

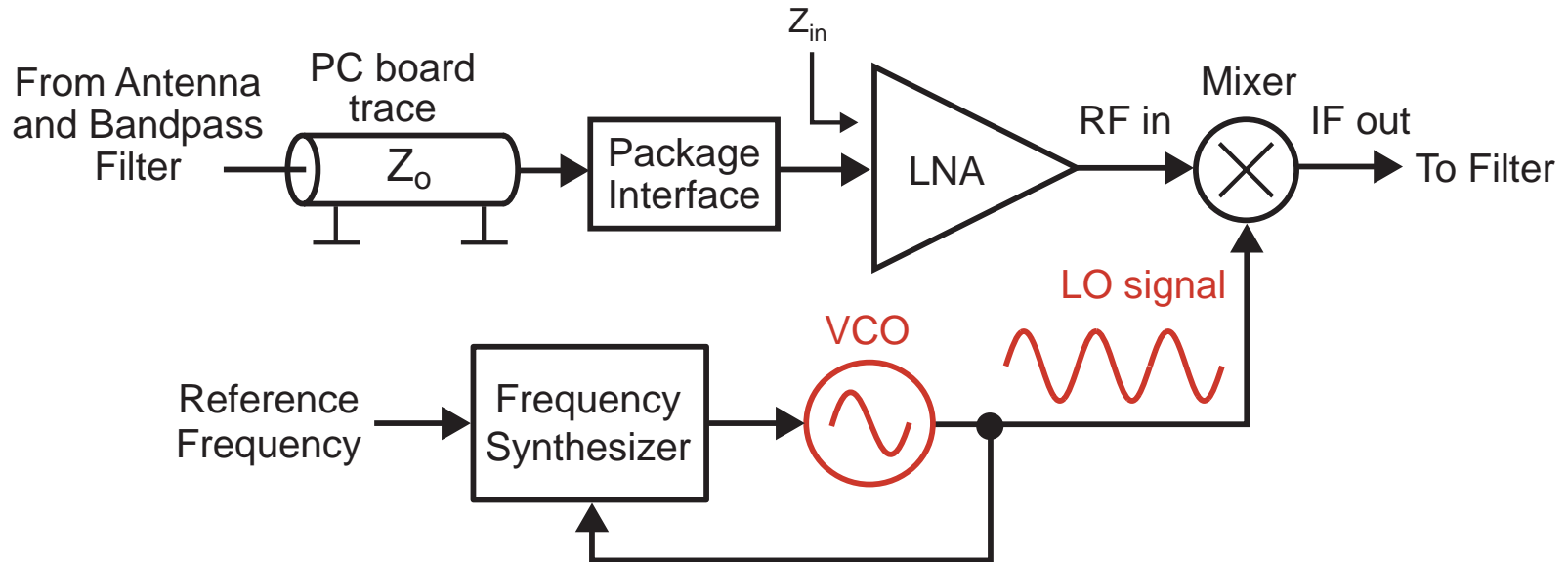
***Short Course On
Phase-Locked Loops and Their Applications
Day 2, AM Lecture***

***Basic Building Blocks
Voltage-Controlled Oscillators***

**Michael Perrott
August 12, 2008**

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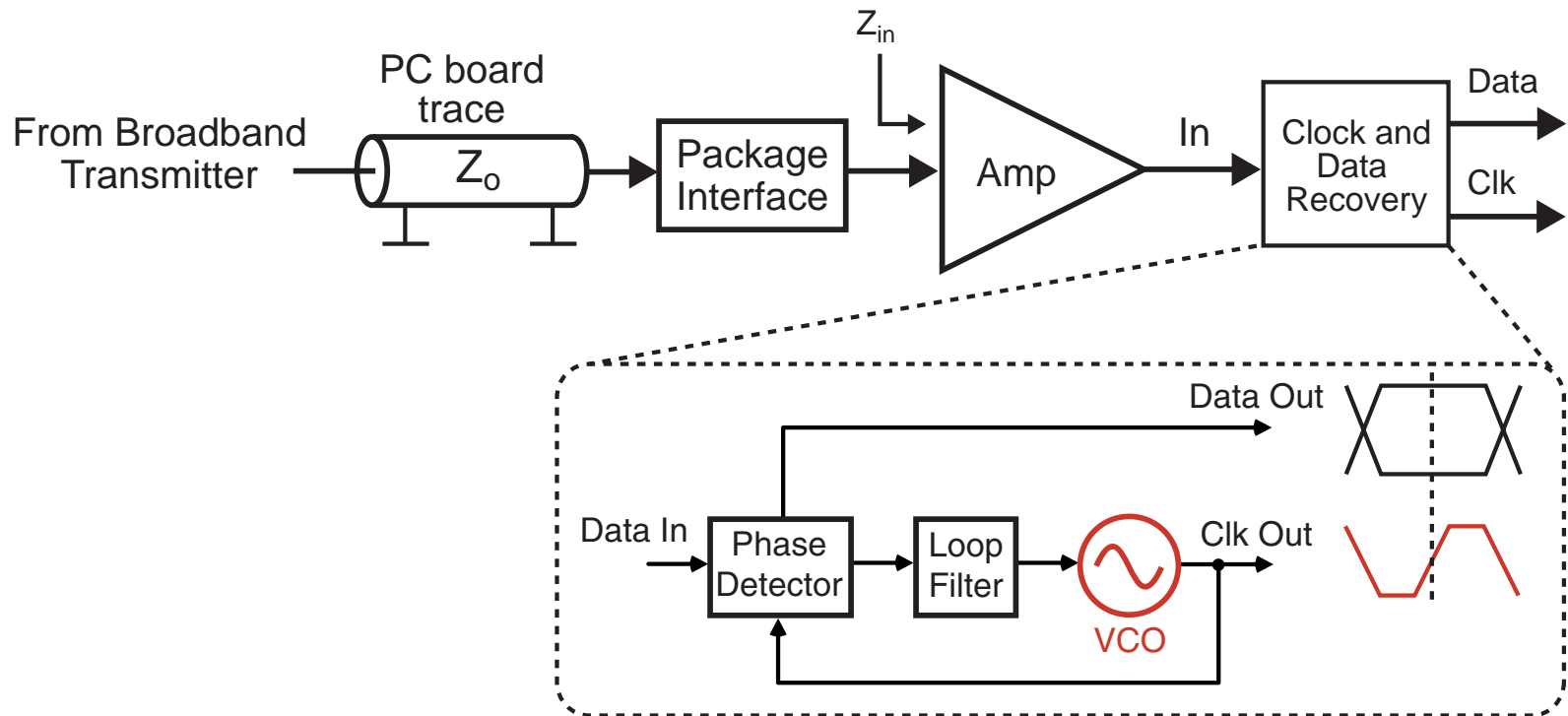
VCO Design for Wireless Systems



■ Design Issues

- **Tuning Range** – need to cover all frequency channels
- **Noise** – impacts receiver blocking and sensitivity performance
- **Power** – want low power dissipation
- **Isolation** – want to minimize noise pathways into VCO
- **Sensitivity to process/temp variations** – need to make it manufacturable in high volume

VCO Design For High Speed Data Links



■ Design Issues

■ Same as wireless, but:

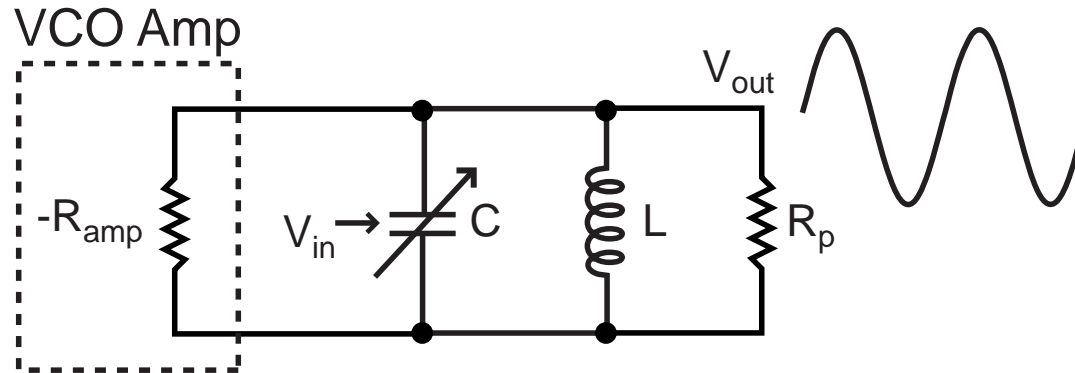
- Required noise performance is often less stringent
- Tuning range is often narrower

Outline of Talk

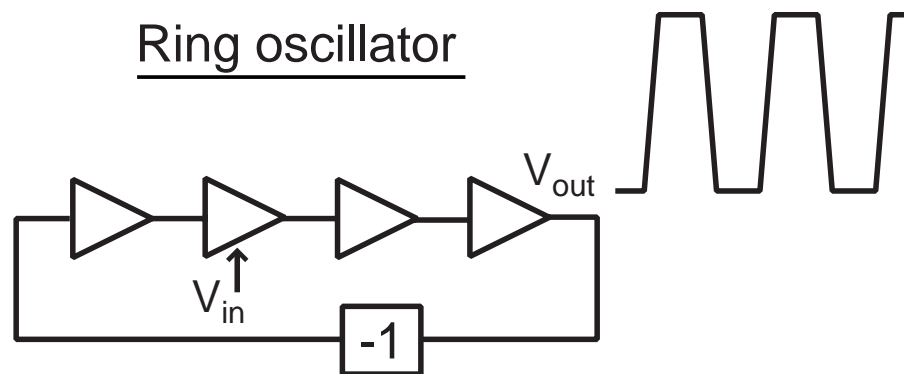
- **Common oscillator implementations**
- **Barkhausen's criterion of oscillation**
- **One-port view of resonance based oscillators**
 - Impedance transformation
 - Negative feedback topologies
- **Voltage controlled oscillators**

Popular VCO Structures

LC oscillator

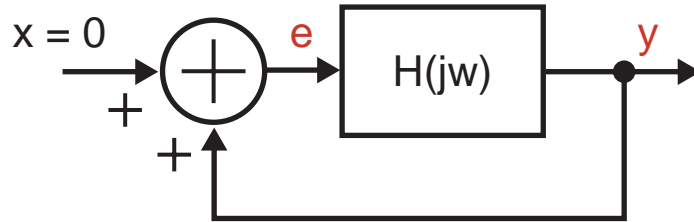


Ring oscillator



- **LC Oscillator: low phase noise, large area**
- **Ring Oscillator: easy to integrate, higher phase noise**

Barkhausen's Criteria for Oscillation



- **Closed loop transfer function**

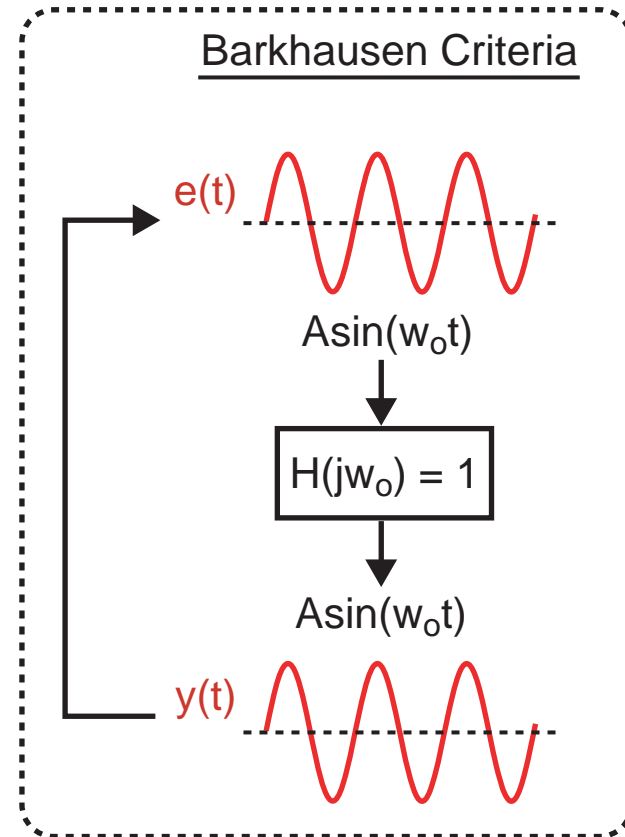
$$G(j\omega) = \frac{Y(j\omega)}{X(j\omega)} = \frac{H(j\omega)}{1 - H(j\omega)}$$

- **Self-sustaining oscillation at frequency ω_o if**

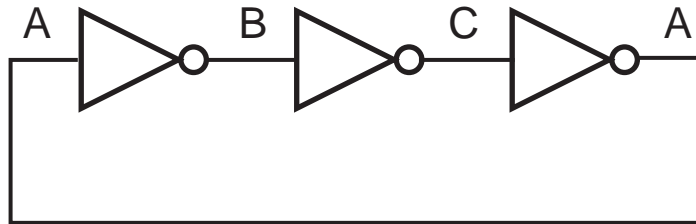
$$H(j\omega_o) = 1$$

- **Amounts to two conditions:**

- Gain = 1 at frequency ω_o
- Phase = $n360$ degrees ($n = 0, 1, 2, \dots$) at frequency ω_o



Example 1: Ring Oscillator



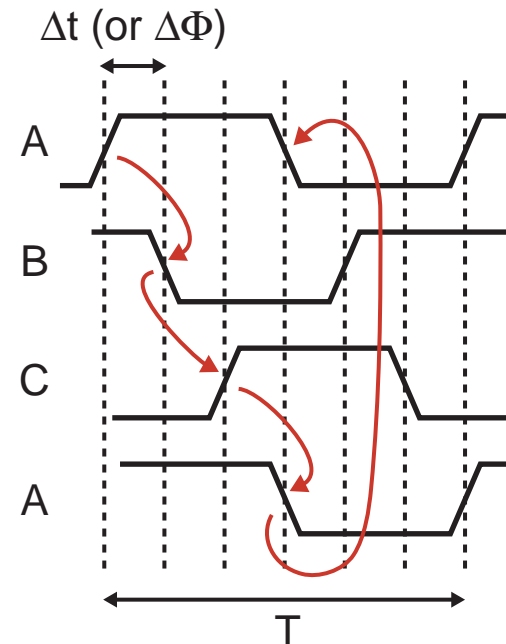
- Gain is set to 1 by saturating characteristic of inverters
- Phase equals 360 degrees at frequency of oscillation

- Assume N stages each with phase shift $\Delta\Phi$

$$2N\Delta\Phi = 360^\circ \Rightarrow \Delta\Phi = \frac{180^\circ}{N}$$

- Alternately, N stages with delay Δt

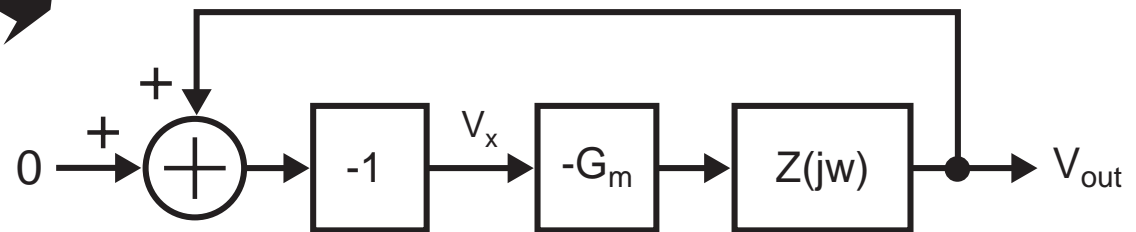
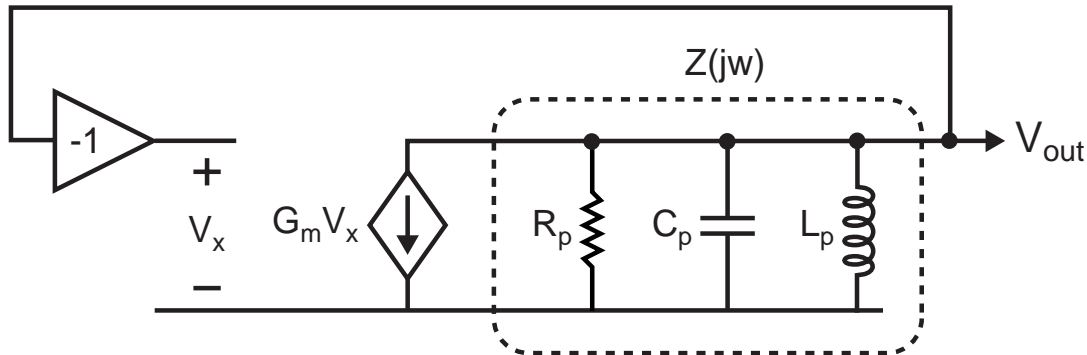
$$2N\Delta t = T \Rightarrow \Delta t = \frac{T/2}{N}$$



Further Info on Ring Oscillators

- **Due to their relatively poor phase noise performance, ring oscillators are rarely used in RF systems**
 - They are used quite often in high speed data links, though
- **We will focus on LC oscillators in this lecture**
- **Some useful info on CMOS ring oscillators**
 - Maneatis et. al., “Precise Delay Generation Using Coupled Oscillators”, JSSC, Dec 1993 (look at pp 127-128 for delay cell description)
 - Todd Weigandt’s PhD thesis – <http://kabuki.eecs.berkeley.edu/~weigandt/>

Example 2: Resonator-Based Oscillator

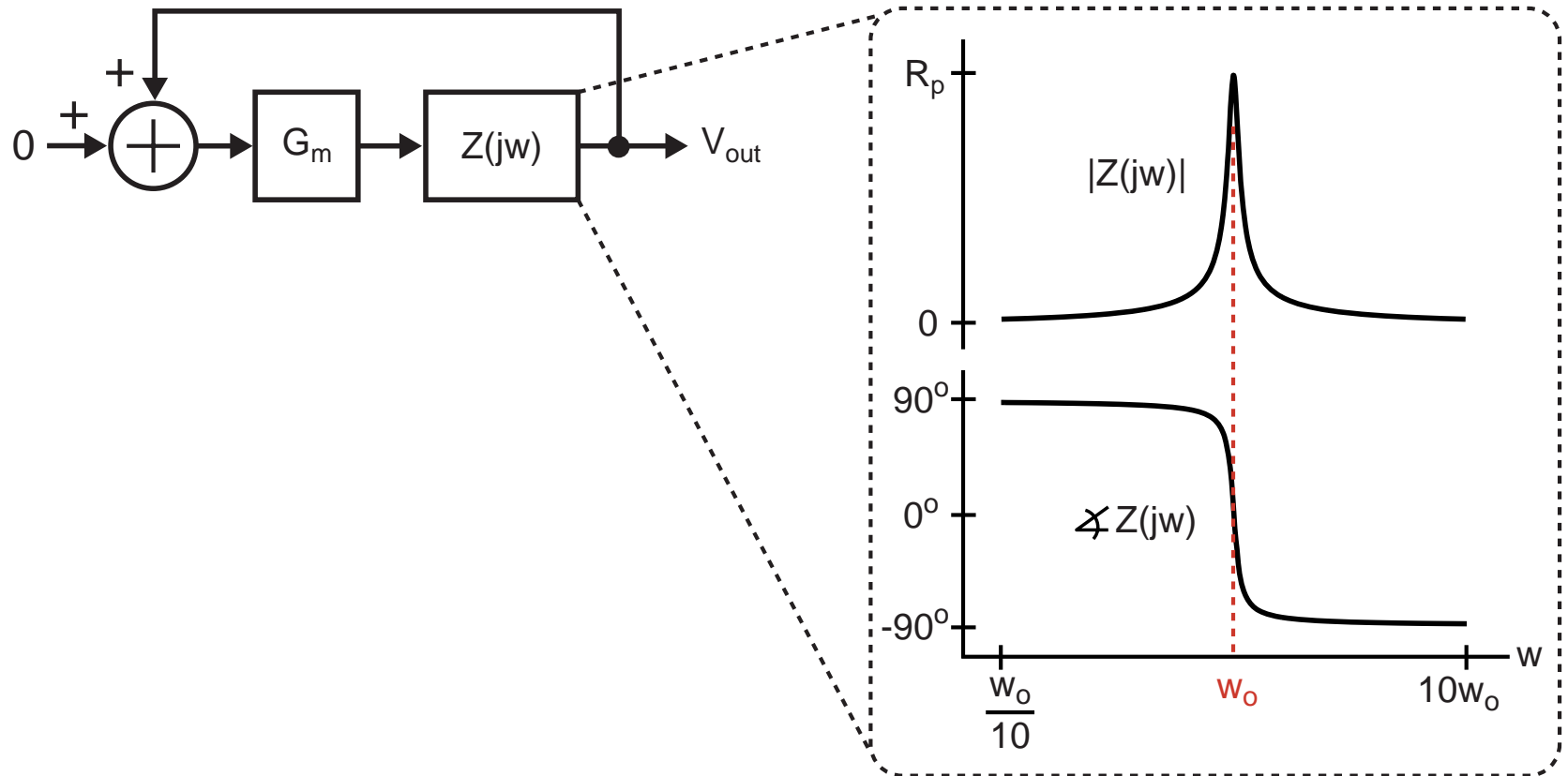


- **Barkhausen Criteria for oscillation at frequency ω_o :**

$$G_m Z(j\omega_o) = 1$$

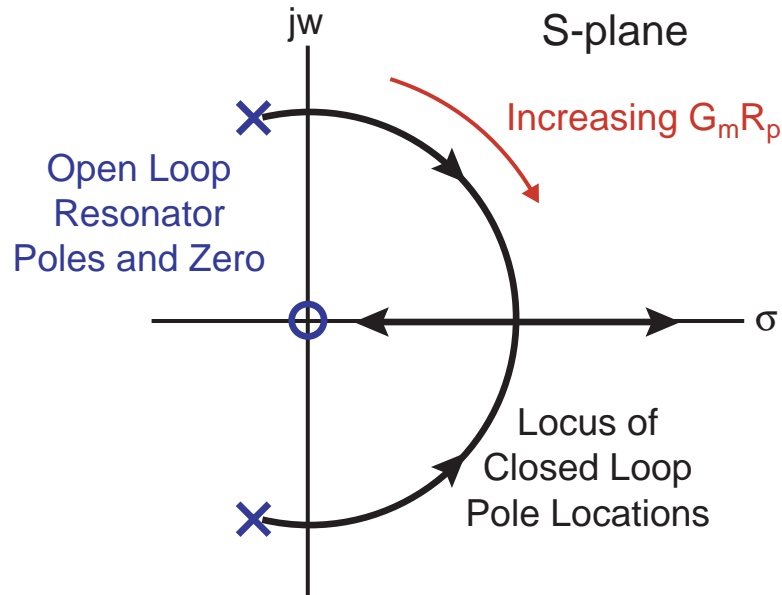
- Assuming G_m is purely real, $Z(j\omega_o)$ must also be purely real

A Closer Look At Resonator-Based Oscillator



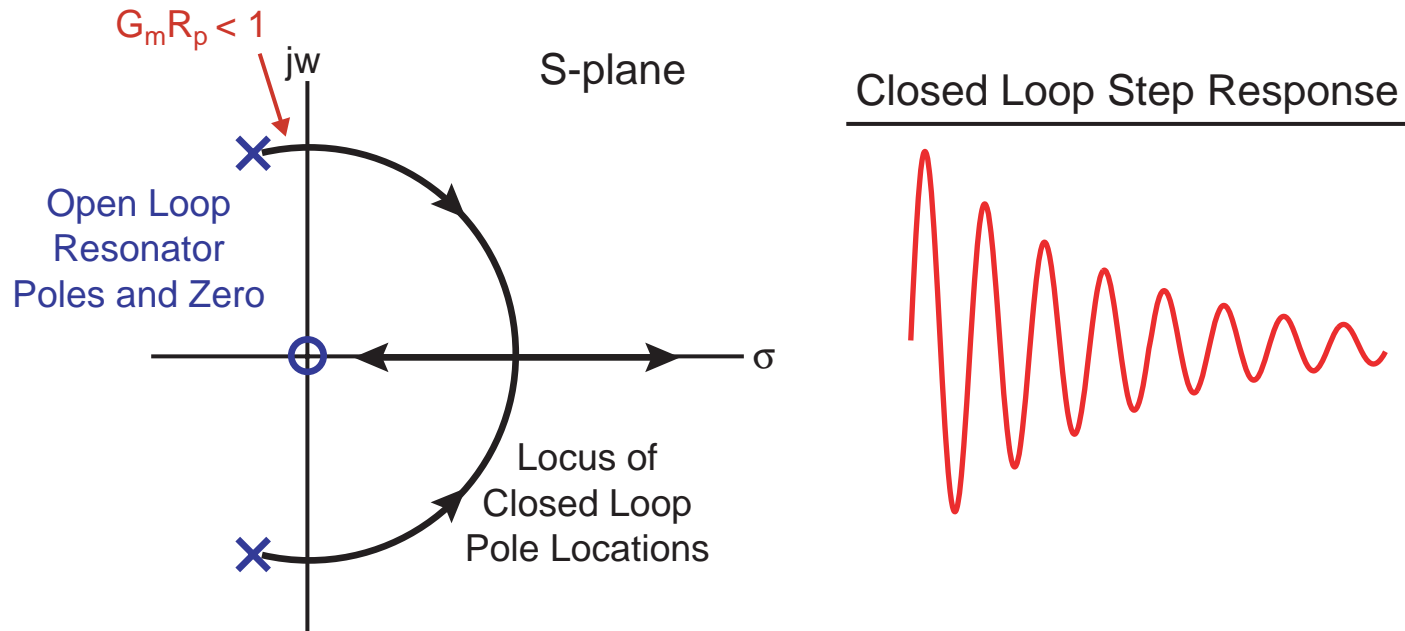
- **For parallel resonator at resonance**
 - Looks like resistor (i.e., purely real)
 - Phase condition is satisfied
 - Magnitude condition achieved by setting $G_m R_p = 1$

Impact of Different G_m Values



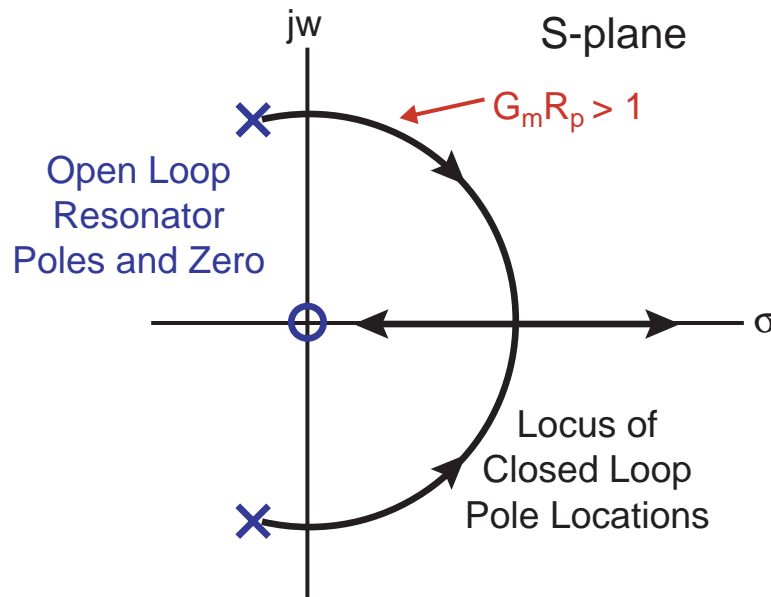
- Root locus plot allows us to view closed loop pole locations as a function of open loop poles/zero and open loop gain ($G_m R_p$)
 - As gain ($G_m R_p$) increases, closed loop poles move into right half S-plane

Impact of Setting G_m too low

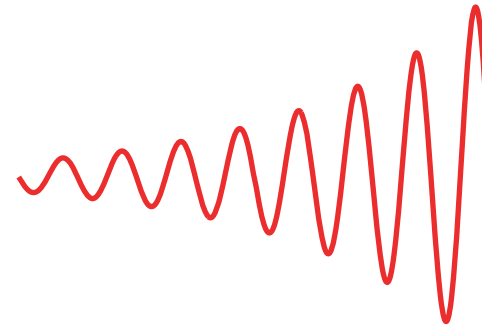


- **Closed loop poles end up in the left half S-plane**
 - Underdamped response occurs
 - Oscillation dies out

Impact of Setting G_m too High

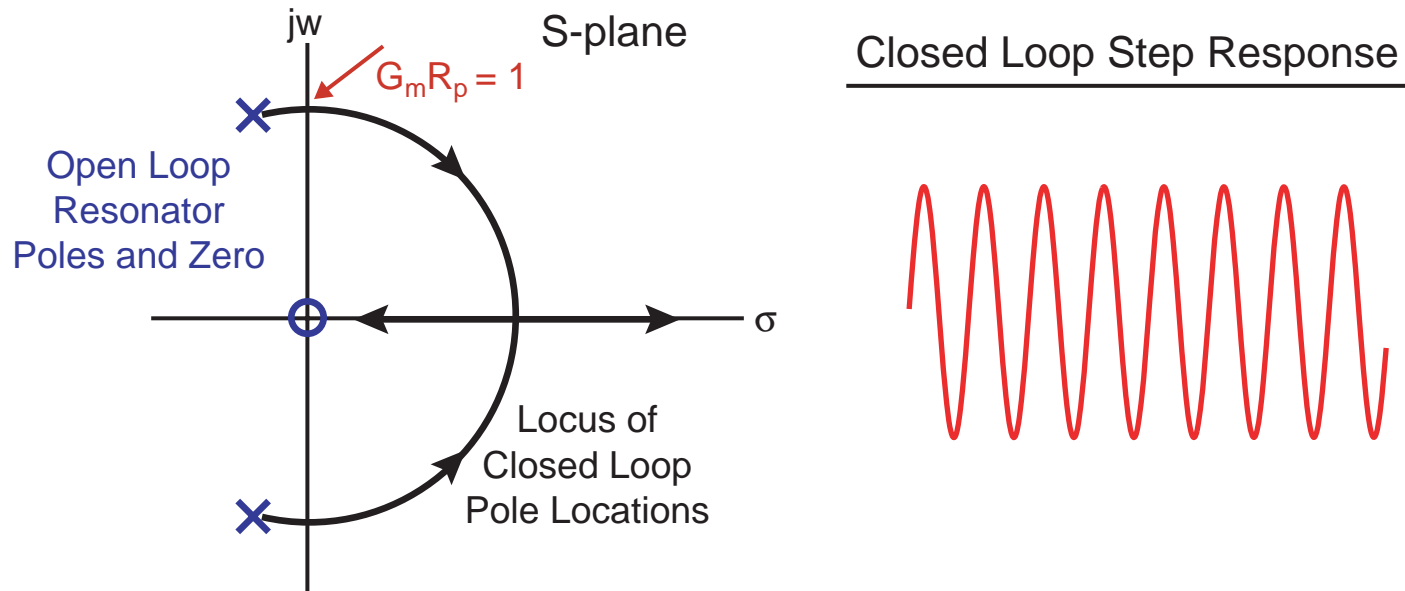


Closed Loop Step Response



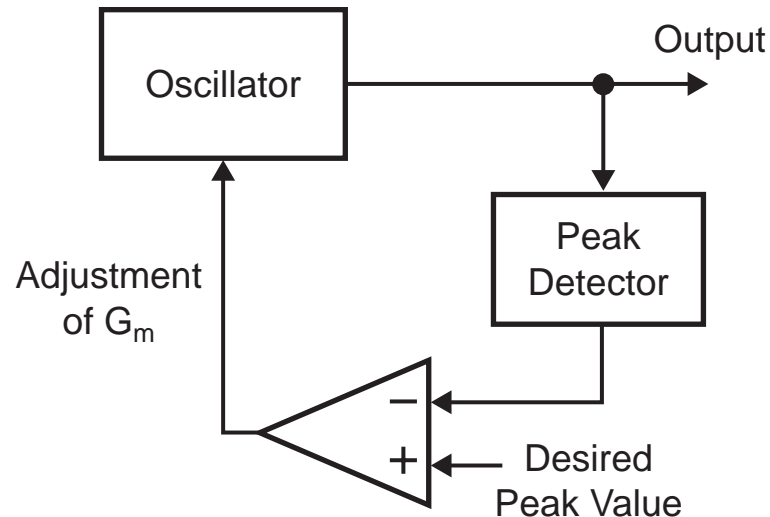
- **Closed loop poles end up in the right half S-plane**
 - **Unstable response occurs**
 - **Waveform blows up!**

Setting G_m To Just the Right Value



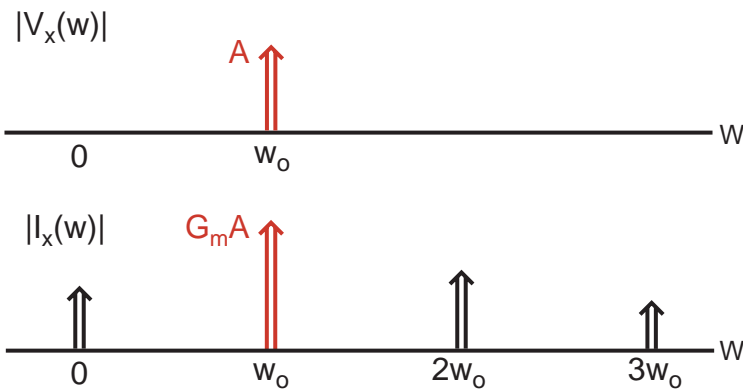
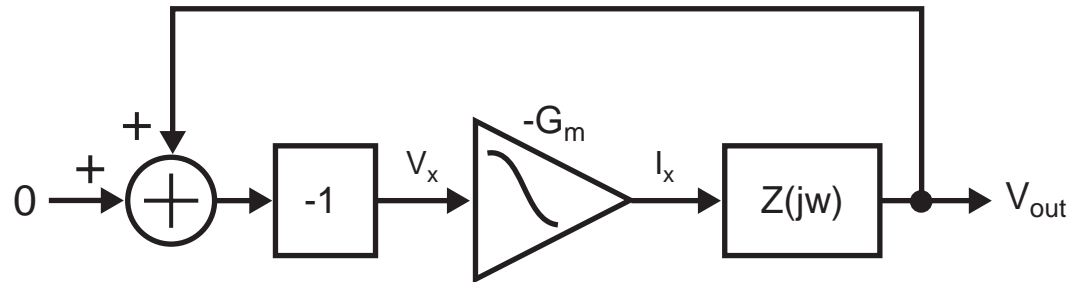
- **Closed loop poles end up on $j\omega$ axis**
 - Oscillation maintained
- **Issue – $G_m R_p$ needs to *exactly* equal 1**
 - How do we achieve this in practice?

