

## Sympathetic Cooling of Trapped Protons

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Efficient cooling of trapped charged particles is essential in fundamental physics experiments, high-precision metrology, and quantum technology. Some of the most precise measurements performed with matter-antimatter pairs rely on particles prepared far below typical 4.2 cryogenic temperatures [1, 2]. Even these low temperatures limit the precision of experiments with single, trapped protons and antiprotons [3] and novel experimental techniques have long been pursued that would extend sympathetic laser cooling to the (anti)proton and other systems with inaccessible laser cooling transitions [4] such as highly charged ions or molecular ions. Here we demonstrate the first sympathetic laser cooling of a trapped proton by coupling to laser cooled  $\text{Be}^+$  ions via an LC circuit that resonantly increases the energy exchange time. Using two coaxial Penning traps separated by over 9 cm, this work simultaneously constitutes the first realization of sympathetic cooling via image current interactions and the first cooling of a mode of a macroscopic resonator by laser cooled ions. We demonstrate these results in three independent measurements that show the unique frequency response of the coupled ion-proton-resonator system, energy exchange far beyond thermal equilibrium, and the reduction in the total energy of the system when the resonant  $\text{Be}^+$  ions are laser cooled. Using only a single laser, our technique can be extended to cool an arbitrary number of particles of any species, stored in far distant traps and can easily improve precision in matter-antimatter comparisons [3] and searches for axion-like dark matter [5, 6].

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