\nabla^{2} f\left(z_{t}\right)\right\|_{2} \leq \frac{2}{\epsilon}$, so that

$$
\text { (5) } \begin{aligned}
& \leq \frac{1}{\epsilon}\left(\operatorname{tr}\left(N_{t}^{2}+N\left(y_{t}\right)-N\left(y_{0}\right)\right)^{2}\right) \\
& \leq \frac{2}{\epsilon}\left(\operatorname{tr}\left(N_{t}^{2}\right)+\operatorname{tr}\left(\left(N\left(y_{t}\right)-N\left(y_{0}\right)\right)^{2}\right)\right) \\
& \leq \frac{2 L_{N}^{2}}{\epsilon}\left(\left\|z_{t}\right\|_{2}^{2}+\left\|y_{t}-y_{0}\right\|_{2}^{2}\right) \\
& \leq 4 L_{N}^{2} \epsilon+\frac{2 L_{N}^{2}}{\epsilon}\left\|y_{t}-y_{0}\right\|_{2}^{2}
\end{aligned}
$$

Where the second inequality is by Young's inequality, the third inequality is by item 2 of Lemma 16, the fourth inequality is by our assumption that $\left\|z_{t}\right\|_{2} \leq 2 \epsilon$.

Summing these,

$$
\text { (1) }+ \text { (2) }+ \text { (4) }+ \text { (5) } \leq 4\left(L+L_{N}^{2}\right) \epsilon+L\left\|y_{t}-y_{0}\right\|_{2}+\frac{2 L_{N}^{2}}{\epsilon}\left\|y_{t}-y_{0}\right\|_{2}^{2}
$$

Case 2: $\left\|z_{t}\right\|_{2} \in\left(2 \epsilon, \mathcal{R}_{q}\right)$
In this case, $\gamma_{t}=\frac{z_{t}}{\left\|z_{t}\right\|_{2}}$. Let $q$ be as defined in (39) and $g$ be as defined in Lemma 20. By items 1(b) and 2(b) of Lemma 18 and items 1(b) and 2(b) of Lemma 20,

$$
\begin{aligned}
\nabla f\left(z_{t}\right) & =q^{\prime}\left(g\left(z_{t}\right)\right) \nabla g\left(z_{t}\right) \\
& =q^{\prime}\left(g\left(z_{t}\right)\right) \frac{z_{t}}{\left\|z_{t}\right\|_{2}} \\
\nabla^{2} f\left(z_{t}\right) & =q^{\prime \prime}\left(g\left(z_{t}\right)\right) \nabla g\left(z_{t}\right) \nabla g\left(z_{t}\right)^{T}+q^{\prime}\left(g\left(z_{t}\right)\right) \nabla^{2} g\left(z_{t}\right) \\
& =q^{\prime \prime}\left(g\left(z_{t}\right)\right) \frac{z_{t} z_{t}^{T}}{\left\|z_{t}\right\|_{2}^{2}}+q^{\prime}\left(g\left(z_{t}\right)\right) \frac{1}{\left\|z_{t}\right\|_{2}}\left(I-\frac{z_{t} z_{t}^{T}}{\left\|z_{t}\right\|_{2}^{2}}\right)
\end{aligned}
$$

Once again, by Assumption A.3,

$$
\text { (1) } \leq q^{\prime}\left(g\left(z_{t}\right)\right)\left\|\nabla_{t}\right\|_{2} \leq q^{\prime}\left(g\left(z_{t}\right)\right) \cdot L_{R} \cdot\left\|z_{t}\right\|_{2} \leq L \cdot q^{\prime}\left(g\left(z_{t}\right)\right) g\left(z_{t}\right)+2 L \epsilon
$$

Where the last inequality uses Lemma 20.4. We can also verify that

$$
\text { (2) } \leq L\left\|y_{t}-y_{0}\right\|_{2}
$$

Using the expression for $\nabla^{2} f\left(z_{t}\right)$,

$$
\text { (4) }=2 c_{m}^{2} \operatorname{tr}\left(\nabla^{2} f\left(z_{t}\right) \gamma_{t} \gamma_{t}^{T}\right)=2 c_{m}^{2} \cdot q^{\prime \prime}\left(g\left(z_{t}\right)\right)
$$

Finally,

$$
\text { (5) } \begin{aligned}
& =\frac{1}{2} \operatorname{tr}\left(\nabla^{2} f\left(z_{t}\right)\left(N_{t}+N\left(y_{t}\right)-N\left(y_{0}\right)\right)^{2}\right) \\
& =\frac{1}{2} \operatorname{tr}\left(\left(q^{\prime \prime}\left(g\left(z_{t}\right)\right) \frac{z_{t} z_{t}^{T}}{\left\|z_{t}\right\|_{2}^{2}}+q^{\prime}\left(g\left(z_{t}\right)\right) \frac{1}{\left\|z_{t}\right\|_{2}}\left(I-\frac{z_{t} z_{t}^{T}}{\left\|z_{t}\right\|_{2}^{2}}\right)\right)\left(N_{t}+N\left(y_{t}\right)-N\left(y_{0}\right)\right)^{2}\right) \\
& \leq \frac{1}{2} \operatorname{tr}\left(\left(q^{\prime}\left(g\left(z_{t}\right)\right) \frac{1}{\left\|z_{t}\right\|_{2}}\left(I-\frac{z_{t} z_{t}^{T}}{\left\|z_{t}\right\|_{2}^{2}}\right)\right)\left(N_{t}+N\left(y_{t}\right)-N\left(y_{0}\right)\right)^{2}\right) \\
& \leq \frac{q^{\prime}\left(g\left(z_{t}\right)\right)}{\left\|z_{t}\right\|_{2}} \cdot\left(\operatorname{tr}\left(N_{t}^{2}\right)+\operatorname{tr}\left(\left(N\left(y_{t}\right)-N\left(y_{0}\right)\right)^{2}\right)\right) \\
& \leq q^{\prime}\left(g\left(z_{t}\right)\right) \cdot L_{N}^{2}\left\|z_{t}\right\|_{2}+\frac{L_{N}^{2}\left\|y_{t}-y_{0}\right\|_{2}^{2}}{2 \epsilon} \\
& \leq q^{\prime}\left(g\left(z_{t}\right)\right) \cdot L_{N}^{2} g\left(z_{t}\right)+\frac{L_{N}^{2}\left\|y_{t}-y_{0}\right\|_{2}^{2}}{2 \epsilon}+2 L_{N}^{2} \epsilon
\end{aligned}
$$

The above uses multiples times the fact that $0 \leq q^{\prime} \leq 1$ and $q^{\prime \prime} \leq 0$ (proven in items 3 and 4 of Lemma 21). The second inequality is by Young's inequality, the third inequality is by item 2 of Lemma 16, the fourth inequality uses item 4 of Lemma 20.

Summing these,

$$
\begin{aligned}
(1)+(2)+(4)+(5) & \leq\left(L_{R}+L_{N}^{2}\right) q^{\prime}\left(g\left(z_{t}\right)\right) g\left(z_{t}\right)+2 c_{m}^{2} q^{\prime \prime}\left(g\left(z_{t}\right)\right)+\frac{L_{N}^{2}\left\|y_{t}-y_{0}\right\|_{2}^{2}}{2 \epsilon}+2\left(L+L_{N}^{2}\right) \epsilon \\
& \leq-\frac{2 c_{m}^{2} \exp \left(-\frac{7 \alpha_{q} \mathcal{R}_{q}^{2}}{3}\right)}{32 \mathcal{R}_{q}^{2}} q\left(g\left(z_{t}\right)\right)+\frac{L_{N}^{2}\left\|y_{t}-y_{0}\right\|_{2}^{2}}{2 \epsilon}+2\left(L+L_{N}^{2}\right) \epsilon \\
& \leq-\lambda q\left(g\left(z_{t}\right)\right)+\frac{L_{N}^{2}\left\|y_{t}-y_{0}\right\|_{2}^{2}}{2 \epsilon}+2\left(L+L_{N}^{2}\right) \epsilon \\
& =-\lambda f\left(z_{t}\right)+\frac{L_{N}^{2}\left\|y_{t}-y_{0}\right\|_{2}^{2}}{2 \epsilon}+2\left(L+L_{N}^{2}\right) \epsilon+L\left\|y_{t}-y_{0}\right\|_{2}
\end{aligned}
$$

Where the last inequality follows from Lemma 21.1. and the definition of $\lambda$ in (7).
Case 3: $\left\|z_{t}\right\|_{2} \geq \mathcal{R}_{q}$
In this case, $\gamma_{t}=0$. Similar to case 2,

$$
\nabla f\left(z_{t}\right)=q^{\prime}\left(g\left(z_{t}\right)\right) \frac{z_{t}}{\left\|z_{t}\right\|_{2}}
$$

Thus by Assumption A.3,

$$
\begin{aligned}
(1) & =\left\langle q^{\prime}\left(g\left(z_{t}\right)\right) \frac{z_{t}}{\left\|z_{t}\right\|_{2}},-\nabla_{t}\right\rangle \\
& \leq-m q^{\prime}\left(g\left(z_{t}\right)\right)\left\|z_{t}\right\|_{2}
\end{aligned}
$$

Where the inequality is by Assumption A.3.
For identical reasons as in Case 1, (2) $\leq L_{R}\left\|y_{t}-y_{0}\right\|_{2}$, and (4) $=0$. Finally,

$$
\text { (5) } \begin{aligned}
& =\frac{1}{2} \operatorname{tr}\left(\nabla^{2} f\left(z_{t}\right)\left(N_{t}+N\left(y_{t}\right)-N\left(y_{0}\right)\right)^{2}\right) \\
& =\frac{1}{2} \operatorname{tr}\left(\left(q^{\prime \prime}\left(g\left(z_{t}\right)\right) \frac{z_{t} z_{t}^{T}}{\left\|z_{t}\right\|_{2}^{2}}+q^{\prime}\left(g\left(z_{t}\right)\right) \frac{1}{\left\|z_{t}\right\|_{2}}\left(I-\frac{z_{t} z_{t}^{T}}{\left\|z_{t}\right\|_{2}^{2}}\right)\right)\left(N_{t}+N\left(y_{t}\right)-N\left(y_{0}\right)\right)^{2}\right) \\
& \leq \frac{1}{2} \operatorname{tr}\left(\left(q^{\prime}\left(g\left(z_{t}\right)\right) \frac{1}{\left\|z_{t}\right\|_{2}}\left(I-\frac{z_{t} z_{t}^{T}}{\left\|z_{t}\right\|_{2}^{2}}\right)\right)\left(N_{t}+N\left(y_{t}\right)-N\left(y_{0}\right)\right)^{2}\right) \\
& \leq \frac{q^{\prime}\left(g\left(z_{t}\right)\right)}{\left\|z_{t}\right\|_{2}} \cdot\left(\operatorname{tr}\left(N_{t}^{2}\right)+\operatorname{tr}\left(\left(N\left(y_{t}\right)-N\left(y_{0}\right)\right)^{2}\right)\right)
\end{aligned}
$$

Where the first inequality is because $q^{\prime \prime} \leq 0$ from item 4 of Lemma 21, the second inequality is by Young's inequality. (These steps are identical to Case 2). Continuing from above, and using item 2 and 3 of Lemma 16,

$$
\text { (5) } \begin{aligned}
& \leq q^{\prime}\left(g\left(z_{t}\right)\right) \cdot\left(\frac{8 \beta^{2} L_{N}}{c_{m}}+\frac{L_{N}^{2}\left\|y_{t}-y_{0}\right\|_{2}^{2}}{\epsilon}\right) \\
& \leq q^{\prime}\left(g\left(z_{t}\right)\right) \cdot\left(\frac{m}{2}\left\|z_{t}\right\|_{2}\right)+q^{\prime}\left(g\left(z_{t}\right)\right) \cdot\left(\frac{L_{N}^{2}\left\|y_{t}-y_{0}\right\|_{2}^{2}}{\epsilon}\right)
\end{aligned}
$$

Where the second inequality is by our definition of $\mathcal{R}_{q}$ in the Lemma statement, which ensures that $\frac{8 \beta^{2} L_{N}}{c_{m}} \leq \frac{m}{2} \mathcal{R}_{q} \leq$ $\frac{m}{2}\left\|z_{t}\right\|_{2}$.
Thus

$$
\begin{aligned}
& (1)+(2)+(4)+5 \\
\leq & -m q^{\prime}\left(g\left(z_{t}\right)\right)\left\|z_{t}\right\|_{2}+L_{R}\left\|y_{t}-y_{0}\right\|_{2}+\frac{m}{2} q^{\prime}\left(g\left(z_{t}\right)\right)\left\|z_{t}\right\|_{2}+q^{\prime}\left(g\left(z_{t}\right)\right) \cdot\left(\frac{L_{N}^{2}\left\|y_{t}-y_{0}\right\|_{2}^{2}}{\epsilon}\right) \\
\leq & -\frac{m}{2} q^{\prime}\left(g\left(z_{t}\right)\right)\left\|z_{t}\right\|_{2}+\frac{L_{N}^{2}}{\epsilon}\left\|y_{t}-y_{0}\right\|_{2}^{2}+L\left\|y_{t}-y_{0}\right\|_{2} \\
\leq & -\lambda f\left(z_{t}\right)+\frac{L_{N}^{2}}{\epsilon}\left\|y_{t}-y_{0}\right\|_{2}^{2}+L\left\|y_{t}-y_{0}\right\|_{2}
\end{aligned}
$$

where the second inequality uses $q^{\prime} \leq 1$ from item 3 of Lemma 21, the third inequality uses our definition of $\lambda$ in (7).
Combining the three cases, (25) can be upper bounded with probability 1 :

$$
d f\left(z_{t}\right) \leq-\lambda f\left(z_{t}\right)+\frac{L_{N}^{2}}{\epsilon}\left\|y_{t}-y_{0}\right\|_{2}^{2}+L\left\|y_{t}-y_{0}\right\|_{2}+\left\langle\nabla f\left(z_{t}\right), 2 c_{m} \gamma_{t} \gamma_{t}^{T} d V_{t}+\left(N_{t}+N\left(y_{t}\right)-N\left(y_{0}\right)\right) d W_{t}\right\rangle
$$

To simplify notation, let us define $G_{t} \in \mathbb{R}^{1 \times 2 d}$ as $G_{t}:=\left[\nabla f\left(z_{t}\right)^{T} 2 c_{m} \gamma_{t} \gamma_{t}^{T}, \nabla f\left(z_{t}\right)^{T}\left(N_{t}+N\left(y_{t}\right)-N\left(y_{0}\right)\right)\right]$, and let $A_{t}$ be a $2 d$-dimensional Brownian motion from concatenating $A_{t}=\left[\begin{array}{c}V_{t} \\ W_{t}\end{array}\right]$. Thus

$$
d f\left(z_{t}\right) \leq-\lambda f\left(z_{t}\right) d t+\left(\frac{L_{N}^{2}}{\epsilon}\left\|y_{t}-y_{0}\right\|_{2}^{2}+L\left\|y_{t}-y_{0}\right\|_{2}\right)+G_{t} d A_{t}
$$

We will study the Lyapunov function

$$
\mathcal{L}_{t}:=f\left(z_{t}\right)-\int_{0}^{t} e^{-\lambda(t-s)}\left(\frac{L_{N}^{2}}{\epsilon}\left\|y_{s}-y_{0}\right\|_{2}^{2}+L\left\|y_{s}-y_{0}\right\|_{2}\right) d s-\int_{0}^{t} e^{-\lambda(t-s)} G_{s} d A_{s}
$$

By taking derivatives, we see that

$$
\begin{aligned}
d \mathcal{L}_{t} \leq & -\lambda f\left(z_{t}\right) d t+\left(\frac{L_{N}^{2}}{\epsilon}\left\|y_{t}-y_{0}\right\|_{2}^{2}+L\left\|y_{t}-y_{0}\right\|_{2}\right) d t+G_{t} d A_{t} \\
& +\lambda\left(\int_{0}^{t} e^{-\lambda(t-s)}\left(\frac{L_{N}^{2}}{\epsilon}\left\|y_{s}-y_{0}\right\|_{2}^{2}+L\left\|y_{s}-y_{0}\right\|_{2}\right) d s\right) d t-\left(\frac{L_{N}^{2}}{\epsilon}\left\|y_{t}-y_{0}\right\|_{2}^{2}+L\left\|y_{t}-y_{0}\right\|_{2}\right) d t \\
& +\lambda\left(\int_{0}^{t} e^{-\lambda(t-s)} G_{s} d A_{s}\right) d t-G_{t} d A_{t} \\
= & -\lambda \mathcal{L}_{t} d t
\end{aligned}
$$

We can then apply Gronwall's Lemma to $\mathcal{L}_{t}$, so that

$$
\mathcal{L}_{T} \leq e^{-\lambda T} \mathcal{L}_{0}
$$

which is equivalent to

$$
f\left(z_{T}\right)-\int_{0}^{T} e^{-\lambda(T-s)}\left(\frac{L_{N}^{2}}{\epsilon}\left\|y_{s}-y_{0}\right\|_{2}^{2}+L\left\|y_{s}-y_{0}\right\|_{2}\right) d s-\int_{0}^{T} e^{-\lambda(t-s)} G_{s} d A_{s} \leq e^{-\lambda T} f\left(z_{0}\right)
$$

Observe that $G_{s}$ is measurable wrt the natural filtration generated by $A_{s}$, so that $\int_{0}^{T} e^{-\lambda(T-s)} G_{s} d A_{s}$ is a martingale. Thus taking expectations,

$$
\mathbb{E}\left[f\left(z_{T}\right)\right] \leq e^{-\lambda T} \mathbb{E}\left[f\left(z_{0}\right)\right]+\int_{0}^{T} \frac{L_{N}^{2}}{\epsilon} \mathbb{E}\left[\left\|y_{s}-y_{0}\right\|_{2}^{2}\right]+L \mathbb{E}\left[\left\|y_{s}-y_{0}\right\|_{2}\right] d s
$$

By Lemma 11, $\mathbb{E}\left[\left\|y_{t}-y_{0}\right\|_{2}^{2}\right] \leq t^{2} L^{2} \mathbb{E}\left[\left\|y_{0}\right\|_{2}^{2}\right]+t \beta^{2}$, so that

$$
\begin{aligned}
& \int_{0}^{T} \frac{L_{N}^{2}}{\epsilon} \mathbb{E}\left[\left\|y_{s}-y_{0}\right\|_{2}^{2}\right] d s \leq \frac{T^{3} L_{N}^{2} L^{2}}{\epsilon} \mathbb{E}\left[\left\|y_{0}\right\|_{2}^{2}\right]+\frac{T^{2} L_{N}^{2}}{\epsilon} \beta^{2} \\
& L \mathbb{E}\left[\left\|y_{s}-y_{0}\right\|_{2}\right] \leq T^{2} L^{2} \sqrt{\mathbb{E}\left[\left\|y_{0}\right\|_{2}^{2}\right]}+T^{3 / 2} L \beta
\end{aligned}
$$

