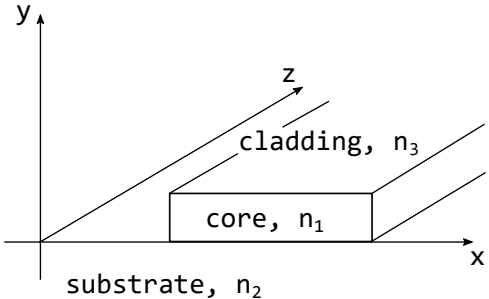
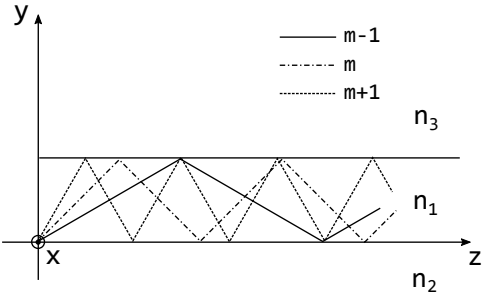

y
z
cladding, $n_3$
core, $n_1$
x
substrate, $n_2$


y
m-1
m
m+1
$n_3$
$n_1$
x
z
$n_2$