

PROBING THE 'PRIMORDIAL DARK AGES' with GRAVITATIONAL WAVES

DANi FiGUEROA



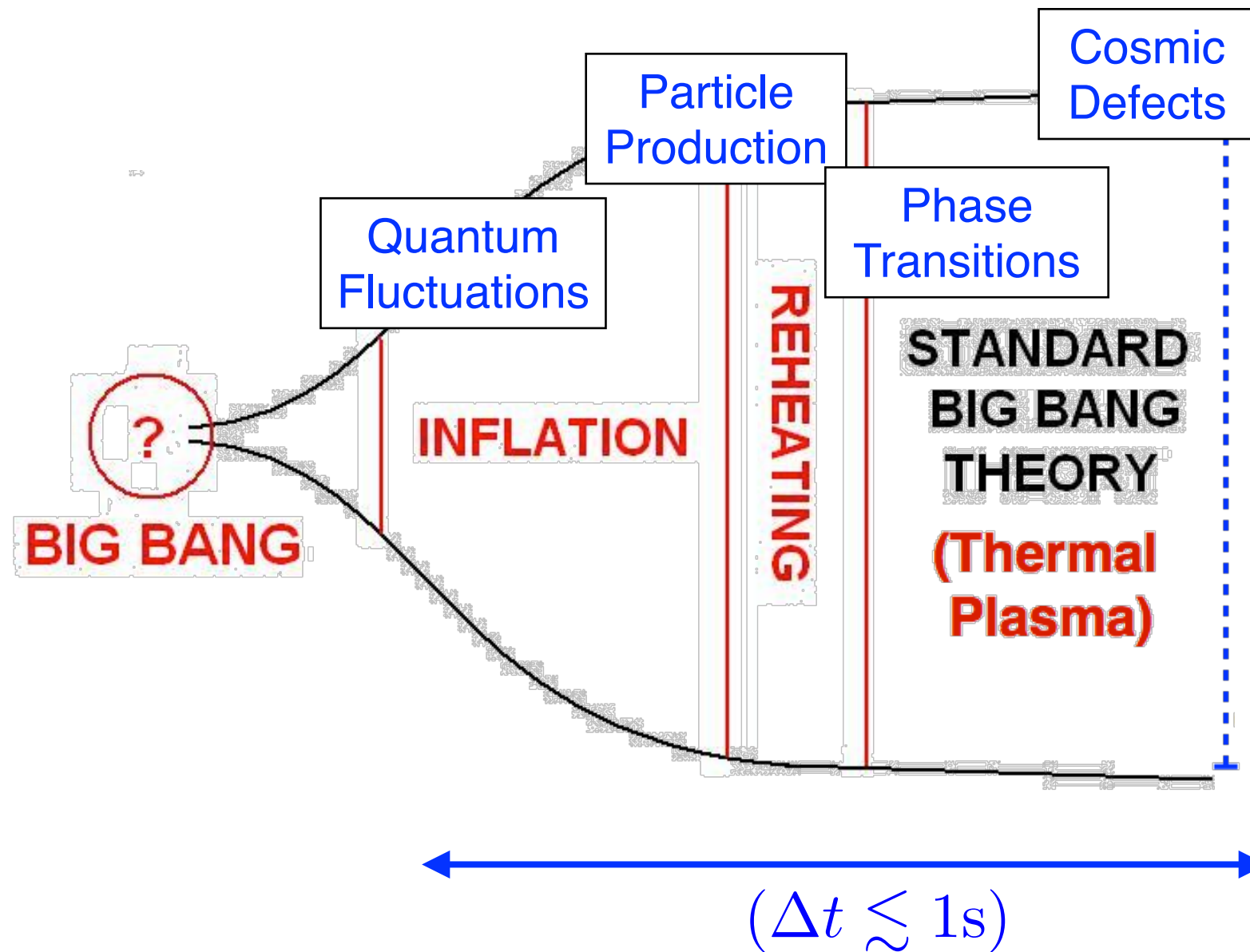
IFiC, Valencia



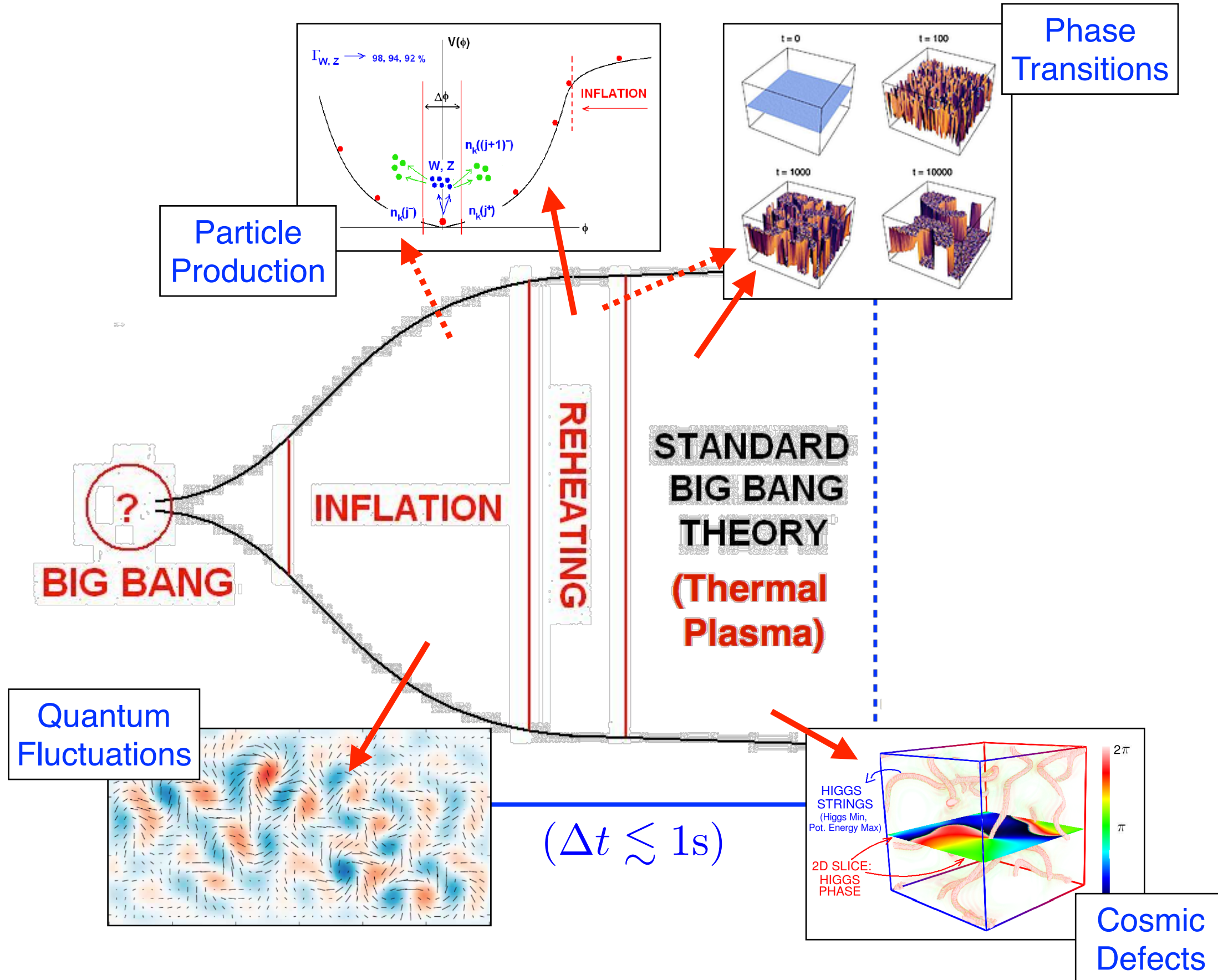
1604.03905, 1811.04093, 1905.11960, work in progress
(+ Byrnes) (+ Tanin) (+ Opferkuch, Stefanek)

