

Towards a thermally complete study of inflationary predictions

Simona Procacci

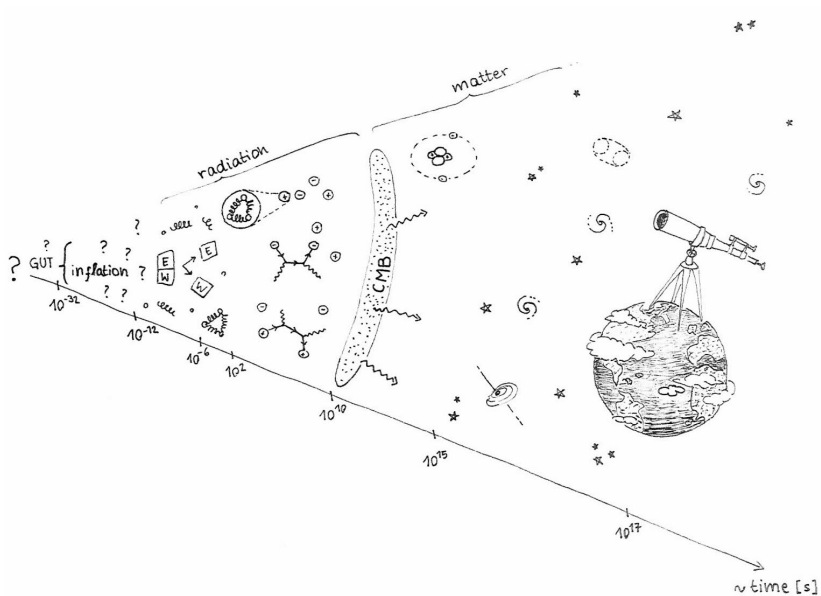
in collaboration with

S. Biondini, P. Klose, H. Kolesova,
M. Laine, L. Niemi, K. Rummukainen

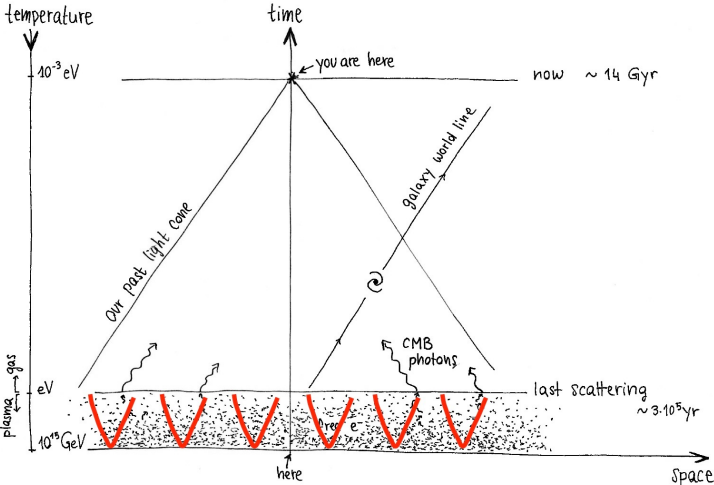


SUBATECH, Nantes - December 15, 2023

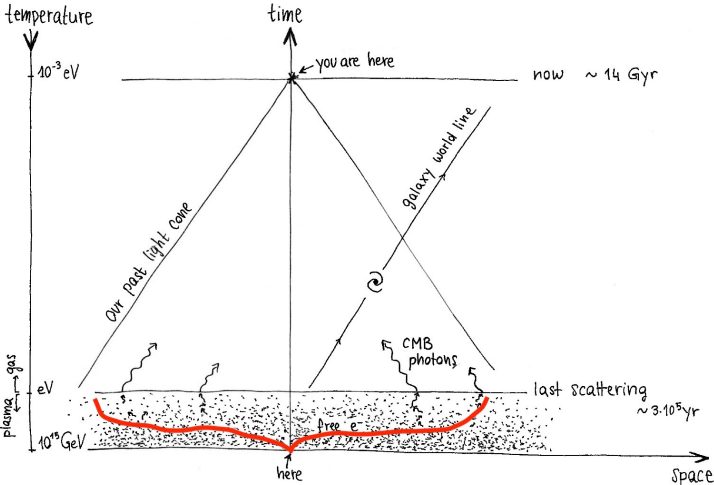
wonderful Cosmic Microwave Background!



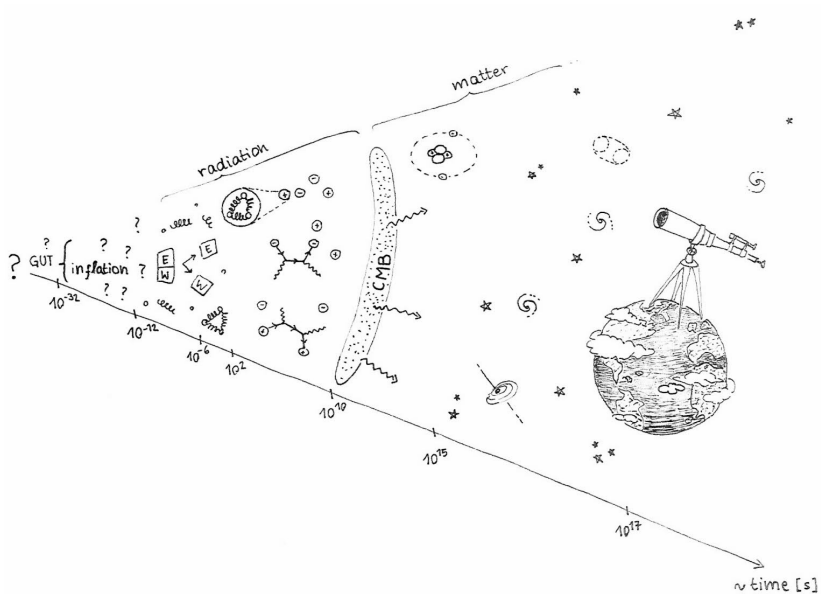
assume decelerated expansion history



inflation \equiv early period of accelerated expansion



looking for tests of inflation...



