# FRACTIONAL SOBOLEV EXTENSION AND IMBEDDING 

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#### Abstract

Let $\Omega$ be a domain of $\mathbb{R}^{n}$ with $n \geq 2$ and denote by $W^{s, p}(\Omega)$ the fractional Sobolev space for $s \in(0,1)$ and $p \in(0, \infty)$. We prove that the following are equivalent: (i) there exists a constant $C_{1}>0$ such that for all $x \in \Omega$ and $r \in(0,1]$, $$
|B(x, r) \cap \Omega| \geq C_{1} r^{n}
$$ (ii) $\Omega$ is a $W^{s, p}$-extension domain for all $s \in(0,1)$ and all $p \in(0, \infty)$; (iii) $\Omega$ is a $W^{s, p}$-extension domain for some $s \in(0,1)$ and some $p \in(0, \infty)$; (iv) $\Omega$ is a $W^{s, p}$-imbedding domain for all $s \in(0,1)$ and all $p \in(0, \infty)$; (v) $\Omega$ is a $W^{s, p}$-imbedding domain for some $s \in(0,1)$ and some $p \in(0, \infty)$.


## 1. Introduction

Let $n \geq 2$ and $\Omega$ be a domain (namely, connected open subset) of $\mathbb{R}^{n}$. For $s \in(0,1)$ and $p \in(0, \infty)$, define the fractional Sobolev space on the domain $\Omega$ as

$$
\begin{equation*}
W^{s, p}(\Omega) \equiv\left\{u \in L^{p}(\Omega): \frac{|u(x)-u(y)|}{|x-y|^{n / p+s}} \in L^{p}(\Omega \times \Omega)\right\} \tag{1.1}
\end{equation*}
$$

with the norm

$$
\begin{equation*}
\|u\|_{W^{s, p}(\Omega)} \equiv\left(\int_{\Omega}|u(x)|^{p} d x+\int_{\Omega} \int_{\Omega} \frac{|u(x)-u(y)|^{p}}{|x-y|^{n+s p}} d x d y\right)^{1 / p} \tag{1.2}
\end{equation*}
$$

which is also called a Aronszajn, Gagliardo or Slobodeckij space in the literature after the names of those who introduced them almost simultaneously; see [1, 6, [26]. The fractional Sobolev spaces are special cases of Besov and Triebel-Lizorkin spaces; for a comprehensive treatment and their applications in different subjects see [16, 17, 21, 22, $27+30$ and the references therein.

Due to the applications, it attracts a lot of attention to extend fractional Sobolev (and also Besov and Triebel-Lizorkin) functions on a domain to the entire $\mathbb{R}^{n}$ continuously; see [4, 16, 17, 23-25, 27, 29, 30. We say that $\Omega \subset \mathbb{R}^{n}$ is a $W^{s, p}$. extension domain if every function $u \in W^{s, p}(\Omega)$ can be extended to a function $\widetilde{u} \in W^{s, p}\left(\mathbb{R}^{n}\right)$ continuously, that is, $\widetilde{u}(x)=u(x)$ for all $x \in \Omega$, and there exists a constant $C=C(n, p, s, \Omega)$ such that $\|\widetilde{u}\|_{W^{s, p}\left(\mathbb{R}^{n}\right)} \leq C\|u\|_{W^{s, p}(\Omega)}$. Jonsson and Wallin [17] (and also Shvartsman [24) essentially proved that a regular domain must be a $W^{s, p_{-}}$-extension domain for all $0<s<1$ and all $p \geq 1$. Recall that $\Omega$ is called a regular domain (also called a plump domain) if it satisfies the measure

[^0]density condition: there exists a constant $C_{1}>0$ such that for all $x \in \Omega$ and all $r \in(0,1]$,
\[

$$
\begin{equation*}
|B(x, r) \cap \Omega| \geq C_{1} r^{n} . \tag{1.3}
\end{equation*}
$$

\]

However, an arbitrary domain is not necessarily a $W^{s, p}$-extension domain. For example, $\Omega \equiv\left\{x=\left(x_{1}, x_{2}\right) \in \mathbb{R}^{2}: 0<x_{1}<1,0<x_{2}<x_{1}^{2}\right\}$ is not a $W^{s, p_{-}}$ extension domain for all $s \in(0,1)$ and all $p \in(2 / s, \infty)$, as we show by hand in Remark 1.5 below (without using Theorems 1.1 and 1.2). Such a fact was well understood earlier by mathematicians.

The main aim of this paper is to characterize the $W^{s, p}$-extension domains for all $s \in(0,1)$ and all $p \in(0, \infty)$ as below, and hence, give an answer to a question by Nezza, Palatucci and Valdinoci (see [21, Section 5]).

Theorem 1.1. Let $n \geq 2$ and $\Omega$ be a domain of $\mathbb{R}^{n}$. Then the following are equivalent:
(i) $\Omega$ is a regular domain;
(ii) $\Omega$ is a $W^{s, p}$-extension domain for all $s \in(0,1)$ and all $p \in(0, \infty)$;
(iii) $\Omega$ is a $W^{s, p}$-extension domain for some $s \in(0,1)$ and some $p \in(0, \infty)$.

Extension properties play important roles in applications; in particular, they can be used to establish some imbedding properties. A domain $\Omega \in \mathbb{R}^{n}$ is said to be a $W^{s, p}$-imbedding domain if the following holds:
(a) when $s p<n$, there exists a constant $C>0$ such that for all $u \in W^{s, p}(\Omega)$, we have $u \in L^{n p /(n-s p)}(\Omega)$ and $\|u\|_{L^{n p /(n-s p)}(\Omega)} \leq C\|u\|_{W^{s, p}(\Omega)}$;
(b) when $s p=n$, there exist constants $C_{3}, C>0$ such that for all $u \in W^{s, p}(\Omega)$ and all balls $B$,

$$
\begin{equation*}
\inf _{c \in \mathbb{R}} \int_{B \cap \Omega} \exp \left(C_{3} \frac{|u(x)-c|}{\|u\|_{W^{s, n / s}(\Omega)}}\right)^{n /(n-s)} d x \leq C|B| \tag{1.4}
\end{equation*}
$$

(c) when $s p>n$, there exists a constant $C>0$ such that for all $u \in W^{s, p}(\Omega)$ and every pair of $x, y \in \Omega$, we have $|u(x)-u(y)| \leq C\|u\|_{W^{s, p}(\Omega)}|x-y|^{s-n / p}$.

We also have the following results.
Theorem 1.2. Let $n \geq 2$ and $\Omega$ be a domain of $\mathbb{R}^{n}$. Then the following are equivalent:
(i) $\Omega$ is a regular domain;
(iv) $\Omega$ is a $W^{s, p}$-imbedding domain for all $s \in(0,1)$ and all $p \in(0, \infty)$;
(v) $\Omega$ is a $W^{s, p}$-imbedding domain for some $s \in(0,1)$ and some $p \in(0, \infty)$.

The proofs of Theorems 1.1 and 1.2 will be given in Section 2. We borrow some ideas from [13, 14, 18, 24, 32 .

Case ( i$) \Rightarrow$ (ii). If $p \in[1, \infty$ ), the proof has already been given by [16, 24] via constructing an extension operator with the mean value $u_{X}=\frac{1}{|X|} \int_{X} u(z) d z$. Recall that the procedure to construct an extension operator was essentially known after [18. If $p \in(0,1)$, the mean value $u_{X}$ makes no sense since a function $u \in W^{s, p}(\Omega)$ may fail to be local integrable. So the extension operator in [14,24] with the mean value does not work here. To overcome the possible non-integrability, we improve the extension operator in [14, 24] by replacing the mean vale $u_{X}$ with the median value $m_{u}(X)$ defined in (2.2) below; this is the main novelty of this paper. The
point is that the median value $m_{u}(X)$ is well defined for arbitrary measurable functions and enjoys the nice properties (2.5) and (2.6); see Lemma 2.2. The extension operator with the median value works for all $p \in(0, \infty)$ as shown in Section 2.

Case (ii) $\Rightarrow(i v)$ or $(i i i) \Rightarrow(v)$. When $n=s p$, we need Lemma 2.4 below; when $s p<n$ and $p \in(0,1)$, we need to use property (2.6) of the median value; the other cases are well known (see for example [21, Theorems 6.7 and 8.2]).

Case $(v) \Rightarrow(i)$. We first control the $W^{s, p}(\Omega)$-norms of test functions by using the volume of the ball $B(x, r) \cap \Omega$ in Lemma 2.4 below. Then with a suitable slicing of the ball $B(x, r) \cap \Omega$ and iteration, we obtain a lower bound $C r^{n}$ for $|B(x, r) \cap \Omega|$ and hence give (1.3). We should point out that the idea to derive the measure density property from the imbedding was originally invented by Hajłasz, Koskela and Tuoninen [13] for Sobolev $W^{1, p}$-extension domains with $p \in[1, \infty)$. Here we adapt their arguments to the setting of the fractional Sobolev $W^{s, p}$-extension.

Finally, we make some remarks. The first remark says that the geometric characterizations of $W^{s, p}$-extension/-imbedding domains have some jumps both when $p$ goes from $p<\infty$ to $p=\infty$ for fixed $s \in(0,1)$ and when $s$ goes from $s<1$ to $s=1$ for fixed $p \in[1, \infty]$. In the second remark, we state some related results. The third remark focuses on a domain which is not a $W^{s, p}$-extension domain for all $s \in(0,1)$ and all $p>2 / s$.

Remark 1.3. At the endpoint case $s \in(0,1)$ and $p=\infty$, and case $s=1$ and $p \in[1, \infty]$, the geometric characterizations of $W^{s, p}$-extension/-imbedding domains are quite different from Theorems 1.1 and 1.2 Precisely,

Case $s \in(0,1)$ and $p=\infty$. We can define $W^{s, \infty}(\Omega)$ exactly by (1.1) with the norm

$$
\|u\|_{W^{s, \infty}(\Omega)} \equiv\|u\|_{L^{\infty}(\Omega)}+\sup _{x, y \in \Omega, x \neq y} \frac{|u(x)-u(y)|}{|x-y|^{s}} .
$$

Then every domain is a $W^{s, \infty}$-extension domain. Indeed, notice that $W^{s, \infty}(\Omega)$ is exactly the space of Hölder continuous functions of order $s$, and can be viewed as the Lipschitz space with respect to the distance $|\cdot-\cdot|^{s}$. By the McShane extension (see for example [15, Section 2.2]), every function $u \in W^{s, \infty}$ can be extended to a function $\bar{u}$, defined by

$$
\bar{u}(x)=\sup _{z \in \Omega}\left[u(z)+L|x-z|^{s}\right]
$$

for all $x \in \mathbb{R}^{n}$, where $L=\sup _{x, y \in \Omega, x \neq y} \frac{|u(x)-u(y)|}{|x-y|^{s}}$. Set

$$
\widetilde{u}=\min \left\{\|u\|_{L^{\infty}(\Omega)}, \max \left\{-\|u\|_{L^{\infty}(\Omega)}, \bar{u}\right\}\right\} .
$$

It is easy to check that $\widetilde{u}=u$ on $\Omega$, and, moreover, we obtain $\widetilde{u} \in W^{s, \infty}\left(\mathbb{R}^{n}\right)$ with $\|\widetilde{u}\|_{W^{s, \infty}\left(\mathbb{R}^{n}\right)} \leq\|u\|_{W^{s, \infty}(\Omega)}$ as desired. We omit the details.