Furthermore, using our assumption in the Lemma statement that $T \leq \min \left\{\frac{\epsilon^{2}}{\beta^{2}}, \frac{\epsilon}{6 L \sqrt{R^{2}+\beta^{2} / m}}\right\}$ and $\mathbb{E}\left[\left\|y_{0}\right\|_{2}^{2}\right] \leq$ $8\left(R^{2}+\beta^{2} / m\right)$, we can verify that

$$
\begin{aligned}
& \int_{0}^{T} \frac{L_{N}^{2}}{\epsilon} \mathbb{E}\left[\left\|y_{s}-y_{0}\right\|_{2}^{2}\right] d s \leq \frac{1}{4} T L_{N}^{2} \epsilon+T L_{N}^{2} \epsilon \\
& L \mathbb{E}\left[\left\|y_{s}-y_{0}\right\|_{2}\right] \leq \frac{1}{2} T L \epsilon+T L \epsilon
\end{aligned}
$$

Combining the above gives

$$
\mathbb{E}\left[f\left(z_{T}\right)\right] \leq e^{-\lambda T} \mathbb{E}\left[f\left(z_{0}\right)\right]+3 T\left(L+L_{N}^{2}\right) \epsilon
$$

Corollary 2 Let $f$ be as defined in Lemma 18 with parameter $\epsilon$ satisfying $\epsilon \leq \frac{\mathcal{R}_{q}}{\alpha_{q} \mathcal{R}_{q}{ }^{2}+1}$.
Let $\delta \leq \min \left\{\frac{\epsilon^{2}}{\beta^{2}}, \frac{\epsilon}{8 L \sqrt{R^{2}+\beta^{2} / m}}\right\}$, and let $\bar{x}_{t}$ and $\bar{y}_{t}$ have dynamics as defined in (3) and (2) respectively, and suppose that the initial conditions satisfy $\mathbb{E}\left[\left\|\bar{x}_{0}\right\|_{2}^{2}\right] \leq R^{2}+\beta^{2} / m$ and $\mathbb{E}\left[\left\|\bar{y}_{0}\right\|_{2}^{2}\right] \leq R^{2}+\beta^{2} / m$. Then there exists a coupling between $\bar{x}_{t}$ and $\bar{y}_{t}$ such that

$$
\mathbb{E}\left[f\left(\bar{x}_{i \delta}-\bar{y}_{i \delta}\right)\right] \leq e^{-\lambda i \delta} \mathbb{E}\left[f\left(\bar{x}_{0}-\bar{y}_{0}\right)\right]+\frac{6}{\lambda}\left(L+L_{N}^{2}\right) \epsilon
$$

## Proof of Corollary 2

From Lemma 7 and 8 , our initial conditions imply that for all $t, \mathbb{E}\left[\left\|\bar{x}_{t}\right\|_{2}^{2}\right] \leq 6\left(R^{2}+\frac{\beta^{2}}{m}\right)$ and $\mathbb{E}\left[\left\|\bar{y}_{k \delta}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\frac{\beta^{2}}{m}\right)$. Consider an arbitrary $k$, and for $t \in[k \delta,(k+1) \delta)$, define

$$
x_{t}:=\bar{x}_{k \delta+t} \quad \text { and } \quad y_{t}:=\bar{y}_{k \delta+t}
$$

Under this definition, $x_{t}$ and $y_{t}$ have dynamics described in (20) and (21). Thus the coupling in (22), which describes a coupling between $x_{t}$ and $y_{t}$, equivalently describes a coupling between $\bar{x}_{t}$ and $\bar{y}_{t}$ over $t \in[k \delta,(k+1) \delta)$.
We now apply Lemma 1 . Given our assumed bound on $\delta$ and our proven bounds on $\mathbb{E}\left[\left\|\bar{x}_{t}\right\|_{2}^{2}\right]$ and $\mathbb{E}\left[\left\|\bar{y}_{t}\right\|_{2}^{2}\right]$,

$$
\begin{aligned}
& \mathbb{E}\left[f\left(\bar{x}_{(k+1) \delta}-\bar{y}_{(k+1) \delta}\right)\right] \\
= & \mathbb{E}\left[f\left(x_{\delta}-y_{\delta}\right)\right] \\
\leq & e^{-\lambda \delta} \mathbb{E}\left[f\left(x_{0}-y_{0}\right)\right]+6 \delta\left(L+L_{N}^{2}\right) \epsilon \\
= & e^{-\lambda \delta} \mathbb{E}\left[f\left(\bar{x}_{k \delta}-\bar{y}_{k \delta}\right)\right]+6 \delta\left(L+L_{N}^{2}\right) \epsilon
\end{aligned}
$$

Applying the above recursively gives, for any $i$

$$
\mathbb{E}\left[f\left(\bar{x}_{i \delta}-\bar{y}_{i \delta}\right)\right] \leq e^{-\lambda i \delta} \mathbb{E}\left[f\left(\bar{x}_{0}-\bar{y}_{0}\right)\right]+\frac{6}{\lambda}\left(L+L_{N}^{2}\right) \epsilon
$$

## A.4. Proof of Theorem 1

For ease of reference, we re-state Theorem 1 below as Theorem 3 below. We make a minor notational change: using the letters $\bar{x}_{t}$ and $\bar{y}_{t}$ in Theorem 3, instead of the letters $x_{t}$ and $y_{t}$ in Theorem 1. This is to avoid some notation conflicts in the proof.

Theorem 3 (Equivalent to Theorem 1) Let $\bar{x}_{t}$ and $\bar{y}_{t}$ have dynamics as defined in (3) and (2) respectively, and suppose that the initial conditions satisfy $\mathbb{E}\left[\left\|\bar{x}_{0}\right\|_{2}^{2}\right] \leq R^{2}+\beta^{2} / m$ and $\mathbb{E}\left[\left\|\bar{y}_{0}\right\|_{2}^{2}\right] \leq R^{2}+\beta^{2} / m$. Let $\hat{\epsilon}$ be a target accuracy satisfying $\hat{\epsilon} \leq\left(\frac{16\left(L+L_{N}^{2}\right)}{\lambda}\right) \cdot \exp \left(7 \alpha_{q} \mathcal{R}_{q} / 3\right) \cdot \frac{\mathcal{R}_{q}}{\alpha_{q} \mathcal{R}_{q}{ }^{2}+1}$. Let $\delta$ be a step size satisfying

$$
\delta \leq \min \left\{\begin{array}{l}
\frac{\lambda^{2} \hat{\epsilon}^{2}}{512 \beta^{2}\left(L^{2}+L_{N}^{4}\right) \exp \left(\frac{14 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)} \\
\frac{2 \lambda \hat{\epsilon}}{\left(L^{2}+L_{N}^{4}\right) \exp \left(\frac{7 \mathcal{R}_{q} \mathcal{R}_{q}}{3}\right) \sqrt{R^{2}+\beta^{2} / m}}
\end{array}\right.
$$

If we assume that $\bar{x}_{0}=\bar{y}_{0}$, then there exists a coupling between $\bar{x}_{t}$ and $\bar{y}_{t}$ such that for any $k$,

$$
\mathbb{E}\left[\left\|\bar{x}_{k \delta}-\bar{y}_{k \delta}\right\|_{2}\right] \leq \hat{\epsilon}
$$

Alternatively, if we assume $k \geq \frac{3 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{\delta} \log \frac{R^{2}+\beta^{2} / m}{\hat{\epsilon}}$, then

$$
W_{1}\left(p^{*}, p_{k \delta}^{y}\right) \leq 2 \hat{\epsilon}
$$

where $p_{t}^{y}:=\operatorname{Law}\left(\bar{y}_{t}\right)$.

## Proof of Theorem 3

Let $\epsilon:=\frac{\lambda}{16\left(L+L_{N}^{2}\right)} \exp \left(-\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) \hat{\epsilon}$. Let $f$ be defined as in Lemma 18 with the parameter $\epsilon$.

$$
\begin{align*}
& \mathbb{E}\left[\left\|\bar{x}_{i \delta}-\bar{y}_{i \delta}\right\|_{2}\right] \\
\leq & 2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) \mathbb{E}\left[f\left(\bar{x}_{i \delta}-\bar{y}_{i \delta}\right)\right]+2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) \epsilon \\
\leq & 2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)\left(e^{-\lambda i \delta} \mathbb{E}\left[f\left(\bar{x}_{0}-\bar{y}_{0}\right)\right]+\frac{6}{\lambda}\left(L+L_{N}^{2}\right) \epsilon\right)+2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) \epsilon \\
\leq & 2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) e^{-\lambda i \delta} \mathbb{E}\left[f\left(\bar{x}_{0}-\bar{y}_{0}\right)\right]+\frac{16\left(L+L_{N}^{2}\right)}{\lambda} \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) \cdot \epsilon  \tag{26}\\
= & 2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) e^{-\lambda i \delta} \mathbb{E}\left[f\left(\bar{x}_{0}-\bar{y}_{0}\right)\right]+\hat{\epsilon}
\end{align*}
$$

where the first inequality is by item 4 of Lemma 18 , the second inequality is by Corollary 2 (notice that $\delta$ satisfies the requirement on $T$ in Theorem 1, for the given $\epsilon$. The third inequality uses the fact that $1 \leq L / m \leq \frac{\left(L+L_{N}^{2}\right)}{\lambda}$.
The first claim follows from substituting $\bar{x}_{0}=\bar{y}_{0}$ into (26), so that the first term is 0 , and using the definition of $\epsilon$, so that the second term is 0 .
For the second claim, let $\bar{x}_{0} \sim p^{*}$, the invariant distribution of (3). From Lemma 7, we know that $\bar{x}_{0}$ satisfies the required initial conditions in this Lemma. Continuing from (26),

$$
\begin{aligned}
& \mathbb{E}\left[\left\|\bar{x}_{i \delta}-\bar{y}_{i \delta}\right\|_{2}\right] \\
\leq & 2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)\left(2 e^{-\lambda i \delta} \mathbb{E}\left[\left\|\bar{x}_{0}\right\|_{2}^{2}+\left\|\bar{y}_{0}\right\|_{2}^{2}\right]+\frac{6}{\lambda}\left(L+L_{N}^{2}\right) \epsilon\right)+\epsilon \\
\leq & 2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)\left(2 e^{-\lambda i \delta}\left(R^{2}+\beta^{2} / m\right)\right)+\frac{16}{\lambda} \exp \left(2 \frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)\left(L+L_{N}^{2}\right) \epsilon \\
= & 4 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)\left(e^{-\lambda i \delta}\left(R^{2}+\beta^{2} / m\right)\right)+\hat{\epsilon}
\end{aligned}
$$

By our assumption that $i \geq \frac{1}{\delta} \cdot 3 \alpha_{q} \mathcal{R}_{q}{ }^{2} \log \frac{R^{2}+\beta^{2} / m}{\hat{\epsilon}}$, the first term is also bounded by $\hat{\epsilon}$, and this proves our second claim.

## A.5. Simulating the SDE

One can verify that the SDE in (2) can be simulated (at discrete time intervals) as follows:

$$
y_{(k+1) \delta}=y_{k \delta}-\delta \nabla U\left(y_{k \delta}\right)+\sqrt{\delta} M\left(y_{k \delta}\right) \theta_{k}
$$

Where $\theta_{k} \sim \mathcal{N}(0, I)$. This however requires access to $M\left(y_{k, \delta}\right)$, which may be difficult to compute.
If for any $y$, one is able to draw samples from some distribution $p_{y}$ such that

1. $\mathbb{E}_{\xi \sim p_{y}}[\xi]=0$
2. $\mathbb{E}_{\xi \sim p_{y}}\left[\xi \xi^{T}\right]=M(y)$
3. $\|\xi\|_{2} \leq \beta$ almost surely, for some $\beta$.
then one might sample a noise that is $\delta$ close to $M\left(y_{k \delta}\right) \theta_{k}$ through Theorem 5.
Specifically, if one draws $n$ samples $\xi_{1} \ldots \xi_{n} \stackrel{i i d}{\sim} p_{y}$, and let $S_{n}:=\frac{1}{\sqrt{n}} \sum_{i=1}^{n} \xi_{i}$, Theorem 5 guarantees that $W_{2}\left(S_{n}, M(y) \theta\right) \leq \frac{6 \sqrt{d} \beta \sqrt{\log n}}{\sqrt{n}}$. We remark that the proof of Theorem 1 can be modified to accommodate for this sampling error. The number of samples needed to achieve $\epsilon$ accuracy will be on the order of $n \approx O(\delta \epsilon)^{-2}=O\left(\epsilon^{-6}\right)$.

## B. Proofs for Convergence under Non-Gaussian Noise (Theorem 2)

## B.1. Proof Overview

The main proof of Theorem 2 is contained in Appendix B.4.

Here, we outline the steps of our proof:

1. In Appendix B.2, we construct a coupling between (3) and (1) over an epoch which consists of an interval $[k \delta,(k+n) \delta)$ for some $k$. The coupling in (B.2) consists of four processes $\left(x_{t}, y_{t}, v_{t}, w_{t}\right)$, where $y_{t}$ and $v_{t}$ are auxiliary processes used in defining the coupling. Notably, the process $\left(x_{t}, y_{t}\right)$ has the same distribution over the epoch as (22).
2. In Appendix B.3, we prove Lemma 3 and Lemma 4, which, combined with Lemma 1 from Appendix A.3, show that under the coupling constructed in Step 1, a Lyapunov function $f\left(x_{T}-w_{T}\right)$ contracts exponentially with rate $\lambda$, plus a discretization error term. In Corollary 5, we apply the results of Lemma 1, Lemma 3 and Lemma 4 recursively over multiple steps to give a bound on $f\left(x_{k \delta}-w_{k \delta}\right)$ for all $k$, and for sufficiently small $\delta$.
3. Finally, in Appendix B.4, we prove Theorem 2 by applying the results of Corollary 5, together with the fact that $f(z)$ upper bounds $\|z\|_{2}$ up to a constant.

## B.2. Constructing a Coupling

In this subsection, we construct a coupling between (1) and (3), given arbitrary initialization ( $x_{0}, w_{0}$ ). We will consider a finite time $T=n \delta$, which we will refer to as an epoch.

1. Let $V_{t}$ and $W_{t}$ be two independent Brownian motion.
2. Using $V_{t}$ and $W_{t}$, define

$$
\begin{equation*}
x_{t}=x_{0}+\int_{0}^{t}-\nabla U\left(x_{s}\right) d s+\int_{0}^{t} c_{m} d V_{s}+\int_{0}^{t} N\left(w_{0}\right) d W_{s} \tag{27}
\end{equation*}
$$

3. Using the same $V_{t}$ and $W_{t}$ in (27), we will define $y_{t}$ as

$$
\begin{equation*}
y_{t}=w_{0}+\int_{0}^{t}-\nabla U\left(w_{0}\right) d s+\int_{0}^{t} c_{m}\left(I-2 \gamma_{s} \gamma_{s}^{t}\right) d V_{s}+\int_{0}^{T} N\left(x_{s}\right) d W_{s} \tag{28}
\end{equation*}
$$

Where $\gamma_{t}:=\frac{x_{t}-y_{t}}{\left\|x_{t}-y_{t}\right\|_{2}} \cdot \mathbb{1}\left\{\left\|x_{t}-y_{t}\right\|_{2} \in\left[2 \epsilon, \mathcal{R}_{q}\right)\right\}$. The coupling $\left(x_{t}, y_{t}\right)$ defined in (27) and (28) is identical to the coupling in (22) (with $y_{0}=w_{0}$ ).
4. We now define a process $v_{k \delta}$ for $k=0 \ldots n$ :

$$
\begin{equation*}
v_{k \delta}=w_{0}+\sum_{i=0}^{k-1}-\delta \nabla U\left(w_{0}\right)+\sqrt{\delta} \sum_{i=0}^{k-1} \xi\left(w_{0}, \eta_{i}\right) \tag{29}
\end{equation*}
$$

where marginally, the variables $\left(\eta_{0} \ldots \eta_{n-1}\right)$ are drawn $i . i . d$ from the same distribution as in (1).
Notice that $y_{T}-w_{0}-T \nabla U\left(w_{0}\right)=\int_{0}^{T} c_{m} d B_{t}+\int_{0}^{T} N\left(w_{0}\right) d W_{t}$, so that $\operatorname{Law}\left(y_{T}-w_{0}-T \nabla U\left(w_{0}\right)\right)=$ $\mathcal{N}\left(0, T M\left(w_{0}\right)^{2}\right)$. Notice also that $v_{T}-w_{0}-T \nabla U\left(w_{0}\right)=\sqrt{\delta} \sum_{i=0}^{n-1} \xi\left(w_{0}, \eta_{i}\right)$. By Corollary 24, $W_{2}\left(y_{T}-\right.$ $\left.w_{0}-T \nabla U\left(w_{0}\right), v_{T}-w_{0}-T \nabla U\left(w_{0}\right)\right)=6 \sqrt{d \delta} \beta \sqrt{\log n}$. Let the joint distribution between (29) and (28) be the one induced by the optimal coupling between $y_{T}-w_{0}-T \nabla U\left(w_{0}\right)$ and $v_{T}-w_{0}-T \nabla U\left(w_{0}\right)$, so that

$$
\begin{align*}
& \sqrt{\mathbb{E}\left[\left\|y_{T}-v_{T}\right\|_{2}^{2}\right]} \\
= & \sqrt{\mathbb{E}\left[\left\|y_{T}-T \nabla U\left(w_{0}\right)-v_{T}+T \nabla U\left(w_{0}\right)\right\|_{2}^{2}\right]} \\
= & W_{2}\left(y_{T}-w_{0}-T \nabla U\left(w_{0}\right), v_{T}-w_{0}-T \nabla U\left(w_{0}\right)\right) \\
\leq & 6 \sqrt{d \delta} \beta \sqrt{\log n} \tag{30}
\end{align*}
$$

where the last inequality is by Corollary 24.
5. Given the sequence $\left(\eta_{0} \ldots \eta_{n-1}\right)$ from (29), we can define

$$
\begin{equation*}
w_{k \delta}=w_{0}+\sum_{i=0}^{k-1}-\delta \nabla U\left(w_{i \delta}\right)+\sqrt{\delta} \sum_{i=0}^{k-1} \xi\left(w_{i \delta}, \eta_{i}\right) \tag{31}
\end{equation*}
$$

specifically, $\left(w_{0} \ldots w_{n \delta}\right)$ in (31) and $\left(v_{0} \ldots v_{n \delta}\right)$ in (29) are coupled through the shared $\left(\eta_{0} \ldots \eta_{n-1}\right)$ variables.
For convenience, we will let $v_{t}:=v_{i \delta}$ and $w_{t}:=w_{i \delta}$, where $i$ is the unique integer satisfying $t \in[i \delta,(i+1) \delta)$.
We can verify that, marginally, the process $x_{t}$ in (27) has the same distribution as (3), using the proof as Lemma 6. It is also straightforward to verify that $w_{k \delta}$, as defined in (31), has the same marginal distribution as (1), due to the definition of $\eta_{i}$ in (29).

## B.3. One Epoch Contraction

In Lemma 3, we prove a discretization error bound between $f\left(x_{T}-y_{T}\right)$ and $f\left(x_{T}-v_{T}\right)$, for the coupling defined in (27), (28) and (29).

In Lemma 4, we prove a discretization error bound between $f\left(x_{T}-v_{T}\right)$ and $f\left(x_{T}-w_{T}\right)$, for the coupling defined in (27), (29) and (31).

Lemma 3 Let $f$ be as defined in Lemma 18 with parameter $\epsilon$ satisfying $\epsilon \leq \frac{\mathcal{R}_{q}}{\alpha_{q} \mathcal{R}_{q}{ }^{2}+1}$. Let $x_{t}, y_{t}$ and $v_{t}$ be as defined in (27), (28), (29). Let $n$ be any integer and $\delta$ be any step size, and let $T:=n \delta$.

