

Probing cosmic inflation via gravitational waves

Mohammad Ali Gorji

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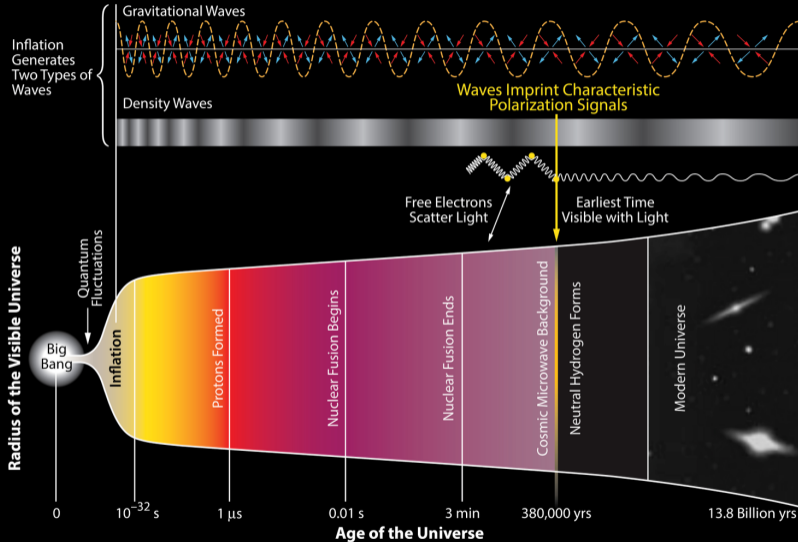
February 6, 2024



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History of the Universe



Flatness problem

From cosmological observations like Type Ia supernova and cosmic microwave background (CMB) radiation:

$$|\Omega_k|_{t=t_0} = |\Omega_{\text{tot}} - 1|_{t=t_0} < 1$$

Why our Universe is flat?

Flatness problem

From cosmological observations like Type Ia supernova and cosmic microwave background (CMB) radiation:

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Why our Universe is flat?

- Big bang nucleosynthesis: $|\Omega_{\text{tot}} - 1|_{t=1s} < 10^{-18}$
- Electroweak SB scale: $|\Omega_{\text{tot}} - 1|_{t=10^{-12}s} < 10^{-30}$

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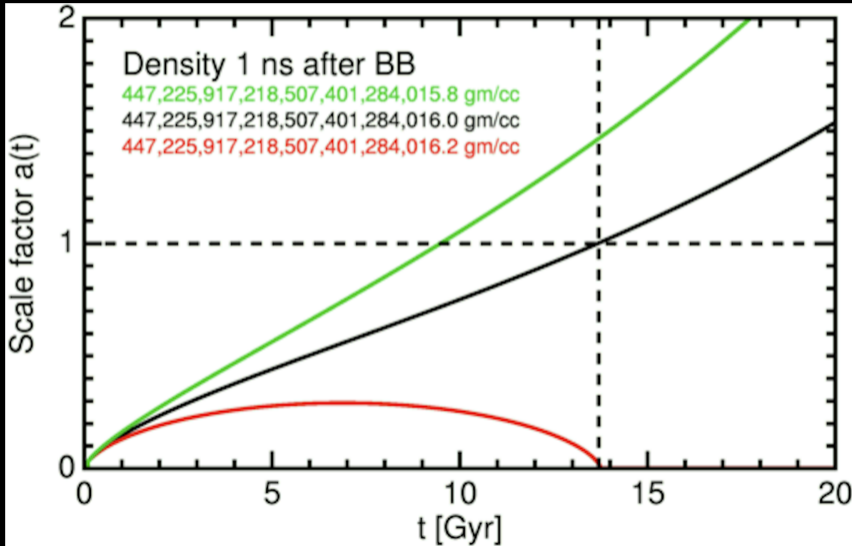
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At the Big bang nucleosynthesis we need a **fine tuning**:

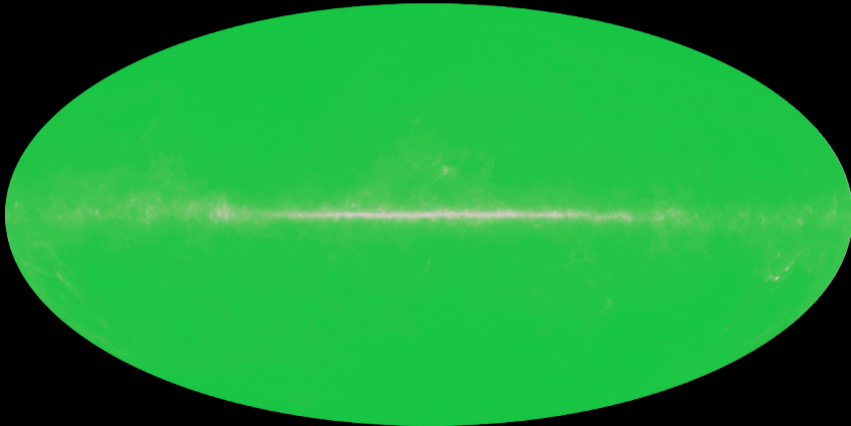
$$0.99999999999999999999 \leq |\Omega_{\text{tot}}|_{t=1s} \leq 1.00000000000000000001$$

Flatness problem



Horizon problem

Why the opposite sides of the universe have the same temperature of $T \simeq 2.7$ K?