Case $s=1$ and $p \in[1, \infty]$. Define $W^{1, p}(\Omega)$ as the classical Sobolev space, that is, $W^{1, p}=\left\{u \in L^{p}\left(\mathbb{R}^{n}\right): \nabla u \in L^{p}(\Omega)\right\}$ with the norm $\|u\|_{W^{1, p}(\Omega)}=\|u\|_{L^{p}(\Omega)}+$ $\|\nabla u\|_{L^{p}(\Omega)}$, where $\nabla u$ denotes the distributional gradient of $u$. Let $\Omega \subset \mathbb{R}^{2}$ be a bounded simply connected domain. Then Gehring and Martio [8] proved that $\Omega$ is a $W^{1, \infty}$-extension domain if and only if it is quasiconvex. Goldshtein, Latfullin and Vodop'yanov proved that $\Omega$ is a $W^{1,2}$-extension domain if and only if it is a uniform domain; see [11,12,31] and also [18]. When $p \in(2, \infty)$, Buckley, Koskela and Shvartsman proved that $\Omega$ is a $W^{1, p}$-extension/-imbedding domain if and only if it is a weak $(p-2) /(p-1)$-cigar domain; see [3, 19, 25]. When $p \in[1,2), \Omega$
is a $W^{1, p}$-imbedding domain if and only if it is a John domain; see [2]. Higher dimensional analogies were also established therein.

Remark 1.4. The following results are closely relevant to our Theorems 1.1 and 1.2. In [13, 14], Hajłasz, Koskela and Tuominen first proved that the $W^{m, p}$-extension/imbedding domains satisfy the measure density property (1.3) for all $m \in \mathbb{N}$ and $p \in[1, \infty)$. With the aid of (1.3), they further give a characterization of Sobolev $W^{1, p}$-extension domains for all $p \in[1, \infty)$. Rychkov [23] and Triebel [29] consider the extensions and restrictions of Besov and Triebel-Lizorkin spaces on Lipschitz domains. Moreover, Shvartsman [24] considered the extensions and restrictions of Besov and Triebel-Lizorkin spaces on regular domains. This, as well as the extension of Besov spaces on regular sets established by Jonsson and Wallin [17, also works for $W^{s, p}(\Omega)$ when $s \in(0,1)$ and $p \in[1, \infty]$.

Remark 1.5. In this remark, we check by hand (without using Theorems 1.1 and 1.2) that the domain $\Omega \equiv\left\{x=\left(x_{1}, x_{2}\right) \in \mathbb{R}^{2}: 0<x_{1}<1,0<x_{2}<x_{1}^{2}\right\}$ is not a $W^{s, p}$-extension domain for all $s \in(0,1)$ and all $p>2 / s$. Such a fact was already well understood by mathematicians.

Let $s-3 / p<\alpha<s-2 / p$, and set $u(x)=|x|^{\alpha}$. Then $u \in W^{s, p}(\Omega)$. Indeed, by $|u(x)-u(y)| \sim|x|^{\alpha-1}|x-y|$, if $|x-y| \leq|x| / 2$ and $|u(x)-u(y)| \leq|x-y|^{\alpha}$, we write

$$
\begin{aligned}
\|u\|_{W^{s, p}(\Omega)}^{p} \lesssim & \int_{\Omega}|x|^{\alpha p} d x+\int_{\Omega} \int_{B(x,|x| / 2)} \frac{|x|^{p(\alpha-1)}}{|x-y|^{2-p+s p}} d y d x \\
& +\int_{\Omega} \int_{\Omega \backslash B(x,|x| / 2)} \frac{1}{|x-y|^{2+s p-\alpha p}} d y d x .
\end{aligned}
$$

Observing that when $x \neq 0, \int_{B(x,|x| / 2)} \frac{1}{|x-y|^{2-p+s p}} d y \lesssim|x|^{p-s p}$ and

$$
\int_{\mathbb{R}^{n} \backslash B(x,|x| / 2)} \frac{1}{|x-y|^{2+s p-\alpha p}} d y \lesssim|x|^{\alpha p-s p}
$$

by $2+\alpha p-s p>-1$ (due to $s-3 / p<\alpha$ ), we have

$$
\|u\|_{W^{s, p}(\Omega)}^{p} \lesssim 1+\int_{0}^{1} \int_{0}^{x_{1}^{2}} \frac{1}{|x|^{-\alpha p+s p}} d x_{2} d x_{1} \lesssim 1+\int_{0}^{1} x_{1}^{2+\alpha p-s p} d x_{1} \lesssim 1
$$

Assume that $u$ can be extended continuously as a function $\widetilde{u} \in W^{s, p}\left(\mathbb{R}^{2}\right)$. Then by the imbedding of $W^{s, p}\left(\mathbb{R}^{2}\right)$ into the space of Hölder continuous functions or order $s-2 / p$, we know that

$$
\sup _{x, y \in \Omega, x \neq y} \frac{|u(x)-u(y)|}{|x-y|^{s-2 / p}} \lesssim\|u\|_{W^{s, p}(\Omega)} .
$$

However, it is easy to see that

$$
\frac{|u(x)-u(x / 2)|}{|x-x / 2|^{s-2 / p}} \sim|x|^{\alpha-s+2 / p} \rightarrow \infty
$$

as $x \rightarrow 0$, which is a contradiction. So $\Omega$ is not a $W^{s, p}$-extension domain.
The notation used in what follows is standard. We denote by $C$ a positive constant which is independent of the main parameters, but which may vary from line to line. Constants with subscripts, such as $C_{0}$, do not change in different occurrences. The symbol $A \lesssim B$ or $B \gtrsim A$ means that $A \leq C B$. If $A \lesssim B$ and $B \lesssim A$, we then write $A \sim B$. For any locally integrable function $u$ and measurable
set $X$, we denote by $f_{X} u$ the average of $f$ on $X$, namely, $f_{X} f \equiv \frac{1}{|X|} \int_{X} f d x$. For a set $\Omega$ and $x \in \mathbb{R}^{n}$, we use $d(x, \Omega)$ to denote $\inf _{z \in \Omega}|x-z|$, the distance from $x$ to $\Omega$.

## 2. Proofs of Theorems 1.1 and 1.2

Obviously, it is easy to see that (ii) $\Rightarrow$ (iii) and (iv) $\Rightarrow$ (v). It suffices to prove $(\mathrm{i}) \Rightarrow(\mathrm{ii}),(\mathrm{ii}) \Rightarrow(\mathrm{iv}),(\mathrm{iii}) \Rightarrow(\mathrm{v})$, and $(\mathrm{v}) \Rightarrow(\mathrm{i})$. Without loss of generality, we assume that $\operatorname{diam} \Omega=\sup _{x, y \in \Omega}|x-y| \geq 2$.
(i) $\Rightarrow$ (ii). We first observe that $|\bar{\Omega} \backslash \Omega|=0$; see [14, Lemma 9], but we also give the argument here. Indeed, for every $x \in \bar{\Omega} \backslash \Omega$ and $r \in(0,1]$, take $x_{j} \in \Omega$ such that $x_{j} \rightarrow x$ as $j \rightarrow \infty$. We have

$$
|B(x, r) \cap \Omega|=\lim _{j \rightarrow \infty}\left|B\left(x_{j}, r\right) \cap \Omega\right| \geq C_{1} r^{n}
$$

and hence

$$
\limsup _{r \rightarrow 0} \frac{|B(x, r) \cap(\bar{\Omega} \backslash \Omega)|}{|B(x, r)|} \leq 1-C_{1} C(n)<1
$$

Thus $x$ is not a Lebesgue point of $\chi_{\bar{\Omega} \backslash \Omega}$. By the Lebesgue differential theorem, the set of non-Lebesgue points, and hence $\bar{\Omega} \backslash \Omega$, has measure 0 . Therefore, without loss of generality, we may assume that $\bar{\Omega} \neq \mathbb{R}^{n}$. Let $U \equiv \mathbb{R}^{n} \backslash \bar{\Omega}$. Then $U$ is an open set and hence enjoys the following Whitney covering; see, for example, [14, Lemma 7].

Lemma 2.1. There exist a family $\left\{B\left(x_{i}, r_{i}\right)\right\}_{i \in I}$ of countable balls and a constant $M \geq 1$ such that

1. $r_{i}=d\left(x_{i}, \Omega\right) / 10$ for all $i \in I$, and the family of balls $\left\{B\left(x_{i}, r_{i} / 5\right)\right\}_{i \in I}$ is a maximal family of pairwise disjoint balls;
2. $U=\bigcup_{i \in I} B\left(x_{i}, r_{i}\right)=\bigcup_{i \in I} B\left(x_{i}, 5 r_{i}\right)$;
3. if $x \in B\left(x_{i}, 5 r_{i}\right)$ for some $i \in I$, then $5 r_{i}<d(x, \Omega)<15 r_{i}$;
4. for each $i \in I$, there is $x_{i}^{*} \in \Omega$ such that $d\left(x_{i}, x_{i}^{*}\right)<15 r_{i}$;
5. $\sum_{i \in I} \chi_{B\left(x_{i}, 5 r_{i}\right)}(x) \leq M$ for all $x \in U$.

Associated to this covering, there exists a partition of unity (see for example [14, Lemma 8]). That is, there exists a family of smooth functions $\left\{\varphi_{i}\right\}_{i \in I}$ such that

1. $\operatorname{supp} \varphi_{i} \subset 2 B\left(x_{i}, r_{i}\right)$ for all $i \in I$;
2. $\varphi_{i}(x) \geq 1 / M$ for all $x \in B\left(x_{i}, r_{i}\right)$ and all $i \in I$;
3. there exists a constant $L>0$ such that for all $i \in I,\left|\nabla \varphi_{i}\right| \leq L / r_{i}$;
4. $\sum_{i \in I} \varphi_{i}=\chi_{\Omega}$.

