Proof of coefficient commutation relations

To prove (3-41), start with (3-40) and take different spatial coordinates **x** and **y**, but the same time coordinate t, for ϕ and π^0_0 . This results in the equal time commutation relations

$$\left[\phi(\mathbf{x},t)\pi_0^0(\mathbf{y},t) - \pi_0^0(\mathbf{y},t)\phi(\mathbf{x},t)\right] = \left[\phi(\mathbf{x},t)\dot{\phi}^{\dagger}(\mathbf{y},t) - \dot{\phi}^{\dagger}(\mathbf{y},t)\phi(\mathbf{x},t)\right] = i\delta(\mathbf{x}-\mathbf{y}), \quad (3-42)$$

which are only important at this point as a step in our proof. Then, plugging the discrete solutions (3-36) into the middle part of (3-42), where to save space we use the compressed notation $a_{\mathbf{k}} = a(\mathbf{k})$, etc., we get

Proving coefficient commutation relations

$$\left(\sum_{\mathbf{k}} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} a_{\mathbf{k}} e^{-i(\omega_{\mathbf{k}}t - \mathbf{k} \cdot \mathbf{x})} + \sum_{\mathbf{k}} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} b_{\mathbf{k}}^{\dagger} e^{i(\omega_{\mathbf{k}}t - \mathbf{k} \cdot \mathbf{x})}\right) \left(\sum_{\mathbf{k'}} \frac{-i\omega_{\mathbf{k'}}}{\sqrt{2V\omega_{\mathbf{k'}}}} b_{\mathbf{k'}} e^{-i(\omega_{\mathbf{k'}}t - \mathbf{k'} \cdot \mathbf{y})} + \sum_{\mathbf{k'}} \frac{i\omega_{\mathbf{k'}}}{\sqrt{2V\omega_{\mathbf{k'}}}} a_{\mathbf{k'}}^{\dagger} e^{i(\omega_{\mathbf{k'}}t - \mathbf{k'} \cdot \mathbf{y})}\right) \left(\sum_{\mathbf{k}} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} a_{\mathbf{k}} e^{-i(\omega_{\mathbf{k'}}t - \mathbf{k} \cdot \mathbf{x})} + \sum_{\mathbf{k}} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} b_{\mathbf{k}}^{\dagger} e^{i(\omega_{\mathbf{k'}}t - \mathbf{k'} \cdot \mathbf{y})}\right) \right) \\
= \sum_{\mathbf{k}} \sum_{\mathbf{k'}} \frac{i\omega_{\mathbf{k'}}}{2V\sqrt{\omega_{\mathbf{k}}} \omega_{\mathbf{k'}}} \left(-a_{\mathbf{k}}b_{\mathbf{k'}} e^{-i(\omega_{\mathbf{k}}+\omega_{\mathbf{k'}})_{t}} e^{i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} + a_{\mathbf{k}}a_{\mathbf{k'}}^{\dagger} e^{-i(\omega_{\mathbf{k}}-\omega_{\mathbf{k'}})_{t}} e^{i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - b_{\mathbf{k}}a_{\mathbf{k'}}^{\dagger} e^{i(\omega_{\mathbf{k}}-\omega_{\mathbf{k'}})_{t}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k}}^{\dagger} e^{i(\omega_{\mathbf{k}}+\omega_{\mathbf{k'}})_{t}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k}}^{\dagger} e^{i(\omega_{\mathbf{k}}+\omega_{\mathbf{k'}})_{t}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k}}^{\dagger} e^{i(\omega_{\mathbf{k}}+\omega_{\mathbf{k'}})_{t}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k}}^{\dagger} e^{i(\omega_{\mathbf{k}}+\omega_{\mathbf{k'}})_{t}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k}}^{\dagger} e^{i(\omega_{\mathbf{k}}+\omega_{\mathbf{k'}})_{t}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k}}^{\dagger} e^{i(\omega_{\mathbf{k}}+\omega_{\mathbf{k'}})_{t}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} - a_{\mathbf{k'}}b_{\mathbf{k'}} e^{-i(\mathbf$$