Solution to the Big Bang problems

A short rapid accelerated expansion at early times can solve the horizon and flatness problems

- **Flatness (problem):**
Inflation sets

$$|\Omega_{\text{tot}}| \rightarrow 1.0000000000000000\dots$$

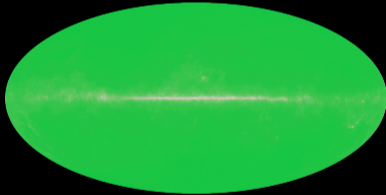
at early times.

- **Horizon (problem):**
The whole observable universe are created from one causally connected region through the rapid exponential inflationary expansion.

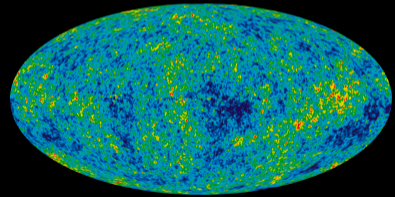
Inflation

Inflation also explains the origin of the structures in the Universe

$$T \simeq 2.7 \text{ K}$$



$$T \simeq 2.7(1 \pm 10^{-5}) \text{ K}$$

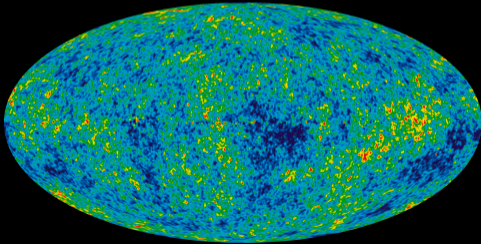


We need small inhomogeneities as a seed for the observed structures in the universe like stars, galaxies, clusters, . . .

Cosmic microwave background (CMB)

The superhorizon curvature
perturbation generates
temperature fluctuations on CMB

$$\langle \mathcal{R}\mathcal{R} \rangle \propto \left\langle \frac{\delta T}{T} \frac{\delta T}{T} \right\rangle$$

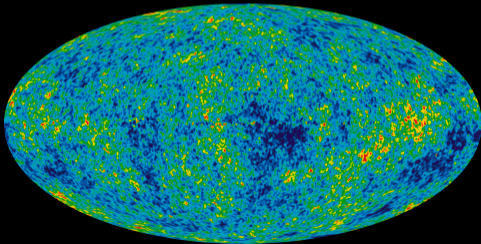


NASA/WMAP

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NASA/WMAP

Curvature perturbations:

$$\langle \mathcal{R}\mathcal{R} \rangle \propto \mathcal{P}_{\mathcal{R}} = A_S (k/k_*)^{n_S-1}$$

$$A_S = \mathcal{O}(10^{-9}), \quad n_S - 1 = -\mathcal{O}(10^{-2})$$

Metric tensor perturbations

(GWs):

