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## High precision theory for the Rydberg states of helium up to n = 30: a critical test of QED

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Recent measurements for the ionization energies of the Rydberg singlet-P and triplet-P states of helium for principal quantum number n = 24 to 100 [1] present a new challenge to high-precision atomic theory. A long-standing obstacle is that the accuracy of variational calculations for two-electron systems rapidly declines with increasing n. The problem has now become urgent with the publication of the Clausen *et al.* measurements. We will present new variational techniques that allow high-precision results to be extended as high as n = 30 [2], thereby setting a new record of accuracy for high-lying Rydberg states. The combination of theory and experiment provides absolute points of reference for transitions to lower-lying states where there is an  $8\sigma$  disagreement between theory and experiment. Relativistic and quantum electrodynamic (QED) corrections are included by perturbation theory up to order  $\alpha^5 mc^2$ . Higher-order QED uncertainties are strongly suppressed due to their  $1/n^3$  scaling, thereby resulting in total theoretical uncertainties as low as  $\pm 2$  kHz.

[1] G. Clausen et al., Phys. Rev. A 111, 012817 (2025).

[2] A. Bondy et al., Phys. Rev. A 111, L010803 (2025).

## Keyword-1

Atomic theory

## Keyword-2

Rydberg states

## Keyword-3

Relativistic and QED energy

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