

Les Rencontres de Physique des Particules 2024

BARYOGENESIS FROM R^2 -HIGGS INFLATION

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25 / 01 / 24

based on 2312.10414

in collaboration with C. Englert, T. Modak & M. Quirós



OUTLINE

- Introduction
 - Slow roll inflation
 - Baryogenesis
- R^2 -Higgs Inflation
- Gauge fields production
- The Schwinger effect
- Results for baryogenesis
- Conclusion

SLOW ROLL INFLATION

Introduce new scalar field

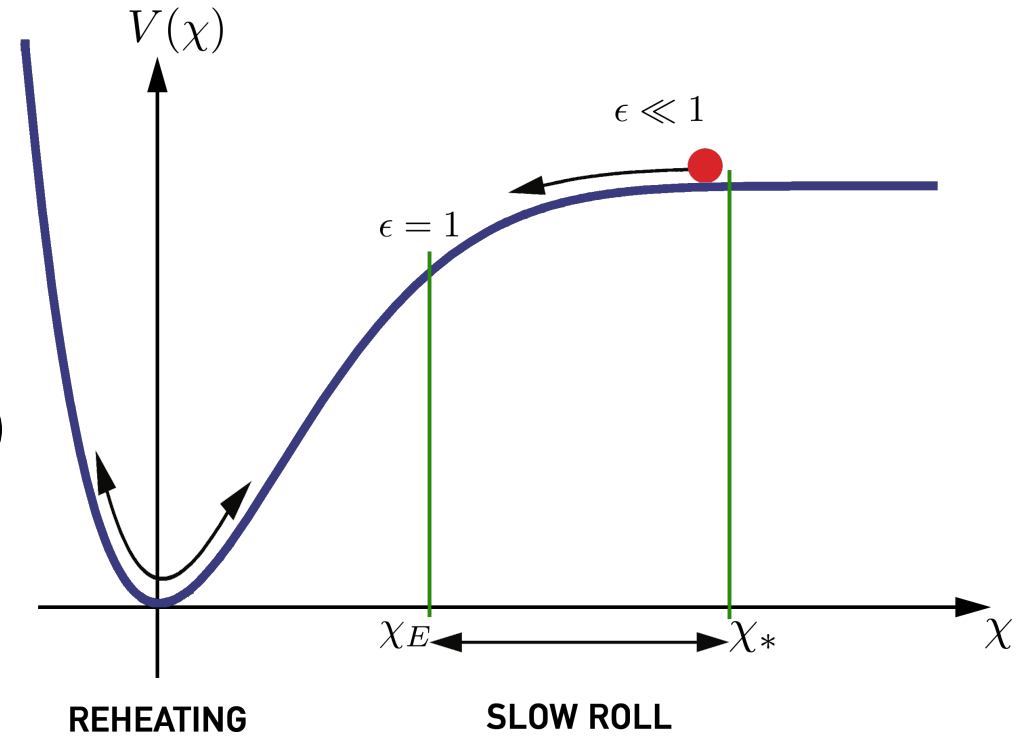
$$\mathcal{L} = \frac{1}{2} \partial_\mu \chi \partial^\mu \chi - V(\chi) \quad \Rightarrow \quad \frac{\ddot{a}}{a} \simeq H^2(1 - \epsilon)$$

Compute slow roll parameters

$$\epsilon(\chi) = \frac{M_{\text{pl}}^2}{2} \left(\frac{V'(\chi)}{V(\chi)} \right)^2 \quad \eta(\chi) = M_{\text{pl}}^2 \frac{V''(\chi)}{V(\chi)}$$

evaluated at the field value $\chi_* = \chi(N_*)$ with

$$N_* = \frac{1}{M_{\text{pl}}^2} \int_{\chi_E}^{\chi_*} \frac{V(\chi)}{V'(\chi)} d\chi \quad \text{the number of } e\text{-folds}$$



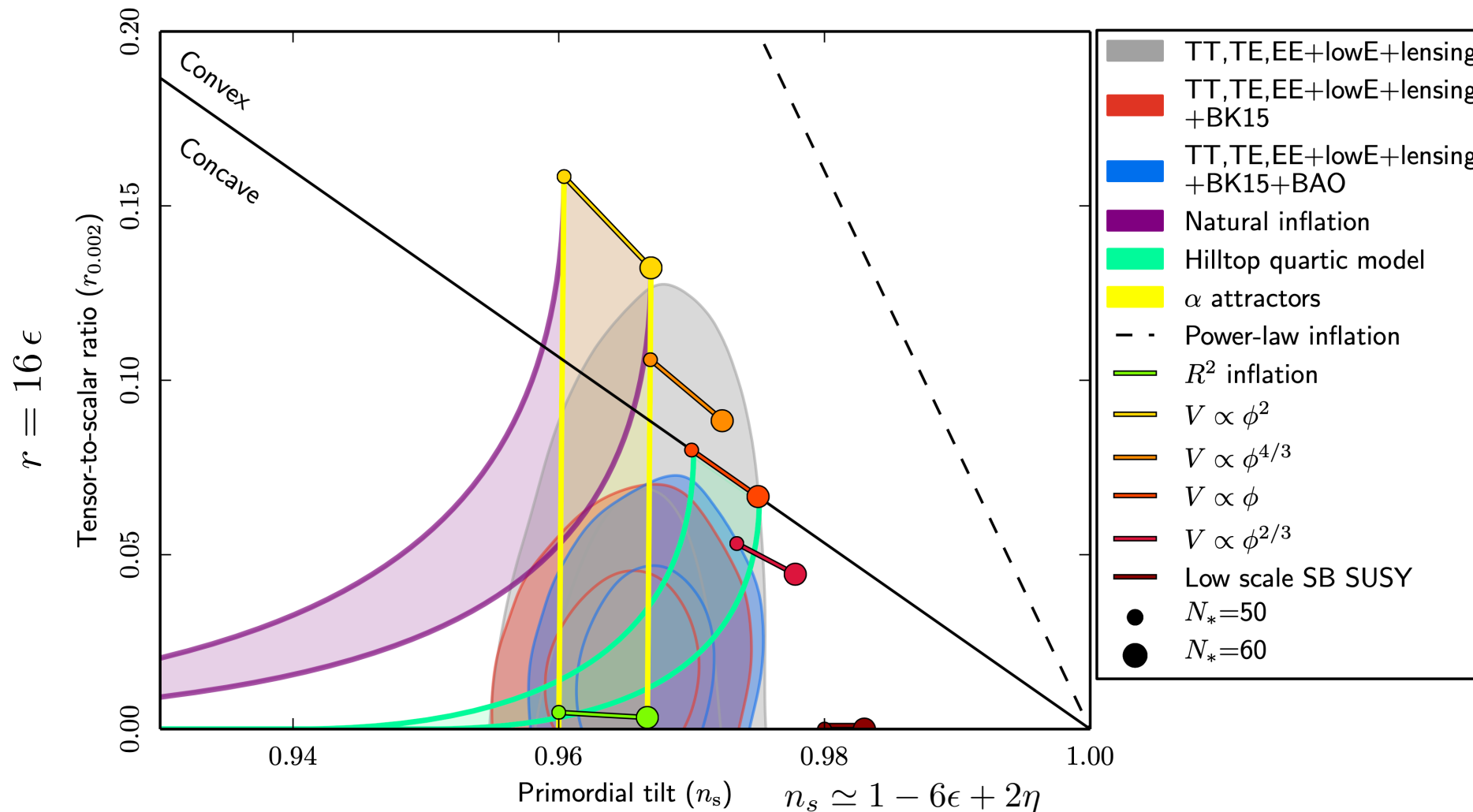
SUCCESS IF

$$\epsilon(\chi_*) < 0.0044 \quad (95\% \text{C.L.})$$

$$\eta(\chi_*) = -0.015 \pm 0.006 \quad (68\% \text{C.L.})$$

$$\epsilon(\chi) = \frac{M_{\text{pl}}^2}{2} \left(\frac{V'(\chi)}{V(\chi)} \right)^2$$

$$\eta(\chi) = M_{\text{pl}}^2 \frac{V''(\chi)}{V(\chi)}$$



One realisation : Higgs Inflation

$$\mathcal{L} = -\frac{M_{\text{pl}}^2}{2}R - \frac{\xi_H h^2}{2}R + \frac{1}{2}\partial_\mu h \partial^\mu h - U(h) \quad U(h) = \frac{\lambda}{4}(h^2 - v^2)^2$$

JORDAN FRAME

$$g_{\mu\nu} \rightarrow \Theta g_{\mu\nu} \quad \Theta = \left(1 + \frac{\xi_H h^2}{M_{\text{pl}}^2}\right)^{-1}$$

PERFORM WEIL
TRANSFORMATION

EINSTEIN FRAME

$$\mathcal{L} = -\frac{M_{\text{pl}}^2}{2}R + \frac{M_{\text{pl}}^2}{2}K(\Theta)\partial_\mu\Theta\partial^\mu\Theta - V(\Theta) \quad V(\Theta) = \Theta^2 U[h(\Theta)]$$

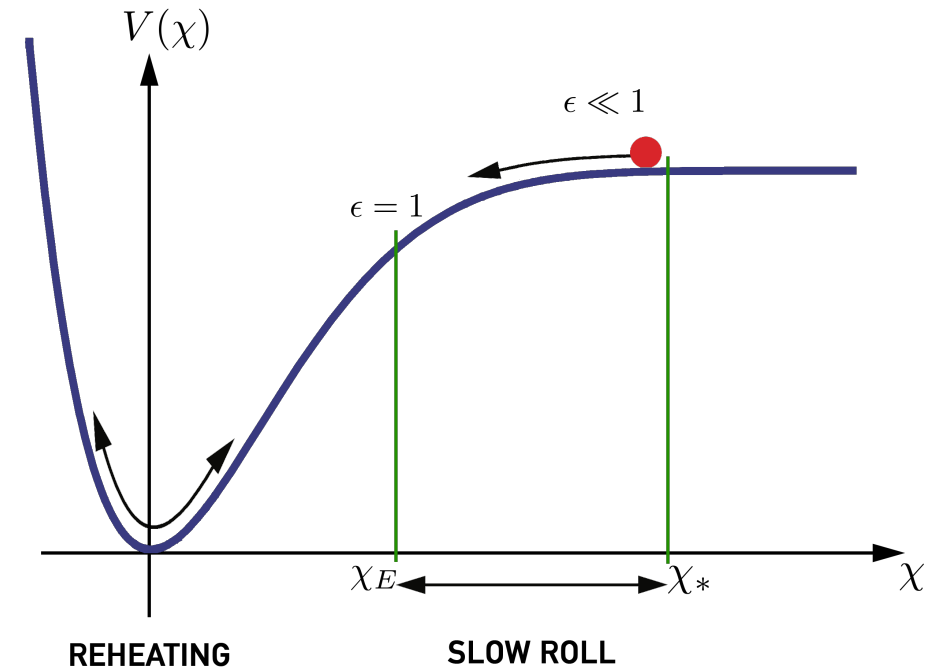
Define χ such that $\left(\frac{d\chi}{d\Theta}\right)^2 = M_{\text{pl}}^2 K(\Theta)$

and get

$$\mathcal{L} = -\frac{M_{\text{pl}}^2}{2}R + \frac{1}{2}\partial_\mu\chi\partial^\mu\chi - V(\chi)$$

$$V(\chi) \simeq \frac{\lambda M_{\text{pl}}^4}{4\xi_H^2} \left[1 - \exp\left(-\sqrt{\frac{2}{3}} \frac{\chi}{M_{\text{pl}}}\right) \right]^2$$

STAROBINSKY POTENTIAL



R^2 theory leads to the same class of potential, with similar results & without the HI problems

$$\mathcal{L} \supset \frac{M_{\text{pl}}^2}{2}R + \frac{\xi_R}{4}R^2$$

JORDAN FRAME

BARYOGENESIS

- No matter vs antimatter patches in the Universe

- No γ rays from annihilation

- Universe is isotropic and homogeneous

- Relative size of Doppler peaks in CMB are sensitive to

$$\eta = \frac{n_{\text{baryon}}}{n_{\text{photon}}} \quad \eta_{\text{CMB}} = 10^{-10} \cdot (6.14 \pm 0.25)$$

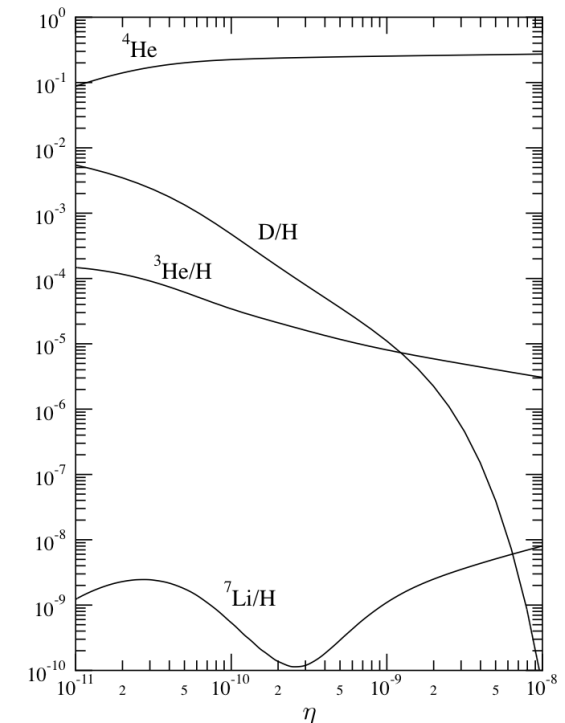
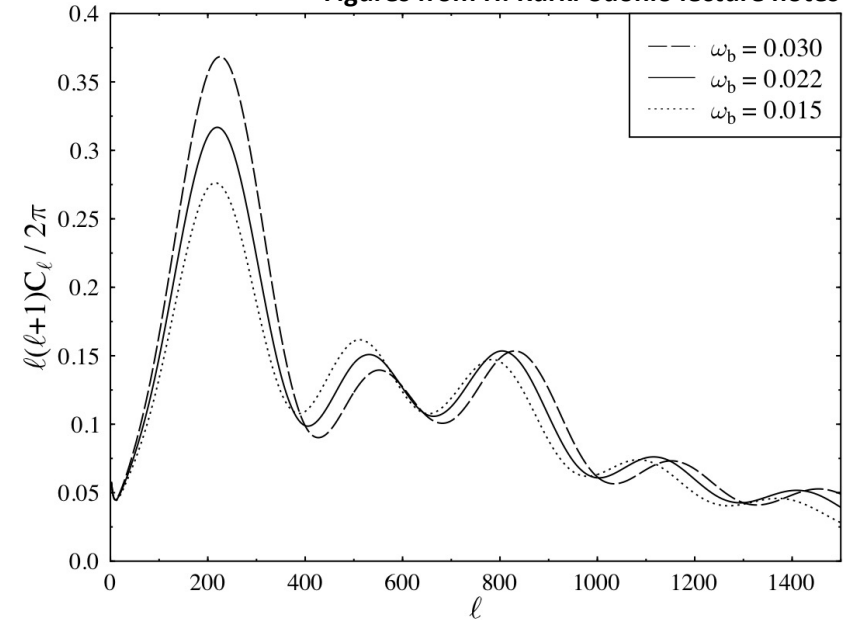
- BBN predicts observed abundance of lightest elements

$$\text{for } \eta_{\text{BBN}} = 10^{-10} \cdot \begin{cases} 6.28 \pm 0.35 \\ 5.92 \pm 0.56 \end{cases}$$