If $\mathbb{E}\left[\left\|x_{0}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\beta^{2} / m\right), \mathbb{E}\left[\left\|y_{0}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\beta^{2} / m\right)$ and $T \leq \min \left\{\frac{1}{16 L}, \frac{\beta^{2}}{8 L^{2}\left(R^{2}+\beta^{2} / m\right)}\right\}$ and

$$
\delta \leq \min \left\{\frac{T \epsilon^{2} L}{36 d \beta^{2} \log \left(\frac{36 d \beta^{2}}{\epsilon^{2} L}\right)}, \frac{T \epsilon^{4} L^{2}}{2^{14} d \beta^{4} \log \left(\frac{2^{14} d \beta^{4}}{\epsilon^{4} L^{2}}\right)}\right\}
$$

Then

$$
\mathbb{E}\left[f\left(x_{T}-v_{T}\right)\right]-\mathbb{E}\left[f\left(x_{T}-y_{T}\right)\right] \leq 4 T L \epsilon
$$

## Proof

By Taylor's Theorem,

$$
\begin{aligned}
& \mathbb{E}\left[f\left(x_{T}-v_{T}\right)\right] \\
= & \mathbb{E}\left[f\left(x_{T}-y_{T}\right)+\left\langle\nabla f\left(x_{T}-y_{T}\right), y_{T}-v_{T}\right\rangle+\int_{0}^{1} \int_{0}^{s}\left\langle\nabla^{2} f\left(x_{T}-y_{T}+s\left(y_{T}-v_{T}\right)\right),\left(y_{T}-v_{T}\right)\left(y_{T}-v_{T}\right)^{T}\right\rangle d s d t\right] \\
= & \mathbb{E}[f\left(x_{T}-y_{T}\right)+\underbrace{\left\langle\nabla f\left(x_{0}-y_{0}\right), y_{T}-v_{T}\right\rangle}_{(1)}+\underbrace{\left\langle\nabla f\left(x_{T}-y_{T}\right)-\nabla f\left(x_{0}-y_{0}\right), y_{T}-v_{T}\right\rangle}_{(2)}] \\
& +\mathbb{E}[\underbrace{\int_{0}^{1} \int_{0}^{s}\left\langle\nabla^{2} f\left(x_{T}-y_{T}+s\left(y_{T}-v_{T}\right)\right),\left(y_{T}-v_{T}\right)\left(y_{T}-v_{T}\right)^{T}\right\rangle d s d t}_{(3)}]
\end{aligned}
$$

We will bound each of the terms above separately.

$$
\begin{aligned}
& \mathbb{E}[\mathrm{1}]] \\
= & \mathbb{E}\left[\left\langle\nabla f\left(x_{0}-y_{0}\right), y_{T}-v_{T}\right\rangle\right] \\
= & \mathbb{E}\left[\left\langle\nabla f\left(x_{0}-y_{0}\right), n \delta \nabla U\left(y_{0}\right)-n \delta \nabla U\left(v_{0}\right)+\int_{0}^{T}-\nabla U\left(w_{0}\right) d t+\int_{0}^{T} c_{m} d V_{t}+\int_{0}^{T} N\left(w_{0}\right) d W_{t}+\sum_{i=0}^{n-1} \sqrt{\delta} \xi\left(v_{0}, \eta_{i}\right)\right\rangle\right] \\
= & \mathbb{E}\left[\left\langle\nabla f\left(x_{0}-y_{0}\right), n \delta \nabla U\left(y_{0}\right)-n \delta \nabla U\left(v_{0}\right)\right\rangle\right] \\
= & 0
\end{aligned}
$$

where the third equality is because $\int_{0}^{T} d B_{t}, \int_{0}^{T} d W_{t}$ and $\sum_{k=1}^{T} \xi\left(v_{0}, \eta_{i}\right)$ have zero mean conditioned on the information at time 0 , and the fourth equality is because $y_{0}=v_{0}$ by definition in (28) and (29).

$$
\begin{aligned}
& \mathbb{E}[(2)] \\
= & \mathbb{E}\left[\left\langle\nabla f\left(x_{T}-y_{T}\right)-\nabla f\left(x_{0}-y_{0}\right), y_{T}-v_{T}\right\rangle\right] \\
\leq & \sqrt{\mathbb{E}\left[\left\|\nabla f\left(x_{T}-y_{T}\right)-\nabla f\left(x_{0}-y_{0}\right)\right\|_{2}^{2}\right]} \sqrt{\mathbb{E}\left[\left\|y_{T}-v_{T}\right\|_{2}^{2}\right]} \\
\leq & \frac{2}{\epsilon} \sqrt{2 \mathbb{E}\left[\left\|x_{T}-x_{0}\right\|_{2}^{2}+\left\|y_{T}-y_{0}\right\|_{2}^{2}\right]} \sqrt{\mathbb{E}\left[\left\|y_{T}-v_{T}\right\|_{2}^{2}\right]} \\
\leq & \frac{2}{\epsilon} \sqrt{\left(32 T \beta^{2}+4 T \beta^{2}\right)} \cdot(6 \sqrt{d \delta} \beta \log n) \\
\leq & \frac{128}{\epsilon} \sqrt{T} \beta^{2} \cdot(\sqrt{d \delta} \log n)
\end{aligned}
$$

Where the second inequality is by $\left\|\nabla^{2} f\right\|_{2} \leq \frac{2}{\epsilon}$ from item 2(c) of Lemma 18 and Young's inequality. The third inequality is by Lemma 10 and Lemma 11 and (30).
Finally, we can bound

$$
\begin{aligned}
& \mathbb{E}[3] \\
\leq & \int_{0}^{1} \int_{0}^{s} \mathbb{E}\left[\left\|\nabla^{2} f\left(x_{T}-y_{T}+s\left(y_{T}-v_{T}\right)\right)\right\|_{2}\left\|y_{T}-v_{T}\right\|_{2}^{2}\right] d s d t \\
\leq & \frac{2}{\epsilon} \mathbb{E}\left[\left\|y_{T}-v_{T}\right\|_{2}^{2}\right] \\
\leq & \frac{72 d \delta \beta^{2} \log ^{2} n}{\epsilon}
\end{aligned}
$$

Where the second inequality is by $\left\|\nabla^{2} f\right\|_{2} \leq \frac{2}{\epsilon}$ from item 2(c) of Lemma 18 , the third inequality is by (30).
Summing these 3 terms,

$$
\begin{aligned}
& \mathbb{E}\left[f\left(x_{T}-v_{T}\right)-f\left(x_{T}-y_{T}\right)\right] \\
\leq & \frac{128}{\epsilon} \sqrt{T} \beta^{2} \cdot(\sqrt{d \delta} \sqrt{\log n})+\frac{36 d \delta \beta^{2} \log n}{\epsilon} \\
= & \frac{128}{\epsilon} \sqrt{T} \beta^{2} \cdot\left(\sqrt{d \delta} \sqrt{\log \frac{T}{\delta}}\right)+\frac{36 d \delta \beta^{2} \log \frac{T}{\delta}}{\epsilon}
\end{aligned}
$$

Let us bound the first term. We apply Lemma 25 (with $x=\frac{T}{\delta}$ and $c=\frac{\epsilon^{4}}{2^{44} d \beta^{4}}$ ), which shows that

$$
\frac{T}{\delta} \geq \frac{2^{14} d \beta^{4}}{\epsilon^{4}} \log \left(\frac{2^{14} d \beta^{4}}{\epsilon^{4} L^{2}}\right) \Rightarrow \frac{T}{\delta} \frac{1}{\log \frac{T}{\delta}} \geq \frac{2^{14} d \beta^{4}}{\epsilon^{4} L^{2}} \quad \Leftrightarrow \quad \frac{128}{\epsilon} \sqrt{T} \beta^{2} \cdot\left(\sqrt{d \delta} \log \frac{T}{\delta}\right) \leq T L \epsilon
$$

For the second term, we can again apply Lemma $25\left(x=\frac{T}{\delta}\right.$ and $\left.c=\frac{\epsilon^{2} L}{36 d \beta^{2}}\right)$, which shows that

$$
\frac{T}{\delta} \geq \frac{36 d \beta^{2}}{\epsilon^{2} L} \log \left(\frac{36 d \beta^{2}}{\epsilon^{2} L}\right) \Rightarrow \frac{T}{\delta} \frac{1}{\log \frac{T}{\delta}} \geq \frac{36 d \beta^{2}}{\epsilon^{2} L} \Rightarrow \frac{36 d \delta \beta^{2} \log \frac{T}{\delta}}{\epsilon} \leq T L \epsilon
$$

The above imply that

$$
\mathbb{E}\left[f\left(x_{T}-v_{T}\right)-f\left(x_{T}-y_{T}\right)\right] \leq 2 T L \epsilon
$$

Lemma 4 Let $f$ be as defined in Lemma 18 with parameter $\epsilon$ satisfying $\epsilon \leq \frac{\mathcal{R}_{q}}{\alpha_{q} \mathcal{R}_{q}{ }^{2}+1}$. Let $x_{t}, v_{t}$ and $w_{t}$ be as defined in (27), (29), (31). Let $n$ be an integer and $\delta$ be a step size, and let $T:=n \delta$.

If we assume that $\mathbb{E}\left[\left\|x_{0}\right\|_{2}^{2}\right], \mathbb{E}\left[\left\|v_{0}\right\|_{2}^{2}\right]$, and $\mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right]$ are each upper bounded by $8\left(R^{2}+\beta^{2} / m\right)$ and that $T \leq$ $\min \left\{\frac{1}{16 L}, \frac{\epsilon}{32 \sqrt{L} \beta}, \frac{\epsilon^{2}}{128 \beta^{2}}, \frac{\epsilon^{4} L_{N}^{2}}{2^{14} \beta^{2} c_{m}^{2}}\right\}$, then

$$
\mathbb{E}\left[f\left(x_{T}-w_{T}\right)\right]-\mathbb{E}\left[f\left(x_{T}-v_{T}\right)\right] \leq 4 T\left(L+L_{N}^{2}\right) \epsilon
$$

Remark 9 For sufficiently small $\epsilon$, our assumption on $T$ boils down to $T=o\left(\epsilon^{4}\right)$

## Proof

First, we can verify using Taylor's theorem that for any $x, y$,

$$
\begin{align*}
f(y) & =f(x)+\langle\nabla f(x), y-x\rangle+\int_{0}^{1} \int_{0}^{s}\left\langle\nabla^{2} f(x+s(y-x)),(y-x)(y-x)^{T}\right\rangle d s d t  \tag{32}\\
\nabla f(y) & =\nabla f(x)+\left\langle\nabla^{2} f(x), y-x\right\rangle+\int_{0}^{1} \int_{0}^{s}\left\langle\nabla^{3} f(x+s(y-x)),(y-x)(y-x)^{T}\right\rangle d s d t \tag{33}
\end{align*}
$$

Thus

$$
\begin{aligned}
& \mathbb{E}\left[f\left(x_{T}-w_{T}\right)\right] \\
&= \mathbb{E}\left[f\left(x_{T}-v_{T}\right)+\left\langle\nabla f\left(x_{T}-v_{T}\right), v_{T}-w_{T}\right\rangle+\int_{0}^{1} \int_{0}^{s}\left\langle\nabla^{2} f\left(x_{T}-v_{T}+s\left(v_{T}-w_{T}\right)\right),\left(v_{T}-w_{T}\right)\left(v_{T}-w_{T}\right)^{T}\right\rangle d s d t\right] \\
&=\mathbb{E}[f\left(x_{T}-v_{T}\right)+\underbrace{\left\langle\nabla f\left(x_{0}-v_{0}\right), v_{T}-w_{T}\right\rangle}_{(1)}+\underbrace{\left\langle\nabla f\left(x_{T}-v_{T}\right)-\nabla f\left(x_{0}-v_{0}\right), v_{T}-w_{T}\right\rangle}_{(3)}] \\
&+\mathbb{E}[\underbrace{\int_{0}^{1} \int_{0}^{s}\left\langle\nabla^{2} f\left(x_{T}-v_{T}+s\left(v_{T}-w_{T}\right)\right),\left(v_{T}-w_{T}\right)\left(v_{T}-w_{T}\right)^{T}\right\rangle d s d t}_{(\underbrace{}_{0}}]
\end{aligned}
$$

Recall from (29) and (31) that

$$
\begin{aligned}
& v_{n \delta}=w_{0}+\sum_{i=0}^{n-1} \delta \nabla U\left(w_{0}\right)+\sqrt{\delta} \sum_{i=0}^{n-1} \xi\left(w_{0}, \eta_{i}\right) \\
& w_{n \delta}=w_{0}+\sum_{i=0}^{n-1} \delta \nabla U\left(w_{i \delta}\right)+\sqrt{\delta} \sum_{i=0}^{n-1} \xi\left(w_{i \delta}, \eta_{i}\right)
\end{aligned}
$$

Note that conditioned on the randomness up to time $0, \mathbb{E}\left[\sum_{i=0}^{n-1} \xi\left(w_{0}, \eta_{i}\right)\right]=\mathbb{E}\left[\sum_{i=0}^{n-1} \xi\left(w_{i \delta}, \eta_{i}\right)\right]=0$, so that

$$
\begin{aligned}
& \mathbb{E}[1] \\
= & \mathbb{E}\left[\left\langle\nabla f\left(x_{0}-v_{0}\right), v_{T}-w_{T}\right\rangle\right] \\
= & \delta \mathbb{E}\left[\left\langle\nabla f\left(x_{0}-v_{0}\right), \sum_{i=0}^{n-1} \nabla U\left(w_{0}\right)-\nabla U\left(w_{i \delta}\right)\right\rangle\right]+\sqrt{\delta} \mathbb{E}\left[\left\langle\nabla f\left(x_{0}-v_{0}\right), \sum_{i=0}^{n-1} \xi\left(w_{0}, \eta_{i}\right)-\sum_{i=0}^{n-1} \xi\left(w_{i \delta}, \eta_{i}\right)\right\rangle\right] \\
= & \delta \mathbb{E}\left[\left\langle\nabla f\left(x_{0}-v_{0}\right), \sum_{i=0}^{n-1} \nabla U\left(w_{0}\right)-\nabla U\left(w_{i \delta}\right)\right\rangle\right] \\
\leq & \delta \sum_{i=0}^{n-1} L \mathbb{E}\left[\left\|w_{0}-w_{i \delta}\right\|_{2}\right] \\
\leq & T L \sqrt{32 T \beta^{2}} \leq 8 T^{3 / 2} L \beta
\end{aligned}
$$

where the third equality is becayse $\xi\left(\cdot, \eta_{i}\right)$ has 0 mean conditioned on the randomness at time 0 , and the second inequality is by Lemma 13.

Next,

$$
\begin{aligned}
& \mathbb{E}[(2)] \\
= & \mathbb{E}\left[\left\langle\nabla f\left(x_{T}-v_{T}\right)-\nabla f\left(x_{0}-v_{0}\right), v_{T}-w_{T}\right\rangle\right] \\
\leq & \mathbb{E}\left[\left\|\nabla f\left(x_{T}-v_{T}\right)-\nabla f\left(x_{0}-v_{0}\right)\right\|_{2}\left\|v_{T}-w_{T}\right\|\right] \\
\leq & \frac{4}{\epsilon} \sqrt{\mathbb{E}\left[\left\|x_{T}-x_{0}\right\|_{2}^{2}+\left\|v_{T}-v_{0}\right\|_{2}^{2}\right]} \cdot \sqrt{\mathbb{E}\left[\left\|v_{T}-w_{T}\right\|_{2}^{2}\right]} \\
\leq & \frac{4}{\epsilon} \sqrt{16 T \beta^{2}+2 T \beta^{2}} \cdot \sqrt{32\left(T^{2} L^{2}+T L_{\xi}^{2}\right) T \beta^{2}} \\
\leq & \frac{128}{\epsilon} T \beta^{2}\left(\sqrt{T} L_{\xi}+T L\right)
\end{aligned}
$$

where the second inequality is because $\left\|\nabla^{2} f\right\|_{2} \leq \frac{2}{\epsilon}$ from item 2(c) of Lemma 18 and by Young's inequality. The third inequality is by Lemma 10, Lemma 12 and Lemma 14.

Finally,

$$
\begin{aligned}
& \mathbb{E}[3] \\
= & \mathbb{E}\left[\int_{0}^{1} \int_{0}^{s}\left\langle\nabla^{2} f\left(x_{T}-v_{T}+s\left(v_{T}-w_{T}\right)\right),\left(v_{T}-w_{T}\right)\left(v_{T}-w_{T}\right)^{T}\right\rangle d s d t\right] \\
\leq & \int_{0}^{1} \int_{0}^{s} \mathbb{E}\left[\left\|\nabla^{2} f\left(x_{T}-v_{T}+s\left(v_{T}-w_{T}\right)\right)\right\|_{2}\left\|v_{T}-w_{T}\right\|_{2}^{2}\right] d s \\
\leq & \frac{1}{\epsilon} \mathbb{E}\left[\left\|v_{T}-w_{T}\right\|_{2}^{2}\right] \\
\leq & \frac{32}{\epsilon}\left(T^{2} L^{2}+T L_{\xi}^{2}\right) T \beta^{2}
\end{aligned}
$$

wehere the second inequality is because $\left\|\nabla^{2} f\right\|_{2} \leq \frac{2}{\epsilon}$ from item 2(c) of Lemma 18 and by Young's inequality. The third inequality is by Lemma 14 .

Summing the above,

$$
\begin{aligned}
& \mathbb{E}\left[f\left(x_{T}-w_{T}\right)-f\left(x_{T}-v_{T}\right)\right] \\
\leq & 8 T^{3 / 2} L \beta+\frac{128}{\epsilon} T \beta^{2}\left(\sqrt{T} L_{\xi}+T L\right)+\frac{32}{\epsilon}\left(T^{2} L^{2}+T L_{\xi}^{2}\right) T \beta^{2} \\
\leq & T^{3 / 2} \epsilon
\end{aligned}
$$

where the last inequality is by our assumption on $T$, specifically,

$$
\begin{aligned}
& T \leq \frac{\epsilon^{2}}{128 \beta^{2}} \Rightarrow T^{3 / 2} L \beta \leq T L \epsilon \\
& T \leq \frac{\epsilon^{2}}{128 \beta^{2}} \Rightarrow \frac{128}{\epsilon} T^{2} L \beta^{2} \leq T L \epsilon \\
& T \leq \frac{\epsilon}{32 \sqrt{L} \beta} \Rightarrow \frac{32}{\epsilon}\left(T^{3} L^{2} \beta^{2}\right) \leq T L \epsilon \\
& T \leq \frac{\epsilon^{4} L_{N}^{2}}{2^{14} \beta^{2} c_{m}^{2}} \Rightarrow \frac{128}{\epsilon} T^{3 / 2} \beta^{2} L_{\xi} \leq T L_{N}^{2} \epsilon \\
& T \leq \frac{\epsilon^{2}}{128 \beta^{2}} \Rightarrow T \leq \frac{\epsilon^{2}}{128 c_{m}^{2}} \Rightarrow \frac{32}{\epsilon} T^{2} L_{\xi}^{2} \beta^{2} \leq T L_{N}^{2} \epsilon
\end{aligned}
$$

where the last line uses the fact that $\beta \geq c_{m}^{2}$.