$$\mathcal{P}_h = r A_S (k/k_*)^{-r/8}$$

$$r < \mathcal{O}(10^{-2})$$

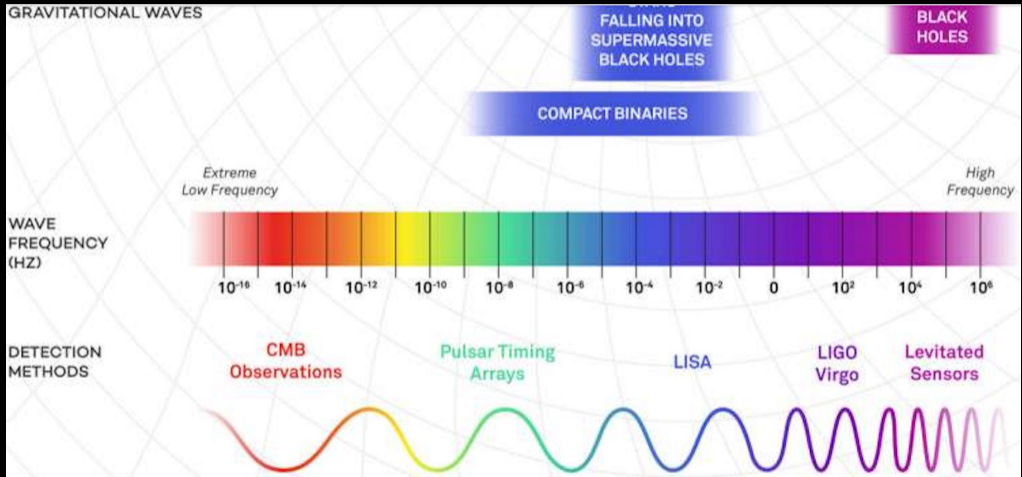
Inflation generates

almost Gaussian,

almost scale-invariant, and

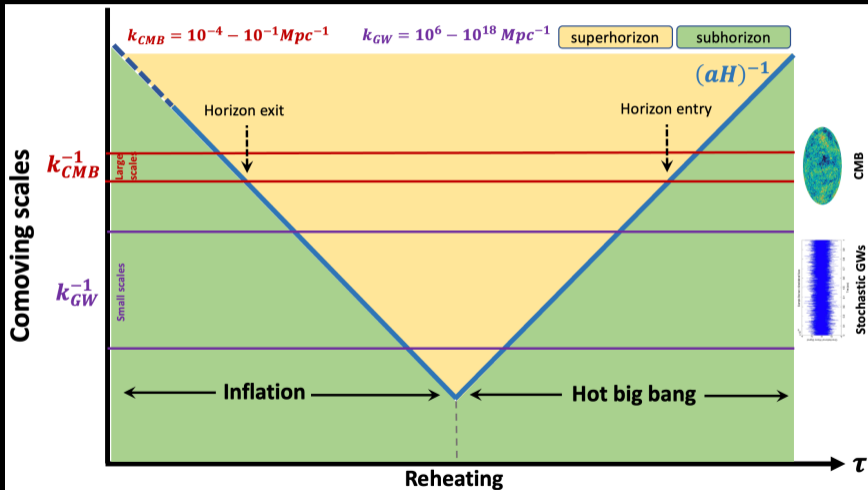
almost adiabatic perturbations

Gravitational wave detectors frequency bounds



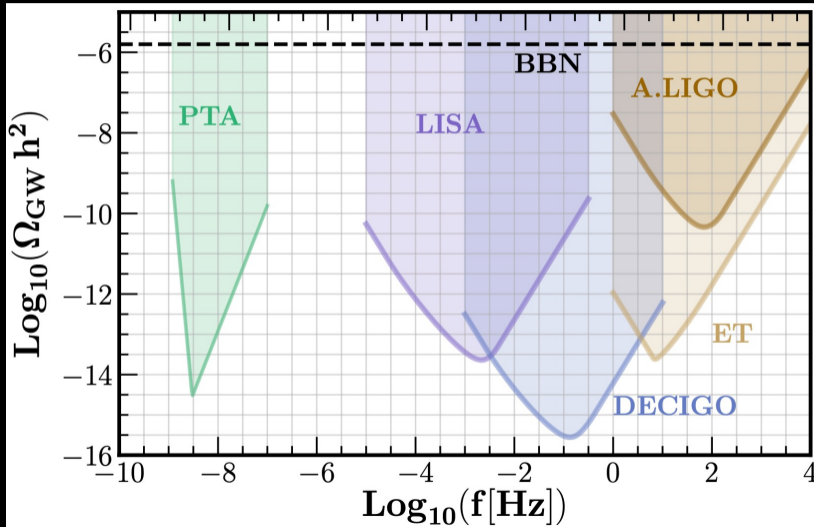
CMB scales: $10^{-4} \lesssim k_{CMB} \lesssim 10^{-1} \text{Mpc}^{-1} / 10^{-19} \lesssim f \lesssim 10^{-16} \text{Hz}$

GWs scales: $10^6 \lesssim k_{GW} \lesssim 10^{18} \text{Mpc}^{-1} / 10^{-8} \lesssim f \lesssim 10^3 \text{Hz}$



We can probe the late stage of inflation (that is not accessible by the CMB) via GW observations.

Gravitational wave detectors



The future GW detectors can detect $\Omega_{\text{GW}} > 10^{-16}$ in the frequency bounds $10^{-9} \leq f[\text{Hz}] \leq 10^4$

Stochastic GWs with primordial origin

Spectral density of GWs:

$$\Omega_{\text{GW}} = \frac{1}{12} \Omega_{0,r} \mathcal{P}_h = \mathcal{O}(10^{-5}) \mathcal{P}_h$$

- At CMB scales $k \sim k_{\text{CMB}}$, $\mathcal{P}_h \sim r \mathcal{P}_{\mathcal{R}} \lesssim 10^{-11}$. Since the power spectra are almost scale-invariant and red-tilted, $\mathcal{P}_h < 10^{-11}$ at $k \sim k_{\text{GW}}$ giving

$$\Omega_{\text{GW}}^{\text{pri}} < 10^{-16}$$

- Scalar perturbations contribute since $\mathcal{P}_h^{\text{induced}} \sim \mathcal{P}_{\mathcal{R}}^2$ (nonlinear interaction) and similarly $\mathcal{P}_{\mathcal{R}} < 10^{-9}$ at $k \sim k_{\text{GW}}$ giving

$$\Omega_{\text{GW}}^{\text{induced}} < 10^{-23}$$

The sensitivity of future GW detectors might reach $\Omega_{\text{GW}} = \mathcal{O}(10^{-16})$ (very optimistic). So, $\Omega_{\text{GW}}^{\text{pri}}$ and $\Omega_{\text{GW}}^{\text{induced}}$ are too small to be detected by GW detectors.

Contribution of primordial tensor and scalar perturbations to stochastic GWs is too small to be detected by GW detectors.