Motivation

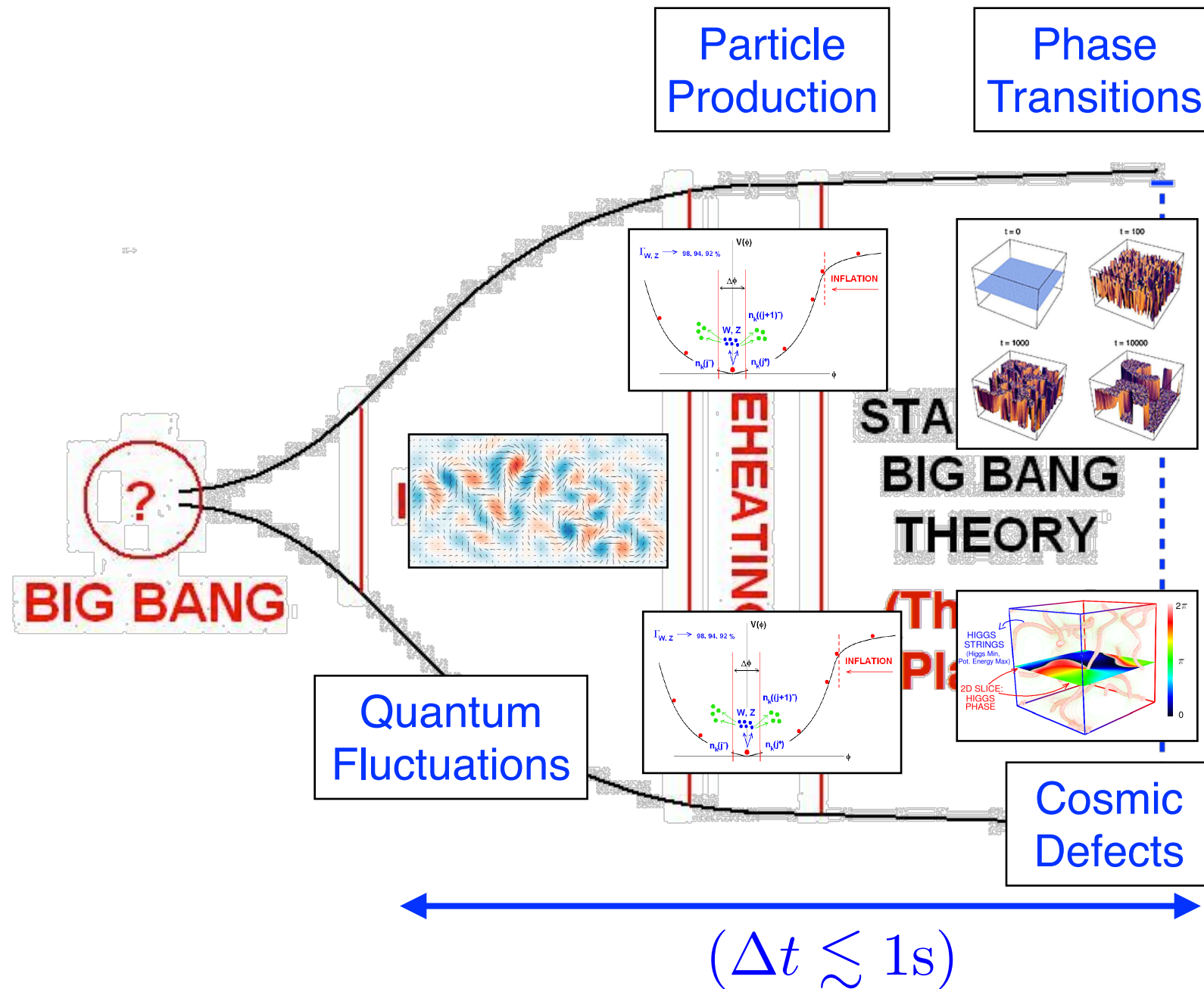
The Early Universe



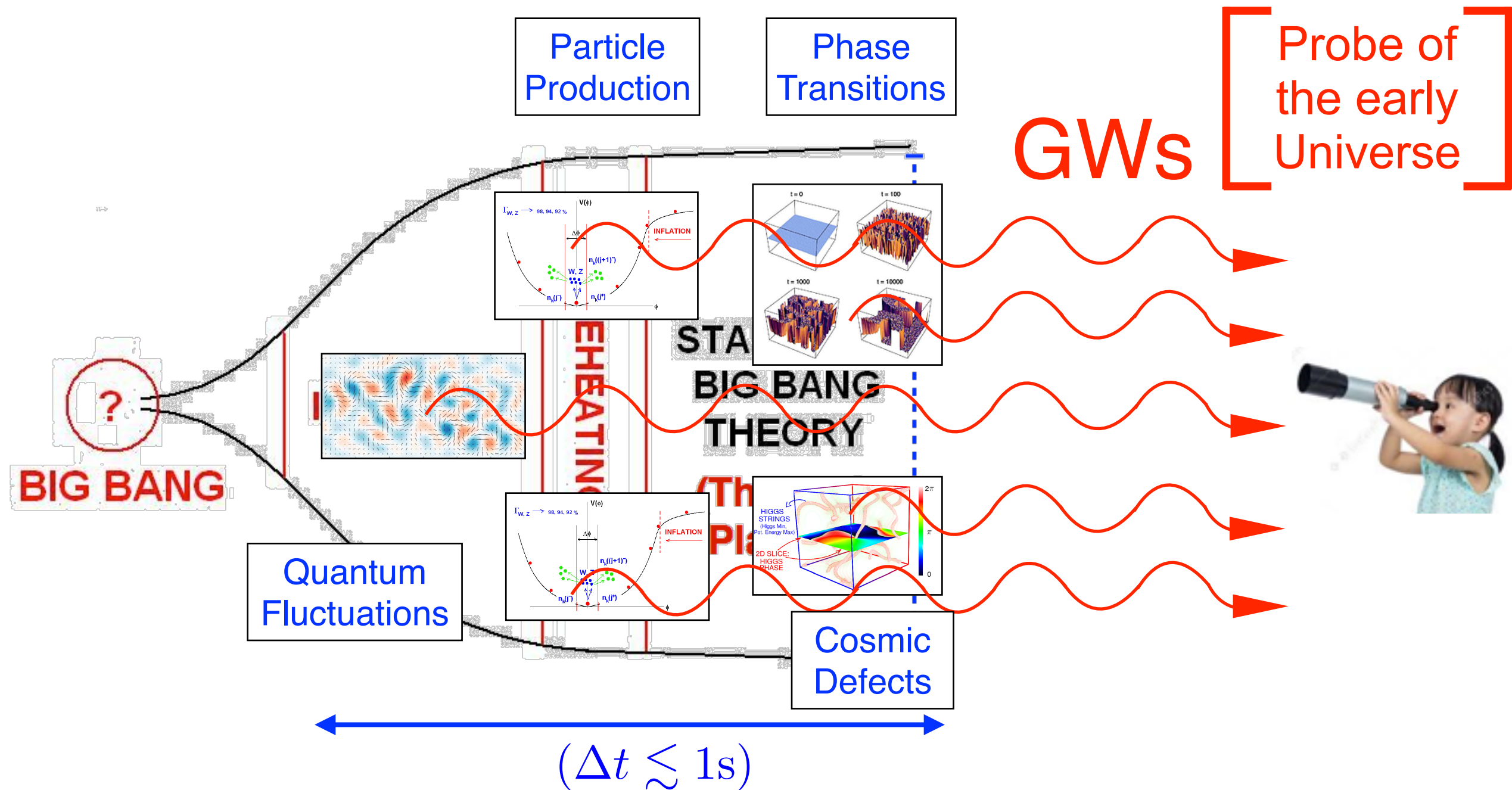
The Early Universe



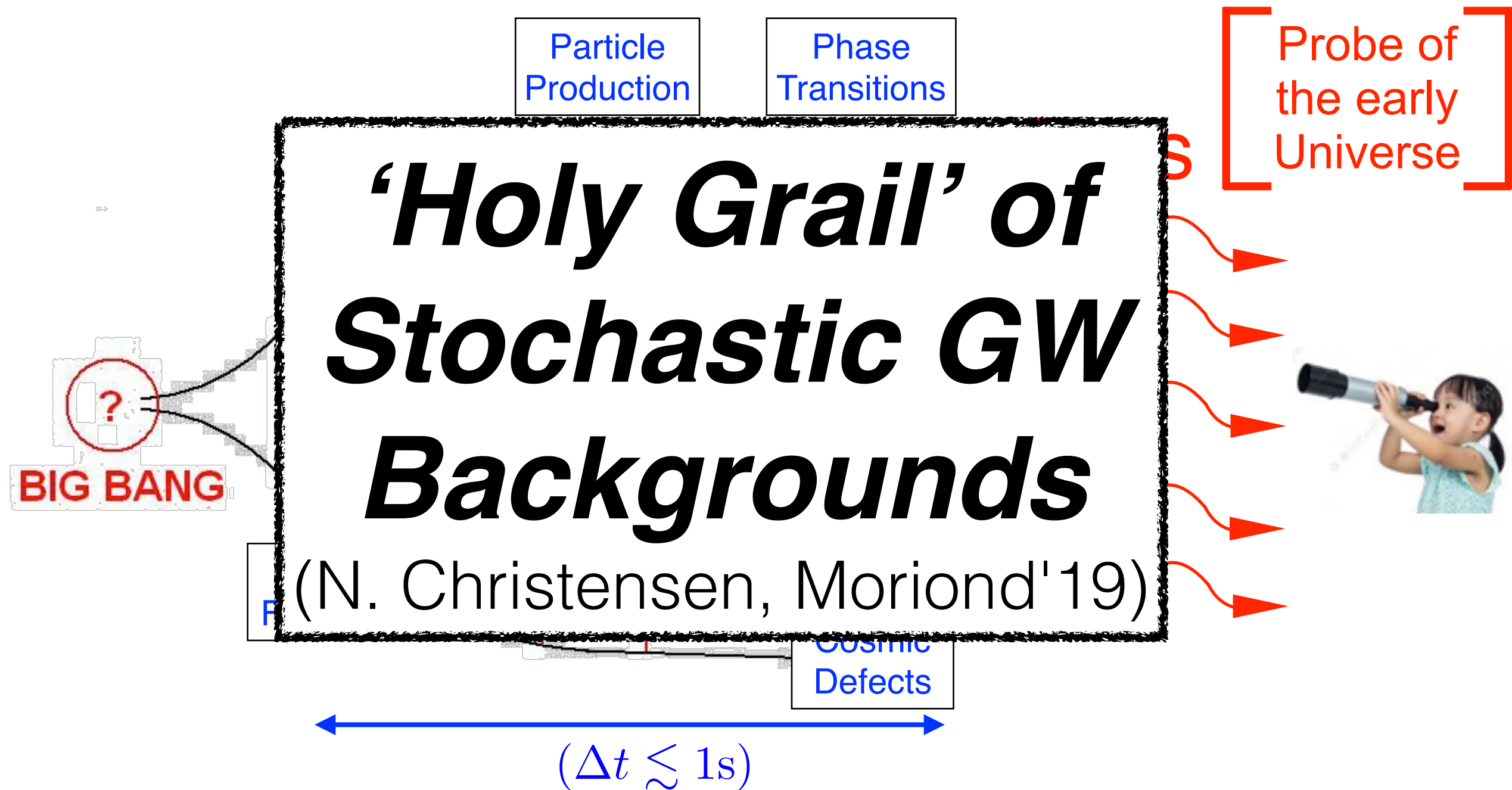
The Early Universe



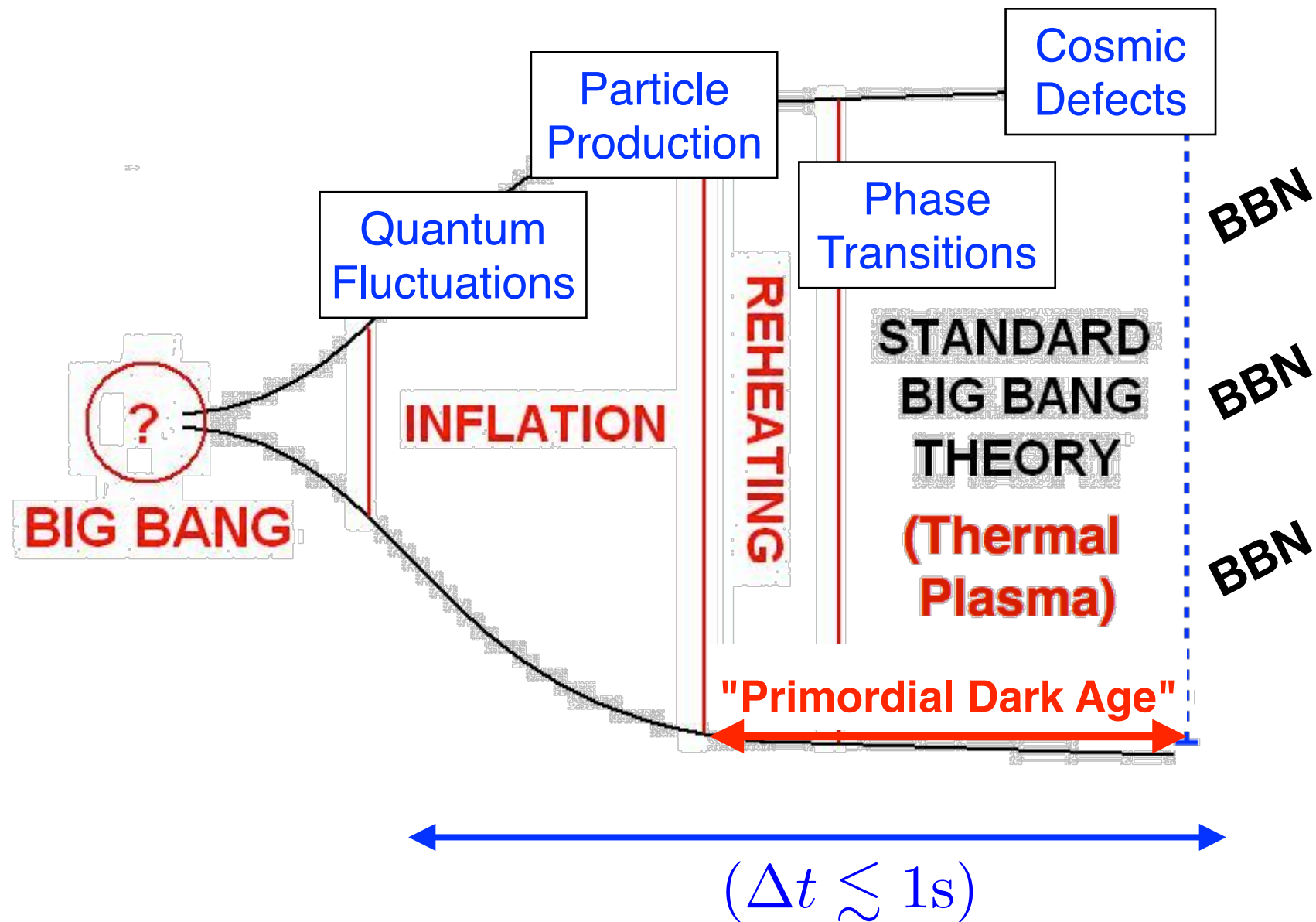
The Early Universe



The Early Universe



The Early Universe





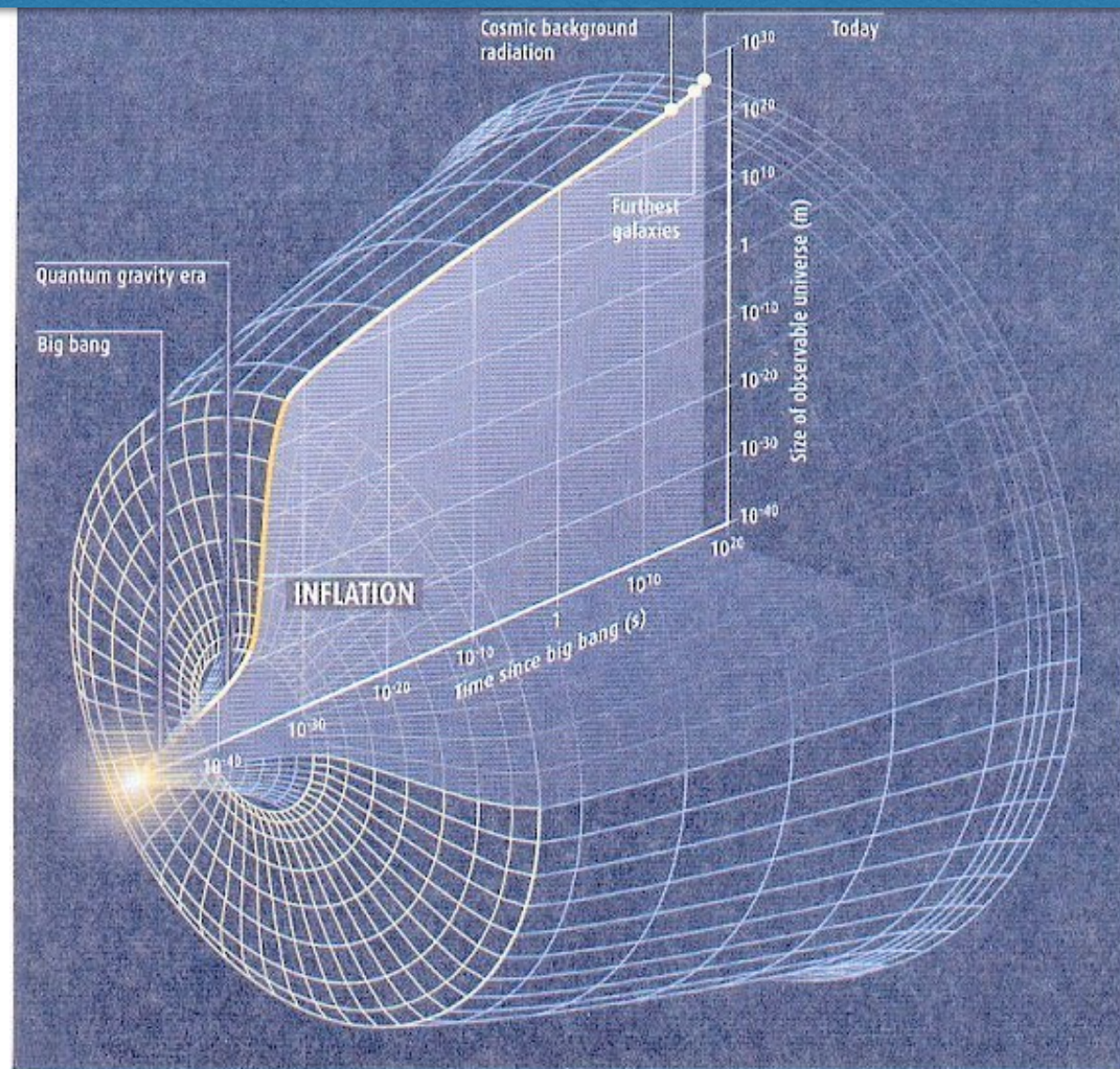
Let's Start !

Part 1

GRAVITATIONAL WAVES from INFLATION

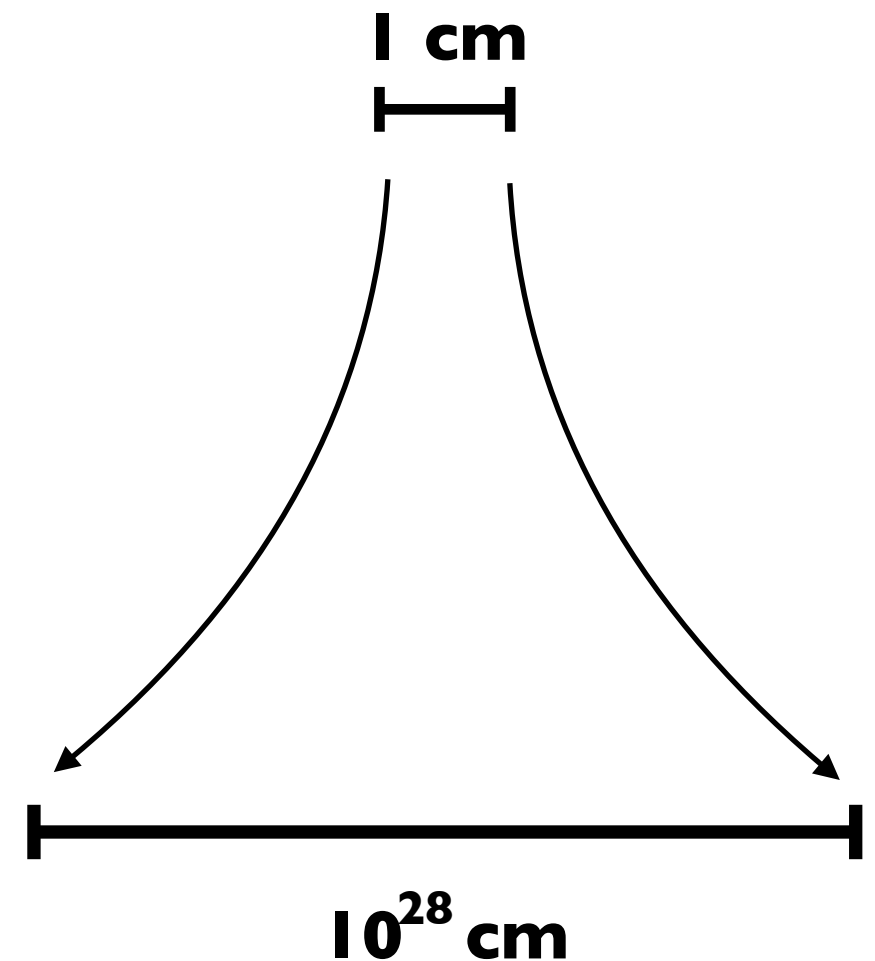
Inflation (basics)