Corollary 5 Let $f$ be as defined in Lemma 18 with parameter $\epsilon$ satisfying $\epsilon \leq \frac{\mathcal{R}_{q}}{\alpha_{q} \mathcal{R}_{q}{ }^{2}+1}$.
Let $T=\min \left\{\frac{1}{16 L}, \frac{\beta^{2}}{8 L^{2}\left(R^{2}+\beta^{2} / m\right)}, \frac{\epsilon}{32 \sqrt{L} \beta}, \frac{\epsilon^{2}}{128 \beta^{2}}, \frac{\epsilon^{4} L_{N}^{2}}{2^{14} \beta^{2} c_{m}^{2}}\right\}$ and let $\delta \leq \min \left\{\frac{T \epsilon^{2} L}{36 d \beta^{2} \log \left(\frac{36 d \beta^{2}}{\epsilon^{2} L}\right)}, \frac{T \epsilon^{4} L^{2}}{2^{14} d \beta^{4} \log \left(\frac{2^{14} 4 \beta^{4}}{\epsilon^{4} L^{2}}\right)}\right\}$, assume additionally that $n=T / \delta$ is an integer.
Let $\bar{x}_{t}$ and $\bar{w}_{t}$ have dynamics as defined in (3) and (2) respectively, and suppose that the initial conditions satisfy $\mathbb{E}\left[\left\|\bar{x}_{0}\right\|_{2}^{2}\right] \leq$ $R^{2}+\beta^{2} / m$ and $\mathbb{E}\left[\left\|\bar{w}_{0}\right\|_{2}^{2}\right] \leq R^{2}+\beta^{2} / m$. Then there exists a coupling between $\bar{x}_{t}$ and $\bar{w}_{t}$ such that

$$
\mathbb{E}\left[f\left(\bar{x}_{i \delta}-\bar{w}_{i \delta}\right)\right] \leq e^{-\lambda i \delta} \mathbb{E}\left[f\left(\bar{x}_{0}-\bar{w}_{0}\right)\right]+\frac{6}{\lambda}\left(L+L_{N}^{2}\right) \epsilon
$$

## Proof

From Lemma 7 and 9, our initial conditions imply that for all $t, \mathbb{E}\left[\left\|\bar{x}_{t}\right\|_{2}^{2}\right] \leq 6\left(R^{2}+\frac{\beta^{2}}{m}\right)$ and $\mathbb{E}\left[\left\|\bar{w}_{k \delta}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\frac{\beta^{2}}{m}\right)$.
Consider an arbitrary $k$, and for $t \in[0, T)$, define

$$
\begin{equation*}
x_{t}:=\bar{x}_{k T+t} \quad \text { and } \quad w_{t}:=\bar{w}_{k T+t} \tag{34}
\end{equation*}
$$

Notice that as described above, $x_{t}$ and $w_{t}$ have dynamics described in (3) and (1). Let $x_{t}, w_{t}$ have joint distribution as described in (27) and (31), and let $\left(y_{t}, v_{t}\right)$ be the processes defined in (28) and (29). Notice that the joint distribution between $x_{t}$ and $w_{t}$ equivalently describes a coupling between $\bar{x}_{t}$ and $\bar{w}_{t}$ over $t \in[k T,(k+1) T)$.

First, notice that the processes (27) and (28) have the same distribution as (22). We can thus apply Lemma 1:

$$
\mathbb{E}\left[f\left(x_{T}-y_{T}\right)\right] \leq e^{-\lambda T} \mathbb{E}\left[f\left(x_{0}-y_{0}\right)\right]+6 T\left(L+L_{N}^{2}\right) \epsilon
$$

By Lemma 3,

$$
\mathbb{E}\left[f\left(x_{T}-v_{T}\right)\right]-\mathbb{E}\left[f\left(x_{T}-y_{T}\right)\right] \leq 4 T L \epsilon
$$

By Lemma 4,

$$
\mathbb{E}\left[f\left(x_{T}-w_{T}\right)\right]-\mathbb{E}\left[f\left(x_{T}-v_{T}\right)\right] \leq 4 T\left(L+L_{N}^{2}\right) \epsilon
$$

Summing the above three equations,

$$
\mathbb{E}\left[f\left(x_{T}-w_{T}\right)\right] \leq e^{-\lambda \delta} \mathbb{E}\left[f\left(x_{0}-w_{0}\right)\right]+14 T\left(L+L_{N}^{2}\right)
$$

Where we use the fact that $y_{0}=w_{0}$ by construction in (28).

Recalling (34), this is equivalent to

$$
\mathbb{E}\left[f\left(\bar{x}_{(k+1) T}-\bar{w}_{(k+1) T}\right)\right] \leq e^{-\lambda \delta} \mathbb{E}\left[f\left(\bar{x}_{k T}-\bar{w}_{k T}\right)\right]+14 T\left(L+L_{N}^{2}\right)
$$

Applying the above recursively gives, for any $i$

$$
\mathbb{E}\left[f\left(\bar{x}_{i T}-\bar{w}_{i T}\right)\right] \leq e^{-\lambda i T} \mathbb{E}\left[f\left(\bar{x}_{0}-\bar{w}_{0}\right)\right]+\frac{14}{\lambda}\left(L+L_{N}^{2}\right) \epsilon
$$

## B.4. Proof of Theorem 2

For ease of reference, we re-state Theorem 2 below as Theorem 4 below. We make a minor notational change: using the letters $\bar{x}_{t}$ and $\bar{y}_{t}$ in Theorem 4, instead of the letters $x_{t}$ and $y_{t}$ in Theorem 2. This is to avoid some notation conflicts in the proof.

Theorem 4 (Equivalent to Theorem 2) Let $\bar{x}_{t}$ and $w_{t}$ have dynamics as defined in (3) and (1) respectively, and suppose that the initial conditions satisfy $\mathbb{E}\left[\left\|\bar{x}_{0}\right\|_{2}^{2}\right] \leq R^{2}+\beta^{2} / m$ and $\mathbb{E}\left[\left\|\bar{w}_{0}\right\|_{2}^{2}\right] \leq R^{2}+\beta^{2} / m$. Let $\hat{\epsilon}$ be a target accuracy satisfying $\hat{\epsilon} \leq\left(\frac{16\left(L+L_{N}^{2}\right)}{\lambda}\right) \cdot \exp \left(7 \alpha_{q} \mathcal{R}_{q} / 3\right) \cdot \frac{\mathcal{R}_{q}}{\alpha_{q} \mathcal{R}_{q}{ }^{2}+1}$. Let $\epsilon:=\frac{\lambda}{16\left(L+L_{N}^{2}\right)} \exp \left(-\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) \hat{\epsilon}$. Let $T:=\min \left\{\frac{1}{16 L}, \frac{\beta^{2}}{8 L^{2}\left(R^{2}+\beta^{2} / m\right)}, \frac{\epsilon}{32 \sqrt{L} \beta}, \frac{\epsilon^{2}}{128 \beta^{2}}, \frac{\epsilon^{4} L_{N}^{2}}{2^{14} \beta^{2} c_{m}^{2}}\right\}$ and let $\delta$ be a step size satisfying

$$
\delta \leq \min \left\{\frac{T \epsilon^{2} L}{36 d \beta^{2} \log \left(\frac{36 d \beta^{2}}{\epsilon^{2} L}\right)}, \frac{T \epsilon^{4} L^{2}}{2^{14} d \beta^{4} \log \left(\frac{2^{14} d \beta^{4}}{\epsilon^{4} L^{2}}\right)}\right\}
$$

If we assume that $\bar{x}_{0}=\bar{w}_{0}$, then there exists a coupling between $\bar{x}_{t}$ and $\bar{w}_{t}$ such that for any $k$,

$$
\mathbb{E}\left[\left\|\bar{x}_{k \delta}-\bar{w}_{k \delta}\right\|_{2}\right] \leq \hat{\epsilon}
$$

Alternatively, if we assume that $k \geq \frac{3 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{\delta} \cdot \log \frac{R^{2}+\beta^{2} / m}{\hat{\epsilon}}$, then

$$
W_{1}\left(p^{*}, p_{k \delta}^{w}\right) \leq 2 \hat{\epsilon}
$$

where $p_{t}^{w}:=\operatorname{Law}\left(\bar{w}_{t}\right)$.

## Proof of Theorem 4

Let $f$ be defined as in Lemma 18 with parameter $\epsilon$.

$$
\begin{align*}
& \mathbb{E}\left[\left\|\bar{x}_{i \delta}-\bar{w}_{i \delta}\right\|_{2}\right] \\
\leq & 2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) \mathbb{E}\left[f\left(\bar{x}_{i \delta}-\bar{w}_{i \delta}\right)\right]+2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) \epsilon \\
\leq & 2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)\left(e^{-\lambda i \delta} \mathbb{E}\left[f\left(\bar{x}_{0}-\bar{w}_{0}\right)\right]+\frac{6}{\lambda}\left(L+L_{N}^{2}\right) \epsilon\right)+2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) \epsilon \\
\leq & 2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) e^{-\lambda i \delta} \mathbb{E}\left[f\left(\bar{x}_{0}-\bar{w}_{0}\right)\right]+\frac{16\left(L+L_{N}^{2}\right)}{\lambda} \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) \cdot \epsilon  \tag{35}\\
= & 2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) e^{-\lambda i \delta} \mathbb{E}\left[f\left(\bar{x}_{0}-\bar{w}_{0}\right)\right]+\hat{\epsilon}
\end{align*}
$$

where the first inequality is by item 4 of Lemma 18 , the second inequality is by Corollary 5 (notice that $\delta$ satisfies the requirement on $T$ in Theorem 1, for the given $\epsilon$ ). The third inequality uses the fact that $1 \leq L / m \leq \frac{\left(L+L_{N}^{2}\right)}{\lambda}$.

The first claim follows from substituting $\bar{x}_{0}=\bar{w}_{0}$ into (35), so that the first term is 0 , and using the definition of $\epsilon$, so that the second term is 0 .

For the second claim, let $\bar{x}_{0} \sim p^{*}$, the invariant distribution of (3). From Lemma 7, we know that $\bar{x}_{0}$ satisfies the required initial conditions in this Lemma. Continuing from (35),

$$
\begin{aligned}
& \mathbb{E}\left[\left\|\bar{x}_{i \delta}-\bar{w}_{i \delta}\right\|_{2}\right] \\
\leq & 2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)\left(2 e^{-\lambda i \delta} \mathbb{E}\left[\left\|\bar{x}_{0}\right\|_{2}^{2}+\left\|\bar{w}_{0}\right\|_{2}^{2}\right]+\frac{6}{\lambda}\left(L+L_{N}^{2}\right) \epsilon\right)+\epsilon \\
\leq & 2 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)\left(2 e^{-\lambda i \delta}\left(R^{2}+\beta^{2} / m\right)\right)+\frac{16}{\lambda} \exp \left(2 \frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)\left(L+L_{N}^{2}\right) \epsilon \\
= & 4 \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)\left(e^{-\lambda i \delta}\left(R^{2}+\beta^{2} / m\right)\right)+\hat{\epsilon}
\end{aligned}
$$

By our assumption that $i \geq \frac{1}{\delta} \cdot 3 \alpha_{q} \mathcal{R}_{q}{ }^{2} \log \frac{R^{2}+\beta^{2} / m}{\hat{\epsilon}}$, the first term is also bounded by $\hat{\epsilon}$, and this proves our second claim.

## C. Coupling Properties

Lemma 6 Consider the coupled $\left(x_{t}, y_{t}\right)$ in (22). Let $p_{t}$ denote the distribution of $x_{t}$, and $q_{t}$ denote the distribution of $y_{t}$. Let $p_{t}^{\prime}$ and $q_{t}^{\prime}$ denote the distributions of (20) and (21).
If $p_{0}=p_{0}^{\prime}$ and $q_{0}=q_{0}^{\prime}$, then $p_{t}=p_{t}^{\prime}$ and $q_{t}=q_{t}^{\prime}$ for all $t$.

## Proof

Consider the coupling in (22), reproduced below for ease of reference:

$$
\begin{aligned}
x_{t} & =x_{0}+\int_{0}^{t}-\nabla U\left(x_{s}\right) d s+\int_{0}^{t} c_{m} d V_{s}+\int_{0}^{t} N\left(x_{s}\right) d W_{s} \\
y_{t} & =y_{0}+\int_{0}^{t}-\nabla U\left(y_{0}\right) d t+\int_{0}^{t} c_{m}\left(I-2 \gamma_{s} \gamma_{s}^{T}\right) d V_{s}+\int_{0}^{t} N\left(y_{0}\right) d W_{s}
\end{aligned}
$$

Let us define the stochastic process $A_{t}:=\int_{0}^{t} M\left(x_{s}\right)^{-1} c_{m} d V_{s}+\int_{0}^{t} M\left(x_{s}\right)^{-1} N\left(x_{s}\right) d W_{s}$. We can verify using Levy's characterization that $A_{t}$ is a standard Brownian motion: first, since $V_{t}$ and $W_{t}$ are Brownian motions, and $N(x)$ is differentiable with bounded derivatives, we know that $A_{t}$ has continuous sample paths. We now verify that $A_{t}^{i} A_{t}^{j}-\mathbb{1}\{i=j\} t$ is a martingale.
Notice that $d A_{t}=c_{m} d V_{t}+M\left(x_{s}\right)^{-1} N\left(x_{s}\right) d W_{s}$. Then

$$
\begin{aligned}
d A_{t}^{i} A_{t}^{j}= & d A_{t}^{T}\left(e_{i} e_{j}^{T}\right) A_{t} \\
= & A_{t}\left(e_{i} e_{j}^{T}\right)\left(c_{m} d V_{t}+M\left(x_{s}\right)^{-1} N\left(x_{s}\right) d W_{s}\right)^{T}+\left(c_{m} d V_{t}+M\left(x_{s}\right)^{-1} N\left(x_{s}\right) d W_{s}\right)\left(e_{j} e_{i}^{T}\right) a_{t}^{T} \\
& \quad+\frac{1}{2} \operatorname{tr}\left(\left(e_{i} e_{j}^{T}+e_{j} e_{i}^{T}\right)\left(c_{m}^{2} M\left(x_{s}\right)^{-2}+M\left(x_{s}\right)^{-1} N\left(x_{s}\right)^{2} M\left(x_{s}\right)^{-1}\right)\right) d t
\end{aligned}
$$

where the second inequality is by Ito's Lemma applied to $f\left(A_{t}\right)=A_{t}^{T} e_{j} e_{j}^{T} A_{t}$. Taking expectations,

$$
\begin{aligned}
d \mathbb{E}\left[A_{t}^{i} A_{t}^{j}\right] & =\mathbb{E}\left[\frac{1}{2} \operatorname{tr}\left(\left(e_{i} e_{j}^{T}+e_{j} e_{i}^{T}\right)\left(c_{m}^{2} M\left(x_{s}\right)^{-2}+M\left(x_{s}\right)^{-1} N\left(x_{s}\right) N\left(x_{s}\right)^{T}\left(M\left(x_{s}\right)^{-1}\right)^{T}\right)\right)\right] d t \\
& =\mathbb{E}\left[\frac{1}{2} \operatorname{tr}\left(\left(e_{i} e_{j}^{T}+e_{j} e_{i}^{T}\right)\left(M\left(x_{s}\right)^{-1}\left(c_{m}^{2} I+N\left(x_{s}\right)^{2}\right) M\left(x_{s}\right)^{-1}\right)\right)\right] d t \\
& =\mathbb{E}\left[\frac{1}{2} \operatorname{tr}\left(\left(e_{i} e_{j}^{T}+e_{j} e_{i}^{T}\right)\left(M\left(x_{s}\right)^{-1}\left(M\left(x_{s}\right)^{2}\right) M\left(x_{s}\right)^{-1}\right)\right)\right] d t \\
& =\mathbb{E}\left[\frac{1}{2} \operatorname{tr}\left(\left(e_{i} e_{j}^{T}+e_{j} e_{i}^{T}\right)\right)\right] d t \\
& =\mathbb{1}\{i=j\} d t
\end{aligned}
$$

This verifies that $A_{t}^{i} A_{t}^{j}-\mathbb{1}\{i=j\} t$ is a martingale, and hence by Levy's characterization, $A_{t}$ is a standard Brownian motion. In turn, we verify that by definition of $A_{t}$,

$$
\begin{aligned}
x_{t} & =x_{0}+\int_{0}^{t}-\nabla U\left(x_{s}\right) d s+\int_{0}^{t} c_{m} d V_{s}+\int_{0}^{t} N\left(x_{s}\right) d W_{s} \\
& =x_{0}+\int_{0}^{t}-\nabla U\left(x_{s}\right) d s+\int_{0}^{t} M\left(x_{s}\right)\left(M\left(x_{s}\right)^{-1}\left(c_{m} d V_{s}+N\left(x_{s}\right) d W_{s}\right)\right) \\
& =x_{0}+\int_{0}^{t}-\nabla U\left(x_{s}\right) d s+\int_{0}^{t} M\left(x_{s}\right) d A_{s}
\end{aligned}
$$

Since we showed that $A_{t}$ is a standard Brownian motion, we verify that $x_{t}$ as defined in (22) has the same distribution as (3).
On the other hand, we can verify that $A_{t}^{\prime}:=\int_{0}^{T}\left(I-2 \gamma_{s} \gamma_{s}^{T}\right) V_{s}$ is a standard Brownian motion by the reflection principle. Thus

$$
\int_{0}^{t} c_{m}\left(I-2 \gamma_{s} \gamma_{s}^{T}\right) d V_{s}+\int_{0}^{t} N\left(y_{0}\right) d W_{s} \sim \mathcal{N}\left(0,\left(c_{m}^{2} I+N\left(y_{0}\right)^{2}\right)\right)=\mathcal{N}\left(0, M\left(y_{0}\right)^{2}\right)
$$

where the equality is by definition of $N$ in (6).
It follows immediately that $y_{t}$ in (22) has the same distribution as $y_{t}$ in (2).

## C.1. Energy Bounds

Lemma 7 Consider $x_{t}$ as defined in (3). If $x_{0}$ satisfies $\mathbb{E}\left[\left\|x_{0}\right\|_{2}^{2}\right] \leq R^{2}+\frac{\beta^{2}}{m}$, then Then for all $t$,

$$
\mathbb{E}\left[\left\|x_{t}\right\|_{2}^{2}\right] \leq 6\left(R^{2}+\frac{\beta^{2}}{m}\right)
$$

We can also show that

$$
\mathbb{E}_{p^{*}}\left[\|x\|_{2}^{2}\right] \leq 4\left(R^{2}+\frac{\beta^{2}}{m}\right)
$$

## Proof

We consider the potential function $a(x)=\left(\|x\|_{2}-R\right)_{+}^{2}$ We verify that

$$
\begin{aligned}
\nabla a(x) & =\left(\|x\|_{2}-R\right)_{+} \frac{x}{\|x\|_{2}} \\
\nabla^{2} a(x) & =\mathbb{1}\left\{\|x\|_{2} \geq R\right\} \frac{x x^{T}}{\|x\|_{2}^{2}}+\frac{\left(\|x\|_{2}-R\right)_{+}}{\|x\|_{2}}\left(I-\frac{x x^{T}}{\|x\|_{2}^{2}}\right)
\end{aligned}
$$

Observe that

1. $\left\|\nabla^{2} a(x)\right\|_{2} \leq 2 \mathbb{1}\left\{\|x\|_{2} \geq R\right\} \leq 2$
2. $\langle\nabla a(x),-\nabla U(x)\rangle \leq-m a(x)$. This can be verified by considering 2 cases. If $\|x\|_{2} \leq R$, then $\nabla a(x)=0$ and $a(x)=0$. If $\|x\|_{2} \geq R$, then by Assumption A,

$$
\langle\nabla a(x),-\nabla U(x)\rangle \leq-m\left(\|x\|_{2}-R\right)_{+}\|w\|_{2} \leq-m\left(\|x\|_{2}-R\right)_{+}^{2}=-m \cdot a(x)
$$

3. $a(x) \geq \frac{1}{2}\|x\|_{2}^{2}-2 R^{2}$. One can first verify that $a(x) \geq\left(\|x\|_{2}-R\right)^{2}-R^{2}$. Next, by Young's inequality, $\left(\|x\|_{2}-R\right)^{2}=$ $\|x\|_{2}^{2}+R^{2}-2\|x\|_{2} R \geq\|x\|_{2}^{2}+R^{2}-\frac{1}{2}\|x\|_{2}^{2}-2 R^{2}=\frac{1}{2}\|x\|_{2}^{2}-R^{2}$.