“Secondary scalar-induced” GWs

Spectral density of GWs:

$$\Omega_{\text{GW}}^{\text{induced}} = \mathcal{O}(10^{-5}) \mathcal{P}_{\mathcal{R}}^2$$

At CMB scales $k \sim k_{\text{CMB}}$, $\mathcal{P}_{\mathcal{R}} \sim 10^{-9}$. If power spectrum be scale-dependent such that $\mathcal{P}_{\mathcal{R}} \gg \mathcal{P}_{\mathcal{R}}$ where $\mathcal{P}_{\mathcal{R}}$ is the power spectrum at GW scale $k \sim k_{\text{GW}}$, one may achieve

$$\Omega_{\text{GW}}^{\text{induced}} \gtrsim \mathcal{O}(10^{-16})$$

which is large enough to be detected by the GW detectors. Thus, $\mathcal{P}_{\mathcal{R}} \gtrsim 10^{-5}$ is needed which means the initial power spectrum $\mathcal{P}_{\mathcal{R}} \sim 10^{-9}$ should be enhanced at least by “four orders of magnitude” at small scales.

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Why $\Omega_{\text{GW}}^{\text{induced}}$ is proportional to $\mathcal{P}_{\mathcal{R}}^2$?

Because \mathcal{R} gives a source to h which starts at the quadratic order

$$h''_{ij} + 2\frac{a'}{a}h'_{ij} - \partial^2 h_{ij} \propto \mathcal{T}_{ij}^{mn}[\partial_m \mathcal{R} \partial_n \mathcal{R}]$$

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Is it NOT possible to have a “linear” source by \mathcal{R} .

SVT decomposition theorem

Curvature perturbation \mathcal{R} : Perturbation of the (effective) field which is dominant at the background.

$$h''_{ij} + 2\frac{a'}{a}h'_{ij} - \partial^2 h_{ij} \propto \mathcal{T}_{ij}^{mn}[\partial_m \mathcal{R} \partial_n \mathcal{R}]; \quad \Omega_{\text{GW}, \mathcal{R}}^{\text{induced}} \propto \mathcal{P}_{\mathcal{R}}^2$$

Spectator fields (\mathbf{s} , \mathbf{v} , \mathbf{t}): Extra fields which do not significantly contribute to the background. These fields can provide scalar, vector, and even **tensor** perturbations:

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$$h''_{ij} + 2\frac{a'}{a}h'_{ij} - \partial^2 h_{ij} \propto \mathcal{T}_{ij}^{mn}[v_m v_n]; \quad \Omega_{\text{GW}, v}^{\text{induced}} \propto \mathcal{P}_v^2$$

$$h''_{ij} + 2\frac{a'}{a}h'_{ij} - \partial^2 h_{ij} \propto \mathcal{T}_{ij}^{mn}[t_{mn}]; \quad \Omega_{\text{GW}, t}^{\text{induced}} \propto \mathcal{P}_t$$

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$$h''_{ij} + 2\frac{a'}{a}h'_{ij} - \partial^2 h_{ij} \propto \mathcal{T}_{ij}^{mn}[\mathbf{v}_m \mathbf{v}_n]; \quad \Omega_{\text{GW},v}^{\text{induced}} \propto \mathcal{P}_v^2$$

$$h''_{ij} + 2\frac{a'}{a}h'_{ij} - \partial^2 h_{ij} \propto \mathcal{T}_{ij}^{mn}[t_{mn}]; \quad \Omega_{\text{GW},t}^{\text{induced}} \propto \mathcal{P}_t$$

Typical situation is $\mathcal{P}_{s,v,t} \ll \mathcal{P}_{\mathcal{R}}$. Even if $\mathcal{P}_t \ll \mathcal{P}_{\mathcal{R}}$, $\Omega_{\text{GW},t}^{\text{induced}}$ and $\Omega_{\text{GW},\mathcal{R}}^{\text{induced}}$ may be at the same order since **tensor modes can appear at the “linear” level.**

“Primary tensor-induced” GWs [MAG and M. Sasaki, PLB (2023)]

$$\Omega_{\text{GW},\mathcal{R}}^{\text{induced}} = \mathcal{O}(10^{-5})\mathcal{P}_{\mathcal{R}}^2$$

$$\Omega_{\text{GW},t}^{\text{induced}} = \mathcal{O}(10^{-5})\mathcal{O}(10^{-?})\mathcal{P}_t$$

What is the order of the unknown factor $\mathcal{O}(10^{-?})$?

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What is the order of the unknown factor $\mathcal{O}(10^{-?})$?

It depends on the model.

Models that can provide extra tensor modes:

- A spin-two (or higher spin) spectator field.
[L. Bordin, P. Creminelli, A. Khmelnitsky, L. Senatore, JCAP (2018)]
[L. Iacconi, M. Fasiello, H. Assadullahi, E. Dimastrogiovanni, D. Wands, JCAP (2020)]
- Yang-Mills theories with homogeneous and isotropic vev.
[A. Maleknejad and M.M. Sheikh-Jabbari, PLB (2013)]
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Implementing EFT method, we found $\mathcal{O}(1)$ is possible. So, we should not neglect contribution of the extra tensor perturbations even if they are spectator.

