J99M.2—Particle Rolling on a Hyperboloid

Problem

A particle of mass m moves on the surface $x^2 + y^2 - z^2 = R^2$, subject to a uniform force due to gravity g directed along the negative z axis. Deduce the frequency of small oscillations about orbits that lie in a plane normal to the z axis. For what values of z are such orbits unstable?