➔ We need a dynamical process that violates B, C/CP and thermal equilibrium

Sakharov (1967)

Figures from H. Kurki-Suonio lecture notes



ELECTROWEAK BARYOGENESIS

Chern-Simons coupling

$$\mathcal{L} \supset f(\phi) B_{\mu\nu} \tilde{B}^{\mu\nu} \quad F_{\mu\nu} \tilde{F}^{\mu\nu} = -4 \langle \mathbf{E} \cdot \mathbf{B} \rangle = 2 \frac{d}{d\tau} \langle \mathbf{A} \cdot \mathbf{B} \rangle \quad \mathcal{H} = \lim_{V \rightarrow \infty} \frac{1}{V} \int_V d^3x \langle \mathbf{A} \cdot \mathbf{B} \rangle$$

Chiral anomaly in the SM:

$$\Delta N_B = \Delta N_L = N_g \left(\Delta N_{\text{cs}} - \frac{g_Y^2}{16\pi^2} \Delta \mathcal{H}_Y \right)$$



HYPERHELICITY

BARYON ASYMMETRY

$$\eta_B \simeq 4 \cdot 10^{-12} f_{\theta_w} \frac{\mathcal{H}_Y}{H^3(t_{\text{end}})} \left(\frac{H(t_{\text{end}})}{10^{13} \text{ GeV}} \right)^{\frac{3}{2}} \frac{T_{\text{rh}}}{T_{\text{rh}}^{\text{ins}}}$$

Combined R^2 and Higgs Inflation with Chern-Simons coupling

$$\mathcal{L} = \frac{M_{\text{Pl}}^2}{2} f(R) + \mathcal{L}_{\text{Higgs}} + \mathcal{L}_{SU(2)} + \mathcal{L}_{\text{fermions}}$$

$$f(R) = R + \frac{\xi_R}{2M_{\text{Pl}}^2} R^2 + \frac{\xi_H}{M_{\text{Pl}}^2} |h|^2 R - \frac{2}{\Lambda^2 M_{\text{Pl}}^2} \frac{\epsilon^{\mu\nu\rho\sigma}}{\sqrt{-g}} B_{\mu\nu} B_{\rho\sigma} R$$

JORDAN FRAME

$$g_{\mu\nu} \rightarrow \Theta^{-1} g_{\mu\nu}, \quad \Theta = \left. \frac{\partial f(\Psi)}{\partial \Psi} \right|_{\Psi=R}$$



PERFORM WEIL
TRANSFORMATION

$$\mathcal{L} = \frac{M_{\text{Pl}}^2}{2} R - \frac{1}{2} G_{IJ} \partial_\mu \phi^I \partial^\mu \phi^J - V(\phi^I) + \mathcal{L}_{SU(2)}^E + \Theta^{-1} \mathcal{L}_{\text{fermions}}$$

EINSTEIN FRAME

$$\phi^I \in \{\phi, h\} \quad \phi = M_{\text{P}} \sqrt{\frac{3}{2}} \ln \Theta \quad G = \begin{pmatrix} 1 & 0 \\ 0 & \Theta^{-1} \end{pmatrix}$$

Combined R² and Higgs Inflation with Chern-Simons coupling

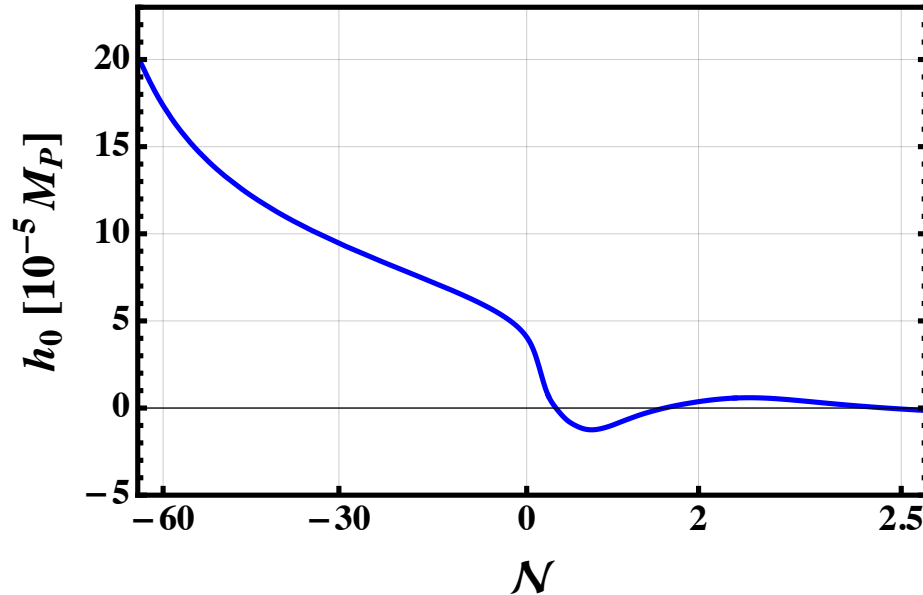
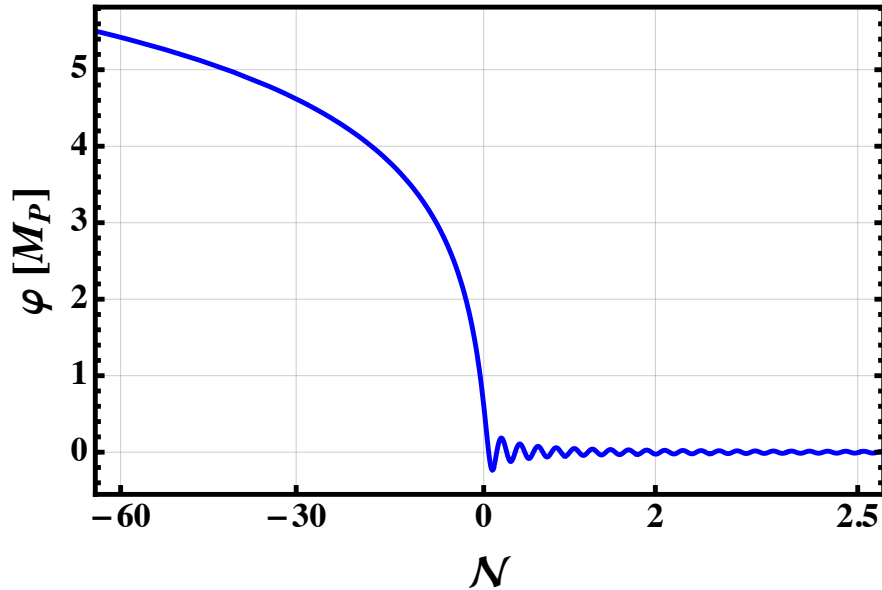
$$V(\phi^I) = V_0(\phi^I) + \frac{2M_{\text{Pl}}^2}{\xi_R \Lambda^2} F(\phi^I) \Theta B_{\mu\nu} \tilde{B}^{\mu\nu}$$

EINSTEIN FRAME

$$\tilde{B}^{\mu\nu} = \frac{1}{2\sqrt{-g}} \epsilon^{\mu\nu\rho\sigma} B_{\rho\sigma}$$

$$V_0(\phi^I) = \frac{\lambda}{4} h^4 \Theta^{-2} + \frac{M_{\text{Pl}}^4}{4\xi_R} F^2(\phi^I)$$

$$F(\phi^I) = 1 + \Theta^{-1} \left(\frac{\xi_H h^2}{M_{\text{Pl}}^2} - 1 \right)$$

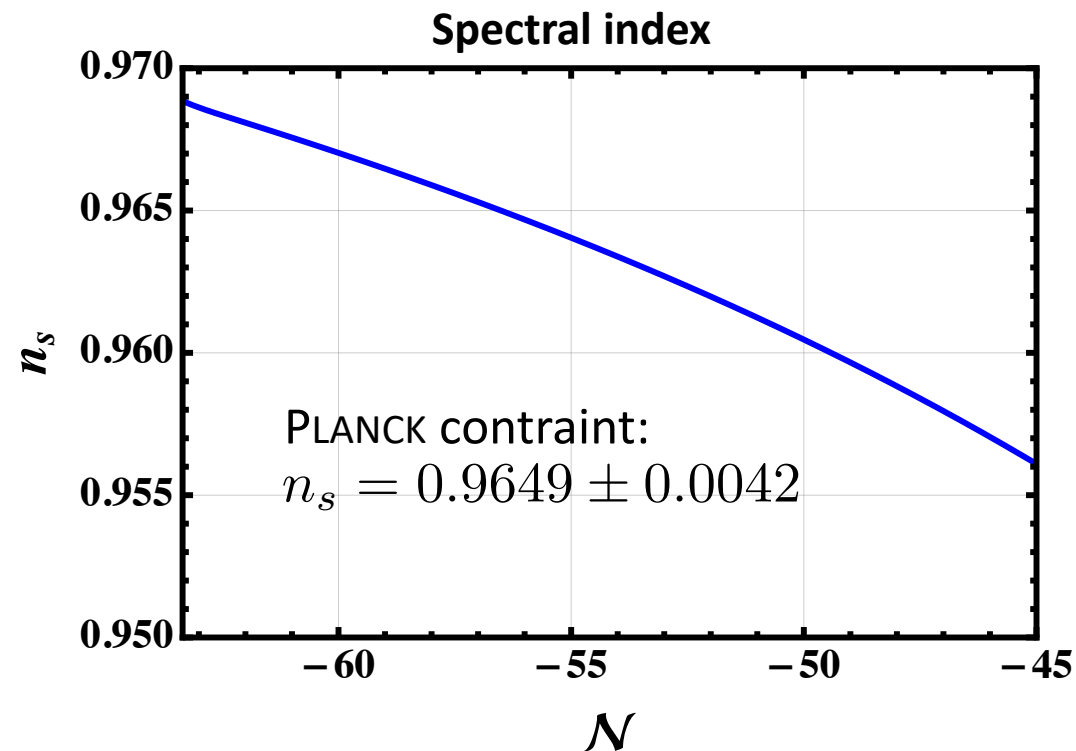
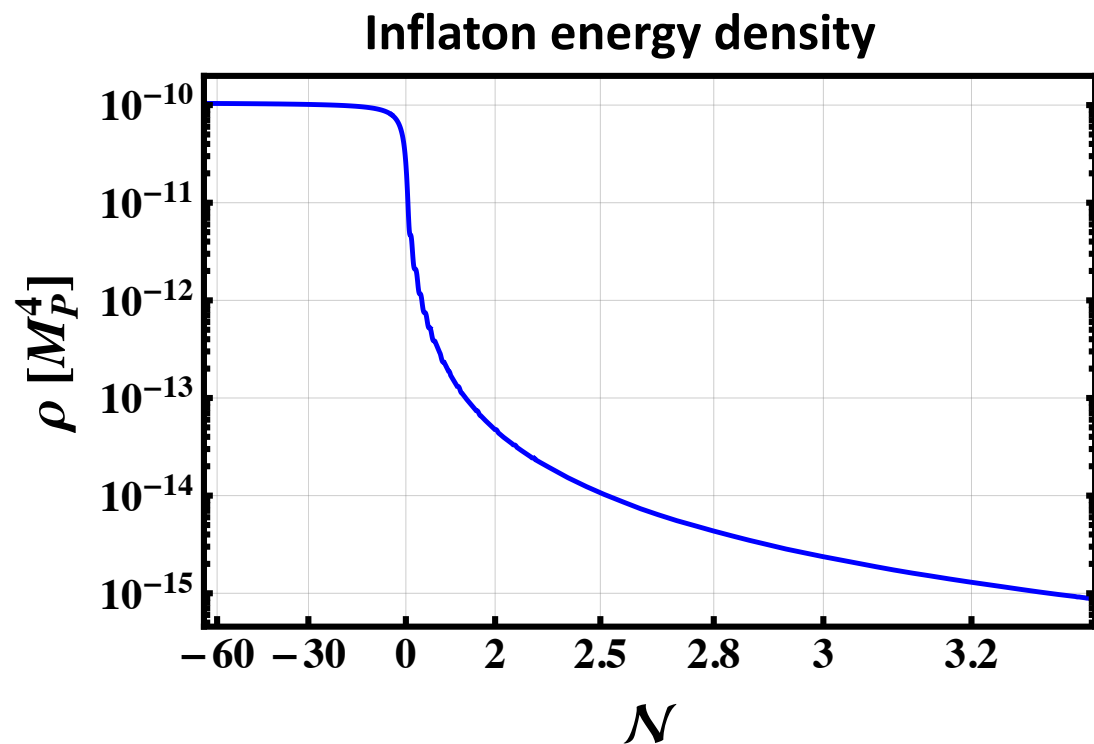


$$\xi_R = 2.35 \times 10^9$$

$$\xi_H = 10^{-3}$$

$$\mathcal{N} \equiv \ln \frac{a(t)}{a(t_{\text{end}})}$$

Combined R^2 and Higgs Inflation with Chern-Simons coupling



$$\xi_R = 2.35 \times 10^9 \quad \xi_H = 10^{-3}$$

$$\mathcal{N} \equiv \ln \frac{a(t)}{a(t_{\text{end}})}$$

Gauge fields production

EoM for the gauge field in radiation gauge in Einstein frame

$$\frac{1}{\sqrt{-g}} \partial_\mu (\sqrt{-g} F^{\mu\nu}) + \frac{8 \cos^2 \theta_W M_{\text{pl}}^2}{\xi_R \Lambda^2} \partial_\mu \left(F(\phi^I) e^{-\sqrt{\frac{2}{3}} \frac{\phi}{M_{\text{pl}}}} \right) \tilde{F}^{\mu\nu} = j^\nu$$