Let $J$ be the collection of all $i \in I$ such that $r_{i} \leq 1$, and set $V \equiv\left\{x \in \mathbb{R}^{n}\right.$ : $d(x, \Omega) \leq 8\}$. For each $u \in W^{s, p}(\Omega)$, we define

$$
\widetilde{E} u(x) \equiv \begin{cases}u(x), & x \in \Omega  \tag{2.1}\\ 0, & x \in \bar{\Omega} \backslash \Omega \\ \sum_{i \in J} \varphi_{i}(x) m_{u}\left(B\left(x_{i}^{*}, r_{i}\right) \cap \Omega\right), & x \in U\end{cases}
$$

where $x_{i}^{*}$ is as in Lemma 2.1 and $m_{u}(X)$ denotes the median value of $u$ on set $X$ defined by

$$
\begin{equation*}
m_{u}(X) \equiv \max \left\{a \in \mathbb{R},|\{x \in X: u(x)<a\}| \leq \frac{|X|}{2}\right\} \tag{2.2}
\end{equation*}
$$

Moreover, let $\Psi$ be a Lipschitz function on $\mathbb{R}^{n}$ such that $\Psi=1$ on $\Omega, \Psi=0$ on $\mathbb{R}^{n} \backslash V$ and $0 \leq \Psi \leq 1$ on $V \backslash \Omega$. Set

$$
\begin{equation*}
E u \equiv \Psi \widetilde{E} u \tag{2.3}
\end{equation*}
$$

We point out that the extension operator $\widetilde{E}$ in (2.1), and hence $E$ in (2.3), is an improvement of the construction of [14, Proof of Theorem 6], where, instead of the median value $m_{u}\left(B\left(x_{i}^{*}, r_{i}\right) \cap \Omega\right)$, they use the mean value $f_{B\left(x_{i}^{*}, r_{i}\right) \cap \Omega} u(z) d z$. But we do need the median value to handle the case $p \in(0,1)$ since it has the important property (2.6).

We are going to show that $E u$ gives the desired extension of $u$ into $W^{s, p}\left(\mathbb{R}^{n}\right)$. Obviously, $E u=u$ on $\Omega$. To see $\|E u\|_{W^{s, p}\left(\mathbb{R}^{n}\right)} \lesssim\|u\|_{W^{s, p}(\Omega)}$, it suffices to prove that $\widetilde{E} u \in W^{s, p}(V)$ and

$$
\begin{equation*}
\|\widetilde{E} u\|_{W^{s, p}(V)} \lesssim\|u\|_{W^{s, p}(\Omega)} \tag{2.4}
\end{equation*}
$$

Indeed, assume that (2.4) holds for the moment. From this and $0 \leq \Psi \leq 1$, it follows that

$$
\|E u\|_{L^{p}\left(\mathbb{R}^{n}\right)} \leq\|\widetilde{E} u\|_{L^{p}(V)} \lesssim\|u\|_{L^{p}(\Omega)} .
$$

Moreover, by Fubini's theorem, we have

$$
\begin{aligned}
& \int_{\mathbb{R}^{n}} \quad \int_{\mathbb{R}^{n}} \frac{|E u(x)-E u(y)|^{p}}{|x-y|^{n+s p}} d x d y \\
& \quad=\int_{V} \int_{V} \frac{|\Psi(x) \widetilde{E} u(x)-\Psi(y) \widetilde{E} u(y)|^{p}}{|x-y|^{n+s p}} d x d y \\
& \quad \lesssim \int_{V}\left(\int_{V \backslash B(x, 1)} \frac{|\widetilde{E} u(x)|^{p}+|\widetilde{E} u(y)|^{p}}{|x-y|^{n+s p}} d y\right) d x \\
& \quad+\int_{V}\left(\int_{V \cap B(x, 1)} \frac{|\Psi(x) \widetilde{E} u(x)-\Psi(y) \widetilde{E} u(y)|^{p}}{|x-y|^{n+s p}} d y\right) d x \\
& \quad \equiv L_{1}+L_{2} .
\end{aligned}
$$

By noticing that $\int_{\mathbb{R}^{n} \backslash B(x, 1)} \frac{1}{|x-y|^{n+s p}} d x \lesssim 1$ and $\int_{\mathbb{R}^{n} \backslash B(y, 1)} \frac{1}{|x-y|^{n+s p}} d y \lesssim 1$ and by Fubini's theorem, we have

$$
\begin{aligned}
L_{1} \leq & \int_{V}|\widetilde{E} u(x)|^{p}\left(\int_{V \backslash B(x, 1)} \frac{1}{|x-y|^{n+s p}} d y\right) d x \\
& +\int_{V}|\widetilde{E} u(y)|^{p}\left(\int_{V \backslash B(y, 1)} \frac{1}{|x-y|^{n+s p}} d x\right) d y \\
\lesssim & \|\widetilde{E} u\|_{L^{p}(V)}^{p} .
\end{aligned}
$$

Since $\int_{B(x, 1)}|x-y|^{-n-s p+p} d y \lesssim 1,0 \leq \Psi \leq 1$ and $\Psi$ is a Lipschitz function, we also have

$$
\begin{aligned}
L_{2} \lesssim & \int_{V}\left(\int_{V \cap B(x, 1)} \frac{|\widetilde{E} u(x)-\widetilde{E} u(y)|^{p}}{|x-y|^{n+s p}} d y\right) d x \\
& +\int_{V}\left(\int_{V \cap B(x, 1)} \frac{|\Psi(x)-\Psi(y)|^{p}|\widetilde{E} u(x)|^{p}}{|x-y|^{n+s p}} d y\right) d x
\end{aligned}
$$

$$
\begin{aligned}
& \lesssim\|\widetilde{E} u\|_{W^{s, p}(V)}^{p}+\int_{V}|\widetilde{E} u(x)|^{p}\left(\int_{B(x, 1)} \frac{1}{|x-y|^{n+s p-p}} d y\right) d x \\
& \lesssim\|\widetilde{E} u\|_{W^{s, p}(V)}^{p}
\end{aligned}
$$

Thus $E u \in W^{s, p}\left(\mathbb{R}^{n}\right)$ and $\|E u\|_{W^{s, p}\left(\mathbb{R}^{n}\right)} \lesssim\|\widetilde{E} u\|_{W^{s, p}(\Omega)}$. So if (2.4) holds, we will have $E u \in W^{s, p}\left(\mathbb{R}^{n}\right)$ and $\|E u\|_{W^{s, p}\left(\mathbb{R}^{n}\right)} \lesssim\|u\|_{W^{s, p}(\Omega)}$.

To prove (2.4), we need the following important properties of the median value, which were essentially proved in [5, Lemma 2.4] and [10, (2.4)] (see also [20, (5.9)]).
Lemma 2.2. For every $\delta \in(0,1]$ and $u \in L_{\text {loc }}^{\delta}(\Omega)$, we have

$$
\begin{equation*}
u(x)=\lim _{r \rightarrow 0} m_{u}(B(x, r) \cap \Omega) \tag{2.5}
\end{equation*}
$$

for almost all $x \in \Omega$. Moreover, for every ball $B$ with its center in $\Omega$ and each $c \in \mathbb{R}$,

$$
\begin{equation*}
\left|m_{u}(B \cap \Omega)-c\right| \leq\left\{2 f_{B \cap \Omega}|u(w)-c|^{\delta} d w\right\}^{1 / \delta} \tag{2.6}
\end{equation*}
$$

Proof. Observe that for all $0<r<\operatorname{dist}(x, \partial \Omega), B(x, r) \cap \Omega=B(x, r)$, and hence $m_{u}(B(x, r) \cap \Omega)=m_{u}(B(x, r))$. So the first conclusion (2.5) was exactly the one proved in [5, Lemma 2.2]. The second conclusion (2.6) was essentially proved in [10, (2.4)] (see also [20, (5.9)]). For convenience, we write the details here.

Let $B$ be an arbitrary ball centered at $\Omega$, and let $c \in \mathbb{R}$. We first claim that

$$
m_{u}(B \cap \Omega)-c=m_{u-c}(B \cap \Omega) \text { and }\left|m_{u}(B \cap \Omega)\right| \leq m_{|u|}(B \cap \Omega)
$$

Indeed, observe that

$$
\left|\left\{x \in B \cap \Omega, u(x)<m_{u}(B \cap \Omega)\right\}\right| \leq|B \cap \Omega| / 2
$$

implies that

$$
\left|\left\{x \in B \cap \Omega, u(x)-c<m_{u}(B \cap \Omega)-c\right\}\right| \leq|B \cap \Omega| / 2
$$

By the definition of $m_{u-c}(B \cap \Omega)$, we have $m_{u}(B \cap \Omega)-c \leq m_{u-c}(B \cap \Omega)$. Similarly,

$$
\left|\left\{x \in B \cap \Omega, u(x)-c<m_{u-c}(B \cap \Omega)\right\}\right| \leq|B \cap \Omega| / 2
$$

implies that

$$
\left|\left\{x \in B \cap \Omega, u(x)<m_{u-c}(B \cap \Omega)+c\right\}\right| \leq|B \cap \Omega| / 2
$$

So by the definition of $m_{u}(B \cap \Omega)$, we have $m_{u-c}(B \cap \Omega)+c \leq m_{u}(B \cap \Omega)$. Therefore, we have $m_{u}(B \cap \Omega)-c=m_{u-c}(B \cap \Omega)$. Moreover, if $m_{u}(B \cap \Omega) \geq 0$, then $\left|\left\{x \in B \cap \Omega,|u(x)|<m_{u}(B \cap \Omega)\right\}\right| \leq\left|\left\{x \in B \cap \Omega, u(x)<m_{u}(B \cap \Omega)\right\}\right| \leq|B \cap \Omega| / 2$, and hence, by the definition of $m_{|u|}(B \cap \Omega)$, implies that $m_{u}(B \cap \Omega) \leq m_{|u|}(B \cap \Omega)$. If $m_{u}(B \cap \Omega)<0$, for every $0<a<\left|m_{u}(B \cap \Omega)\right|$, we have

$$
\begin{aligned}
|\{x \in B \cap \Omega,|u(x)|<a\}| & \leq|\{x \in B \cap \Omega, u(x)>-a\}| \\
& =|B \cap \Omega|-|\{x \in B \cap \Omega, u(x) \leq-a\}|
\end{aligned}
$$