COSMIC INFLATION



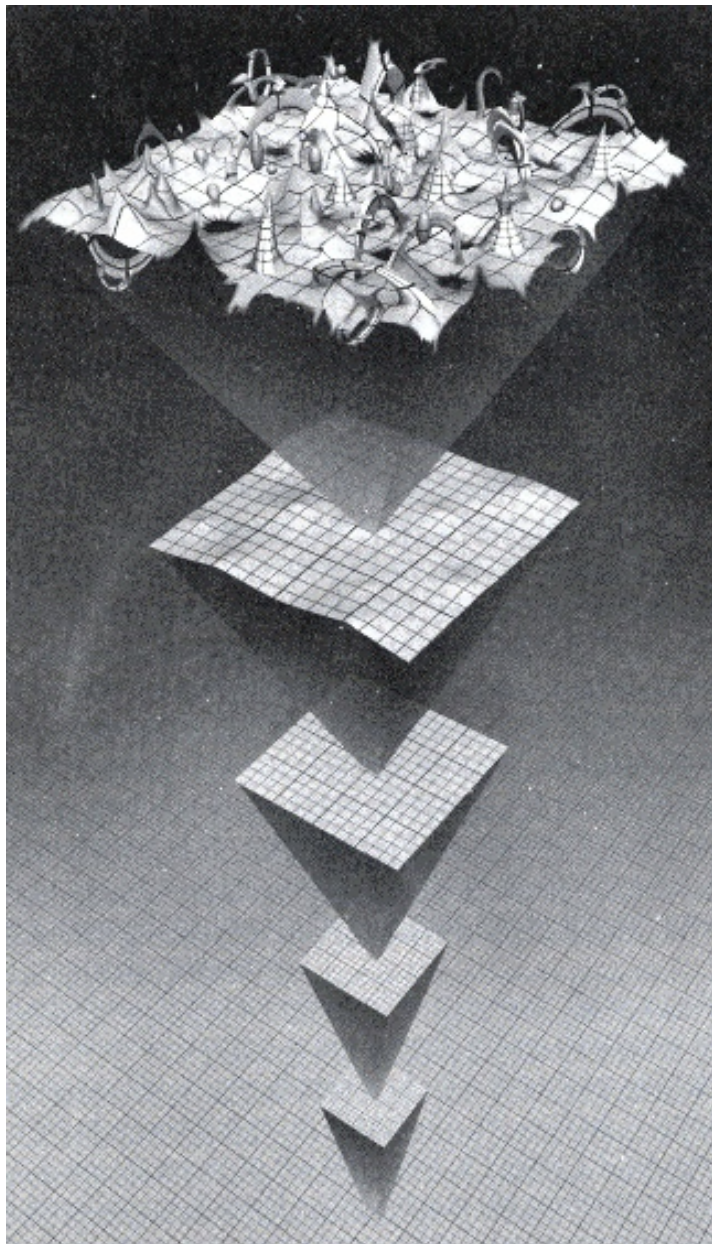
Required for **Consistency**
of the **Big Bang** theory

$$a \sim e^{H_* t} \gtrsim e^{60}$$



Irreducible GW background from Inflation

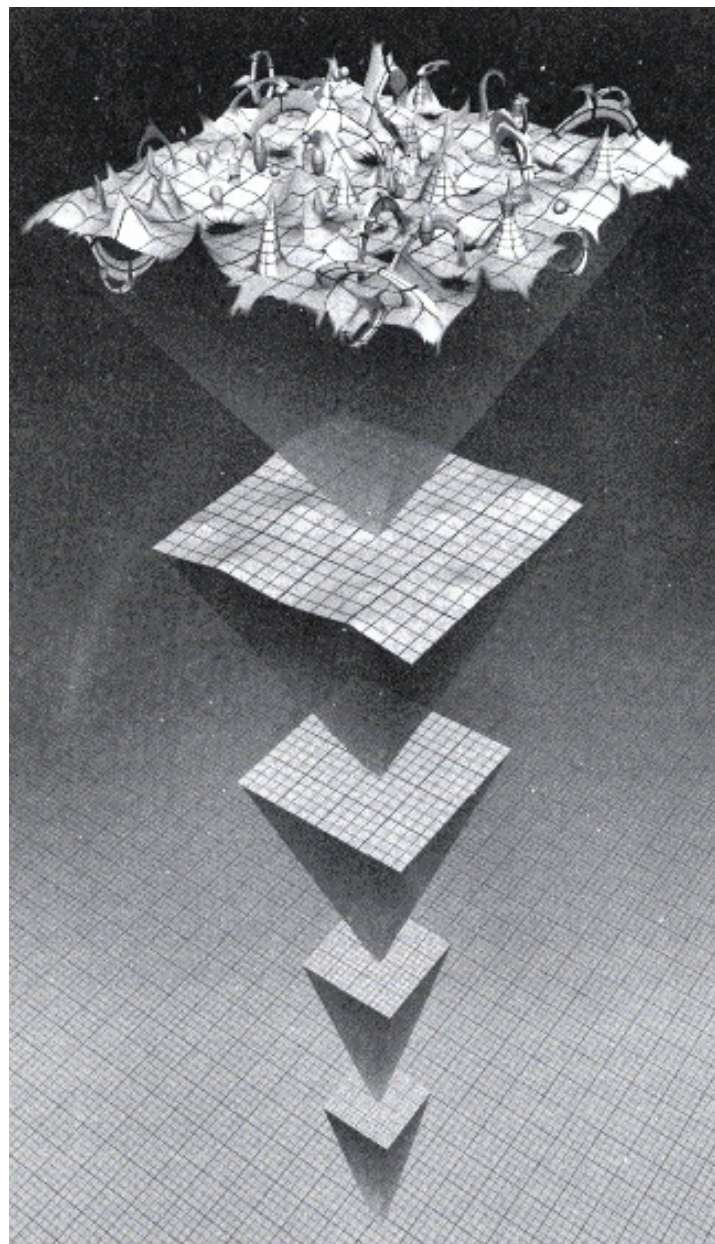
$$g_{\mu\nu} = g_{\mu\nu}^{(B)} + \delta g_{\mu\nu} \quad ; \quad [\delta g_{\mu\nu}]^{\text{TT}} = h_{ij} \quad , \quad \begin{cases} h_{ii} = 0 \\ \partial_i h_{ij} = 0 \end{cases}$$



**Quantum
Fluctuations**

Irreducible GW background from Inflation

$$g_{\mu\nu} = g_{\mu\nu}^{(\text{B})} + \delta g_{\mu\nu} \quad ; \quad [\delta g_{\mu\nu}]^{\text{TT}} = h_{ij} \quad , \quad \begin{cases} h_{ii} = 0 \\ \partial_i h_{ij} = 0 \end{cases}$$



$$\langle h_{ij}(\vec{k}, t) \rangle = 0$$

**Quantum
Fluctuations**

$$\langle h_{ij}(\vec{k}, t) h_{ij}^*(\vec{k}', t) \rangle \equiv (2\pi)^3 \frac{2\pi^2}{k^3} \Delta_h^2(k) \delta(\vec{k} - \vec{k}')$$

$$\Delta_h^2(k) = \frac{2}{\pi^2} \left(\frac{H}{m_p} \right)^2 \left(\frac{k}{aH} \right)^{n_t}$$

$$n_t \equiv -2\epsilon$$

energy scale

Irreducible GW background from Inflation

$$\Omega_{\text{GW}}^{(o)}(f) \equiv \frac{1}{\rho_c^{(o)}} \left(\frac{d\rho_{\text{GW}}}{d\log k} \right)_o = \underbrace{\frac{\Omega_{\text{Rad}}^{(o)}}{24}} \Delta_{h_*}^2(k)$$

Transfer Funct.: $T(k) \propto k^0$ (RD)

$$\Delta_h^2(k) = \frac{2}{\pi^2} \left(\frac{H}{m_p} \right)^2 \left(\frac{k}{aH} \right)^{n_t}$$

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Irreducible GW background from Inflation

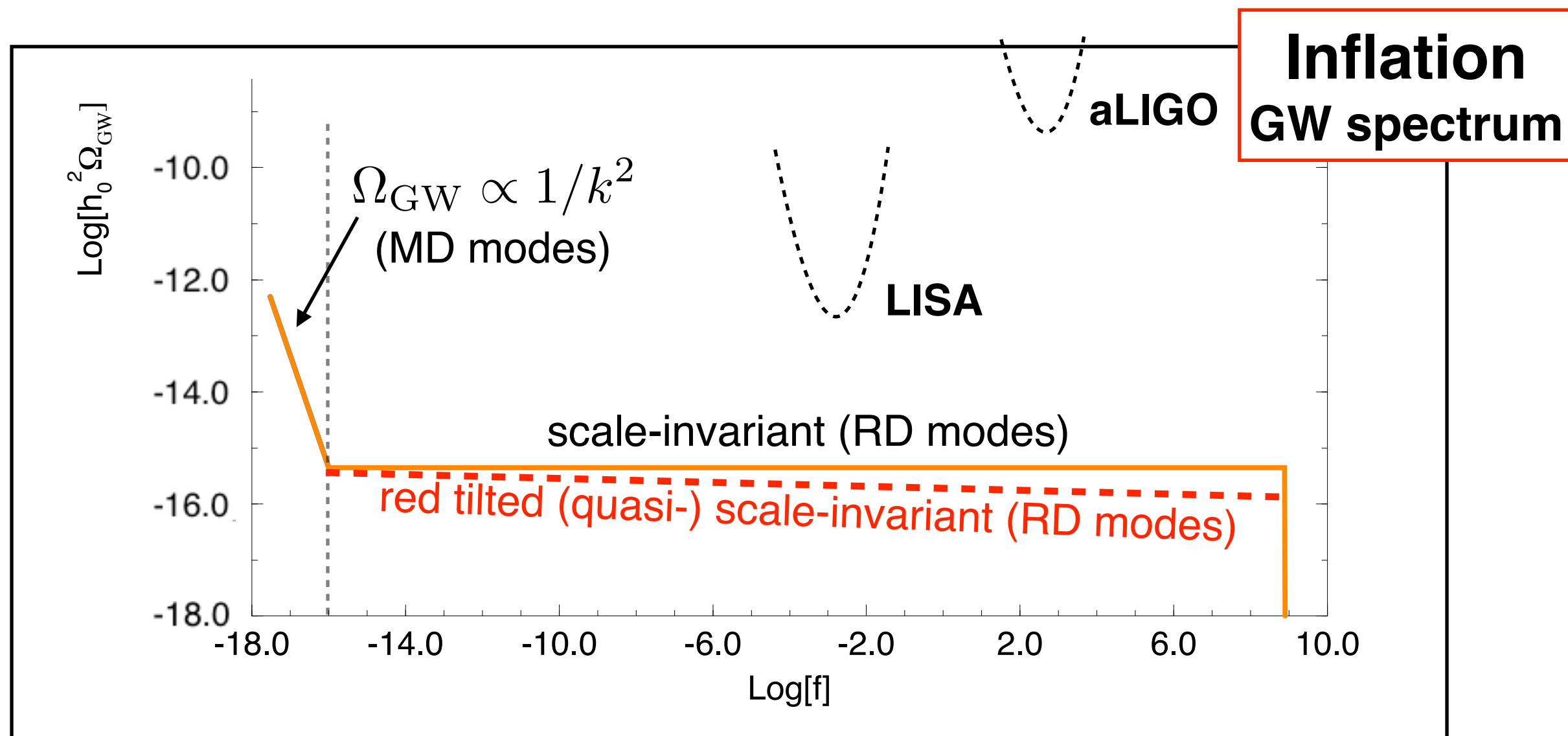
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Irreducible GW background from Inflation

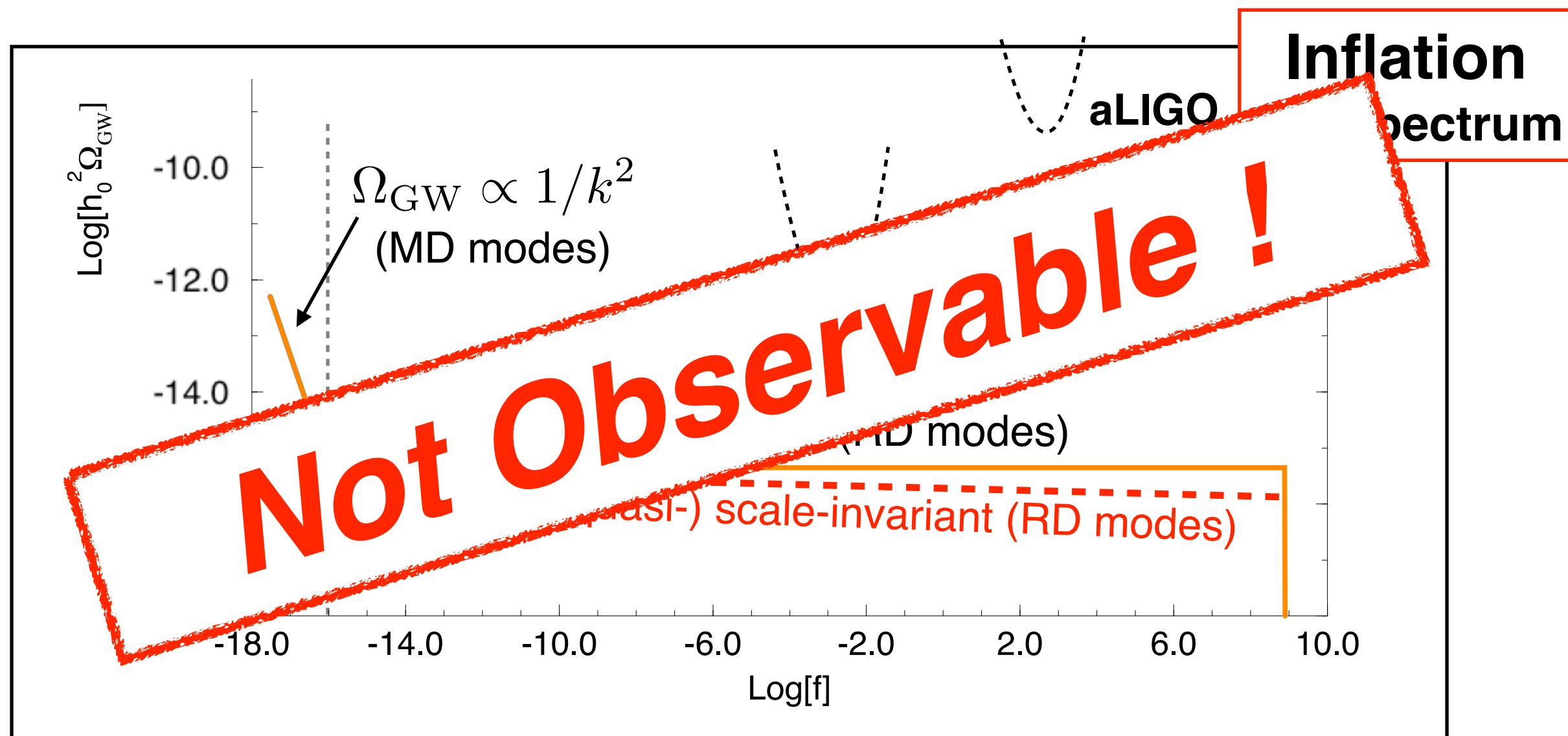
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energy scale

