Strongly mixing operators on Hilbert spaces and speed of mixing

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In measurable dynamics, a measurable map $T\colon (X, \mathcal{B}, m) \longrightarrow (X, \mathcal{B}, m)$ acting on a probability space is said to be strongly mixing if the probability measure m is T-invariant, that is $m(T^{-1}(A)) = m(A)$ $(A \in \mathcal{B})$, and $m(T^{-n}(A) \cap B) \underset{n \to +\infty}{\longrightarrow} m(A)m(B)$ $(A, B \in \mathcal{B})$. We are interested in the speed of mixing when T is a bounded linear operator on a separable Hilbert space which is strongly mixing with respect to a Gaussian measure.