Amplitude Feedback Loop



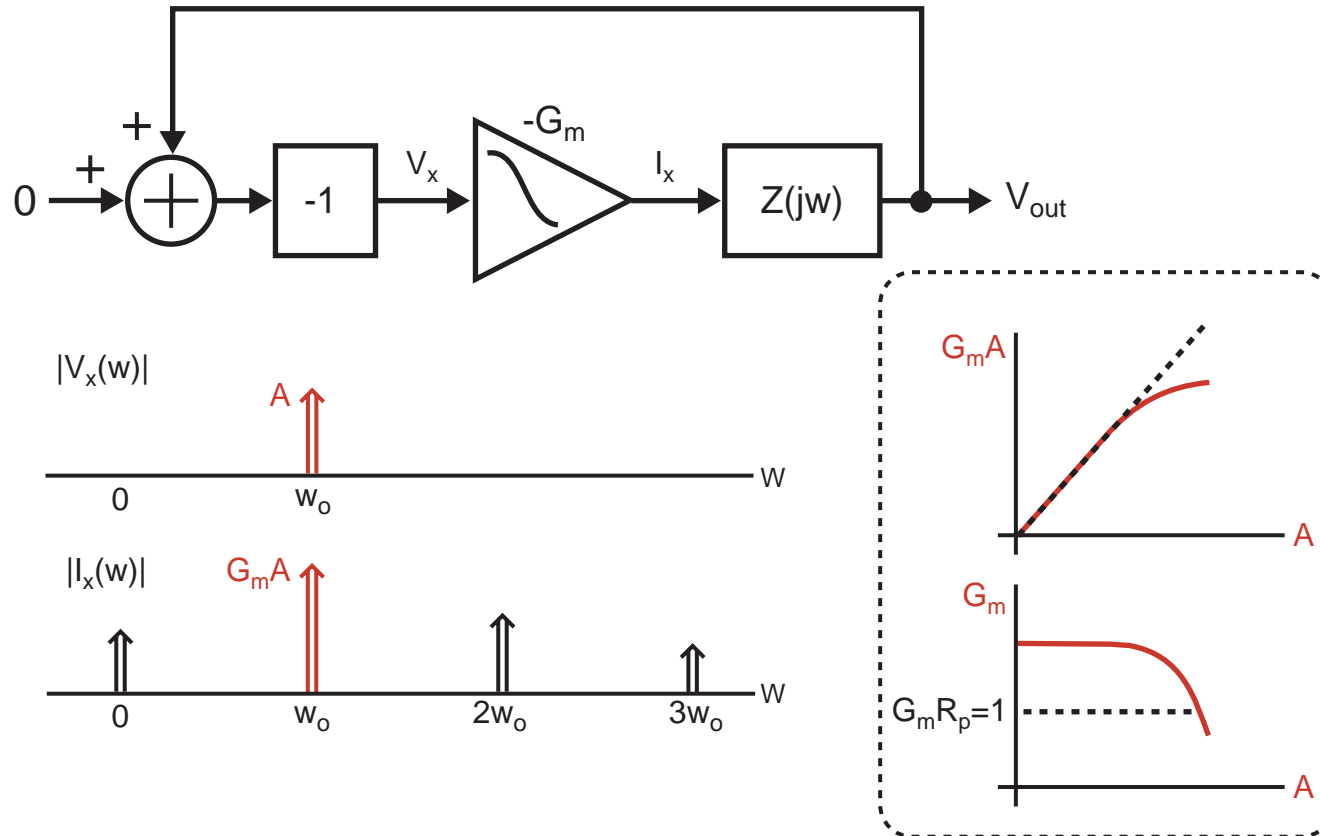
- One thought is to detect oscillator amplitude, and then adjust G_m so that it equals a desired value
 - By using feedback, we can precisely achieve $G_m R_p = 1$
- Issues
 - Complex, requires power, and adds noise

Leveraging Amplifier Nonlinearity as Feedback



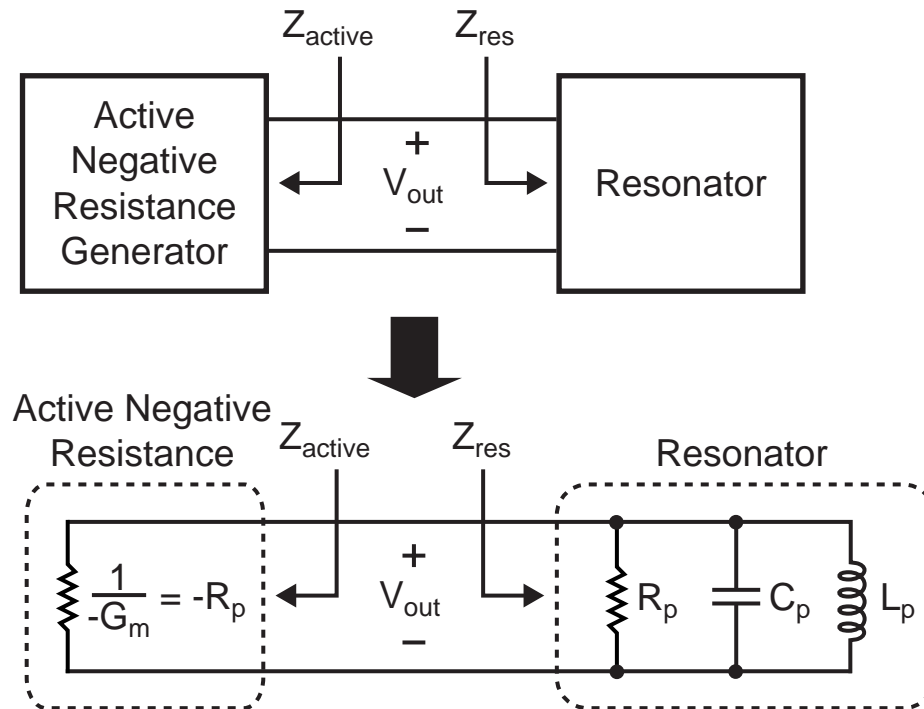
- **Practical transconductance amplifiers have saturating characteristics**
 - Harmonics created, but filtered out by resonator
 - Our interest is in the relationship between the input and the fundamental of the output

Leveraging Amplifier Nonlinearity as Feedback



- As input amplitude is increased
 - Effective gain from input to fundamental of output drops
 - Amplitude feedback occurs! ($G_m R_p = 1$ in steady-state)

One-Port View of Resonator-Based Oscillators

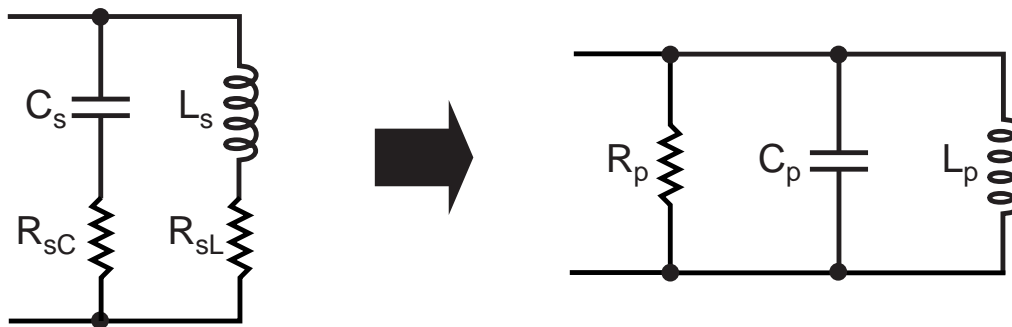


- Convenient for intuitive analysis
- Here we seek to cancel out loss in tank with a negative resistance element
 - To achieve sustained oscillation, we must have

$$\frac{1}{G_m} = R_p \Rightarrow G_m R_p = 1$$

One-Port Modeling Requires Parallel RLC Network

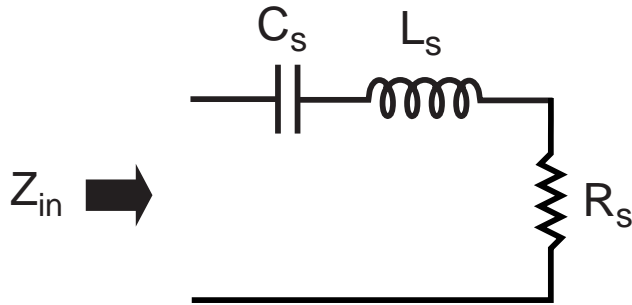
- Since VCO operates over a very narrow band of frequencies, we can always do series to parallel transformations to achieve a parallel network for analysis



- Warning – in practice, RLC networks can have secondary (or more) resonant frequencies, which cause undesirable behavior
 - Equivalent parallel network masks this problem in hand analysis
 - Simulation will reveal the problem

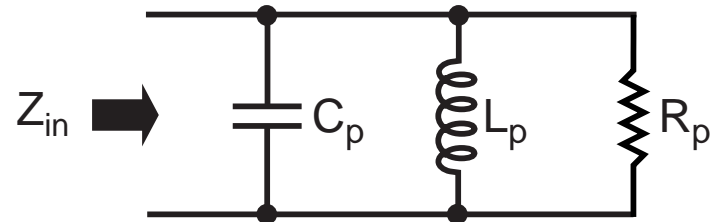
Understanding Narrowband Impedance Transformation

Series Resonant Circuit



$$\begin{aligned} Z_{in} &= \frac{1}{j\omega C_s} + j\omega L_s + R_s \\ &= R_s \text{ for } \omega = \frac{1}{\sqrt{L_s C_s}} = \omega_o \\ Q &= \frac{\omega_o L_s}{R_s} = \frac{1}{\omega_o C_s R_s} \end{aligned}$$

Parallel Resonant Circuit

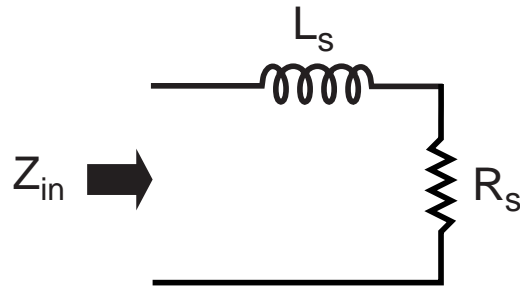


$$\begin{aligned} Z_{in} &= \frac{1}{j\omega C_p} || j\omega L_p || R_p \\ &= R_p \text{ for } \omega = \frac{1}{\sqrt{L_p C_p}} = \omega_o \\ Q &= \frac{R_p}{\omega_o L_p} = \omega_o C_p R_p \end{aligned}$$

- **Note:** resonance allows Z_{in} to be purely real despite the presence of reactive elements

Comparison of Series and Parallel RL Circuits

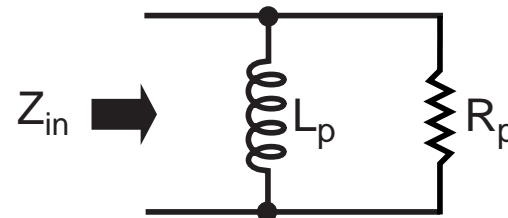
Series RL Circuit



$$Q = \frac{\omega_o L_s}{R_s}$$

$$Z_{in} = j\omega_o L_s + R_s$$

Parallel RL Circuit



$$Q = \frac{R_p}{\omega_o L_p}$$

$$Z_{in} = j\omega_o L_p || R_p$$

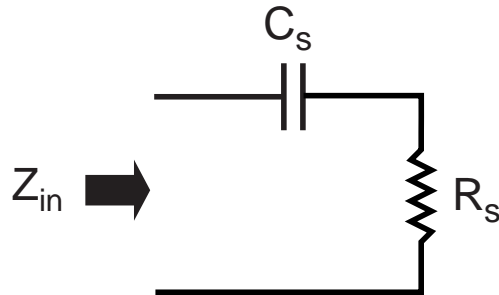
- **Equate real and imaginary parts of the left and right expressions (so that Z_{in} is the same for both)**
 - **Also equate Q values**

$$R_p = R_s(Q^2 + 1) \approx R_s Q^2 \quad (\text{for } Q \gg 1)$$

$$L_p = L_s \left(\frac{Q^2 + 1}{Q^2} \right) \approx L_s \quad (\text{for } Q \gg 1)$$

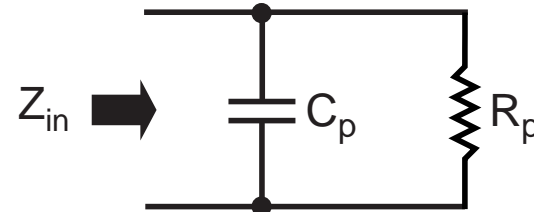
Comparison of Series and Parallel RC Circuits

Series RC Circuit



$$Q = \frac{1}{\omega_0 C_s R_s}$$
$$Z_{in} = R_s + \frac{1}{j\omega_0 C_s}$$

Parallel RC Circuit



$$Q = \omega_0 C_p R_p$$
$$Z_{in} = R_p \parallel \frac{1}{j\omega_0 C_p}$$

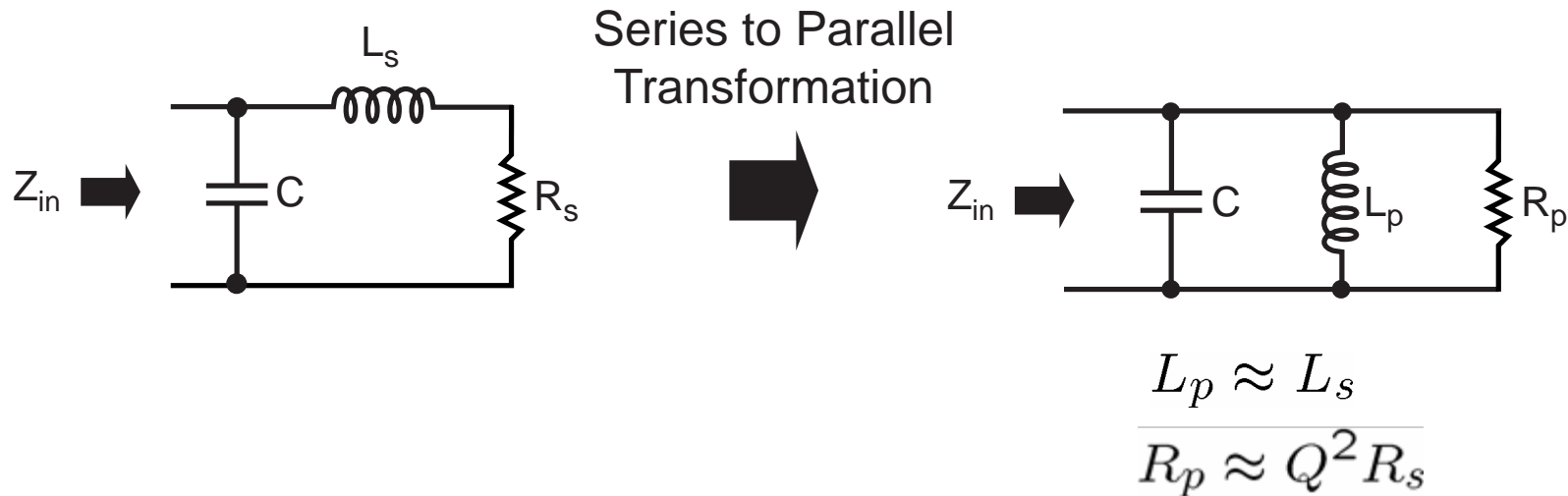
- **Equate real and imaginary parts of the left and right expressions (so that Z_{in} is the same for both)**
 - **Also equate Q values**

$$R_p = R_s(Q^2 + 1) \approx R_s Q^2 \quad (\text{for } Q \gg 1)$$

$$C_p = C_s \left(\frac{Q^2}{Q^2 + 1} \right) \approx C_s \quad (\text{for } Q \gg 1)$$

Example Transformation to Parallel RLC

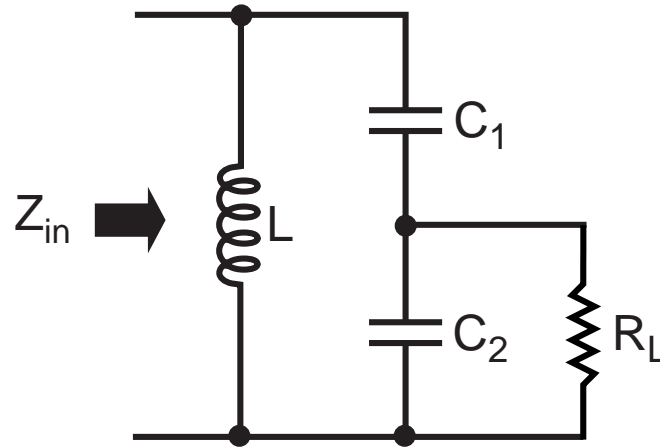
- Assume $Q \gg 1$



- Note at resonance:

$$Z_{in} = R_p \approx Q^2 R_s \quad (\text{purely real})$$

Tapped Capacitor as a Transformer

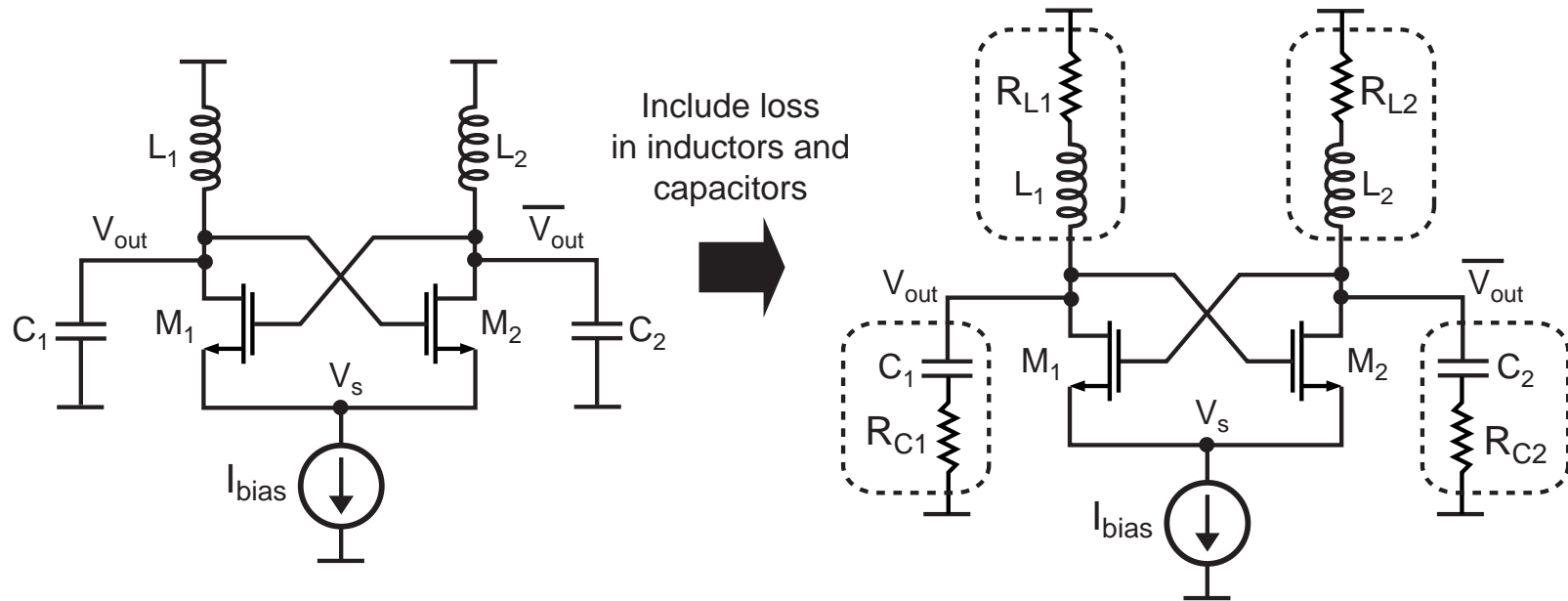


- To first order:

$$\frac{R_{in}}{R_L} \approx \left(\frac{C_1 + C_2}{C_1} \right)^2$$

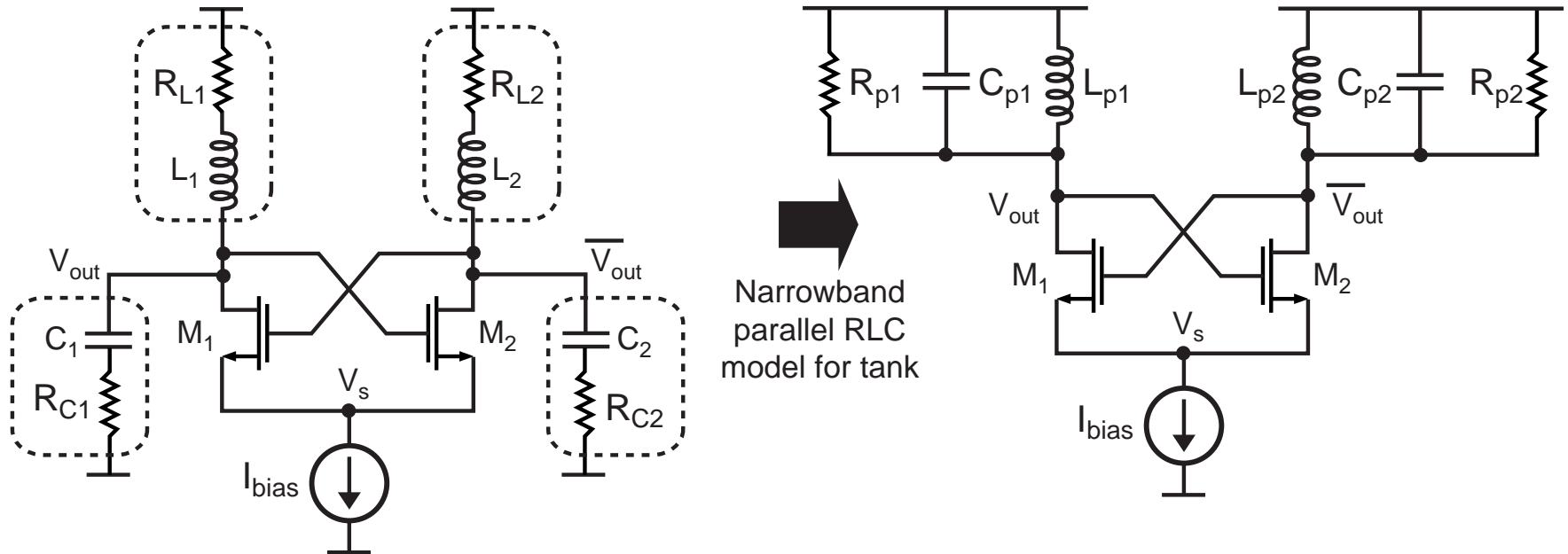
- We will see this used in Colpitts oscillator

Negative Resistance Oscillator



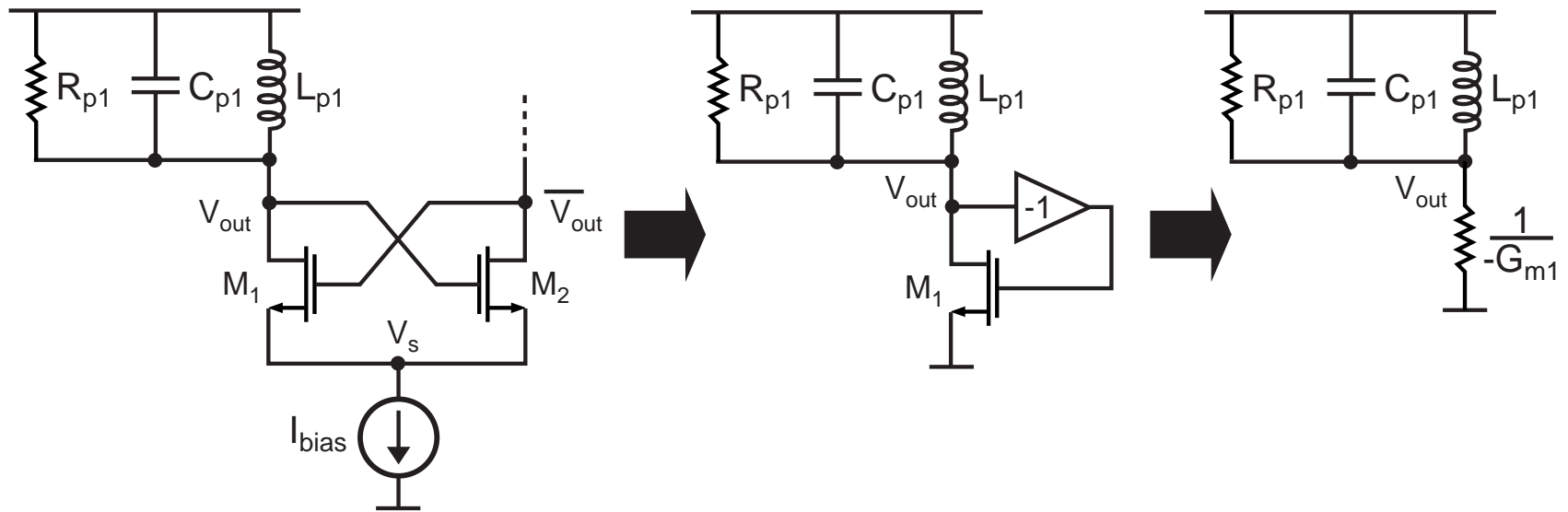
- **This type of oscillator structure is quite popular in current CMOS implementations**
 - **Advantages**
 - Simple topology
 - Differential implementation (good for feeding differential circuits)
 - Good phase noise performance can be achieved

Analysis of Negative Resistance Oscillator (Step 1)



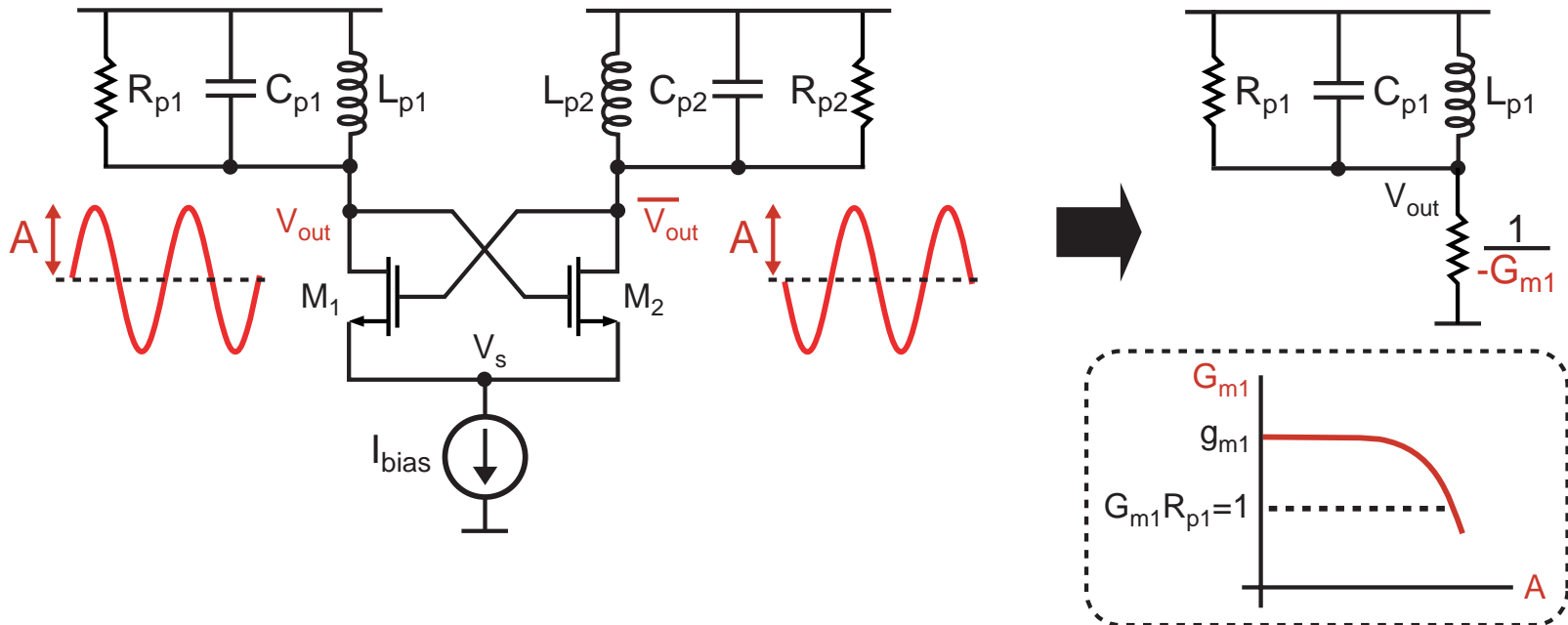
- Derive a parallel RLC network that includes the loss of the tank inductor and capacitor
 - Typically, such loss is dominated by series resistance in the inductor

Analysis of Negative Resistance Oscillator (Step 2)



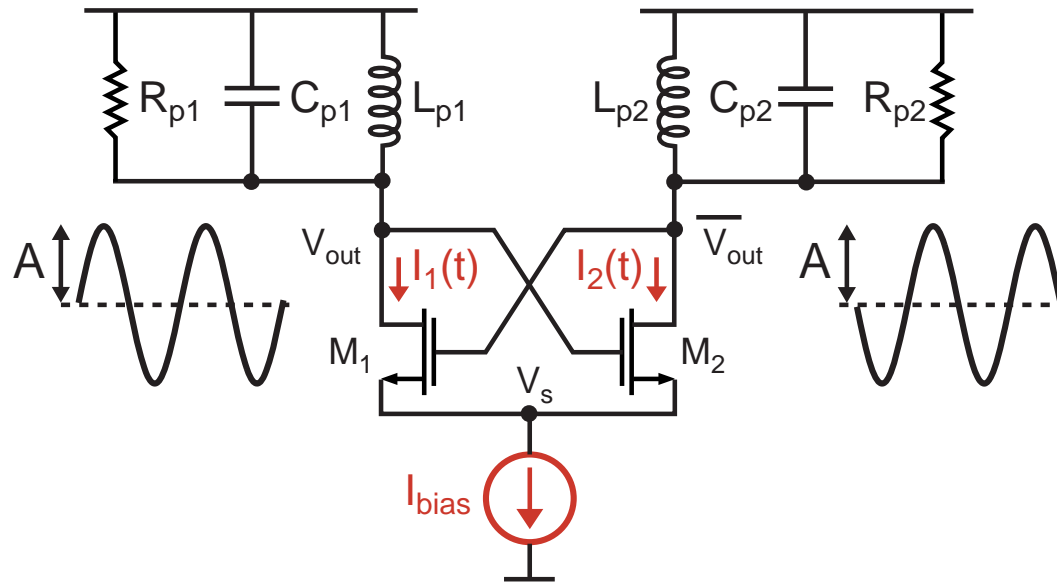
- **Split oscillator circuit into half circuits to simplify analysis**
 - Leverages the fact that we can approximate V_s as being incremental ground (this is not quite true, but close enough)
- **Recognize that we have a diode connected device with a negative transconductance value**
 - Replace with negative resistor
 - Note: G_m is *large signal* transconductance value

Design of Negative Resistance Oscillator



- **Design tank components to achieve high Q**
 - Resulting R_p value is as large as possible
- **Choose bias current (I_{bias}) for large swing (without going far into saturation)**
 - We'll estimate swing as a function of I_{bias} shortly
- **Choose transistor size to achieve adequately large g_{m1}**
 - Usually twice as large as $1/R_{p1}$ to guarantee startup