Transfer Funct.: $T(k) \propto k^0 (\text{RD})$



Irreducible GW background from Inflation

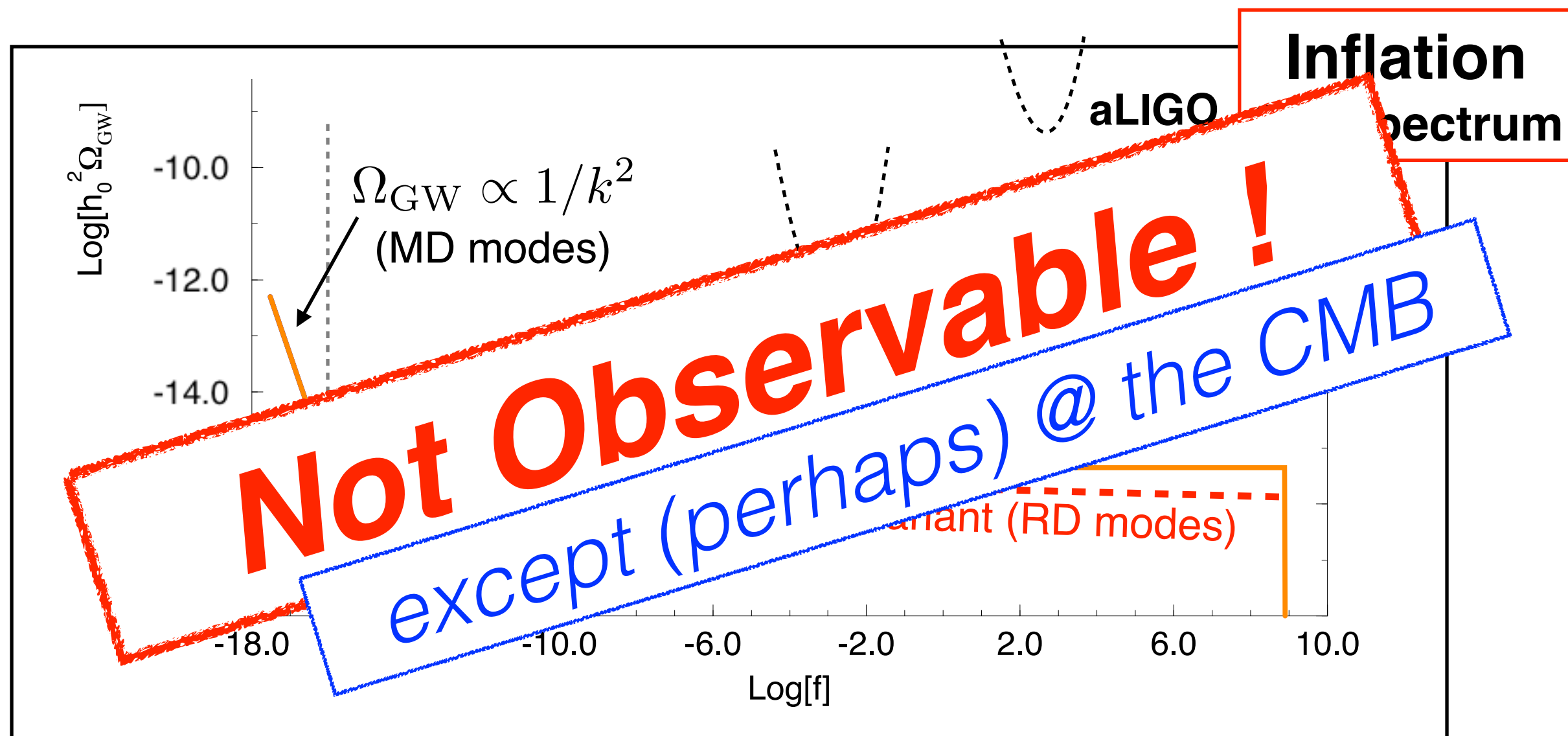
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energy scale

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Irreducible GW background from Inflation

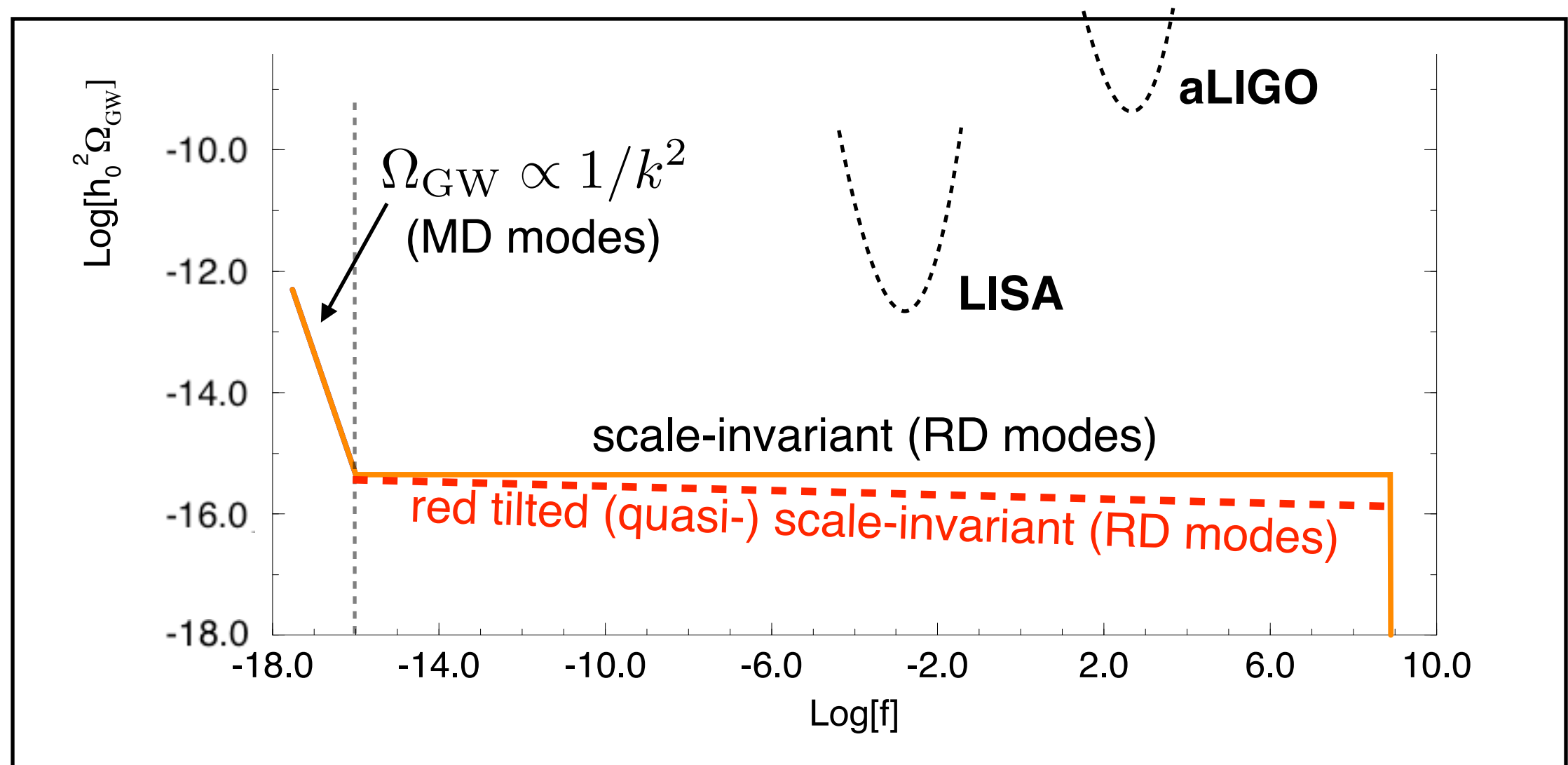
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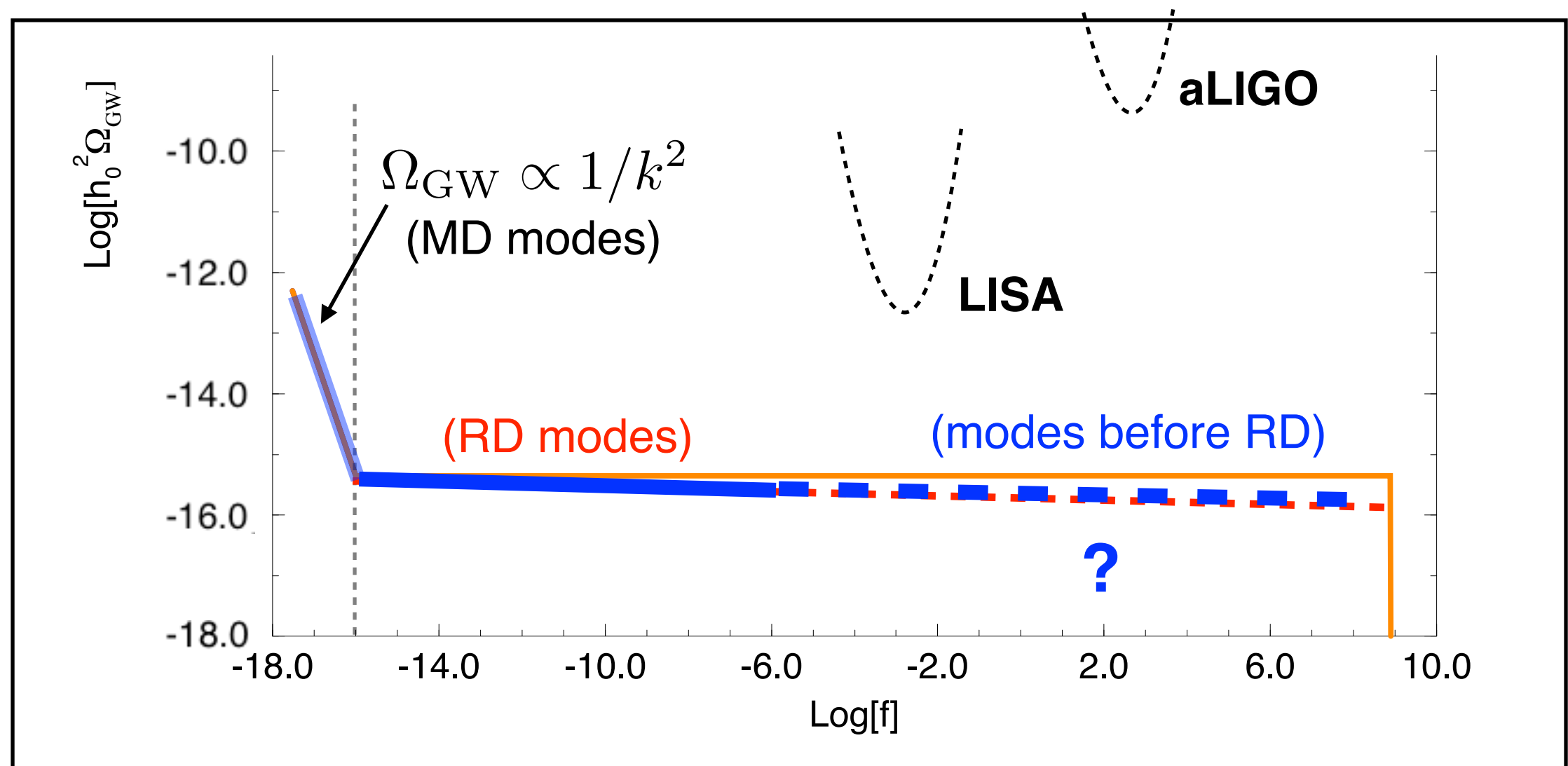
$$\Delta_h^2(k) = \frac{2}{\pi^2} \left(\frac{H}{m_p} \right)^2 \left(\frac{k}{aH} \right)^{n_t}$$

$$n_t \equiv -2\epsilon$$

energy scale

Transfer Funct.: $T(k) \propto k^0$ (RD)

Period before RD: $T(k) \propto k^{2 \frac{(w_s - 1/3)}{(w_s + 1/3)}}$



Irreducible GW background from Inflation

$$\Omega_{\text{GW}}^{(o)}(f) \equiv \frac{1}{\rho_c^{(o)}} \left(\frac{d\rho_{\text{GW}}}{d\log k} \right)_o = \underbrace{\frac{\Omega_{\text{Rad}}^{(o)}}{24}} \Delta_{h_*}^2(k)$$

