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

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Fig. 1: Single shot longitudinal phase space for the ESS experiment. The tail lasing electrons ( $\mathrm{t}=20 \mathrm{fs}$ ) generate the $\sim 6$ GW SASE before the monochromator. The core electrons ( $\mathrm{t}=0 \mathrm{fs}$ ) 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.