$U(1)_Y$ projected onto $U(1)_{\text{EM}}$ as $\langle h \rangle \neq 0$

Fermion current:
$$j^\mu = \sum_f ieQ_f e^{-\sqrt{\frac{2}{3}} \frac{\phi}{M_{\text{pl}}}} g^{\mu\nu} \bar{f} e_\nu^a \tilde{\gamma}_a f$$

$$\mathbf{J} = \sigma_c \mathbf{E} = -\sigma_c \frac{\partial \mathbf{A}}{\partial \tau}$$

Can be neglected if the fermion field values are small

Upon quantization in helical basis

$$\mathbf{A}(\tau, \mathbf{x}) = \sum_{\lambda=\pm} \int \frac{d^3 k}{(2\pi)^3} [\epsilon_\lambda(\mathbf{k}) a_\lambda(\mathbf{k}) A_\lambda(\tau, \mathbf{k}) e^{i\mathbf{k}\cdot\mathbf{x}} + \text{h.c.}]$$

Tachyonic instability for one mode:

$$\frac{\partial^2 A_\lambda}{\partial \tau^2} + \sigma_c \frac{\partial A_\lambda}{\partial \tau} + k \left[k + \lambda \frac{8a \cos^2 \theta_W M_{\text{pl}}^2}{\xi_R \Lambda^2} \frac{\partial}{\partial t} \left(F(\phi^I) e^{\sqrt{\frac{2}{3}} \frac{\phi}{M_{\text{pl}}}} \right) \right] A_\lambda = 0$$

Leads to explosive production of **one** helicity mode

Plasma observables

Durrer-Neronov (2013)
Anber-Sabancilar (2015)

We can compute some observables at the end of inflation

$$\rho_E \equiv \lim_{V \rightarrow \infty} \frac{1}{2V} \int_V d^3x \frac{\langle \mathbf{E}^2 \rangle}{a^4} = \frac{1}{a^4} \int_0^{k_c} dk \frac{k^2}{4\pi^2} (|A'_+|^2 + |A'_-|^2)$$

$$\rho_B \equiv \lim_{V \rightarrow \infty} \frac{1}{2V} \int_V d^3x \frac{\langle \mathbf{B}^2 \rangle}{a^4} = \frac{1}{a^4} \int_0^{k_c} dk \frac{k^4}{4\pi^2} (|A_+|^2 + |A_-|^2)$$

$$\mathcal{H} \equiv \lim_{V \rightarrow \infty} \frac{1}{V} \int_V d^3x \frac{\langle \mathbf{A} \cdot \mathbf{B} \rangle}{a^3} = \frac{1}{a^3} \int_0^{k_c} dk \frac{k^3}{2\pi^2} (|A_+|^2 - |A_-|^2)$$

$$\mathcal{G} \equiv \frac{1}{2a} \frac{d\mathcal{H}}{d\tau} = - \lim_{V \rightarrow \infty} \frac{1}{V} \int_V d^3x \frac{\langle \mathbf{E} \cdot \mathbf{B} \rangle}{a^4} = \frac{1}{a^4} \int_0^{k_c} dk \frac{k^3}{2\pi^2} (|A_+ A'_+| - |A_- A'_-|)$$

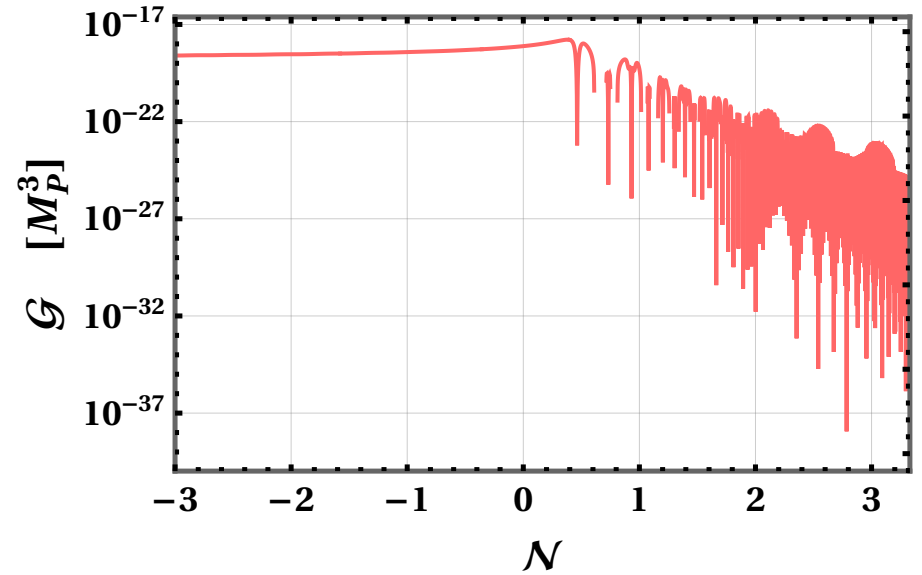
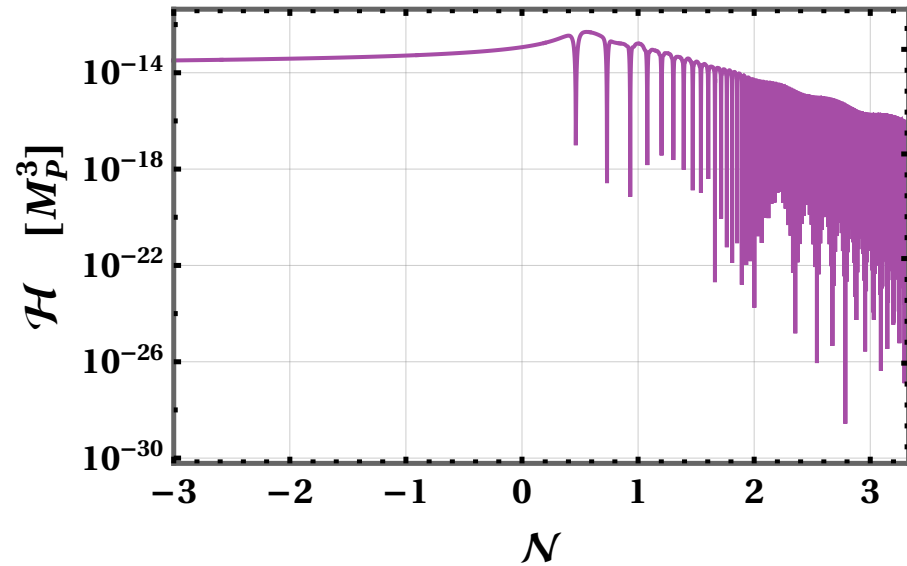
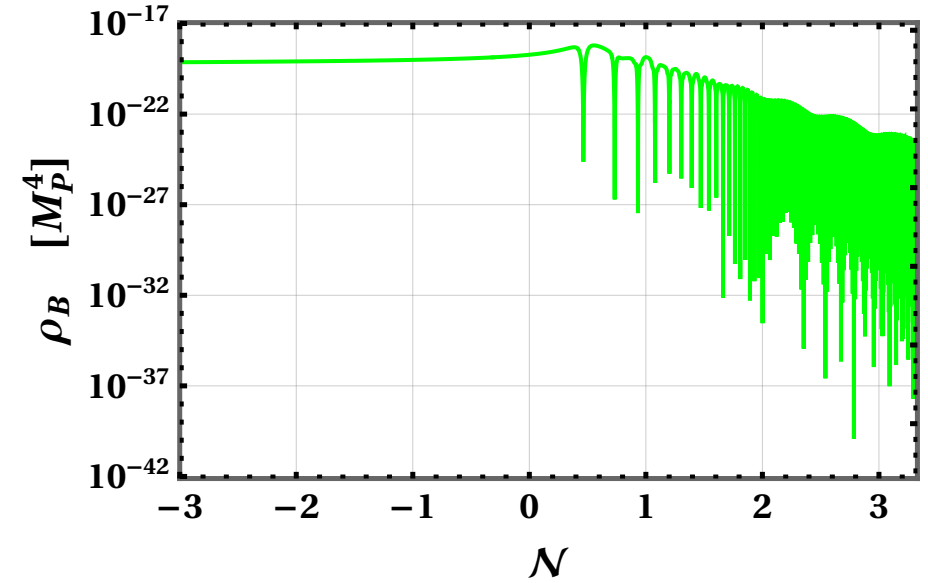
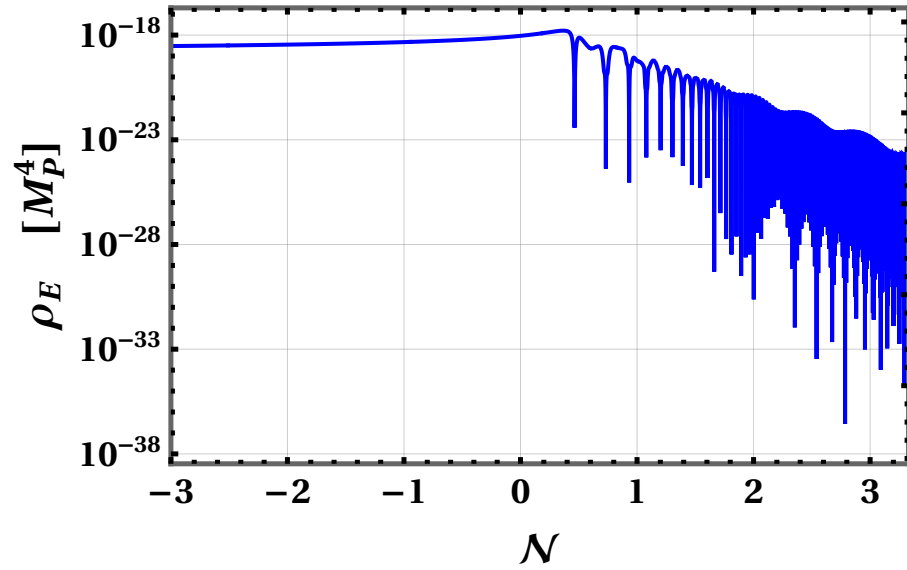
$$k_c = |aH \xi| + \sqrt{(aH \xi)^2 + \frac{a^2}{2} \left[\dot{\sigma}_{\text{ph}} + \sigma_{\text{ph}} \left(\frac{\sigma_{\text{ph}}}{2} + H \right) \right]}$$

$$\sigma_c = a \sigma_{\text{ph}}$$

$$\xi = \frac{4 \cos^2 \theta_W M_{\text{pl}}^2}{\xi_R \Lambda^2 H} \frac{\partial}{\partial t} \left(F(\phi^I) e^{\sqrt{\frac{2}{3}} \frac{\phi}{M_{\text{pl}}}} \right)$$

Plasma observables

$$\xi_R = 2.35 \times 10^9, \quad \xi_H = 10^{-3}, \quad \Lambda = 2 \times 10^{-5} M_P$$

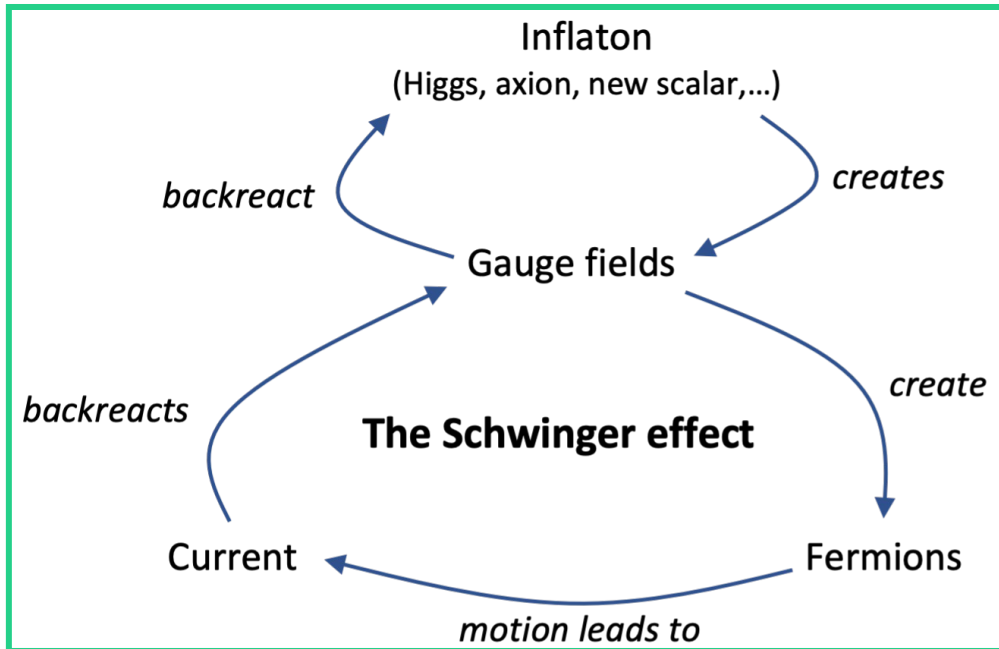


THE SCHWINGER EFFECT

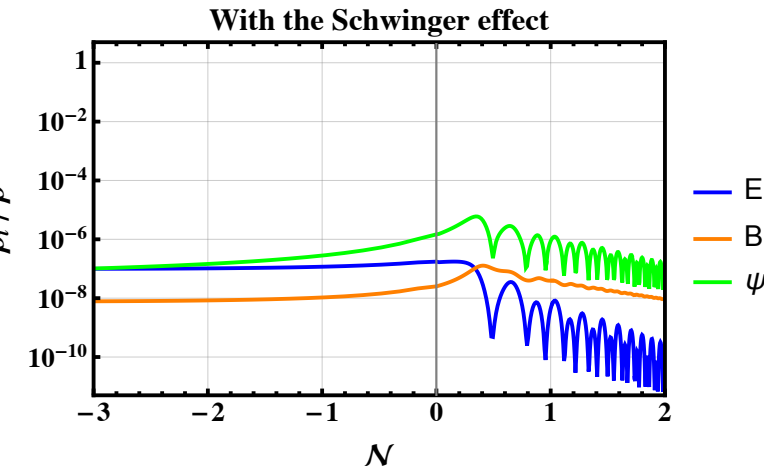
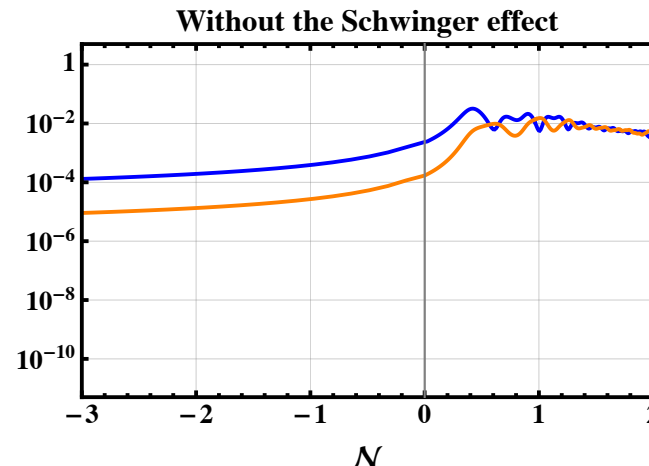
Cohen-McGady (2008)
 Domcke-Mukaida (2018)
 Kitamoto-Yamada (2022)