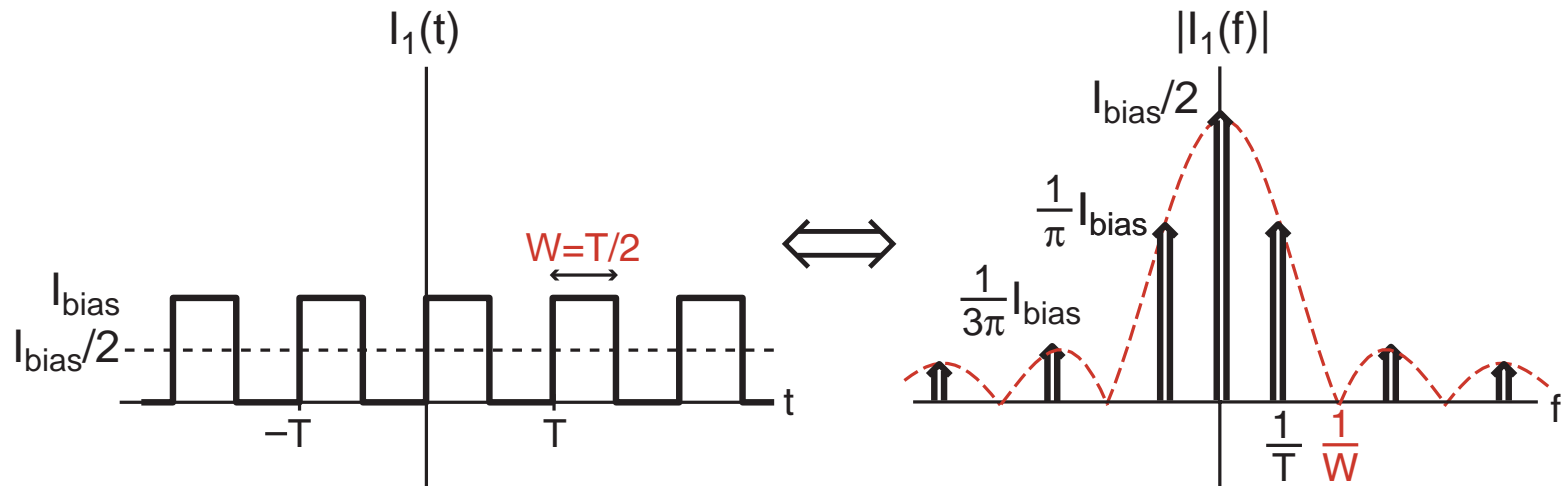
Calculation of Oscillator Swing



- Design tank components to achieve high Q
 - Resulting R_p value is as large as possible
- Choose bias current (I_{bias}) for large swing (without going far into saturation)
 - We'll estimate swing as a function of I_{bias} in next slide
- Choose transistor size to achieve adequately large g_{m1}
 - Usually twice as large as $1/R_{p1}$ to guarantee startup

Calculation of Oscillator Swing as a Function of I_{bias}

- By symmetry, assume $I_1(t)$ is a square wave
 - We are interested in determining fundamental component
 - (DC and harmonics filtered by tank)



- Fundamental component is

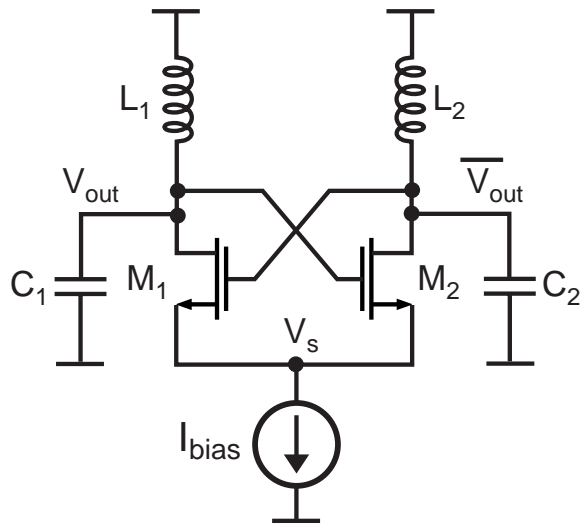
$$I_1(t) \Big|_{\text{fundamental}} = \frac{2}{\pi} I_{bias} \sin(\omega_o t), \quad \text{where } \omega_o = \frac{2\pi}{T}$$

- Resulting oscillator amplitude

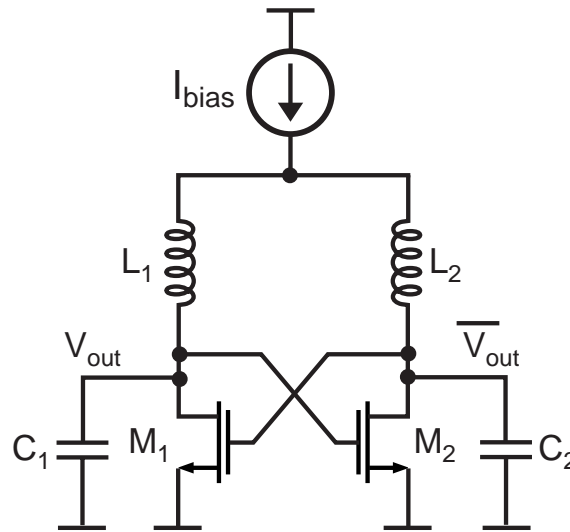
$$A = \frac{2}{\pi} I_{bias} R_p$$

Variations on a Theme

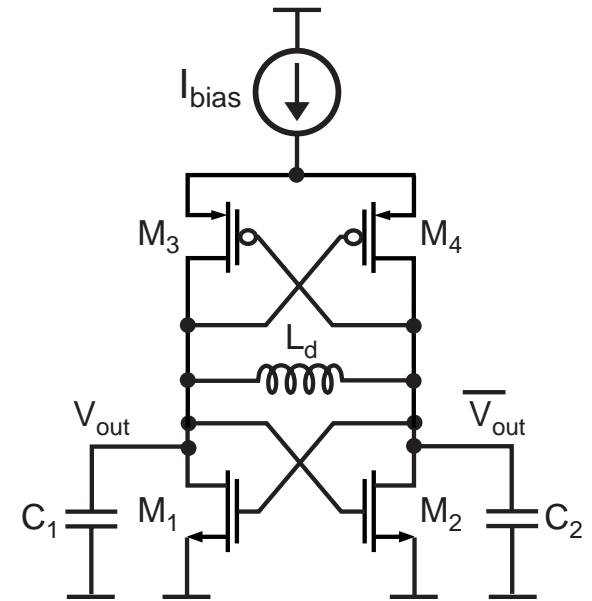
Bottom-biased NMOS



Top-biased NMOS

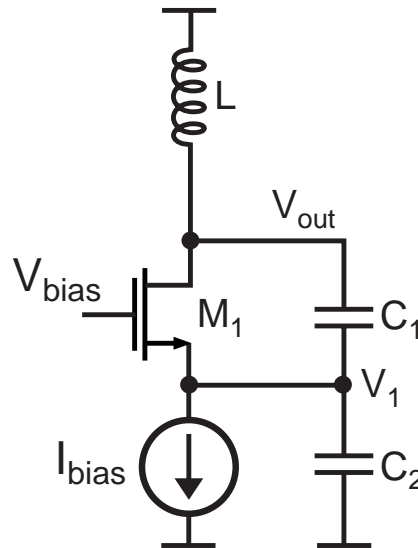


Top-biased NMOS and PMOS



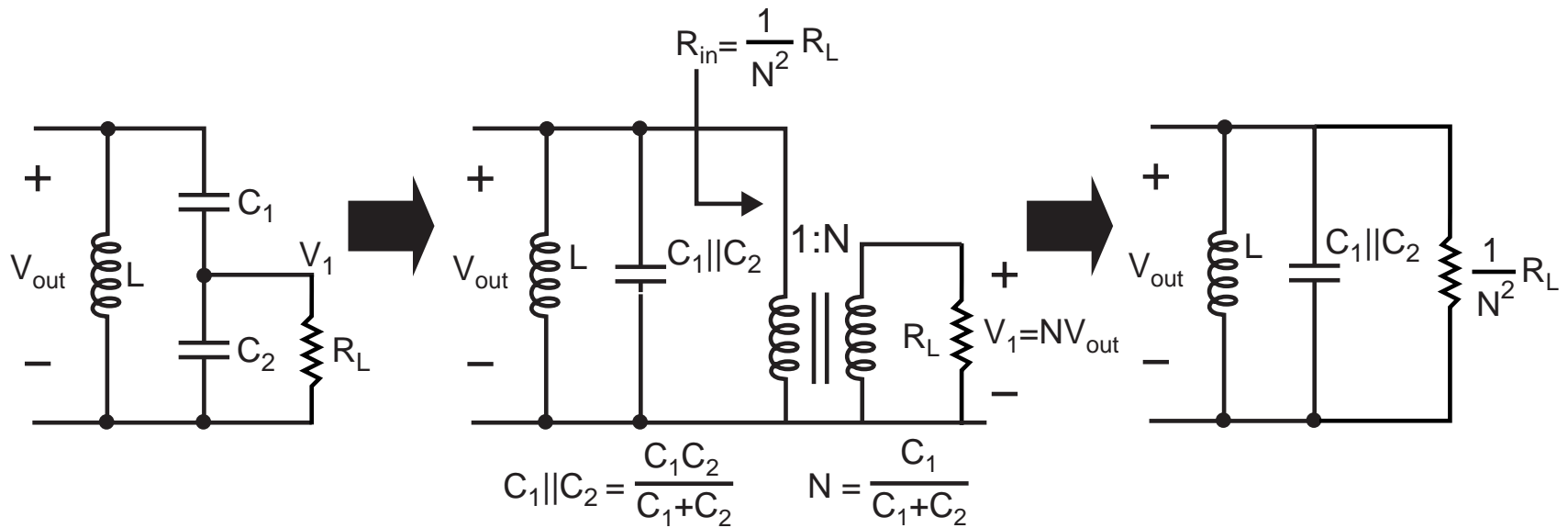
- **Biasing can come from top or bottom**
- **Can use either NMOS, PMOS, or both for transconductor**
 - **Use of both NMOS and PMOS for coupled pair would appear to achieve better phase noise at a given power dissipation**
 - See Hajimiri et. al, "Design Issues in CMOS Differential LC Oscillators", JSSC, May 1999 and Feb, 2000 (pp 286-287)

Colpitts Oscillator



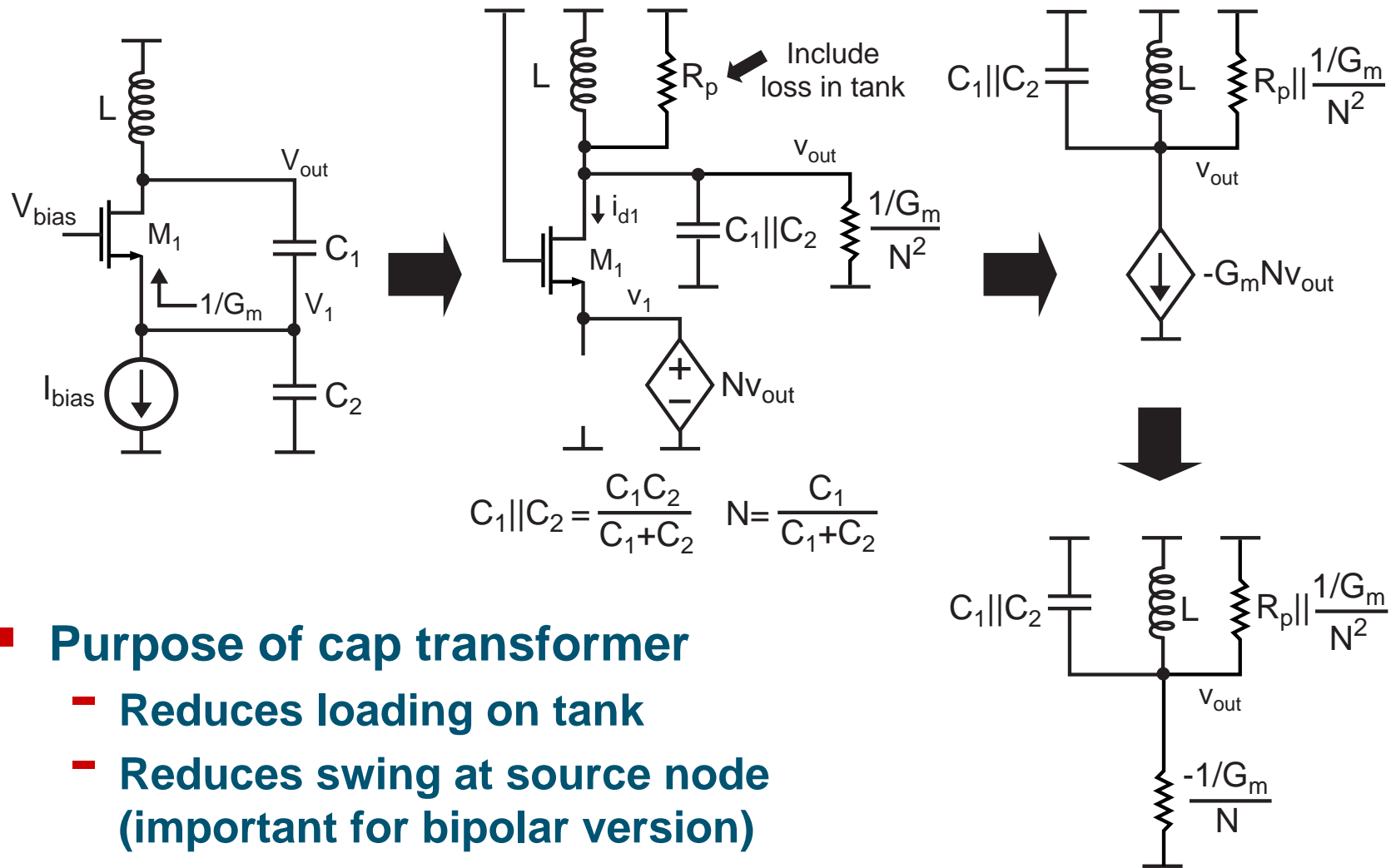
- Carryover from discrete designs in which single-ended approaches were preferred for simplicity
 - Achieves negative resistance with only one transistor
 - Differential structure can also be implemented
- Good phase noise can be achieved, but not apparent there is an advantage of this design over negative resistance design for CMOS applications

Analysis of Cap Transformer used in Colpitts



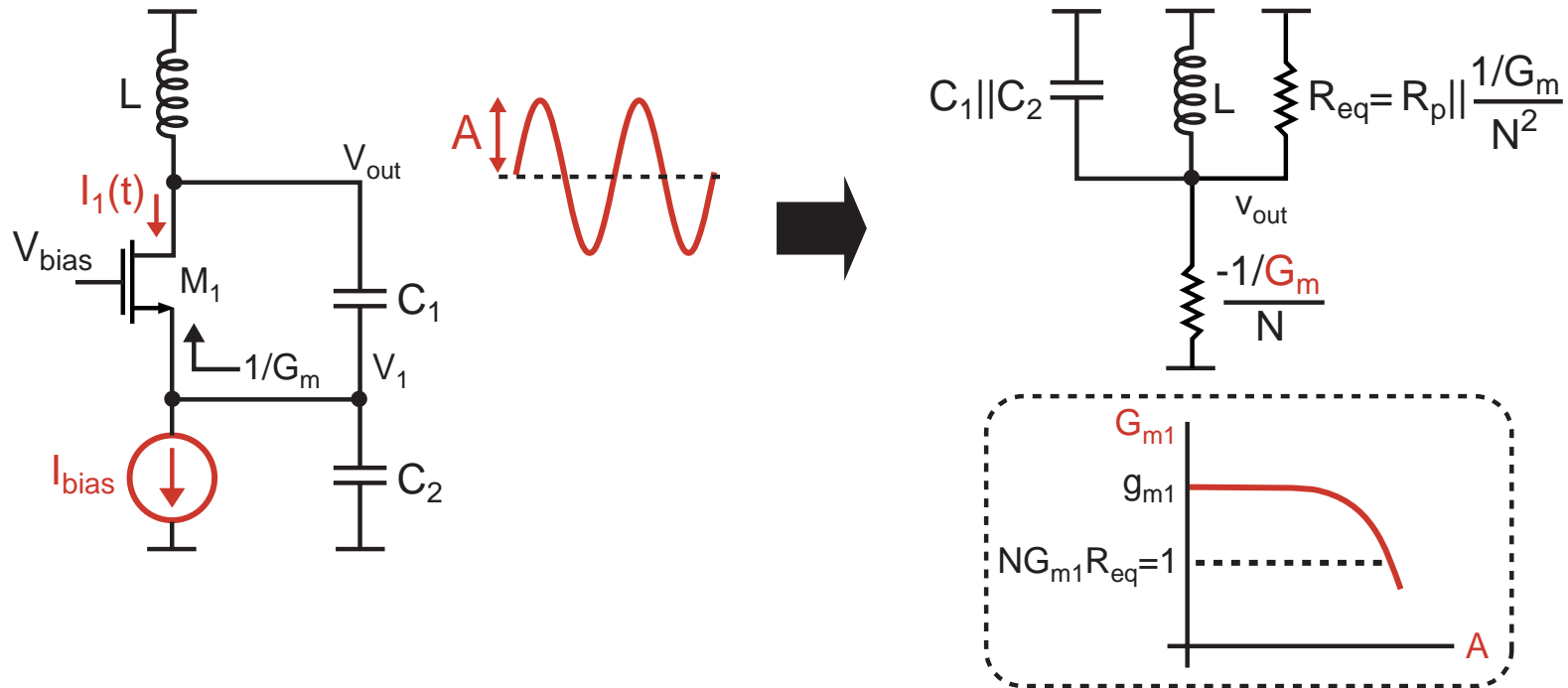
- Voltage drop across R_L is reduced by capacitive voltage divider
 - Assume that impedances of caps are less than R_L at resonant frequency of tank (simplifies analysis)
 - Ratio of V_1 to V_{out} set by caps and not R_L
- Power conservation leads to transformer relationship shown

Simplified Model of Colpitts



- **Purpose of cap transformer**
 - Reduces loading on tank
 - Reduces swing at source node (important for bipolar version)
- **Transformer ratio set to achieve best noise performance**

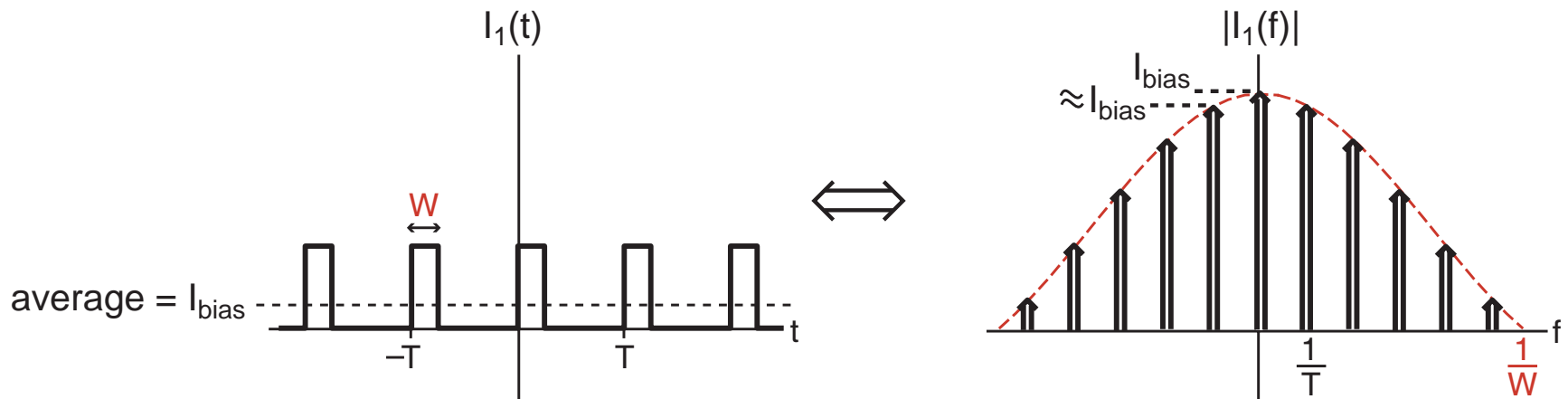
Design of Colpitts Oscillator



- Design tank for high Q
- Choose bias current (I_{bias}) for large swing (without going far into saturation)
- Choose transformer ratio for best noise
 - Rule of thumb: choose $N = 1/5$ according to Tom Lee
- Choose transistor size to achieve adequately large g_{m1}

Calculation of Oscillator Swing as a Function of I_{bias}

- $I_1(t)$ consists of pulses whose shape and width are a function of the transistor behavior and transformer ratio
 - Approximate as narrow square wave pulses with width W



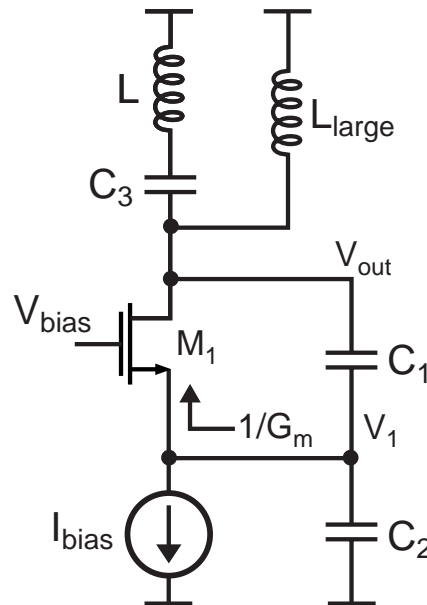
- Fundamental component is

$$I_1(t) \Big|_{\text{fundamental}} \approx 2I_{bias} \sin(\omega_o t), \quad \text{where } \omega_o = \frac{2\pi}{T}$$

- Resulting oscillator amplitude

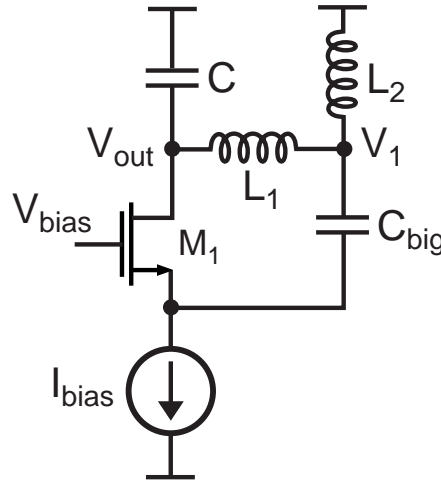
$$A \approx 2I_{bias} R_{eq}$$

Clapp Oscillator



- Same as Colpitts except that inductor portion of tank is isolated from the drain of the device
 - Allows inductor voltage to achieve a larger amplitude without exceeded the max allowable voltage at the drain
 - Good for achieving lower phase noise

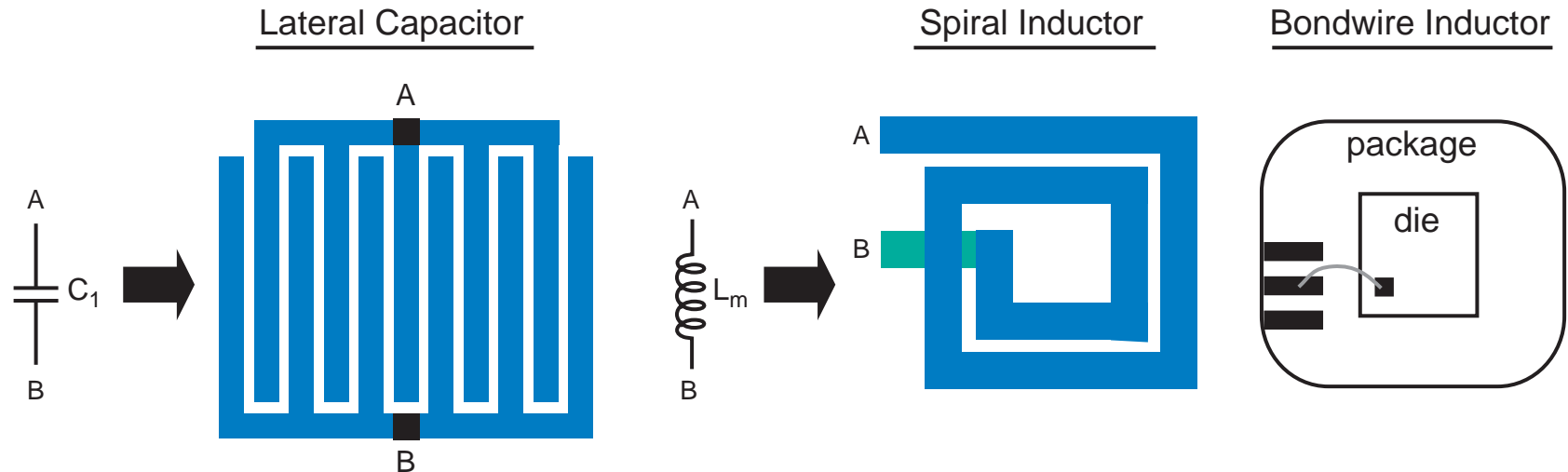
Hartley Oscillator



- Same as Colpitts, but uses a tapped inductor rather than series capacitors to implement the transformer portion of the circuit
 - Not popular for IC implementations due to the fact that capacitors are easier to realize than inductors

Integrated Resonator Structures

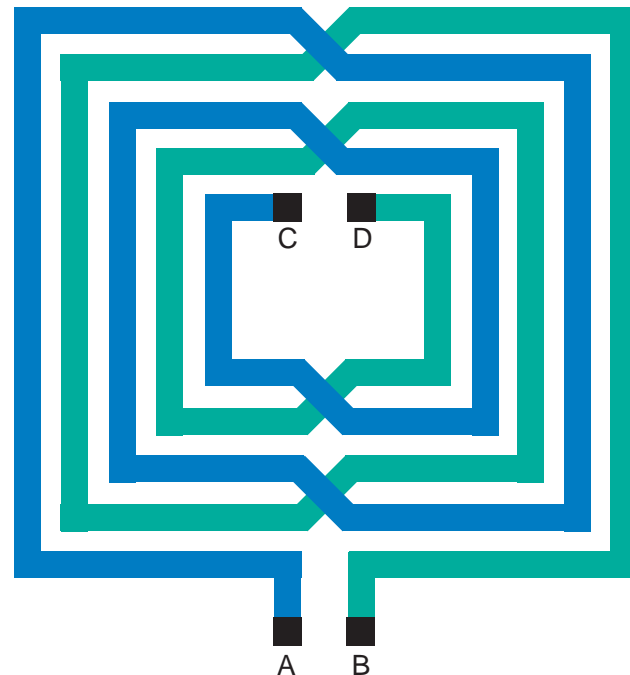
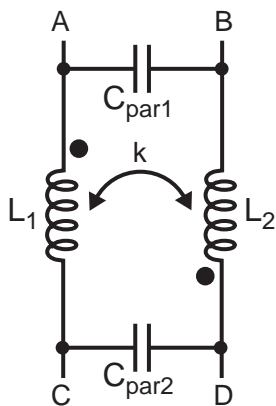
- Inductor and capacitor tank
 - Lateral caps have high Q (> 50)
 - Spiral inductors have moderate Q (5 to 10), but completely integrated and have tight tolerance ($< \pm 10\%$)
 - Bondwire inductors have high Q (> 40), but not as “integrated” and have poor tolerance ($> \pm 20\%$)



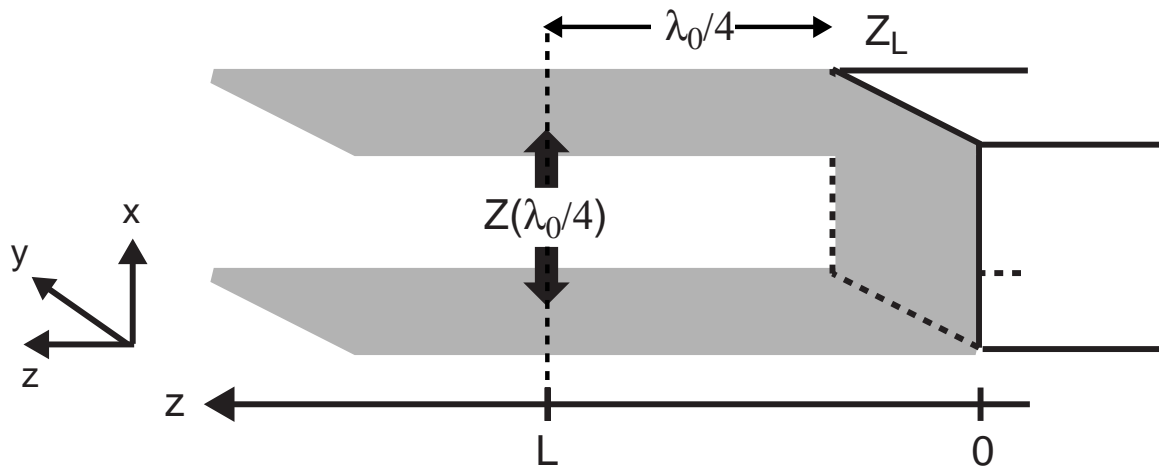
Integrated Resonator Structures

■ Integrated transformer

- Leverages self and mutual inductance for resonance to achieve higher Q
- See Straayer et. al., “A low-noise transformer-based 1.7 GHz CMOS VCO”, ISSCC 2002, pp 286-287



Quarter Wave Resonator



- **Impedance calculation (from Lecture 4)**

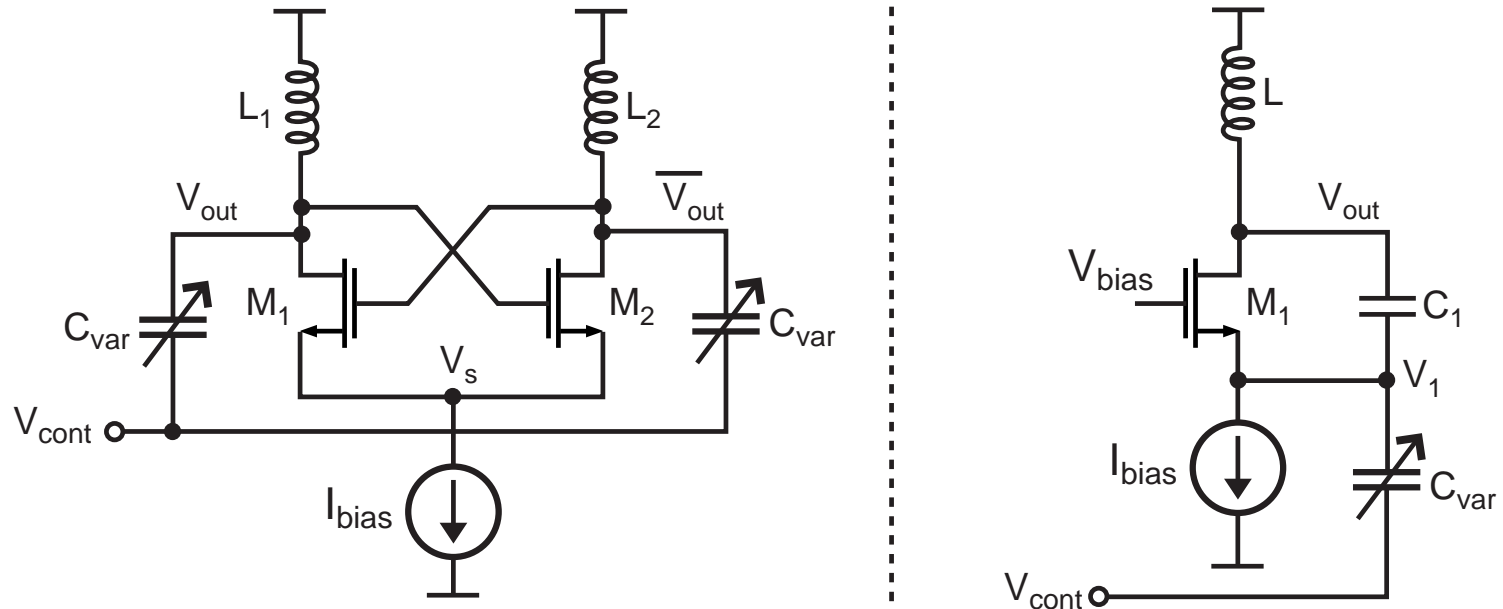
$$Z(\lambda_0/4) \approx -j \frac{2}{\pi} \sqrt{\frac{L}{C}} \left(\frac{w_0}{\Delta w} \right)$$

- Looks like parallel LC tank!
- **Benefit – very high Q can be achieved with fancy dielectric**
- **Negative – relatively large area (external implementation in the past), but getting smaller with higher frequencies!**

Other Types of Resonators

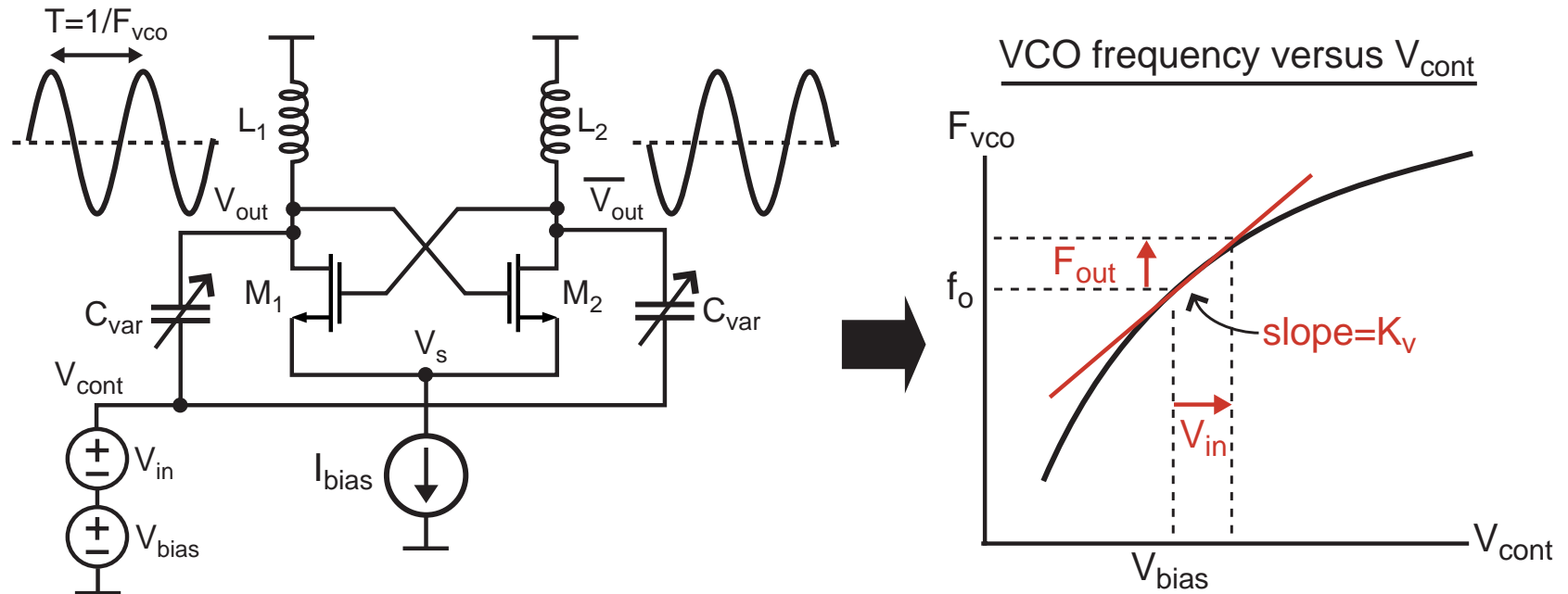
- **Quartz crystal**
 - Very high Q, and very accurate and stable resonant frequency
 - Confined to low frequencies (< 200 MHz)
 - Non-integrated
 - Used to create low noise, accurate, “reference” oscillators
- **SAW devices**
 - High frequency, but poor accuracy (for resonant frequency)
- **MEMS devices**
 - Cantilever beams – promise high Q, but non-tunable and haven’t made it to the GHz range, yet, for resonant frequency
 - FBAR – $Q > 1000$, but non-tunable and poor accuracy
 - More on this topic in the last lecture this week