Tensor-induced origin for the PTA signal: No PBH production

MAG, M. Sasaki and T. Suyama, PLB (2023)

The recent PTA signal reported by NANOGrav, EPTA/InPTA, PPTA, and CPTA:

$$10^{-9} \lesssim \Omega_{\text{GW}}^{\text{PTA}} \lesssim 10^{-7} \quad (10^{-9} \lesssim f^{\text{PTA}}/\text{Hz} \lesssim 10^{-7})$$

- **Secondary scalar-induced GWs** (see, i.e., D. G. Figueroa, *et al*, arXiv:2307.02399 and references therein):

$$\Omega_{\text{GW},\mathcal{R}}^{\text{induced}} = \mathcal{O}(10^{-5})\mathcal{P}_{\mathcal{R}}^2 \Rightarrow 10^{-2} \lesssim \mathcal{P}_{\mathcal{R}}^{\text{PTA}} \lesssim 10^{-1}$$

Large values of $\mathcal{P}_{\mathcal{R}}^{\text{PTA}}$ may lead to the overproduction of PBH!

- **Primary tensor-induced GWs:**

$$\Omega_{\text{GW},t}^{\text{induced}} = \mathcal{O}(10^{-5})\mathcal{O}(1)\mathcal{P}_t \Rightarrow 10^{-4} \lesssim \mathcal{P}_t^{\text{PTA}} \lesssim 10^{-2}$$

t_{ij} is a spectator field and since it's energy density is subdominant, it will not lead to any PBH formation.

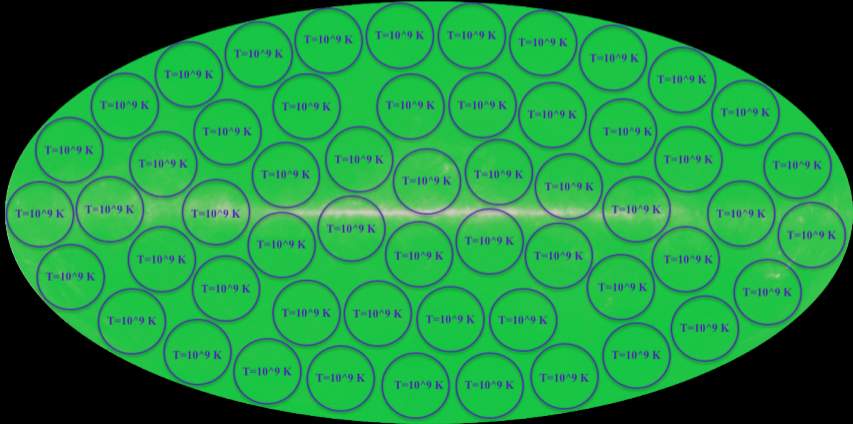
Summary

- GW observations can give us valuable information about the late stage of inflation which is not accessible by the CMB.
- The contribution of the spectator fields to stochastic GWs is expected to be very small compared with the one from curvature perturbation or the field which dominates the background.
- If a spectator field provides extra tensor perturbation (on top of the metric tensor perturbation), its contribution to the stochastic GWs can be comparable to the one from curvature perturbation.
- The scenario with extra tensor perturbation (**primary tensor-induced GWs**) is in principle distinguishable from the curvature perturbation case (**secondary scalar-induced GWs**) (e.g. the recent PTA signal): PBH will hardly form in the first case.

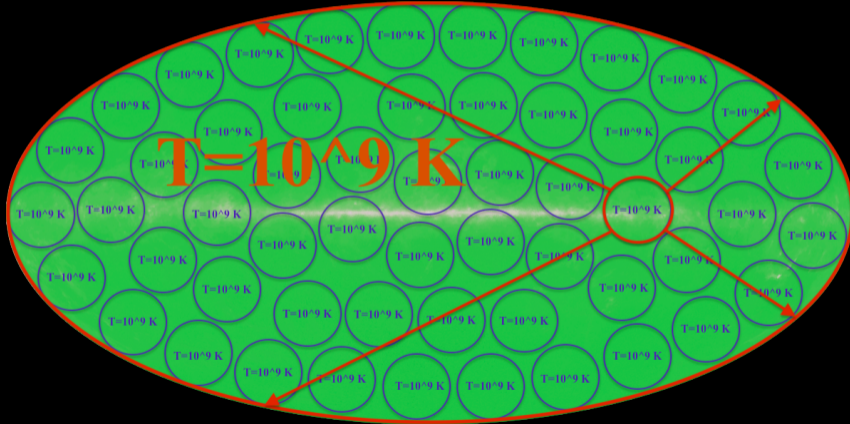
Backup slides

Horizon problem

There are many ($\sim 10^8$) casually disconnected regions with the same temperatures $T \simeq 10^9$ K at Big Bang nucleosynthesis!