The comoving conductivity in the case of one Dirac fermion f with mass m_f and charge Q_f under a U(1) group with coupling g :

$$\sigma_f^c = \frac{|g Q_f|^3}{6\pi^2} \frac{a}{H} \sqrt{2\rho_B} \coth\left(\pi \sqrt{\frac{\rho_B}{\rho_E}}\right) \exp\left(-\frac{\pi m_f^2}{\sqrt{2\rho_E} |g Q_f|} - \sqrt{\frac{2}{3}} \frac{\phi}{M_P}\right), \quad \sigma_c = \sum_f \sigma_f^c$$



Explosive gauge fields production leads to fermion/antifermion pairs creation and their currents backreact on the produced gauge fields.



$\xi_R = 2.35 \times 10^9$, $\xi_H = 10^{-3}$, $\Lambda = 2 \times 10^{-5} M_P$

$$\rho_\psi = \lim_{V \rightarrow \infty} \frac{\sigma_c}{V} \int_V d^3x \frac{\langle \mathbf{A} \cdot \mathbf{E} \rangle}{a^4} = \frac{\sigma_c}{a^4} \int_{k_{\min}}^{k_c} dk \frac{k^2}{2\pi^2} \frac{d}{d\tau} (|A_+|^2 + |A_-|^2)$$

From helicity to baryon asymmetry

- At EWPT, there is a competition between weak sphaleron washout and B asymmetry from decaying helicity (SM chiral anomaly).

$$\eta_B \simeq 4 \cdot 10^{-12} f_{\theta_W} \frac{\mathcal{H}}{H_E^3} \left(\frac{H_E}{10^{13} \text{ GeV}} \right)^{\frac{3}{2}} \left(\frac{T_{\text{rh}}}{T_{\text{rh}}^{\text{ins}}} \right) \simeq 9 \cdot 10^{-11}$$

$$f_{\theta_W} = -\sin(2\theta_W) \left. \frac{d\theta_W}{d \ln T} \right|_{T=135 \text{ GeV}}$$

$$5.6 \cdot 10^{-4} \lesssim f_{\theta_W} \lesssim 0.32$$

- Helicity must nevertheless survive from inflaton to EW scale.

$$\mathcal{R}_m^{\text{rh}} \approx 5.9 \cdot 10^{-6} \frac{\rho_B \ell_B^2}{H_E^2} \left(\frac{H_E}{10^{13} \text{ GeV}} \right) \left(\frac{T_{\text{rh}}}{T_{\text{rh}}^{\text{ins}}} \right)^{\frac{2}{3}} > 1$$

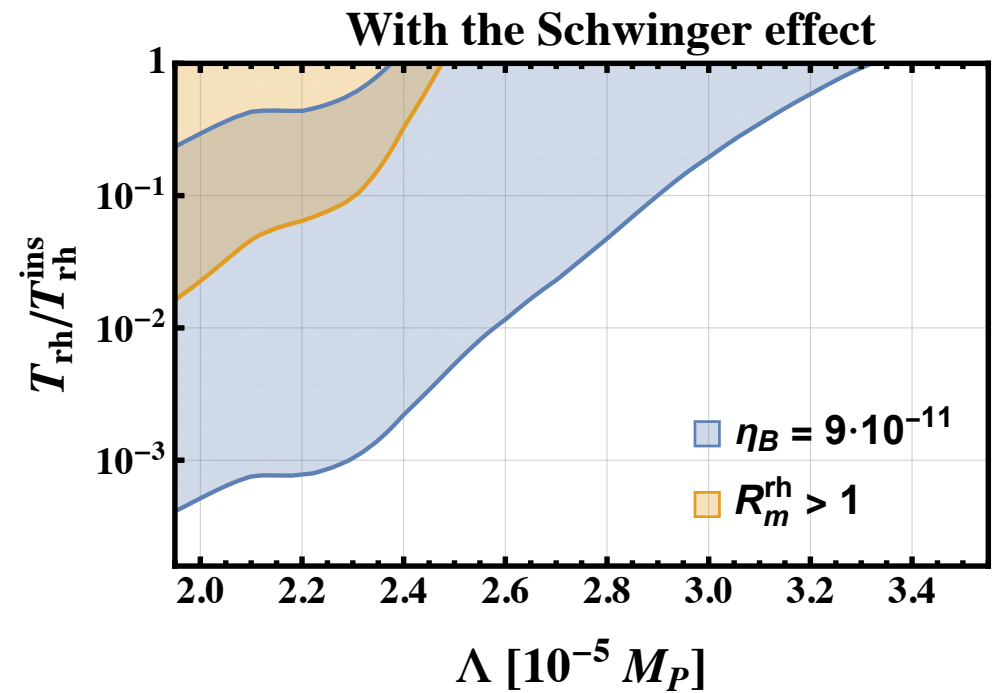
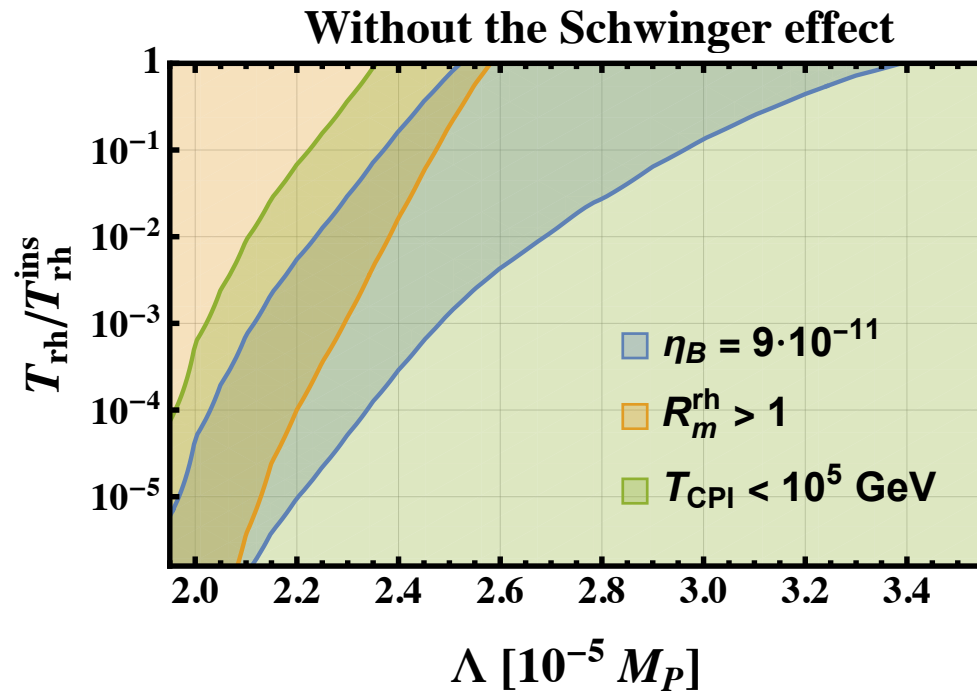
$$\ell_B = \frac{2\pi}{\rho_B a^3} \int^{k_c} dk \frac{k^3}{4\pi^2} (|A_+|^2 + |A_-|^2)$$

- Chiral plasma instability (CPI) must be avoided.

$$T_{\text{CPI}}/\text{GeV} \approx 4 \cdot 10^{-7} \frac{\mathcal{H}^2}{H_E^6} \left(\frac{H_E}{10^{13} \text{ GeV}} \right)^3 \left(\frac{T_{\text{rh}}}{T_{\text{rh}}^{\text{ins}}} \right)^2 \lesssim 10^5$$

Baryogenesis parameter space

Higgs Inflation



$$\xi_R = 2.35 \times 10^9, \quad \xi_H = 10^{-3}$$

TO CONCLUDE

- R²-Higgs inflation is one of the best-fit models of Planck data.
- With an additional dim-6 coupling $\Lambda^{-2} B_{\mu\nu} \tilde{B}^{\mu\nu} R$, the model predicts the right amount of baryon asymmetry in the present Universe, for $\Lambda \simeq 2.5 \times 10^{-5} M_{\text{pl}}$
- The Schwinger effect has been taken into account and is not a problem for the baryogenesis mechanism.
- The Schwinger effect can nevertheless jeopardize non-perturbative gauge reheating.
- (P)reheating must be studied in more details



THANK YOU!

Back-up slides

ELECTROWEAK BARYOGENESIS

Helicity production

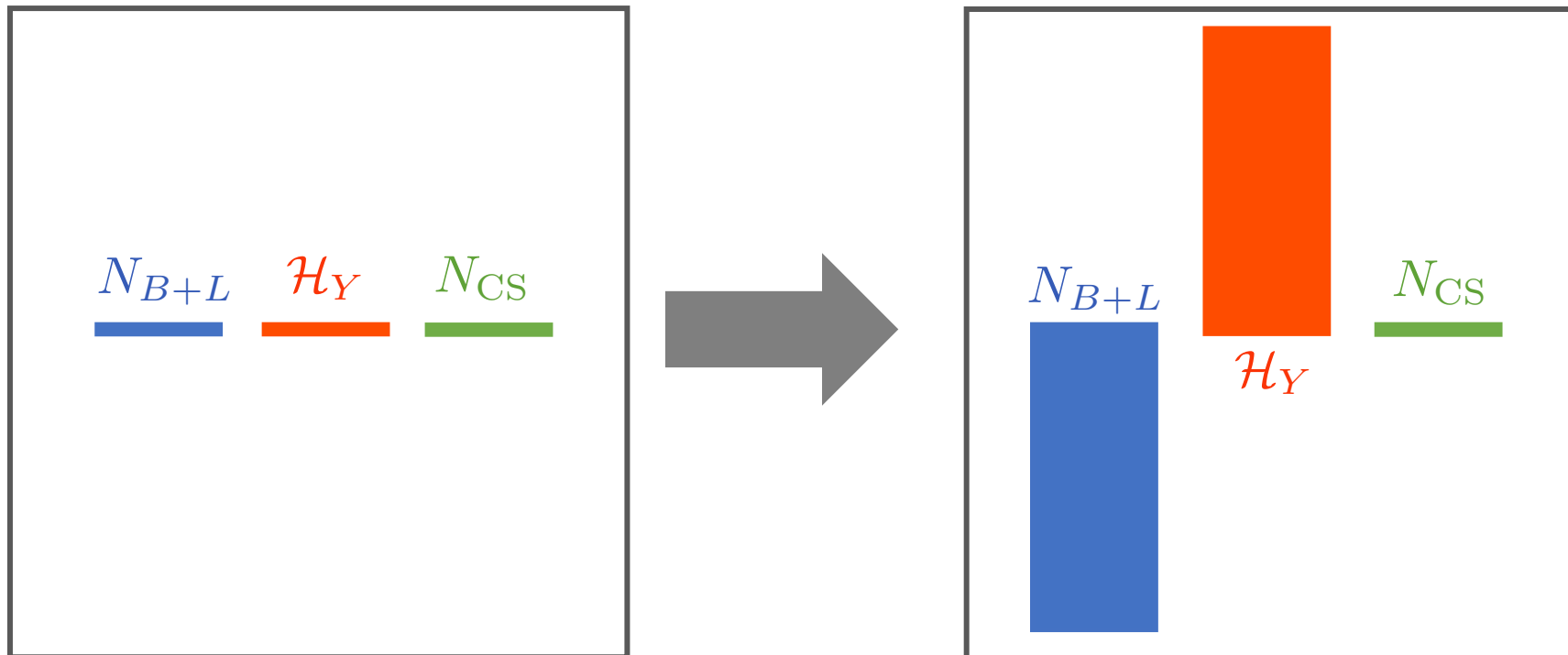
$$T \gtrsim 10^{12} \text{ GeV}$$

EW sphalerons are not in thermal equilibrium

Chiral anomaly in the SM (schematically)

