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Ernst Abbe memorial at Jena, Germany:

Diffraction Limit:  $\Delta R \sim \lambda / NA$ 

Difficult for life science to be alive at  $\lambda < 300$  nm





The principle behind PALM. A sparse subset of PA-FP molecules that are attached to proteins of interest and then fixed within a cell are activated (A and B) with a brief laser pulse at act = 405 mm and then imaged at  $_{exc}$  = 561 mm until most are bleached (C). This process is repeated many times (C and D) until the population of inactivated, unbleached molecules is depleted. Summing the molecular images across all frames results in a diffraction-limited image (E and F). However, if the location of each molecule is first determined by fitting the expected molecular image given by the PSF of the microscope [(G), center] to the actual molecular image [(G), left], the molecule can be plotted [(G), right] as a Gaussian that has a standard deviation equal to the uncertainty  $x_{xy}$  in the fitted position. Repeating with all molecules across all frames (A' through D') and summing the results yields a superresolution image (E' and F') in which resolution is dictated by the uncertainties  $_{x,y}$  as well as by the density of localized molecules. Scale: 1 x 1  $\mu$ m in (F) and (F'), 4 x 4 µm elsewhere.















