Voltage Controlled Oscillators (VCO's)



- Include a tuning element to adjust oscillation frequency
 - Typically use a variable capacitor (varactor)
- Varactor incorporated by replacing fixed capacitance
 - Note that much fixed capacitance cannot be removed (transistor junctions, interconnect, etc.)
 - Fixed cap lowers frequency tuning range

Model for Voltage to Frequency Mapping of VCO



- Model VCO in a small signal manner by looking at deviations in frequency about the bias point
 - Assume linear relationship between input voltage and output frequency

$$F_{out}(t) = K_v v_{in}(t)$$

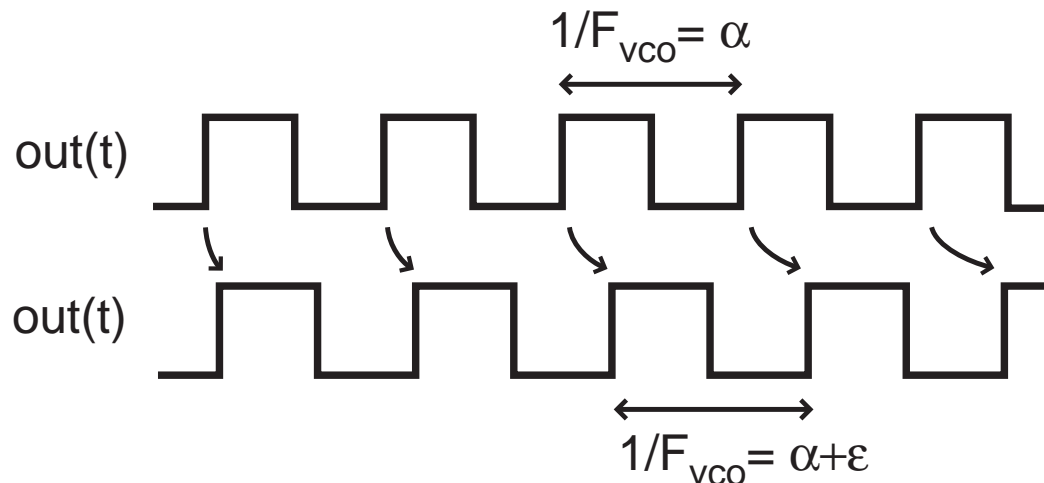
Model for Voltage to Phase Mapping of VCO

$$F_{out}(t) = K_v v_{in}(t)$$

- Phase is more convenient than frequency for analysis
 - The two are related through an integral relationship

$$\Phi_{out}(t) = \int_{-\infty}^t 2\pi F_{out}(\tau) d\tau = \int_{-\infty}^t 2\pi K_v v_{in}(\tau) d\tau$$

- Intuition of integral relationship between frequency and phase

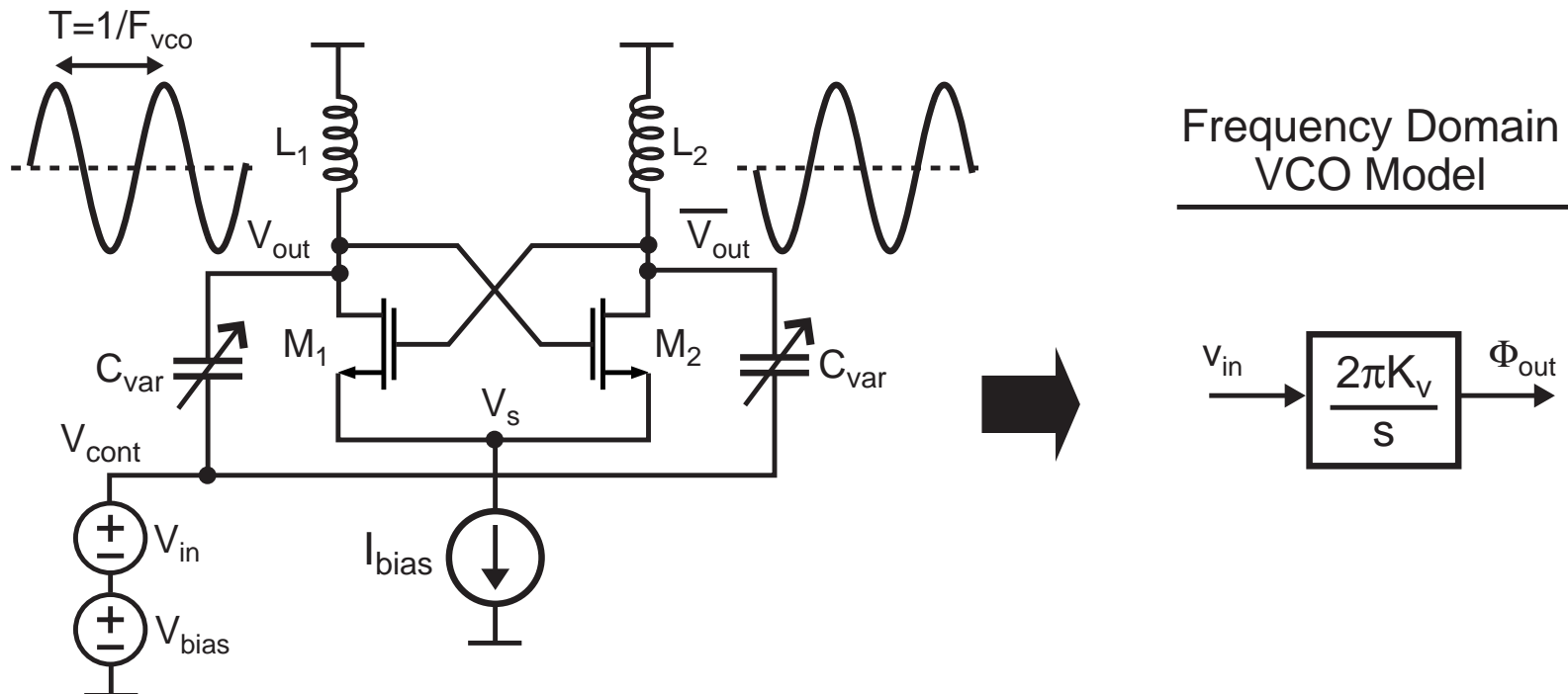


Frequency Domain Model of VCO

- Take Laplace Transform of phase relationship

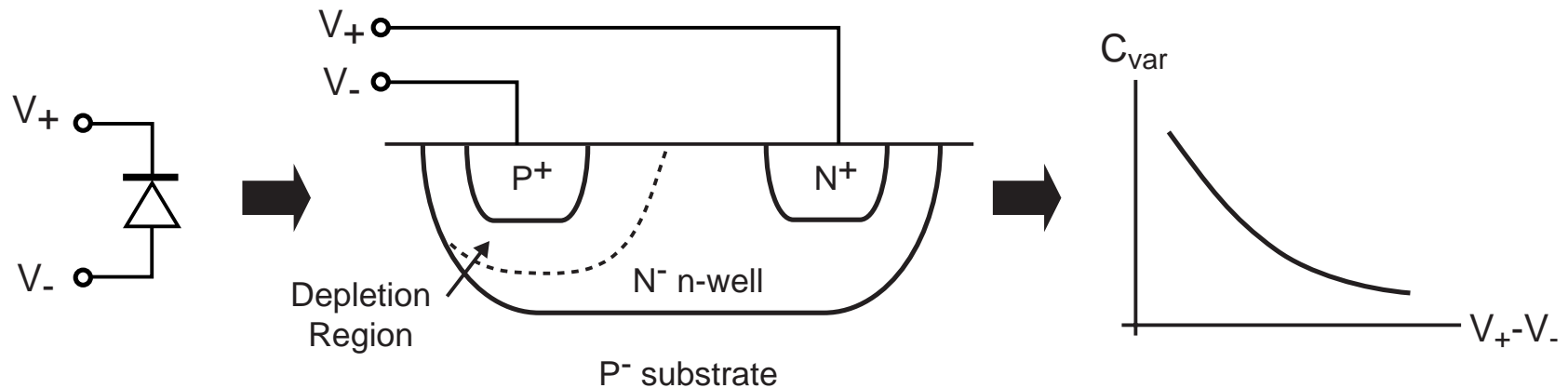
$$\Phi_{out}(t) = \int_{-\infty}^t 2\pi K_v v_{in}(\tau) d\tau$$
$$\Rightarrow \Phi_{out}(s) = 2\pi K_v v_{in}(s)$$

- Note that K_v is in units of Hz/V



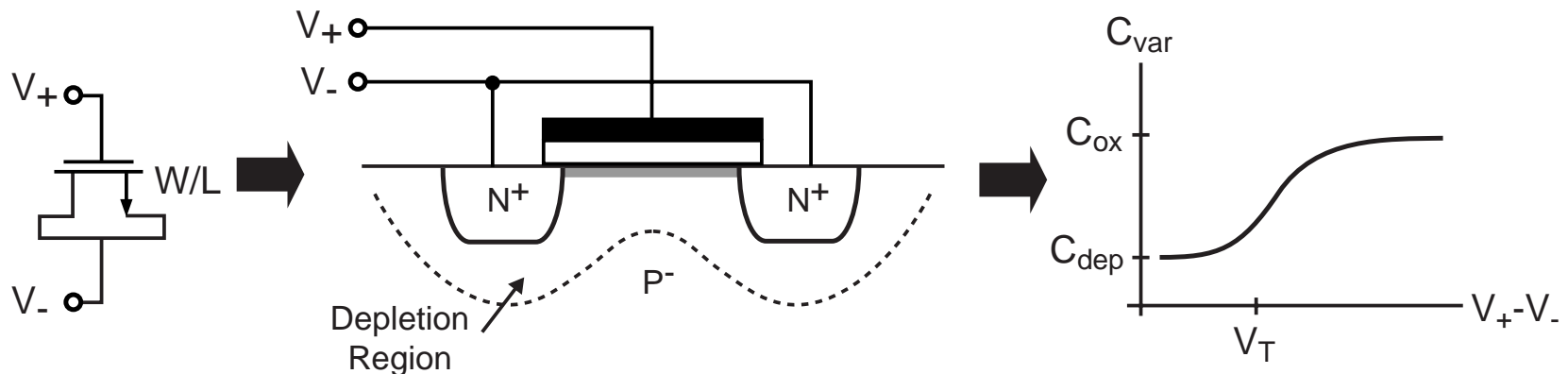
Varactor Implementation – Diode Version

- Consists of a reverse biased diode junction
 - Variable capacitor formed by depletion capacitance
 - Capacitance drops as roughly the square root of the bias voltage
- Advantage – can be fully integrated in CMOS
- Disadvantages – low Q (often < 20), and low tuning range ($\approx 20\%$)

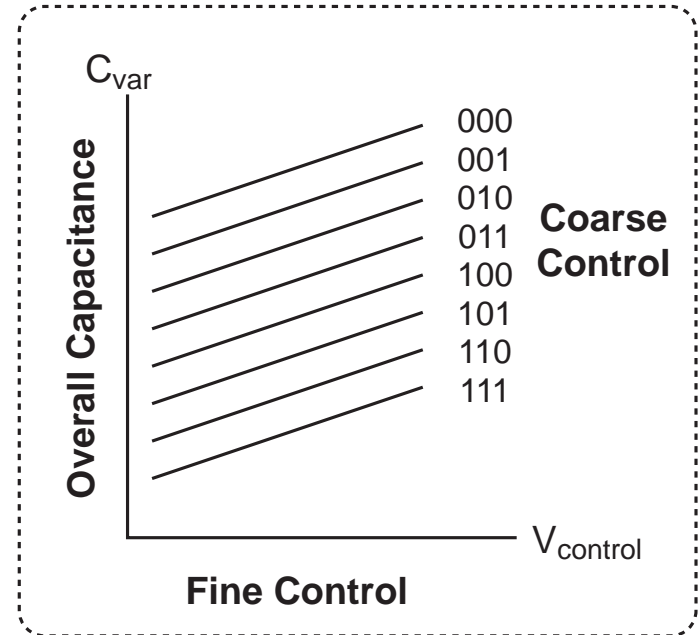
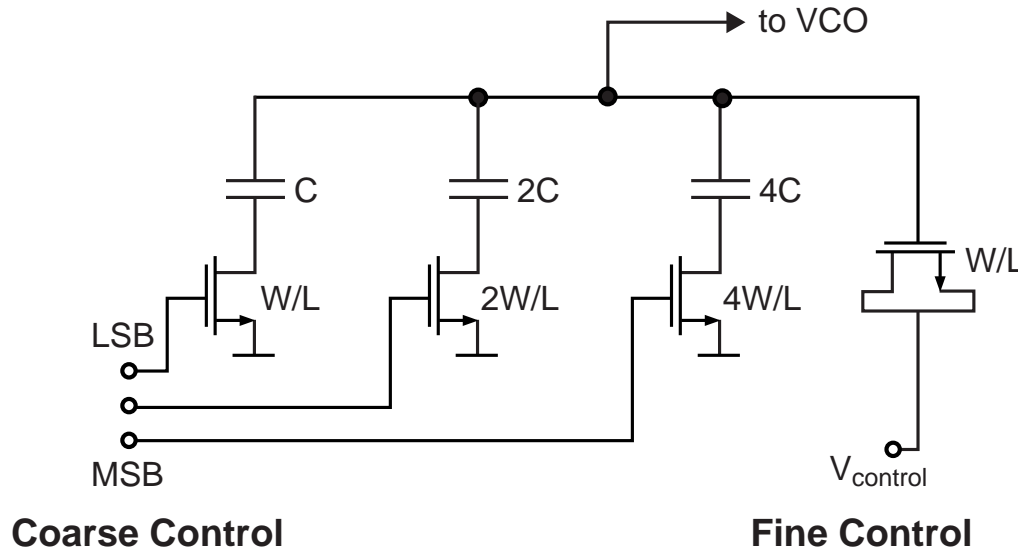


A Recently Popular Approach – The MOS Varactor

- Consists of a MOS transistor (NMOS or PMOS) with drain and source connected together
 - Abrupt shift in capacitance as inversion channel forms
- Advantage – easily integrated in CMOS
- Disadvantage – Q is relatively low in the transition region
 - Note that large signal is applied to varactor – transition region will be swept across each VCO cycle

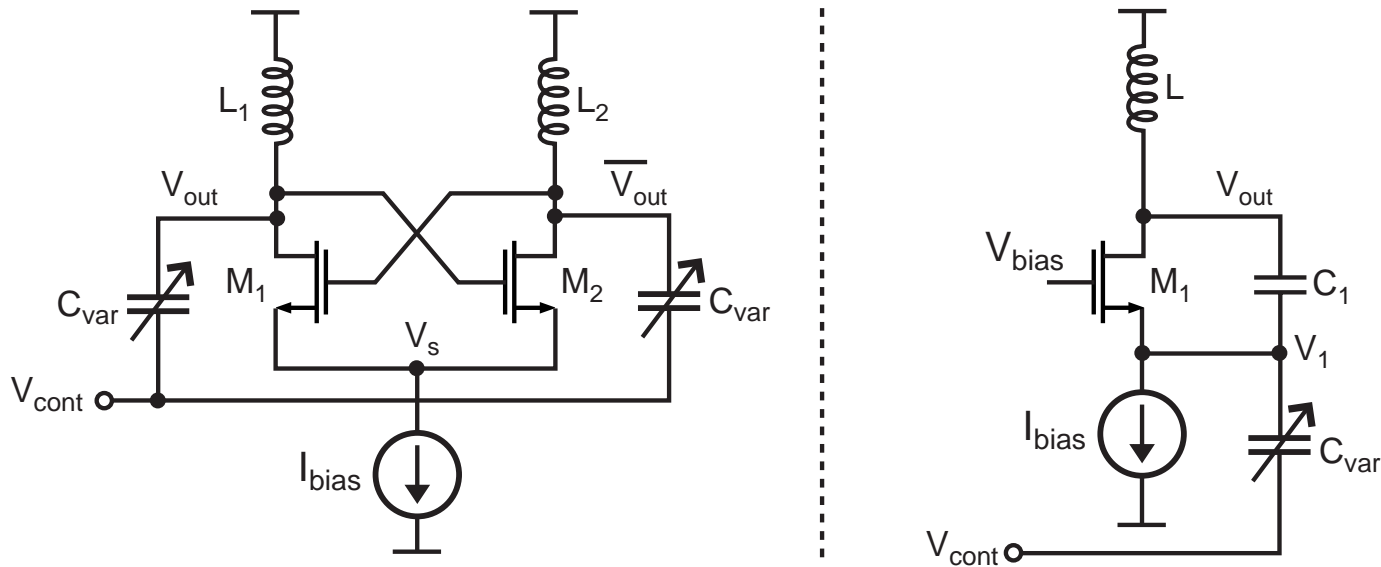


A Method To Increase Q of MOS Varactor



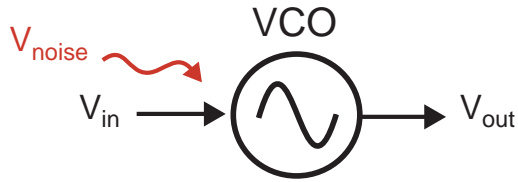
- High Q metal caps are switched in to provide coarse tuning
- Low Q MOS varactor used to obtain fine tuning
- See Hegazi et. al., “A Filtering Technique to Lower LC Oscillator Phase Noise”, JSSC, Dec 2001, pp 1921-1930

Supply Pulling and Pushing

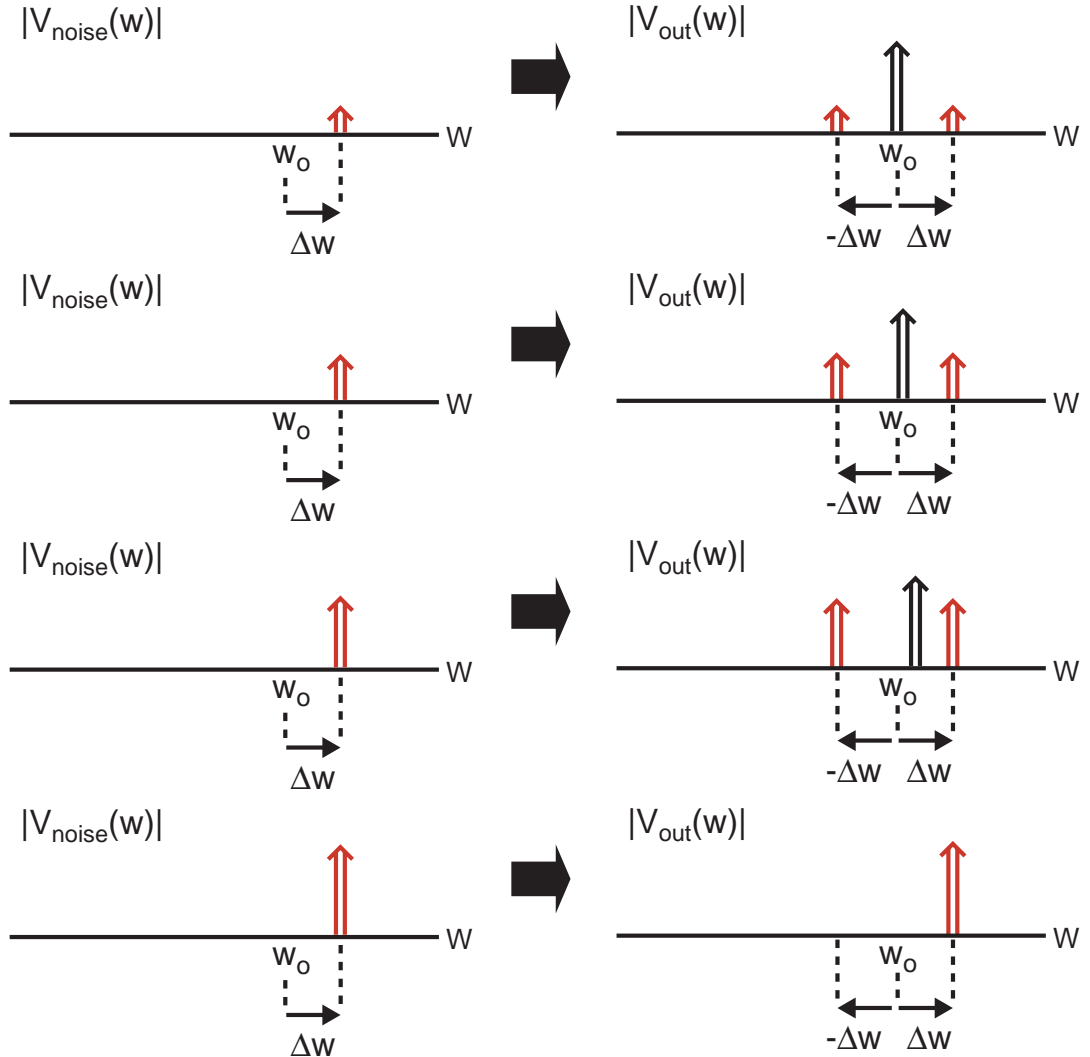


- **Supply voltage has an impact on the VCO frequency**
 - Voltage across varactor will vary, thereby causing a shift in its capacitance
 - Voltage across transistor drain junctions will vary, thereby causing a shift in its depletion capacitance
- **This problem is addressed by building a supply regulator specifically for the VCO**

Injection Locking

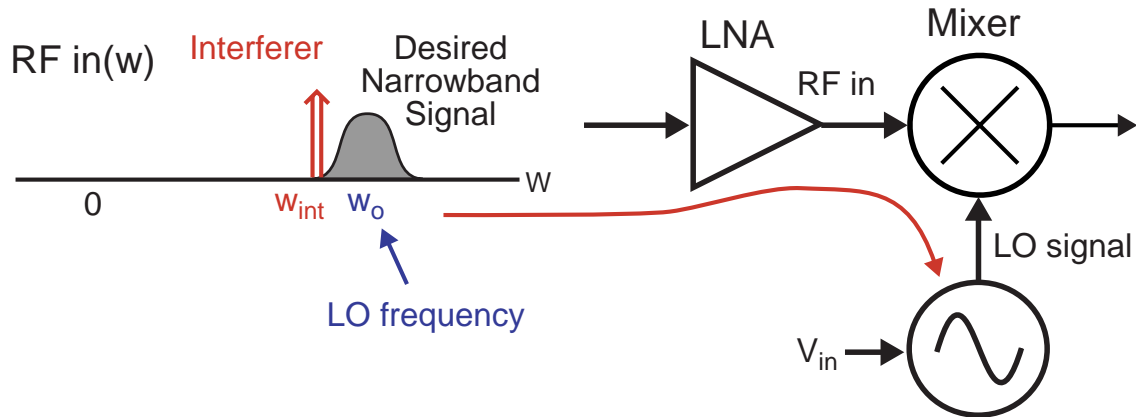


- **Noise close in frequency to VCO resonant frequency can cause VCO frequency to shift when its amplitude becomes high enough**



Example of Injection Locking

- For homodyne systems, VCO frequency can be very close to that of interferers



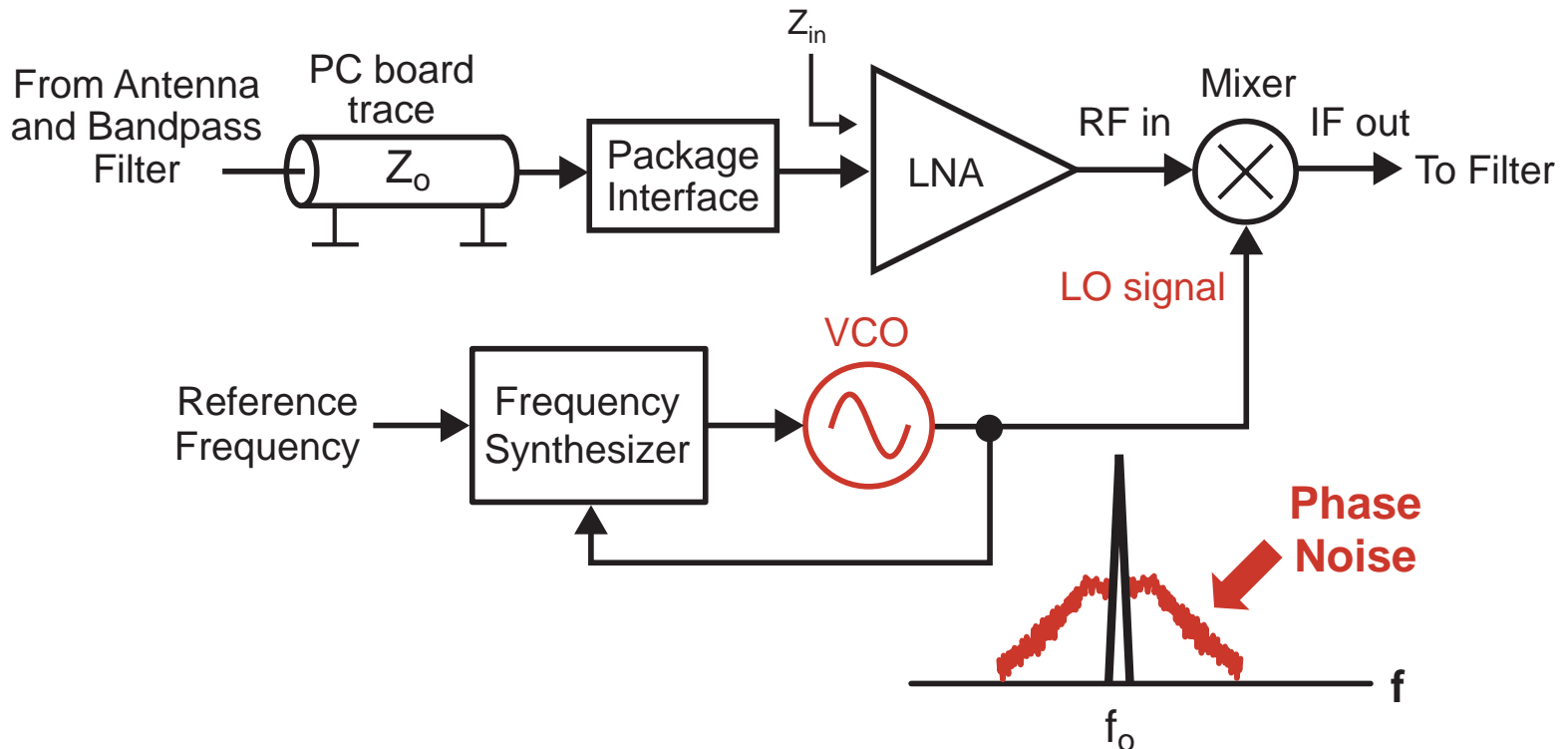
- Injection locking can happen if inadequate isolation from mixer RF input to LO port
- Follow VCO with a buffer stage with high reverse isolation to alleviate this problem

Summary

- **Several concepts are useful for understanding LC oscillators**
 - Barkhausen criterion
 - Impedance transformations
- **Voltage-controlled oscillators incorporate a tunable element such as varactor**
 - Increased range achieved by using switched capacitor network for coarse tuning
 - Improves varactor Q , as well
- **Several things to watch out for**
 - Supply pulling, injection locking, coupling

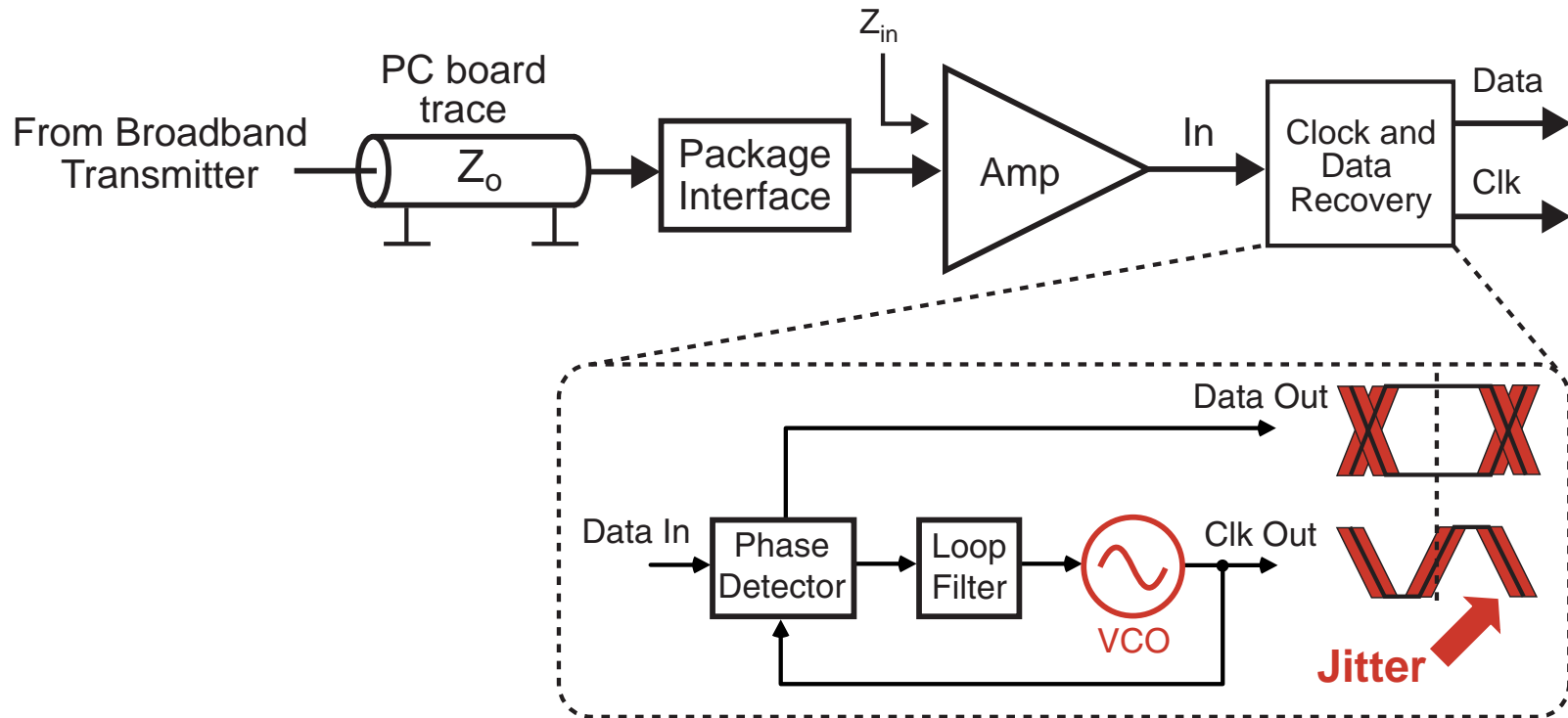
Noise in Voltage Controlled Oscillators

VCO Noise in Wireless Systems



- **VCO noise has a negative impact on system performance**
 - Receiver – lower sensitivity, poorer blocking performance
 - Transmitter – increased spectral emissions (output spectrum must meet a mask requirement)
- **Noise is characterized in frequency domain**

VCO Noise in High Speed Data Links

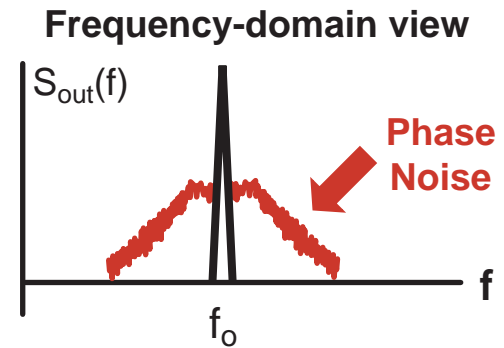
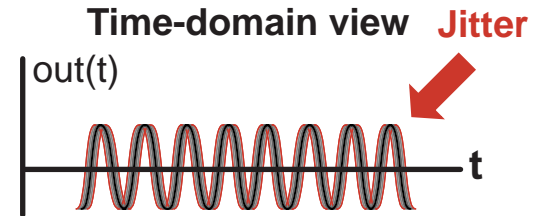
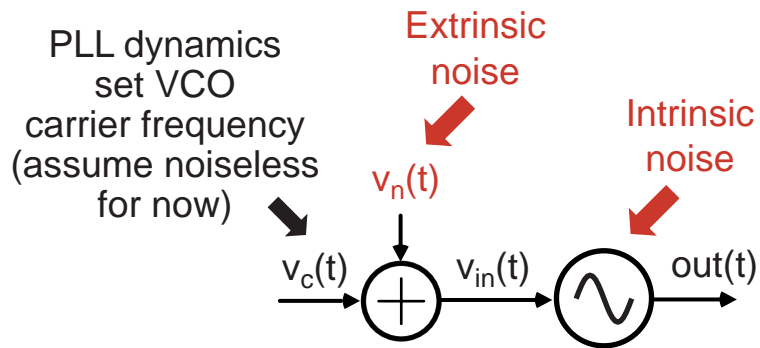