Therefore,

$$
\begin{aligned}
& \frac{d}{d t} \mathbb{E}\left[a\left(x_{t}\right)\right]=\mathbb{E}\left[\left\langle\nabla a\left(x_{t}\right),-\nabla U\left(x_{t}\right) d t\right\rangle\right]+\frac{1}{2} \mathbb{E}\left[\operatorname{tr}\left(M\left(x_{t}\right)^{2} \nabla^{2} a(x)\right)\right] \leq-m \mathbb{E}\left[a\left(x_{t}\right)\right]+\beta^{2} \\
\Rightarrow & \frac{d}{d t}\left(\mathbb{E}\left[a\left(x_{t}\right)\right]-\frac{\beta^{2}}{m}\right) \leq-m\left(\mathbb{E}\left[a\left(x_{t}\right)\right]-\frac{\beta^{2}}{m}\right) \\
\Rightarrow & \frac{d}{d t}\left(\mathbb{E}\left[a\left(x_{t}\right)\right]-R^{2}-\frac{\beta^{2}}{m}\right) \leq-m\left(\mathbb{E}\left[a\left(x_{t}\right)\right]-R^{2}-\frac{\beta^{2}}{m}\right)
\end{aligned}
$$

Thus if $\mathbb{E}\left[\left\|x_{0}\right\|_{2}^{2}\right] \leq R^{2}+\frac{\beta^{2}}{m}$, then $\mathbb{E}\left[a\left(x_{0}\right)\right] \leq R^{2}-\frac{\beta^{2}}{m}$, then $\left(\mathbb{E}\left[a\left(x_{0}\right)\right]-R^{2}-\frac{\beta^{2}}{m}\right) \leq 0$, and $\left(\mathbb{E}\left[a\left(x_{t}\right)\right]-R^{2}+\frac{\beta^{2}}{m}\right) \leq$ $e^{-m t} \cdot 0 \leq 0$ for all $t$. This implies that, for all $t$,

$$
\mathbb{E}\left[\left\|x_{t}\right\|_{2}^{2}\right] \leq \mathbb{E}\left[2 a\left(x_{t}\right)+4 R^{2}\right] \leq 6\left(R^{2}+\frac{\beta^{2}}{m}\right)
$$

For our second claim that $\mathbb{E}_{p^{*}}\left[\|x\|_{2}^{2}\right] \leq R^{2}+\frac{\beta^{2}}{m}$, we can use the fact that if $x_{0} \sim p^{*}$, then $\mathbb{E}\left[a\left(x_{t}\right)\right]$ does not change as $p^{*}$ is invariant, so that

$$
0=\frac{d}{d t} \mathbb{E}\left[a\left(x_{t}\right)\right] \leq-m \mathbb{E}\left[a\left(x_{t}\right)\right]+\beta^{2}
$$

Thus

$$
\mathbb{E}\left[a\left(x_{t}\right)\right] \leq \frac{\beta^{2}}{m}
$$

Again,

$$
\mathbb{E}_{p^{*}}\left[\|x\|_{2}^{2}\right]=\mathbb{E}\left[\left\|x_{t}\right\|_{2}^{2}\right] \leq 2 \mathbb{E}\left[a\left(x_{t}\right)\right]+4 R^{2} \leq 4\left(R^{2}+\frac{\beta^{2}}{m}\right)
$$

Lemma 8 Let the sequence $y_{k \delta}$ be as defined in (1). Assuming that $\delta \leq m /\left(16 L^{2}\right)$ and $\mathbb{E}\left[\left\|y_{0}\right\|_{2}^{2}\right] \leq 2\left(R^{2}+\frac{\beta^{2}}{m}\right)$ Then for all $k$,

$$
\mathbb{E}\left[\left\|y_{k \delta}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\frac{\beta^{2}}{m}\right)
$$

## Proof

Let $a(w):=\left(\|w\|_{2}-R\right)_{+}^{2}$. We can verify that

$$
\begin{aligned}
\nabla a(w) & =\left(\|w\|_{2}-R\right)_{+} \frac{w}{\|w\|_{2}} \\
\nabla^{2} a(w) & =\mathbb{1}\left\{\|w\|_{2} \geq R\right\} \frac{w w^{T}}{\|w\|_{2}^{2}}+\left(\|w\|_{2}-R\right)_{+} \frac{1}{\|w\|_{2}}\left(I-\frac{w w^{T}}{\|w\|_{2}^{2}}\right)
\end{aligned}
$$

Observe that

1. $\left\|\nabla^{2} a(w)\right\|_{2} \leq 2 \mathbb{1}\left\{\|w\|_{2} \geq R\right\} \leq 2$
2. $\langle\nabla a(w),-\nabla U(w)\rangle \leq-m a(w)$.
3. $a(w) \geq \frac{1}{2}\|w\|_{2}^{2}-2 R^{2}$.

The proofs are identical to the proof at the start of Lemma 9, so we omit them here.

Using Taylor's Theorem, and taking expectation of $y_{(k+1) \delta}$ conditioned on $y_{k \delta}$,

$$
\begin{aligned}
& \mathbb{E}\left[a\left(y_{(k+1) \delta}\right)\right] \\
= & \mathbb{E}\left[a\left(y_{k \delta}\right)\right]+\mathbb{E}\left[\left\langle\nabla a\left(y_{k \delta}\right), y_{(k+1) \delta}-y_{k \delta}\right\rangle\right] \\
& +\mathbb{E}\left[\int_{0}^{1} \int_{0}^{t}\left\langle\nabla^{2} a\left(y_{k \delta}+s\left(y_{(k+1) \delta}-y_{k \delta}\right),\left(y_{(k+1) \delta}-y_{k \delta}\right)\left(y_{(k+1) \delta}-y_{k \delta}\right)^{T}\right\rangle d t d s\right]\right. \\
\leq & \mathbb{E}\left[a\left(y_{k \delta}\right)\right]+\mathbb{E}\left[\left\langle\nabla a\left(y_{k \delta}\right), y_{(k+1) \delta}-y_{k \delta}\right\rangle\right]+\mathbb{E}\left[\left\|\left(y_{(k+1) \delta}-y_{k \delta}\right)\right\|_{2}^{2} d s\right] \\
\leq & \mathbb{E}\left[a\left(y_{k \delta}\right)\right]+\mathbb{E}\left[\left\langle\nabla a\left(y_{k \delta}\right),-\delta \nabla U\left(y_{k \delta}\right)\right\rangle\right]+2 \delta^{2}\left\|\nabla U\left(y_{k \delta}\right)\right\|_{2}^{2}+2 \delta \mathbb{E}\left[\operatorname{tr}\left(M\left(y_{k \delta}\right)^{2}\right)\right] \\
\leq & \mathbb{E}\left[a\left(y_{k \delta}\right)\right]-m \delta \mathbb{E}\left[a\left(y_{k \delta}\right)\right]+2 \delta^{2} \mathbb{E}\left[\left\|\nabla U\left(y_{k \delta}\right)\right\|_{2}^{2}\right]+2 \delta \mathbb{E}\left[\operatorname{tr}\left(M\left(y_{k \delta}\right)^{2}\right)\right] \\
\leq & \mathbb{E}\left[a\left(y_{k \delta}\right)\right]-m \delta \mathbb{E}\left[a\left(y_{k \delta}\right)\right]+2 \delta^{2} L^{2} \mathbb{E}\left[\left\|y_{k \delta}\right\|_{2}^{2}\right]+2 \delta \beta^{2} \\
\leq & \mathbb{E}\left[a\left(y_{k \delta}\right)\right]-m \delta \mathbb{E}\left[a\left(y_{k \delta}\right)\right]+4 \delta^{2} L^{2} \mathbb{E}\left[a\left(y_{k \delta}\right)\right]+8 \delta^{2} L^{2} R^{2}+2 \delta \beta^{2} \\
\leq & (1-m \delta / 2) \mathbb{E}\left[a\left(y_{k \delta}\right)\right]+m \delta R^{2}+2 \delta \beta^{2}
\end{aligned}
$$

Where the first inequality uses the upper bound on $\left\|\nabla^{2} a(y)\right\|_{2}$ above, the second inequality uses the fact that $y_{(k+1) \delta} \sim$ $\mathcal{N}\left(y_{k \delta}-\delta \nabla U\left(y_{k \delta}\right), \delta M\left(y_{k \delta}\right)^{2}\right)$, the third inequality uses claim 2 . at the start of this proof, the fourth inequality uses item 2 of Assumption B. The fifth inequality uses claim 3. above, the sixth inequality uses our assumption that $\delta \leq \frac{m}{16 L^{2}}$.

Taking expectation wrt $y_{k \delta,}$

$$
\begin{aligned}
& \mathbb{E}\left[a\left(y_{(k+1) \delta}\right)\right] \leq \mathbb{E}\left[a\left(y_{k}\right)\right]-m \delta\left(\mathbb{E}\left[a\left(y_{k \delta}\right)\right]-2 R^{2}+2 \beta^{2} / m\right) \\
\Rightarrow \quad & \mathbb{E}\left[a\left(y_{(k+1) \delta}\right)\right]-\left(2 R^{2} / 2+2 \beta^{2} / m\right) \leq(1-m \delta)\left(\mathbb{E}\left[a\left(y_{k \delta}\right)\right]-\left(2 R^{2}+2 \beta^{2} / m\right)\right.
\end{aligned}
$$

Thus, if $\mathbb{E}\left[\left\|y_{0}\right\|_{2}^{2}\right] \leq 2 R^{2}+2 \beta^{2} / m$, then $\mathbb{E}\left[a\left(y_{0}\right)\right]-\left(2 R^{2}+2 \beta^{2} / m\right) \leq 0$, then $\mathbb{E}\left[a\left(y_{k \delta}\right)\right]-\left(2 R^{2}+2 \beta^{2} / m\right) \leq 0$ for all $k$, which implies that

$$
\mathbb{E}\left[\left\|y_{k \delta}\right\|_{2}^{2}\right] \leq 2 \mathbb{E}\left[a\left(y_{k \delta}\right)\right]+4 R^{2} \leq 8\left(R^{2}+\beta^{2} / m\right)
$$

for all $k$.
Lemma 9 Let the sequence $w_{k \delta}$ be as defined in (1). Assuming that $\delta \leq m /\left(16 L^{2}\right)$ and $\mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right] \leq 2\left(R^{2}+\frac{\beta^{2}}{m}\right)$ Then for all $k$,

$$
\mathbb{E}\left[\left\|w_{k \delta}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\frac{\beta^{2}}{m}\right)
$$

## Proof

The proof is almost identical to that of Lemma 8. Let $a(w):=\left(\|w\|_{2}-R\right)_{+}^{2}$. We can verify that

$$
\begin{aligned}
\nabla a(w) & =\left(\|w\|_{2}-R\right)_{+} \frac{w}{\|w\|_{2}} \\
\nabla^{2} a(y) & =\mathbb{1}\left\{\|w\|_{2} \geq R\right\} \frac{w w^{T}}{\|w\|_{2}^{2}}+\left(\|w\|_{2}-R\right)_{+} \frac{1}{\|w\|_{2}}\left(I-\frac{w w^{T}}{\|w\|_{2}^{2}}\right)
\end{aligned}
$$

Observe that

1. $\left\|\nabla^{2} a(w)\right\|_{2} \leq 2 \mathbb{1}\left\{\|w\|_{2} \geq R\right\} \leq 2$
2. $\langle\nabla a(w),-\nabla U(w)\rangle \leq-m a(w)$.
3. $a(w) \geq \frac{1}{2}\|w\|_{2}^{2}-2 R^{2}$.

The proofs are identical to the proof at the start of Lemma 9, so we omit them here.

Using Taylor's Theorem, and taking expectation of $w_{(k+1) \delta}$ conditioned on $w_{k \delta}$,

$$
\begin{aligned}
& \mathbb{E}\left[a\left(w_{(k+1) \delta}\right)\right] \\
= & \mathbb{E}\left[a\left(w_{k \delta}\right)\right]+\mathbb{E}\left[\left\langle\nabla a\left(w_{k \delta}\right), w_{(k+1) \delta}-w_{k \delta}\right\rangle\right] \\
& \quad+\mathbb{E}\left[\int_{0}^{1} \int_{0}^{t}\left\langle\nabla^{2} a\left(w_{k \delta}+s\left(w_{(k+1) \delta}-w_{k \delta}\right),\left(w_{(k+1) \delta}-w_{k \delta}\right)\left(w_{(k+1) \delta}-w_{k \delta}\right)^{T}\right\rangle d t d s\right]\right. \\
\leq & \mathbb{E}\left[a\left(w_{k \delta}\right)\right]+\mathbb{E}\left[\left\langle\nabla a\left(w_{k \delta}\right), w_{(k+1) \delta}-w_{k \delta}\right\rangle\right]+\mathbb{E}\left[\left\|\left(w_{(k+1) \delta}-w_{k \delta}\right)\right\|_{2}^{2} d s\right] \\
\leq & \mathbb{E}\left[a\left(w_{k \delta}\right)\right]+\mathbb{E}\left[\left\langle\nabla a\left(w_{k \delta}\right),-\delta \nabla U\left(w_{k \delta}\right)\right\rangle\right]+2 \delta^{2}\left\|\nabla U\left(w_{k \delta}\right)\right\|_{2}^{2}+2 \delta \mathbb{E}\left[\left\|\xi\left(w_{k \delta}, \eta_{k}\right)\right\|_{2}^{2}\right] \\
\leq & \mathbb{E}\left[a\left(w_{k \delta}\right)\right]-m \delta \mathbb{E}\left[a\left(w_{k \delta}\right)\right]+2 \delta^{2} \mathbb{E}\left[\left\|\nabla U\left(w_{k \delta}\right)\right\|_{2}^{2}\right]+2 \delta \mathbb{E}\left[\left\|\xi\left(w_{k \delta}, \eta_{k}\right)\right\|_{2}^{2}\right] \\
\leq & \mathbb{E}\left[a\left(w_{k \delta}\right)\right]-m \delta \mathbb{E}\left[a\left(w_{k \delta}\right)\right]+2 \delta^{2} L^{2} \mathbb{E}\left[\left\|w_{k \delta}\right\|_{2}^{2}\right]+2 \delta \beta^{2} \\
\leq & \mathbb{E}\left[a\left(w_{k \delta}\right)\right]-m \delta \mathbb{E}\left[a\left(w_{k \delta}\right)\right]+2 \delta^{2} L^{2} a\left(w_{k \delta}\right)+2 \delta^{2} L^{2} R^{2}+2 \delta \beta^{2} \\
\leq & (1-m \delta / 2) a\left(w_{k \delta}\right)+m \delta R^{2}+2 \delta \beta^{2}
\end{aligned}
$$

Where the first inequality uses the upper bound on $\left\|\nabla^{2} a(y)\right\|_{2}$ above, the second inequality uses the fact that $w_{(k+1) \delta}=$ $\left(y_{k \delta}-\delta \nabla U\left(y_{k \delta}\right)=\xi\left(w_{k \delta}, \eta_{k}\right)\right)$, and $\mathbb{E}\left[\xi\left(w_{k \delta}, \eta_{k}\right) \mid w_{k \delta}\right]=0$, the third inequality uses claim 2 . at the start of this proof, the fourth inequality uses item 2 of Assumption B. The fifth inequality uses claim 3. above, the sixth inequality uses our assumption that $\delta \leq \frac{m}{16 L^{2}}$.
Taking expectation wrt $w_{k \delta}$,

$$
\begin{aligned}
& \mathbb{E}\left[a\left(w_{(k+1) \delta}\right)\right] \leq \mathbb{E}\left[a\left(w_{k}\right)\right]-m \delta\left(\mathbb{E}\left[a\left(w_{k \delta}\right)\right]-2 R^{2}+2 \beta^{2} / m\right) \\
\Rightarrow \quad & \mathbb{E}\left[a\left(w_{(k+1) \delta}\right)\right]-\left(2 R^{2} / 2+2 \beta^{2} / m\right) \leq(1-m \delta)\left(\mathbb{E}\left[a\left(w_{k \delta}\right)\right]-\left(2 R^{2}+2 \beta^{2} / m\right)\right.
\end{aligned}
$$

Thus, if $\mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right] \leq 2 R^{2}+2 \beta^{2} / m$, then $\mathbb{E}\left[a\left(w_{0}\right)\right]-\left(2 R^{2}+2 \beta^{2} / m\right) \leq 0$, then $\mathbb{E}\left[a\left(w_{k \delta}\right)\right]-\left(2 R^{2}+2 \beta^{2} / m\right) \leq 0$ for all $k$, which implies that

$$
\mathbb{E}\left[\left\|w_{k \delta}\right\|_{2}^{2}\right] \leq 2 \mathbb{E}\left[a\left(w_{k \delta}\right)\right]+4 R^{2} \leq 8\left(R^{2}+\beta^{2} / m\right)
$$

for all $k$.

## C.2. Divergence Bounds

Lemma 10 Let $x_{t}$ be as defined in (20) (or equivalently (22) or (27)), initialized at $x_{0}$. Then for any $T \leq \frac{1}{16 L}$,

$$
\mathbb{E}\left[\left\|x_{T}-x_{0}\right\|_{2}^{2}\right] \leq 8\left(T \beta^{2}+T^{2} L^{2} \mathbb{E}\left[\left\|x_{0}\right\|_{2}^{2}\right]\right)
$$

If we additionally assume that $\mathbb{E}\left[\left\|x_{0}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\beta^{2} / m\right)$ and $T \leq \frac{\beta^{2}}{8 L^{2}\left(R^{2}+\beta^{2} / m\right)}$, then

$$
\mathbb{E}\left[\left\|x_{T}-x_{0}\right\|_{2}^{2}\right] \leq 16 T \beta^{2}
$$

## Proof

By Ito's Lemma,

$$
\begin{aligned}
& \frac{d}{d t} \mathbb{E}\left[\left\|x_{t}\right\|_{2}^{2}\right] \\
= & 2 \mathbb{E}\left[\left\langle\nabla U\left(x_{t}\right), x_{t}-x_{0}\right\rangle\right]+\mathbb{E}\left[\operatorname{tr}\left(M\left(x_{t}\right)^{2}\right)\right] \\
\leq & 2 L \mathbb{E}\left[\left\|x_{t}\right\|_{2}\left\|x_{t}-x_{0}\right\|_{2}\right]+\beta^{2} \\
\leq & 2 L \mathbb{E}\left[\left\|x_{t}-x_{0}\right\|_{2}^{2}\right]+2 L \mathbb{E}\left[\left\|x_{0}\right\|_{2}\left\|x_{t}-x_{0}\right\|_{2}\right]+\beta^{2} \\
\leq & 2 L \mathbb{E}\left[\left\|x_{t}-x_{0}\right\|_{2}^{2}\right]+L^{2} T \mathbb{E}\left[\left\|x_{0}\right\|_{2}^{2}\right]+\frac{1}{T} \mathbb{E}\left[\left\|x_{t}-x_{0}\right\|_{2}^{2}\right]+\beta^{2} \\
\leq & \frac{2}{T} \mathbb{E}\left[\left\|x_{t}-x_{0}\right\|_{2}^{2}\right]+\left(L^{2} T \mathbb{E}\left[\left\|x_{0}\right\|_{2}^{2}\right]+\beta^{2}\right)
\end{aligned}
$$

where the first inequality is by item 1 of Assumption $A$ and item 2 of Assumption $B$, the second inequality is by triangle inequality, the third inequality is by Young's inequality, the last inequality is by our assumption on $T$.