Using the math identity for the 3D Dirac delta function

$$\delta(\mathbf{x} - \mathbf{y}) = \frac{1}{V} \sum_{n = -\infty}^{+\infty} e^{-i\mathbf{k}_n \cdot (\mathbf{x} - \mathbf{y})}$$
 (in our notation = $\frac{1}{V} \sum_{\mathbf{k}} e^{-i\mathbf{k} \cdot (\mathbf{x} - \mathbf{y})}$ or equivalently, $\frac{1}{2V} \sum_{\mathbf{k}} \left(e^{-i\mathbf{k} \cdot (\mathbf{x} - \mathbf{y})} + e^{i\mathbf{k} \cdot (\mathbf{x} - \mathbf{y})} \right)$ (3-44)

Re-express Dirac delta function

on the RHS of the last row in (3-43), and matching terms, we see that all terms where $\mathbf{k'} \neq \pm \mathbf{k}$ must equal zero, since (3-44) has no terms in both \mathbf{k} and $\mathbf{k'}$. These particular terms reduce to the following form, summed over \mathbf{k} and $\mathbf{k'}$.

$$\frac{i\omega_{\mathbf{k'}}}{2V\sqrt{\omega_{\mathbf{k}}\omega_{\mathbf{k'}}}} \underbrace{\left(\underbrace{b_{\mathbf{k'}}a_{\mathbf{k}} - a_{\mathbf{k}}b_{\mathbf{k'}}}_{\text{must}=0}\right)} e^{-i(\omega_{\mathbf{k}} + \omega_{\mathbf{k'}})t} e^{i(\mathbf{k} \cdot \mathbf{x} + \mathbf{k'} \cdot \mathbf{y})} + \underbrace{\left(a_{\mathbf{k}}a_{\mathbf{k'}}^{\dagger} - a_{\mathbf{k'}}^{\dagger}a_{\mathbf{k}}\right)}_{\text{must}=0} e^{-i(\omega_{\mathbf{k}} - \omega_{\mathbf{k'}})t} e^{i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} + \underbrace{\left(a_{\mathbf{k}}a_{\mathbf{k'}}^{\dagger} - a_{\mathbf{k'}}^{\dagger}a_{\mathbf{k}}\right)}_{\text{must}=0} e^{-i(\omega_{\mathbf{k}} - \omega_{\mathbf{k'}})t} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} + \underbrace{\left(b_{\mathbf{k}}^{\dagger}a_{\mathbf{k'}}^{\dagger} - a_{\mathbf{k'}}^{\dagger}b_{\mathbf{k}}^{\dagger}\right)}_{\text{must}=0} e^{i(\omega_{\mathbf{k}} + \omega_{\mathbf{k'}})t} e^{-i(\mathbf{k} \cdot \mathbf{x} + \mathbf{k'} \cdot \mathbf{y})} = 0$$

$$\underbrace{\left(3-45\right)}_{\text{these evaluation}}$$

$$\underbrace{Terms}_{\mathbf{k'} \neq \pm}$$

$$\underbrace{\left(b_{\mathbf{k'}}b_{\mathbf{k'}}^{\dagger} - b_{\mathbf{k'}}^{\dagger}b_{\mathbf{k'}}\right)}_{\text{must}=0} e^{i(\omega_{\mathbf{k}} - \omega_{\mathbf{k'}})t} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} + \underbrace{\left(b_{\mathbf{k}}^{\dagger}a_{\mathbf{k'}}^{\dagger} - a_{\mathbf{k'}}^{\dagger}b_{\mathbf{k}}^{\dagger}\right)}_{\text{must}=0} e^{i(\omega_{\mathbf{k}} - \omega_{\mathbf{k'}})t} e^{-i(\mathbf{k} \cdot \mathbf{x} - \mathbf{k'} \cdot \mathbf{y})} = 0$$

$$\underbrace{\left(3-45\right)}_{\text{these evaluation}}$$

$$\underbrace{\left(a_{\mathbf{k'}} - a_{\mathbf{k'}} - a_{\mathbf{$$

Terms where $\mathbf{k'} \neq \pm \mathbf{k}$

These must vanish, so their commutators must = 0

(All terms in summations with $\mathbf{k}' \neq \pm \mathbf{k}$ equal 0, as no terms on RHS in \mathbf{k} and \mathbf{k}')

