# PROOF OF A CONJECTURE OF SUN ON SUMS OF FOUR SQUARES 

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#### Abstract

In 2016, while studying restricted sums of integral squares, Sun posed the following conjecture: Every positive integer $n$ can be written as $x^{2}+y^{2}+z^{2}+w^{2}(x, y, z, w \in \mathbb{N}=\{0,1, \cdots\})$ with $x+3 y$ a square. In this paper, we confirm this conjecture via some arithmetic theory of ternary quadratic forms.


## 1. Introduction

The Lagrange four-square theorem states that every positive integer can be written as the sum of four integral squares. Along this line, in 1917, Ramanujan [8] claimed that there are at most 55 positive definite integral diagonal quaternary quadratic forms that can represent all positive integers. Later in the paper [2] Dickson confirmed that Ramanujan's claim is true for 54 forms in Ramanujan's list and pointed out that the quaternary form $x^{2}+2 y^{2}+5 z^{2}+5 w^{2}$ included in his list represents all positive integers except 15.

In 2016, Sun [10] studied some refinements of Lagrange's theorem. For instance, he showed that for any $k \in\{4,5,6\}$, each positive integer $n$ can be written as $x^{k}+y^{2}+z^{2}+w^{2}$ with $x, y, z, w \in \mathbb{N}$. In addition, let $P(x, y, z, w)$ be an integral polynomial. Sun called $P(x, y, z, w)$ a suitable polynomial if every positive integer $n$ can be written as $x^{2}+y^{2}+z^{2}+w^{2}(x, y, z, w \in \mathbb{N})$ with $P(x, y, z, w)$ a square. In the same paper, Sun showed that the polynomials $x, 2 x, x-y, 2 x-2 y$ are all suitable. Also, he showed that every positive integer $n$ can be written as $x^{2}+y^{2}+z^{2}+w^{2}(x, y, z, w \in \mathbb{Z})$ with $x+2 y$ a square and he conjectured that $x+2 y$ is a suitable polynomial. This conjecture was later confirmed by Sun and his cooperator Y.-C. Sun in [9]. Readers may consult [6, 9, 11, 13] for the recent progress on this topic. Moreover, Sun [10] investigated the polynomial $x+3 y$, and he [10, Theorem 1.3(ii)] obtained the following result:

Theorem 1.1 (Sun). Assuming the GRH (Generalized Riemann Hypothesis), every positive integer $n$ can be written as $x^{2}+y^{2}+z^{2}+w^{2}(x, y, z, w \in \mathbb{Z})$ with $x+3 y$ a square.

[^0]Based on calculations, Sun [10, Conjecture 4.1] posed the following conjecture.

Conjecture 1.2. $x+3 y$ is a suitable polynomial, i.e., each positive integer $n$ can be written as $x^{2}+y^{2}+z^{2}+w^{2}(x, y, z, w \in \mathbb{N})$ with $x+3 y$ a square.

Remark 1.3. With the help of computer, Sun [12] verified this conjecture up to $10^{8}$. For example,

$$
\begin{gathered}
9996=58^{2}+14^{2}+6^{2}+80^{2} \text { and } 58+3 \times 14=10^{2} \\
99992=286^{2}+66^{2}+68^{2}+96^{2} \text { and } 286+3 \times 66=22^{2} .
\end{gathered}
$$

In this paper, we confirm this conjecture via some arithmetic theory of ternary quadratic forms.

Theorem 1.4. Every positive integer $n$ can be written as $x^{2}+y^{2}+z^{2}+w^{2}$ $(x, y, z, w \in \mathbb{N})$ with $x+3 y$ a square.

In Section 2 we will introduce some notations and prove some lemmas which are key elements in our proof of Theorem 1.4. We shall give the detailed proof of Theorem 1.4 in Section 3.

## 2. Notations and some preparations

Throughout this paper, for any prime $p$, we let $\mathbb{Z}_{p}$ denote the ring of $p$-adic integers, and let $\mathbb{Z}_{p}^{\times}$denote the group of invertible elements in $\mathbb{Z}_{p}$. In addtion, we set $\mathbb{Z}_{p}^{\times 2}=\left\{x^{2}: x \in \mathbb{Z}_{p}^{\times}\right\}$and let $M_{3}\left(\mathbb{Z}_{p}\right)$ denote the ring of $3 \times 3$ matrices with entries contained in $\mathbb{Z}_{p}$. We also adopt the standard notations of quadratic forms (readers may refer to [1, 5, 7] for more details). Let

$$
f(x, y, z)=a x^{2}+b y^{2}+c z^{2}+r y z+s z x+t x y
$$

be an integral positive definite ternary quadratic form. Its associated matrix is

$$
M_{f}:=\left(\begin{array}{ccc}
a & t / 2 & s / 2 \\
t / 2 & b & r / 2 \\
s / 2 & r / 2 & c
\end{array}\right) .
$$