homogeneous and isotropic expanding universe

$$ds^2 = \bar{g}_{\mu\nu} dx^\mu dx^\nu = -dt^2 + a(t)^2 d\mathbf{x}^2, \quad H \equiv \frac{\dot{a}}{a} > 0, \quad \dot{a} \equiv \partial_t a$$

$$\bar{T}^\mu{}_\nu = \begin{pmatrix} \bar{\epsilon} & \\ & -\bar{p}\delta_{ij} \end{pmatrix}, \quad \bar{p} = \bar{p}(\bar{\epsilon})$$

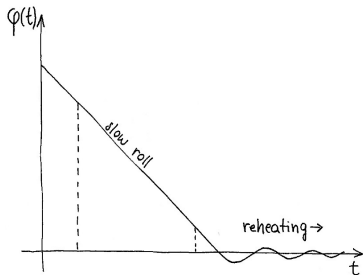
$$\curvearrowright \boxed{G^\mu{}_\nu = \frac{8\pi}{m_{\text{pl}}^2} T^\mu{}_\nu} \Rightarrow \begin{cases} H^2 = \frac{8\pi}{3m_{\text{pl}}^2} \bar{\epsilon} \\ \frac{\ddot{a}}{a} = -\frac{4\pi}{3m_{\text{pl}}^2} (\bar{\epsilon} + 3\bar{p}) > 0 \end{cases}$$

$\Rightarrow p < 0$ during inflation

inflation \equiv early period of accelerated expansion

$$\begin{cases} H^2 = \frac{8\pi}{3m_{\text{pl}}^2} \bar{e} \\ \frac{\ddot{a}}{a} = -\frac{4\pi}{3m_{\text{pl}}^2} (\bar{e} + 3\bar{p}) > 0 \Leftrightarrow p < 0 \end{cases}$$

parametrize with scalar field: $\mathcal{L} = \frac{1}{2} \partial^\mu \varphi \partial_\mu \varphi - V(\varphi)$



$$\bar{p} = \frac{\dot{\bar{\varphi}}^2}{2} - V(\bar{\varphi}) \approx -V(\bar{\varphi})$$

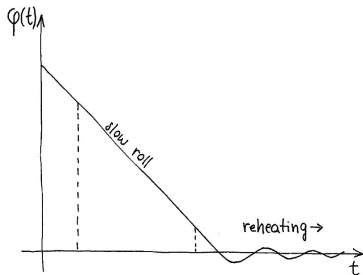
$$\bar{e} = \frac{\dot{\bar{\varphi}}^2}{2} + V(\bar{\varphi}) \approx V(\bar{\varphi})$$

$$\ddot{\bar{\varphi}} + 3H\dot{\bar{\varphi}} + \partial_\varphi V(\bar{\varphi}) = 0$$

inflation \equiv early period of accelerated expansion

$$\begin{cases} H^2 = \frac{8\pi}{3m_{\text{pl}}^2} \bar{e} \approx \text{const} & \Rightarrow a \sim e^{Ht} \\ \frac{\ddot{a}}{a} = -\frac{4\pi}{3m_{\text{pl}}^2} (\bar{e} + 3\bar{p}) > 0 & \Leftrightarrow p < 0 \end{cases}$$

parametrize with scalar field: $\mathcal{L} = \frac{1}{2} \partial^\mu \varphi \partial_\mu \varphi - V(\varphi)$



$$\bar{p} = \frac{\dot{\bar{\varphi}}^2}{2} - V(\bar{\varphi}) \approx -V(\bar{\varphi})$$

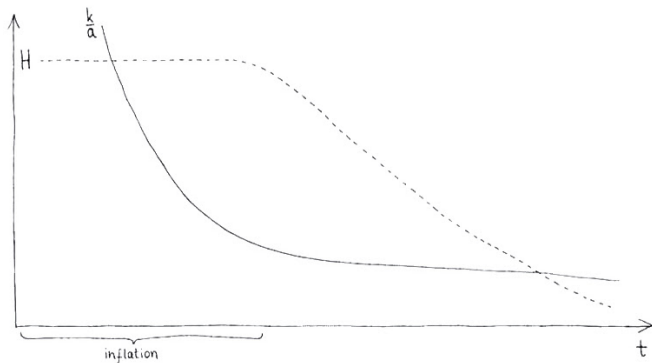
$$\bar{e} = \frac{\dot{\bar{\varphi}}^2}{2} + V(\bar{\varphi}) \approx \text{const}$$

$$\ddot{\bar{\varphi}} + 3H\dot{\bar{\varphi}} + \partial_\varphi V(\bar{\varphi}) = 0$$