Inflation creates our observable universe from one causally disconnected region through the rapid exponential expansion

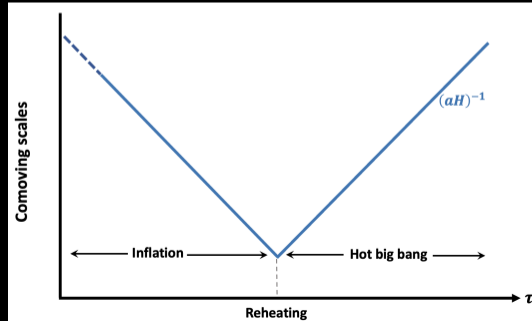


Inflation

Inflation is a short accelerated expansion $\ddot{a} > 0$ at early times, say before the Big Bang nucleosynthesis

The comoving Hubble horizon $(aH)^{-1} = \dot{a}^{-1}$ is

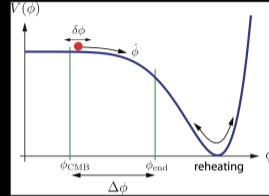
- decreasing in accelerating universe \downarrow : $(aH)^{-1} = -\tau$ with $\tau \in [-\infty, 0]$ ($\tau \equiv \int dt/a(t)$ is conformal time)
- increasing in decelerating universe \uparrow : $(aH)^{-1} = \tau$ with $\tau \in [0, \infty]$



Slow-roll inflation

Scalar field with slow-roll potential

$$\epsilon \equiv -\frac{\dot{H}}{H^2} \simeq \frac{M_{\text{Pl}}^2}{2} \left(\frac{V_{,\phi}}{V} \right)^2 \ll 1$$
$$\eta \equiv \frac{\dot{\epsilon}}{H\epsilon} \simeq -\epsilon + M_{\text{Pl}}^2 \frac{V_{,\phi\phi}}{V} \ll 1$$



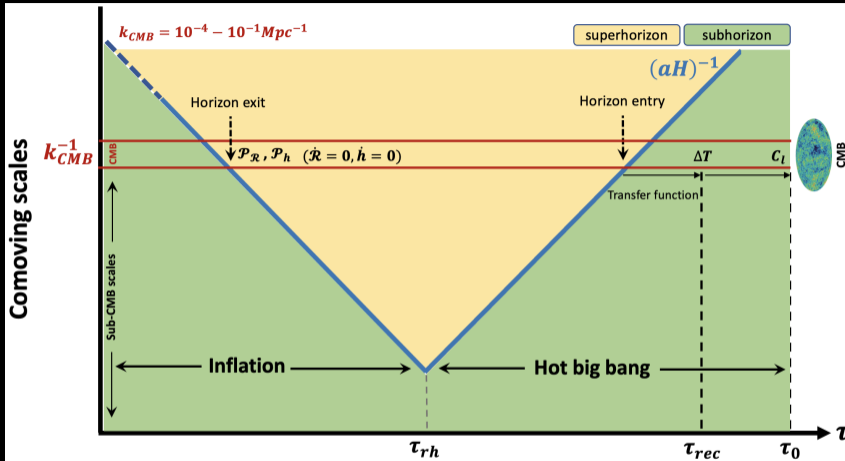
Danial Baumann (2009)

can drive inflation.

Its quantum fluctuations $\delta\phi(t, \mathbf{x}) = \phi(t, \mathbf{x}) - \langle \phi(t) \rangle$ characterized by curvature perturbations $\mathcal{R} = \frac{H}{\dot{\phi}} \delta\phi$ (in spatially flat gauge) satisfy

$$(a\mathcal{R}_k)'' + \left[(k\tau)^2 - 2 + \beta_{\mathcal{R}} \right] \frac{a\mathcal{R}_k}{\tau^2} = 0; \quad \beta_{\mathcal{R}} \equiv \frac{m_{\mathcal{R}}^2}{H_{\text{inf}}^2} \simeq 6\epsilon - 3\eta \ll 1$$

Superhorizon curvature perturbations $-k\tau < \sqrt{2}$ or $k < \sqrt{2}aH_{\text{inf}}$ are produced through interaction with gravity.



Slow-roll inflation generates almost Gaussian, almost scale-invariant, and almost adiabatic perturbations

Spectator fields

Curvature perturbation \mathcal{R} : Perturbation of the (effective) field which is dominant at the background.

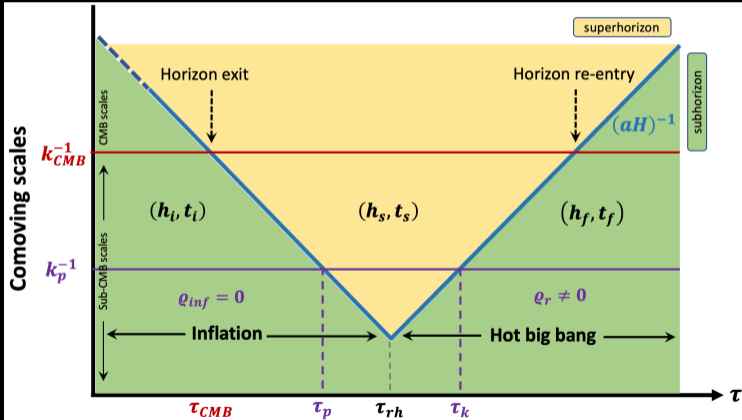
Spectator fields: Extra fields which do not significantly contribute to the background. These fields can provide **scalar**, **vector**, and even **tensor** perturbations:

$$S_{ij}^{\text{TT}} = \mathcal{O}(\epsilon_t) + \mathcal{O}(\epsilon_s^2) + \mathcal{O}(\epsilon_s^2) + \mathcal{O}(\epsilon_v^2) + \mathcal{O}(\epsilon_t^2) + \dots,$$

-
- Due to the hierarchy $\mathcal{P}_{s,v,t} \ll \mathcal{P}_{\mathcal{R}}$, contributions of spectator fields seem to be very small.
 - Even if $\mathcal{P}_t \ll \mathcal{P}_{\mathcal{R}}$, $\mathcal{O}(\epsilon_t)$ and $\mathcal{O}(\epsilon_s^2)$ may be at the same order since tensor modes can appear at the **LINEAR** level.