Let $p$ be an arbitrary prime. We introduce the following notations.

$$
\begin{aligned}
\mathrm{q}(f) & :=\left\{f(x, y, z):(x, y, z) \in \mathbb{Z}^{3}\right\} . \\
\mathrm{q}_{p}(f) & :=\left\{f(x, y, z):(x, y, z) \in \mathbb{Z}_{p}^{3}\right\} .
\end{aligned}
$$

In addition, let $p>2$ be a prime. We say that $f$ is unimodular over $\mathbb{Z}_{p}$ if its associated matrix $M_{f} \in M_{3}\left(\mathbb{Z}_{p}\right)$ and is invertible. We also let gen $(f)$ denote the set of quadratic forms which are in the genus of $f$.

For any positive integer $n$, we say that $n$ can be represented by gen $(f)$ if there exists a form $f^{*} \in \operatorname{gen}(f)$ such that $n \in \mathrm{q}\left(f^{*}\right)$. When this occurs, we write $n \in \mathrm{q}(\operatorname{gen}(f))$. By [1, Theorem 1.3, p. 129] we know that

$$
\begin{equation*}
n \in \mathrm{q}(\operatorname{gen}(f)) \Leftrightarrow n \in \mathrm{q}_{p}(f) \text { for all primes } p . \tag{2.1}
\end{equation*}
$$

We now state our first lemma involving local representations over $\mathbb{Z}_{2}$ (cf. [4, pp. 186-187]).

Lemma 2.1 (Jones). Let $f$ be an integral positive definite ternary quadratic form, and let $n$ be a positive integer. Then $n \in \mathrm{q}_{2}(f)$ if and only if

$$
f(x, y, z) \equiv n\left(\bmod 2^{r+1}\right)
$$

is solvable, where $r$ is the 2-adic order of $4 n$.
We now give our next lemma which concerns the global representations by the form $x^{2}+10 y^{2}+10 z^{2}$.

Lemma 2.2. (i) Let $n \equiv 1,2(\bmod 4)$ be a positive integer, and let $0<\lambda \leq$ $\sqrt{10 n}$ be an odd integer with $5 \nmid \lambda$. Then there exist $x, y, z \in \mathbb{Z}$ such that

$$
10 n-\lambda^{2}=x^{2}+10 y^{2}+10 z^{2}
$$

(ii) Let $n \equiv 3(\bmod 4)$ be a positive integer, and let $0<\delta \leq \sqrt{10 n}$ be an integer with $4 \mid \delta$ and $5 \nmid \delta$. Then there are $x, y, z \in \mathbb{Z}$ such that

$$
10 n-\delta^{2}=x^{2}+10 y^{2}+10 z^{2}
$$

(iii) Let $n$ be a positive odd integer, and let $0<\mu \leq \sqrt{10 n}$ be an integer with $\mu \equiv 2(\bmod 4)$ and $5 \nmid \mu$. Then there are $x, y, z \in \mathbb{Z}$ such that

$$
10 n-\mu^{2}=x^{2}+10 y^{2}+10 z^{2}
$$

Proof. (i). Let $f(x, y, z)=x^{2}+10 y^{2}+10 z^{2}$. For any prime $p \neq 2,5$, it is clear that $f(x, y, z)$ is unimodular over $\mathbb{Z}_{p}$ and hence $\mathrm{q}_{p}(f)=\mathbb{Z}_{p}$. As $5 \nmid \lambda$, it is easy to see that $10 n-\lambda^{2} \in \mathrm{q}_{5}(f)$. When $p=2$, since $n \equiv 1,2(\bmod 4)$, we have $10 n-\lambda^{2} \equiv 1,3(\bmod 8)$. By the local square theorem (cf. [7, 63:1]) we obtain that $10 n-\lambda^{2} \in \mathbb{Z}_{2}^{\times 2}$ if $n \equiv 1(\bmod 4)$ and that $10 n-\lambda^{2} \in 3 \mathbb{Z}_{2}^{\times 2}$ if $n \equiv 2(\bmod 4)$. This implies $10 n-\lambda^{2} \in \mathrm{q}_{2}(f)$ and hence $10 n-\lambda^{2} \in$ $q(\operatorname{gen}(f))$.