$$\Delta N_{B+L} + c_1 \Delta \mathcal{H}_Y = c_2 \Delta N_{CS}$$

this term
vanishes



ELECTROWEAK BARYOGENESIS

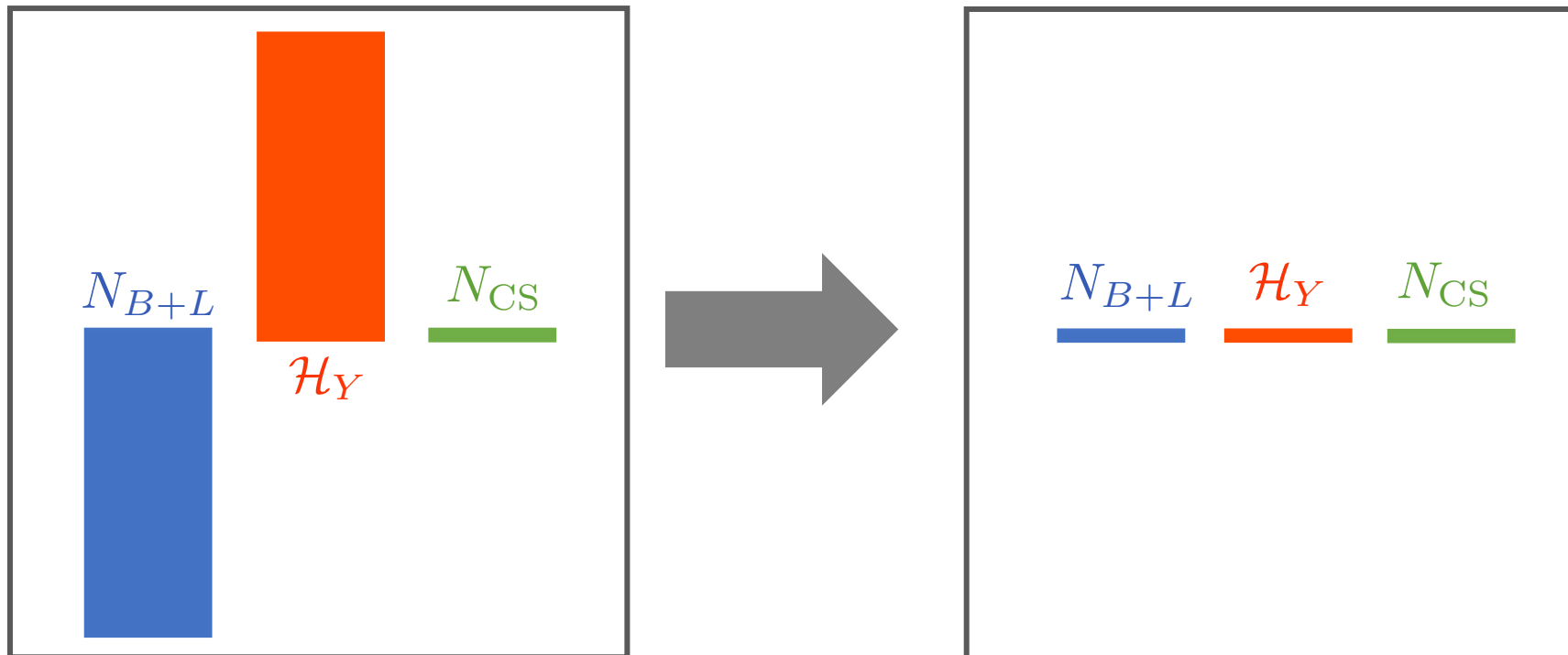
Chiral plasma instability (CPI)

$$T_{\text{CPI}} \gtrsim 10^5 \text{ GeV}$$

Gauge sector is energetically more favorable

Chiral anomaly in the SM (schematically)

$$\Delta N_{B+L} + c_1 \Delta \mathcal{H}_Y = c_2 \Delta N_{\text{CS}}$$



ELECTROWEAK BARYOGENESIS

Sphaleron washout

$$10^{12} \text{ GeV} \gtrsim T \gtrsim 130 \text{ GeV}$$

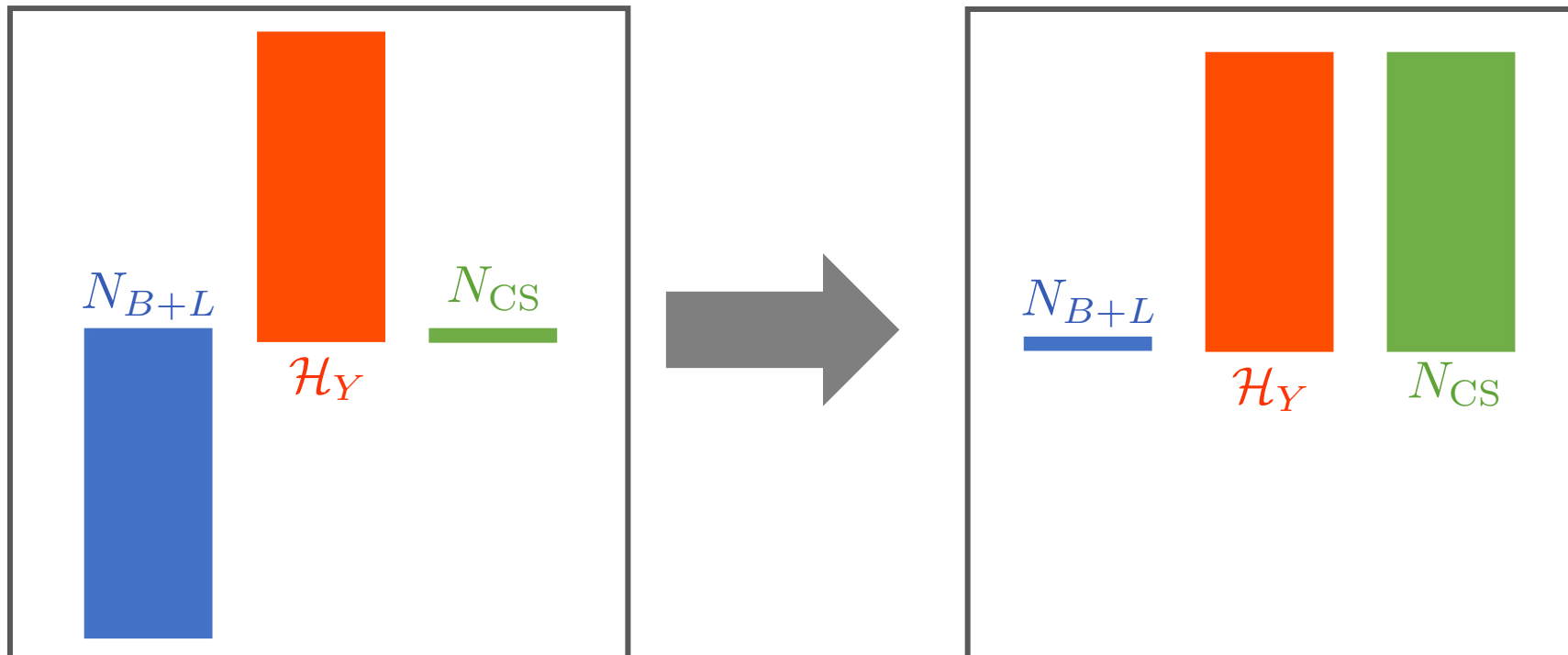
Assume CPI is avoided, helicity is preserved if:

$$\mathcal{R}_m^{\text{rh}} \gtrsim 1$$

Chiral anomaly in the SM (schematically)

$$\Delta N_{B+L} + c_1 \Delta \mathcal{H}_Y = c_2 \Delta N_{CS}$$

this term
vanishes



ELECTROWEAK BARYOGENESIS

EW crossover

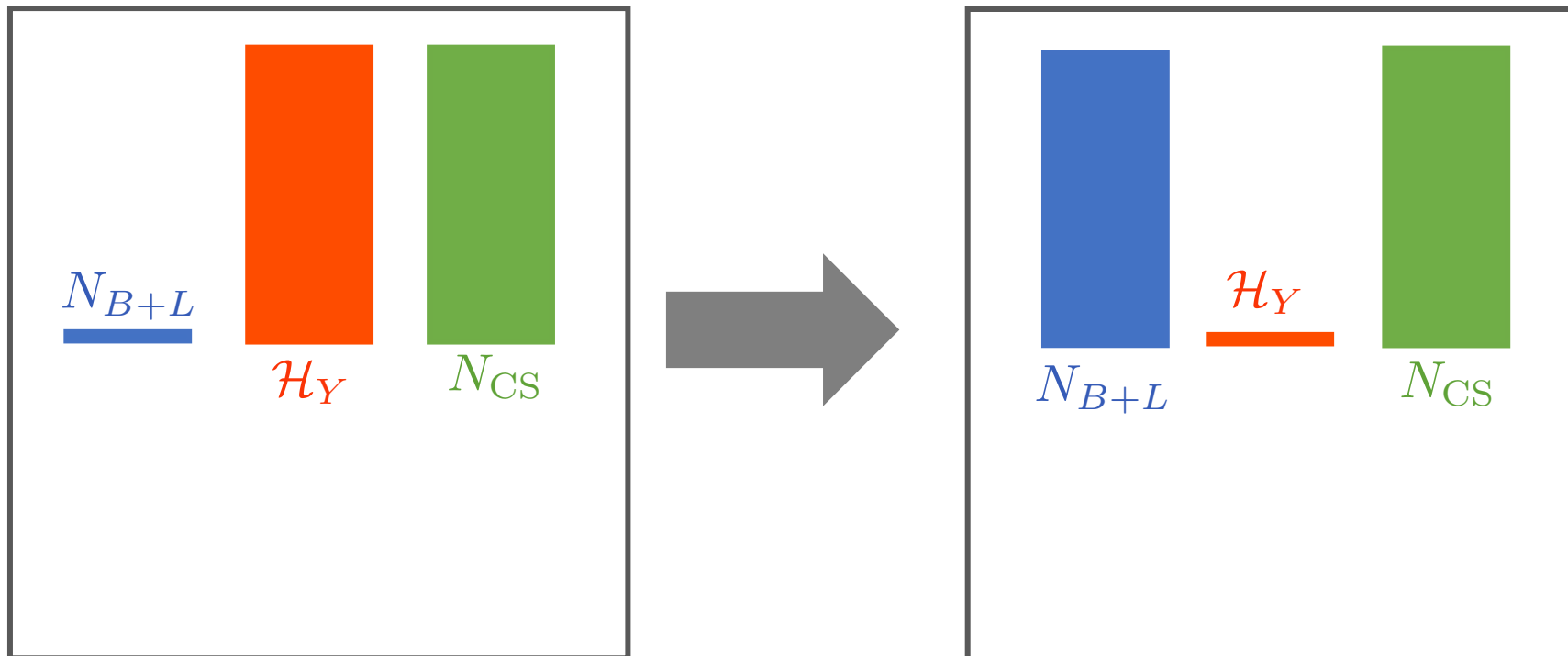
$$T \lesssim 130 \text{ GeV}$$

EW sphalerons are not in thermal equilibrium

Chiral anomaly in the SM (schematically)

$$\Delta N_{B+L} + c_1 \Delta \mathcal{H}_Y = c_2 \Delta N_{CS}$$

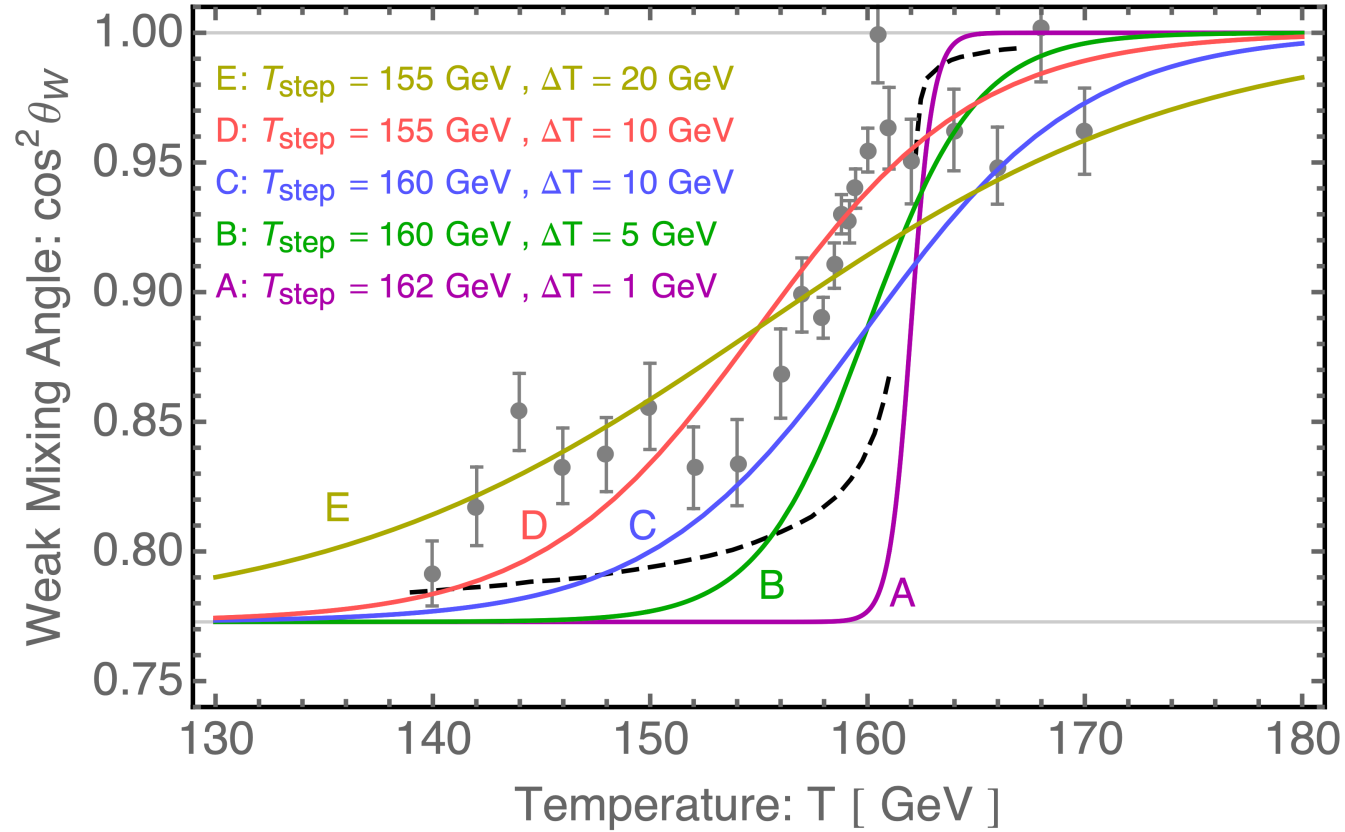
this term
vanishes



EW crossover

Kajantie-Laine-Rummukainen-Shaposhnikov (1997)

Kamada-Long (2016)



$$\cos^2 \theta_W = \frac{g^2}{g'^2 + g^2} + \frac{1}{2} \frac{g'^2}{g'^2 + g^2} \left(1 + \tanh \left[\frac{T - T_{\text{step}}}{\Delta T} \right] \right)$$

$$155 \text{ GeV} \lesssim T_{\text{step}} \lesssim 160 \text{ GeV}$$

$$5 \text{ GeV} \lesssim \Delta T \lesssim 20 \text{ GeV}$$

EW crossover

D'Onofrio-Rummukainen-Tranberg (2014)