gravitational waves during inflation

originate from vacuum fluctuations

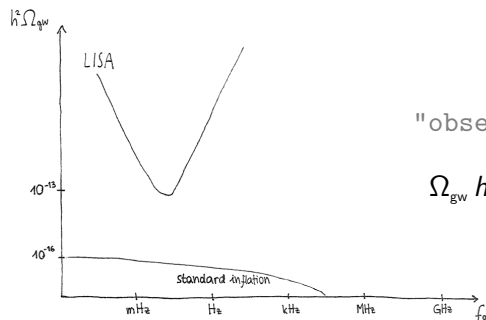
$$\mathbb{L}_{ijmn}(\hat{\mathbf{k}})\delta T_{mn}(t, \mathbf{k}) = 0 \Rightarrow \left(\partial_t^2 + 3H\partial_t + \frac{k^2}{a^2} \right) h_{ij}(t, \mathbf{k}) = 0$$



gravitational waves during inflation

$$\left(\partial_t^2 + 3H\partial_t + \frac{k^2}{a^2}\right) h_{ij}(t, \mathbf{k}) = 0 \quad \text{mean amplitude}$$

$$\hookrightarrow \langle h_{ij}(t, \mathbf{x}) h_{ij}(t, \mathbf{0}) \rangle = \int_{-\infty}^{\infty} d \ln k \mathcal{P}_T(t, k)$$



"observable" spectrum $\underbrace{f_0 \equiv \frac{2\pi k}{a_0}}_{\text{today}}$

$$\begin{aligned} \Omega_{\text{gw}} h^2 &= \mathcal{T}_T(t_0, t_*, k) \underbrace{\mathcal{P}_T(t_*, k)}_{=} \\ &= \frac{16}{\pi} \left(\frac{H}{m_{\text{pl}}} \right)^2 \end{aligned}$$

Towards a thermally complete study of inflationary predictions

1. Interaction between inflaton and medium
linear response
evolution equations
2. Example: non-Abelian axion inflation
Numerical benchmark results
3. Gravitational wave production
inflation
reheating
4. Summary and outlook

inflation + medium

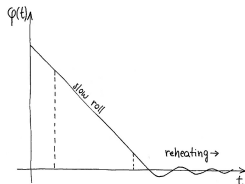
$$\mathcal{L} = -\frac{1}{2} \partial^\mu \varphi \partial_\mu \varphi - V(\varphi) - \varphi J + \mathcal{L}_{\text{bath}}$$



$$\ddot{\bar{\varphi}} + 3H\dot{\bar{\varphi}} + \partial_\varphi V(\bar{\varphi}) + \underbrace{\langle J(t) \rangle}_{\substack{\text{medium} \\ \text{response}}} = 0$$



expect: $\ddot{\bar{\varphi}} + (3H + \Upsilon)\dot{\bar{\varphi}} + \partial_\varphi V(\bar{\varphi}, m_T) \approx 0$



as effective evolution equation at the end of inflation¹

¹M. Laine and S. Proccacci, JCAP 06 (2021) 031.

$\langle J(t) \rangle$: response of medium to small perturbation

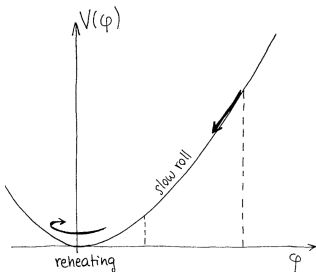
$$\text{Hamiltonian: } \hat{H} = \hat{H}_{\text{bath}} + \bar{\varphi} J$$

$$\text{Heat bath density matrix: } \rho(t), \quad [\hat{H}_{\text{bath}}, \rho(0)] = 0$$

$$i\partial_t \rho(t) = [\hat{H}(t), \rho(t)]$$

$$\begin{array}{l} \text{linear} \\ \Rightarrow \\ \text{response} \end{array} \quad \langle J(t) \rangle = - \int_0^t dt_1 \bar{\varphi}(t_1) \underbrace{G_{\text{R}}(t-t_1)}_{\substack{\text{retarded} \\ \text{correlator}}} + \mathcal{O}(J^3)$$
$$\equiv \theta(t-t_1) \langle i[J(t), J(t_1)] \rangle_0$$

$$\overset{\text{eom}}{\curvearrowright} \quad \overset{t \rightarrow \omega}{\curvearrowright} \quad \varphi(t)\theta(t) \approx \int_{-\infty}^{\infty} \frac{d\omega}{2\pi} \frac{e^{-i\omega t} g[\omega, \varphi^{(n)}(0)]}{\omega^2 + 3iH\omega - m^2 + G_R(\omega)}$$



$$V(\bar{\varphi}) \approx \frac{1}{2} m^2 \bar{\varphi}^2 + \mathcal{O}(\bar{\varphi}^4)$$

thermal corrections relevant at $\omega \sim m \Rightarrow G_R \rightarrow G_R(m)$

evolution equations

inflaton:

$$\ddot{\bar{\varphi}} + (3H + \Upsilon)\dot{\bar{\varphi}} + \partial_{\varphi} V(\bar{\varphi}, m_T) \approx 0$$

$$\Upsilon \approx \frac{\text{Im}G_R(m)}{m}, \quad m_T^2 \approx m^2 - \text{Re}G_R(m)$$

medium ("radiation"):

$$\dot{e}_r + 3H(e_r + p_r - T\partial_T V) - T\partial_T \dot{V} = \Upsilon\dot{\bar{\varphi}}^2$$

parametrize $e_r = e_r(T)$, $p_r = p_r(T)$

example: non-Abelian axion-like inflation²

$$\mathcal{L} = -\frac{1}{2} \partial^\mu \varphi \partial_\mu \varphi - V(\varphi) - \varphi J + \mathcal{L}_{\text{bath}}$$