There are two classes in gen $(f)$ and the one not containing $f$ has a representative $g(x, y, z)=4 x^{2}+5 y^{2}+6 z^{2}+4 z x$. By (2.1) we have either $10 n-\lambda^{2} \in \mathrm{q}(f)$ or $10 n-\lambda^{2} \in \mathrm{q}(g)$. If $10 n-\lambda^{2} \in \mathrm{q}(f)$, then we are done. Suppose now $10 n-\lambda^{2} \in \mathrm{q}(g)$, i.e., there are $x, y, z \in \mathbb{Z}$ such that

$$
10 n-\lambda^{2}=g(x, y, z)=4 x^{2}+5 y^{2}+6 z^{2}+4 z x
$$

Then clearly $2 \nmid y$. As $10 n-\lambda^{2} \equiv 2 n-1 \equiv 5+2 z^{2}(\bmod 4)$, we obtain $z \equiv n+1(\bmod 2)$. If $n \equiv 1(\bmod 4)$, then we have $10 n-\lambda^{2} \equiv 1 \equiv$ $4 x^{2}+5(\bmod 8)$ and hence $x \equiv 1(\bmod 2)$. Hence in the case $n \equiv 1(\bmod 4)$, we have $x-y-z \equiv 0(\bmod 2)$. In the case $n \equiv 2(\bmod 4)$, as $z \equiv 1(\bmod 2)$, by the equality

$$
\begin{equation*}
g(x, y, z)=g(x+z, y,-z) \tag{2.2}
\end{equation*}
$$

there exist $x^{\prime}, y^{\prime}, z^{\prime} \in \mathbb{Z}$ with $2 \mid x^{\prime}-y^{\prime}-z^{\prime}$ such that $10 n-\lambda^{2}=g\left(x^{\prime}, y^{\prime}, z^{\prime}\right)$.
One can easily verify the following equality:

$$
\begin{equation*}
f(x, y, z)=g\left(\frac{x-y-z}{2},-y+z, y+z\right) \tag{2.3}
\end{equation*}
$$

By this equality and the above discussion, it is easy to see that $10 n-\lambda^{2} \in$ $\mathrm{q}(f)$.
(ii). Let notations be as above. With the same reasons as in (i), we have $10 n-\delta^{2} \in \mathrm{q}_{p}(f)$ for any prime $p \neq 2$. When $p=2$, by the local square theorem we have

$$
\mathbb{Z}_{2}^{\times} \subseteq\left\{2 x^{2}+5 y^{2}+5 z^{2}: x, y, z \in \mathbb{Z}_{2}\right\}
$$

Hence $5 n-\delta^{2} / 2 \equiv 2 x^{2}+5 y^{2}+5 z^{2}(\bmod 8)$ is solvable. This implies that the congruence equation $10 n-\delta^{2} \equiv f(x, y, z)(\bmod 16)$ is solvable. By Lemma 2.1 and the above, we obtain $10 n-\delta^{2} \in \mathrm{q}(\operatorname{gen}(f))$.

By (2.1) we have either $10 n-\delta^{2} \in \mathrm{q}(f)$ or $10 n-\delta^{2} \in \mathrm{q}(g)$. If $10 n-\delta^{2} \in$ $\mathrm{q}(f)$, then we are done. Suppose now $10 n-\delta^{2} \in \mathrm{q}(g)$, i.e., there are $x, y, z$ such that $10 n-\delta^{2}=g(x, y, z)$. Then clearly $2 \mid y$. As $10 n-\delta^{2} \equiv 2 \equiv$ $2 z^{2}(\bmod 4)$, we obtain $2 \nmid z$. Hence by Eq. (2.2) there must exist $x^{\prime}, y^{\prime}, z^{\prime} \in \mathbb{Z}$ with $x^{\prime}-y^{\prime}-z^{\prime} \equiv 0(\bmod 2)$ such that $10 n-\delta^{2}=g\left(x^{\prime}, y^{\prime}, z^{\prime}\right)$. By Eq. (2.3) we clearly have $10 n-\delta^{2} \in \mathrm{q}(f)$.
(iii) Let notations be as above. Clearly we have $10 n-\mu^{2} \in \mathrm{q}_{p}(f)$ for any prime $p \neq 2$. When $p=2$, as

$$
\mathbb{Z}_{2}^{\times} \subseteq\left\{2 x^{2}+5 y^{2}+5 z^{2}: x, y, z \in \mathbb{Z}_{2}\right\}
$$

The equation $5 n-\mu^{2} / 2 \equiv 2 x^{2}+5 y^{2}+5 z^{2}(\bmod 8)$ is solvable. This implies that the equation $10 n-\mu^{2} \equiv x^{2}+10 y^{2}+10 z^{2}(\bmod 16)$ is solvable. By Lemma 2.1 and the above, we have $10 n-\mu^{2} \in \mathrm{q}(\operatorname{gen}(f))$.