Observe that

$$
|\{x \in B \cap \Omega, u(x) \leq-a\}| \geq|B \cap \Omega| / 2
$$

otherwise, $-a \leq m_{u}(B \cap \Omega)$, which is a contradiction. We obtain

$$
|\{x \in B \cap \Omega,|u(x)|<a\}| \leq|B \cap \Omega| / 2
$$

which implies that $a \leq m_{|u|}(B \cap \Omega)$, and hence $\left|m_{u}(B \cap \Omega)\right| \leq m_{|u|}(B \cap \Omega)$.
The above claim leads to that

$$
\left|m_{u}(B \cap \Omega)-c\right|=\left|m_{u-c}(B \cap \Omega)\right| \leq m_{|u-c|}(B \cap \Omega) .
$$

By this, (2.6) is reduced to

$$
\begin{equation*}
m_{|u-c|}(B \cap \Omega) \leq\left\{2 f_{B \cap \Omega}|u(w)-c|^{\delta} d \mu(w)\right\}^{1 / \delta} \tag{2.7}
\end{equation*}
$$

To see (2.7), set $\sigma \equiv f_{B \cap \Omega}|u(w)-c|^{\delta} d w$. By Chebyshev's inequality, for every $a>2$, we have

$$
\begin{aligned}
\left|\left\{w \in B \cap \Omega:|u(w)-c| \geq(a \sigma)^{1 / \delta}\right\}\right| & =\left|\left\{w \in B \cap \Omega:|u(w)-c|^{\delta} \geq a \sigma\right\}\right| \\
& \leq(a \sigma)^{-1} \int_{B \cap \Omega}|u(w)-c|^{\delta} d w \\
& <\frac{|B \cap \Omega|}{2}
\end{aligned}
$$

This yields that

$$
\left|\left\{w \in B \cap \Omega:|u(w)-c|<(a \sigma)^{1 / \delta}\right\}\right|>\frac{|B \cap \Omega|}{2}
$$

and hence, by the definition of $m_{|u-c|}(B \cap \Omega)$, we have $m_{|u-c|}(B \cap \Omega) \leq(a \sigma)^{1 / \delta}$. Letting $a \rightarrow 2$, we obtain (2.7) and hence prove (2.6). This finishes the proof of Lemma 2.2.

We return to the proof of (2.4). First, we show that $\|\widetilde{E} u\|_{L^{p}(V)} \lesssim\|u\|_{L^{p}(\Omega)}$. For $x \in V \backslash \bar{\Omega}$, denote by $I_{x}$ the collection of $i \in I$ such that $x \in B\left(x_{i}, 2 r_{i}\right)$. Then by Lemma 2.1

$$
\begin{equation*}
\sharp I_{x} \leq M \tag{2.8}
\end{equation*}
$$

and for $i \in I_{x}$, by (1.3),

$$
\begin{align*}
& B\left(x_{i}^{*}, r_{i}\right) \subset B(x, 5 d(x, \Omega)), \\
& \left|B\left(x_{i}^{*}, r_{i}\right) \cap \Omega\right| \sim|B(x, 5 d(x, \Omega)) \cap \Omega| \sim|B(x, 5 d(x, \Omega))| . \tag{2.9}
\end{align*}
$$

Notice that if $i \in I \backslash J$, then $r_{i} \geq 1$ and hence $d(z, \Omega)>8 r_{i} \geq 8$ for all $z \in$ $B\left(x_{i}, 2 r_{i}\right)$; that is, $B\left(x_{i}, 2 r_{i}\right) \cap \Omega=\emptyset$. Thus $I_{x} \subset J$ and $\sum_{i \in I_{x}} \varphi_{i}(x)=1$. Take $\delta \equiv \min \{1 / 2, p / 2\}$. By Lemma 2.2, (2.8) and (2.9), we have

$$
\begin{aligned}
\widetilde{E} u(x) & \leq \sum_{i \in I_{x}} \varphi_{i}(x)\left|m_{u}\left(B\left(x_{i}^{*}, r_{i}\right) \cap \Omega\right)\right| \\
& \lesssim \sum_{i \in I_{x}} \varphi_{i}(x)\left(f_{B\left(x_{i}^{*}, r_{i}\right) \cap \Omega}|u(z)|^{\delta} d z\right)^{1 / \delta} \\
& \lesssim\left(f_{B(x, 5 d(x, \Omega))}|u(z)|^{\delta} \chi_{\Omega}(z) d z\right)^{1 / \delta} \\
& \lesssim \mathcal{M}_{\delta}\left(u \chi_{\Omega}\right)(x),
\end{aligned}
$$

where and in what follows,

$$
\mathcal{M}_{\delta}(g)(x) \equiv \sup _{B(x, r)}\left(f_{B(x, r)}|g(z)|^{\delta} d z\right)^{1 / \delta}=\left[\mathcal{M}\left(|g|^{\delta}\right)\right]^{1 / \delta}
$$

and $\mathcal{M}$ is the Hardy-Littlewood operator. By the $L^{p / \delta}$-boundedness of $\mathcal{M}$, we obtain $\|\widetilde{E} u\|_{L^{p}(V)} \lesssim\|u\|_{L^{p}(\Omega)}$.

Moreover, we write

$$
\begin{aligned}
\int_{V} & \int_{V} \frac{|\widetilde{E} u(x)-\widetilde{E} u(y)|^{p}}{|x-y|^{n+s p}} d x d y \\
= & \int_{\Omega} \int_{\Omega} \frac{|u(x)-u(y)|^{p}}{|x-y|^{n+s p}} d x d y+2 \int_{V \backslash \Omega} \int_{\Omega} \frac{|\widetilde{E} u(x)-u(y)|^{p}}{|x-y|^{n+s p}} d y d x \\
& +\int_{V \backslash \Omega} \int_{V \backslash \Omega} \frac{|\widetilde{E} u(x)-\widetilde{E} u(y)|^{p}}{|x-y|^{n+s p}} d x d y \\
& \equiv H_{1}+H_{2}+H_{3}
\end{aligned}
$$

Obviously, $H_{1} \leq\|u\|_{W^{s, p}(\Omega)}^{p}$. For $x \in V \backslash \Omega$ and $y \in \Omega$, by $\sum_{i \in I_{x}} \varphi_{i}(x)=1$, Lemma 2.2 , (2.8) and (2.9), we obtain

$$
\begin{aligned}
|\widetilde{E} u(x)-u(y)| & \leq \sum_{i \in I_{x}} \varphi_{i}(x)\left|m_{u}\left(B\left(x_{i}^{*}, r_{i}\right) \cap \Omega\right)-u(y)\right| \\
& \leq \sum_{i \in I_{x}} \varphi_{i}(x)\left(f_{B\left(x_{i}^{*}, r_{i}\right) \cap \Omega}|u(z)-u(y)|^{\delta} d z\right)^{1 / \delta} \\
& \lesssim\left(f_{B(x, 5 d(x, \Omega)) \cap \Omega}|u(z)-u(y)|^{\delta} d z\right)^{1 / \delta}
\end{aligned}
$$

For $y \in \Omega$ and $z \in B(x, 5 d(x, \Omega)) \cap \Omega$, since $|x-y| \geq d(x, \Omega)$, we always have

$$
|z-y| \leq|z-x|+|x-y| \leq 5 d(x, \Omega)+|x-y| \lesssim|x-y|
$$

Hence

$$
\begin{aligned}
\frac{|\widetilde{E} u(x)-u(y)|}{|x-y|^{n / p+s}} & \lesssim\left(f_{B(x, 5 d(x, \Omega)) \cap \Omega} \frac{|u(z)-u(y)|^{\delta}}{|z-y|^{n \delta / p+s \delta}} d z\right)^{1 / \delta} \\
& \lesssim \mathcal{M}_{\delta}\left(\frac{|u(\cdot)-u(y)|}{|\cdot-y|^{n / p+s}} \chi_{\Omega}(\cdot)\right)(x)
\end{aligned}
$$

which together with the $L^{p / \delta}$-boundedness of Hardy-Littlewood maximal operator implies that

$$
\begin{aligned}
H_{2} & \lesssim \int_{V \backslash \Omega} \int_{\Omega}\left[\mathcal{M}_{\delta}\left(\frac{|u(\cdot)-u(y)|}{|\cdot-y|^{n / p+s}} \chi_{\Omega}(\cdot)\right)(x)\right]^{p} d y d x \\
& \lesssim \int_{\Omega} \int_{\mathbb{R}^{n}}\left[\mathcal{M}_{\delta}\left(\frac{|u(\cdot)-u(y)|}{|\cdot-y|^{n / p+s}} \chi_{\Omega}(\cdot)\right)(x)\right]^{p} d x d y \\
& \lesssim \int_{\Omega} \int_{\mathbb{R}^{n}} \frac{|u(x)-u(y)|^{p}}{|x-y|^{n / p+s}} \chi_{\Omega}(x) d x d y \\
& \lesssim \int_{\Omega} \int_{\Omega} \frac{|u(x)-u(y)|^{p}}{|x-y|^{n+s p}} d x d y \lesssim\|u\|_{W^{s, p}(\Omega)}^{p}
\end{aligned}
$$

To estimate $H_{3}$ for the given $x$, we split $V \backslash \Omega$ into two parts:

$$
X_{1}(x) \equiv\left\{y \in V \backslash \Omega:|x-y| \geq \frac{1}{2} \max \{d(x, \Omega), d(y, \Omega)\}\right\}
$$

and

$$
X_{2}(x) \equiv\left\{y \in V \backslash \Omega:|x-y|<\frac{1}{2} \max \{d(x, \Omega), d(y, \Omega)\}\right\}
$$

Write

$$
\begin{aligned}
H_{3} & =\int_{V \backslash \Omega} \int_{X_{1}(x)} \frac{|\widetilde{E} u(x)-\widetilde{E} u(y)|^{p}}{|x-y|^{n+s p}} d y d x+\int_{V \backslash \Omega} \int_{X_{2}(x)} \frac{|\widetilde{E} u(x)-\widetilde{E} u(y)|^{p}}{|x-y|^{n+s p}} d y d x \\
& \equiv H_{3,1}+H_{3,2}
\end{aligned}
$$