So, all possible coefficient commutators with $\mathbf{k'} \neq \mathbf{k}$ or $-\mathbf{k}$ vanish. The remaining terms all have $\mathbf{k'} = \pm \mathbf{k}$, which means $\omega_{\mathbf{k}} = \omega_{\mathbf{k'}}$. Some of these have an exponential form $i(\omega_{\mathbf{k}} + \omega_{\mathbf{k'}})t$, and those terms give us a summation of terms over \mathbf{k} having form, for each possible $\mathbf{k'}$, of

$$\frac{i\omega_{\mathbf{k}}}{2V\omega_{\mathbf{k}}} \left(\underbrace{\frac{\left(b_{\mathbf{k}}a_{\mathbf{k}} - a_{\mathbf{k}}b_{\mathbf{k}}\right)}{\text{must} = 0}} \underbrace{e^{-i2\omega_{\mathbf{k}}t}}_{\neq 0} e^{i\mathbf{k}\cdot(\mathbf{x}+\mathbf{y})} + \underbrace{\left(b_{\mathbf{k}}^{\dagger}a_{\mathbf{k}}^{\dagger} - a_{\mathbf{k}}^{\dagger}b_{\mathbf{k}}^{\dagger}\right)}_{\text{must} = 0} e^{i2\omega_{\mathbf{k}}t} e^{-i\mathbf{k}\cdot(\mathbf{x}+\mathbf{y})} \quad (\leftarrow \mathbf{k}' = \mathbf{k}) \right)}_{\text{must} = 0} + \underbrace{\left(b_{\mathbf{k}}a_{\mathbf{k}} - a_{\mathbf{k}}b_{\mathbf{k}}\right)}_{\text{must} = 0} e^{-i2\omega_{\mathbf{k}}t} e^{i\mathbf{k}\cdot(\mathbf{x}-\mathbf{y})} + \underbrace{\left(b_{\mathbf{k}}^{\dagger}a_{\mathbf{k}}^{\dagger} - a_{\mathbf{k}}^{\dagger}b_{\mathbf{k}}^{\dagger}\right)}_{\text{must} = 0} e^{i2\omega_{\mathbf{k}}t} e^{-i\mathbf{k}\cdot(\mathbf{x}-\mathbf{y})} \quad (\leftarrow \mathbf{k}' = -\mathbf{k}) \right)}_{\text{must} = 0} = 0$$

$$(3-46)$$

$$exp(i(\omega_{\mathbf{k}} + \omega_{\mathbf{k}})t)$$

(All time dependent terms with $\mathbf{k'} = \pm \mathbf{k}$ equal 0, as no time dependence on RHS)

Commutators must = 0

For these terms, the coefficient commutators must vanish because the exponential in ω_k varies in time, whereas there is no such variation on the RHS of the last row in (3-43).

The remaining terms have exponential form $i(\omega_{\mathbf{k}} - \omega_{\mathbf{k'}})t$ and $\mathbf{k'} = \pm \mathbf{k}$. Adding those terms for $\mathbf{k'} = \mathbf{k}$ with the terms for $\mathbf{k'} = -\mathbf{k}$ yields, with the relevant terms on the RHS of (3-43) (see 2nd row in parentheses of (3-44)) on the RHS below,

$$\frac{i}{2V} \left(\underbrace{\frac{\left(a_{\mathbf{k}}a_{\mathbf{k}}^{\dagger} - a_{\mathbf{k}}^{\dagger}a_{\mathbf{k}}\right)}{\text{must} = 1}}_{\text{must} = 0} e^{-i(\mathbf{a}_{\mathbf{k}} - \mathbf{a}_{\mathbf{k}})t} + \underbrace{\left(b_{\mathbf{k}}b_{\mathbf{k}}^{\dagger} - b_{\mathbf{k}}^{\dagger}b_{\mathbf{k}}\right)}_{\text{must} = 1} e^{-i\mathbf{k} \cdot (\mathbf{x} - \mathbf{y})} \quad (\leftarrow \mathbf{k}' = \mathbf{k}) \right)}_{\text{must} = 1} + \underbrace{\frac{i}{2V}}_{\text{must} = 0} e^{-i\mathbf{k} \cdot (\mathbf{x} - \mathbf{y})} + \underbrace{\left(b_{\mathbf{k}}b_{\mathbf{k}}^{\dagger} - b_{\mathbf{k}}^{\dagger}b_{\mathbf{k}}\right)}_{\text{must} = 0} e^{-i\mathbf{k} \cdot (\mathbf{x} - \mathbf{y})} \left(\leftarrow \mathbf{k}' = -\mathbf{k}\right) = \underbrace{\frac{i}{2V}}_{\text{e}} \left(e^{i\mathbf{k} \cdot (\mathbf{x} - \mathbf{y})} + e^{-i\mathbf{k} \cdot (\mathbf{x} - \mathbf{y})}\right) \left(a_{\mathbf{k}} - a_{\mathbf{k}} \cdot \mathbf{y}\right) \\ + e^{-i\mathbf{k} \cdot (\mathbf{x} - \mathbf{y})} \left(a_{\mathbf{k}} - a_{\mathbf{k}} \cdot \mathbf{y}\right) \\ \text{Key commutators } \\ \text{must} = 1$$