By (2.1) we have either $10 n-\mu^{2} \in \mathrm{q}(f)$ or $10 n-\mu^{2} \in \mathrm{q}(g)$. If $10 n-\mu^{2} \in$ $\mathrm{q}(f)$, then we are done. Suppose now $10 n-\mu^{2} \in \mathrm{q}(g)$, i.e., there are $x, y, z$ such that $10 n-\mu^{2}=g(x, y, z)$. Then clearly $2 \mid y$. Since $10 n-\mu^{2} \equiv 2 \equiv$ $2 z^{2}(\bmod 4)$, we get $2 \nmid z$. Then by Eq. (2.2) there are $x^{\prime}, y^{\prime}, z^{\prime} \in \mathbb{Z}$ with $x^{\prime}-y^{\prime}-z^{\prime} \equiv 0(\bmod 2)$ such that $10 n-\mu^{2}=g\left(x^{\prime}, y^{\prime}, z^{\prime}\right)$. By Eq. (2.3) we clearly have $10 n-\mu^{2} \in \mathrm{q}(f)$. This completes the proof.

Sun and his cooperator [9, Theorem 1.1(ii)] proved that every positive integer $n$ can be written as $x^{2}+y^{2}+z^{2}+w^{2}(x, y, z, w \in \mathbb{N})$ with $x+2 y$ a square. Motivated by this, we obtain the following stronger result which we need in the next Section.

Lemma 2.3. Every odd integer $n \geq 8 \times 10^{6}$ can be written as $x^{2}+y^{2}+z^{2}+w^{2}$ $(x, y, z, w \in \mathbb{N})$ with $x \leq y$ and $x+2 y$ a square.

Proof. We first note that

$$
8 \times 10^{6}>\left[\left(\frac{2}{5^{1 / 4}-(4.5)^{1 / 4}}\right)^{4}\right]
$$

where [•] denotes the floor function. If $n \geq 8 \times 10^{6}$, then $(5 n)^{1 / 4}-(4.5 n)^{1 / 4}>$ 2 and hence there is an integer $(4.5 n)^{1 / 4} \leq m \leq(5 n)^{1 / 4}$ such that $m \equiv$ $\frac{n-1}{2}(\bmod 2)$.

Now let $h(x, y, z)=x^{2}+5 y^{2}+5 z^{2}$. By [3, pp. 112-113] we have (2.4) $\mathrm{q}(h)=\left\{x \in \mathbb{N}: x \not \equiv \pm 2(\bmod 5)\right.$ and $x \neq 4^{k}(8 l+7)$ for any $\left.k, l \in \mathbb{N}\right\}$.

As $5 n-m^{4} \geq 0,5 n-m^{4} \equiv 1,2(\bmod 4)$ and $5 n-m^{4} \not \equiv \pm 2(\bmod 5)$, we have $5 n-m^{4} \in \mathrm{q}(h)$ by (2.4). Hence there exist $s \in \mathbb{Z}$ and $z, w \in \mathbb{N}$ such that $5 n-m^{4}=s^{2}+5 z^{2}+5 w^{2}$. Clearly $-\sqrt{5 n-m^{4}} \leq s \leq \sqrt{5 n-m^{4}}$. Replacing $s$ by $-s$ if necessary, we may assume that $s \in \mathbb{Z}$ and $s \equiv-2 m^{2}(\bmod 5)$. By the inequality

$$
s+2 m^{2} \geq-\sqrt{5 n-m^{4}}+2 m^{2}=\frac{5 m^{4}-5 n}{\sqrt{5 n-m^{4}}+2 m^{2}}>0
$$

we may write $s+2 m^{2}=5 y$ for some $y \in \mathbb{N}$. This gives

$$
5 n-m^{4}=\left(5 y-2 m^{2}\right)^{2}+5 z^{2}+5 w^{2}
$$

and hence we get

$$
\begin{equation*}
n=\left(m^{2}-2 y\right)^{2}+y^{2}+z^{2}+w^{2} . \tag{2.5}
\end{equation*}
$$