If $x \in V \backslash \Omega$ and $y \in X_{1}(x)$, by

$$
\sum_{i \in I_{x}} \varphi_{i}(x)=1=\sum_{i \in I_{y}} \varphi_{i}(y)
$$

we have

$$
\widetilde{E} u(x)-\widetilde{E} u(y)=\sum_{i \in I_{x}} \sum_{j \in I_{y}} \varphi_{i}(x) \varphi_{j}(y)\left[m_{u}\left(B\left(x_{i}^{*}, r_{i}\right) \cap \Omega\right)-m_{u}\left(B\left(x_{j}^{*}, r_{j}\right) \cap \Omega\right)\right]
$$

Applying Lemma 2.2 twice, by (2.9) we have

$$
\begin{aligned}
&\left|m_{u}\left(B\left(x_{i}^{*}, r_{i}\right) \cap \Omega\right)-m_{u}\left(B\left(x_{j}^{*}, r_{j}\right) \cap \Omega\right)\right| \\
& \lesssim\left(f_{B\left(x_{i}^{*}, r_{i}\right) \cap \Omega} f_{B\left(x_{j}^{*}, r_{j}\right) \cap \Omega}|u(z)-u(w)|^{\delta} d z d w\right)^{1 / \delta} \\
& \lesssim\left(f_{B(y, 5 d(x, \Omega)) \cap \Omega} f_{B(x, 5 d(y, \Omega)) \cap \Omega}|u(z)-u(w)|^{\delta} d z d w\right)^{1 / \delta}
\end{aligned}
$$

Observe that for all $z \in B(x, 5 d(x, \Omega)) \cap \Omega$ and $w \in B(y, 5 d(y, \Omega)) \cap \Omega$, since $|x-y| \geq \frac{1}{2} \max \{d(x, \Omega), d(y, \Omega)\}$,

$$
|z-w| \leq|x-y|+5 d(x, \Omega)+5 d(y, \Omega) \lesssim|x-y|
$$

This together with (2.8) leads to the fact that

$$
\begin{aligned}
\frac{|\widetilde{E} u(x)-\widetilde{E} u(y)|}{|x-y|^{n / p+s}} & \lesssim\left(f_{B(x, 5 d(x, \Omega)) \cap \Omega} f_{B(y, 5 d(y, \Omega)) \cap \Omega} \frac{|u(z)-u(w)|^{\delta}}{|z-w|^{n \delta / p+s \delta}} d z d w\right)^{1 / \delta} \\
& \lesssim\left(\mathcal{M}_{\delta} \times \mathcal{M}_{\delta}\right)(F)(x, y)
\end{aligned}
$$

where

$$
F(z, w) \equiv \frac{|u(z)-u(w)|}{|w-z|^{n / p+s}} \chi_{\Omega}(z) \chi_{\Omega}(w)
$$

and $\left(\mathcal{M}_{\delta} \times \mathcal{M}_{\delta}\right)(F)(x, y)$ denotes the iterated Hardy-Littlewood maximal function of $F$. That is, first for a given $w$, taking the maximal function of $F(z, w)$ with respect to the variable $z$ and evaluating at $x$, we get $\mathcal{M}_{\delta}(F(\cdot, w)(x)$. Then for a given $x$, taking maximal function of $\mathcal{M}_{\delta}(F(\cdot, w)(x)$ with respect to $w$ and evaluating at $y$, we obtain $\left(\mathcal{M}_{\delta} \times \mathcal{M}_{\delta}\right)(F)(x, y)$.

By the $L^{p / \delta}$-boundedness of Hardy-Littlewood operator, we obtain

$$
\begin{aligned}
H_{3,1} & \lesssim \int_{\mathbb{R}^{n}} \int_{\mathbb{R}^{n}}\left[\left(\mathcal{M}_{\delta} \times \mathcal{M}_{\delta}\right)(F)(x, y)\right]^{p} d x d y \\
& \lesssim \int_{\mathbb{R}^{n}} \int_{\mathbb{R}^{n}} \frac{|u(x)-u(y)|^{p}}{|x-y|^{n+s p}} \chi_{\Omega}(x) \chi_{\Omega}(y) d x d y \\
& \lesssim \int_{\Omega} \int_{\Omega} \frac{|u(x)-u(y)|^{p}}{|x-y|^{n+s p}} d y d x \\
& \lesssim\|u\|_{W^{s, p}(\Omega)}^{p} .
\end{aligned}
$$

If $x \in V \backslash \Omega$ and $y \in X_{2}(x)$, noticing that $\sum_{i \in I_{x} \cup I_{y}}\left[\varphi_{i}(x)-\varphi_{i}(y)\right]=0$, by Lemma 2.1, we arrive at

$$
\begin{aligned}
& |\widetilde{E} u(x)-\widetilde{E} u(y)| \\
& \quad=\left|\sum_{i \in I_{x} \cup I_{y}}\left[\varphi_{i}(x)-\varphi_{i}(y)\right] m_{u}\left(B\left(x_{i}^{*}, r_{i}\right) \cap \Omega\right)\right| \\
& \quad=\left|\sum_{i \in I_{x} \cup I_{y}}\left[\varphi_{i}(x)-\varphi_{i}(y)\right]\left[m_{u}\left(B\left(x_{i}^{*}, r_{i}\right) \cap \Omega\right)-m_{u}(B(x, 5 d(x, \Omega)) \cap \Omega)\right]\right| \\
& \quad \lesssim \sum_{i \in I_{x} \cup I_{y}} \frac{|x-y|}{r_{i}}\left|m_{u}\left(B\left(x_{i}^{*}, r_{i}\right) \cap \Omega\right)-m_{u}(B(x, 5 d(x, \Omega)) \cap \Omega)\right| .
\end{aligned}
$$

Applying Lemma 2.2 twice with $\delta<p$ and the Hölder inequality, we have

$$
\begin{aligned}
\mid m_{u} & \left(B\left(x_{i}^{*}, r_{i}\right) \cap \Omega\right)-m_{u}(B(x, 5 d(x, \Omega)) \cap \Omega) \mid \\
& \leq\left\{f_{B\left(x_{i}^{*}, r_{i}\right) \cap \Omega} f_{B(x, 5 d(x, \Omega)) \cap \Omega}|u(z)-u(w)|^{\delta} d w d z\right\}^{1 / \delta} \\
& \leq\left\{f_{B\left(x_{i}^{*}, r_{i}\right) \cap \Omega}\left[f_{B(x, 5 d(x, \Omega)) \cap \Omega}|u(z)-u(w)|^{p} d w\right]^{\delta / p} d z\right\}^{1 / \delta} .
\end{aligned}
$$

For all $i \in I_{x} \cup I_{y}$, we claim that $r_{i} \sim d(x, \Omega)$,

$$
B\left(x_{i}^{*}, r_{i}\right) \subset B(x, 20 d(x, \Omega)) \text { and }\left|B\left(x_{i}^{*}, r_{i}\right)\right| \sim|B(x, 20 d(x, \Omega)) \cap \Omega|
$$

If $i \in I_{x}$, this follows from (2.9). To see this for $i \in I_{y}$, observe that

$$
\begin{equation*}
\frac{1}{3} d(y, \Omega) \leq d(x, \Omega) \leq 3 d(y, \Omega) \tag{2.10}
\end{equation*}
$$

Indeed, taking $\bar{y} \in \bar{\Omega}$ so that $|y-\bar{y}|=d(y, \Omega)$, by $|x-y| \leq \frac{1}{2} \max \{d(x, \Omega), d(y, \Omega)\}$ we have

$$
\begin{aligned}
d(x, \Omega) & \leq|x-\bar{y}| \leq|x-y|+|y-\bar{y}| \\
& \leq \frac{1}{2} d(x, \Omega)+\frac{1}{2} d(y, \Omega)+d(y, \Omega) \\
& =\frac{1}{2} d(x, \Omega)+\frac{3}{2} d(y, \Omega)
\end{aligned}
$$

which implies that $d(x, \Omega) \leq 3 d(y, \Omega)$. Similarly, we have $d(y, \Omega) \leq 3 d(x, \Omega)$. Thus $B(y, 5 d(y, \Omega)) \subset B(x, 20 d(x, \Omega))$, and by (1.3),

$$
|B(y, 5 d(y, \Omega)) \cap \Omega| \sim|B(x, 20 d(x, \Omega)) \cap \Omega| .
$$

So, for all $i \in I_{y}$, by Lemma 2.1 and (1.3) we have

$$
\begin{aligned}
& B\left(x_{i}^{*}, r_{i}\right) \subset B(y, 5 d(y, \Omega)) \subset B(x, 20 d(x, \Omega)), \\
& \left|B\left(x_{i}^{*}, r_{i}\right) \cap \Omega\right| \sim|B(y, 5 d(y, \Omega)) \cap \Omega| \sim|B(x, 20 d(x, \Omega)) \cap \Omega|,
\end{aligned}
$$

as desired in the above claim.
Moreover, by (2.10), for all $z, w \in B(x, 20 d(x, \Omega)) \cap \Omega$, we have $|z-w| \lesssim d(x, \Omega)$. This together with $\sharp I_{x}+\sharp I_{y} \lesssim 1$ (by Lemma 2.1) yields that

$$
\begin{aligned}
& |\widetilde{E} u(x)-\widetilde{E} u(y)| \\
& \leq \frac{|x-y|}{d(x, \Omega)}\left\{f_{B(x, 20 d(x, \Omega)) \cap \Omega}\left[f_{B(x, 5 d(x, \Omega)) \cap \Omega}|u(z)-u(w)|^{p} d w\right]^{\delta / p} d z\right\}^{1 / \delta} \\
& \leq \frac{|x-y|}{d(x, \Omega)^{1-s}}\left\{f_{B(x, 20 d(x, \Omega)) \cap \Omega}\left[\int_{B(x, 5 d(x, \Omega)) \cap \Omega} \frac{|u(z)-u(w)|^{p}}{|z-w|^{n+s p}} d w\right]^{\delta / p} d z\right\}^{1 / \delta} \\
& \leq \frac{|x-y|}{d(x, \Omega)^{1-s}} \mathcal{M}_{\delta}\left(\left(\int_{\Omega} \frac{|u(\cdot)-u(w)|^{p}}{|\cdot-w|^{n+s p}} d w\right)^{1 / p} \chi_{\Omega}(\cdot)\right)(x) .
\end{aligned}
$$

