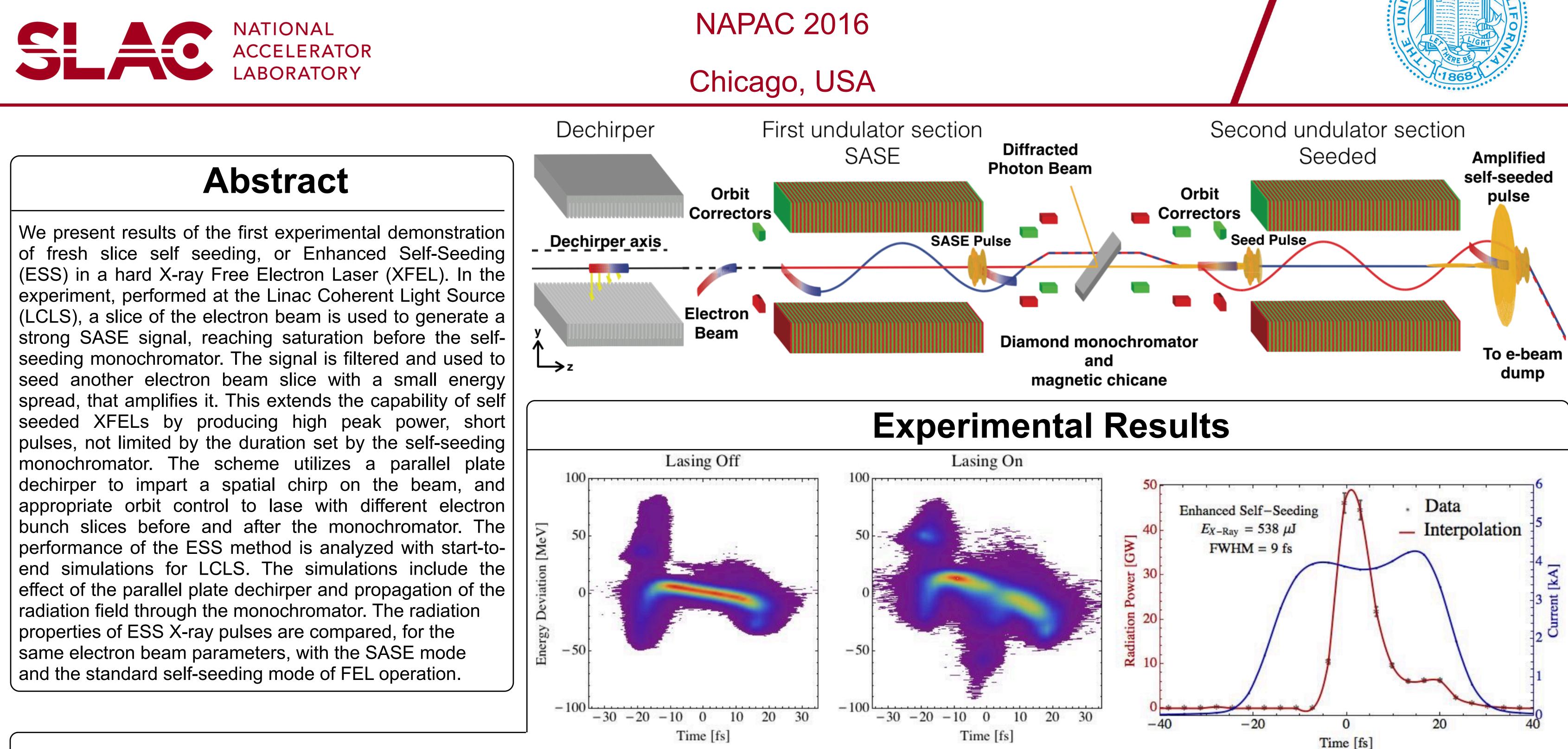
Demonstration of fresh slice self-seeding in a hard X-ray free electron laser

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<u>Fig. 1</u>: Single shot longitudinal phase space for the ESS experiment. The tail lasing electrons (t=20 fs) generate the \sim 6 GW SASE before the monochromator. The core electrons (t=0 fs) exhibit large energy loss and amplify the seed in the second undulator section to 50 GW power.