- VCO noise also has a negative impact on data links
 - Receiver – increases bit error rate (BER)
 - Transmitter – increases jitter on data stream (transmitter must have jitter below a specified level)
- Noise is characterized in the time domain

Outline of Talk

- **System level view of VCO and PLL noise**
- **Linearized model of VCO noise**
 - Noise figure
 - Equipartition theorem
 - Leeson's formula
- **Cyclo-stationary view of VCO noise**
 - Hajimiri model
- **Back to Leeson's formula**

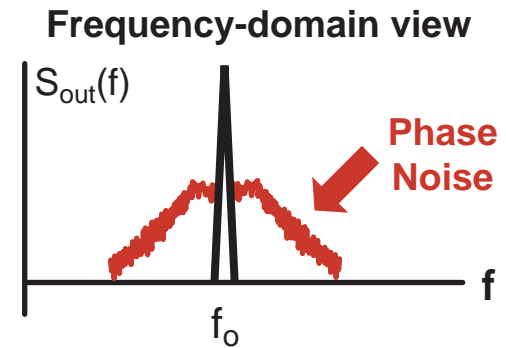
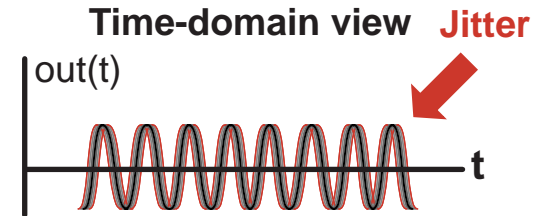
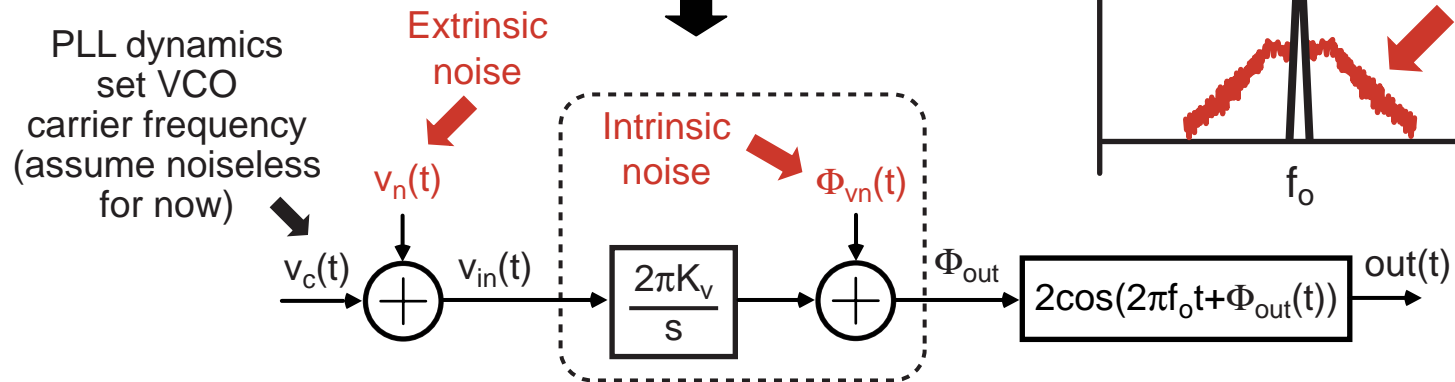
Noise Sources Impacting VCO



- **Extrinsic noise**
 - Noise from other circuits (including PLL)
- **Intrinsic noise**
 - Noise due to the VCO circuitry

VCO Model for Noise Analysis

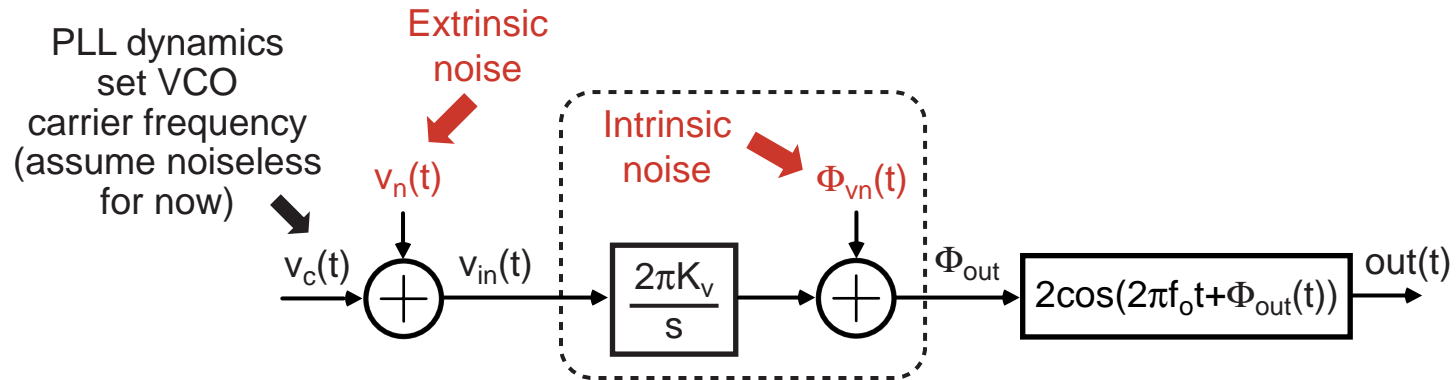
Note: K_v units are Hz/V



- We will focus on phase noise (and its associated jitter)
 - Model as phase signal in output sine waveform

$$out(t) = 2 \cos(2\pi f_o t + \underline{\Phi_{out}(t)})$$

Simplified Relationship Between Φ_{out} and Output



$$out(t) = 2 \cos(2\pi f_o t + \Phi_{out}(t))$$

- Using a familiar trigonometric identity

$$out(t) = 2 \cos(2\pi f_o t) \cos(\Phi_{out}(t)) - 2 \sin(2\pi f_o t) \sin(\Phi_{out}(t))$$

- Given that the phase noise is small

$$\cos(\Phi_{out}(t)) \approx 1, \quad \sin(\Phi_{out}(t)) \approx \Phi_{out}(t)$$

$$\Rightarrow out(t) = 2 \cos(2\pi f_o t) - 2 \sin(2\pi f_o t) \Phi_{out}(t)$$

Calculation of Output Spectral Density

$$\underline{out(t) = 2 \cos(2\pi f_o t) - 2 \sin(2\pi f_o t) \Phi_{out}(t)}$$

- **Calculate autocorrelation**

$$R\{out(t)\} = R\{2 \cos(2\pi f_o t)\} + R\{2 \sin(2\pi f_o t)\} \cdot R\{\Phi_{out}(t)\}$$

- **Take Fourier transform to get spectrum**

$$S_{out}(f) = S_{sin}(f) + S_{sin}(f) * S_{\Phi_{out}}$$

- Note that * symbol corresponds to convolution
- **In general, phase spectral density can be placed into one of two categories**
 - Phase noise – $\Phi_{out}(t)$ is non-periodic
 - Spurious noise - $\Phi_{out}(t)$ is periodic

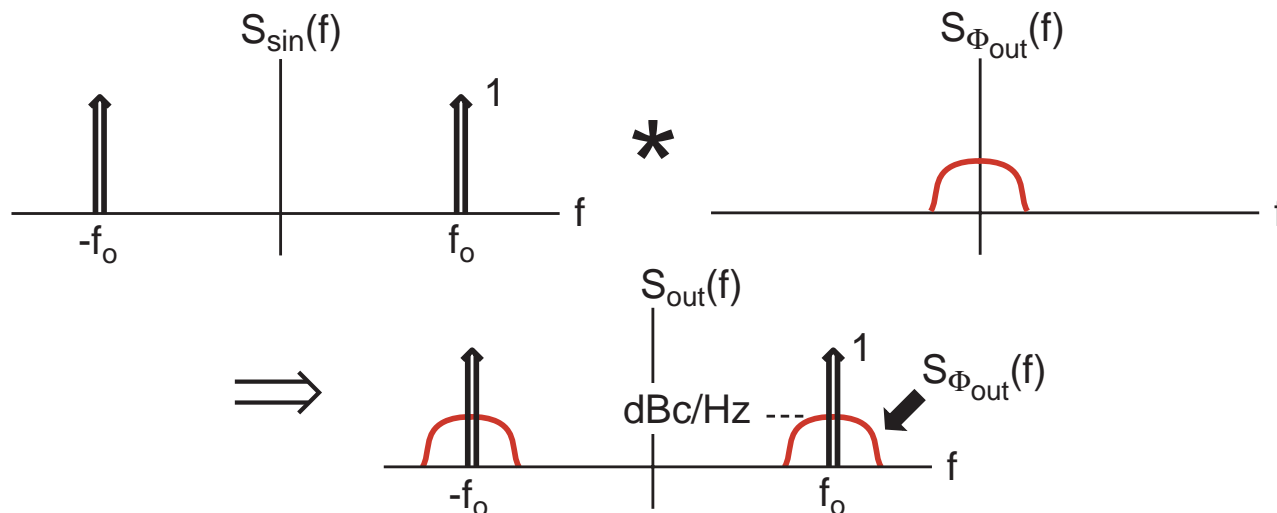
Output Spectrum with Phase Noise

- Suppose input noise to VCO ($v_n(t)$) is bandlimited, non-periodic noise with spectrum $S_{v_n}(f)$
 - In practice, derive phase spectrum as

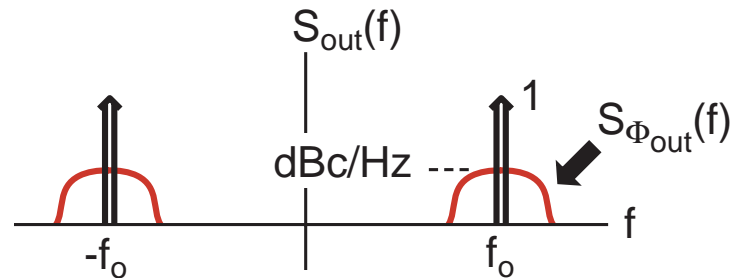
$$S_{\Phi_{out}}(f) = \left(\frac{K_v}{f}\right)^2 S_{v_n}(f)$$

- Resulting output spectrum

$$S_{out}(f) = S_{sin}(f) + S_{sin}(f) * S_{\Phi_{out}}$$



Measurement of Phase Noise in dBc/Hz



- **Definition of $L(f)$**

$$L(f) = 10 \log \left(\frac{\text{Spectral density of noise}}{\text{Power of carrier}} \right)$$

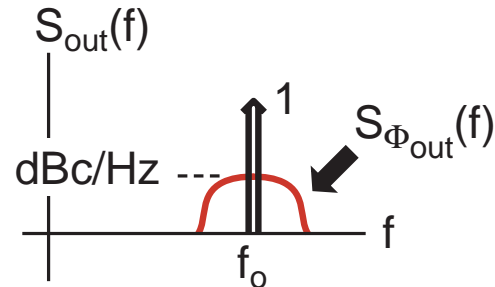
- **Units are dBc/Hz**

- **For this case**

$$L(f) = 10 \log \left(\frac{2S_{\Phi_{out}}(f)}{2} \right) = 10 \log(S_{\Phi_{out}}(f))$$

- **Valid when $\Phi_{out}(t)$ is small in deviation (i.e., when carrier is not modulated, as currently assumed)**

Single-Sided Version



- **Definition of L(f) remains the same**

$$L(f) = 10 \log \left(\frac{\text{Spectral density of noise}}{\text{Power of carrier}} \right)$$

- **Units are dBc/Hz**

- **For this case**

$$L(f) = 10 \log \left(\frac{S_{\Phi_{out}}(f)}{1} \right) = 10 \log(S_{\Phi_{out}}(f))$$

- **So, we can work with either one-sided or two-sided spectral densities since L(f) is set by *ratio* of noise density to carrier power**

Output Spectrum with Spurious Noise

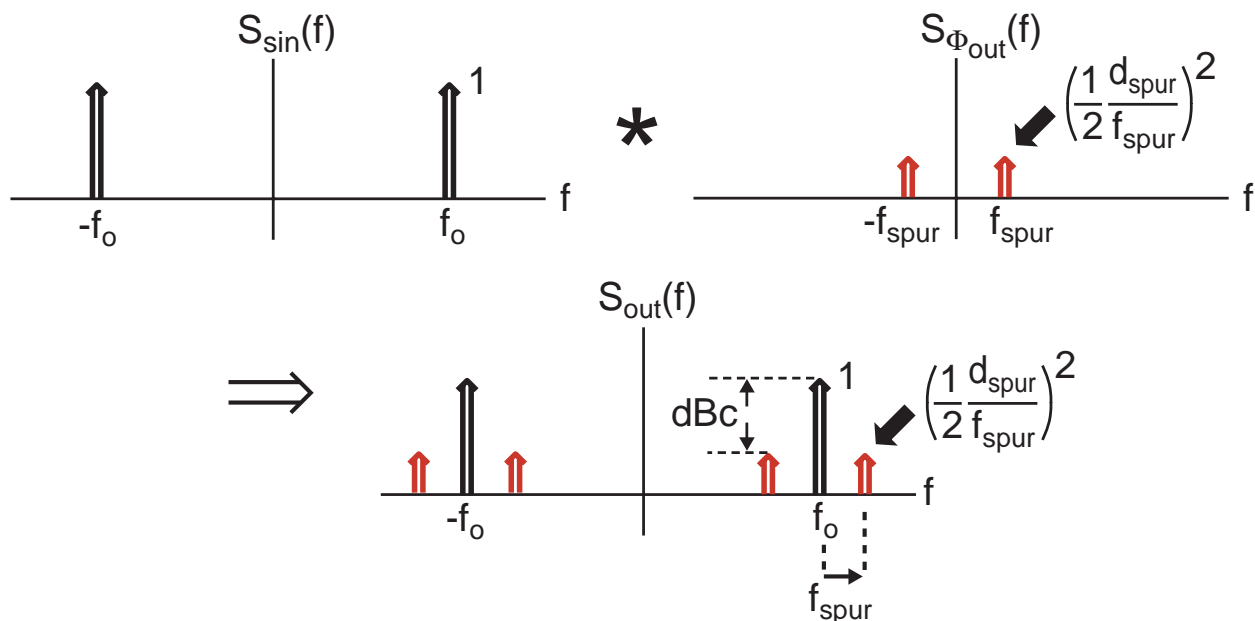
- Suppose input noise to VCO is

$$v_n(t) = \frac{d_{spur}}{K_v} \cos(2\pi f_{spur} t)$$

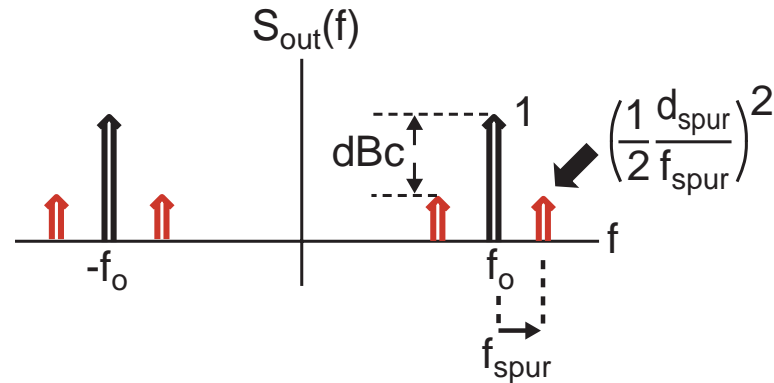
$$\Rightarrow \Phi_{out}(t) = 2\pi K_v \int v_n(t) dt = \frac{d_{spur}}{f_{spur}} \sin(2\pi f_{spur} t)$$

- Resulting output spectrum

$$S_{out}(f) = S_{sin}(f) + S_{sin}(f) * S_{\Phi_{out}}$$



Measurement of Spurious Noise in dBc



■ Definition of dBc

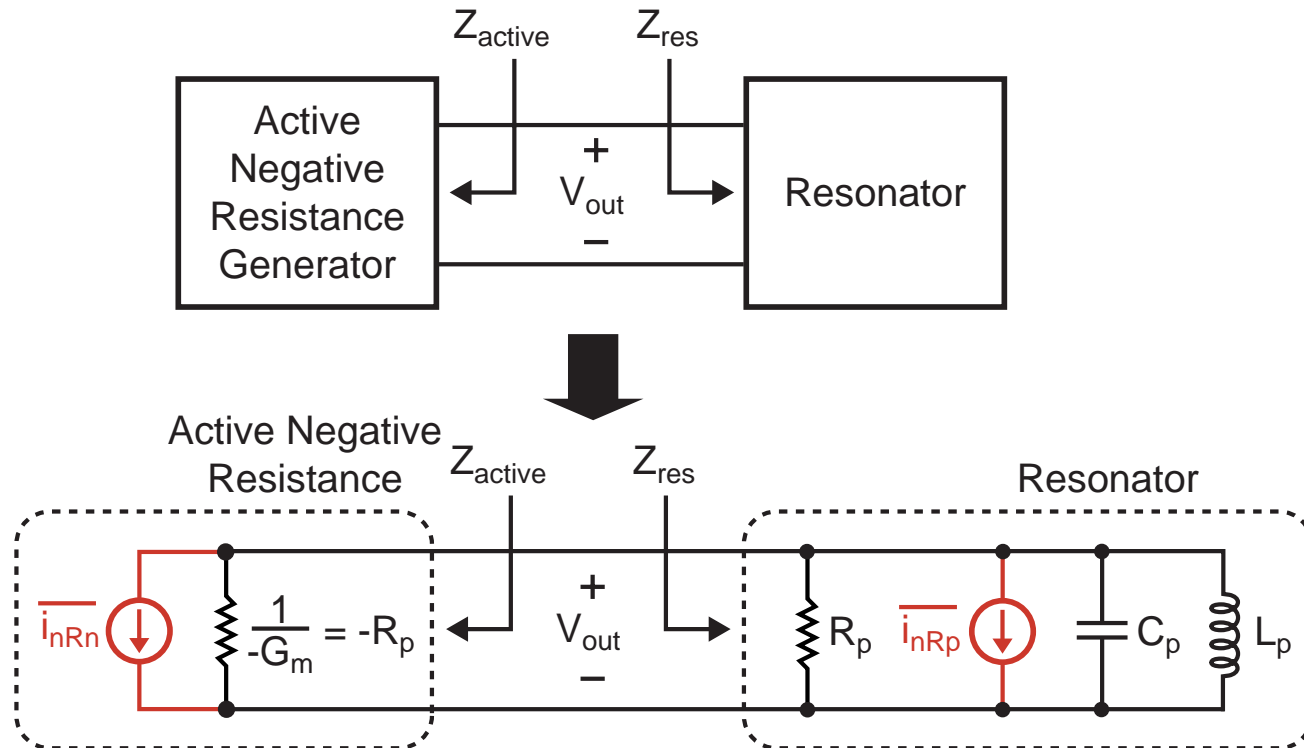
$$10 \log \left(\frac{\text{Power of tone}}{\text{Power of carrier}} \right)$$

- We are assuming double sided spectra, so integrate over positive and negative frequencies to get power
 - Either single or double-sided spectra can be used in practice

■ For this case

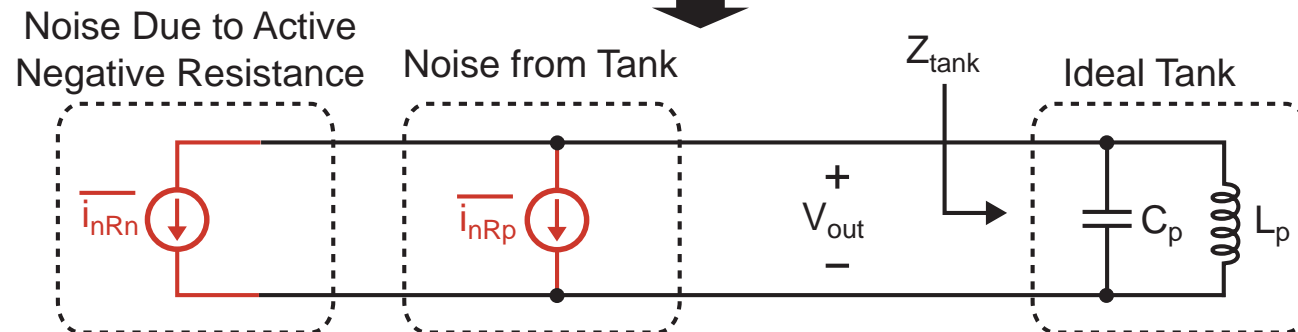
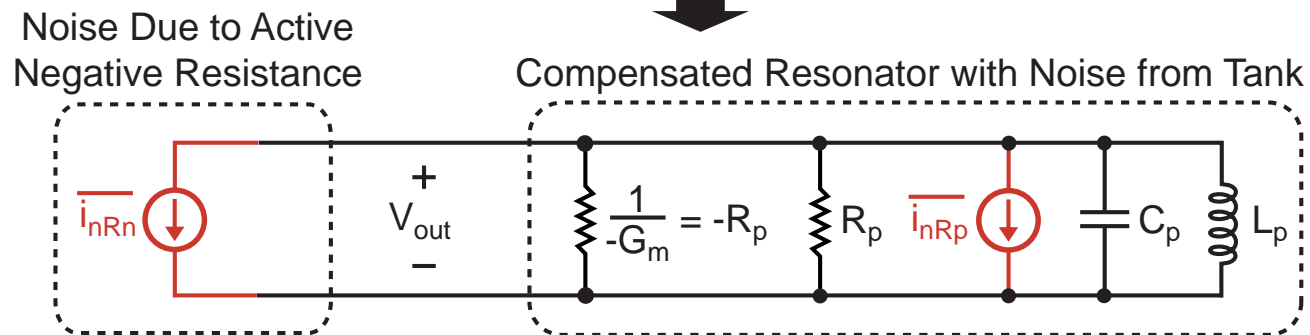
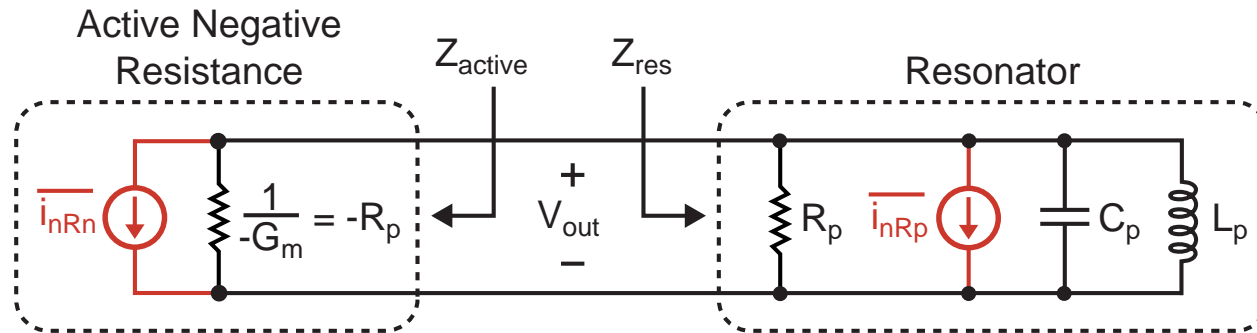
$$10 \log \left(\frac{2 \left(\frac{d_{spur}}{2 f_{spur}} \right)^2}{2} \right) = 20 \log \left(\frac{d_{spur}}{2 f_{spur}} \right) \text{ dBc}$$

Calculation of Intrinsic Phase Noise in Oscillators

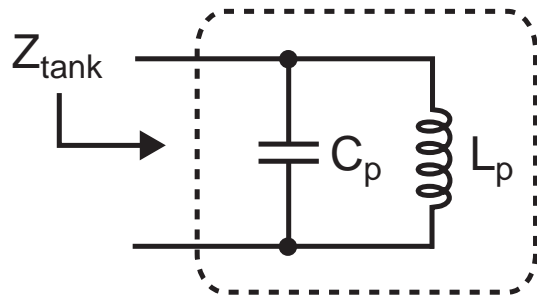


- **Noise sources in oscillators are put in two categories**
 - Noise due to tank loss
 - Noise due to active negative resistance
- **We want to determine how these noise sources influence the phase noise of the oscillator**

Equivalent Model for Noise Calculations



Calculate Impedance Across Ideal LC Tank Circuit



$$Z_{tank}(w) = \frac{1}{j\omega C_p} \parallel j\omega L_p = \frac{j\omega L_p}{1 - \omega^2 L_p C_p}$$

■ Calculate input impedance about resonance

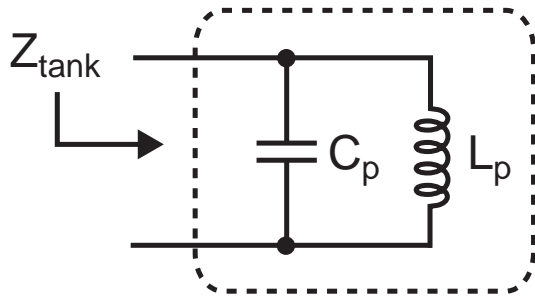
Consider $\omega = \omega_o + \Delta\omega$, where $\omega_o = \frac{1}{\sqrt{L_p C_p}}$

$$Z_{tank}(\Delta\omega) = \frac{j(\omega_o + \Delta\omega)L_p}{1 - (\omega_o + \Delta\omega)^2 L_p C_p}$$

$$= \frac{j(\omega_o + \Delta\omega)L_p}{\underbrace{1 - \omega_o^2 L_p C_p}_{= 0} - 2\Delta\omega(\omega_o L_p C_p) - \underbrace{\Delta\omega^2 L_p C_p}_{\text{negligible}}} \approx \frac{j(\omega_o + \Delta\omega)L_p}{-2\Delta\omega(\omega_o L_p C_p)}$$

$$\Rightarrow Z_{tank}(\Delta\omega) \approx \frac{j\omega_o L_p}{-2\Delta\omega(\omega_o L_p C_p)} = \boxed{-\frac{j}{2\omega_o C_p} \left(\frac{\omega_o}{\Delta\omega} \right)}$$

A Convenient Parameterization of LC Tank Impedance



$$Z_{tank}(\Delta\omega) \approx -\frac{j}{2\omega_o C_p} \left(\frac{\omega_o}{\Delta\omega} \right)$$

- **Actual tank has loss that is modeled with R_p**
 - Define Q according to actual tank

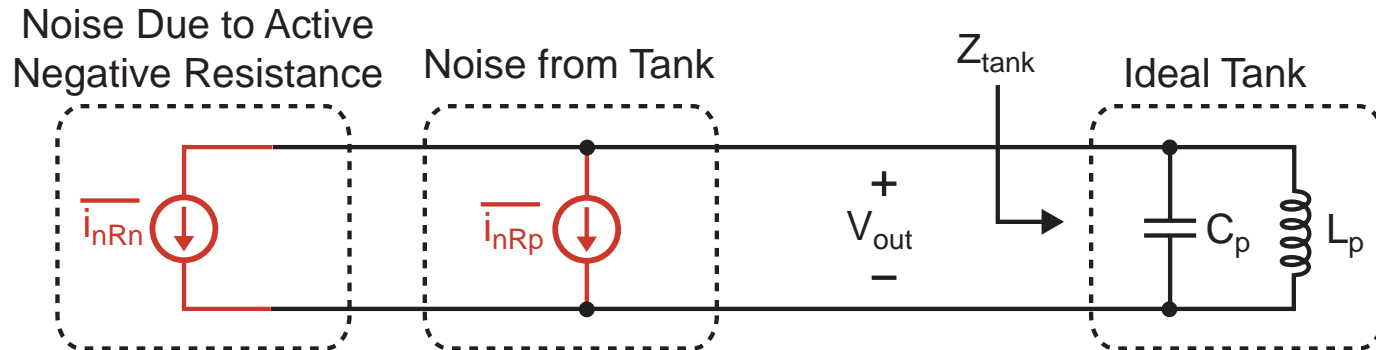
$$Q = R_p \omega_o C_p \Rightarrow \frac{1}{\omega_o C_p} = \frac{R_p}{Q}$$

- **Parameterize ideal tank impedance in terms of Q of actual tank**

$$Z_{tank}(\Delta\omega) \approx -\frac{j R_p}{2 Q} \left(\frac{\omega_o}{\Delta\omega} \right)$$

$$\Rightarrow |Z_{tank}(\Delta f)|^2 \approx \left(\frac{R_p f_o}{2Q \Delta f} \right)^2$$

Overall Noise Output Spectral Density

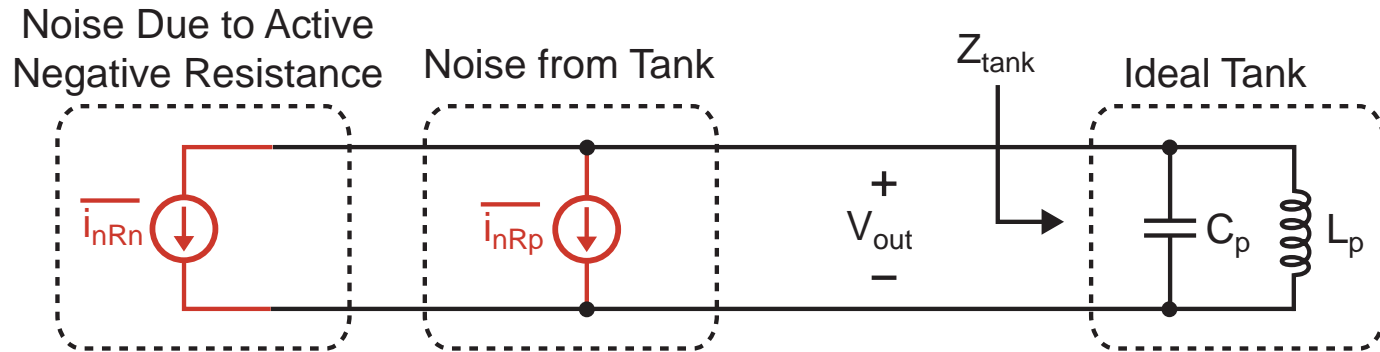


- Assume noise from active negative resistance element and tank are uncorrelated

$$\begin{aligned} \frac{\overline{v_{out}^2}}{\Delta f} &= \left(\frac{\overline{i_{nRp}^2}}{\Delta f} + \frac{\overline{i_{nRn}^2}}{\Delta f} \right) |Z_{tank}(\Delta f)|^2 \\ &= \frac{\overline{i_{nRp}^2}}{\Delta f} \left(1 + \frac{\overline{i_{nRn}^2}}{\Delta f} / \frac{\overline{i_{nRp}^2}}{\Delta f} \right) |Z_{tank}(\Delta f)|^2 \end{aligned}$$

- Note that the above expression represents total noise that impacts both amplitude and phase of oscillator output

Parameterize Noise Output Spectral Density



- From previous slide

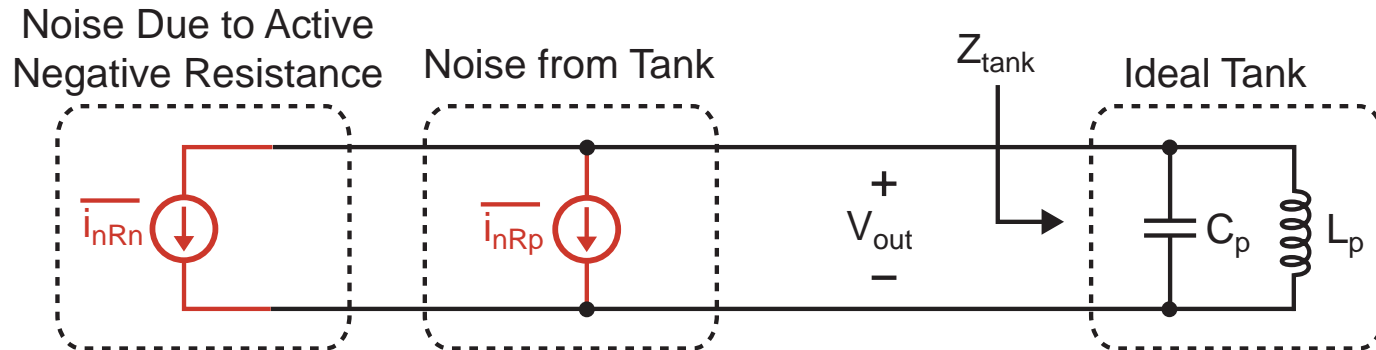
$$\frac{\overline{v_{out}^2}}{\Delta f} = \frac{\overline{i_{nRp}^2}}{\Delta f} \left(1 + \frac{\overline{i_{nRn}^2}}{\Delta f} / \frac{\overline{i_{nRp}^2}}{\Delta f} \right) |Z_{tank}(\Delta f)|^2$$

F(Δf)

- F(Δf) is defined as**

$$F(\Delta f) = \frac{\text{total noise in tank at frequency } \Delta f}{\text{noise in tank due to tank loss at frequency } \Delta f}$$

Fill in Expressions



- **Noise from tank is due to resistor R_p**

$$\frac{\overline{i_{nRp}^2}}{\Delta f} = 4kT \frac{1}{R_p} \quad (\text{single-sided spectrum})$$