This implies that

$$
\begin{aligned}
H_{3,2} \lesssim & \int_{V \backslash \Omega}\left(\int_{X_{2}(x)} \frac{|x-y|^{p-n-s p}}{d(x, \Omega)^{p-s p}} d y\right) \\
& \times\left[\mathcal{M}_{\delta}\left(\left(\int_{\Omega} \frac{|u(\cdot)-u(w)|^{p}}{|\cdot-w|^{n+s p}} d w\right)^{1 / p} \chi_{\Omega}(\cdot)\right)(x)\right]^{p} d x .
\end{aligned}
$$

Since (2.10) implies that $X_{2}(x) \subset B(x, 15 d(x, \Omega))$, we have

$$
\int_{X_{2}(x)} \frac{|x-y|^{p-n-s p}}{d(x, \Omega)^{p-s p}} d y \lesssim \int_{B(x, 15 d(x, \Omega))} \frac{|x-y|^{p-n-s p}}{d(x, \Omega)^{p-s p}} d y \lesssim 1 .
$$

This together with the $L^{p}\left(\mathbb{R}^{n}\right)$-boundedness of $\mathcal{M}_{\delta}$ yields that

$$
\begin{aligned}
H_{3,2} & \lesssim \int_{\mathbb{R}^{n}}\left[\mathcal{M}_{\delta}\left(\left(\int_{\Omega} \frac{|u(\cdot)-u(w)|^{p}}{|\cdot-w|^{n+s p}} d w\right)^{1 / p} \chi_{\Omega}(\cdot)\right)(x)\right]^{p} d x \\
& \lesssim \int_{\mathbb{R}^{n}}\left[\left(\int_{\Omega} \frac{|u(x)-u(w)|^{p}}{|x-w|^{n+s p}} d w\right)^{1 / p} \chi_{\Omega}(x)\right]^{p} d x \\
& \lesssim \int_{\Omega} \int_{\Omega} \frac{|u(x)-u(w)|^{p}}{|x-w|^{n+s p}} d w d x \\
& \lesssim\|u\|_{W^{s, p}(\Omega)}^{p} .
\end{aligned}
$$

Now we arrive at

$$
H_{3} \leq H_{3,1}+H_{3,2} \lesssim\|u\|_{W^{s, p}(\Omega)}^{p} .
$$

Combining the estimates of $H_{1}, H_{2}$ and $H_{3}$ yields (2.4). This gives (iii).
(ii) $\Rightarrow$ (iv). If $s p \neq n$ and $p \geq 1$, this is well known; see, for example, 21, Theorems 6.5 and 8.2].

Case $p \in(0,1)$. For $u \in \dot{W}^{s, p}\left(\mathbb{R}^{n}\right)$, set

$$
g(x) \equiv \sup _{j \in \mathbb{Z}} 2^{j s}\left(f_{B\left(x, 2^{-j}\right)}\left|u(z)-m_{u}\left(B\left(x, 2^{-j}\right)\right)\right|^{p} d z\right)^{1 / p}
$$

For each $j$, by Lemma 2.2 and $|x-z| \leq 2^{-j}$ for all $z \in B\left(x, 2^{-j}\right)$, we have

$$
\begin{aligned}
& f_{B\left(x, 2^{-j}\right)}\left|u(z)-m_{u}\left(B\left(x, 2^{-j}\right)\right)\right|^{p} d z \\
& \quad \lesssim f_{B\left(x, 2^{-j}\right)}|u(z)-u(x)|^{p} d z+\left|u(x)-m_{u}\left(B\left(x, 2^{-j}\right)\right)\right|^{p} \\
& \quad \lesssim f_{B\left(x, 2^{-j}\right)}|u(z)-u(x)|^{p} d z \\
& \quad \lesssim 2^{-j s p} \int_{B\left(x, 2^{-j}\right)} \frac{|u(z)-u(x)|^{p}}{2^{-j(n+s p)}} d z \\
& \quad \lesssim 2^{-j s p} \int_{B\left(x, 2^{-j}\right)} \frac{|u(z)-u(x)|^{p}}{|z-x|^{n+s p}} d z
\end{aligned}
$$

Hence

$$
g(x) \lesssim \sup _{j \in \mathbb{Z}}\left(\int_{B\left(x, 2^{-j}\right)} \frac{|u(z)-u(x)|^{p}}{|x-z|^{n+s p}} d z\right)^{1 / p} \lesssim\left(\int_{\mathbb{R}^{n}} \frac{|u(z)-u(x)|^{p}}{|x-z|^{n+s p}} d z\right)^{1 / p}
$$

which implies that $\|g\|_{L^{p}\left(\mathbb{R}^{n}\right)} \lesssim\|u\|_{W^{s, p}\left(\mathbb{R}^{n}\right)}$. For each ball $B\left(0,2^{-k}\right)$, we have

$$
\begin{aligned}
\|u\|_{L^{n p /(n-s p)}\left(B\left(0,2^{-k}\right)\right)} \leq & \left\|u-m_{u}\left(B\left(\cdot, 2^{-k}\right)\right)\right\|_{L^{n p /(n-s p)}\left(B\left(0,2^{-k}\right)\right)} \\
& +\sup _{x \in B\left(0,2^{-k}\right)}\left|m_{u}\left(B\left(x, 2^{-k}\right)\right) \| B\left(0,2^{-k}\right)\right|^{(n-s p) / n p}
\end{aligned}
$$

Notice that by Lemma 2.2, for each $x \in B\left(0,2^{-k}\right)$,

$$
\begin{aligned}
& \left|m_{u}\left(B\left(x, 2^{-k}\right)\right)\right|\left|B\left(0,2^{-k}\right)\right|^{(n-s p) / n p} \\
& \quad \leq\left|B\left(0,2^{-k}\right)\right|^{(n-s p) / n p}\left(f_{B\left(x, 2^{-k}\right)}|u(z)|^{p} d z\right)^{1 / p} \\
& \quad \lesssim\|u\|_{L^{p}\left(\mathbb{R}^{n}\right)}\left|B\left(0,2^{-k}\right)\right|^{-s / n}
\end{aligned}
$$

Moreover, for almost all $x \in B\left(0,2^{-k}\right)$, we claim that

$$
\begin{equation*}
\left|u(x)-m_{u}\left(B\left(x, 2^{-k}\right)\right)\right| \lesssim\left(\int_{B\left(0,2^{-k+2}\right)} \frac{[g(z)]^{p / 2}}{|z-x|^{n-s p / 2}} d z\right)^{2 / p} \tag{2.11}
\end{equation*}
$$

Assume that this holds for the moment. Denoting by $I_{s p / 2}$ the Riesz potential of order $s p / 2$ and by its boundedness from $L^{2}\left(\mathbb{R}^{n}\right)$ to $L^{2 n /(n-s p)}\left(\mathbb{R}^{n}\right)$, we have

$$
\begin{aligned}
& \| u
\end{aligned} \begin{aligned}
& m_{u}\left(B\left(\cdot, 2^{-k}\right)\right) \|_{L^{n p /(n-s p)}\left(B\left(0,2^{-k}\right)\right)} \\
& \lesssim\left\|I_{s p / 2}\left(g^{p / 2}\right)\right\|_{L^{2 n /(n-s p)}\left(\mathbb{R}^{n}\right)}^{2 / p} \lesssim\left\|g^{p / 2}\right\|_{L^{2}\left(\mathbb{R}^{n}\right)}^{2 / p} \\
& \lesssim\|g\|_{L^{p}\left(\mathbb{R}^{n}\right)} \lesssim\|u\|_{W^{s, p}\left(\mathbb{R}^{n}\right)}
\end{aligned}
$$

Thus,

$$
\|u\|_{L^{n p /(n-s p)}\left(B\left(0,2^{-k}\right)\right)} \lesssim\|u\|_{W^{s, p}\left(\mathbb{R}^{n}\right)}+\|u\|_{L^{p}\left(\mathbb{R}^{n}\right)}\left|B\left(0,2^{-k}\right)\right|^{-s / n}
$$

which, when $k \rightarrow \infty$, implies that $\|u\|_{L^{n p /(n-s p)}\left(\mathbb{R}^{n}\right)} \lesssim\|u\|_{W^{s, p}\left(\mathbb{R}^{n}\right)}$.
To see (2.11), for almost all $x \in B$, we have $u(x)=\lim _{j \rightarrow \infty} m_{u}\left(B\left(x, 2^{-j}\right)\right)$ by Lemma 2.2 with $\Omega=\mathbb{R}^{n}$, and hence

$$
\begin{aligned}
& \left|u(x)-m_{u}\left(B\left(x, 2^{-k}\right)\right)\right| \\
& \quad=\left|\sum_{j \geq k}\left[m_{u}\left(B\left(x, 2^{-j-1}\right)\right)-m_{u}\left(B\left(x, 2^{-j}\right)\right)\right]\right| \\
& \quad \leq \sum_{j \geq k}\left|m_{u}\left(B\left(x, 2^{-j-1}\right)\right)-m_{u}\left(B\left(x, 2^{-j}\right)\right)\right| .
\end{aligned}
$$

Choose a ball $B\left(x_{j}, 2^{-j-2}\right) \subset B\left(x, 2^{-j}\right) \backslash B\left(x, 2^{-j-1}\right)$. For each $z \in B\left(x_{j}, 2^{-j-2}\right)$, we have $B\left(x, 2^{-j}\right) \subset B\left(z, 2^{-j+2}\right)$, and hence, by Lemma 2.2 again,

$$
\begin{aligned}
& \left|m_{u}\left(B\left(x, 2^{-j}\right)\right)-m_{u}\left(B\left(x, 2^{-j-1}\right)\right)\right| \\
& \quad \lesssim\left|m_{u}\left(B\left(x, 2^{-j}\right)\right)-m_{u}\left(B\left(z, 2^{-j+2}\right)\right)\right| \\
& \quad+\left|m_{u}\left(B\left(z, 2^{-j-4}\right)\right)-m_{u}\left(B\left(x, 2^{-j+2}\right)\right)\right| \\
& \lesssim \\
& \lesssim \sum_{\ell=j-1}^{j}\left(f_{B\left(x, 2^{-\ell}\right)}\left|u(w)-m_{u}\left(B\left(z, 2^{-j+2}\right)\right)\right|^{p} d w\right)^{1 / p} \\
& \\
& \lesssim\left(f_{B\left(z, 2^{-j+2}\right)}\left|u(w)-m_{u}\left(B\left(z, 2^{-j+2}\right)\right)\right|^{p} d w\right)^{1 / p} \\
& \quad \lesssim 2^{-j s} g(z),
\end{aligned}
$$

which implies that

$$
\left|m_{u}\left(B\left(x, 2^{-j}\right)\right)-m_{u}\left(B\left(x, 2^{-j-1}\right)\right)\right| \lesssim 2^{-j s}\left(f_{B\left(x_{j}, 2^{-j-2}\right)}[g(z)]^{p / 2} d z\right)^{p / 2}
$$

Observing that $|z-x| \sim 2^{-j}$ for all $z \in B\left(x_{j}, 2^{-j-2}\right)$ and $\left\{B\left(x_{j}, 2^{-j-2}\right)\right\}_{j \geq k}$ are pairwise disjoint, by the Cauchy-Schwarz inequality we arrive at

$$
\begin{aligned}
\left|u(x)-m_{u}\left(B\left(x, 2^{-k}\right)\right)\right| & \lesssim \sum_{j \geq k} 2^{-j s}\left(f_{B\left(x_{j}, 2^{-j-2}\right)}[g(z)]^{p / 2} d z\right)^{p / 2} \\
& \lesssim 2^{-k s}\left(\sum_{j \geq k} f_{B\left(x_{j}, 2^{-j-2}\right)}[g(z)]^{p / 2} d z\right)^{p / 2} \\
& \lesssim\left(\int_{B\left(0,2^{-k+2}\right)} \frac{[g(z)]^{p / 2}}{|z-x|^{n-s p / 2}} d z\right)^{p / 2}
\end{aligned}
$$

This gives (2.11).