Applying Gronwall's inequality for $t \in[0, T]$,

$$
\begin{aligned}
& \left(\mathbb{E}\left[\left\|x_{t}-x_{0}\right\|_{2}^{2}\right]+L^{2} T^{2} \mathbb{E}\left[\left\|x_{0}\right\|_{2}^{2}\right]+T \beta^{2}\right) \\
\leq & e^{2}\left(\mathbb{E}\left[\left\|x_{0}-x_{0}\right\|\right]+L^{2} T^{2} \mathbb{E}\left[\left\|x_{0}\right\|_{2}^{2}\right]+T \beta^{2}\right) \\
\leq & 8 L^{2} T^{2} \mathbb{E}\left[\left\|x_{0}\right\|_{2}^{2}\right]+T \beta^{2}
\end{aligned}
$$

This concludes our proof.
Lemma 11 Let $y_{t}$ be as defined in (21) (or equivalently (22) or (27)), initialized at $y_{0}$. Then for any $T$,

$$
\mathbb{E}\left[\left\|y_{T}-y_{0}\right\|_{2}^{2}\right] \leq T^{2} L^{2} \mathbb{E}\left[\left\|y_{0}\right\|_{2}^{2}\right]+T \beta^{2}
$$

If we additionally assume that $\mathbb{E}\left[\left\|y_{0}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\beta^{2} / m\right)$ and $T \leq \frac{\beta^{2}}{8 L^{2}\left(R^{2}+\beta^{2} / m\right)}$, then

$$
\mathbb{E}\left[\left\|y_{T}-y_{0}\right\|_{2}^{2}\right] \leq 2 T \beta^{2}
$$

## Proof

Notice from the definition in (21) that $y_{T}-y_{0} \sim \mathcal{N}\left(-T \nabla U\left(y_{0}\right), T M\left(y_{0}\right)^{2}\right)$, the conclusion immediately follows from where the inequality is by item 1 of Assumption A and item 2 of Assumption B, and the fact that

$$
\operatorname{tr}\left(M(x)^{2}\right)=\operatorname{tr}\left(\mathbb{E}\left[\xi(x, \eta) \xi(x, \eta)^{T}\right]\right)=\mathbb{E}\left[\|\xi(x, \eta)\|_{2}^{2}\right]
$$

Lemma 12 Let $v_{t}$ be as defined in (29), initialized at $v_{0}$. Then for any $T=n \delta$,

$$
\mathbb{E}\left[\left\|v_{T}-v_{0}\right\|_{2}^{2}\right] \leq T^{2} L^{2} \mathbb{E}\left[\left\|v_{0}\right\|_{2}^{2}\right]+T \beta^{2}
$$

If we additionally assume that $\mathbb{E}\left[\left\|v_{0}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\beta^{2} / m\right)$ and $T \leq \frac{\beta^{2}}{8 L^{2}\left(R^{2}+\beta^{2} / m\right)}$, then

$$
\mathbb{E}\left[\left\|v_{T}-v_{0}\right\|_{2}^{2}\right] \leq 2 T \beta^{2}
$$

## Proof

From (29),

$$
v_{T}-v_{0}=-T \nabla U\left(v_{0}\right)+\sqrt{\delta} \sum_{i=0}^{n-1} \xi\left(v_{0}, \eta_{i}\right)
$$

Conditioned on the randomness up to time $i, \mathbb{E}\left[\xi\left(v_{0}, \eta_{i+1}\right)\right]=0$. Thus

$$
\begin{aligned}
& \mathbb{E}\left[\left\|v_{T}-v_{0}\right\|_{2}^{2}\right] \\
= & T^{2} \mathbb{E}\left[\left\|\nabla U\left(v_{0}\right)\right\|_{2}^{2}\right]+\delta \sum_{i=0}^{n-1} \mathbb{E}\left[\left\|\xi\left(v_{0}, \eta_{i}\right)\right\|_{2}^{2}\right] \\
\leq & T^{2} L^{2} \mathbb{E}\left[\left\|v_{0}\right\|_{2}^{2}\right]+T \beta^{2}
\end{aligned}
$$

where the inequality is by item 1 of Assumption A and item 2 of Assumption B.
Lemma 13 Let $w_{t}$ be as defined in (31), initialized at $w_{0}$. Then for any $T=n \delta$ such that $T \leq \frac{1}{2 L}$,

$$
\mathbb{E}\left[\left\|w_{T}-w_{0}\right\|_{2}^{2}\right] \leq 16\left(T^{2} L^{2} \mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right]+T \beta^{2}\right)
$$

If we additionally assume that $\mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\beta^{2} / m\right)$ and $T \leq \frac{\beta^{2}}{8 L^{2}\left(R^{2}+\beta^{2} / m\right)}$, then

$$
\mathbb{E}\left[\left\|w_{T}-w_{0}\right\|_{2}^{2}\right] \leq 32 T \beta^{2}
$$

## Proof

$$
\begin{align*}
& \mathbb{E}\left[\left\|w_{(k+1) \delta}-w_{0}\right\|_{2}^{2}\right] \\
= & \mathbb{E}\left[\left\|w_{k \delta}-\delta \nabla U\left(w_{k \delta}\right)+\sqrt{\delta} \xi\left(w_{k \delta}, \eta_{k}\right)-w_{0}\right\|_{2}^{2}\right] \\
= & \mathbb{E}\left[\left\|w_{k \delta}-\delta \nabla U\left(w_{k \delta}\right)-w_{0}\right\|_{2}^{2}\right]+\delta \mathbb{E}\left[\left\|\xi\left(w_{k \delta}, \eta_{k}\right)\right\|_{2}^{2}\right] \tag{36}
\end{align*}
$$

We can bound $\delta \mathbb{E}\left[\left\|\xi\left(w_{k \delta}, \eta_{k}\right)\right\|_{2}^{2}\right] \leq \delta \beta^{2}$ by item 2 of Assumption B.

$$
\begin{aligned}
& \mathbb{E}\left[\left\|w_{k \delta}-\delta \nabla U\left(w_{k \delta}\right)-w_{0}\right\|_{2}^{2}\right] \\
\leq & \mathbb{E}\left[\left(\left\|w_{k \delta}-w_{0}-\delta\left(\nabla U\left(w_{k \delta}\right)-\nabla U\left(w_{0}\right)\right)\right\|_{2}+\delta\left\|\nabla U\left(w_{0}\right)\right\|_{2}\right)^{2}\right] \\
\leq & \left(1+\frac{1}{n}\right) \mathbb{E}\left[\left\|w_{k \delta}-w_{0}-\delta\left(\nabla U\left(w_{k \delta}\right)-\nabla U\left(w_{0}\right)\right)\right\|_{2}^{2}\right] \\
& +(1+n) \delta^{2} \mathbb{E}\left[\left\|\nabla U\left(w_{0}\right)\right\|_{2}^{2}\right] \\
\leq & \left(1+\frac{1}{n}\right)(1+\delta L)^{2} \mathbb{E}\left[\left\|w_{k \delta}-w_{0}\right\|_{2}^{2}\right]+2 n \delta^{2} L^{2} \mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right] \\
\leq & e^{1 / n+2 \delta L} \mathbb{E}\left[\left\|w_{k \delta}-w_{0}\right\|_{2}^{2}\right]+2 n \delta^{2} L^{2} \mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right]
\end{aligned}
$$

where the first inequality is by triangle inequality, the second inequality is by Young's inequality, the third inequality is by item 1 of Assumption A.
Inserting the above into (36) gives

$$
\mathbb{E}\left[\left\|w_{(k+1) \delta}-w_{0}\right\|_{2}^{2}\right] \leq e^{1 / n+2 \delta L} \mathbb{E}\left[\left\|w_{k \delta}-w_{0}\right\|_{2}^{2}\right]+2 n \delta^{2} L^{2} \mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right]+\delta \beta^{2}
$$

Applying the above recursively for $k=1 \ldots n$, we see that

$$
\begin{aligned}
& \mathbb{E}\left[\left\|w_{n \delta}-w_{0}\right\|_{2}^{2}\right] \\
\leq & \sum_{k=0}^{n-1} e^{(n-k) \cdot(1 / n+2 \delta L)} \cdot\left(2 n \delta^{2} L^{2} \mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right]+\delta \beta^{2}\right) \\
\leq & 16\left(n^{2} \delta^{2} L^{2} \mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right]+n \delta \beta^{2}\right) \\
= & 16\left(T^{2} L^{2} \mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right]+T \beta^{2}\right)
\end{aligned}
$$

## C.3. Discretization Bounds

Lemma 14 Let $v_{k \delta}$ and $w_{k \delta}$ be as defined in (29) and (31). Then for any $\delta$, $n$, such that $T:=n \delta \leq \frac{1}{16 L}$,

$$
\mathbb{E}\left[\left\|v_{T}-w_{T}\right\|_{2}^{2}\right] \leq 8\left(2 T^{2} L^{2}\left(T^{2} L^{2} \mathbb{E}\left[\left\|v_{0}\right\|_{2}^{2}\right]+T \beta^{2}\right)+T L_{\xi}^{2}\left(16\left(T^{2} L^{2} \mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right]+T \beta^{2}\right)\right)\right)
$$

If we additionally assume that $\mathbb{E}\left[\left\|v_{0}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\beta^{2} / m\right), \mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right] \leq 8\left(R^{2}+\beta^{2} / m\right)$ and $T \leq \frac{\beta^{2}}{8 L^{2}\left(R^{2}+\beta^{2} / m\right)}$, then

$$
\mathbb{E}\left[\left\|v_{T}-w_{T}\right\|_{2}^{2}\right] \leq 32\left(T^{2} L^{2}+T L_{\xi}^{2}\right) T \beta^{2}
$$

## Proof

Using the fact that conditioned on the randomness up to step $k, \mathbb{E}\left[\xi\left(v_{0}, \eta_{k+1}\right)-\xi\left(w_{k \delta}, \eta_{k+1}\right)\right]=0$, we can show that for any $k \leq n$,

$$
\begin{align*}
& \mathbb{E}\left[\left\|v_{(k+1) \delta}-w_{(k+1) \delta}\right\|_{2}^{2}\right] \\
= & \mathbb{E}\left[\left\|v_{k \delta}-\delta \nabla U\left(v_{0}\right)-w_{k \delta}+\delta \nabla U\left(w_{k \delta}\right)+\sqrt{\delta} \xi\left(w_{0}, \eta_{k}\right)-\sqrt{\delta} \xi\left(w_{k \delta}, \eta_{k}\right)\right\|_{2}^{2}\right] \\
= & \mathbb{E}\left[\left\|v_{k \delta}-\delta \nabla U\left(v_{0}\right)-w_{k \delta}+\delta \nabla U\left(w_{k \delta}\right)\right\|_{2}^{2}\right]+\delta \mathbb{E}\left[\left\|\xi\left(w_{0}, \eta_{k}\right)-\xi\left(w_{k \delta}, \eta_{k}\right)\right\|_{2}^{2}\right] \tag{37}
\end{align*}
$$

where the first inequality is by (Assumption on smoothness of $U$ and $x i$ ).
Using (smoothness of xi), and Lemma 12, we can bound

$$
\begin{aligned}
& \delta \mathbb{E}\left[\left\|\xi\left(w_{0}, \eta_{k}\right)-\xi\left(w_{k \delta}, \eta_{k}\right)\right\|_{2}^{2}\right] \\
\leq & \delta L_{\xi}^{2} \mathbb{E}\left[\left\|w_{k \delta}-w_{0}\right\|_{2}^{2}\right] \\
\leq & \delta L_{\xi}^{2}\left(16\left(T^{2} L^{2} \mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right]+T \beta^{2}\right)\right)
\end{aligned}
$$

We can also bound

$$
\begin{aligned}
& \mathbb{E}\left[\left\|v_{k \delta}-\delta \nabla U\left(v_{0}\right)-w_{k \delta}+\delta \nabla U\left(w_{k \delta}\right)\right\|_{2}^{2}\right] \\
\leq & \left(1+\frac{1}{n}\right) \mathbb{E}\left[\left\|v_{k \delta}-\delta \nabla U\left(v_{k \delta}\right)-w_{k \delta}+\delta \nabla U\left(w_{k \delta}\right)\right\|_{2}^{2}\right]+(1+n) \delta^{2} \mathbb{E}\left[\left\|\nabla U\left(v_{k \delta}\right)-\nabla U\left(v_{0}\right)\right\|_{2}^{2}\right] \\
\leq & \left(1+\frac{1}{n}\right)(1+\delta L)^{2} \mathbb{E}\left[\left\|v_{k \delta}-w_{k \delta}\right\|_{2}^{2}\right]+2 n \delta^{2} L^{2} \mathbb{E}\left[\left\|v_{k \delta}-v_{0}\right\|_{2}^{2}\right] \\
\leq & e^{1 / n+2 \delta L} E\left\|v_{k \delta}-w_{k \delta}\right\|_{2}^{2}+2 n \delta^{2} L^{2} \mathbb{E}\left[\left\|v_{k \delta}-v_{0}\right\|_{2}^{2}\right] \\
\leq & e^{1 / n+2 \delta L} E\left\|v_{k \delta}-w_{k \delta}\right\|_{2}^{2}+2 n \delta^{2} L^{2}\left(T^{2} L^{2} \mathbb{E}\left[\left\|v_{0}\right\|_{2}^{2}\right]+T \beta^{2}\right)
\end{aligned}
$$

where the first inequality is by Young's inequality and the second inequality is by item 1 of Assumption A, the fourth inequality uses Lemma 12.

Substituting the above two equation blocks into (37), and applying recursively for $k=0 \ldots n-1$ gives

$$
\begin{aligned}
& \mathbb{E}\left[\left\|v_{T}-w_{T}\right\|_{2}^{2}\right] \\
= & \mathbb{E}\left[\left\|v_{n \delta}-w_{n \delta}\right\|_{2}^{2}\right] \\
\leq & e^{1+2 n \delta L}\left(2 n^{2} \delta^{2} L^{2}\left(T^{2} L^{2} \mathbb{E}\left[\left\|v_{0}\right\|_{2}^{2}\right]+T \beta^{2}\right)+n \delta L_{\xi}^{2}\left(16\left(T^{2} L^{2} \mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right]+T \beta^{2}\right)\right)\right) \\
\leq & 8\left(2 T^{2} L^{2}\left(T^{2} L^{2} \mathbb{E}\left[\left\|v_{0}\right\|_{2}^{2}\right]+T \beta^{2}\right)+T L_{\xi}^{2}\left(16\left(T^{2} L^{2} \mathbb{E}\left[\left\|w_{0}\right\|_{2}^{2}\right]+T \beta^{2}\right)\right)\right)
\end{aligned}
$$

the last inequality is by noting that $T=n \delta \leq \frac{1}{4 L}$.

## D. Regularity of $M$ and $N$

## Lemma 15

$$
\begin{aligned}
& \text { 1. } \operatorname{tr}\left(M(x)^{2}\right) \leq \beta^{2} \\
& \text { 2. } \operatorname{tr}\left(\left(M(x)^{2}-M(y)^{2}\right)^{2}\right) \leq 16 \beta^{2} L_{\xi}^{2}\|x-y\|_{2}^{2} \\
& \text { 3. } \operatorname{tr}\left(\left(M(x)^{2}-M(y)^{2}\right)^{2}\right) \leq 32 \beta^{3} L_{\xi}\|x-y\|_{2}
\end{aligned}
$$

## Proof

In this proof, we will use the fact that $\xi(\cdot, \eta)$ is $L_{\xi}$-Lipschitz from Assumption B.
The first property is easy to see:

$$
\begin{aligned}
& \operatorname{tr}\left(M(x)^{2}\right) \\
= & \operatorname{tr}\left(\mathbb{E}_{\eta}\left[\xi(x, \eta) \xi(x, \eta)^{T}\right]\right) \\
= & \mathbb{E}_{\eta}\left[\operatorname{tr}\left(\xi(x, \eta) \xi(x, \eta)^{T}\right)\right] \\
= & \mathbb{E}_{\eta}\left[\|\xi(x, \eta)\|_{2}^{2}\right] \\
\leq & \beta^{2}
\end{aligned}
$$

We now prove the second and third claims. Consider a fixed $x$ and fixed $y$, let $u_{\eta}:=\xi(x, \eta), v_{\eta}:=\xi(y, \eta)$. Then

$$
\begin{aligned}
& \operatorname{tr}\left(\left(M(x)^{2}-M(y)^{2}\right)^{2}\right) \\
= & \operatorname{tr}\left(\left(\mathbb{E}_{\eta}\left[u_{\eta} u_{\eta}^{T}-v_{\eta} v_{\eta}^{T}\right]\right)^{2}\right) \\
= & \operatorname{tr}\left(\mathbb{E}_{\eta, \eta^{\prime}}\left[\left(u_{\eta} u_{\eta}^{T}-v_{\eta} v_{\eta}^{T}\right)\left(u_{\eta^{\prime}} u_{\eta^{\prime}}^{T}-v_{\eta^{\prime}} v_{\eta^{\prime}}^{T}\right)\right]\right) \\
= & \mathbb{E}_{\eta, \eta^{\prime}}\left[\operatorname{tr}\left(\left(u_{\eta} u_{\eta}^{T}-v_{\eta} v_{\eta}^{T}\right)\left(u_{\eta^{\prime}} u_{\eta^{\prime}}^{T}-v_{\eta^{\prime}} v_{\eta^{\prime}}^{T}\right)\right)\right]
\end{aligned}
$$

For any fixed $\eta$ and $\eta^{\prime}$, let's further simplify notation by letting $u, u^{\prime}, v, v^{\prime}$ denote $u_{\eta}, u_{\eta^{\prime}}, v_{\eta}, v_{\eta^{\prime}}$. Thus

$$
\begin{aligned}
& \quad \operatorname{tr}\left(\left(u u^{T}-v v^{T}\right)\left(u^{\prime} u^{T}-v^{\prime} v^{\prime T}\right)\right) \\
& =\operatorname{tr}\left(\left((u-v) v^{T}+v(u-v)^{T}+(u-v)(u-v)^{T}\right)\left(\left(u^{\prime}-v^{\prime}\right) v^{\prime T}+v^{\prime}\left(u^{\prime}-v^{\prime}\right)^{T}+\left(u^{\prime}-v^{\prime}\right)\left(u^{\prime}-v^{\prime}\right)^{T}\right)\right) \\
& =\operatorname{tr}\left((u-v) v^{T}\left(u^{\prime}-v^{\prime}\right) v^{T}\right)+\operatorname{tr}\left((u-v) v^{T} v^{\prime}\left(u^{\prime}-v^{\prime}\right)^{T}\right)+\operatorname{tr}\left((u-v) v^{T}\left(u^{\prime}-v^{\prime}\right)\left(u^{\prime}-v^{\prime}\right)^{T}\right) \\
& \quad+\operatorname{tr}\left(v(u-v)^{T}\left(u^{\prime}-v^{\prime}\right) v^{T}\right)+\operatorname{tr}\left(v(u-v)^{T} v^{\prime}\left(u^{\prime}-v^{\prime}\right)^{T}\right)+\operatorname{tr}\left(v(u-v)^{T}\left(u^{\prime}-v^{\prime}\right)\left(u^{\prime}-v^{\prime}\right)^{T}\right) \\
& \quad+\operatorname{tr}\left((u-v)(u-v)^{T}\left(u^{\prime}-v^{\prime}\right) v^{T}\right)+\operatorname{tr}\left((u-v)(u-v)^{T} v^{\prime}\left(u^{\prime}-v^{\prime}\right)^{T}\right) \\
& \quad+\operatorname{tr}\left((u-v)(u-v)^{T}\left(u^{\prime}-v^{\prime}\right)\left(u^{\prime}-v^{\prime}\right)^{T}\right) \\
& \leq \min \left\{16 \beta^{2} L_{\xi}^{2}\|x-y\|_{2}^{2}, 32 \beta^{3} L_{\xi}\|x-y\|_{2}\right\}
\end{aligned}
$$

Where the last inequality uses Assumption B. 2 and B.3; in particular, $\|v\|_{2} \leq \beta$ and $\|u-v\|_{2} \leq \min \left\{2 \beta, L_{\xi}\|x-y\|_{2}\right\}$. This proves 2. and 3. of the Lemma statement.