* topological interaction term:

$$J = \frac{\alpha}{16\pi f_a} \epsilon^{\mu\nu\rho\sigma} F_{\mu\nu}^c F_{\rho\sigma}^c$$

f_a decay const., $c \in \{1, \dots, N_c^2 - 1\}$

* periodic potential:

$$V(\varphi) = m^2 f_a^2 \left[1 - \cos\left(\frac{\varphi}{f_a}\right) \right]$$

$\Rightarrow \varphi \rightarrow \varphi + 2\pi f_a$ symmetry, corrections non-perturbative

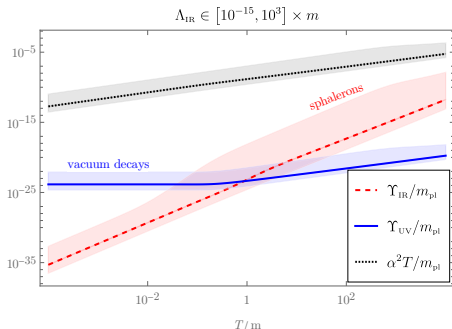
²e.g. W. De Rocco, P.W. Graham and S. Kalia, JCAP 11 (2021) 011

friction coefficient $\Upsilon \approx \Upsilon_{\text{IR}} + \Upsilon_{\text{UV}}$

* $m \lesssim \alpha N_c T$: non-perturbative sphaleron dynamics³

$$\Upsilon_{\text{IR}} \sim \frac{\alpha^5 (N_c T)^3}{f_a^2} \left[1 + \left(\frac{m}{c_{\text{IR}} \alpha^2 N_c^2 T} \right)^2 \right] \left[1 + \left(\frac{m}{c_{\text{UV}} \alpha^2 N_c^2 T} \right)^2 \right]^{-1}$$

* $m \gg \pi T$: perturbative decays $\varphi \rightarrow gg$,^{4,5} $\Upsilon_{\text{UV}} \sim \frac{\alpha^2 m^3}{f_a^2}$



³ M. Laine, L. Niemi, S. Proccacci and K. Rummukainen, JHEP 11 (2022) 126

⁴ S. Caron-Huot, Phys. Rev. D 79 (2009) 125009

⁵ A. L. Kataev, N. V. Krasnikov and A. A. Pivovarov, Nucl. Phys. B 198 (1982) 508

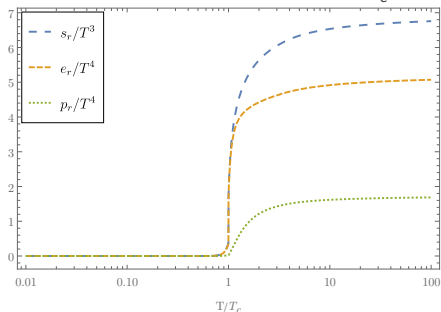
non-Abelian gauge plasma with coupling α

* medium thermalizes quickly⁶ $\sim \alpha^2 T$

* confinement scale $\Lambda_{\text{IR}} \Rightarrow$ phase transition at $T_c \sim \Lambda_{\text{IR}}$

* non-perturbative thermodynamics:

fit to lattice results⁷ for $N_c = 3$



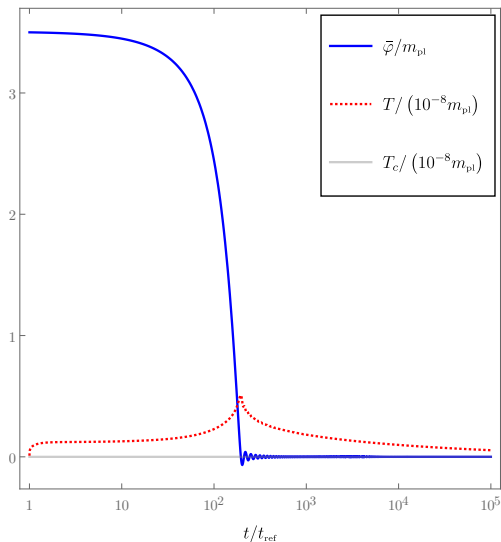
⁶e.g. Y. Fu, J. Ghiglieri, S. Iqbal and A. Kurkela, Phys. Rev. D 105 (2022) 054031

⁷L. Giusti and M. Pepe, Phys. Lett. B 769 (2017) 385

benchmark solutions: $f_a \sim m_{\text{pl}}$, $m \sim 10^{-6} m_{\text{pl}}$, $t_{\text{ref}} = H_{\text{ref}}^{-1}$

weakly-coupled
plasma:

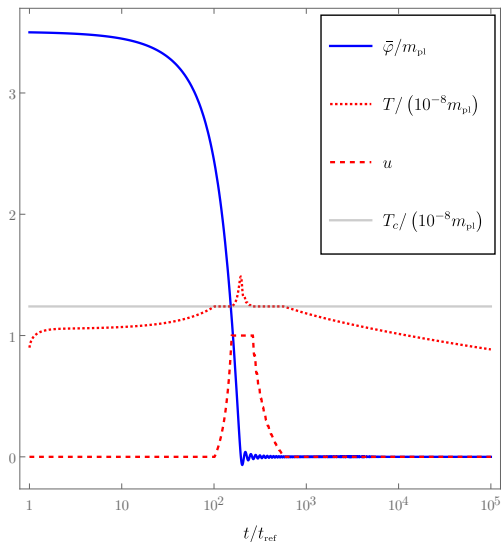
$$\Lambda_{\text{IR}} = 2 \times 10^{-20} m_{\text{pl}}$$



benchmark solutions: $f_a \sim m_{\text{pl}}$, $m \sim 10^{-6} m_{\text{pl}}$, $t_{\text{ref}} = H_{\text{ref}}^{-1}$

fine-tuned
coupling:

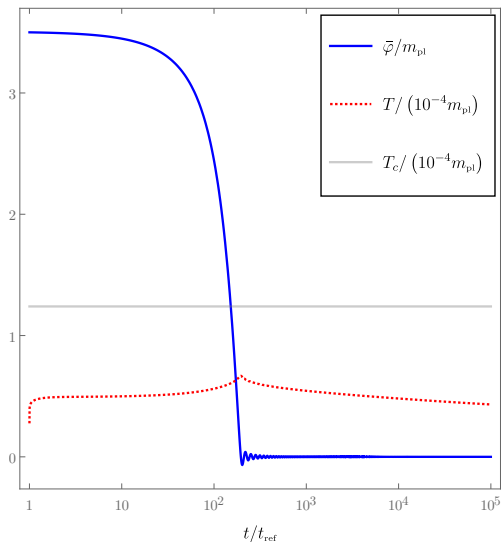
$$\Lambda_{\text{IR}} = 1 \times 10^{-8} m_{\text{pl}}$$



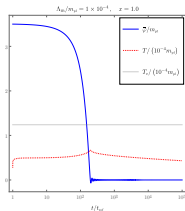
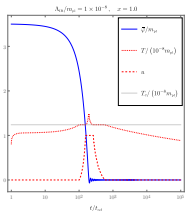
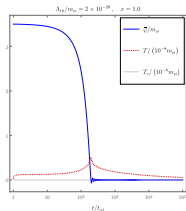
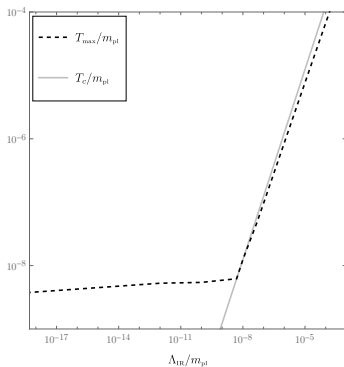
benchmark solutions: $f_a \sim m_{\text{pl}}$, $m \sim 10^{-6} m_{\text{pl}}$, $t_{\text{ref}} = H_{\text{ref}}^{-1}$

strongly-coupled
plasma:

$$\Lambda_{\text{IR}} = 1 \times 10^{-4} m_{\text{pl}}$$



T_{\max} depends on the self-coupling of the plasma⁸



consequences for gravitational waves:

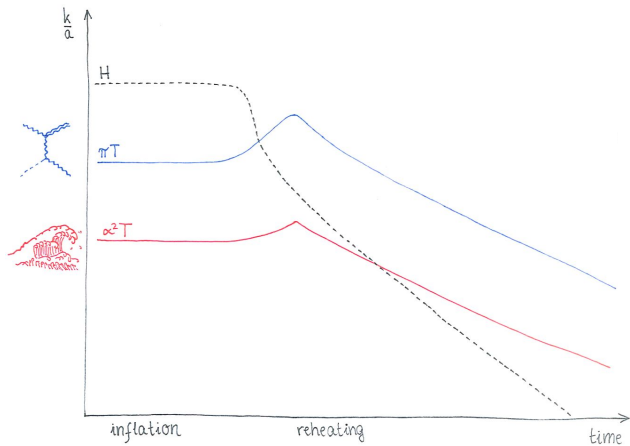
$$\left(\partial_t^2 + 3H\partial_t + \frac{k^2}{a^2}\right)h_{ij}(t, \mathbf{k}) = \frac{8\pi}{m_{\text{pl}}^2} \mathbb{L}_{ijmn}(\hat{\mathbf{k}})\delta T_{mn}(t, \mathbf{k})$$

sourced by anisotropies in the heat bath

$$\curvearrowright \langle h_{ij}(t, \mathbf{x}) h_{ij}(t, \mathbf{0}) \rangle_{\text{vacuum} + \text{thermal}} = \dots$$

$$\begin{aligned} \Rightarrow \Delta \mathcal{P}_{\text{T}}^{\text{thermal}} &= \frac{(32)^2 k^3}{m_{\text{pl}}^4} \int_0^t dt_1 \int_0^t dt_2 \overbrace{G_{\text{R}}(t, t_1, k) G_{\text{R}}(t, t_2, k)}^{\text{Green's function}} \\ &\quad \times \mathbb{L}_{ijmn} \langle \delta T_{ij}(t_1, \mathbf{k}) \delta T_{mn}^*(t_2, \mathbf{k}) \rangle_{\text{T}} \end{aligned}$$

evolution of the different scales



[reproduction, original by Vikram]

during inflation the dilution is efficient:

$$\frac{k}{a} \ll \pi T < H \Rightarrow \text{hydrodynamic regime} \quad \text{ripples}$$

$$T_{\mu\nu}^{\text{hydro}} = \underbrace{\bar{T}_{\mu\nu}}_{(\bar{T}, 0)} + \underbrace{\delta T_{\mu\nu}^{\text{hydro}}}_{(\delta T, v^i)} + \underbrace{S_{\mu\nu}}_{\text{thermal noise}} + \mathcal{O}(\delta^2)$$