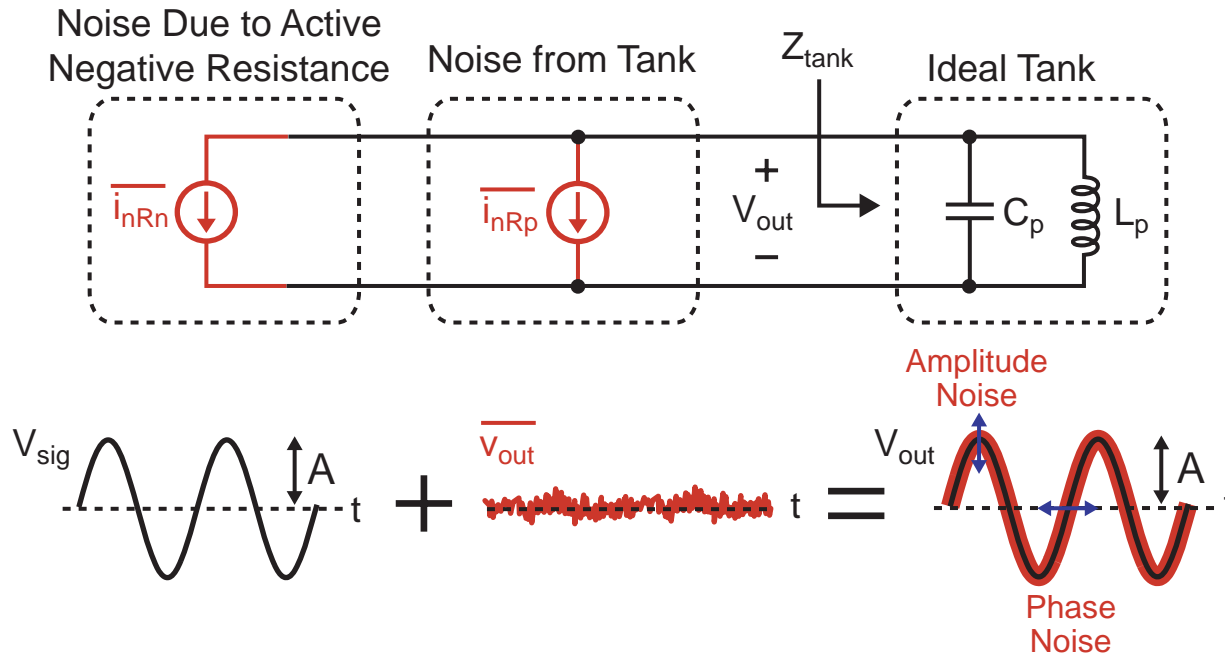
- **$Z_{\text{tank}}(\Delta f)$ found previously**

$$|Z_{\text{tank}}(\Delta f)|^2 \approx \left(\frac{R_p f_o}{2Q \Delta f} \right)^2$$

- **Output noise spectral density expression (single-sided)**

$$\frac{\overline{v_{out}^2}}{\Delta f} = 4kT \frac{1}{R_p} F(\Delta f) \left(\frac{R_p f_o}{2Q \Delta f} \right)^2 = 4kT F(\Delta f) R_p \left(\frac{1}{2Q \Delta f} \right)^2$$

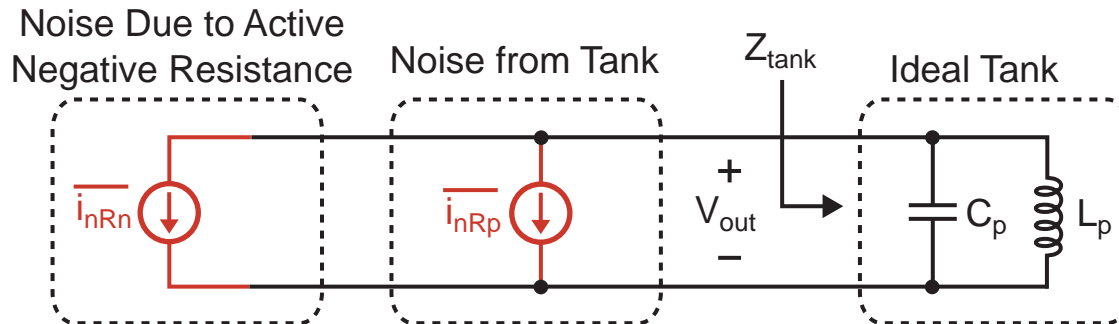
Separation into Amplitude and Phase Noise



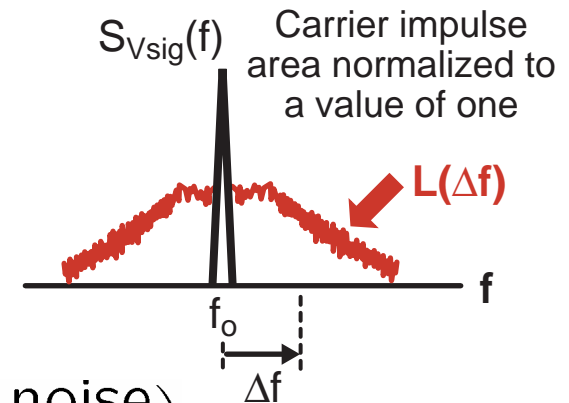
- Equipartition theorem states that noise impact splits evenly between amplitude and phase for V_{sig} being a sine wave
 - Amplitude variations suppressed by feedback in oscillator

$$\Rightarrow \frac{v_{out}^2}{\Delta f} \Big|_{\text{phase}} = 2kTF(\Delta f)R_p \left(\frac{1}{2Q} \frac{f_o}{\Delta f} \right)^2 \quad (\text{single-sided})$$

Output Phase Noise Spectrum (Leeson's Formula)



Output Spectrum



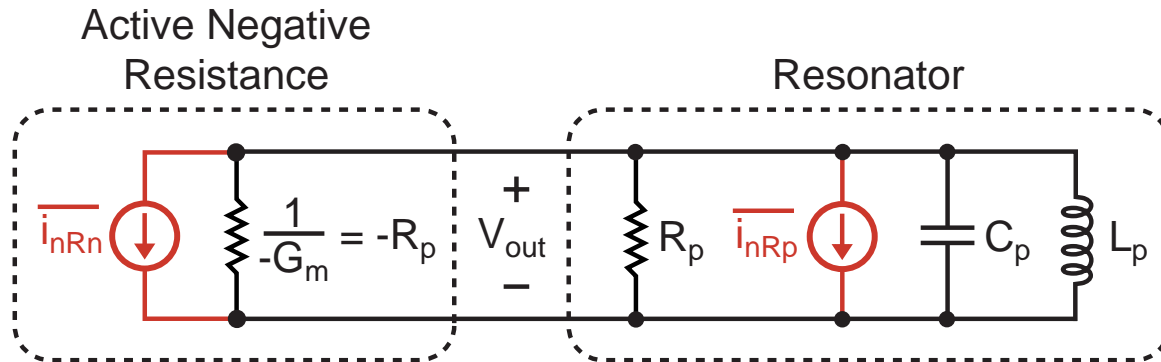
$$L(\Delta f) = 10 \log \left(\frac{\text{Spectral density of noise}}{\text{Power of carrier}} \right)$$

- **All power calculations are referenced to the tank loss resistance, R_p**

$$P_{sig} = \frac{V_{sig,rms}^2}{R_p} = \frac{(A/\sqrt{2})^2}{R_p}, \quad S_{noise}(\Delta f) = \frac{1}{R_p} \overline{v_{out}^2} \Delta f$$

$$L(\Delta f) = 10 \log \left(\frac{S_{noise}(\Delta f)}{P_{sig}} \right) = 10 \log \left(\frac{2kTF(\Delta f)}{P_{sig}} \left(\frac{1}{2Q} \frac{f_o}{\Delta f} \right)^2 \right)$$

Example: Active Noise Same as Tank Noise

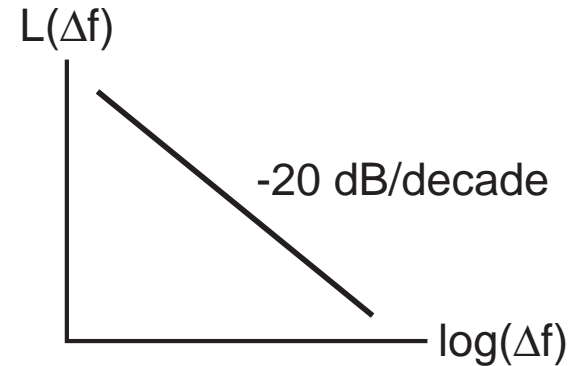


- Noise factor for oscillator in this case is

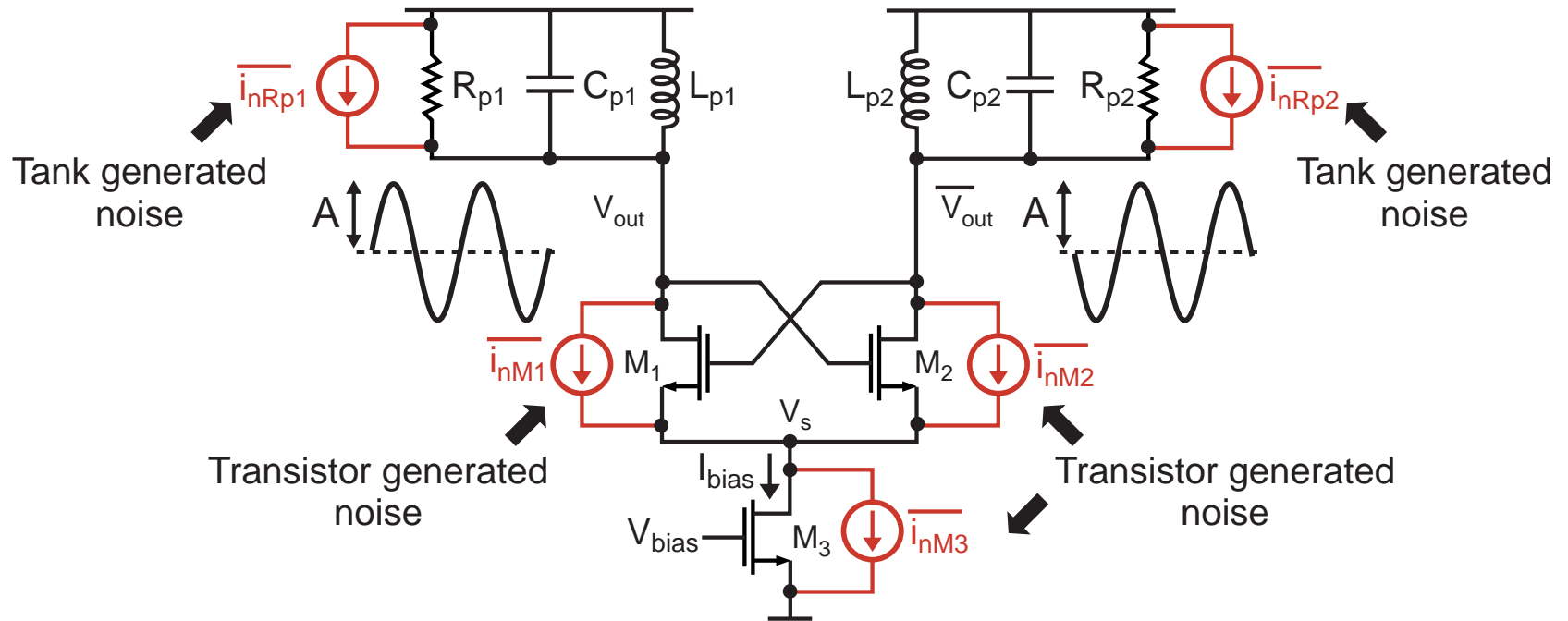
$$F(\Delta f) = 1 + \frac{\overline{i_{nRn}^2}}{\Delta f} / \frac{\overline{i_{nRp}^2}}{\Delta f} = 2$$

- Resulting phase noise

$$L(\Delta f) = 10 \log \left(\frac{4kT}{P_{sig}} \left(\frac{1}{2Q} \frac{f_o}{\Delta f} \right)^2 \right)$$

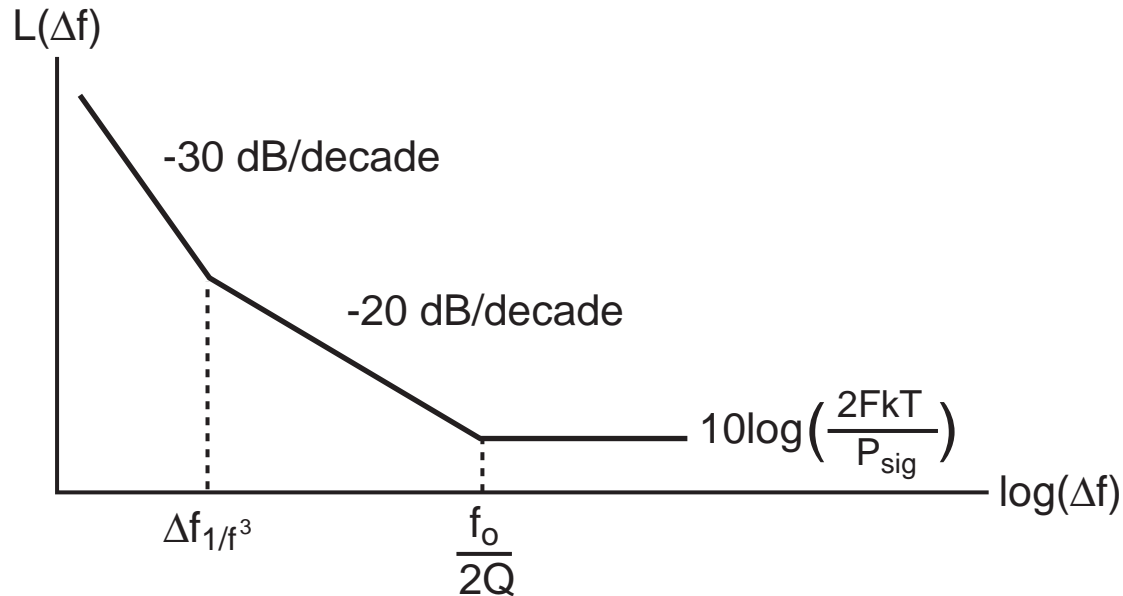


The Actual Situation is Much More Complicated



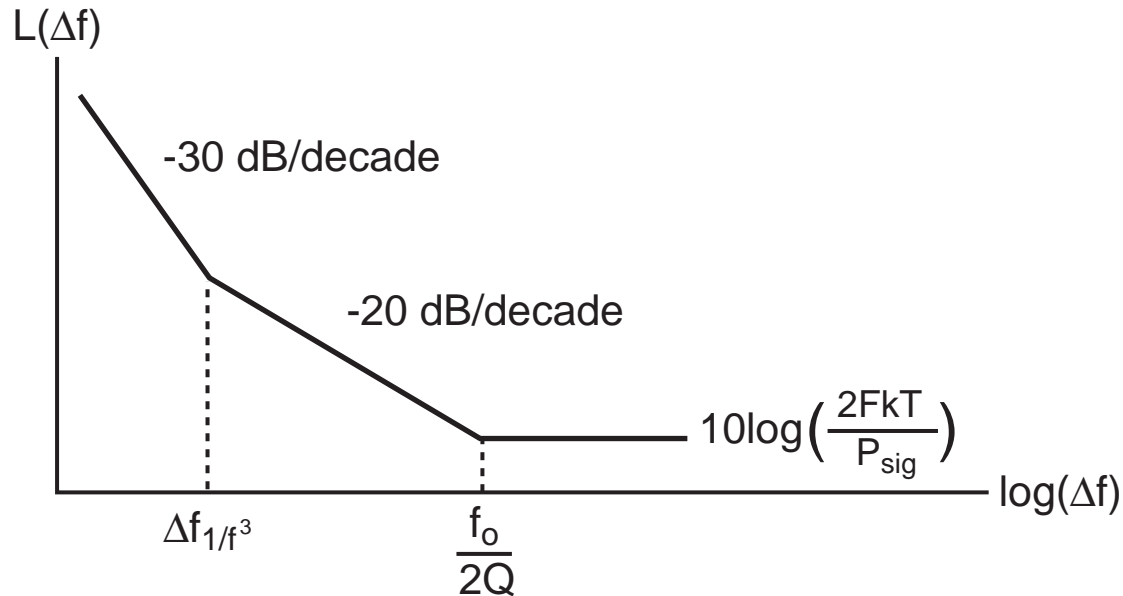
- Impact of tank generated noise easy to assess
- Impact of transistor generated noise is complicated
 - Noise from M_1 and M_2 is modulated on and off
 - Noise from M_3 is modulated before influencing V_{out}
 - Transistors have $1/f$ noise
- Also, transistors can degrade Q of tank

Phase Noise of A Practical Oscillator



- **Phase noise drops at -20 dB/decade over a wide frequency range, but deviates from this at:**
 - Low frequencies – slope increases (often -30 dB/decade)
 - High frequencies – slope flattens out (oscillator tank does not filter all noise sources)
- **Frequency breakpoints and magnitude scaling are not readily predicted by the analysis approach taken so far**

Phase Noise of A Practical Oscillator

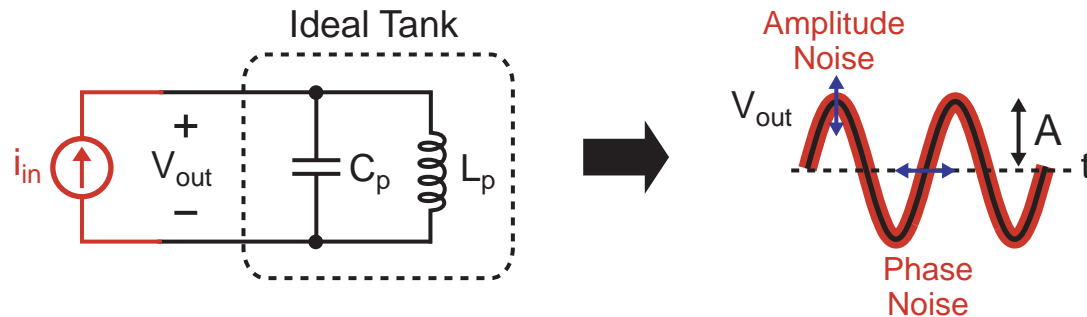


- Leeson proposed an ad hoc modification of the phase noise expression to capture the above noise profile

$$L(\Delta f) = 10 \log \left(\frac{2FkT}{P_{sig}} \left(1 + \left(\frac{1}{2Q} \frac{f_o}{\Delta f} \right)^2 \right) \left(1 + \frac{\Delta f_{1/f^3}}{|\Delta f|} \right) \right)$$

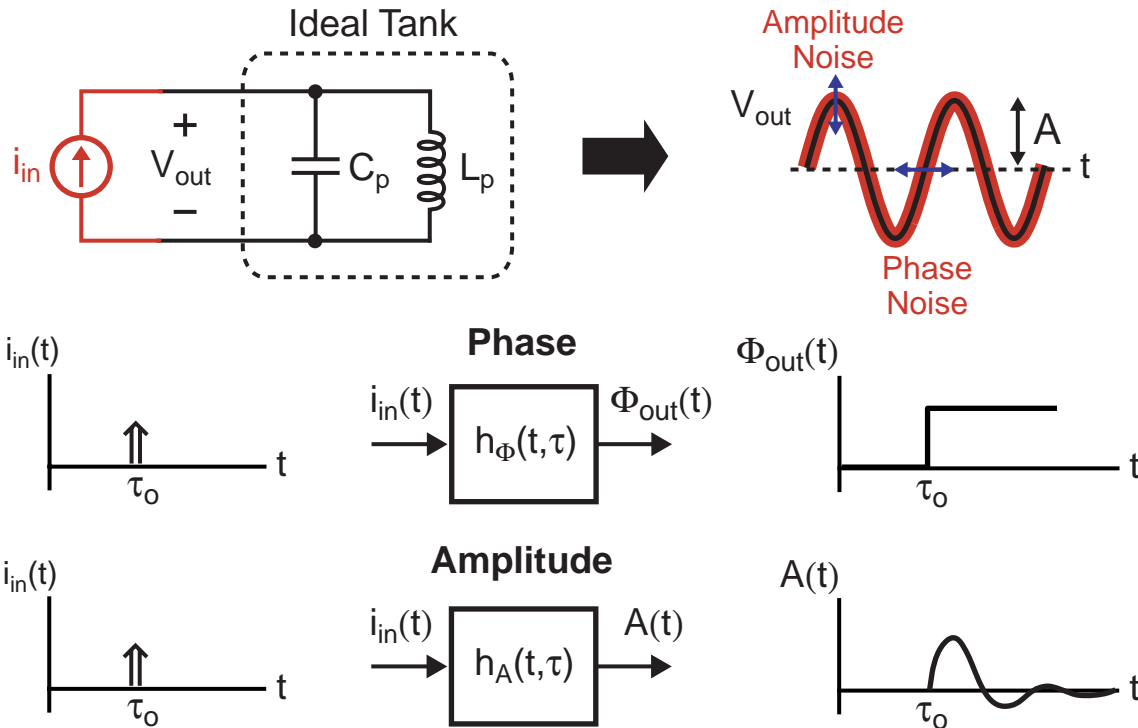
- Note: he assumed that $F(\Delta f)$ was constant over frequency

A More Sophisticated Analysis Method



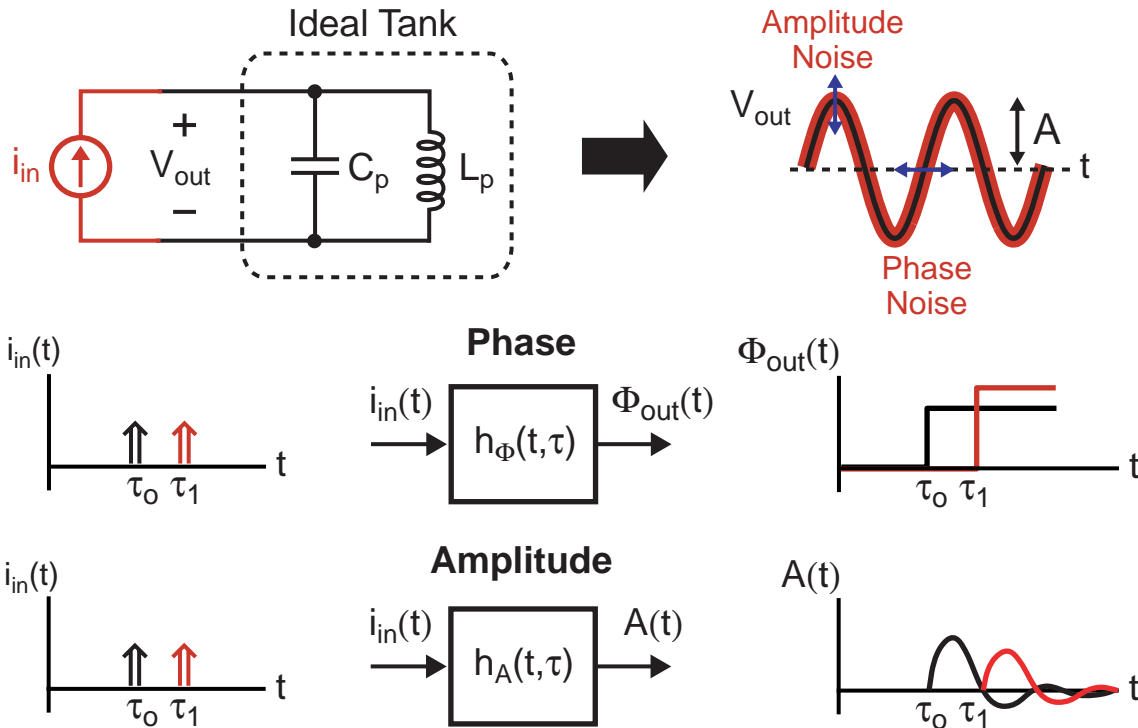
- Our concern is what happens when noise current produces a voltage across the tank
 - Such voltage deviations give rise to both amplitude and phase noise
 - Amplitude noise is suppressed through feedback (or by amplitude limiting in following buffer stages)
 - Our main concern is phase noise
- We argued that impact of noise divides equally between amplitude and phase for sine wave outputs
 - What happens when we have a non-sine wave output?

Modeling of Phase and Amplitude Perturbations



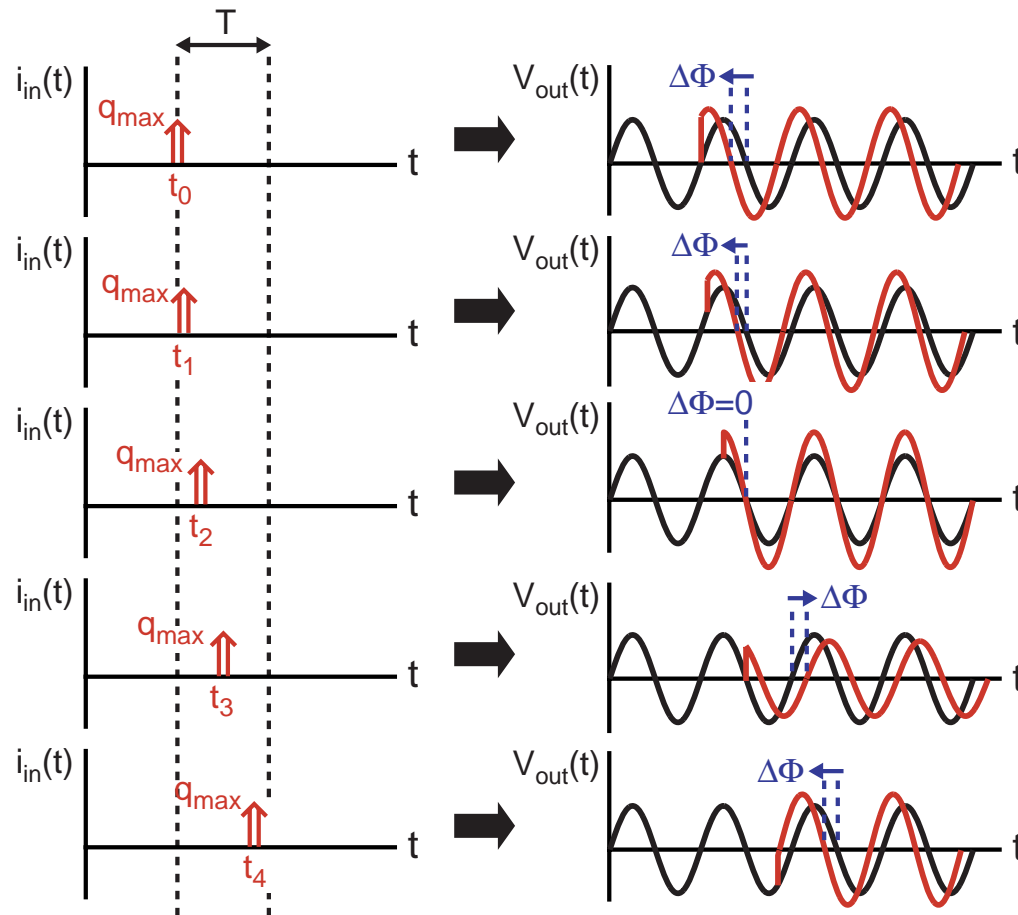
- Characterize impact of current noise on amplitude and phase through their associated impulse responses
 - Phase deviations are accumulated
 - Amplitude deviations are suppressed

Impact of Noise Current is Time-Varying



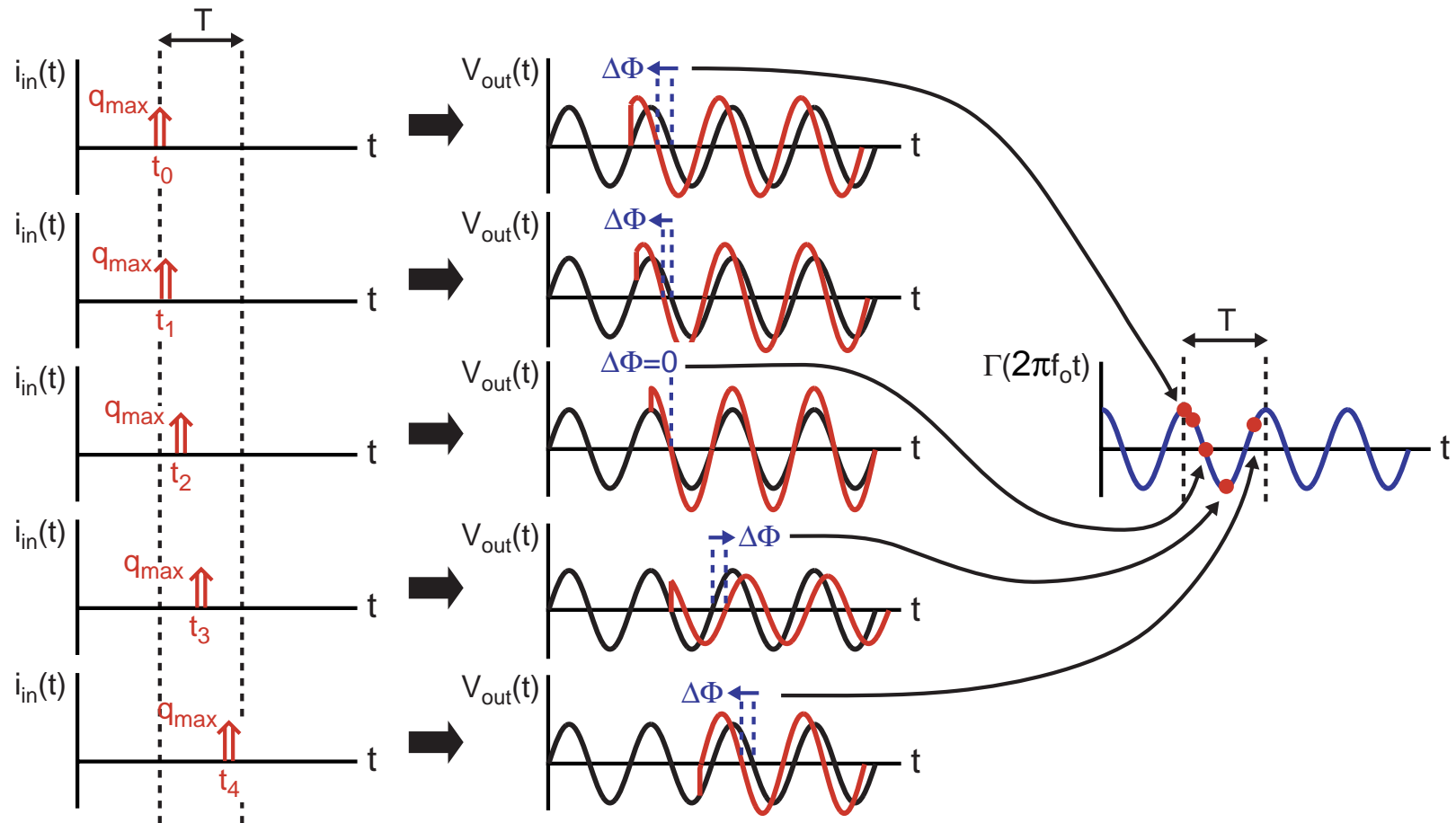
- If we vary the time at which the current impulse is injected, its impact on phase and amplitude changes
 - Need a time-varying model

Illustration of Time-Varying Impact of Noise on Phase



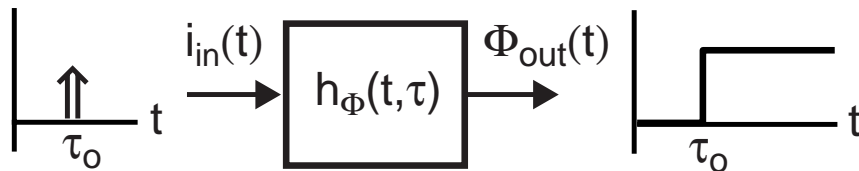
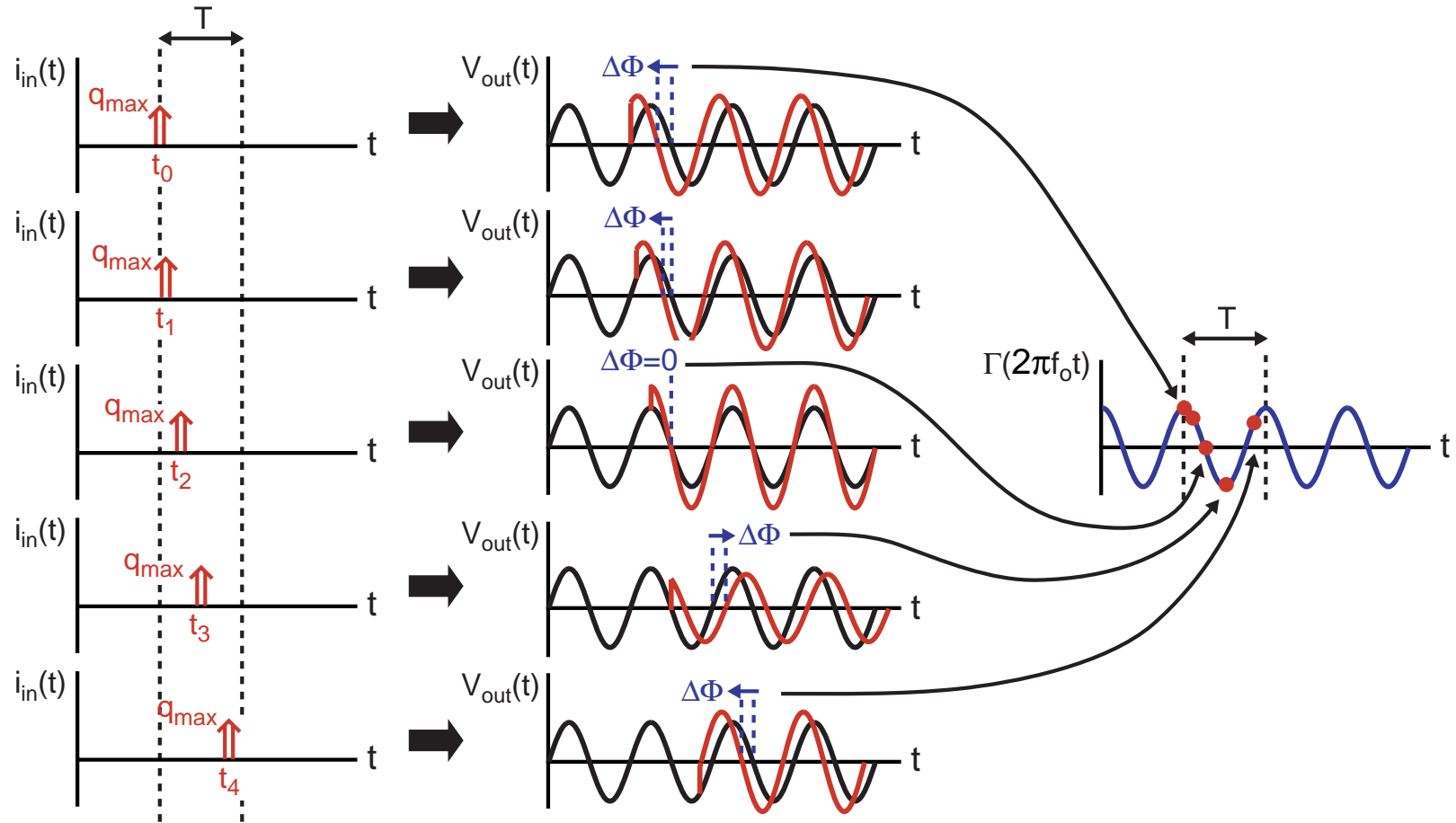
- High impact on phase when impulse occurs close to the zero crossing of the VCO output
- Low impact on phase when impulse occurs at peak of output