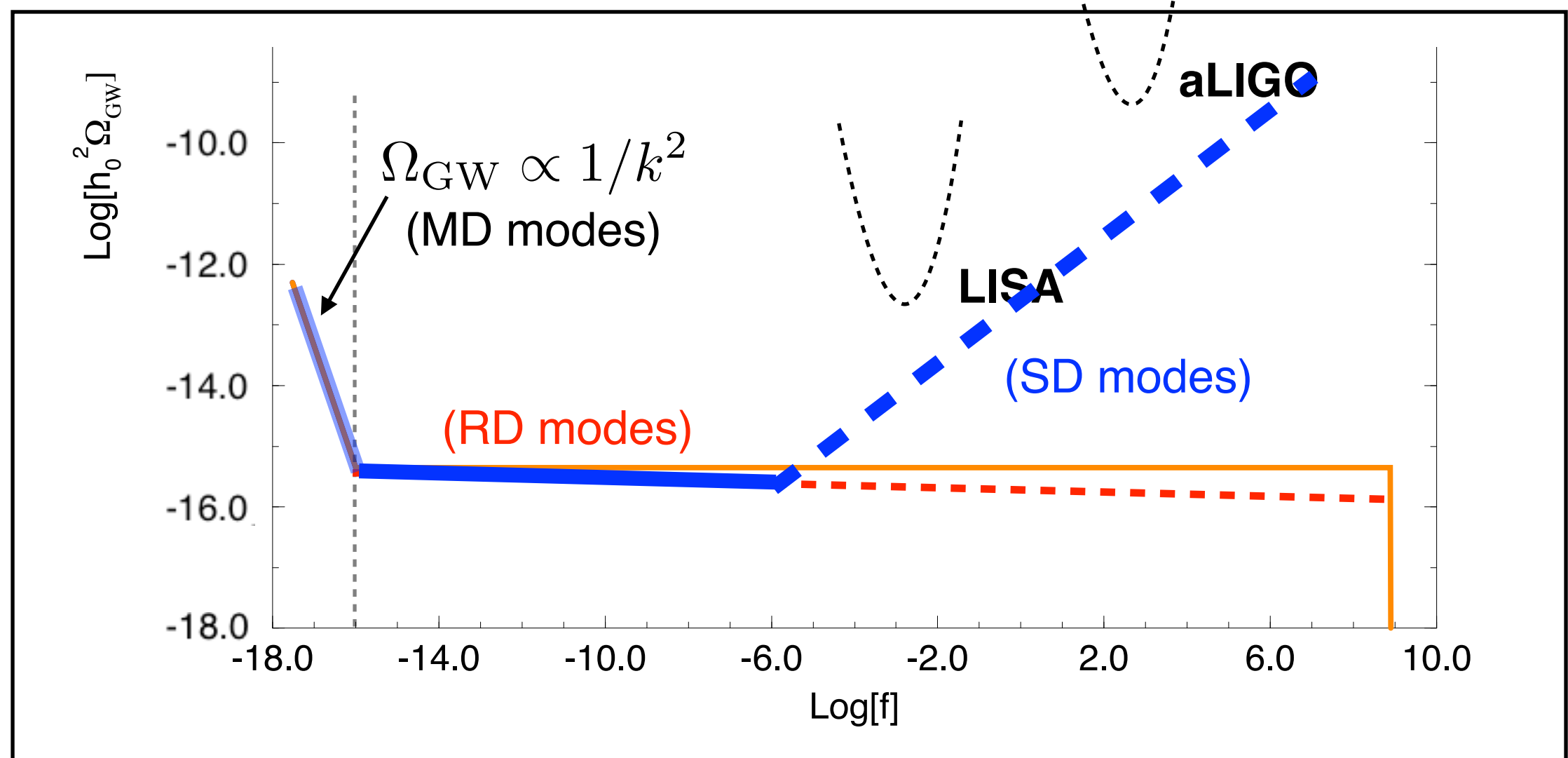
$$\Delta_h^2(k) = \frac{2}{\pi^2} \left(\frac{H}{m_p} \right)^2 \left(\frac{k}{aH} \right)^{n_t}$$

$$n_t \equiv -2\epsilon$$

energy scale

Transfer Funct.: $T(k) \propto k^0$ (RD)

Stiff Period: $T(k) \propto k^{2\frac{(w_s-1/3)}{(w_s+1/3)}}$ ($1/3 < \omega_s < 1$)



**After a few pages
computation of the
Transfer function
@ Stiff Domination**

Inflationary GW background

$$\Omega_{\text{GW}}^{(0)}(f) = \underbrace{\Omega_{\text{GW}}^{(0)}|_{\text{plateau}}}_{\text{Rad. Plateau}} \times \underbrace{\mathcal{W}(f/f_{\text{RD}}) \times \mathcal{A}_s \left(\frac{f}{f_{\text{RD}}}\right)^{n_t(w_s)}}_{\text{Transfer Funct. Stiff Period Window} \times \text{power-law}},$$

**Rad.
Plateau**

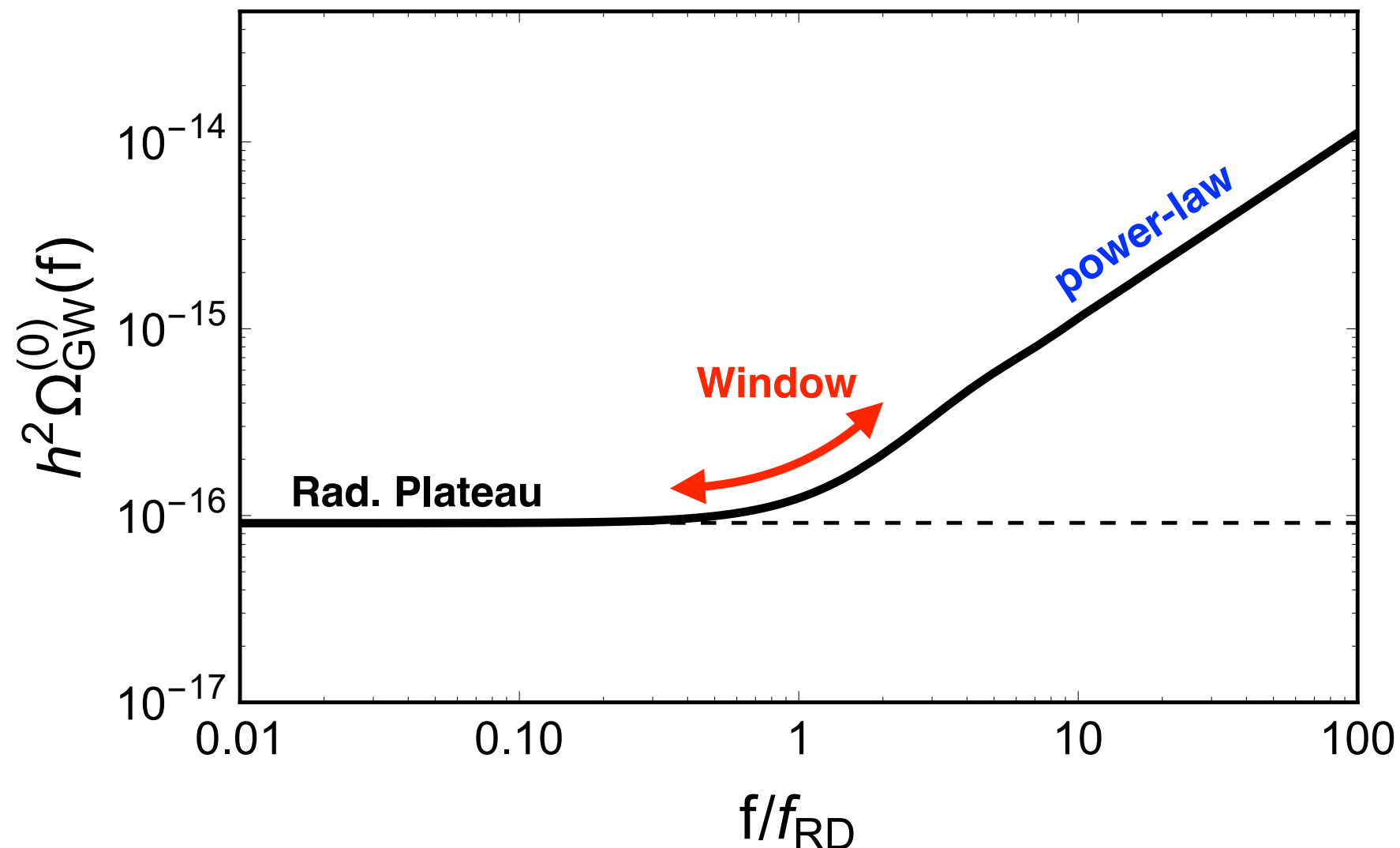
Transfer Funct. Stiff Period
Window x power-law

$$\Omega_{\text{GW}}^{(0)}|_{\text{plateau}} \simeq 2 \cdot 10^{-16} \left(\frac{H_*}{H_{\text{max}}} \right)^2$$

Inflationary GW background

$$\Omega_{\text{GW}}^{(0)}(f) = \underbrace{\Omega_{\text{GW}}^{(0)}|_{\text{plateau}}}_{\text{Rad. Plateau}} \times \underbrace{\mathcal{W}(f/f_{\text{RD}}) \times \mathcal{A}_s \left(\frac{f}{f_{\text{RD}}} \right)^{n_t(w_s)}}_{\text{Transfer Funct. Stiff Period Window} \times \text{power-law}}$$

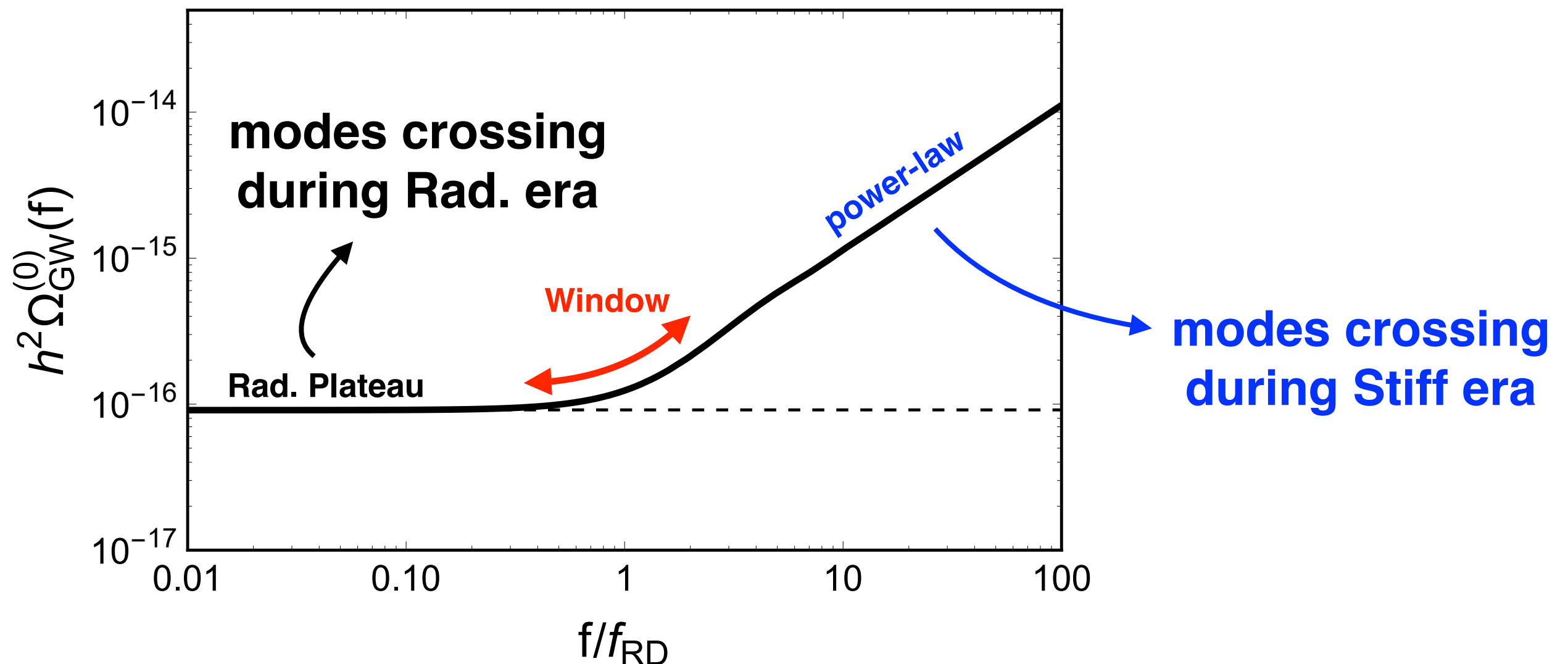
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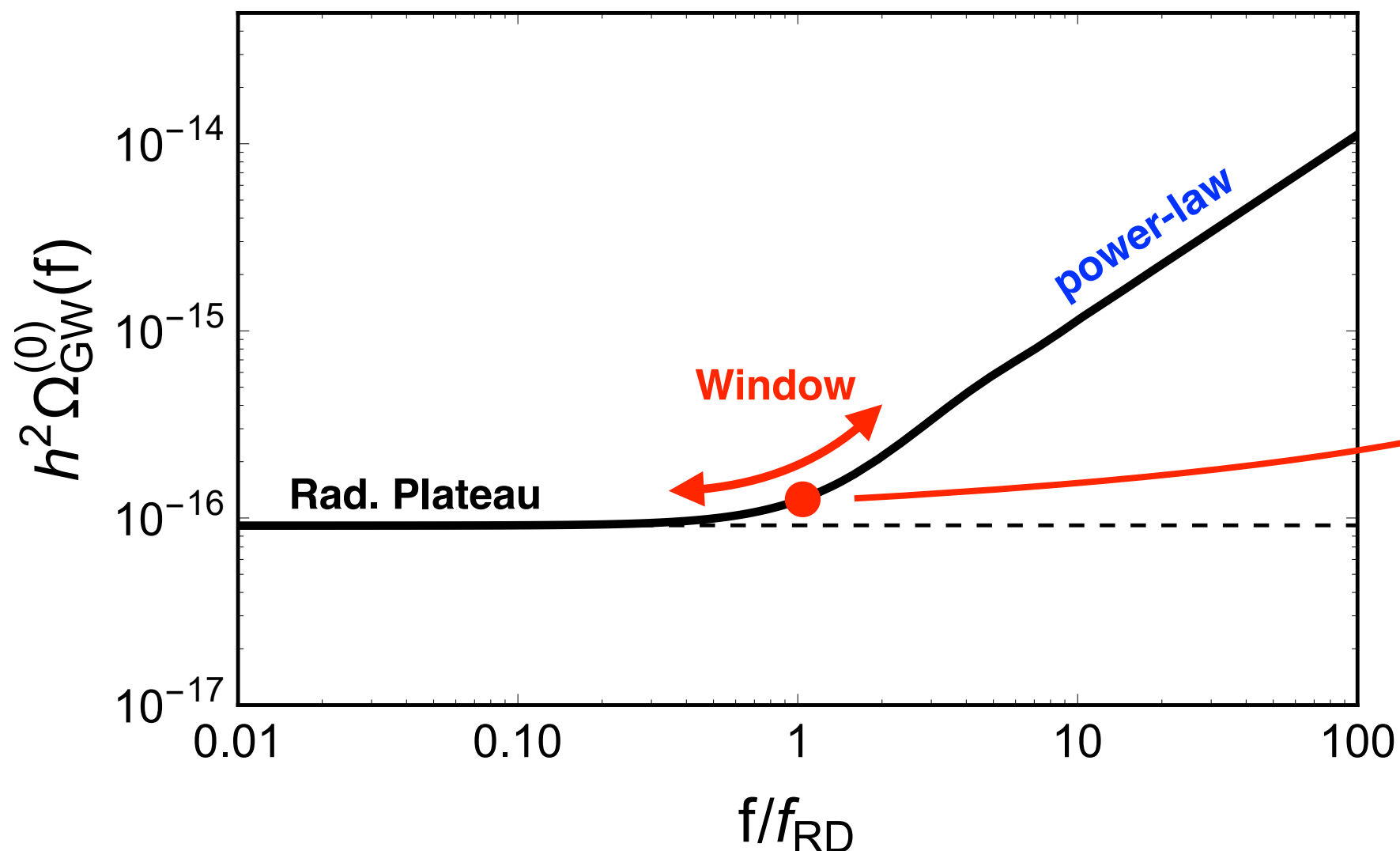
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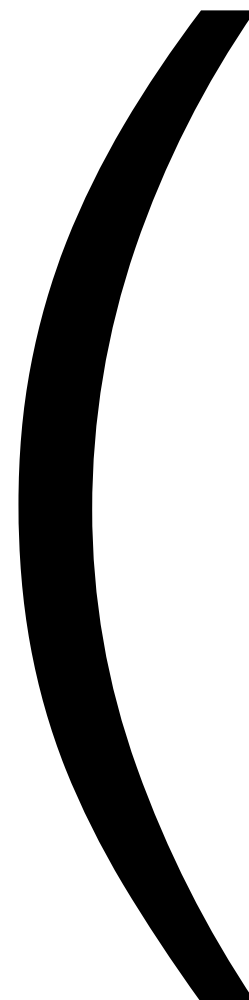
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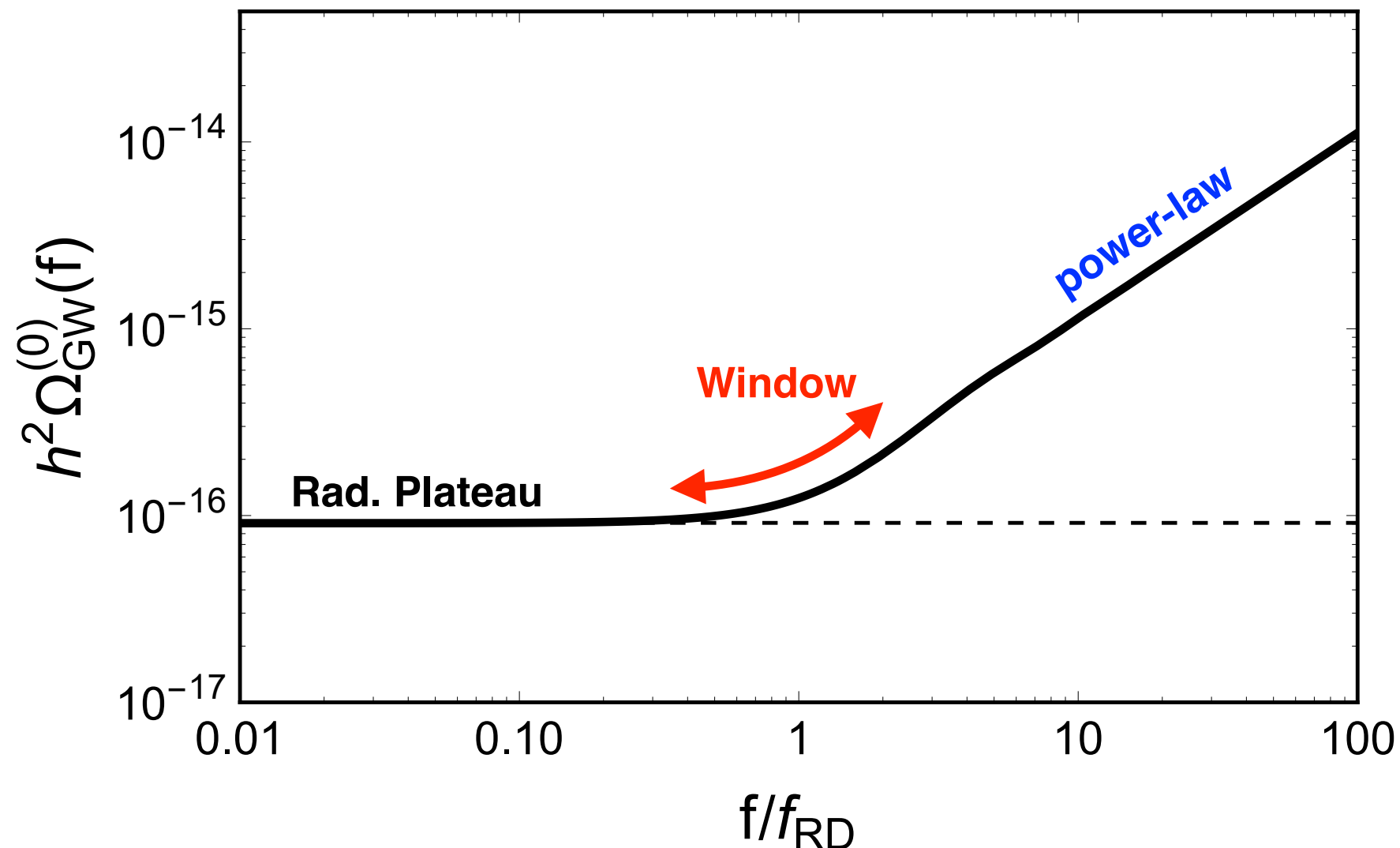
Horizon size @
SD-to-RD transition