A simple subset

- A simple model: i) assuming $\varrho_{\text{inf}} = 0$ while $\varrho_r \neq 0$,
ii) t_i enhances at $\tau \sim \tau_p$, i.e., by a dip in f and/or c_t s.t. $|t_{ij}(\tau_k)| \gg |h_{ij}(\tau_k)|$.



“Primary tensor-induced” stochastic GWs

MAG and M. Sasaki, arxiv:2302.14080

$$\begin{aligned}\Omega_{\text{GW},t}^{\text{induced}}(k) &= \mathcal{O}(10^{-6}) K_h(k, \tau) \varrho_r^2 \frac{c_t^2 \mathcal{P}_{t,k}(k)}{3M_{\text{Pl}}^2} \\ &= \mathcal{O}(10^{-6}) K_h(k, \tau) \varrho_r^2 \Omega_{t,r}(k)\end{aligned}$$

where

$$K_h(k, \tau) \approx \begin{cases} \frac{1}{(1 - c_t^2)^2} & c_t < 1, \\ \frac{1}{\varrho_r^2} \sin^2(\varrho_r \Delta \mathcal{N} / 2) & c_t = 1, \end{cases}$$

where $\Delta \mathcal{N} = \ln(a/a_k)$ is the number of e-folds after the horizon crossing.

Constraints from BBN

$$\Omega_{t,r}(k) = \frac{7}{16} \left(\frac{4}{11} \right)^{4/3} \Delta N_{\text{eff}} < 0.034$$

The model

The effective action for extra traceless-transverse tensor modes t_{ij} , coupled minimally to gravity, in FLRW background is [L. Bordin, P. Creminelli, A. Khmelnitsky, L. Senatore, JCAP (2018)]

$$S = \frac{1}{8} \int d^3x d\tau a^2 \left\{ M_{\text{Pl}}^2 \left[(h'_{ij})^2 - (\partial_i h_{jk})^2 \right] + f^2 \left[(t'_{ij})^2 - c_t^2 (\partial_i t_{jk})^2 \right] \right\} \\ + \frac{M_{\text{Pl}}}{4} \varrho \int d^3x d\tau a a' [t^{ij} h'_{ij}]$$

where c_t , f , ϱ are functions of time. EoMs are given by

$$M_{\text{Pl}} \left(h''_{\mathbf{k}} + 2 \frac{a'}{a} h'_{\mathbf{k}} + k^2 h_{\mathbf{k}} \right) = -\varrho \frac{a'}{a} \left[t'_{\mathbf{k}} + \frac{(aa')'}{aa'} t_{\mathbf{k}} \right] \\ t''_{\mathbf{k}} + 2 \frac{(af)'}{af} t'_{\mathbf{k}} + c_t^2 k^2 t_{\mathbf{k}} = \frac{\varrho}{f^2} \frac{a'}{a} (M_{\text{Pl}} h'_{\mathbf{k}})$$

Thinking in the context of EFT, $\varrho \ll 1$ is needed to have weakly coupled (consistent) setup.

Oscillatory features

The system can be diagonalized by substituting

$$h_{\mathbf{k}} = \frac{1}{a} (\alpha X_{\mathbf{k}} + \beta Y_{\mathbf{k}}), \quad t_{\mathbf{k}} = \frac{1}{af} (-\beta X_{\mathbf{k}} + \alpha Y_{\mathbf{k}}),$$

such that

$$X_{\mathbf{k}}'' + \omega_X^2 X_{\mathbf{k}} = 0, \quad Y_{\mathbf{k}}'' + \omega_Y^2 Y_{\mathbf{k}} = 0,$$

For the modes deep inside the horizon $k \gg \mathcal{H}$, the positive frequency WKB solutions of are

$$X_{\mathbf{k}} \propto e^{-i \int^{\tau} \omega_X(\tilde{\tau}) d\tilde{\tau}}, \quad Y_{\mathbf{k}} \propto e^{-i \int^{\tau} \omega_Y(\tilde{\tau}) d\tilde{\tau}},$$

Even if there is no oscillation in the power spectra of $X_{\mathbf{k}}$ and $Y_{\mathbf{k}}$

$$P_X \propto |X_{\mathbf{k}}|^2, \quad P_Y \propto |Y_{\mathbf{k}}|^2,$$

there will be **oscillatory features** in the power spectra of $h_{\mathbf{k}}$ and $t_{\mathbf{k}}$ for $\varrho \neq 0$