Define Impulse Sensitivity Function (ISF) – $\Gamma(2\pi f_o t)$



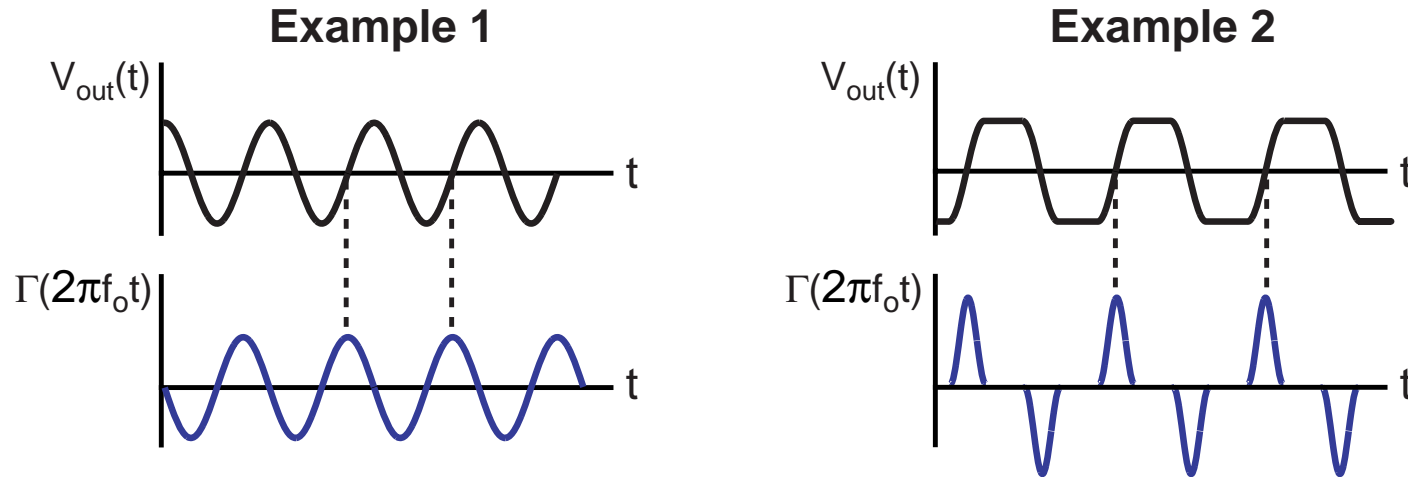
- ISF constructed by calculating phase deviations as impulse position is varied
 - Observe that it is periodic with same period as VCO output

Parameterize Phase Impulse Response in Terms of ISF



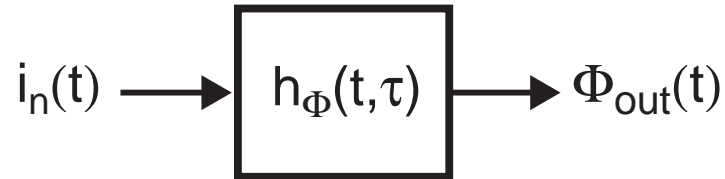
$$h_{\Phi}(t, \tau) = \frac{\Gamma(2\pi f_0 \tau)}{q_{max}} u(t - \tau)$$

Examples of ISF for Different VCO Output Waveforms



- **ISF (i.e., Γ) is approximately proportional to derivative of VCO output waveform**
 - Its magnitude indicates where VCO waveform is most sensitive to noise current into tank with respect to creating phase noise
- **ISF is periodic**
- **In practice, derive it from simulation of the VCO**

Phase Noise Analysis Using LTV Framework



- **Computation of phase deviation for an arbitrary noise current input**

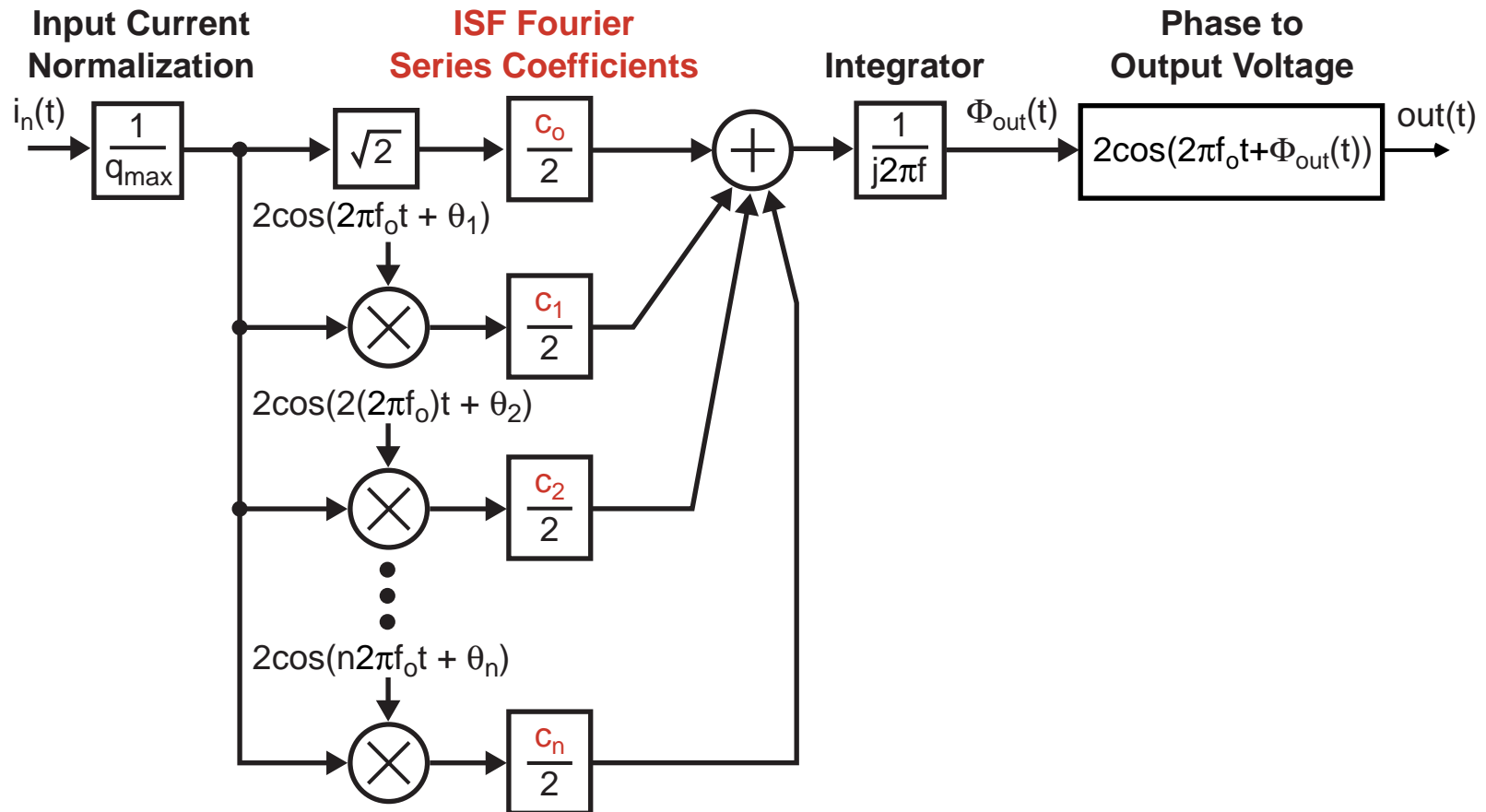
$$\Phi_{out}(t) = \int_{-\infty}^{\infty} h_{\Phi}(t, \tau) i_n(\tau) d\tau = \frac{1}{q_{max}} \int_{-\infty}^t \Gamma(2\pi f_o \tau) i_n(\tau) d\tau$$

- **Analysis simplified if we describe ISF in terms of its Fourier series (note: c_o here is different than book)**

$$\Gamma(2\pi f_o \tau) = \frac{c_o}{\sqrt{2}} + \sum_{n=1}^{\infty} c_n \cos(n2\pi f_o \tau + \theta_n)$$

$$\Rightarrow \Phi_{out}(t) = \int_{-\infty}^t \left(\frac{c_o}{\sqrt{2}} + \sum_{n=1}^{\infty} c_n \cos(n2\pi f_o \tau + \theta_n) \right) \frac{i_n(\tau)}{q_{max}} d\tau$$

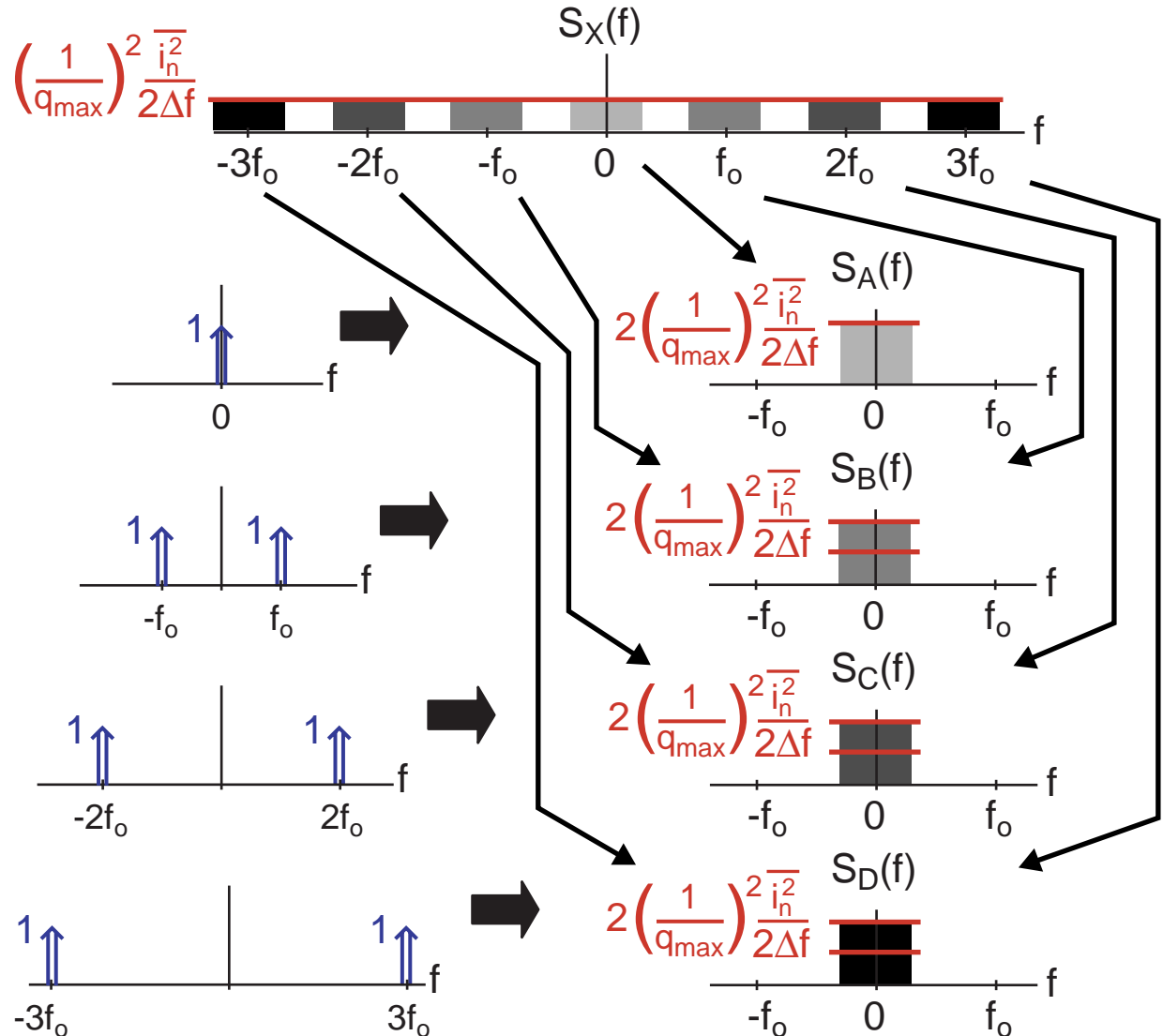
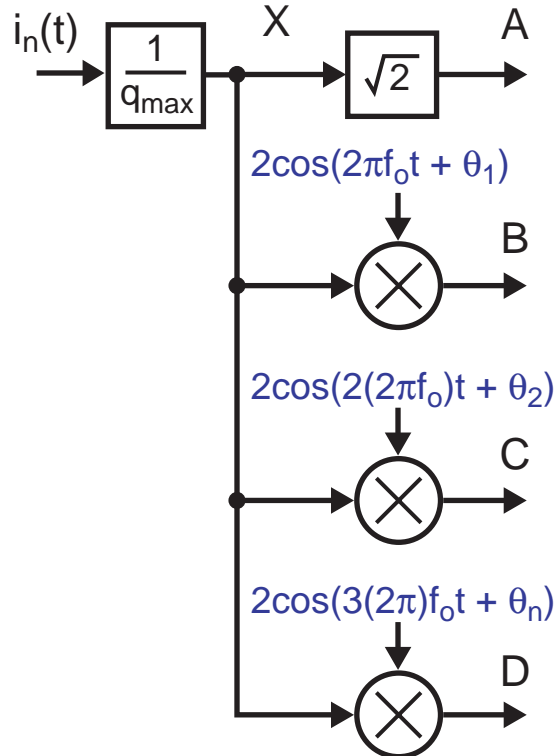
Block Diagram of LTV Phase Noise Expression



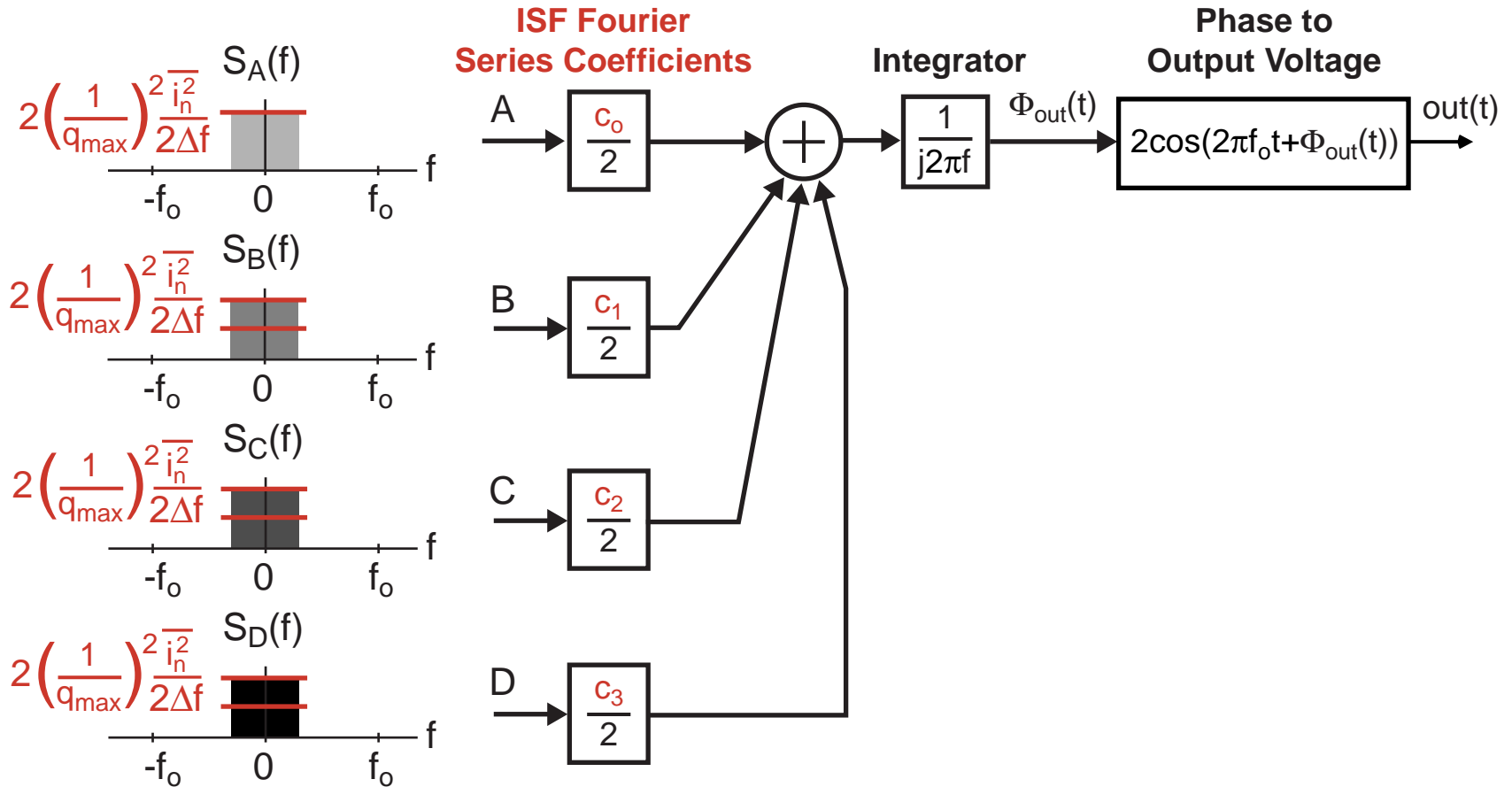
- Noise from current source is mixed down from different frequency bands and scaled according to ISF coefficients

Phase Noise Calculation for White Noise Input (Part 1)

Note that $\frac{\overline{i_n^2}}{\Delta f}$ is the single-sided noise spectral density of $i_n(t)$



Phase Noise Calculation for White Noise Input (Part 2)



$$S_{\Phi_{out}}(f) = \left| \frac{1}{j2\pi f} \right|^2 \left(\left(\frac{C_0}{2} \right)^2 S_A(f) + \left(\frac{C_1}{2} \right)^2 S_B(f) + \dots \right)$$

Spectral Density of Phase Signal

- From the previous slide

$$S_{\Phi_{out}}(f) = \left(\frac{1}{2\pi f}\right)^2 \left(\left(\frac{c_0}{2}\right)^2 S_A(f) + \left(\frac{c_1}{2}\right)^2 S_B(f) + \dots \right)$$

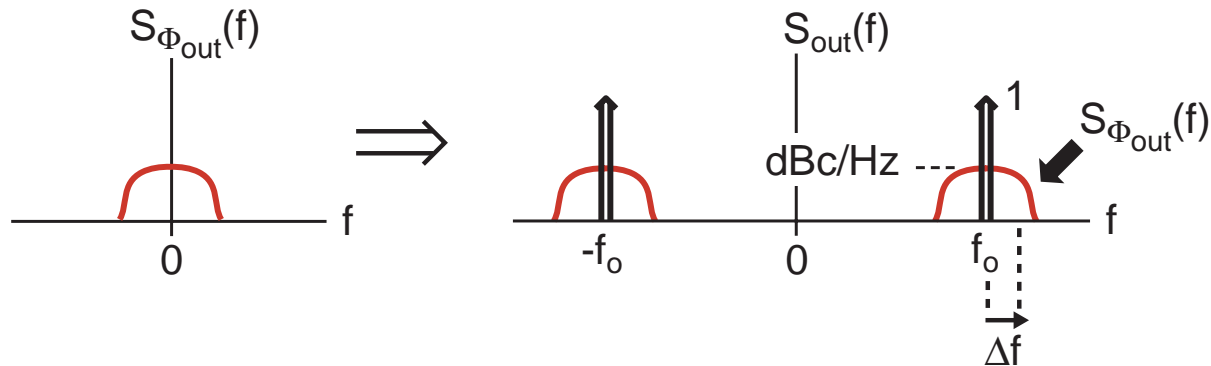
- Substitute in for $S_A(f)$, $S_B(f)$, etc.

$$S_{\Phi_{out}}(f) = \left(\frac{1}{2\pi f}\right)^2 \left(\left(\frac{c_0}{2}\right)^2 + \left(\frac{c_1}{2}\right)^2 + \dots \right) 2 \left(\frac{1}{q_{max}}\right)^2 \frac{\overline{i_n^2}}{2\Delta f}$$

- Resulting expression

$$S_{\Phi_{out}}(f) = \left(\frac{1}{2\pi f}\right)^2 \left(\sum_{n=0}^{\infty} c_n^2 \right) \frac{1}{4} \left(\frac{1}{q_{max}}\right)^2 \frac{\overline{i_n^2}}{\Delta f}$$

Output Phase Noise



- We now know

$$S_{\Phi_{out}}(f) = \left| \frac{1}{2\pi f} \right|^2 \left(\sum_{n=0}^{\infty} c_n^2 \right) \frac{1}{4} \left(\frac{1}{q_{max}} \right)^2 \frac{\overline{i_n^2}}{\Delta f}$$

$$L(\Delta f) = 10 \log(S_{\Phi_{out}}(\Delta f))$$

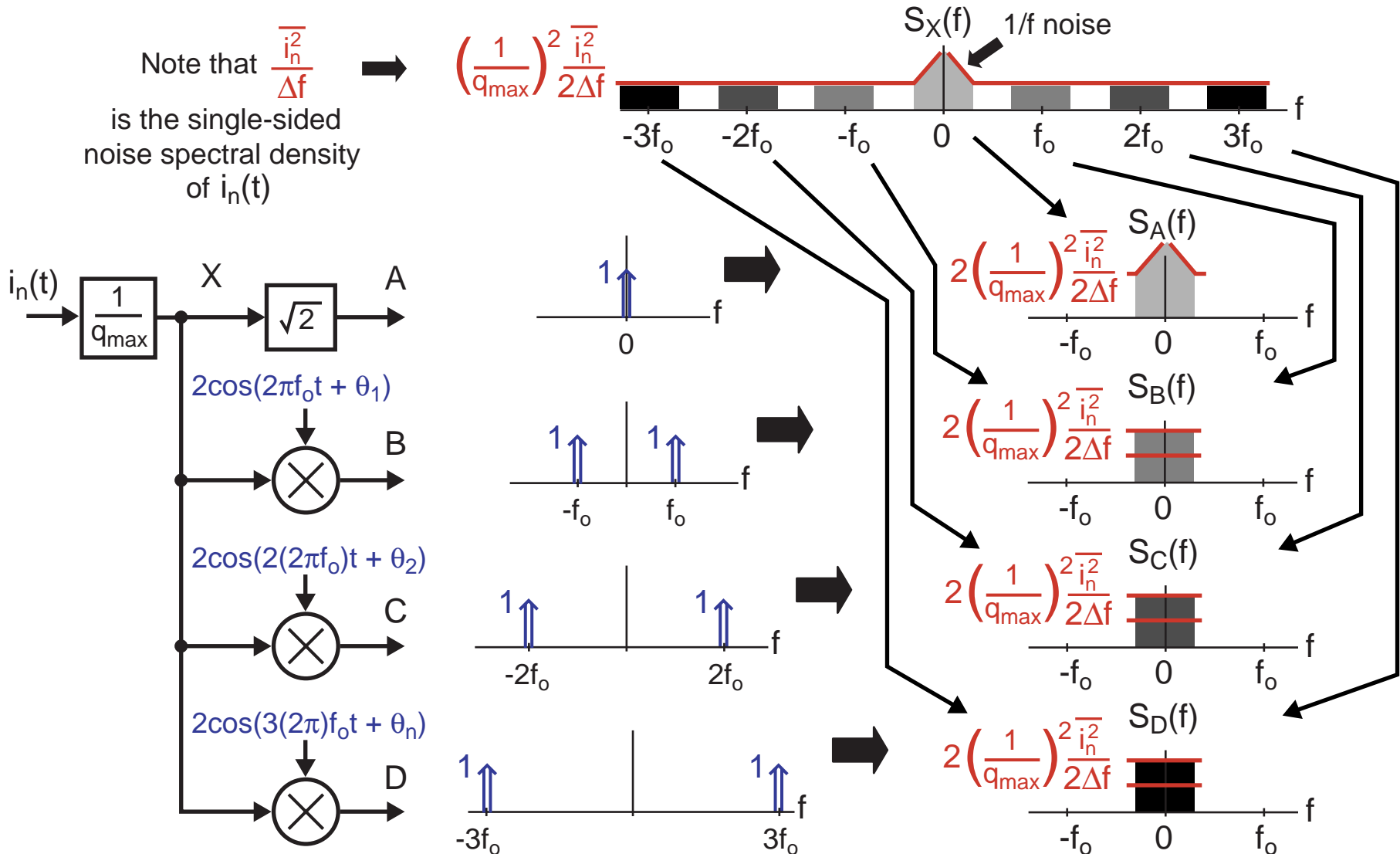
- Resulting phase noise

$$L(\Delta f) = 10 \log \left(\left(\frac{1}{2\pi \Delta f} \right)^2 \left(\sum_{n=0}^{\infty} c_n^2 \right) \frac{1}{4} \left(\frac{1}{q_{max}} \right)^2 \frac{\overline{i_n^2}}{\Delta f} \right)$$

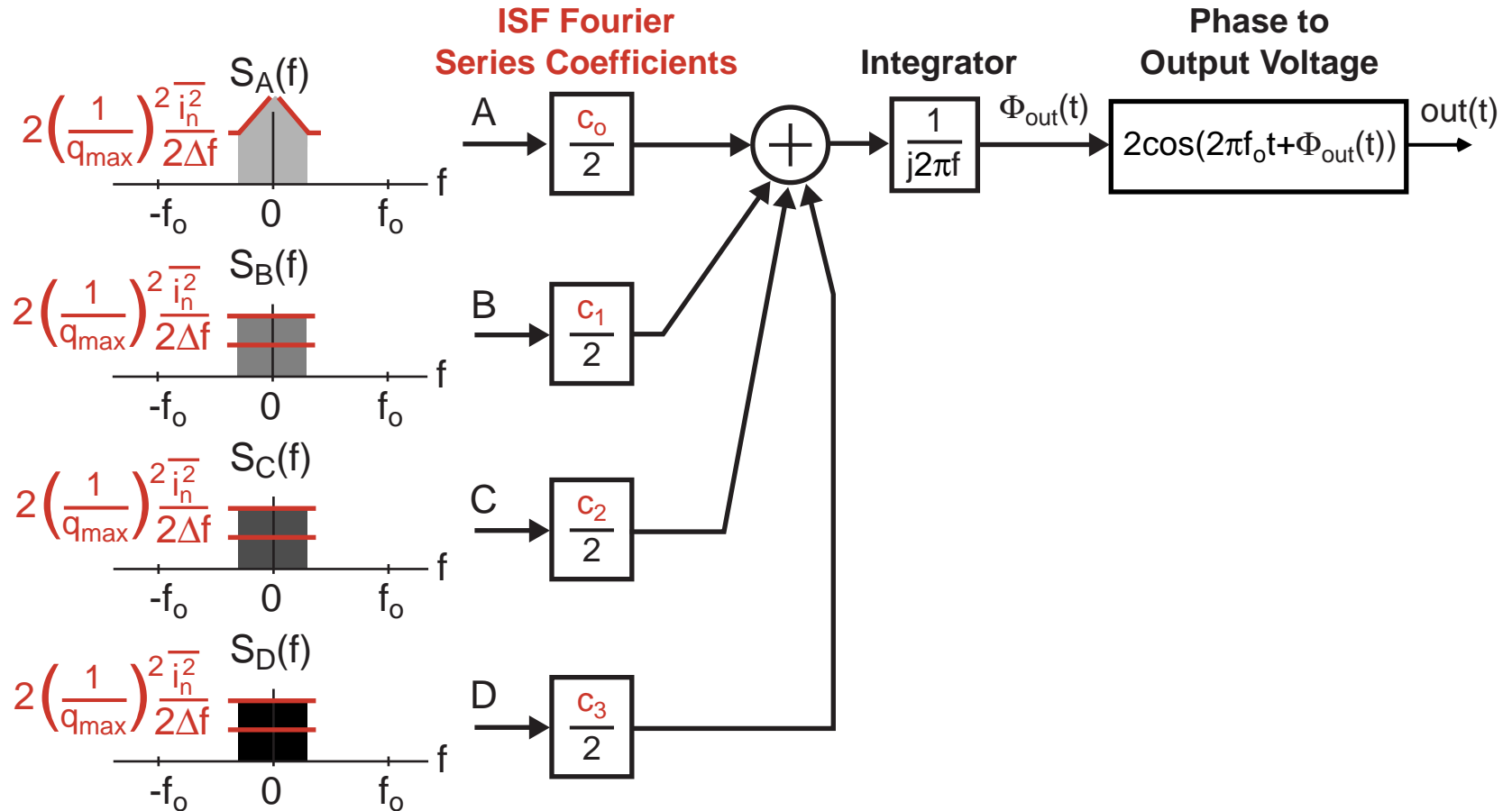
The Impact of $1/f$ Noise in Input Current (Part 1)

Note that $\frac{\overline{i_n^2}}{\Delta f}$ is the single-sided noise spectral density of $i_n(t)$

$$\left(\frac{1}{Q_{\max}}\right)^2 \frac{\overline{i_n^2}}{2\Delta f}$$



The Impact of 1/f Noise in Input Current (Part 2)



$$S_{\Phi_{out}}(f) \Big|_{1/f^3} = \left| \frac{1}{j2\pi f} \right|^2 \left(\frac{C_0}{2} \right)^2 S_A(f)$$

Calculation of Output Phase Noise in $1/f^3$ region

- From the previous slide

$$S_{\Phi_{out}}(f) \Big|_{1/f^3} = \left(\frac{1}{2\pi f} \right)^2 \left(\frac{c_o}{2} \right)^2 S_A(f)$$

- Assume that input current has $1/f$ noise with corner frequency $f_{1/f}$

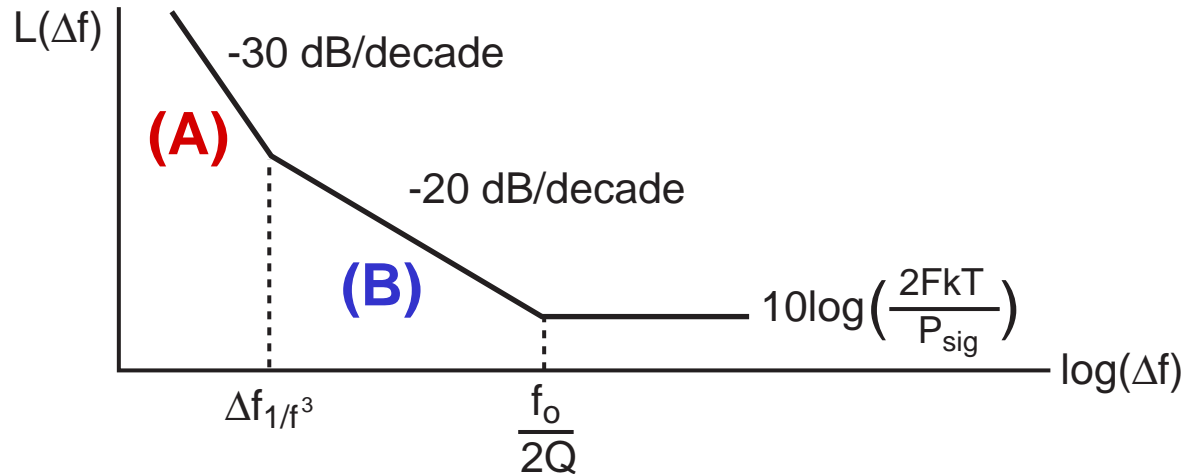
$$S_A(f) = \left(\frac{1}{q_{max}} \right)^2 \frac{\overline{i_n^2}}{\Delta f} \left(\frac{f_{1/f}}{\Delta f} \right)$$

- Corresponding output phase noise

$$L(\Delta f) \Big|_{1/f^3} = 10 \log \left(\left(\frac{1}{2\pi \Delta f} \right)^2 \left(\frac{c_o}{2} \right)^2 S_A(f) \right)$$

$$= 10 \log \left(\left(\frac{1}{2\pi \Delta f} \right)^2 (c_o^2) \frac{1}{4} \left(\frac{1}{q_{max}} \right)^2 \frac{\overline{i_n^2}}{\Delta f} \left(\frac{f_{1/f}}{\Delta f} \right) \right)$$