Case $s p=n$. This relies on the following result.
Lemma 2.3. Let $s \in(0,1)$. Then there exist positive constants $C_{4}, C>0$ such that for all balls $B \subset \mathbb{R}^{n}$ and $u \in W^{s, n / s}(8 B)$,

$$
\begin{equation*}
\int_{B} \exp \left(C_{4} \frac{\left|u(x)-u_{B}\right|}{\|u\|_{W^{s, n / s}(8 B)}}\right)^{n /(n-s)} d x \leq C|B| . \tag{2.12}
\end{equation*}
$$

Now assume that $\Omega$ is a $W^{s, n / s}$-extension domain and let $u \in W^{s, p}(\Omega)$. Then $u$ has an extension $\widetilde{u} \in W^{s, p}\left(\mathbb{R}^{n}\right)$ with $\|u\|_{W^{s, p}\left(\mathbb{R}^{n}\right)} \leq C_{3}\|u\|_{W^{s, p}(\Omega)}$. For each ball $B=B(x, r)$ with $x \in \Omega$ and $r \in(0,1]$, by Lemma [2.3, we have that (2.12) holds for $\widetilde{u}$. Then $\|\widetilde{u}\|_{\dot{W}^{s, n / s}(8 B)} \leq\|\widetilde{u}\|_{W^{s, n / s}\left(\mathbb{R}^{n}\right)} \leq C\|u\|_{W^{s, n / s}(\Omega)}$ yields that

$$
\inf _{c \in \mathbb{R}} \int_{B \cap \Omega} \exp \left(C_{3} \frac{|u(x)-c|}{C\|u\|_{W^{s, n / s}(\Omega)}}\right)^{n /(n-s)} d x \lesssim|B| .
$$

This gives (iv).
Proof of Lemma [2.3. Assume that $B \equiv B\left(x_{0}, 2^{-k_{0}}\right)$ for some $x_{0} \in \mathbb{R}^{n}$ and $k_{0} \in \mathbb{Z}$. Let $u \in \dot{W}^{s, p}(4 B)$ and take

$$
g(x) \equiv \sup _{j \geq k_{0}-2} 2^{j s} f_{B\left(x, 2^{-j}\right)}\left|u(z)-u_{B\left(x, 2^{-j}\right)}\right| d z
$$

for all $x \in 2 B$ and $g(x)=0$ otherwise. Then $\|g\|_{L^{n / s}(8 B)} \lesssim\|u\|_{W^{s, n / s}(8 B)}$, which follows from

$$
\begin{aligned}
g(x) & \lesssim \sup _{j \geq k_{0}-2}\left(\int_{B\left(x, 2^{-j}\right)} \frac{|u(z)-u(x)|^{n / s}}{|x-z|^{2 n}} d z\right)^{n / s} \\
& \lesssim\left(\int_{8 B} \frac{|u(z)-u(x)|^{n / s}}{|x-z|^{2 n}} d z\right)^{n / s} .
\end{aligned}
$$

Moreover, for almost all $x \in B$, we have

$$
\begin{equation*}
\left|u(x)-u_{B}\right| \lesssim \int_{B\left(x_{0}, 2^{\left.-k_{0}+2\right)}\right.} \frac{|g(y)|}{|y-x|^{n-s}} d y . \tag{2.13}
\end{equation*}
$$

Indeed, by an argument similar to but easier than the case $p \in(0,1)$, for every Lebesgue point $x \in B$ of $u$,

$$
\left|u(x)-u_{B\left(x, 2^{-k_{0}-1}\right)}\right| \lesssim \int_{B\left(x_{0}, 2^{-k_{0}+2}\right)} \frac{|g(y)|}{|y-x|^{n-s}} d y
$$

Similarly,

$$
\left|u_{B}-u_{B\left(x, 2^{-k_{0}-1}\right)}\right| \lesssim f_{B}\left|u(z)-u_{B}\right| d z \lesssim \int_{B\left(x_{0}, 2^{-k_{0}+2}\right)} \frac{|\mathcal{M}(g)(y)|}{|y-x|^{n-s}} d y .
$$

This gives (2.13).
Applying [9, Lemma 7.2], for all $q \geq n / s$, we obtain

$$
\left\|u-u_{B}\right\|_{L^{q}(B)} \leq q^{1-s / n+1 / q}|B(0,1)|^{1-s / n}|B|^{1 / q}\|\mathcal{M}(g)\|_{L^{n / s}(4 B)},
$$

which, together with the $L^{n / s}\left(\mathbb{R}^{n}\right)$-boundedness of $\mathcal{M}$ and the fact that

$$
\|g\|_{L^{n / s}(8 B)}^{q} \lesssim\|u\|_{W^{s, n / s}(8 B)},
$$

implies that

$$
f_{B}\left|u(z)-u_{B}\right|^{q} d z \lesssim q^{1+(n-s) /(n q)}|B(0,1)|^{n q /(n-s)}\|u\|_{W^{s, n / s}(8 B)}
$$

Thus when $q \geq n / s-1$, we have

$$
f_{B}\left|u(z)-u_{B}\right|^{q n /(n-s)} d z \lesssim \frac{n q}{n-s}\left(|B(0,1)| \frac{n q}{n-s}\|u\|_{W^{s, n / s}(8 B)}^{n /(n-s)}\right)^{q}
$$

Taking $\sigma>[e|B(0,1)| n /(n-s)]^{(n-s) / n}$, this yields that

$$
\begin{aligned}
& f_{B} \sum_{j \geq\lfloor n / s\rfloor} \frac{1}{j!}\left(\frac{\left|u(x)-u_{B}\right|}{\sigma\|u\|_{W^{s, n / s}(8 B)}}\right)^{j n /(n-s)} d x \\
& \quad \lesssim \sum_{j \geq 1}\left(\frac{n|B(0,1)|}{(n-s) \sigma^{n /(n-s)}}\right)^{j} \frac{j^{j}}{(j-1)!} \\
& \quad \lesssim 1
\end{aligned}
$$

Notice that by Hölder's inequality, we have

$$
\begin{aligned}
& f_{B} \sum_{j=0}^{\lfloor n / s\rfloor} \frac{1}{j!}\left(\frac{\left|u(x)-u_{B}\right|}{\sigma\|u\|_{W^{s, n / s}(8 B)}}\right)^{j n /(n-s)} d x \\
& \lesssim \sum_{j=0}^{\lfloor n / s\rfloor}\left(f_{B} \frac{\left|u(x)-u_{B}\right|^{n / s}}{\|u\|_{W^{s, n / s}(8 B)}^{n / s}} d x\right)^{(n-s) /(j-s)} \\
& \lesssim 1 .
\end{aligned}
$$

This gives (2.12) and thus finishes the proof of Lemma 2.3 .
(iii) $\Rightarrow$ (v). This case follows from the arguments that are exactly the same as in the case (ii) $\Rightarrow$ (iv).
$(\mathrm{v}) \Rightarrow(\mathrm{i})$. We need the following estimates.
Lemma 2.4. Let $s \in(0,1)$ and $p \in(0, \infty)$. For $z \in \Omega$ and $0<t<r \leq 1$, define a function $u$ on $\Omega$ by setting

$$
u(x) \equiv \begin{cases}1, & \text { if } x \in B(z, t) \cap \Omega  \tag{2.14}\\ \frac{r-|x-z|}{r-t}, & \text { if } x \in(B(z, r) \backslash B(z, t)) \cap \Omega \\ 0, & \text { if } x \in \Omega \backslash B(z, r)\end{cases}
$$

Then there exists a constant $C>0$ independent of $z, t, r$ such that

$$
\begin{equation*}
\|u\|_{W^{s, p}(\Omega)} \leq C \frac{|B(z, r) \cap \Omega|^{1 / p}}{(r-t)^{s}} \tag{2.15}
\end{equation*}
$$

The proof of Lemma 2.4 will be given later. With the help of Lemma 2.4, we consider the following cases: Case sp<n, Case $s p=n$ and Case $s p>n$, separately.