* macroscopic scales \leftrightarrow collective phenomena

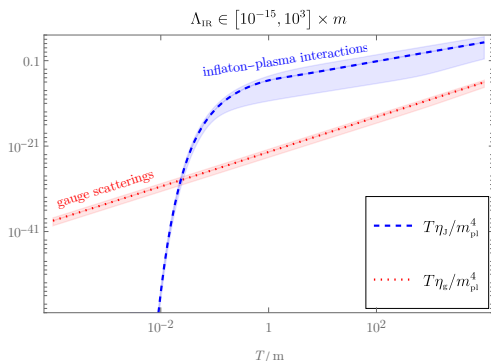
* $S_{\mu\nu}$: fluctuation-dissipation relation

$$* \langle S_{ij} S_{mn} \rangle \sim T \left[\underset{\text{shear}}{\eta} (\delta_{im} \delta_{jn} + \delta_{in} \delta_{jm}) + \left(\zeta - \frac{2\eta}{3} \right) \underset{\text{bulk}}{\delta_{ij} \delta_{mn}} \right]$$

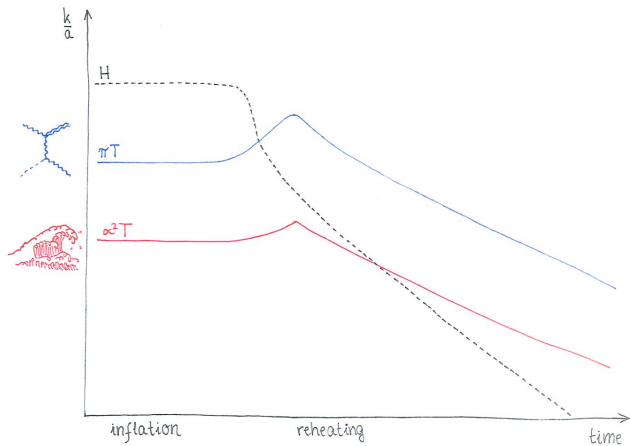
$$\Rightarrow \mathbb{L}_{ijmn} \langle T_{ij}^{\text{hydro}} T_{mn}^{\text{hydro}*} \rangle \sim T \eta$$

during inflation⁹ the dilution is efficient: $k/a \ll H$

$$\mathcal{P}_T(k) = \frac{16}{\pi} \left(\frac{H_*}{m_{\text{pl}}} \right)^2 + \overbrace{\frac{(32)^2 k^3}{m_{\text{pl}}^4}}^{\text{model independent}} \int_0^{t_e} dt_i \overbrace{G_R^2(t_e, t_i, k)}^{\substack{(\partial_t^2 + 3H\partial_t)G_R \approx 0 \\ \text{independent of } k}} \underbrace{T\eta(t_i)}_{\text{model dependent}}$$



evolution of the different scales



[reproduction, original by Vikram]

during reheating new fluctuations sourced at $k/a \gg H$

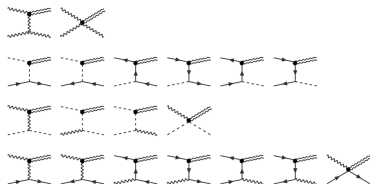
* thermal equilibrium justified: $\alpha^2 T > H$

* $k/a \ll \pi T$: more hydrodynamic modes

* $k/a \sim \pi T$: microscopic scales \leftrightarrow scatterings

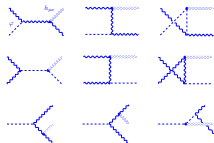
$$\partial_t \Delta \mathcal{P}_T^{\text{thermal}} \sim \overbrace{k^3 n_B(k)}^{\text{model independent}} \oplus \text{scat}_{n \rightarrow m} \left| \frac{\text{matrix elements}}{\text{elements}} \right|^2$$

SM contribution
known up to LO:¹⁰

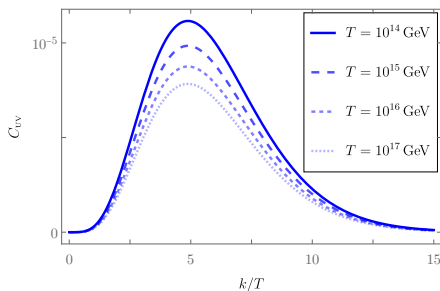


¹⁰J. Ghiglieri, G. Jackson, M. Laine and Y. Zhu, JHEP 07 (2020) 092

add contribution from φ -plasma interactions¹¹



$$\partial_t \Delta \mathcal{P}_T^{\text{thermal}} \approx \underbrace{C_{UV}(k, T)}_{\text{UV}} \frac{T^9}{f_a^2 m_{\text{pl}}^2} + C_{\text{SM}}(k, T) \frac{T^7}{m_{\text{pl}}^2}$$



$$C_{\text{SM}}^{\text{max}} \sim 10^4 C_{\text{UV}}^{\text{max}}$$

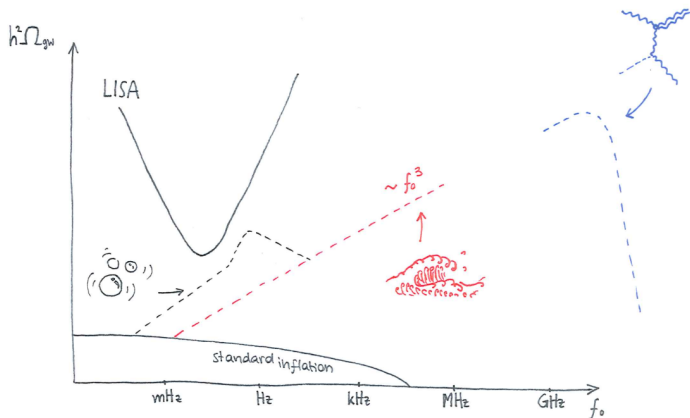


SM contribution
dominates

¹¹P. Klose, M. Laine and S. Procacci, JCAP 05 (2022) 021

gravitational waves from

vacuum + thermal processes at **micro**scopic scales
macroscopic scales



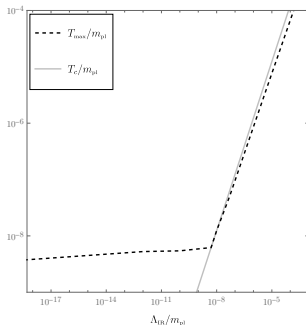
* shapes are model-independent

* amplitudes depend on T_{\max} reached during reheating

summary:

- * dynamical reheating after inflation requires careful implementation
- * example rich of phenomenological implications:

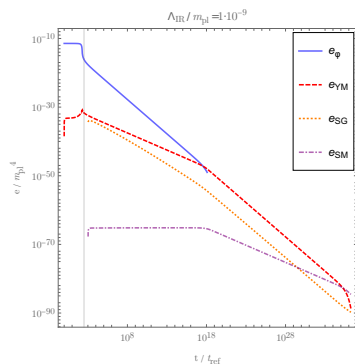
$$\mathcal{L} \supset -\varphi \frac{\alpha(\Lambda_{\text{IR}})}{16\pi f_a} F \tilde{F}$$



dark matter vs. gravitational waves

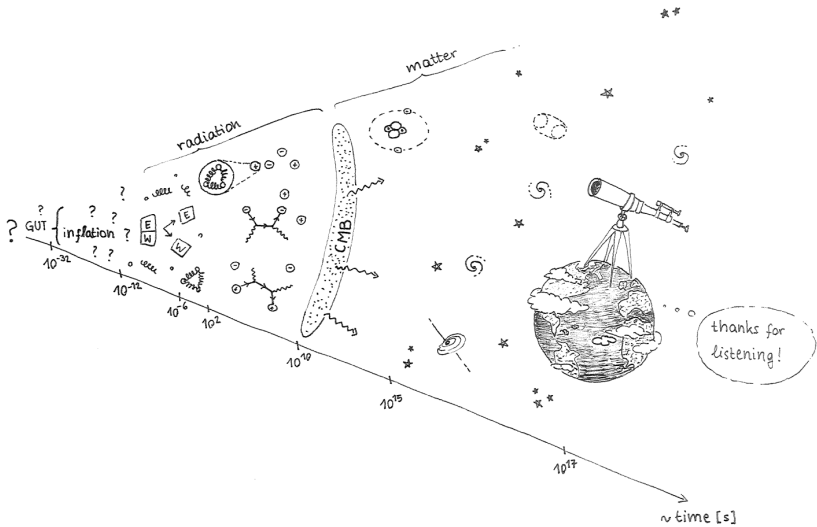
outlook: reheating via strongly-coupled dark sector¹²

- * at $T < T_c$ dark glueballs connected to SM sector
- * different lifetimes \Rightarrow reheating + relic DM



$$\begin{aligned} \dot{e}_\phi + 3He_\phi &= -\Upsilon e_\phi \\ \dot{e}_{\text{YM}} + 3H(e_{\text{YM}} + p_{\text{YM}}) &= \Upsilon e_\phi - B_U \Gamma e_{\text{YM}} \\ \dot{e}_{\text{SM}} + 4He_{\text{SM}} &= B_U \Gamma e_{\text{YM}} \end{aligned}$$

¹²S. Biondini, H. Kolesova, S. Proccacci, in preparation.

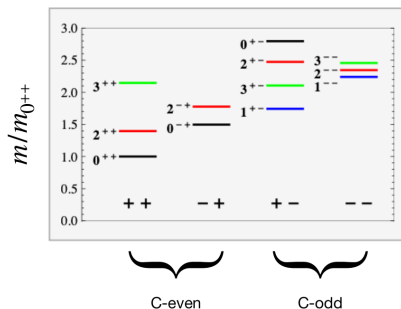


backup

glueballs dark matter??¹³

if dark sector is also charged under SM gauge group

J. Juknevec, D. Melnikov, M. Strassler, JHEP 07 (2009) 055



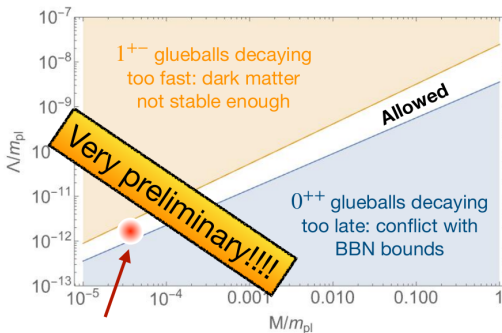
at scales $\Lambda_{\text{IR}} \ll M$ glueballs decay to the SM sector:

$$\Gamma_{0^{++}} \sim \frac{\Lambda_{\text{IR}}^5}{M^4}, \quad \Gamma_{1^{+-}} \sim \frac{\Lambda_{\text{IR}}^9}{M^8}$$

¹³ see e.g. L. Forestell, D. Morrissey, K. Sigurdson Phys. Rev. D 95, 015032

SU(3) sector coupled to inflaton:¹⁴

- * C-odd \leftrightarrow stable glueballs form DM
- * C-even \leftrightarrow unstable glueballs reheat the SM