Calculation of $1/f^3$ Corner Frequency



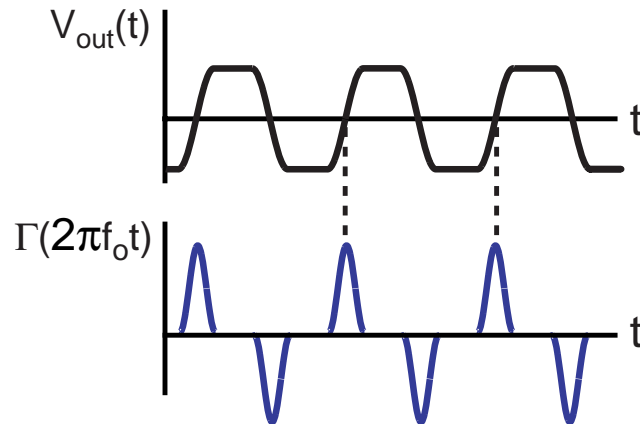
$$(A) \quad L(\Delta f) \Big|_{1/f^3} = 10 \log \left(\left(\frac{1}{2\pi\Delta f} \right)^2 (c_o^2) \frac{1}{4} \left(\frac{1}{q_{max}} \right)^2 \frac{\overline{i_n^2}}{\Delta f} \left(\frac{f_{1/f}}{\Delta f} \right) \right)$$

$$(B) \quad L(\Delta f) = 10 \log \left(\left(\frac{1}{2\pi\Delta f} \right)^2 \left(\sum_{n=0}^{\infty} c_n^2 \right) \frac{1}{4} \left(\frac{1}{q_{max}} \right)^2 \frac{\overline{i_n^2}}{\Delta f} \right)$$

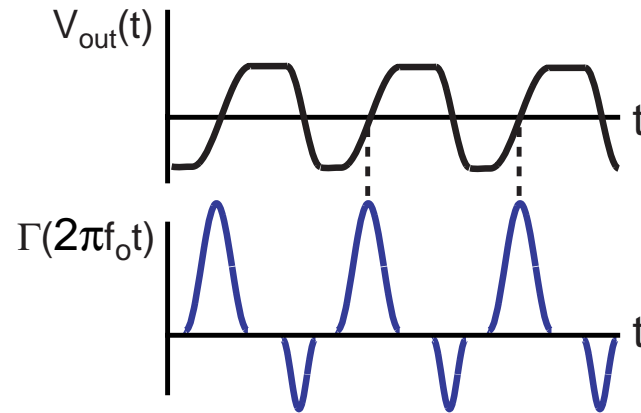
$$(A) = (B) \text{ at: } \Rightarrow \Delta f_{1/f^3} = \left(c_o^2 / \sum_{n=0}^{\infty} c_n^2 \right) f_{1/f}$$

Impact of Oscillator Waveform on $1/f^3$ Phase Noise

ISF for Symmetric Waveform

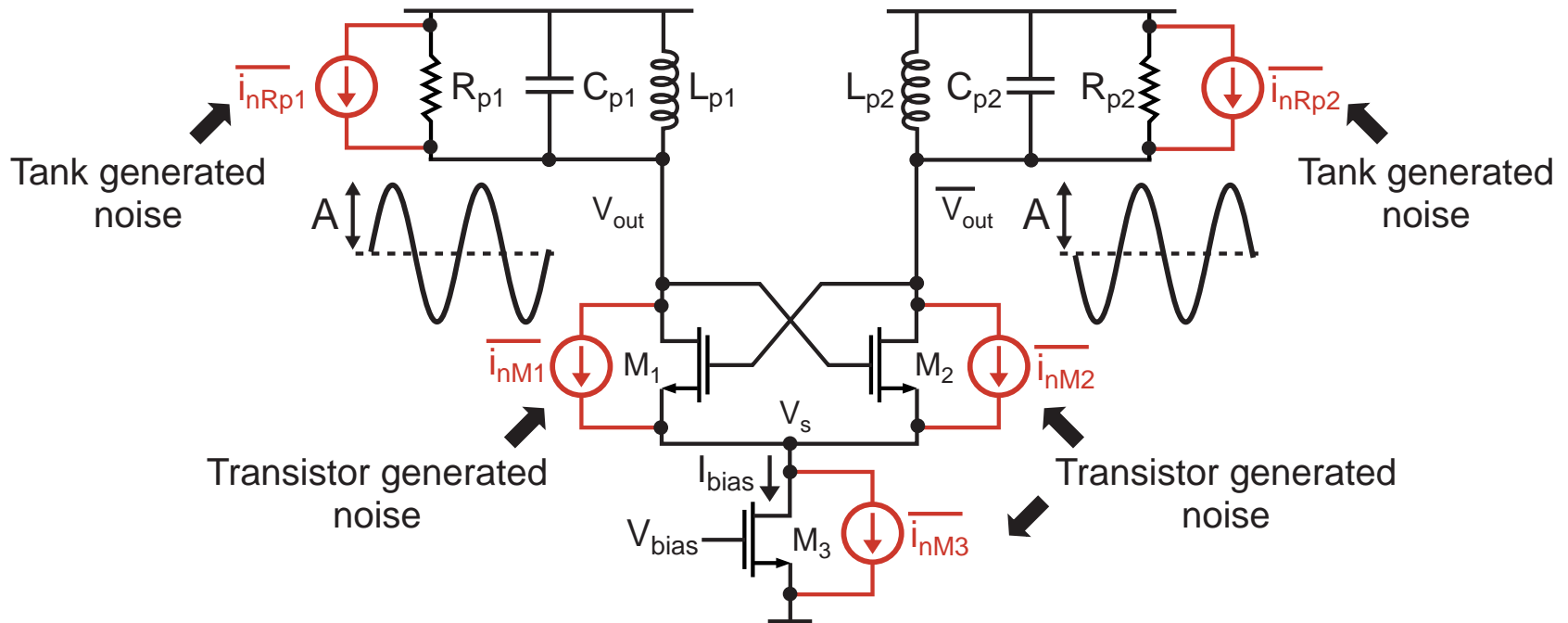


ISF for Asymmetric Waveform



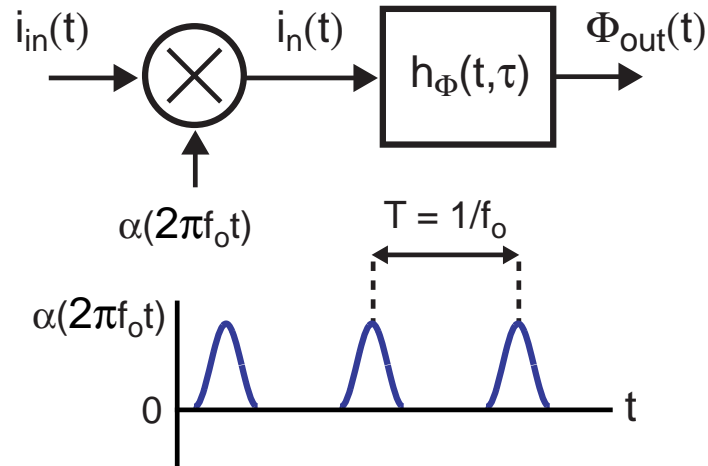
- Key Fourier series coefficient of ISF for $1/f^3$ noise is c_0
 - If DC value of ISF is zero, c_0 is also zero
- For symmetric oscillator output waveform
 - DC value of ISF is zero – no upconversion of flicker noise! (i.e. output phase noise does not have $1/f^3$ region)
- For asymmetric oscillator output waveform
 - DC value of ISF is nonzero – flicker noise has impact

Issue – We Have Ignored Modulation of Current Noise



- In practice, transistor generated noise is modulated by the varying bias conditions of its associated transistor
 - As transistor goes from saturation to triode to cutoff, its associated noise changes dramatically
- Can we include this issue in the LTV framework?

Inclusion of Current Noise Modulation



- **Recall**

$$\Phi_{out}(t) = \int_{-\infty}^{\infty} h_{\Phi}(t, \tau) i_n(\tau) d\tau = \frac{1}{q_{max}} \int_{-\infty}^t \Gamma(2\pi f_o \tau) i_n(\tau) d\tau$$

- **By inspection of figure**

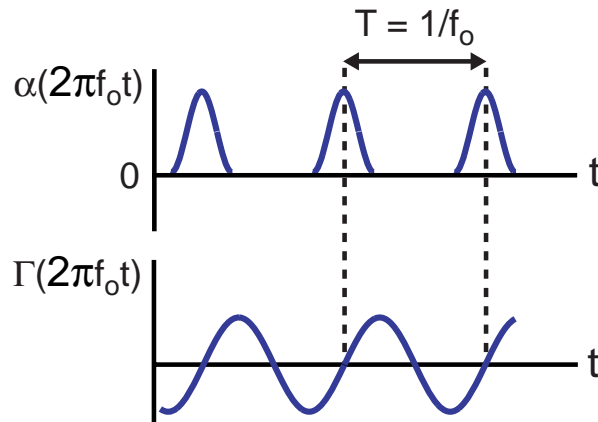
$$\Rightarrow \Phi_{out}(t) = \frac{1}{q_{max}} \int_{-\infty}^t \Gamma(2\pi f_o \tau) \alpha(2\pi f_o \tau) i_n(\tau) d\tau$$

- **We therefore apply previous framework with ISF as**

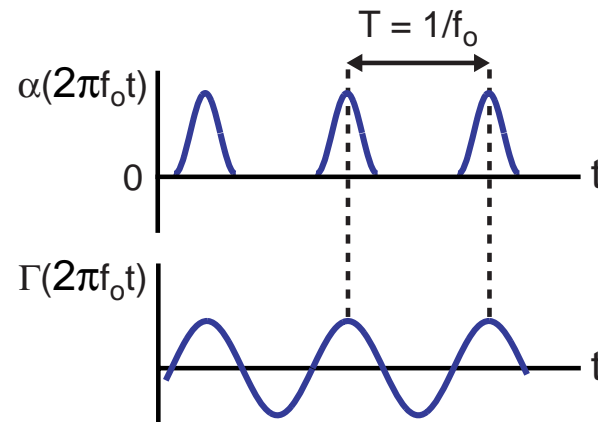
$$\Gamma_{eff}(2\pi f_o \tau) = \Gamma(2\pi f_o \tau) \alpha(2\pi f_o \tau)$$

Placement of Current Modulation for Best Phase Noise

Best Placement of Current Modulation for Phase Noise



Worst Placement of Current Modulation for Phase Noise

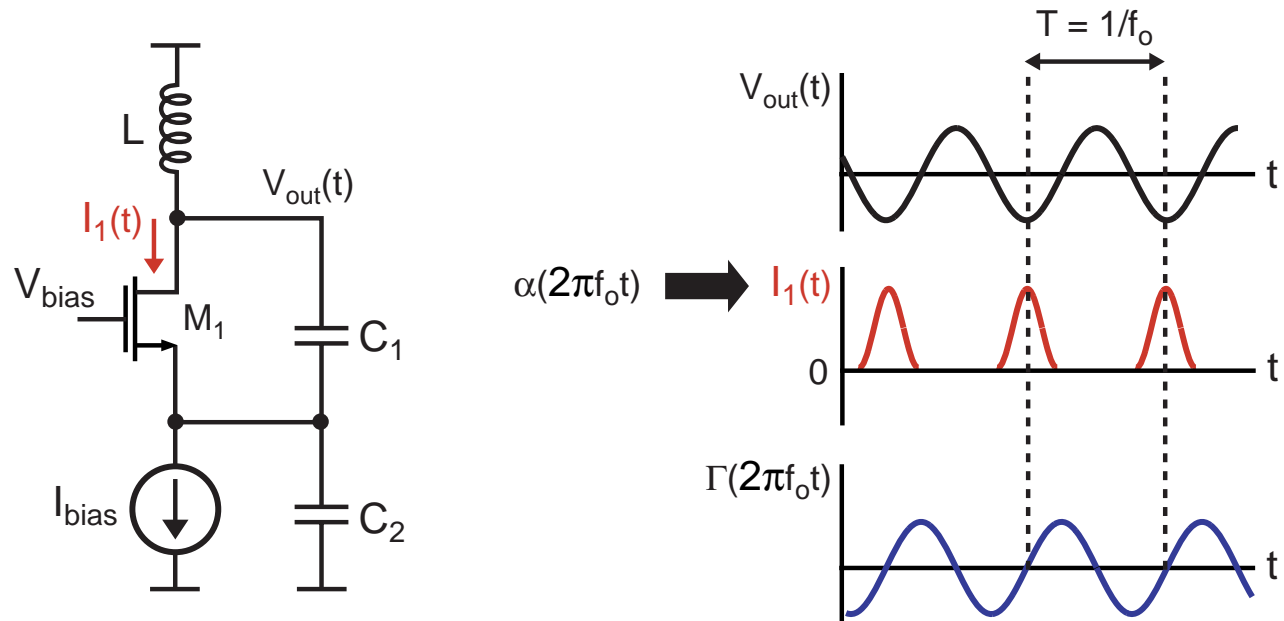


- Phase noise expression (ignoring 1/f noise)

$$L(\Delta f) = 10 \log \left(\left(\frac{1}{2\pi \Delta f} \right)^2 \left(\sum_{n=0}^{\infty} c_n^2 \right) \frac{1}{4} \left(\frac{1}{q_{max}} \right)^2 \frac{\overline{i_n^2}}{\Delta f} \right)$$

- Minimum phase noise achieved by minimizing sum of square of Fourier series coefficients (i.e. rms value of Γ_{eff})

Colpitts Oscillator Provides Optimal Placement of α

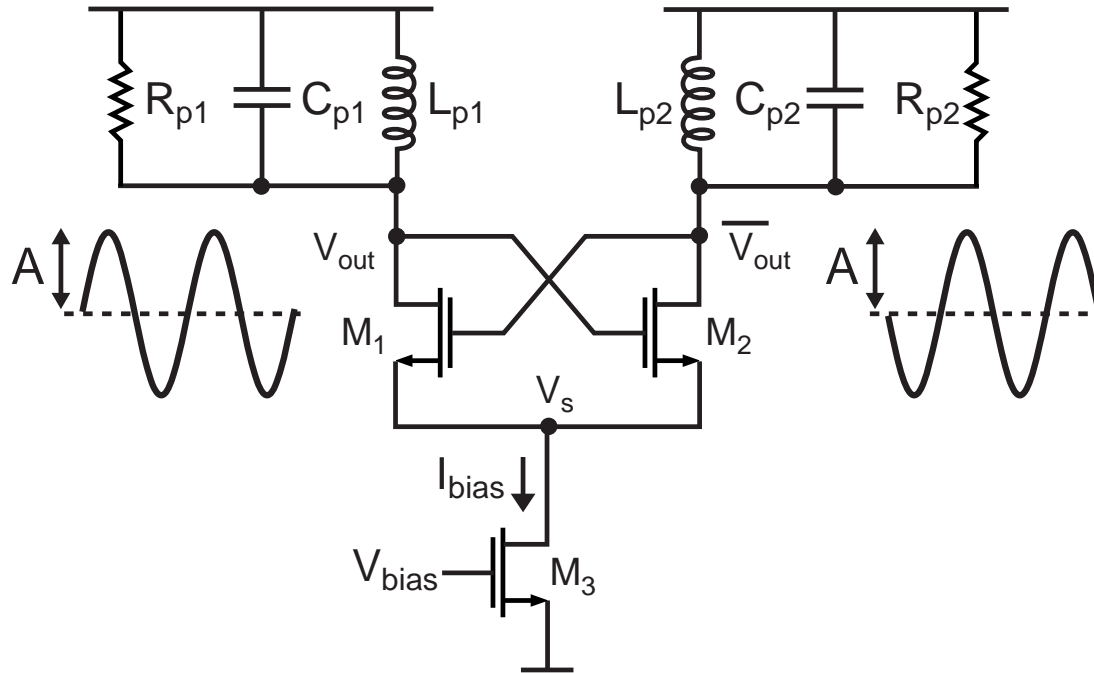


- **Current is injected into tank at bottom portion of VCO swing**
 - Current noise accompanying current has minimal impact on VCO output phase

Summary of LTV Phase Noise Analysis Method

- **Step 1: calculate the impulse sensitivity function of each oscillator noise source using a simulator**
- **Step 2: calculate the noise current modulation waveform for each oscillator noise source using a simulator**
- **Step 3: combine above results to obtain $\Gamma_{\text{eff}}(2\pi f_o t)$ for each oscillator noise source**
- **Step 4: calculate Fourier series coefficients for each $\Gamma_{\text{eff}}(2\pi f_o t)$**
- **Step 5: calculate spectral density of each oscillator noise source (before modulation)**
- **Step 6: calculate overall output phase noise using the results from Step 4 and 5 and the phase noise expressions derived in this lecture (or the book)**

Alternate Approach for Negative Resistance Oscillator

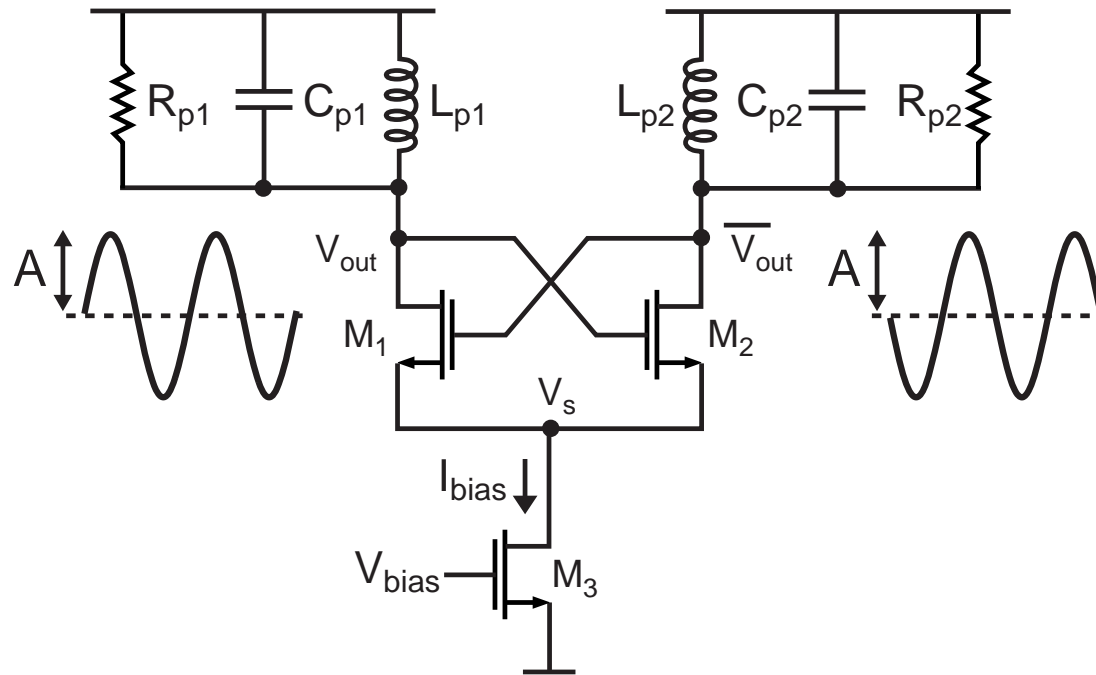


- Recall Leeson's formula

$$L(\Delta f) = 10 \log \left(\frac{2kTF(\Delta f)}{P_{sig}} \left(\frac{1}{2Q} \frac{f_o}{\Delta f} \right)^2 \right)$$

- Key question: how do you determine $F(\Delta f)$?

$F(\Delta f)$ Has Been Determined for This Topology



- Rael et. al. have come up with a closed form expression for $F(\Delta f)$ for the above topology
- In the region where phase noise falls at -20 dB/dec:

$$F(\Delta f) = 1 + \frac{2\gamma I_{bias} R_p}{\pi A} + \gamma \frac{4}{9} g_{do, M3} R_p \quad (R_p = R_{p1} = R_{p2})$$

References to Rael Work

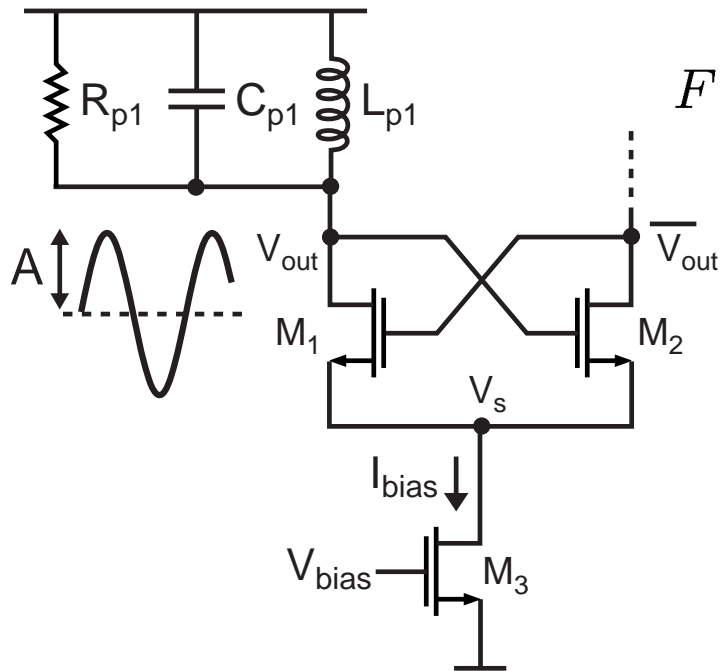
- **Phase noise analysis**

- **J.J. Rael and A.A. Abidi, “Physical Processes of Phase Noise in Differential LC Oscillators”, Custom Integrated Circuits Conference, 2000, pp 569-572**

- **Implementation**

- **Emad Hegazi et. al., “A Filtering Technique to Lower LC Oscillator Phase Noise”, JSSC, Dec 2001, pp 1921-1930**

Designing for Minimum Phase Noise



$$F(\Delta f) = 1 + \frac{2\gamma I_{bias} R_p}{\pi A} + \gamma \frac{4}{9} g_{do, M3} R_p$$

(A)
(B)
(C)

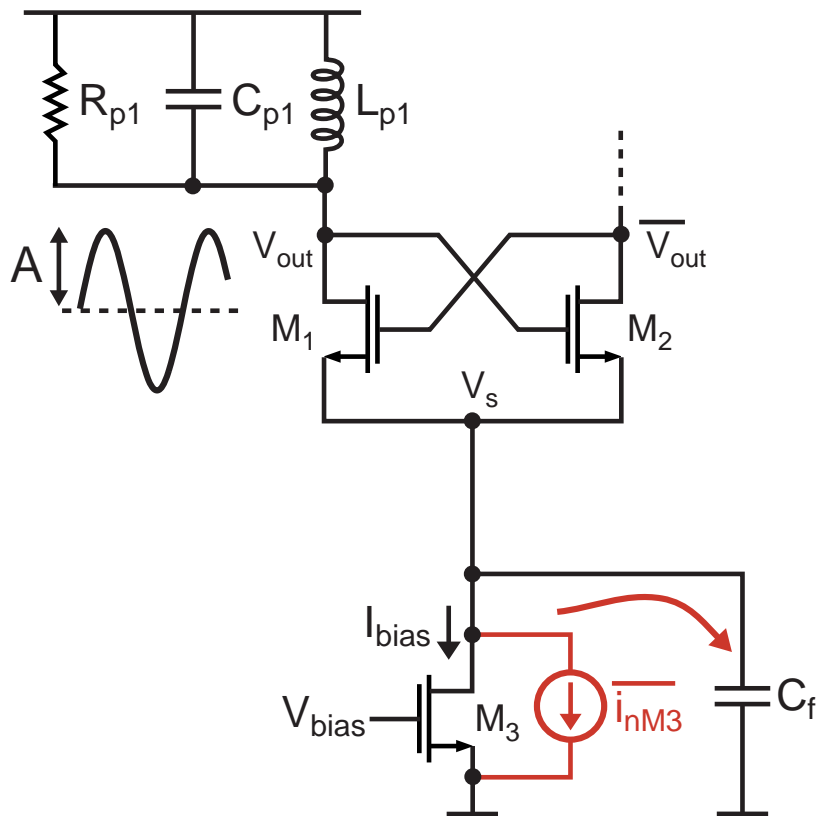
(A) Noise from tank resistance

(B) Noise from M_1 and M_2

(C) Noise from M_3

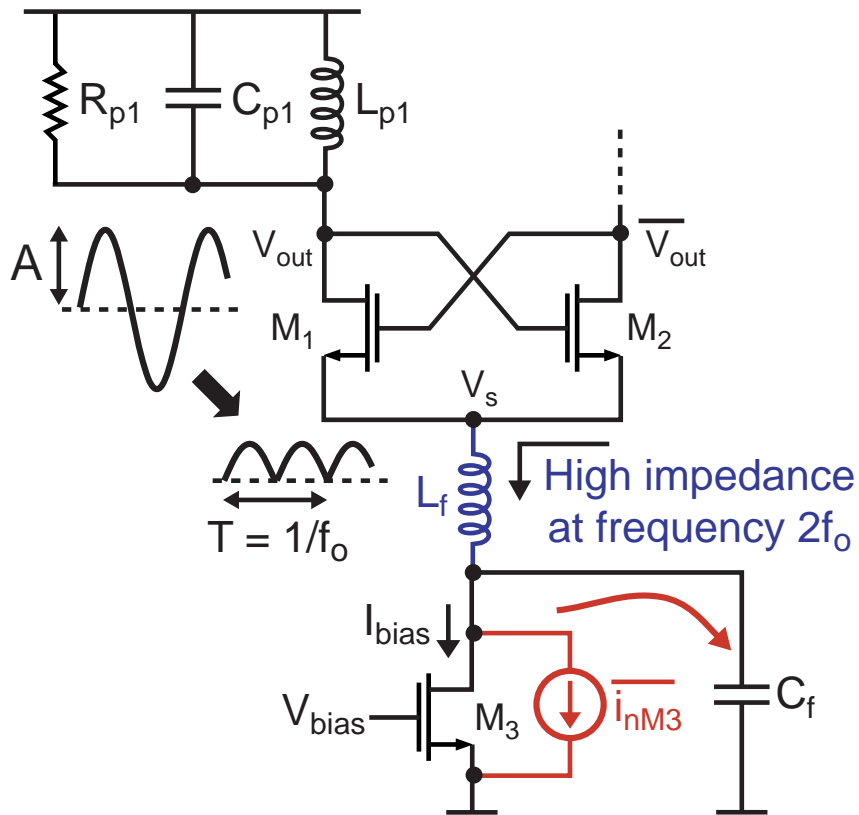
- To achieve minimum phase noise, we'd like to minimize $F(\Delta f)$
- The above formulation provides insight of how to do this
 - Key observation: **(C)** is often quite significant

Elimination of Component (C) in $F(\Delta f)$



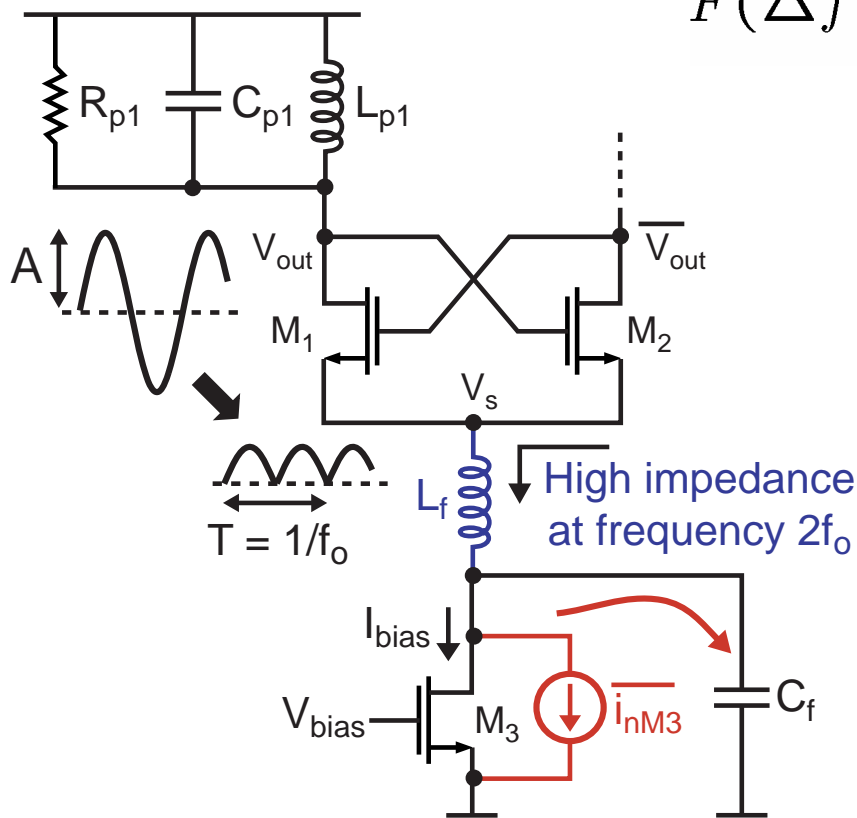
- Capacitor C_f shunts noise from M_3 away from tank
 - Component (C) is eliminated!
- Issue – impedance at node V_s is very low
 - Causes M_1 and M_2 to present a low impedance to tank during portions of the VCO cycle
 - Q of tank is degraded

Use Inductor to Increase Impedance at Node V_s



- Voltage at node V_s is a rectified version of oscillator output
 - Fundamental component is at twice the oscillation frequency
- Place inductor between V_s and current source
 - Choose value to resonate with C_f and parasitic source capacitance at frequency $2f_0$
- Impedance of tank not degraded by M_1 and M_2
 - Q preserved!

Designing for Minimum Phase Noise – Next Part



$$F(\Delta f) = 1 + \frac{2\gamma I_{bias} R_p}{\pi A} + \gamma \frac{4}{9} g_{d,M3} R_p$$

(A)
(B)
(C)

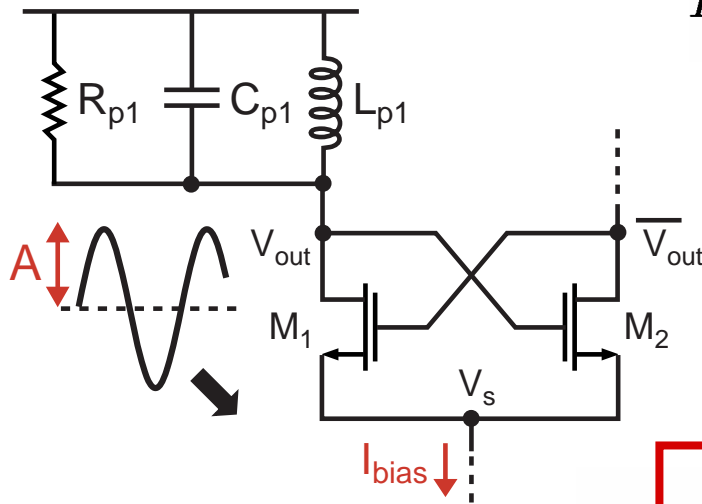
(A) Noise from tank resistance

(B) Noise from M_1 and M_2

(C) Noise from M_3

- Let's now focus on component (B)
 - Depends on bias current and oscillation amplitude

Minimization of Component (B) in $F(\Delta f)$



$$F(\Delta f) = 1 + \frac{2\gamma I_{bias} R_p}{\pi A} \quad \text{(B)}$$

- Recall from Lecture 11

$$A = \frac{2}{\pi} I_{bias} R_p$$

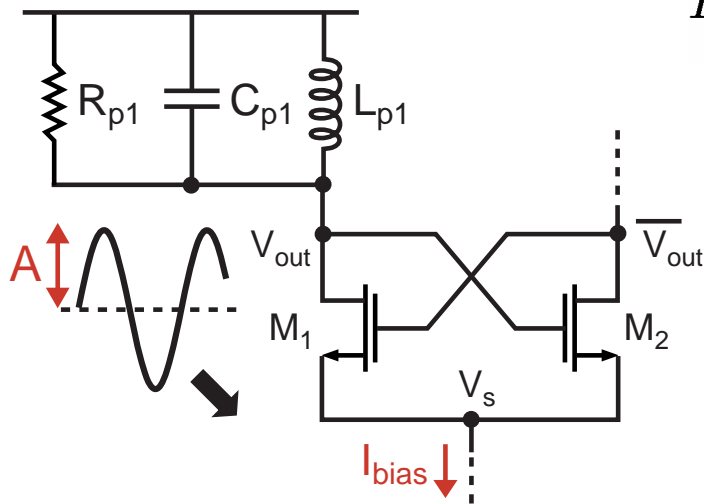
$$\Rightarrow F(\Delta f) = 1 + \frac{2\gamma I_{bias} R_p}{\pi (2/\pi) I_{bias} R_p} = 1 + \gamma$$

- So, it would seem that I_{bias} has no effect!

- Not true – want to maximize A (i.e. P_{sig}) to get best phase noise, as seen by:

$$L(\Delta f) = 10 \log \left(\frac{2kTF(\Delta f)}{P_{sig}} \left(\frac{1}{2Q} \frac{f_o}{\Delta f} \right)^2 \right)$$

Current-Limited Versus Voltage-Limited Regimes



$$F(\Delta f) = 1 + \frac{2\gamma I_{bias} R_p}{\pi A} \quad \text{(B)}$$

- Oscillation amplitude, A , cannot be increased above supply imposed limits
- If I_{bias} is increased above the point that A saturates, then (B) increases
- Current-limited regime: amplitude given by $A = \frac{2}{\pi} I_{bias} R_p$
- Voltage-limited regime: amplitude saturated

Best phase noise achieved at boundary between these regimes!

Summary

- Leeson's model is outcome of linearized VCO noise analysis
- Hajimiri method provides insights into cyclostationary behavior, $1/f$ noise upconversion and impact of noise current modulation
- Rael method useful for CMOS negative-resistance topology
 - Closed form solution of phase noise!
 - Provides a great deal of design insight
- Practical VCO phase noise analysis is done through simulation these days
 - Spectre RF from Cadence, FastSpice from Berkeley Design Automation is often utilized to estimate phase noise for integrated oscillators