Kamada-Long (2016)

Including all contributions, the Boltzmann equation for the baryon-to-entropy ratio is

$$\frac{d\eta_B}{dx} = -\frac{111}{34} \gamma_{W\text{sph}} \eta_B + \frac{3}{16\pi^2} (g'^2 + g^2) \sin(2\theta_W) \frac{d\theta_W}{dx} \frac{\mathcal{H}_Y}{s} \quad x = \frac{T}{H(T)}$$

Dimensionless transport coefficient for the EW sphaleron (for $T < 161$ GeV)

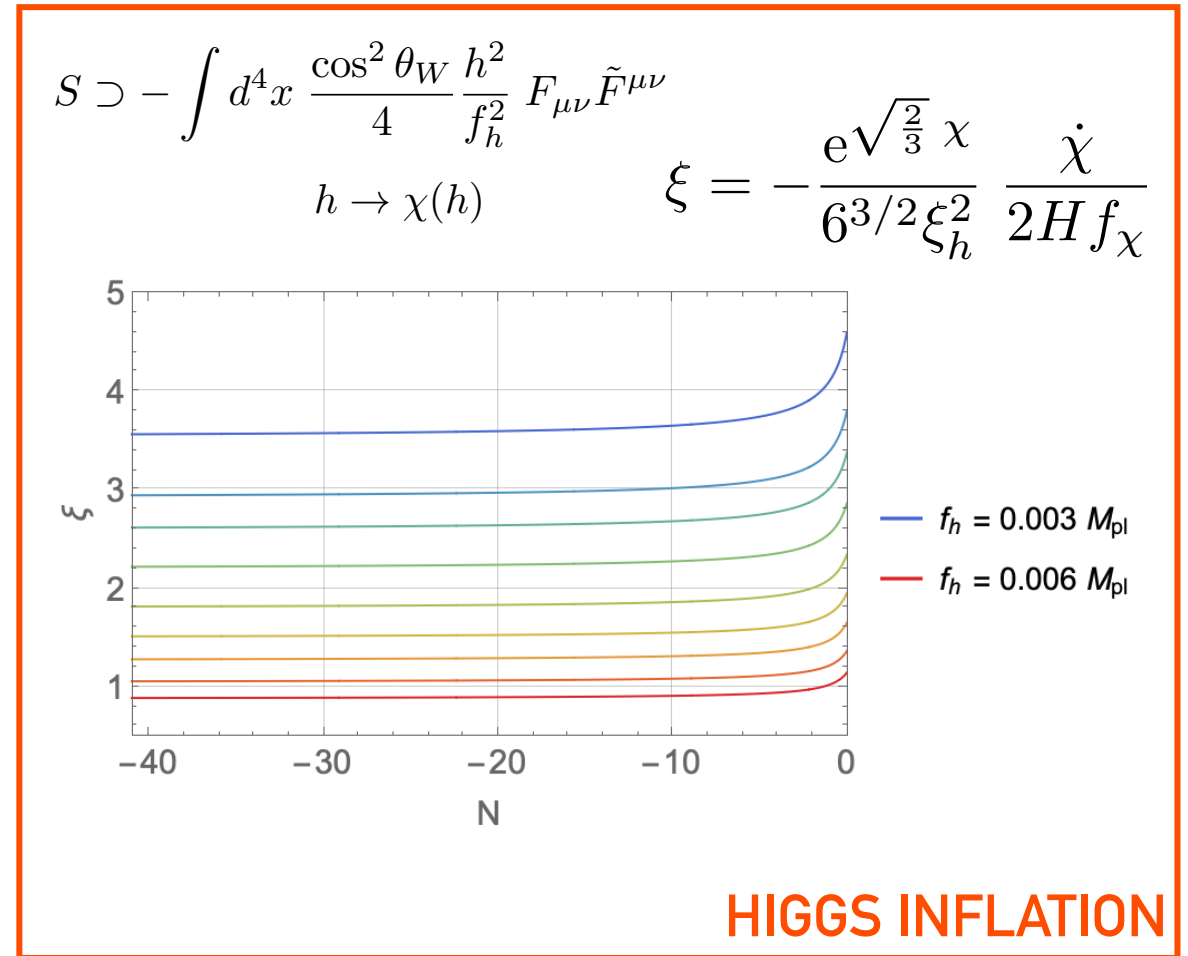
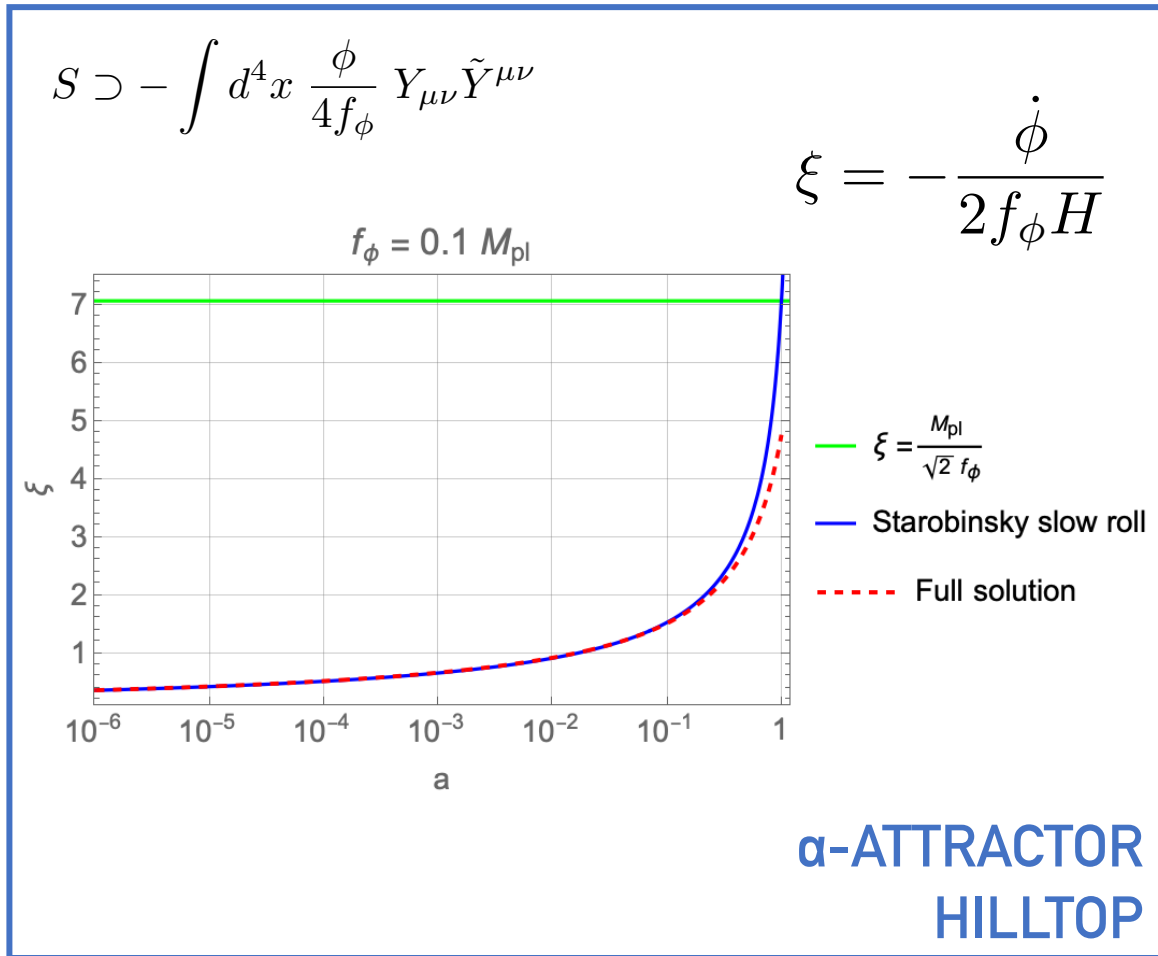
$$\gamma_{W\text{sph}} \simeq \exp\left(-147.7 + 107.9 \frac{T}{130 \text{ GeV}}\right)$$

The baryon-to-entropy ratio was found to become frozen, i.e. $\dot{\eta}_B = 0$, at a temperature $T \simeq 135$ GeV, hence:

$$\eta_B \simeq 4 \cdot 10^{-12} f_{\theta_W} \frac{\mathcal{H}_Y}{H_E^3} \left(\frac{H_E}{10^{13} \text{ GeV}}\right)^{\frac{3}{2}} \left(\frac{T_{\text{rh}}}{T_{\text{rh}}^{\text{ins}}}\right)$$

THE SCHWINGER EFFECT

Instability parameter comparison



THE SCHWINGER EFFECT

Effective conductivity

Domcke-Mukaida (2018)

Gorbar-Schmitz-Sobol-Vilchinskii (2021)

In the case of one Dirac fermion f with mass m_f and charge Q_f under a $U(1)$ group with coupling g

$$\sigma_f = \frac{|g Q_f|^3}{6\pi^2} \frac{a}{H} \sqrt{2\rho_B} \coth\left(\pi \sqrt{\frac{\rho_B}{\rho_E}}\right) \exp\left(-\frac{\pi m_f^2}{\sqrt{2\rho_E} |g Q_f|}\right)$$

A fermion contributes if $\pi m_f^2 < \sqrt{2\rho_E} |g Q_f|$

When all SM fermions contribute: $\sigma \simeq Z \frac{a}{H} \sqrt{2\rho_B} \coth\left(\pi \sqrt{\frac{\rho_B}{\rho_E}}\right)$

$$Z_Y = \frac{41 g'^3}{72 \pi^2}$$

symmetric phase

**α -ATTRACTOR
HILLTOP**

$$Z_{EM} = \frac{e^3}{\pi^2}$$

broken phase

HIGGS INFLATION

SCHWINGER EFFECT

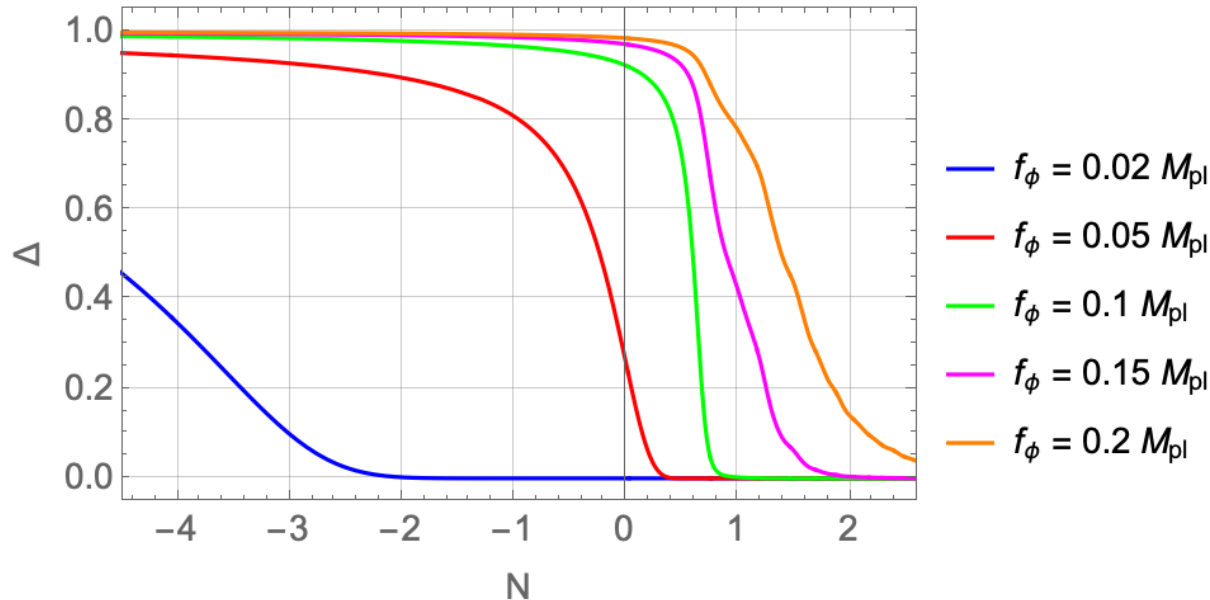
Gorbar-Schmitz-Sobol-Vilchinskii (2021)

Bunch-Davies vacuum

The BD vacuum amplitude of the modes that are still in the vacuum get damped by the ones that left it.