(All time independent terms in summation with $\mathbf{k}' = \pm \mathbf{k}$ must equal RHS).

All terms with $(\mathbf{x} + \mathbf{y})$ in the exponents of the LHS must equal zero, as the RHS only has terms in $(\mathbf{x} - \mathbf{y})$. The only way the LHS of (3-47) matches the RHS is if each coefficient commutator in the first row equals unity.

The commutation relations for $a_{\mathbf{k}}a_{\mathbf{k'}}^{\dagger}$ and $b_{\mathbf{k}}b_{\mathbf{k'}}^{\dagger}$ in (3-45) to (3-47) are the same as (3-41). QED.

If you are ambitious, have extra time, and/or simply have to prove everything to yourself, do Prob. 7 to derive the continuous solution commutators of (3-41).

End of coefficient commutation relations proof

With the coefficient commutator relations in hand, we are finally ready to dive into the real core of QFT.

3.4 The Hamiltonian in QFT

We find the Hamiltonian by integrating the Hamiltonian density \mathcal{H} over all space (a volume V containing the discrete solutions, which we can make as large as we like.) In QFT, we express \mathcal{H} in terms of a complex field and substitute our field equation solutions.

 $H = \int \mathcal{H} dV$

3.4.1 The Free Scalar Hamiltonian in Terms of the Coefficients

For a free scalar field $\mathcal{H} = \mathcal{H}_0^{\ 0}$, as in (3-33), where we employ our discrete, plane wave solutions (3-36) we get

$$H_{0}^{0} = \int \mathcal{H}_{0}^{o} d^{3}x = \int \left(\dot{\phi}\dot{\phi}^{\dagger} + \nabla\phi^{\dagger} \cdot \nabla\phi + \mu^{2}\phi^{\dagger}\phi\right) d^{3}x =$$

$$\int \left(\sum_{\mathbf{k}} \frac{\partial}{\partial t} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} \left(a(\mathbf{k})e^{-ikx} + b^{\dagger}(\mathbf{k})e^{ikx}\right)\right) \left(\sum_{\mathbf{k'}} \frac{\partial}{\partial t} \frac{1}{\sqrt{2V\omega_{\mathbf{k'}}}} \left(b(\mathbf{k'})e^{-ik'x} + a^{\dagger}(\mathbf{k'})e^{ik'x}\right)\right) d^{3}x \quad (3-48)$$

$$\int \left(\sum_{\mathbf{k}} \frac{\partial}{\partial t} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} \left(a(\mathbf{k})e^{-ikx} + b^{\dagger}(\mathbf{k})e^{ikx}\right)\right) \left(\sum_{\mathbf{k'}} \frac{\partial}{\partial t} \frac{1}{\sqrt{2V\omega_{\mathbf{k'}}}} \left(b(\mathbf{k'})e^{-ik'x} + a^{\dagger}(\mathbf{k'})e^{ik'x}\right)\right) d^{3}x \quad (3-48)$$

$$\int \left(\sum_{\mathbf{k}} \frac{\partial}{\partial t} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} \left(a(\mathbf{k})e^{-ikx} + b^{\dagger}(\mathbf{k})e^{ikx}\right)\right) d^{3}x \quad (3-48)$$

$$\int \left(\sum_{\mathbf{k}} \frac{\partial}{\partial t} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} \left(a(\mathbf{k})e^{-ikx} + b^{\dagger}(\mathbf{k})e^{ikx}\right)\right) d^{3}x \quad (3-48)$$

$$\int \left(\sum_{\mathbf{k}} \frac{\partial}{\partial t} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} \left(a(\mathbf{k})e^{-ikx} + b^{\dagger}(\mathbf{k})e^{ikx}\right)\right) d^{3}x \quad (3-48)$$