Case $s p<n$. Take arbitrary $z \in \Omega$ and $r \in(0,1]$. Notice that there always exists a unique $b \in(0,1)$ such that

$$
|B(z, b r) \cap \Omega|=\frac{1}{2}|B(z, r) \cap \Omega|
$$

We claim that there exists a constant $C>0$, independent of $x$ and $r$, such that

$$
\begin{equation*}
r-b r \leq C|B(z, r) \cap \Omega|^{1 / n} \tag{2.16}
\end{equation*}
$$

 $\|u\|_{W^{s, p}(\Omega)}$, and hence by Lemma[2.4] and $\|u\|_{L^{n p /(n-s p)}(\Omega)} \geq|B(z, b r) \cap \Omega|^{(n-s p) /(n p)}$, we further have

$$
|B(z, b r) \cap \Omega|^{(n-s p) /(n p)} \lesssim \frac{|B(z, r) \cap \Omega|^{1 / p}}{(r-b r)^{s}}
$$

which yields $r-b r \lesssim|B(z, r) \cap \Omega|^{1 / n}$. This gives (2.16). Moreover, let $b_{0}=1$ and $b_{j} \in(0,1)$ for $j \in \mathbb{N}$ such that

$$
\begin{equation*}
\left|B\left(z, b_{j} r\right) \cap \Omega\right|=2^{-1}\left|B\left(z, b_{j-1} r\right) \cap \Omega\right|=2^{-j}|B(z, r) \cap \Omega| . \tag{2.17}
\end{equation*}
$$

Then $b_{j} \rightarrow 0$ as $j \rightarrow \infty$, and hence

$$
\begin{aligned}
r & =\sum_{j \in \mathbb{N}}\left(b_{j-1} r-b_{j} r\right) \\
& \lesssim \sum_{j \in \mathbb{N}}\left|B\left(z, b_{j-1} r\right) \cap \Omega\right|^{1 / n} \\
& \lesssim \sum_{j \in \mathbb{N}} 2^{-j / n}|B(z, r) \cap \Omega|^{1 / n} \\
& \leq|B(z, r) \cap \Omega|^{1 / n},
\end{aligned}
$$

as desired.
Case $s p=n$. Take arbitrary $z \in \Omega$ and $r \in(0,1]$. Let $b_{0}=1$ and $b_{j} \in(0,1)$ for $j \in \mathbb{N}$ such that (2.17) holds. Considering the function $u$ associated to $z, b_{1} r, b_{2} r$ as in (2.15), by Lemma (2.3, and applying (1.4) to the ball $B(z, r)$, we have

$$
\inf _{c \in \mathbb{R}} \int_{B(z, r) \cap \Omega} \exp \left(C \frac{|u(x)-c|\left(b_{1} r-b_{2} r\right)^{s}}{\left|B\left(x, b_{1} r\right) \cap \Omega\right|^{s / n}}\right)^{n /(n-s)} d x \leq C_{2} r^{n}
$$

Observe that, for each $c \in \mathbb{R},|u-c| \geq 1 / 2$ either on $\left(B(z, r) \backslash B\left(z, b_{1} r\right)\right) \cap \Omega$ or on $B\left(z, b_{2} r\right) \cap \Omega$. By (2.17), we have

$$
\left|B\left(z, b_{1} r\right) \cap \Omega\right| \exp \left(\frac{\left(b_{1} r-b_{2} r\right)^{s n /(n-s)}}{\left|B\left(x, b_{1} r\right) \cap \Omega\right|^{s /(n-s)}}\right) \lesssim r^{n}
$$

which implies that

$$
b_{1} r-b_{2} r \leq\left|B\left(x, b_{1} r\right) \cap \Omega\right|^{1 / n}\left[\log \left(\frac{C r^{n}}{\left|B\left(z, b_{1} r\right) \cap \Omega\right|}\right)\right]^{(n-s) / s n} .
$$

Similar inequalities also hold for $b_{j} r-b_{j+1} r$ with $j \geq 2$. This leads to

$$
\begin{aligned}
b_{1} r & =\sum_{j \in \mathbb{N}}\left(b_{j} r-b_{j+1} r\right) \leq \sum_{j \in \mathbb{N}}\left|B\left(x, b_{j} r\right) \cap \Omega\right|^{1 / n}\left[\log \left(\frac{C\left(b_{j-1} r\right)^{n}}{\left|B\left(z, b_{j} r\right) \cap \Omega\right|}\right)\right]^{(n-s) / s n} \\
& \leq \sum_{j \in \mathbb{N}} 2^{-j / n}|B(x, r) \cap \Omega|^{1 / n}\left[\log \left(2^{j} \frac{C r^{n}}{|B(z, r) \cap \Omega|}\right)\right]^{(n-s) / s n} \\
& \lesssim|B(x, r) \cap \Omega|^{1 / n}\left[\log \left(\frac{C r^{n}}{|B(z, r) \cap \Omega|}\right)\right]^{(n-s) / s n}
\end{aligned}
$$

If $b_{1} \geq 1 / 10$, observing that $t\left(\log \frac{1}{t}\right)^{(n-s) / s} \geq 1$ implies that $t \gtrsim 1$, we have $|B(x, r) \cap \Omega|^{1 / n} \gtrsim r$, as desired. If $b_{1} \leq 1 / 10$, we choose $R=2 r / 5$ and a point $y \in B(z, r) \cap \Omega$ such that $|y-z|=b_{1} r+R / 2$. Then $B\left(z, b_{1} r\right) \subset B(y, R) \subset B(z, r)$ but $B(y, R / 2) \cap B\left(z, b_{1} r\right)=\emptyset$. Therefore, if $\left|B\left(y, \widetilde{b}_{1} R\right) \cap \Omega\right|=\frac{1}{2}|B(y, R) \cap \Omega|$, then by $\left|B\left(z, b_{1} r\right) \cap \Omega\right| \geq \frac{1}{2}|B(y, R) \cap \Omega|$ we have $\widetilde{b}_{1} \geq 1 / 2$. Applying the result when $b_{1} \geq 1 / 10$, we conclude that $|B(y, R) \cap \Omega| \gtrsim R^{n}$, which implies that $|B(z, r) \cap \Omega| \gtrsim r^{n}$, as desired.

Case $s p>n$. For $z \in \Omega$ and $r \in(0,1]$, take $t \in(0, r / 4)$, and for such $z, r, t$, set $u$ as in (2.14). Then for all $x, y \in \Omega$, by Lemma 2.4 and $r / 2 \leq r-t \leq r$, we have

$$
|u(x)-u(y)| \leq C\|u\|_{W^{s, p}(\Omega)}|x-y|^{s-n / p} \lesssim \frac{|B(z, r) \cap \Omega|^{1 / p}}{r^{s}}|x-y|^{s-n / p} .
$$

In particular, let $x \in B(z, t) \cap \Omega$ and $y \in(B(z, r+r / 2) \cap \Omega) \backslash B(z, r)$. Then $|x-z| \leq r / 4, r \leq|y-z| \leq 3 r / 2$, and hence $r / 2 \leq|x-y| \leq 2 r$. Therefore, $r^{n} \lesssim|B(z, r) \cap \Omega|$, as desired.

Proof of Lemma 2.4. Obviously, $\|u\|_{L^{p}(\Omega)} \lesssim|B(z, r) \cap \Omega|^{1 / p}$. It then suffices to prove that

$$
\int_{\Omega} \int_{\Omega} \frac{|u(x)-u(y)|^{p}}{|x-y|^{n+s p}} d x d y \lesssim \frac{|B(z, r) \cap \Omega|}{(r-t)^{s p}} .
$$

To this end, observing $u=0$ on $\Omega \backslash B(z, r)$, we write

$$
\begin{aligned}
\int_{\Omega} \int_{\Omega} \frac{|u(x)-u(y)|^{p}}{|x-y|^{n+s p}} d x d y= & 2 \int_{B(z, r) \cap \Omega} \int_{\Omega \backslash B(z, r)} \frac{|u(x)|^{p}}{|x-y|^{n+s p}} d x d y \\
& +\int_{B(z, r) \cap \Omega} \int_{B(z, r) \cap \Omega} \frac{|u(x)-u(y)|^{p}}{|x-y|^{n+s p}} d x d y \\
& \equiv H_{1}+H_{2}
\end{aligned}
$$

For each $x \in B(z, r) \cap \Omega$, we have $\Omega \backslash B(z, r) \subset \mathbb{R}^{n} \backslash B(x, r-|x-z|)$, and hence

$$
\int_{\Omega \backslash B(z, r)} \frac{1}{|x-y|^{n+s p}} d y \leq \int_{\mathbb{R}^{n} \backslash B(x, r-|x-z|)} \frac{1}{|x-y|^{n+s p}} d y \leq \frac{1}{(r-|x-z|)^{s p}}
$$

Thus

$$
\begin{aligned}
H_{1} \leq & \int_{(B(z, r) \backslash B(z, t)) \cap \Omega}\left(\frac{r-|x-z|}{r-t}\right)^{p} \frac{1}{(r-|x-z|)^{s p}} d x \\
& +\int_{B(z, t) \cap \Omega} \frac{1}{(r-|x-z|)^{s p}} d x \\
\lesssim & \frac{|B(z, r) \cap \Omega|}{(r-t)^{s p}} .
\end{aligned}
$$

Write

$$
\begin{aligned}
H_{2}= & \int_{B(z, r) \cap \Omega} \int_{B(x, r-t) \cap \Omega} \frac{|u(x)-u(y)|^{p}}{|x-y|^{n+s p}} d x d y \\
& +\int_{B(z, r) \cap \Omega} \int_{(B(z, r) \backslash B(x, r-t)) \cap \Omega} \frac{|u(x)-u(y)|^{p}}{|x-y|^{n+s p}} d x d y \\
\equiv & H_{2,1}+H_{2,2} .
\end{aligned}
$$

Since $|\nabla u| \leq 1 /(r-t)$, for all $x, y \in \Omega$, we have

$$
|u(x)-u(y)| \leq \frac{1}{r-t}| | x-z|-|y-z|| \leq \frac{1}{r-t}|x-y|
$$

Then by $\int_{B(x, r-t)} \frac{1}{|x-y|^{n+s p-p}} d y \lesssim(r-t)^{p-s p}$ we obtain

$$
\begin{aligned}
H_{2,1} & \leq \int_{B(z, r) \cap \Omega} \int_{B(x, r-t)} \frac{1}{(r-t)^{p}} \frac{1}{|x-y|^{n+s p-p}} d y d x \\
& \lesssim \int_{B(z, r) \cap \Omega} \frac{(r-t)^{p-s p}}{(r-t)^{p}} d x \\
& \lesssim|B(z, r) \cap \Omega| \frac{1}{(r-t)^{s p}}
\end{aligned}
$$

Observing $0 \leq u \leq 1$ and $\int_{\mathbb{R}^{n} \backslash B(x, r-t)} \frac{1}{|x-y|^{n+s p}} d y \lesssim(r-t)^{-s p}$, we also have

$$
\begin{aligned}
H_{2,2} & \lesssim \int_{B(z, r) \cap \Omega} \int_{\mathbb{R}^{n} \backslash B(x, r-t)} \frac{1}{|x-y|^{n+s p}} d y d x \\
& \lesssim \int_{B(z, r) \cap \Omega} \frac{1}{(r-t)^{s p}} d x \\
& \lesssim|B(z, r) \cap \Omega| \frac{1}{(r-t)^{s p}}
\end{aligned}
$$

So $H_{2} \lesssim \frac{\Omega \mid}{(r-t)^{s p}}$, as desired. This finishes the proof of Lemma 2.4.

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