➔ In the presence of the Schwinger effect, the BD vacuum is modified

$$A_\lambda(\tau, k) = \sqrt{\frac{\Delta(t)}{2k}} e^{-ik\tau} \quad (\tau \rightarrow -\infty)$$



$$\Delta(t) = \exp\left(-\int_{-\infty}^t \hat{\sigma}(t') dt'\right)$$

$$\hat{\sigma} = \sigma/a$$

SCHWINGER EFFECT

Bunch-Davies vacuum

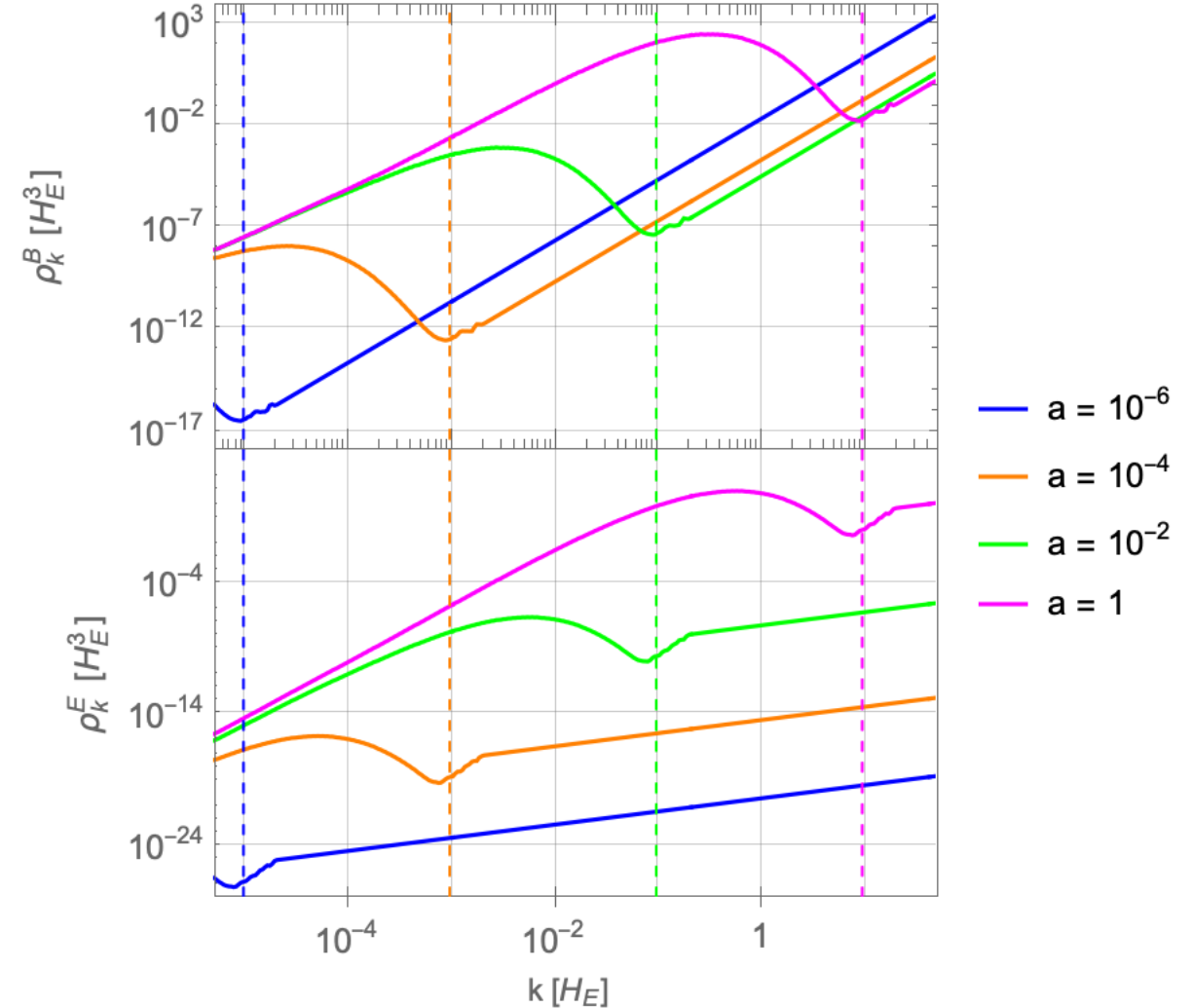
Gorbar-Schmitz-Sobol-Vilchinskii (2021)

This affects the cutoff scale

$$k_c = \left| \frac{a\dot{\phi}}{2f_\phi} \right| + \sqrt{\left(\frac{a\dot{\phi}}{2f_\phi} \right)^2 + \frac{a^2}{2} \left[\dot{\hat{\sigma}} + \hat{\sigma} \left(\frac{\hat{\sigma}}{2} + H \right) \right]}$$

instead of

$$k_c = |2\xi aH| = \left| \frac{a\dot{\phi}}{f_\phi} \right|$$



Numerical solving

$$A''_{\lambda} + \sigma A'_{\lambda} + k \left(k - \lambda \frac{a \dot{\phi}}{f_{\phi}} \right) A_{\lambda} = 0$$

$$\ddot{\phi} + 3H\dot{\phi} + V'(\phi) = \frac{\mathcal{G}}{f_{\phi}}$$

$$\rho_E = \frac{1}{a^4} \int_0^{k_c} dk \frac{k^2}{4\pi^2} (|A'_+|^2 + |A'_-|^2)$$

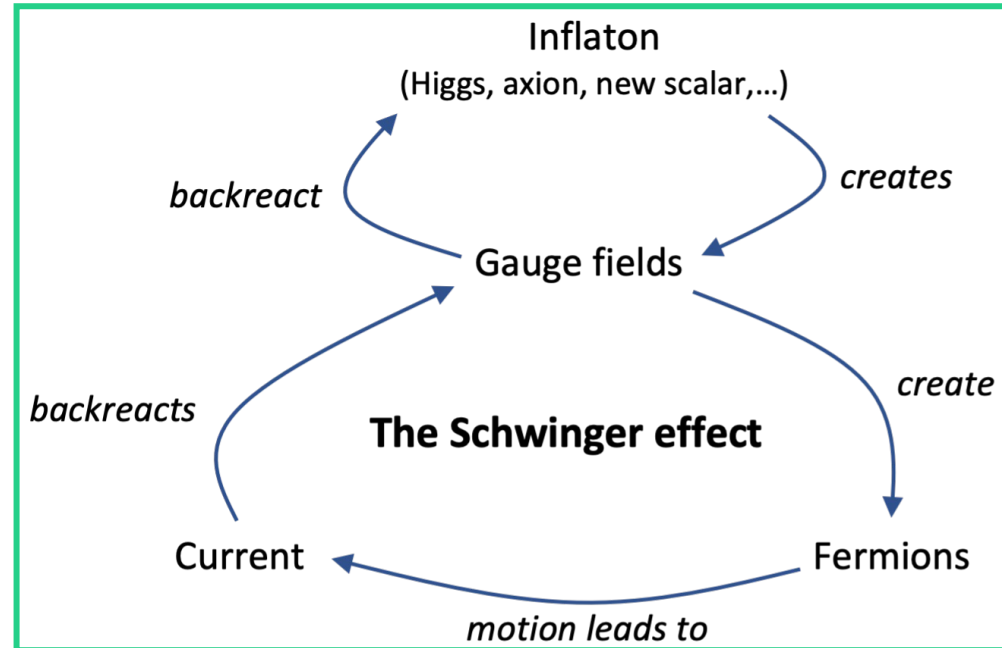
$$\rho_B = \frac{1}{a^4} \int_0^{k_c} dk \frac{k^4}{4\pi^2} (|A_+|^2 + |A_-|^2)$$

$$\mathcal{G} = \frac{1}{a^4} \int_0^{k_c} dk \frac{k^3}{2\pi^2} (|A_+ A'_+| - |A_- A'_-|)$$

$$\sigma = \frac{|eQ|^3}{6\pi^2} \frac{a}{H} \sqrt{2\rho_B} \coth \left(\pi \sqrt{\frac{\rho_B}{\rho_E}} \right) \exp \left\{ -\frac{\pi m^2}{\sqrt{2\rho_E} |eQ|} \right\}$$

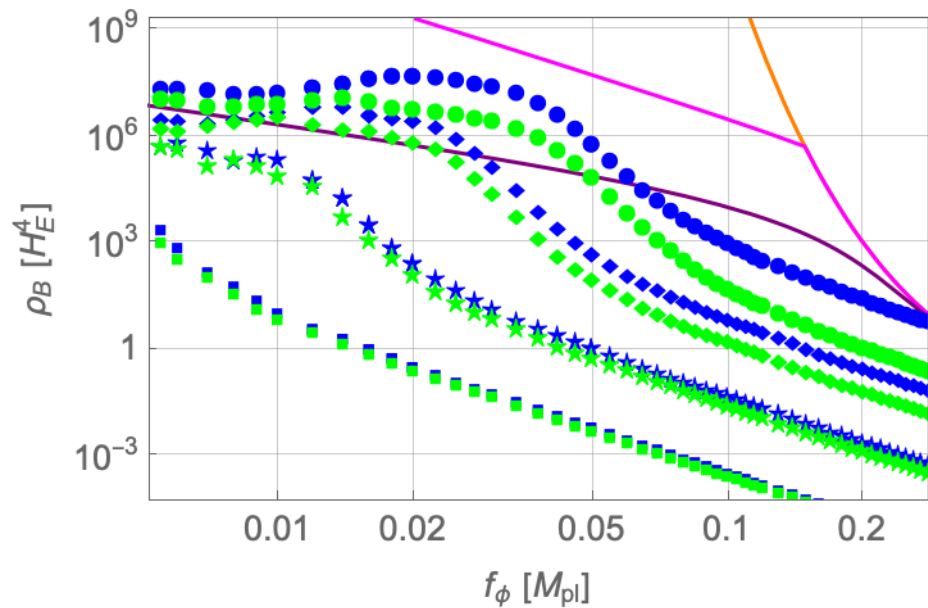
$$\rho_{\psi} = \lim_{V \rightarrow \infty} \frac{\sigma}{V} \int_V d^3x \frac{\langle \mathbf{A} \cdot \mathbf{E} \rangle}{a^4} = \frac{\sigma}{a^4} \int_{k_{\min}}^{k_c} dk \frac{k^2}{2\pi^2} \frac{d}{d\tau} (|A_+|^2 + |A_-|^2)$$

$$H^2 = \frac{\frac{1}{2}\dot{\phi}^2 + V + \rho_E + \rho_B + \rho_{\psi}}{3M_{\text{pl}}^2}$$

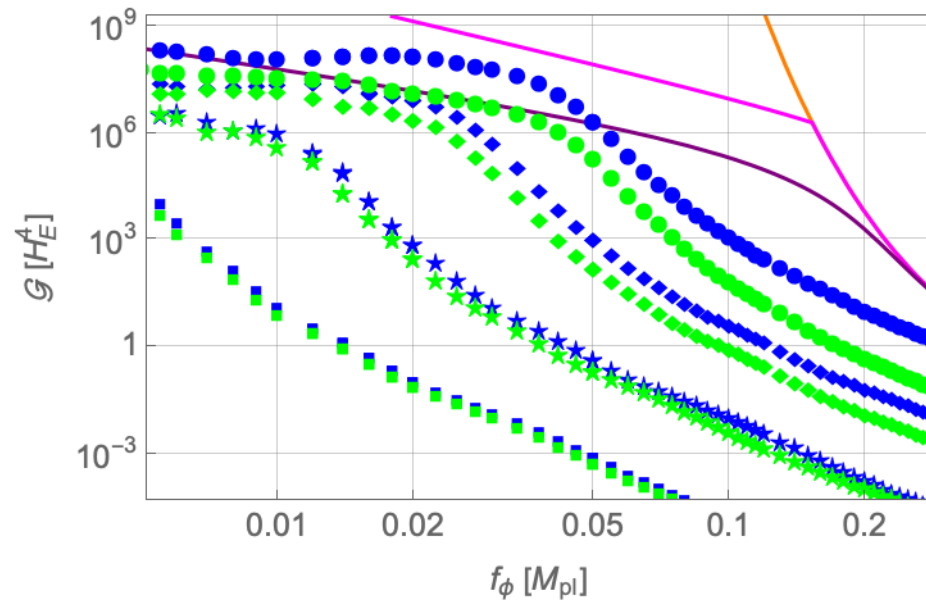
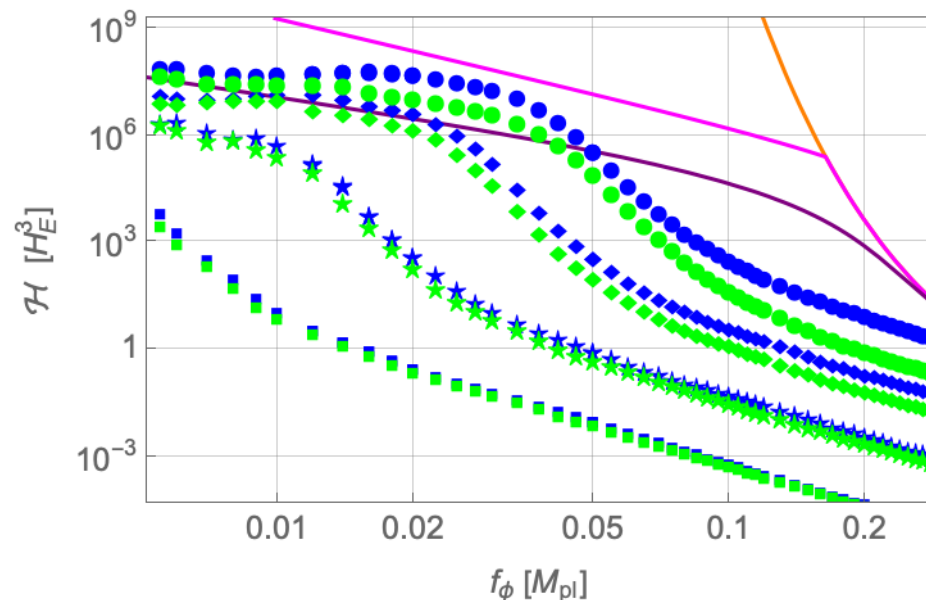
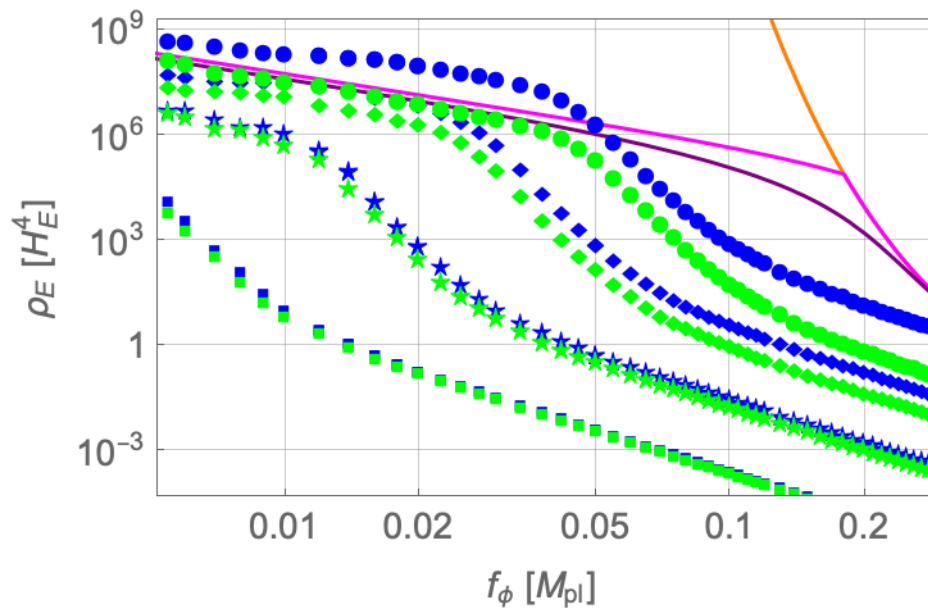