$$\int \left(\sum_{\mathbf{k}} \frac{\partial}{\partial t} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} \left(a(\mathbf{k})e^{-ikx} + b^{\dagger}(\mathbf{k})e^{-ikx}\right)\right) d^{3}x \quad (3-48)$$

$$\int \left(\sum_{\mathbf{k}} \frac{\partial}{\partial t} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} \left(a(\mathbf{k})e^{-ikx} + b^{\dagger}(\mathbf{k})e^{-ikx}\right)\right) d^{3}x \quad (3-48)$$

$$\int \left(\sum_{\mathbf{k}} \frac{\partial}{\partial t} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} \left(a(\mathbf{k})e^{-ikx} + b^{\dagger}(\mathbf{k})e^{-ikx}\right)\right) d^{3}x \quad (3-48)$$

$$\int \left(\sum_{\mathbf{k}} \frac{\partial}{\partial t} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} \left(a(\mathbf{k})e^{-ikx} + b^{\dagger}(\mathbf{k})e^{-ikx}\right)\right) d^{3}x \quad (3-48)$$

$$\int \left(\sum_{\mathbf{k}} \frac{\partial}{\partial t} \frac{1}{\sqrt{2V\omega_{\mathbf{k}}}} \left(a(\mathbf{k})e^{-ikx} + b^{\dagger}(\mathbf{k})e^{-ikx}\right)\right) d^{3}x \quad (3-48)$$

The middle line of (3-48), i.e., the $\int \dot{\phi} \dot{\phi}^{\dagger} d^3x$ part, becomes

$$\int \left(\sum_{\mathbf{k}} \frac{i\omega_{\mathbf{k}}}{\sqrt{2V\omega_{\mathbf{k}}}} \left(-a(\mathbf{k})e^{-ikx} + b^{\dagger}(\mathbf{k})e^{ikx} \right) \right) \left(\sum_{\mathbf{k'}} \frac{i\omega_{\mathbf{k'}}}{\sqrt{2V\omega_{\mathbf{k'}}}} \left(-b(\mathbf{k'})e^{-ik'x} + a^{\dagger}(\mathbf{k'})e^{ik'x} \right) \right) d^{3}x.$$
 (3-49)

or
$$\sum_{\mathbf{k}} \sum_{\mathbf{k'}} \frac{-\sqrt{\omega_{\mathbf{k}}} \sqrt{\omega_{\mathbf{k'}}}}{2V} \int \left(a(\mathbf{k})b(\mathbf{k'})e^{-ikx}e^{-ik'x} - a(\mathbf{k})a^{\dagger}(\mathbf{k'})e^{-ikx}e^{ik'x} - a(\mathbf{k})a^{\dagger}(\mathbf{k'})e^{-ikx}e^{ik'x} \right) d^{3}x.$$
(3-50)

The sum over \mathbf{k} and $\mathbf{k'}$ is from negative infinity to positive infinity in the x, y, and z directions.

All terms in the integration in (3-50) result in zero except when $\mathbf{k}' = \mathbf{k}$ or $\mathbf{k}' = -\mathbf{k}$, because we are integrating orthogonal functions between their boundaries. (This is similar to sin(2X)sin(4X) integrated with respect to X along a complete number of wavelengths, where here $\mathbf{k} = 2$ and $\mathbf{k}' = 4$.) Since the volume of integration in (3-50) equals V, we end up with

$$\int \dot{\phi} \dot{\phi}^{\dagger} d^{3}x = \sum_{\mathbf{k}} \frac{\omega_{\mathbf{k}}}{2} \left(-a(\mathbf{k})b(-\mathbf{k})e^{-2i\omega t} + a(\mathbf{k})a^{\dagger}(\mathbf{k}) + b^{\dagger}(\mathbf{k})b(\mathbf{k}) - b^{\dagger}(\mathbf{k})a^{\dagger}(-\mathbf{k})e^{2i\omega t} \right)
= \sum_{\mathbf{k}} \frac{(\omega_{\mathbf{k}})^{2}}{2\omega_{\mathbf{k}}} \left(-a(-\mathbf{k})b(\mathbf{k})e^{-2i\omega t} + a(\mathbf{k})a^{\dagger}(\mathbf{k}) + b^{\dagger}(\mathbf{k})b(\mathbf{k}) - b^{\dagger}(-\mathbf{k})a^{\dagger}(\mathbf{k})e^{2i\omega t} \right).$$
(3-51)