Let $x:=m^{2}-2 y$. Then we have

$$
5 x=5 m^{2}-10 y=m^{2}-2 s \geq m^{2}-2 \sqrt{5 n-m^{4}}=\frac{5\left(m^{4}-4 n\right)}{m^{2}+2 \sqrt{5 n-m^{4}}}>0
$$

This gives $x>0$. Moreover,

$$
5(y-x)=3 s+m^{2} \geq-3 \sqrt{5 n-m^{4}}+m^{2}=\frac{10\left(m^{4}-4.5 n\right)}{m^{2}+3 \sqrt{5 n-m^{4}}} \geq 0
$$

This gives $x \leq y$. In view of the above, we can write $n=x^{2}+y^{2}+z^{2}+w^{2}$ with $x, y, z, w \in \mathbb{N}, x \leq y$ and $x+2 y=m^{2}$. This completes the proof.

We conclude this section with the following lemma.

Lemma 2.4. For every integer $n \not \equiv 0(\bmod 4)$ with $n \geq 4 \times 10^{8}$, we can write $n=x^{2}+y^{2}+z^{2}+w^{2}(x, y, z, w \in \mathbb{N})$ with $x+3 y=2 m^{2}$ for some $m \in \mathbb{N}$.

Proof. We divide our proof into the following two cases.
Case 1. $n \equiv 2(\bmod 4)$.
In this case, we write $n=2 n^{\prime}$ for some odd integer $n^{\prime} \geq 4 \times 10^{7}$. By Lemma 2.3 we can write $n^{\prime}=x^{\prime 2}+y^{\prime 2}+z^{\prime 2}+w^{\prime 2}\left(x^{\prime}, y^{\prime}, z^{\prime}, w^{\prime} \in \mathbb{N}\right)$ with $x^{\prime} \leq y^{\prime}, z^{\prime} \leq w^{\prime}$ and $x^{\prime}+2 y^{\prime}=m_{0}^{2}$ for some $m_{0} \in \mathbb{N}$. Then

$$
n=2 n^{\prime}=\left(y^{\prime}-x^{\prime}\right)^{2}+\left(y^{\prime}+x^{\prime}\right)^{2}+\left(w^{\prime}-z^{\prime}\right)^{2}+\left(z^{\prime}+w^{\prime}\right)^{2} .
$$

Letting $x:=y^{\prime}-x^{\prime}, y:=y^{\prime}+x^{\prime}, z:=w^{\prime}-z^{\prime}$ and $w:=z^{\prime}+w^{\prime}$, we obtain that

$$
n=x^{2}+y^{2}+z^{2}+w^{2}
$$

with $x+3 y=\left(y^{\prime}-x^{\prime}\right)+3\left(y^{\prime}+x^{\prime}\right)=2\left(x^{\prime}+2 y^{\prime}\right)=2 m_{0}^{2}$.
Case 2. $n$ is odd.
We first note that

$$
4 \times 10^{8}>\left[\left(\frac{4 \sqrt{2}}{10^{1 / 4}-9^{1 / 4}}\right)^{4}\right]
$$

If $n \geq 4 \times 10^{8}$, then we have $\frac{(10 n)^{1 / 4}}{\sqrt{2}}-\frac{(9 n)^{1 / 4}}{\sqrt{2}}>4$ and hence there exists an integer $\frac{(9 n)^{1 / 4}}{\sqrt{2}} \leq m \leq \frac{(10 n)^{1 / 4}}{\sqrt{2}}$ such that $2 \nmid m$ and $5 \nmid m$. By Lemma 2.2 (iii) there exist $t \in \mathbb{Z}$ and $z, w \in \mathbb{N}$ such that

$$
10 n-4 m^{4}=t^{2}+10 z^{2}+10 w^{2}
$$

Clearly $-\sqrt{10 n-4 m^{4}} \leq t \leq \sqrt{10 n-4 m^{4}}$. Replacing $t$ by $-t$ if necessary, we may assume $t \equiv-6 m^{2}(\bmod 10)$. By the inequality

$$
t+6 m^{2} \geq-\sqrt{10 n-4 m^{4}}+6 m^{2}=\frac{10\left(4 m^{4}-n\right)}{6 m^{2}+\sqrt{10 n-4 m^{4}}}>0
$$

we can write $t+6 m^{2}=10 y$ for some $y \in \mathbb{N}$. This implies

$$
10 n-4 m^{4}=\left(10 y-6 m^{2}\right)^{2}+10 z^{2}+10 w^{2}
$$

and hence we get

$$
n=\left(2 m^{2}-3 y\right)^{2}+y^{2}+z^{2}+w^{2} .
$$

Let $x:=2 m^{2}-3 y$. Then we have

$$
10 x=2 m^{2}-3 t \geq 2 m^{2}-3 \sqrt{10 n-4 m^{4}}=\frac{10\left(4 m^{4}-9 n\right)}{2 m^{2}+3 \sqrt{10 n-4 m^{4}}} \geq 0
$$