Lemma 16 Let $N(x)$ be as defined in (6) and $L_{N}$ be as defined in (7). Then

$$
\begin{aligned}
& \text { 1. } \operatorname{tr}\left(N(x)^{2}\right) \leq \beta^{2} \\
& \text { 2. } \operatorname{tr}\left((N(x)-N(y))^{2}\right) \leq L_{N}^{2}\|x-y\|_{2}^{2} \\
& \text { 3. } \operatorname{tr}\left((N(x)-N(y))^{2}\right) \leq \frac{8 \beta^{2}}{c_{m}} \cdot L_{N}\|x-y\|_{2}
\end{aligned}
$$

## Proof of Lemma 16

The first inequality holds because $N(x)^{2}:=M(x)^{2}-c_{m}^{2} I$, and then applying Lemma 15.1 , and the fact that $\operatorname{tr}\left(M(x)^{2}-c_{m}^{2} I\right) \leq \operatorname{tr}\left(M(x)^{2}\right)$ by Assumption B.4.
The second inequality is a immediate consequence of Lemma 17, Lemma 15.2, and the fact that $\lambda_{\min }\left(N(x)^{2}\right)=$ $\lambda_{\min }\left(M(x)^{2}-c_{m}^{2}\right) \geq c_{m}^{2}$ by Assumption B.4.
The proof for the third inequality is similar to the second inequality, and follows from Lemma 15 and Lemma 17.

Lemma 17 (Simplified version of Lemma 1 from (Eldan et al., 2018)) Let $A, B$ be positive definite matrices. Then

$$
\operatorname{tr}\left((\sqrt{A}-\sqrt{B})^{2}\right) \leq \operatorname{tr}\left((A-B)^{2} A^{-1}\right)
$$

## E. Defining $f$ and related inequalities

In this section, we define the Lyapunov function $f$ which is central to the proof of our main results. Here, we give an overview of the various functions defined in this section:

1. $g(z): \mathbb{R}^{d} \rightarrow \mathbb{R}^{+}$: A smoothed version of $\|z\|_{2}$, with bounded derivatives up to third order.
2. $q(r): \mathbb{R}^{+} \rightarrow \mathbb{R}^{+}:$A concave potential function, similar to the one defined in (Eberle, 2016), which has bounded derivatives up to third order everywhere except at $r=0$.
3. $f(z)=q(g(z)): \mathbb{R}^{d} \rightarrow \mathbb{R}^{+}$, a concave function which upper and lower bounds $\|z\|_{2}$ within a constant factor, has bounded derivatives up to third order everywhere.

Lemma 18 (Properties of $f$ ) Let $\epsilon$ satisfy $\epsilon \leq \frac{\mathcal{R}_{q}}{\alpha_{q} \mathcal{R}_{q}{ }^{2}+1}$. We define the function

$$
f(z):=q(g(z))
$$

Where $q$ is as defined in (39) Appendix E.1, and $g$ is as defined in Lemma 20 (with parameter $\epsilon$ ). Then

1. (a) $\nabla f(z)=q^{\prime}(g(z)) \cdot \nabla g(z)$
(b) For $\|z\|_{2} \geq 2 \epsilon, \nabla f(z)=q^{\prime}(g(z)) \frac{z}{\|z\|_{2}}$
(c) For all $z,\|\nabla f(z)\|_{2} \leq 1$.
2. (a) $\nabla^{2} f(z)=q^{\prime \prime}(g(z)) \nabla g(z) \nabla g(z)^{T}+q^{\prime}(g(z)) \nabla^{2} g(z)$
(b) For $r \geq 2 \epsilon, \nabla^{2} f(z)=q^{\prime \prime}(g(z)) \frac{z z^{T}}{\|z\|_{2}^{2}}+q^{\prime}(g(z)) \frac{1}{\|z\|_{2}}\left(I-\frac{z z^{T}}{\|z\|_{2}^{2}}\right)$
(c) For all $z,\left\|\nabla^{2} f(z)\right\|_{2} \leq \frac{2}{\epsilon}$
(d) For all $z, v, v^{T} \nabla^{2} f(z) v \leq \frac{q^{\prime}(g(z))}{\|z\|_{2}}$
3. For any $z,\left\|\nabla^{3} f(z)\right\|_{2} \leq \frac{9}{\epsilon^{2}}$
4. For any $z, f(z) \in\left[\frac{1}{2} \exp \left(-\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) g\left(\|z\|_{2}\right), g\left(\|z\|_{2}\right)\right] \in\left[\frac{1}{2} \exp \left(-\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)\left(\|z\|_{2}-2 \epsilon\right),\|z\|_{2}\right]$

## Proof of Lemma 18

1. (a) chain rule
(b) Use definition of $\nabla g(z)$ from Lemma 20.
(c) By definition, $\nabla f(z)=q^{\prime}(g(z)) \nabla g(z)$. From Lemma 21, $\left|q^{\prime}(g(z))\right| \leq 1$. By definition, $\nabla g(z)=h^{\prime}\left(\|z\|_{2}\right) \frac{z}{\|z\|_{2}}$. Our conclusion follows from $h^{\prime} \leq 1$ using item 2 of Lemma 19.
2. (a) chain rule
(b) by item 2 b ) of Lemma 20
(c) by item 1 c) and item 2 d) of Lemma 20, and item 3 and item 4 of Lemma 21, and our assumption that $\epsilon \leq \frac{\mathcal{R}_{q}}{\alpha_{q}+\mathcal{R}_{q}{ }^{2}+1}$.
(d) by item 4 of Lemma 21), and items 2 c ) and 2 d ) of Lemma 20, and our expression for $\nabla^{2} f(z)$ established in item 2 a ).
3. It can be verified that

$$
\begin{gathered}
\nabla^{3} f(z)=q^{\prime \prime \prime}(g(z)) \cdot \nabla g(z)^{\bigotimes 3}+q^{\prime \prime}(g(z)) \nabla g(z) \bigotimes \nabla^{2} g(z)+q^{\prime \prime}(g(z)) \nabla^{2} g(z) \bigotimes \nabla g(z) \\
+q^{\prime \prime}(g(z)) \nabla g(z) \bigotimes \nabla^{2} g(z)+q^{\prime}(g(z)) \nabla^{3} g(z)
\end{gathered}
$$

Thus

$$
\begin{aligned}
\left\|\nabla^{3} f(z)\right\|_{2} & \leq\left|q^{\prime \prime \prime}(g(z))\right|\|\nabla g(z)\|_{2}^{3}+3 q^{\prime \prime}(g(z))\|\nabla g(z)\|_{2}\left\|\nabla^{2} g(z)\right\|_{2}+q^{\prime}(g(z))\left\|\nabla^{3} g(z)\right\| \\
& \leq 5\left(\alpha_{q}+\frac{1}{\mathcal{R}_{q}{ }^{2}}\right)\left(\alpha_{q} \mathcal{R}_{q}{ }^{2}+1\right)+3\left(\frac{5 \alpha_{q} \mathcal{R}_{q}}{4}+\frac{4}{\mathcal{R}_{q}}\right) \cdot \frac{1}{\epsilon}+\frac{1}{\epsilon^{2}} \\
& \leq \frac{9}{\epsilon^{2}}
\end{aligned}
$$

Where the first inequality uses Lemma 21 and Lemma 20, and the second inequality assumes that $\epsilon \leq \frac{\mathcal{R}_{q}}{\alpha_{q} \mathcal{R}_{q}{ }^{2}+1}$
4.

The first containment is by Lemma 21.2.: $\frac{1}{2} \exp \left(-\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right) \cdot g(z) \leq q(g(z)) \leq g(z)$. THe second containment is by Lemma 20.4: $g\left(\|z\|_{2}\right) \in\left[\|z\|_{2}-2 \epsilon,\|z\|_{2}\right]$.

## Lemma 19 (Properties of $h$ ) Given a parameter $\epsilon$, define

$$
h(r):= \begin{cases}\frac{r^{3}}{6 \epsilon^{2}}, & \text { for } r \in[0, \epsilon] \\ \frac{\epsilon}{6}+\frac{r-\epsilon}{2}+\frac{(r-\epsilon)^{2}}{2 \epsilon}-\frac{(r-\epsilon)^{3}}{6 \epsilon^{2}}, & \text { for } r \in[\epsilon, 2 \epsilon] \\ r, & \text { for } r \geq 2 \epsilon\end{cases}
$$

1. The derivatives of $h$ are as follows:

$$
\begin{aligned}
& h^{\prime}(r)= \begin{cases}\frac{r^{2}}{2 \epsilon^{2}}, & \text { for } r \in[0, \epsilon] \\
\frac{1}{2}+\frac{r-\epsilon}{\epsilon}-\frac{(r-\epsilon)^{2}}{2 \epsilon^{2}}, & \text { for } r \in[\epsilon, 2 \epsilon] \\
1, & \text { for } r \geq 2 \epsilon\end{cases} \\
& h^{\prime \prime}(r)= \begin{cases}\frac{r}{\epsilon^{2}}, & \text { for } r \in[0, \epsilon] \\
\frac{1}{\epsilon}-\frac{r-\epsilon}{\epsilon^{2}}, & \text { for } r \in[\epsilon, 2 \epsilon] \\
0, & \text { for } r \geq 2 \epsilon\end{cases} \\
& h^{\prime \prime \prime}(r)= \begin{cases}\frac{1}{\epsilon^{2}}, & \text { for } r \in[0, \epsilon] \\
-\frac{1}{\epsilon^{2}}, & \text { for } r \in[\epsilon, 2 \epsilon] \\
0, & \text { for } r \geq 2 \epsilon\end{cases}
\end{aligned}
$$

2. (a) $h^{\prime}$ is positive, motonically increasing.
(b) $h^{\prime}(0)=0, h^{\prime}(r)=1$ for $r \geq \epsilon$
(c) $\frac{h^{\prime}(r)}{r} \leq \min \left\{\frac{1}{\epsilon}, \frac{1}{r}\right\}$ for all $r$
3. (a) $h^{\prime \prime}(r)$ is positive
(b) $h^{\prime \prime}(r)=0$ for $r=0$ and $r \geq 2 \epsilon$
(c) $h^{\prime \prime}(r) \leq \frac{1}{\epsilon}$
(d) $\frac{h^{\prime \prime}(r)}{r} \leq \frac{1}{\epsilon^{2}}$
4. $\left|h^{\prime \prime \prime}(r)\right| \leq \frac{1}{\epsilon^{2}}$
5. $r-2 \epsilon \leq h(r) \leq r$

## Proof of Lemma 19

The claims can all be verified with simple algebra.
Lemma 20 (Properties of $g$ ) Given a parameter $\epsilon$, let us define

$$
g(z):=h\left(\|z\|_{2}\right)
$$

Where $h$ is as defined in Lemma 19 (using parameter $\epsilon$ ). Then

1. (a) $\nabla g(z)=h^{\prime}\left(\|z\|_{2}\right) \frac{z}{\|z\|_{2}}$
(b) For $\|z\|_{2} \geq 2 \epsilon, \nabla g(z)=\frac{z}{\|z\|_{2}}$.
(c) For any $\|z\|_{2},\|\nabla g(z)\|_{2} \leq 1$
2. (a) $\nabla^{2} g(z)=h^{\prime \prime}\left(\|z\|_{2}\right) \frac{z z^{T}}{\|z\|_{2}^{2}}+h^{\prime}\left(\|z\|_{2}\right) \frac{1}{\|z\|_{2}}\left(I-\frac{z z^{T}}{\|z\|_{2}^{2}}\right)$
(b) For $\|z\|_{2} \geq 2 \epsilon, \nabla^{2} g(z)=\frac{1}{\|z\|_{2}}\left(I-\frac{z z^{T}}{\|z\|_{2}^{2}}\right)$.
(c) For $\|z\|_{2} \geq 2 \epsilon,\left\|\nabla^{2} g(z)\right\|_{2}=\frac{1}{\|z\|_{2}}$
(d) For all $z,\left\|\nabla^{2} g(z)\right\|_{2} \leq \frac{1}{\epsilon}$
3. $\left\|\nabla^{3} g(z)\right\|_{2} \leq \frac{5}{\epsilon^{2}}$
4. $\|z\|_{2}-2 \epsilon \leq g(z) \leq\|z\|_{2}$.

## Proof of Lemma 20

All the properties can be verified with algebra. We provide a proof for 3 . since it is a bit involved.
Let us define the functions $\kappa^{1}(z)=\nabla\left(\|z\|_{2}\right), \kappa^{2}(z)=\nabla^{2}\left(\|z\|_{2}\right), \kappa^{3}(z)=\nabla^{3}\left(\|z\|_{2}\right)$. Specifically,

$$
\begin{aligned}
\kappa^{1}(z) & =\frac{z}{\|z\|_{2}} \\
\kappa^{2}(z) & =\frac{1}{\|z\|_{2}}\left(I-\frac{z z^{T}}{\|z\|_{2}^{2}}\right) \\
\kappa^{3}(z) & =-\frac{1}{\|z\|_{2}^{2}} \frac{z}{\|z\|_{2}} \bigotimes\left(I-\frac{z z^{T}}{\|z\|_{2}^{2}}\right)+\frac{1}{\|z\|_{2}}\left(\frac{z}{\|z\|_{2}} \bigotimes \kappa^{2}(z)+\kappa^{2}(z) \bigotimes \frac{z}{\|z\|_{2}}\right)
\end{aligned}
$$

It can be verified that

$$
\begin{aligned}
\left\|\kappa^{2}(z)\right\|_{2} & =\frac{1}{\|z\|_{2}} \\
\left\|\kappa^{3}(z)\right\|_{2} & =\frac{1}{\|z\|_{2}^{2}}
\end{aligned}
$$

It can be verified that $\nabla^{2} g(z)$ has the following form:

$$
\begin{aligned}
& \nabla^{3} g(z)=h^{\prime \prime \prime}\left(\|z\|_{2}\right)\left(\kappa^{1}(z)\right)^{\bigotimes 3}+h^{\prime \prime}\left(\|z\|_{2}\right) \kappa^{1}(z) \bigotimes \kappa^{2}(z)+h^{\prime \prime}\left(\|z\|_{2}\right) \kappa^{2}(z) \bigotimes \kappa^{1}(z) \\
& \quad+h^{\prime}\left(\|z\|_{2}\right) \kappa^{3}(z)+h^{\prime \prime}\left(\|z\|_{2}\right) \kappa^{1}(z) \bigotimes \kappa^{2}(z)
\end{aligned}
$$

Thus

$$
\left\|\nabla^{3} g(z)\right\|_{2} \leq\left|h^{\prime \prime \prime}\left(\|z\|_{2}\right)\right|+3 \frac{h^{\prime \prime}\left(\|z\|_{2}\right)}{\|z\|_{2}}+\frac{h^{\prime}\left(\|z\|_{2}\right)}{\|z\|_{2}^{2}} \leq \frac{5}{\epsilon^{2}}
$$

Where we use properties of $h$ from Lemma 19.
The last claim follows immediately from Lemma 19.4.

## E.1. Defining q

In this section, we define the function $q$ that is used in Lemma 18. Our construction is a slight modification to the original construction in (Eberle, 2011).
Let $\alpha_{q}$ and $\mathcal{R}_{q}$ be as defined in (7). We begin by defining auxiliary functions $\psi(r), \Psi(r)$ and $\nu(r)$, all from $\mathbb{R}^{+}$to $\mathbb{R}$ :

$$
\begin{equation*}
\psi(r):=e^{-\alpha_{q} \tau(r)}, \quad \Psi(r):=\int_{0}^{r} \psi(s) d s, \quad \nu(r):=1-\frac{1}{2} \frac{\int_{0}^{r} \frac{\mu(s) \Psi(s)}{\psi(s)} d s}{\int_{0}^{4 \mathcal{R}_{q}} \frac{\mu(s) \Psi(s)}{\psi(s)} d s} \tag{38}
\end{equation*}
$$

Where $\tau(r)$ and $\mu(r)$ are as defined in Lemma 22 and Lemma 23 with $\mathcal{R}=\mathcal{R}_{q}$.
Finally we define $q$ as

$$
\begin{equation*}
q(r):=\int_{0}^{r} \psi(s) \nu(s) d s \tag{39}
\end{equation*}
$$

We now state some useful properties of the distance function $q$.
Lemma 21 The function $q$ defined in (39) has the following properties.