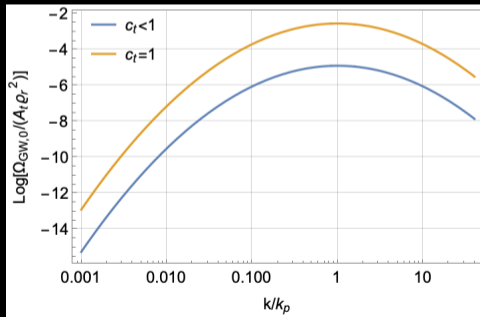
$$P_h \propto |\alpha X_{\mathbf{k}} + \beta Y_{\mathbf{k}}|^2, \quad P_t \propto |-\beta X_{\mathbf{k}} + \alpha Y_{\mathbf{k}}|^2,$$

The observable quantity in GW detectors is the power spectrum of $h_{\mathbf{k}}$ and not diagonalized eigenstates $X_{\mathbf{k}}$ and $Y_{\mathbf{k}}$.

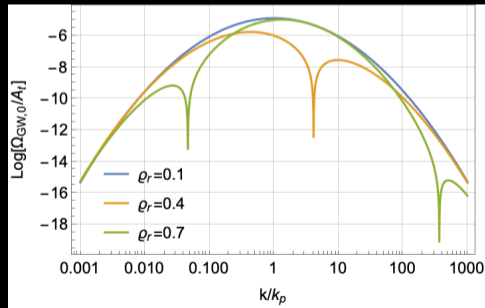
A simple model

$$\Omega_{\text{GW},t}^{\text{induced}}(k) = \begin{cases} \mathcal{O}(10^{-5}) \varrho_r^2 \Omega_{t,r}(k) & c_t < 1 \\ \mathcal{O}(10^{-5}) \varrho_r^2 \Delta \mathcal{N}^2 \Omega_{t,r}(k) & c_t = 1 \ \& \ \varrho_r \lesssim \Delta \mathcal{N}^{-1} \\ \mathcal{O}(10^{-5}) \sin^2[\varrho_r \Delta \mathcal{N} / 2] \Omega_{t,r}(k) & c_t = 1 \ \& \ \varrho_r \gtrsim \Delta \mathcal{N}^{-1} \end{cases}$$

where, i.e., $\Delta \mathcal{N} \sim 30$ corresponds to LISA scale with $k = 10^{-3} \text{Hz}$. Assuming lognormal power spectrum $\Omega_{t,r}(k) = \frac{A_t}{\sqrt{2\pi}\Delta_t} \exp\left[-\frac{\ln^2(k/k_p)}{2\Delta_t^2}\right]$,



When $\varrho_r \lesssim \Delta \mathcal{N}^{-1} \ll 1$ ($\varrho_r \sim 10^{-2}$) & $c_t = 1$, there is an enhancement due to the resonance.

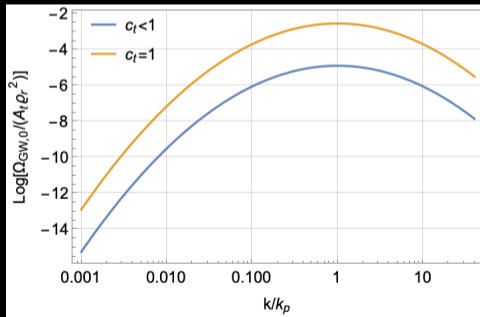


For $\varrho_r \gtrsim \Delta \mathcal{N}^{-1} \sim 1$ & $c_t = 1$ multiple peaks show up. $\Delta \mathcal{N} = 30$ and $\Delta_t = 1$ are considered.

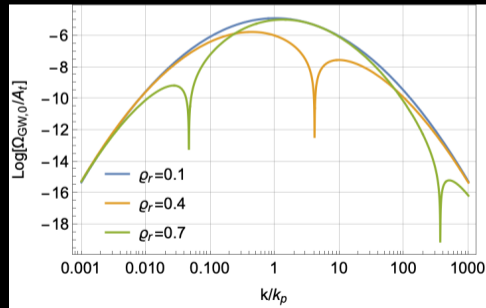
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$$\mathcal{P}_{h_s} = \frac{2H_{\text{inf}}^2}{\pi^2 M_{\text{Pl}}^2} [1 - \varrho_{\text{inf}} (N - N_k)]^2 ,$$

$$\mathcal{P}_{t_s} = \frac{2H_{\text{inf}}^2}{\pi^2 M_{\text{Pl}}^2} \frac{1}{c_t} \left[1 - \frac{2}{3} \varrho_{\text{inf}}^2 (N - N_k) \right] ,$$

$$\mathcal{P}_{\mathcal{R}} = \frac{H_{\text{inf}}^2}{8\pi^2 M_{\text{Pl}}^2 \epsilon} \left[1 + \frac{\varrho_{\text{inf}}^2}{6\epsilon c_s} \frac{2 + c_s}{(1 + c_s)^2} \right] ,$$

$$\varrho_{\text{inf}} < \text{Min} \left[(N - N_k)^{-1}, 2\sqrt{2\epsilon c_s} \right] ,$$

$$\varrho_{\text{inf}} \lesssim 10^{-2} \text{ for } N - N_k \approx \mathcal{O}(50), \epsilon = \mathcal{O}(10^{-3} - 10^{-2}), c_s = 1$$