This gives $x \geq 0$. In view of the above, we can write $n=x^{2}+y^{2}+z^{2}+w^{2}$ $(x, y, z, w \in \mathbb{N})$ with $x+3 y=2 m^{2}$.

This completes the proof of Lemma 2.4.

## 3. Proof of the main result

Proof of Theorem 1.4. We prove our result by induction on $n$. When $n<4 \times 10^{9}$, we can verify the desired result by computer. Assume now $n \geq 4 \times 10^{9}$. We divide our remaining proof into following cases.

Case 1. $n \equiv 0(\bmod 4)$.
If $16 \mid n$, then the desired result follows immediately from the induction hypothesis. We now assume $16 \nmid n$. Then we can write $n=4 n^{\prime}$ with $n^{\prime} \not \equiv$ $0(\bmod 4)$. By Lemma 2.4 there exist $x_{1}, y_{1}, z_{1}, w_{1}, m_{1} \in \mathbb{N}$ such that $n^{\prime}=$ $x_{1}^{2}+y_{1}^{2}+z_{1}^{2}+w_{1}^{2}$ and $x_{1}+3 y_{1}=2 m_{1}^{2}$. Clearly we can write $n=4 n^{\prime}=x^{2}+y^{2}+$ $z^{2}+w^{2}$ with $x+3 y=\left(2 m_{1}\right)^{2}$, where $x=2 x_{1}, y=2 y_{1}, z=2 z_{1}, w=2 w_{1} \in \mathbb{N}$.

Case 2. $n \equiv 1,2,3(\bmod 4)$.
We first note that

$$
4 \times 10^{9}>\left[\left(\frac{8}{10^{1 / 4}-9^{1 / 4}}\right)^{4}\right]>\left[\left(\frac{4}{10^{1 / 4}-9^{1 / 4}}\right)^{4}\right]
$$

If $n \geq 4 \times 10^{9}$, then we have $(10 n)^{1 / 4}-(9 n)^{1 / 4}>8$. Hence we can find an integer $(9 n)^{1 / 4} \leq m \leq(10 n)^{1 / 4}$ satisfying the following condition:

$$
\begin{cases}2 \nmid m \text { and } 5 \nmid m & \text { if } n \equiv 1,2(\bmod 4), \\ 4 \mid m \text { and } 5 \nmid m & \text { if } n \equiv 3(\bmod 4) .\end{cases}
$$

By Lemma 2.2 there exist $u \in \mathbb{Z}$ and $z, w \in \mathbb{N}$ such that

$$
10 n-m^{4}=u^{2}+10 z^{2}+10 w^{2}
$$

Clearly $-\sqrt{10 n-m^{4}} \leq u \leq \sqrt{10 n-m^{4}}$. Replacing $u$ by $-u$ if necessary, we may assume that $u \in \mathbb{Z}$ and $u \equiv-3 m^{2}(\bmod 10)$. By the inequality

$$
u+3 m^{2} \geq-\sqrt{10 n-m^{4}}+3 m^{2}=\frac{10\left(m^{4}-n\right)}{\sqrt{10 n-m^{4}}+3 m^{2}}>0
$$

we can write $s+3 m^{2}=10 y$ for some $y \in \mathbb{N}$. This gives

$$
10 n-m^{4}=\left(10 y-3 m^{2}\right)^{2}+10 z^{2}+10 w^{2}
$$

and hence

$$
n=\left(m^{2}-3 y\right)^{2}+y^{2}+z^{2}+w^{2} .
$$

Let $x:=m^{2}-3 y$. Then we have

$$
10 x=m^{2}-3 u \geq m^{2}-3 \sqrt{10 n-m^{4}}=\frac{10\left(m^{4}-9 n\right)}{m^{2}+3 \sqrt{10 n-m^{4}}} \geq 0
$$

This gives $x \geq 0$ and hence we have $n=x^{2}+y^{2}+z^{2}+w^{2}(x, y, z, w \in \mathbb{N})$ with $x+3 y=m^{2}$.

In view of the above, we complete the proof.
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