1. For all $r \leq \mathcal{R}_{q}, q^{\prime \prime}(r)+\alpha_{q} q^{\prime}(r) \cdot r \leq-\frac{\exp \left(-\frac{7 \alpha_{q} \mathcal{R}^{2}{ }^{2}}{3}\right)}{32 \mathcal{R}_{q}{ }^{2}} q(r)$
2. For all $r, \frac{\exp \left(-\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)}{2} \cdot r \leq q(r) \leq r$
3. For all $r, \frac{\exp \left(-\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)}{2} \leq q^{\prime}(r) \leq 1$
4. For all $r, q^{\prime \prime}(r) \leq 0$ and $\left|q^{\prime \prime}(r)\right| \leq\left(\frac{5 \alpha_{q} \mathcal{R}_{q}}{4}+\frac{4}{\mathcal{R}_{q}}\right)$
5. For all $r,\left|q^{\prime \prime \prime}(r)\right| \leq 5 \alpha_{q}+2 \alpha_{q}\left(\alpha_{q} \mathcal{R}_{q}{ }^{2}+1\right)+\frac{2\left(\alpha_{q} \mathcal{R}_{q}{ }^{2}+1\right)}{\mathcal{R}_{q}{ }^{2}}$

## Proof of Lemma 21

Proof of 1. It can be verified that

$$
\begin{aligned}
\psi^{\prime}(r) & =\psi(r)\left(-\alpha_{q} \tau^{\prime}(r)\right) \\
\psi^{\prime \prime}(r) & =\psi(r)\left(\left(\alpha_{q} \tau^{\prime}(r)\right)^{2}+\alpha_{q} \tau^{\prime \prime}(r)\right) \\
\nu^{\prime}(r) & =-\frac{1}{2} \frac{\frac{\mu(r) \Psi(r)}{\psi(r)}}{\int_{0}^{4 \mathcal{R}_{q}} \frac{\mu(s) \Psi(s)}{\psi(s)} d s}
\end{aligned}
$$

For $r \in\left[0, \mathcal{R}_{q}\right], \tau^{\prime}(r)=r$, so that $\psi^{\prime}(r)=\psi(r)\left(-\alpha_{q} r\right)$. Thus

$$
\begin{aligned}
q^{\prime}(r) & =\psi(r) \nu(r) \\
q^{\prime \prime}(r) & =\psi^{\prime}(r) \nu(r)+\psi(r) \nu^{\prime}(r) \\
& =\psi(r) \nu(r)\left(-\alpha_{q} r\right)+\psi(r) \nu^{\prime}(r) \\
& =-\alpha_{q} r \nu^{\prime}(r)+\psi(r) \nu^{\prime}(r) \\
q^{\prime \prime}(r)+\alpha_{q} r q^{\prime}(r) & =\psi(r) \nu^{\prime}(r) \\
& =-\frac{1}{2} \frac{\mu(r) \Psi(r)}{\int_{0}^{4 \mathcal{R}_{q}} \frac{\mu(s) \Psi(s)}{\psi(s)} d s} \\
& =-\frac{1}{2} \frac{\Psi(r)}{\int_{0}^{4 \mathcal{R}_{q}} \frac{\mu(s) \Psi(s)}{\psi(s)} d s}
\end{aligned}
$$

Where the last equality is by definition of $\mu(r)$ in Lemma 23 and the fact that $r \leq \mathcal{R}_{q}$.
We can upper bound

$$
\int_{0}^{4 \mathcal{R}_{q}} \frac{\mu(s) \Psi(s)}{\psi(s)} d s \leq \int_{0}^{4 \mathcal{R}_{q}} \frac{\Psi(s)}{\psi(s)} d s \leq \frac{\int_{0}^{4 \mathcal{R}_{q}} s d s}{\psi\left(4 \mathcal{R}_{q}\right)}=\frac{16 \mathcal{R}_{q}{ }^{2}}{\psi\left(4 \mathcal{R}_{q}\right)} \leq 16 \mathcal{R}_{q}{ }^{2} \cdot \exp \left(\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)
$$

Where the first inequality is by Lemma 23, the second inequality is by the fact that $\psi(s)$ is monotonically decreasing, the third inequality is by Lemma 22.
Thus

$$
\begin{aligned}
q^{\prime \prime}(r)+\alpha_{q} r q^{\prime}(r) & \leq-\frac{1}{2}\left(\frac{\exp \left(-\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)}{16 \mathcal{R}_{q}{ }^{2}}\right) \Psi(r) \\
& \leq-\frac{\exp \left(-\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)}{32 \mathcal{R}_{q}{ }^{2}} q(r)
\end{aligned}
$$

Where the last inequality is by $\Psi(r) \geq q(r)$.
Proof of 2. Notice first that $\nu(r) \geq \frac{1}{2}$ for all $r$. Thus

$$
\begin{aligned}
q(r) & :=\int_{0}^{r} \psi(s) \nu(s) d s \\
& \geq \frac{1}{2} \int_{0}^{r} \psi(s) d s \\
& \geq \frac{\exp \left(-\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)}{2} \cdot r
\end{aligned}
$$

Where the last inequality is by Lemma 22.
Proof of 3. By definition of $f, q^{\prime}(r)=\psi(r) \nu(r)$, and

$$
\frac{\exp \left(-\frac{7 \alpha_{q} \mathcal{R}_{q}{ }^{2}}{3}\right)}{2} \leq \psi(r) \nu(r) \leq 1
$$

Where we use Lemma 22 and the fact that $\nu(r) \in[1 / 2,1]$
Proof of 4. Recall that

$$
q^{\prime \prime}(r)=\psi^{\prime}(r) \nu(r)+\psi(r) \nu^{\prime}(r)
$$

That $q^{\prime \prime} \leq 0$ can immediately be verified from the definitions of $\psi$ and $\nu$.
Thus

$$
\begin{aligned}
\left|q^{\prime \prime}(r)\right| & \leq\left|\psi^{\prime}(r) \nu(r)\right|+\left|\psi(r) \nu^{\prime}(r)\right| \\
& \leq \alpha_{q} \tau^{\prime}(r)+\left|\psi(r) \nu^{\prime}(r)\right|
\end{aligned}
$$

From Lemma 22, we can upperbound $\tau^{\prime}(r) \leq \frac{5 \mathcal{R}_{q}}{4}$. In addition, $\Psi(r)=\int_{0}^{r} \psi(s) \geq r \psi(r)$, so that

$$
\begin{equation*}
\frac{\Psi(r)}{\psi(r)} \geq r \tag{40}
\end{equation*}
$$

(Recall again that $\psi(s)$ is monotonically decreasing). Thus $\Psi(r) / r \geq r$ for all $r$. In addition, using the fact that $\psi(r) \leq 1$,

$$
\begin{equation*}
\Psi(r)=\int_{0}^{r} \psi(s) d s \leq r \tag{41}
\end{equation*}
$$

Combining the previous expressions,

$$
\begin{aligned}
\left|\psi(r) \nu^{\prime}(r)\right| & =\left|\frac{1}{2} \frac{\mu(r) \Psi(r)}{\int_{0}^{4 \mathcal{R}_{q}} \frac{\mu(s) \Psi(s)}{\psi(s)} d s}\right| \\
& \leq\left|\frac{1}{2} \frac{\mu(r) r}{\int_{0}^{\mathcal{R}_{q}} \frac{\Psi(s)}{\psi(s)} d s}\right| \\
& \leq\left|\frac{1}{2} \frac{4 \mathcal{R}_{q}}{\int_{0}^{\mathcal{R}_{q}} s d s}\right| \\
& \leq \frac{4}{\mathcal{R}_{q}}
\end{aligned}
$$

Where the first inequality are by definition of $\mu(r)$ and (41), and the second inequality is by (40) and the fact that $\mu(r)=0$ for $r \geq 4 \mathcal{R}_{q}$. Combining with our bound on $\psi^{\prime}(r) \nu(r)$ gives the desired bound.

## Proof of 5.

$$
q^{\prime \prime \prime}(r)=\psi^{\prime \prime}(r) \nu(r)+2 \psi^{\prime}(r) \nu^{\prime}(r)+\psi(r) \nu^{\prime \prime}(r)
$$

We first bound the middle term:

$$
\begin{aligned}
\left.\mid \psi^{\prime}(r) \nu^{\prime} r\right) \mid & \left.=\mid \psi(r)\left(\alpha_{q} \tau^{\prime}(r)\right) \nu^{\prime} r\right) \mid \\
& \left.\leq \alpha_{q}\left|\tau^{\prime}(r)\right| \mid \psi(r) \nu^{\prime} r\right) \mid \\
& \leq \frac{5 \alpha_{q} \mathcal{R}_{q}}{4} \cdot \frac{4}{\mathcal{R}_{q}} \\
& \leq 5 \alpha_{q}
\end{aligned}
$$

Where the second last line follows form Lemma 22 and our proof of $4 .$.
Next,

$$
\psi^{\prime \prime}(r)=\psi(r)\left(\alpha_{q}^{2} \tau^{\prime}(r)^{2}-\alpha_{q} \tau^{\prime \prime}(r)\right)
$$

Thus applying Lemma 22.1 and Lemma 22.3,

$$
\left|\psi^{\prime \prime}(r) \nu(r)\right| \leq 2 \alpha_{q}^{2} \mathcal{R}_{q}^{2}+\alpha_{q}
$$

Finally,

$$
\nu^{\prime \prime}(r)=\frac{1}{2 \int_{0}^{4 \mathcal{R}_{q}} \frac{\mu(s) \Psi(s)}{\psi(s)} d s} \cdot \frac{d}{d r} \mu(r) \Psi(r) / \psi(r)
$$

Expanding the numerator,

$$
\begin{aligned}
\frac{d}{d r} \frac{\mu(r) \Psi(r)}{\psi(r)} & =\mu^{\prime}(r) \frac{\Psi(r)}{\psi(r)}+\mu(r)-\mu(r) \frac{\Psi(r) \psi^{\prime}(r)}{\psi(r)^{2}} \\
& =\mu^{\prime}(r) \frac{\Psi(r)}{\psi(r)}+\mu(r)+\mu(r) \frac{\Psi(r) \psi(r) \alpha_{q} \tau^{\prime}(r)}{\psi(r)^{2}}
\end{aligned}
$$

Thus

$$
\psi(r) \nu^{\prime \prime}(r)=\frac{1}{2 \int_{0}^{4 \mathcal{R}_{q}} \frac{\mu(s) \Psi(s)}{\psi(s)} d s} \cdot\left(\mu^{\prime}(r) \Psi(r)+\mu(r) \psi(r)+\mu(r) \Psi(r) \alpha_{q} \tau^{\prime}(r)\right)
$$

Using the same argument as from the proof of 4 ., we can bound

$$
\begin{aligned}
\frac{1}{2 \int_{0}^{4 \mathcal{R}_{q}} \frac{\mu(s) \Psi(s)}{\psi(s)} d s} & \leq \frac{1}{2 \int_{0}^{\mathcal{R}_{q}} s d s} \\
& \leq \frac{1}{\mathcal{R}_{q}{ }^{2}}
\end{aligned}
$$

Finally, from Lemma 23, $\left|\mu^{\prime}(r)\right| \leq \frac{\pi}{6 \mathcal{R}_{q}}$, so

$$
\begin{aligned}
\left|\psi(r) \nu^{\prime \prime}(r)\right| & \leq \frac{\pi / 6+1+5 \alpha_{q} \mathcal{R}_{q}{ }^{2} / 4}{\mathcal{R}_{q}{ }^{2}} \\
& \leq \frac{2\left(\alpha_{q} \mathcal{R}_{q}{ }^{2}+1\right)}{\mathcal{R}_{q}{ }^{2}}
\end{aligned}
$$

Lemma 22 Let $\tau(r):[0, \infty) \rightarrow \mathbb{R}$ be defined as

$$
\tau(r)= \begin{cases}\frac{r^{2}}{2}, & \text { for } r \leq \mathcal{R} \\ \frac{\mathcal{R}^{2}}{2}+\mathcal{R}(r-\mathcal{R})+\frac{(r-\mathcal{R})^{2}}{2}-\frac{(r-\mathcal{R})^{3}}{3 \mathcal{R}}, & \text { for } r \in[\mathcal{R}, 2 \mathcal{R}] \\ \frac{5 \mathcal{R}^{2}}{3}+\mathcal{R}(r-2 \mathcal{R})-\frac{(r-2 \mathcal{R})^{2}}{2}+\frac{(r-2 \mathcal{R})^{3}}{12 \mathcal{R}}, & \text { for } r \in[2 \mathcal{R}, 4 \mathcal{R}] \\ \frac{7 \mathcal{R}^{2}}{3}, & \text { for } r \geq 4 \mathcal{R}]\end{cases}
$$

Then

1. $\tau^{\prime}(r) \in\left[0, \frac{5 \mathcal{R}}{4}\right]$, with maxima at $r=\frac{3 \mathcal{R}}{2} . \tau^{\prime}(r)=0$ for $r \in\{0\} \bigcup[4 \mathcal{R}, \infty)$
2. As a consequence of $1, \tau(r)$ is monotonically increasing
3. $\tau^{\prime \prime}(r) \in[-1,1]$

## Proof of Lemma 22

We provide the derivatives of $\tau$ below. The claims in the Lemma can then be immediately verified.

$$
\tau^{\prime}(r)= \begin{cases}r, & \text { for } r \leq \mathcal{R} \\ \mathcal{R}+(r-\mathcal{R})-\frac{(r-\mathcal{R})^{2}}{\mathcal{R}}, & \text { for } r \in[\mathcal{R}, 2 \mathcal{R}] \\ \mathcal{R}-(r-2 \mathcal{R})+\frac{(r-2 \mathcal{R})^{2}}{4 \mathcal{R}}, & \text { for } r \in[2 \mathcal{R}, 4 \mathcal{R}] \\ 0, & \text { for } r \geq 4 \mathcal{R}]\end{cases}
$$

$$
\tau^{\prime \prime}(r)= \begin{cases}1, & \text { for } r \leq \mathcal{R} \\ 1-\frac{2(r-\mathcal{R})}{\mathcal{R}}, & \text { for } r \in[\mathcal{R}, 2 \mathcal{R}] \\ -1+\frac{r-2 \mathcal{R}}{2 \mathcal{R}}, & \text { for } r \in[2 \mathcal{R}, 4 \mathcal{R}] \\ 0, & \text { for } r \geq 4 \mathcal{R}]\end{cases}
$$

Lemma 23 Let

$$
\mu(r):= \begin{cases}1, & \text { for } r \leq \mathcal{R} \\ \frac{1}{2}+\frac{1}{2} \cos \left(\frac{\pi(r-\mathcal{R})}{3 \mathcal{R}}\right), & \text { for } r \in[\mathcal{R}, 4 \mathcal{R}] \\ 0, & \text { for } r \geq 4 \mathcal{R}\end{cases}
$$

Then

$$
\mu^{\prime}(r):= \begin{cases}0, & \text { for } r \leq \mathcal{R} \\ -\frac{\pi}{6 \mathcal{R}} \sin \left(\frac{\pi(r-\mathcal{R})}{\mathcal{R}}\right), & \text { for } r \in[\mathcal{R}, 4 \mathcal{R}] \\ 0, & \text { for } r \geq 4 \mathcal{R}\end{cases}
$$

Furthermore, $\mu^{\prime}(r) \in\left[-\frac{\pi}{6 \mathcal{R}}, 0\right]$
This Lemma can be easily verified by algebra.

## F. Miscellaneous

The following Theorem, taken from (Eldan et al., 2018), establishes a quantitative CLT.
Theorem 5 Let $X_{1} \ldots X_{n}$ be random vectors with mean 0 , covariance $\Sigma$, and $\left\|X_{i}\right\| \leq \beta$ almost surely for each $i$. Let $S_{n}=\frac{1}{\sqrt{n}} \sum_{i=1}^{n} X_{i}$, and let $Z$ be a Gaussian with covariance $\Sigma$, then

$$
W_{2}\left(S_{n}, Z\right) \leq \frac{6 \sqrt{d} \beta \sqrt{\log n}}{\sqrt{n}}
$$

Corollary 24 Let $X_{1} \ldots X_{n}$ be random vectors with mean 0 , covariance $\Sigma$, and $\left\|X_{i}\right\| \leq \beta$ almost surely for each $i$. let $Y$ be a Gaussian with covariance $n \Sigma$. Then

$$
W_{2}\left(\sum_{i} X_{i}, Y\right) \leq 6 \sqrt{d} \beta \sqrt{\log n}
$$

This is simply taking the result of Theorem 5 and scaling the inequality by $\sqrt{n}$ on both sides.
The following Lemma is taken from (Cheng et al., 2019) and included here for completeness.
Lemma 25 For any $c>0, x>3 \max \left\{\frac{1}{c} \log \frac{1}{c}, 0\right\}$, the inequality

$$
\frac{1}{c} \log (x) \leq x
$$

holds.

## Proof

We will consider two cases:
Case 1: If $c \geq \frac{1}{e}$, then the inequality

$$
\log (x) \leq c x
$$

is true for all $x$.
Case 2: $c \leq \frac{1}{e}$.
In this case, we consider the Lambert W function, defined as the inverse of $f(x)=x e^{x}$. We will particularly pay attention to $W_{-1}$ which is the lower branch of $W$. (See Wikipedia for a description of $W$ and $W_{-1}$ ).
We can lower bound $W_{-1}(-c)$ using Theorem 1 from (Chatzigeorgiou, 2013):

$$
\begin{aligned}
\forall u>0, \quad W_{-1}\left(-e^{-u-1}\right) & >-u-\sqrt{2 u}-1 \\
\text { equivalently } \quad \forall c \in(0,1 / e), \quad-W_{-1}(-c) & <\log \left(\frac{1}{c}\right)+1+\sqrt{2\left(\log \left(\frac{1}{c}\right)-1\right)}-1 \\
& =\log \left(\frac{1}{c}\right)+\sqrt{2\left(\log \left(\frac{1}{c}\right)-1\right)} \\
\leq & 3 \log \frac{1}{c}
\end{aligned}
$$

Thus by our assumption,

$$
\begin{aligned}
x & \geq 3 \cdot \frac{1}{c} \log \left(\frac{1}{c}\right) \\
\Rightarrow x & \geq \frac{1}{c}\left(-W_{-1}(-c)\right)
\end{aligned}
$$

then $W_{-1}(-c)$ is defined, so

$$
\begin{aligned}
& x \geq \frac{1}{c} \max \left\{-W_{-1}(-c), 1\right\} \\
\Rightarrow & (-c x) e^{-c x} \geq-c \\
\Rightarrow & x e^{-c x} \leq 1 \\
\Rightarrow & \log (x) \leq c x
\end{aligned}
$$

The first implication is justified as follows: $W_{-1}^{-1}:\left[-\frac{1}{\epsilon}, \infty\right) \rightarrow(-\infty,-1)$ is monotonically decreasing. Thus its inverse $W_{-1}^{-1}(y)=y e^{y}$, defined over the domain $(-\infty,-1)$ is also monotonically decreasing. By our assumption, $-c x \leq-3 \log \frac{1}{c} \leq-3$, thus $-c x \in(-\infty,-1]$, thus applying $W_{-1}^{-1}$ to both sides gives us the first implication.

## G. Experiment Details

In this section, we provide additional details of our experiments. In particular, we explain the CNN architecture that we use in our experiments. Denote a convolutional layer with $p$ input filters and $q$ output filters by conv $(p, q)$, a fully connected layer with q outputs by fully_connect $(q)$, and a max pooling operation with stride 2 as pool 2 . Let $\operatorname{ReLU}(x)=\max \{x, 0\}$. Then the CNN architecture in our paper is the following:

$$
\begin{aligned}
& \operatorname{conv}(3,32) \Rightarrow \operatorname{ReLU} \Rightarrow \operatorname{conv}(32,64) \Rightarrow \operatorname{ReLU} \Rightarrow \operatorname{pool} 2 \Rightarrow \operatorname{conv}(64,128) \Rightarrow \operatorname{ReLU} \Rightarrow \operatorname{conv}(128,128) \\
& \Rightarrow \operatorname{ReLU} \Rightarrow \text { pool } 2 \Rightarrow \operatorname{conv}(128,256) \Rightarrow \operatorname{ReLU} \Rightarrow \operatorname{conv}(256,256) \Rightarrow \operatorname{ReLU} \Rightarrow \text { pool2 } \Rightarrow \text { fully_connect }(1024) \\
& \Rightarrow \operatorname{ReLU} \Rightarrow \text { fully_connect }(512) \Rightarrow \operatorname{ReLU} \Rightarrow \text { fully_connect }(10)
\end{aligned}
$$