Inflationary GW background

$$\Omega_{\text{GW}}^{(0)}(f) = \underbrace{\Omega_{\text{GW}}^{(0)}|_{\text{plateau}}}_{\text{Rad. Plateau}} \times \underbrace{\mathcal{W}(f/f_{\text{RD}}) \times \mathcal{A}_s \left(\frac{f}{f_{\text{RD}}} \right)^{n_t(w_s)}}_{\text{Transfer Funct. Stiff Period Window} \times \text{power-law}}$$

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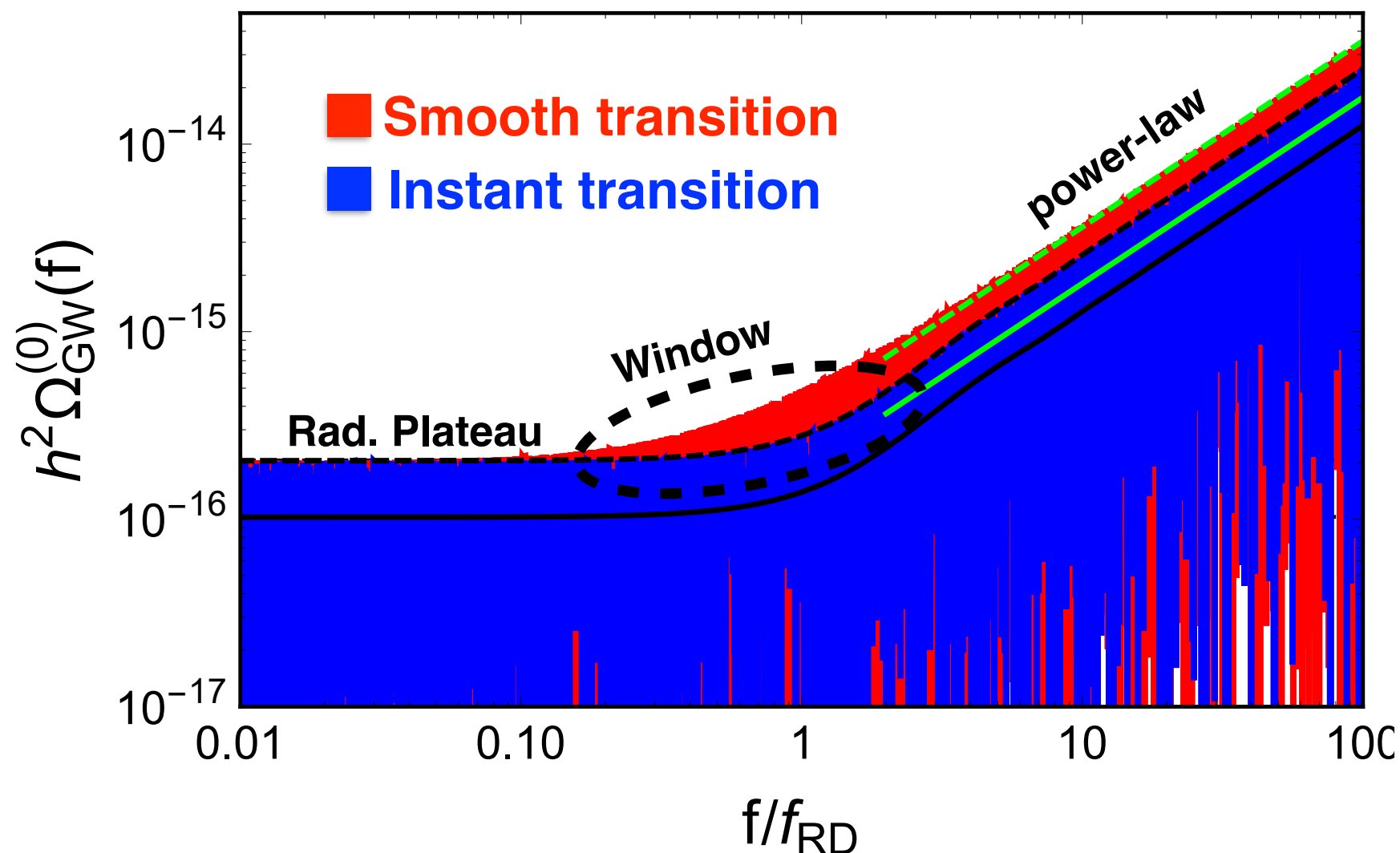
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Rad.
Plateau

Transfer Funct. Stiff Period
Window \times power-law

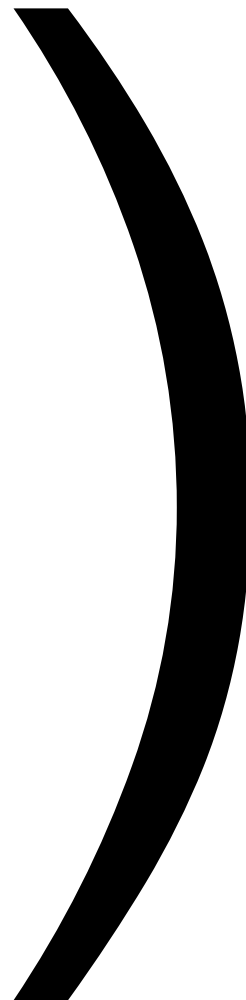
$$\Omega_{\text{GW}}^{(0)}|_{\text{plateau}} \simeq 2 \cdot 10^{-16} \left(\frac{H_*}{H_{\text{max}}} \right)^2$$