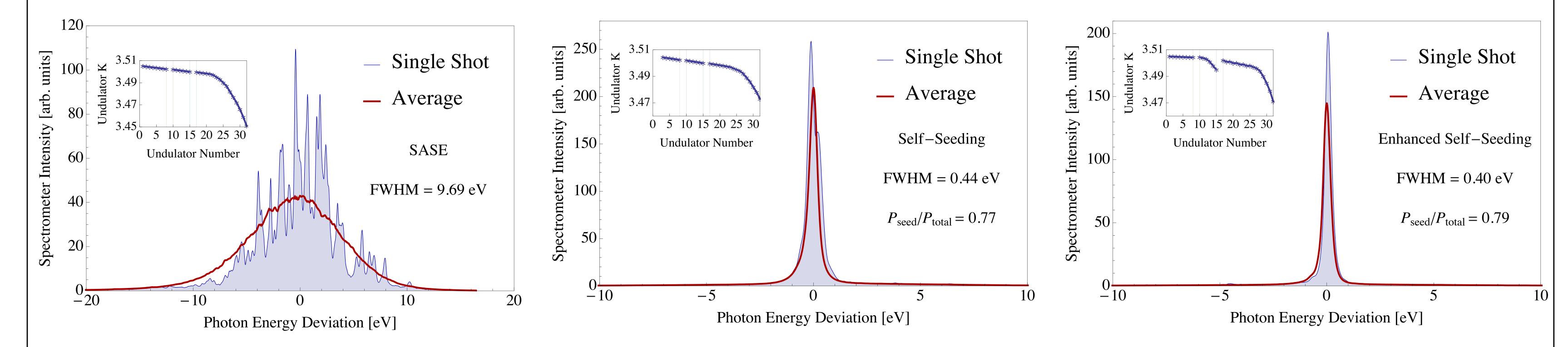
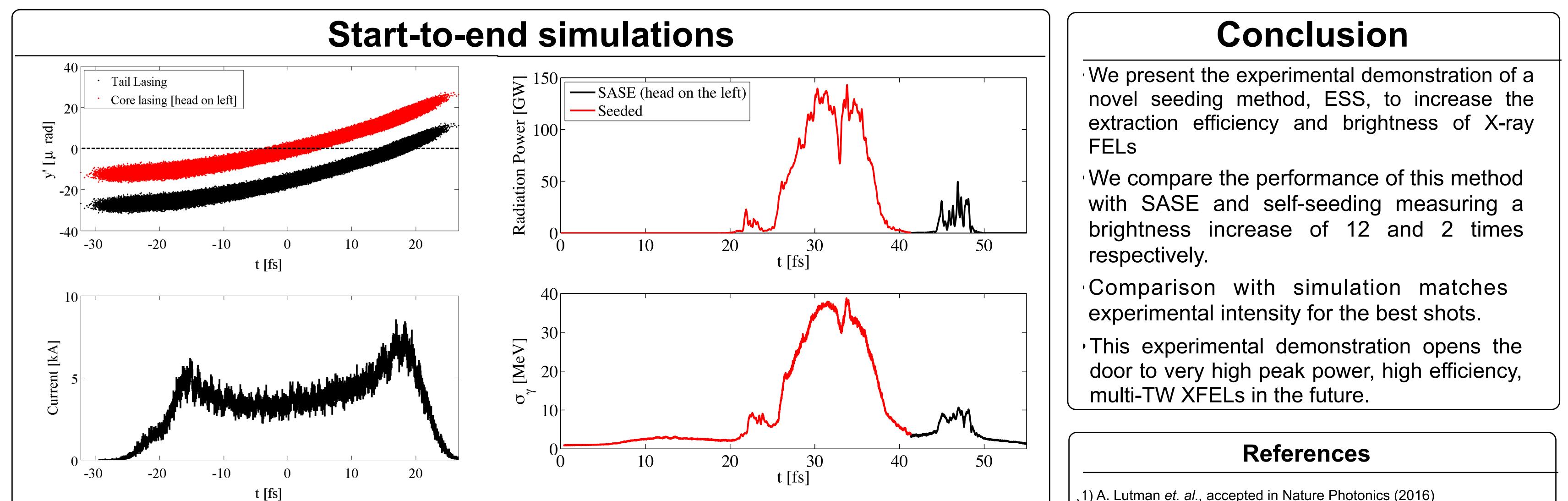


Fig 2: Single shot and average spectra for SASE, self-seeding and ESS. The bandwidth of ESS is around 24 times narrower than SASE and the pulse duration around 4 times shorter than SASE and self-seeding, giving an increase in brightness of a factor of 12 and 2 respectively.



• SASE power before the diamond monochromator is 15 GW, a factor of 15 larger than typical values for regular self-seeding

• Seeded power at the undulator exit is ~ 120 GW in 10 fs, matching the intensity for the best experimental shots.

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(1) A. Lutman *et. al.*, accepted in Nature Photonics (2016) (2) C. Emma *et. al.*, submitted for publication (2016) (3) C. Emma, K. Fang, J. Wu, and C. Pellegrini PRAB **19** 020705 (2016) (4) E. Prat, F. Lohl, S. Reiche, PRSTAB 18, 100701 2016