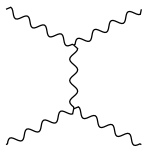


Correct relic abundance seems to be obtained somewhere here

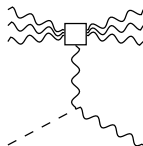
¹⁴S. Biondini, H. Kolesova, S. Procacci, in preparation.

how about the thermalization assumption?

lesson from heavy-ion studies: effective kinetic theory



$$\sim \alpha^2 T$$



$$\sim \Upsilon$$

a posteriori: thermalization rate of φ suppressed,
 $\Gamma_\varphi \sim \Upsilon \ll \alpha^2 T \sim \Gamma_g$.

what are Γ_φ and Γ_g if the plasma is strongly coupled?

perturbative thermodynamics for thermalized inflaton

$$V \approx \underbrace{V_0 |m^2}_{\substack{\text{UV physics} \\ \text{from } J}} + \underbrace{V_0 |m^2 \rightarrow m_T^2 - m^2}_{\substack{\text{thermal mass} \\ \text{from } J}} + \underbrace{V_{\text{eff}}^{(1)}}_{\substack{\text{thermalized} \\ \varphi}}$$

1-loop free energy of weakly coupled massive scalar field

$$V_{\text{eff}}^{(1)} = - \lim_{L \rightarrow \infty} \frac{T}{L^3} \ln \mathcal{Z}^{(1)}$$

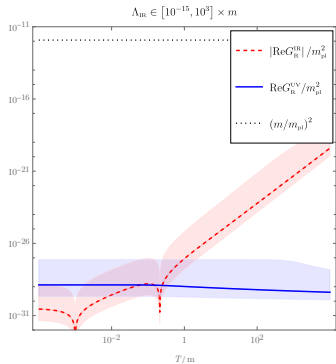
$$\Rightarrow p_\varphi + V_0 \supset \frac{m^2 T^2}{2\pi^2} \sum_{n=1}^{\infty} \frac{1}{n^2} K_2 \left(\frac{nm}{T} \right),$$

$$e_\varphi - V_0 \supset \dots,$$

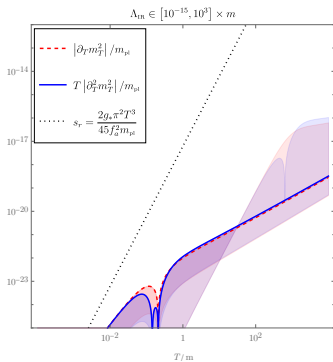
$$-T \partial_T \dot{V} \supset \dots$$

exponentially small contributions at $m \ll \pi T$

m_T is negligible



(a) UV and IR contributions to the thermal mass m_T^2



(b) thermal corrections to total entropy density and heat capacity.

cusps at $m \approx 5.2T$ and $m \approx 1023.0T$ mark the change of sign in the IR contributions.

induced potential

$$\mathcal{L} \supset -\frac{1}{2} g^{\mu\nu} \partial_\mu \varphi \partial_\nu \varphi - \varphi J + \mathcal{L}_{\text{bath}}, \quad \int d^4x \sqrt{-g} J = -\frac{Q}{f_a}, \quad Q \in \mathbb{Z}$$

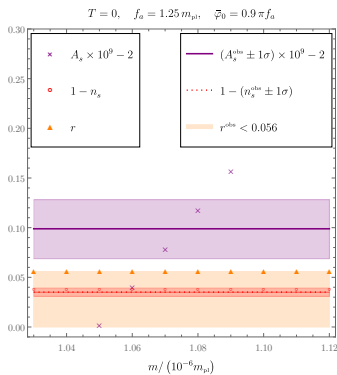
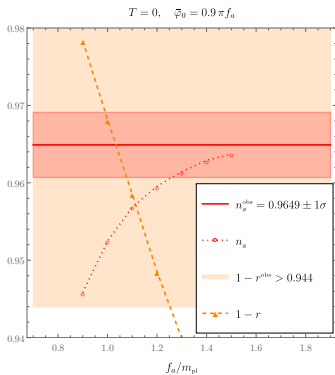
treat $\theta \equiv \varphi/f_a$ as free parameter, Wick-rotate and integrate over fields in $\mathcal{L}_{\text{bath}}$:

$$V(\theta) = -\lim_{L \rightarrow \infty} \frac{T}{L^3} \ln \left(\frac{\mathcal{Z}(\theta)}{\mathcal{Z}(0)} \right)$$

dilute instanton-gas approximation

$$\begin{aligned} \mathcal{Z}(\theta) &\simeq \sum_{n, \bar{n}=0}^{\infty} \frac{[\mathcal{Z}_1 e^{i\theta}]^n}{n!} \frac{[\mathcal{Z}_1 e^{-i\theta}]^{\bar{n}}}{\bar{n}!} = \exp[2\mathcal{Z}_1 \cos \theta] \\ \Rightarrow V(\varphi) &\simeq \Lambda_{\text{UV}}^4 \left[1 - \cos \left(\frac{\varphi}{f_a} \right) \right] \end{aligned}$$

inflaton mass m and decay rate f_a from CMB constraints



A_s , n_s and r parametrize the shape and amplitude of the perturbation spectrum observed at the CMB,

$$\mathcal{P}_{\mathcal{T}} = A_{\mathcal{T}} \left(\frac{k}{k_*} \right)^{n_{\mathcal{T}}-1}, \quad \mathcal{P}_{\mathcal{R}} = A_s \left(\frac{k}{k_*} \right)^{n_s-1}, \quad r \equiv \frac{A_{\mathcal{T}}}{A_s}$$