Real signal:
highly oscillatory

Stochastic Signal:
average measurement

$$\langle \dot{h}_{ij}(f) \dot{h}_{ij}(f) \rangle = \mathcal{P}_h(f)$$



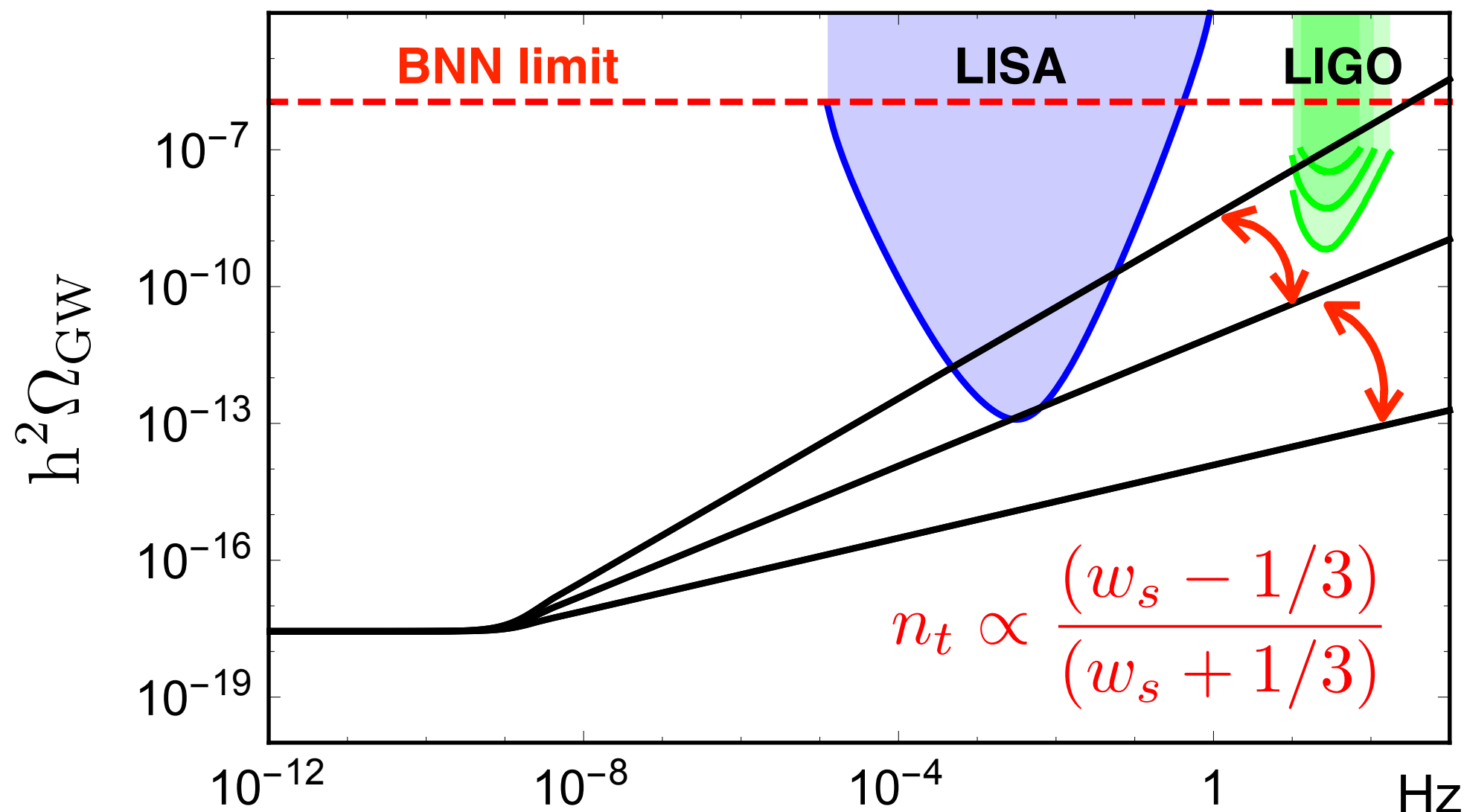
Inflationary GW background

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**Rad.
Plateau**

Transfer Funct. Stiff Period
Window \times *power-law*



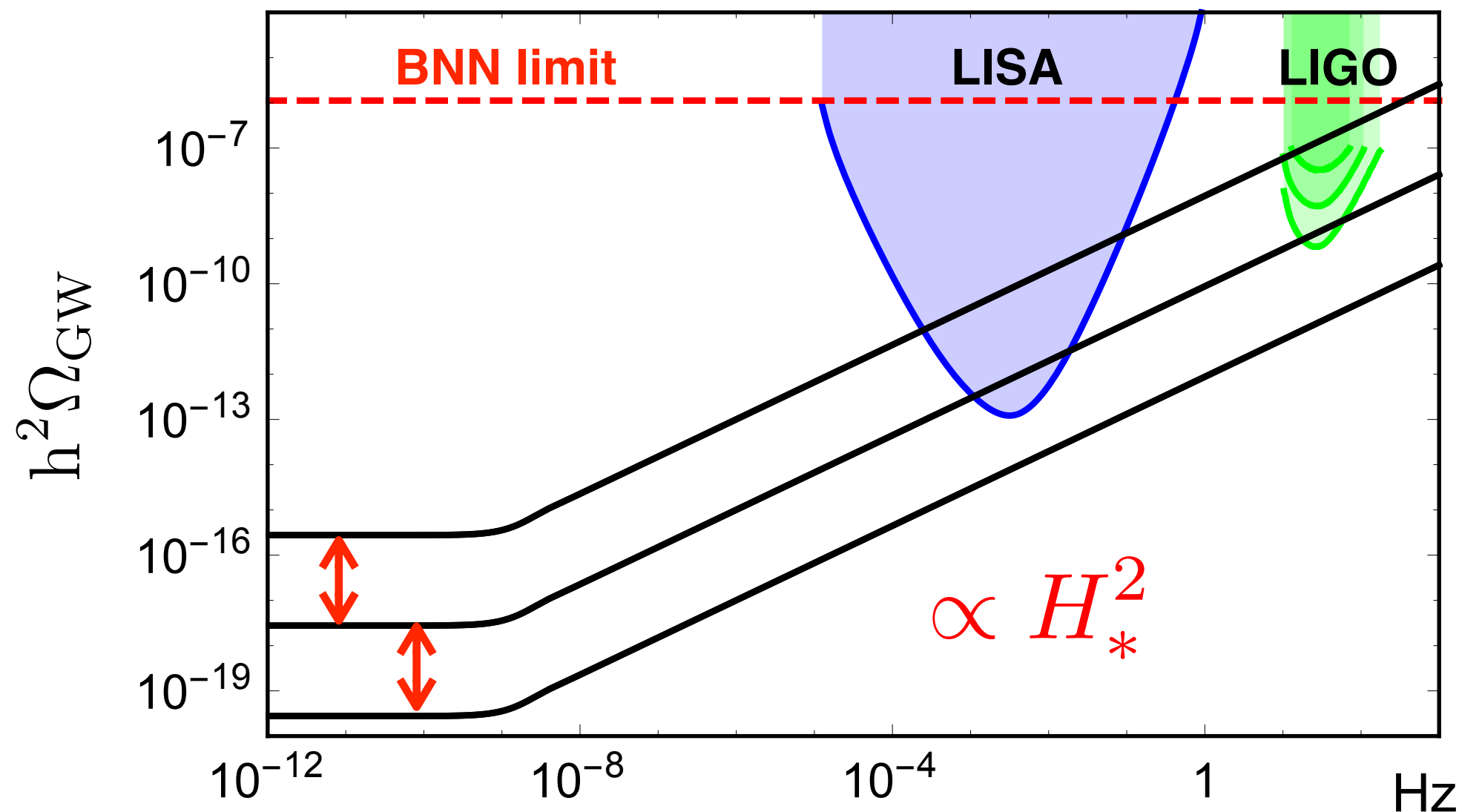
Inflationary GW background

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**Rad.
Plateau**

Transfer Funct. Stiff Period
Window \times *power-law*

$$\Omega_{\text{GW}}^{(0)}|_{\text{plateau}} \simeq 2 \cdot 10^{-16} \left(\frac{H_*}{H_{\text{max}}} \right)^2$$



**Overall
Amplitude**
(Energy
Scale
Inflation)

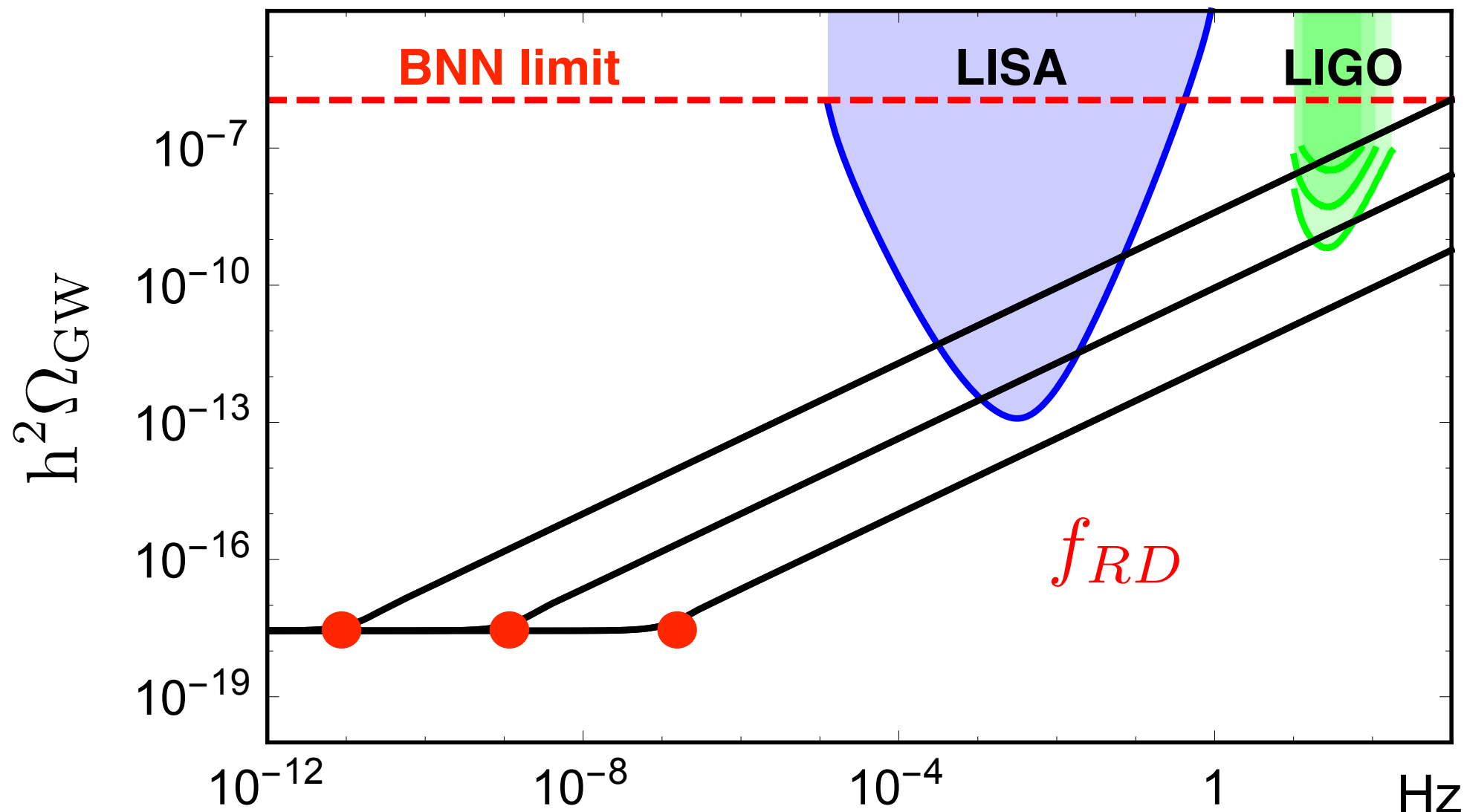
Inflationary GW background

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$$\Omega_{\text{GW}}^{(0)}|_{\text{plateau}} \simeq 2 \cdot 10^{-16} \left(\frac{H_*}{H_{\text{max}}} \right)^2$$

**Rad.
Plateau**

Transfer Funct. Stiff Period
Window \times *power-law*



Freq. RD

$$k_{\text{RD}} = a_{\text{RD}} H_{\text{RD}}$$

$$f_{\text{RD}} \equiv k_{\text{RD}} / (2\pi a_0)$$

**SD-to-RD
transition**

Inflationary GW background

$$\Omega_{\text{GW}}^{(0)}(f) = \underbrace{\Omega_{\text{GW}}^{(0)}|_{\text{plateau}}}_{\text{Rad. Plateau}} \times \underbrace{\mathcal{W}(f/f_{\text{RD}}) \times \mathcal{A}_s \left(\frac{f}{f_{\text{RD}}}\right)^{n_t(w_s)}}_{\text{Transfer Funct. Stiff Period}}$$

**Rad.
Plateau**

Transfer Funct. Stiff Period
Window x power-law

$$\Omega_{\text{GW}}^{(0)}|_{\text{plateau}} \simeq 2 \cdot 10^{-16} \left(\frac{H_*}{H_{\text{max}}} \right)^2$$

$$\Omega_{\text{GW}}^{(0)}(f; \underline{H_*}, \underline{w_s}, \underline{f_{RD}})$$

**Energy
Scale
Inflation**

**EoS
Stiff
Period**

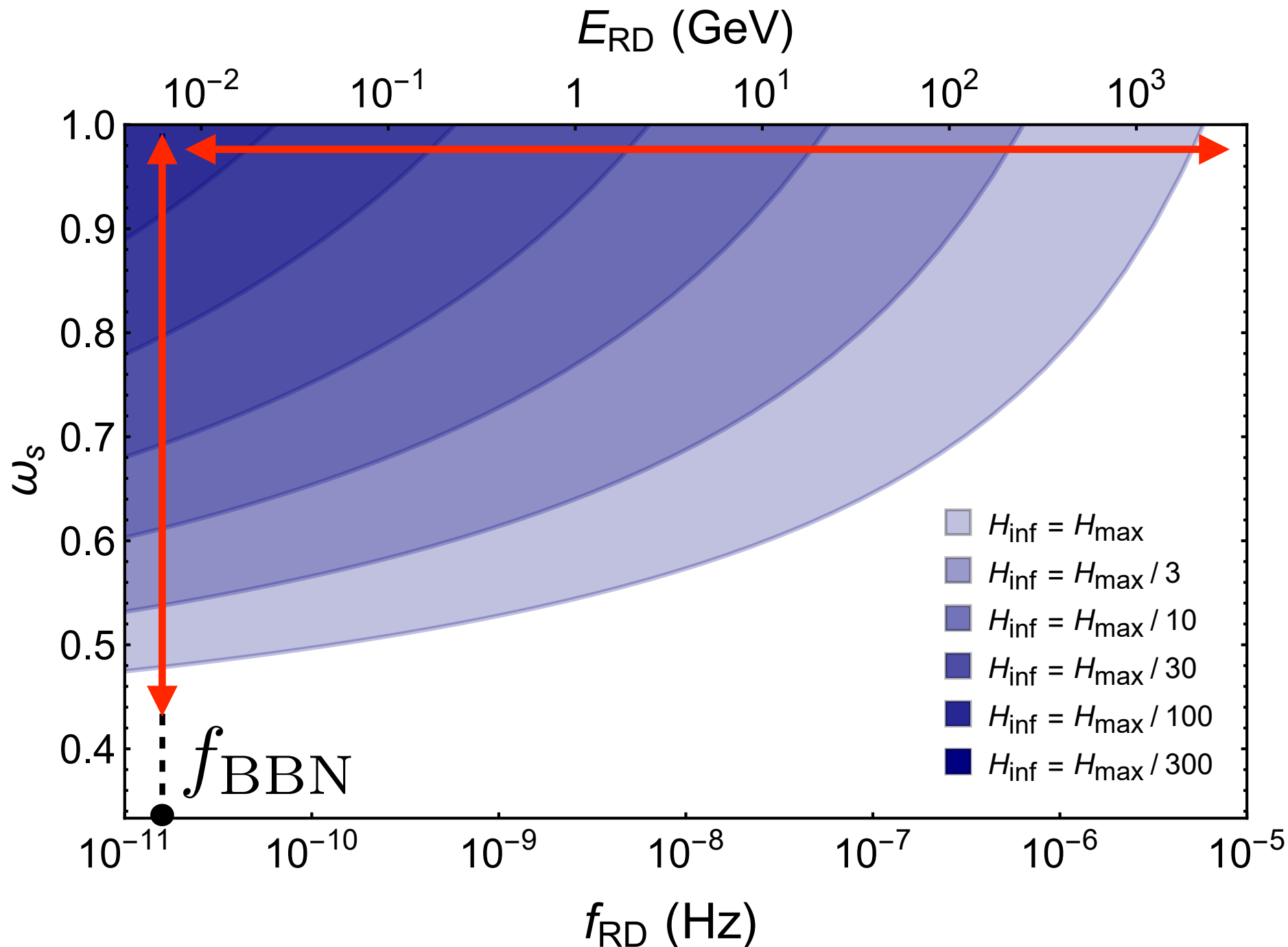
**Duration
Stiff
Period**

GW background $\Omega_{\text{GW}}^{(0)}(f; \underline{H_*}, \underline{w_s}, \underline{f_{RD}})$
Observability @ LISA (~ 2034) Energy
Scale EoS
Stiff Duration
Stiff

GW background $\Omega_{\text{GW}}^{(0)}(f; \underline{H_*}, \underline{w_s}, \underline{f_{RD}})$

Observability @ LISA (~ 2034)

Energy Scale EoS Stiff Duration Stiff



GW background $\Omega_{\text{GW}}^{(0)}(f; \underline{H_*}, \underline{w_s}, \underline{f_{RD}})$