We do not assume any peculiar geometry of the Universe

Plasma observables



- backreactionless @ a_E
- maximal @ a_E
- equilibrium @ a_E
- $\epsilon = 1$
- ◆ $\epsilon = 10^{-1}$
- ★ $\epsilon = 10^{-2}$
- $\epsilon = 10^{-3}$
- slow roll
- full solution

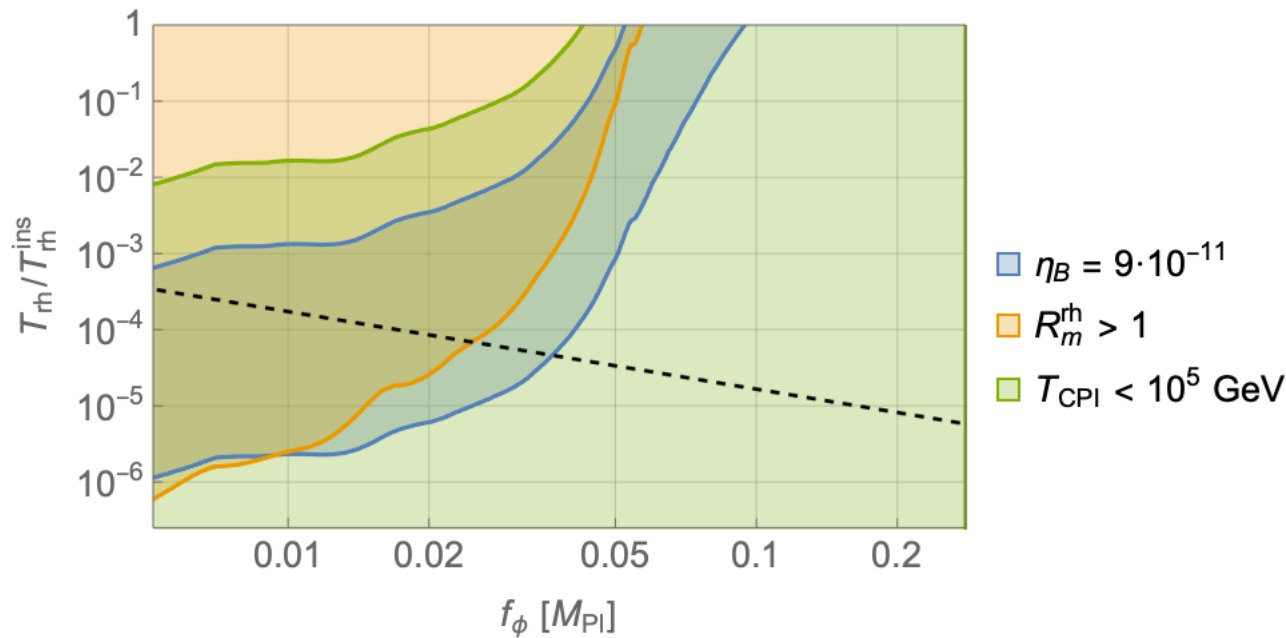


Baryogenesis parameter space

Starobinsky potential

$$V_\alpha(\phi) = \Lambda_\alpha^4 \left[1 - \exp\left(-\sqrt{\frac{2}{3\alpha}} \frac{|\phi|}{M_{\text{pl}}}\right) \right]^2$$

$$\frac{T_{\text{rh}}}{T_{\text{rh}}^{\text{ins}}} \simeq \sqrt{\frac{\Gamma_\phi}{H_E}} \simeq 1.9 \text{ (0.8)} \cdot 10^{-4} \left(\frac{0.01}{f_\phi/M_{\text{pl}}} \right)$$



for $\alpha = 1$ (100)

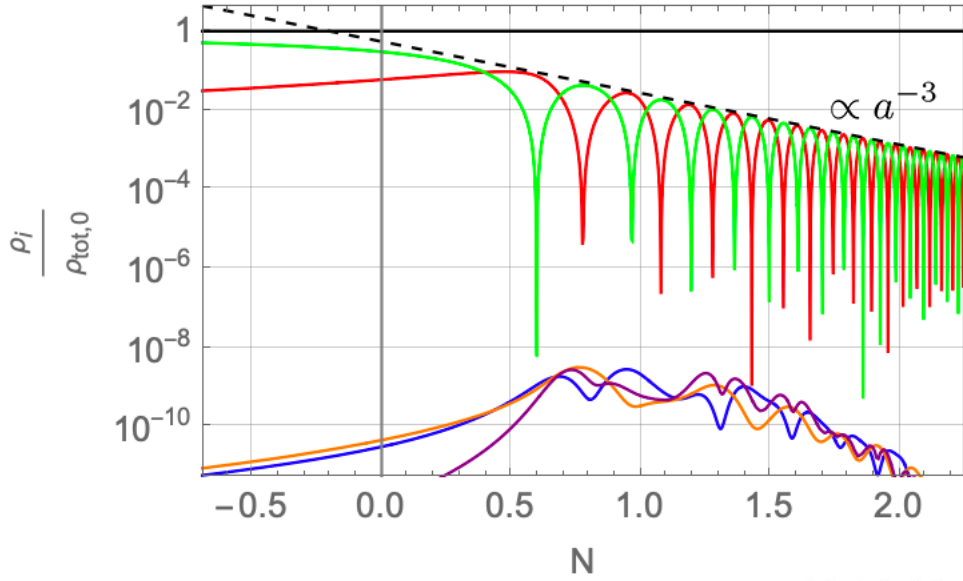
$$\Gamma_\phi \simeq \Gamma(\phi \rightarrow AA) \simeq \frac{m_\phi^3}{64\pi f_\phi^2}$$

Adshead-Giblin-Scully-Sfakianakis (2015)

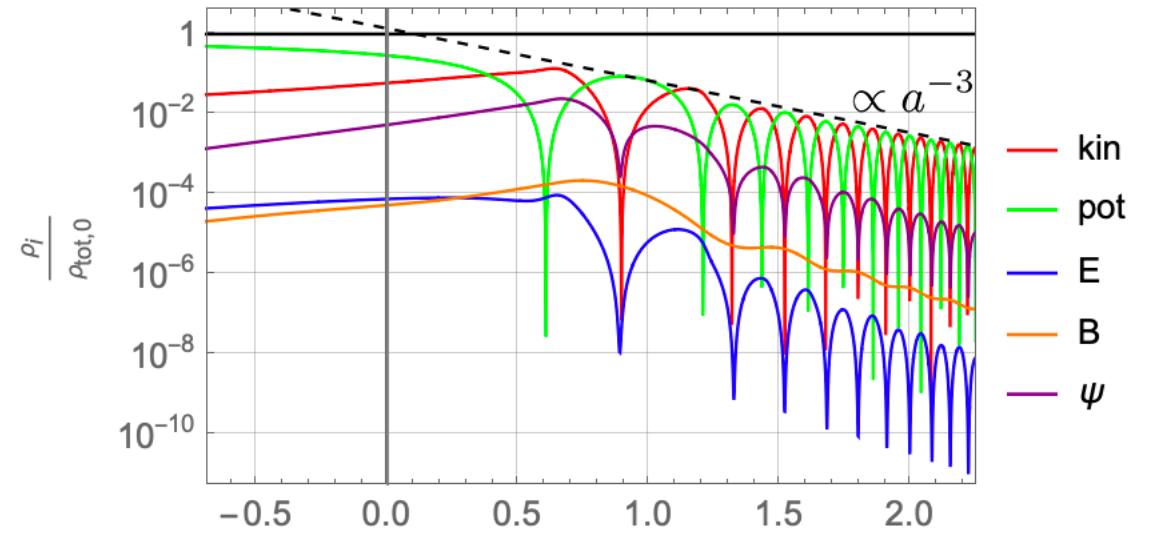
$$m_\phi^2 = \left. \frac{\partial^2 V_\alpha}{\partial \phi^2} \right|_{\phi=\phi_{\text{min}}} = \frac{4\Lambda_\alpha^4}{3\alpha M_{\text{pl}}^2}$$

Solution beyond inflation

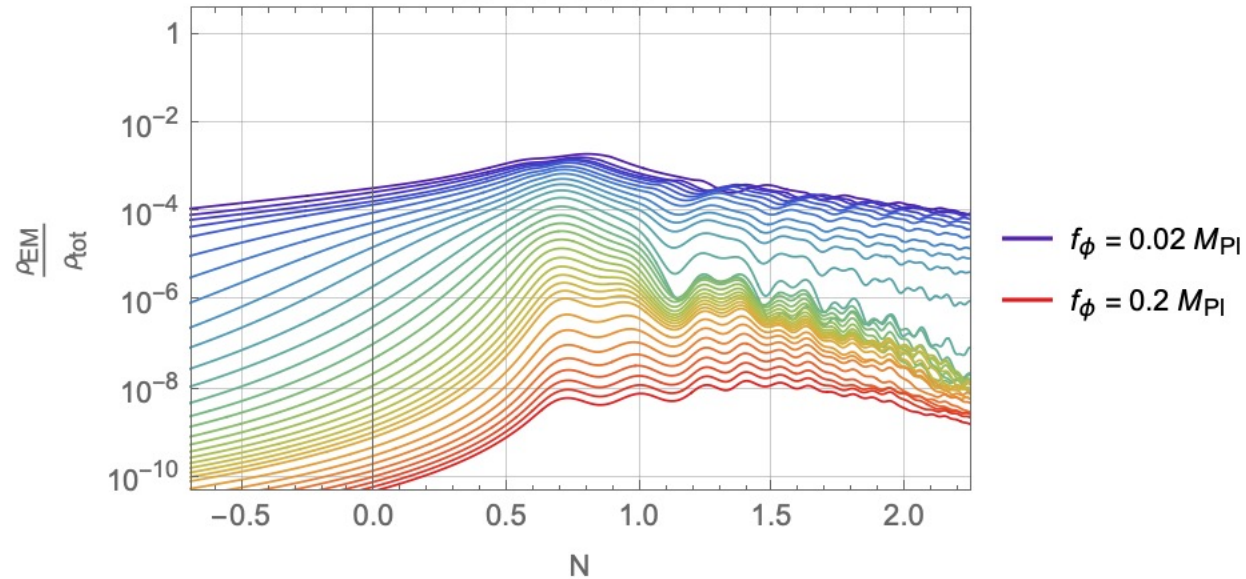
α attractor: $\alpha = 1, f_\phi = 0.15 M_P$



α attractor: $\alpha = 1, f_\phi = 0.02 M_P$



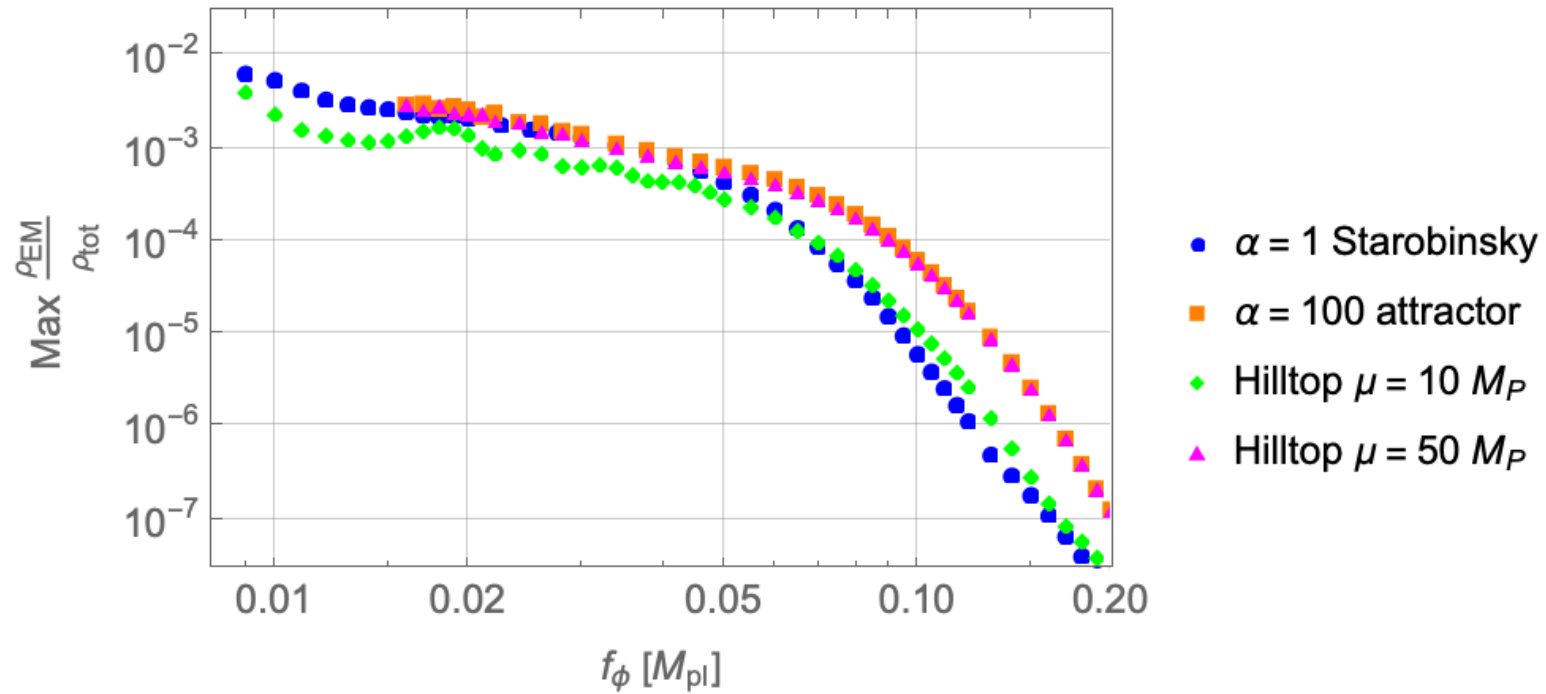
Starobinsky $\alpha = 1$



Preheating

Criterion :
$$\frac{\rho_E + \rho_B}{\rho_{\text{tot}}} \gtrsim 80\%$$

Cuissa-Figueroa (2019)



It is much harder to preheat the Universe when taking into account the Schwinger effect.