Observability @ LISA (~ 2034) Energy Scale EoS Stiff Duration Stiff

$$9.1 \times 10^{10} \text{ GeV} < H_{\text{inf}} < 6.6 \times 10^{13} \text{ GeV}$$

$$0.47 < w_s < 1$$

$$10^{-11} \text{ Hz} \lesssim f_{\text{RD}} < 4.6 \times 10^{-6} \text{ Hz}$$

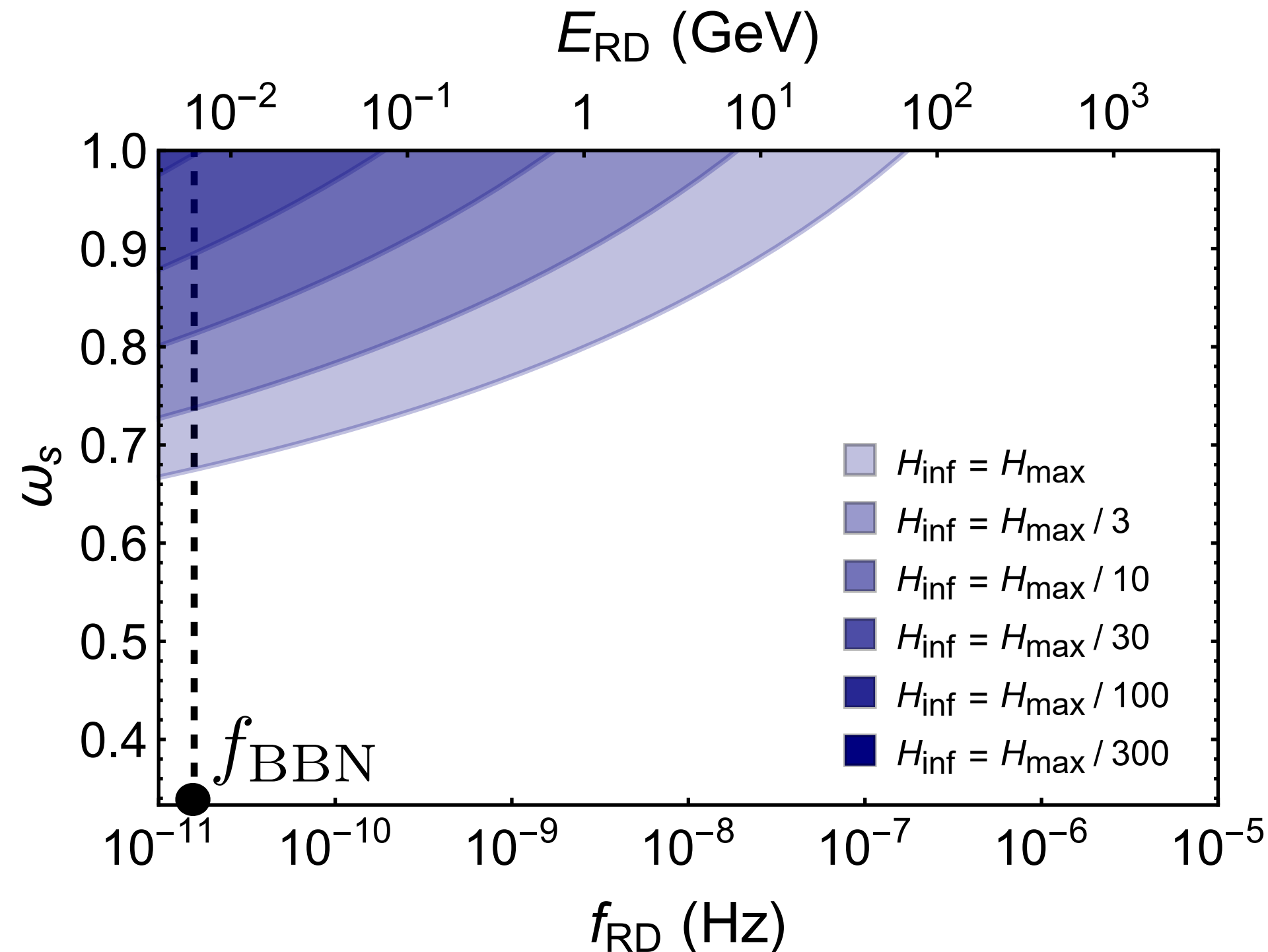
$$10^{-3} \text{ GeV} \lesssim E_{\text{RD}} < 5.91 \times 10^3 \text{ GeV}$$

Significant fraction of param. space observable !

GW background $\Omega_{\text{GW}}^{(0)}(f; \underline{H_*}, \underline{w_s}, \underline{f_{RD}})$

Observability @ LIGO (today)

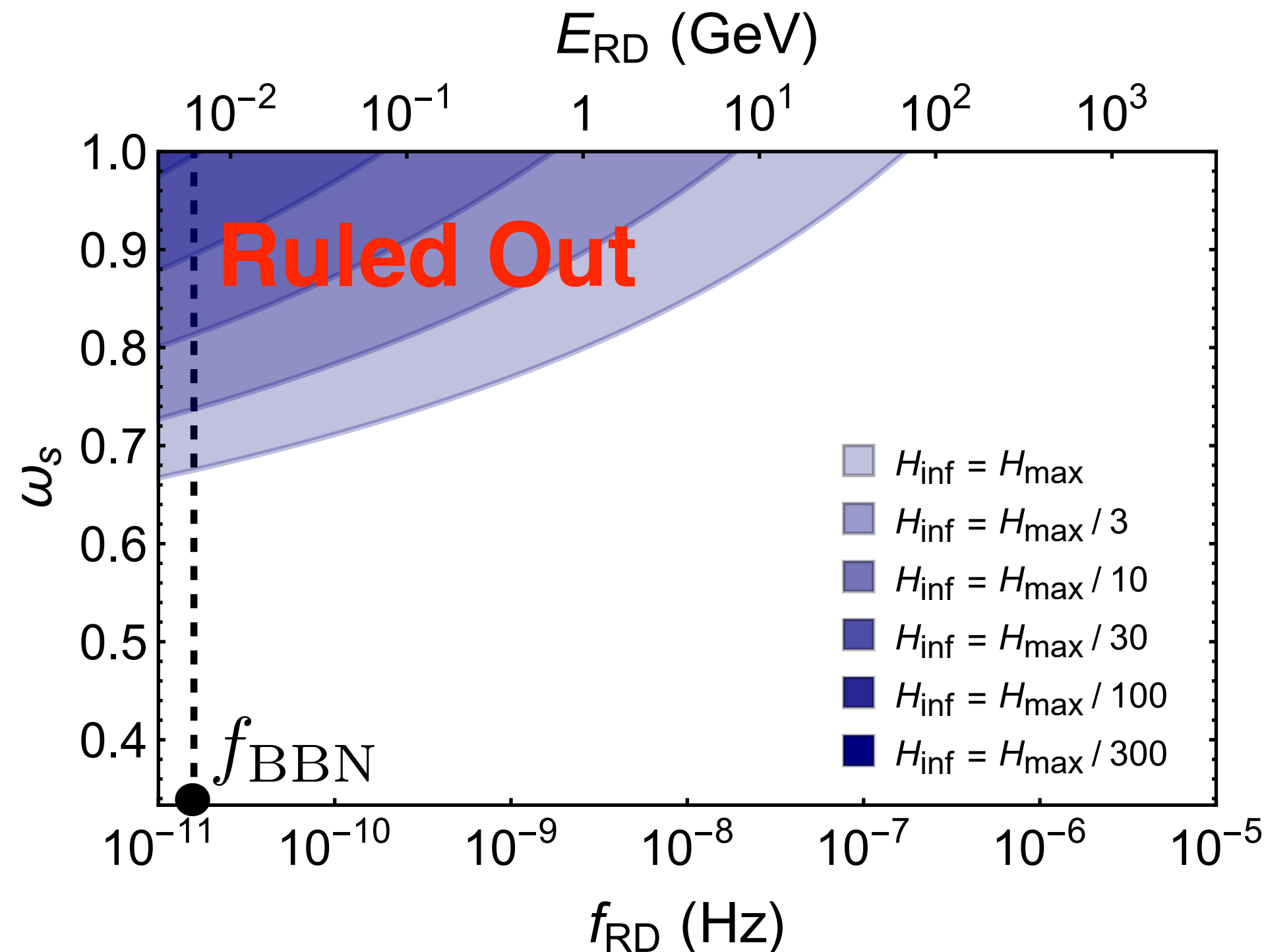
Energy Scale	EoS Stiff	Duration Stiff
$\underline{H_*}$	$\underline{w_s}$	$\underline{f_{RD}}$



GW background $\Omega_{\text{GW}}^{(0)}(f; \underline{H_*}, \underline{w_s}, \underline{f_{RD}})$

Observability @ LIGO (today)

Energy Scale	EoS Stiff	Duration Stiff

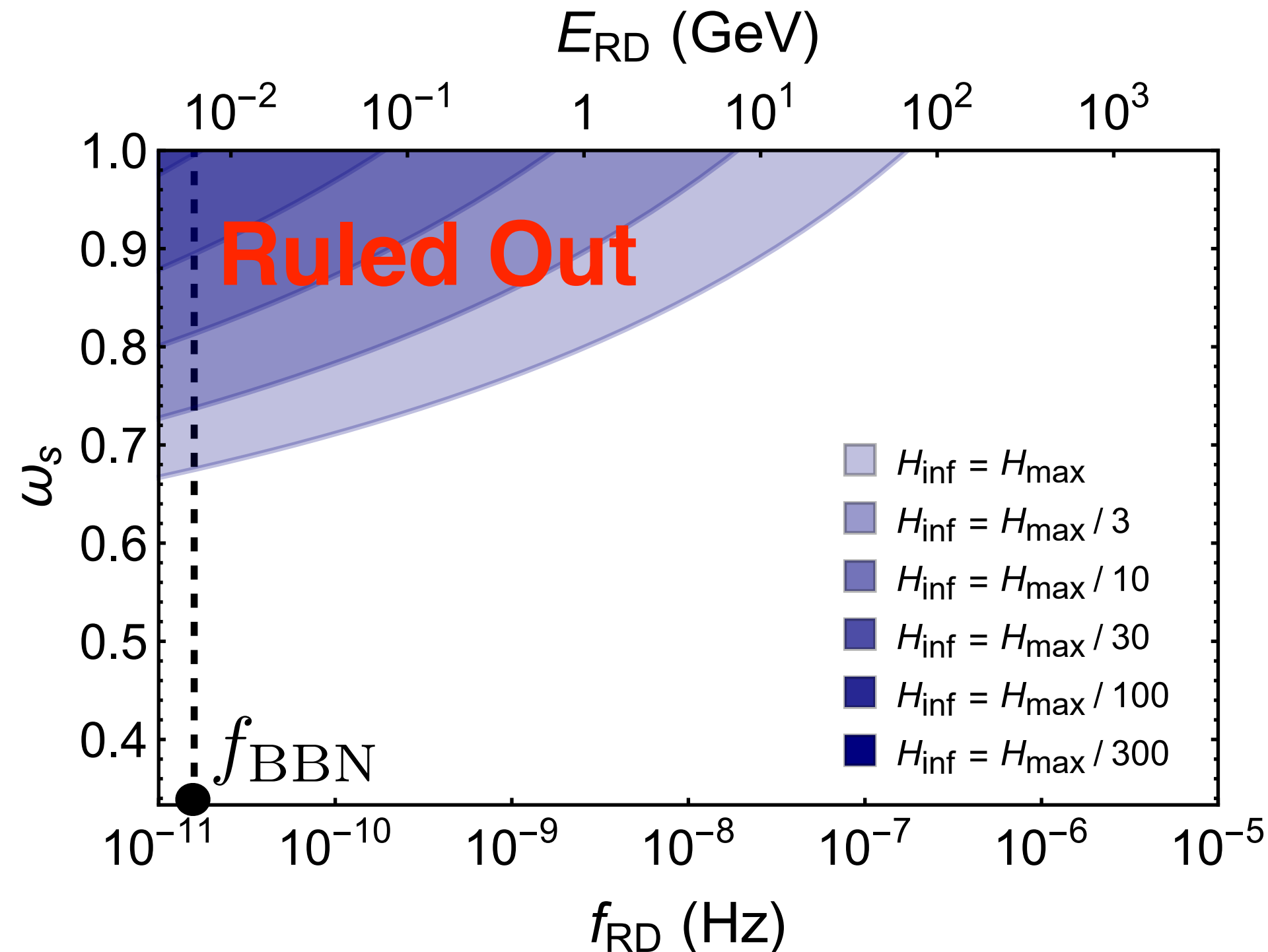


**LIGO
reduces
parameter
space
probe-able
by LISA !**

GW background $\Omega_{\text{GW}}^{(0)}(f; \underline{H_*}, \underline{w_s}, \underline{f_{RD}})$

Observability @ LIGO (today)

Energy Scale EoS Stiff Duration Stiff



**Let's first look
at consistency
of scenarios**

Part 2

REHEATING
(via GRAVITATION)

INFLATIONARY SECTOR COUPLED ONLY (minimally) TO GRAVITY

$$\mathcal{L} = \frac{1}{\sqrt{g}} \left\{ \underbrace{(\partial\phi)^2 - V_{\text{inf}}(\phi)}_{\text{inflaton}} + \underbrace{\frac{1}{2}m_{pl}^2 R}_{\text{gravity (GR)}} + \underbrace{(\partial\chi)^2 - V(\chi) - \xi\chi^2 R}_{\text{matter/rad}} - g^2\chi^2\phi^2 \right\}$$

Need to excite matter
(to reheat the Universe)

INFLATIONARY SECTOR COUPLED ONLY (minimally) TO GRAVITY

$$\mathcal{L} = \frac{1}{\sqrt{g}} \left\{ \underbrace{(\partial\phi)^2 - V_{\text{inf}}(\phi)}_{\text{inflaton}} + \underbrace{\frac{1}{2}m_{pl}^2 R}_{\text{gravity (GR)}} + \underbrace{(\partial\chi)^2 - V(\chi) - \xi\chi^2 R}_{\text{matter/rad}} - \underbrace{g^2\chi^2\phi^2}_{\text{Weak coupling}} \right\}$$

Need to excite matter
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INFLATIONARY SECTOR COUPLED ONLY (minimally) TO GRAVITY

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Need to excite matter
(to reheat the Universe)



$$\rho_{\text{rad}} = \delta \times 10^{-2} H_*^4$$

**Inflation does
the job !**

INFLATIONARY SECTOR COUPLED ONLY (minimally) TO GRAVITY

$$\mathcal{L} = \frac{1}{\sqrt{g}} \left\{ \underbrace{(\partial\phi)^2 - V_{\text{inf}}(\phi)}_{\text{inflaton}} + \underbrace{\frac{1}{2}m_{pl}^2 R}_{\text{gravity (GR)}} + \underbrace{(\partial\chi)^2 - V(\chi) - \xi\chi^2 R}_{\text{matter/rad}} - \underbrace{g^2\chi^2\phi^2}_{\text{Weak coupling}} \right\}$$

Need to excite matter
(to reheat the Universe)



$$\rho_{\text{rad}} = \delta \times 10^{-2} H_*^4$$

$$\delta \lesssim 1,$$

**Inflation does
the job !**

$$\delta \sim \begin{cases} \mathcal{O}(m^2/H_*^2) & , \text{ quantum - fluct. (light dof)} & \text{Linde '83} \\ \mathcal{O}(1) & , \text{ quantum - fluct. (self - interact.)} & \text{Starobinsky \& Yokoyama '94} \\ \mathcal{O}(1)/\xi & , \text{ non - min grav, } \xi \gtrsim 1 & \text{Rajantie et al '15} \\ \mathcal{O}(|1 - 6\xi|^2) & , \text{ non - min grav, } |1 - 6\xi| \ll 1 & \text{Ford '87} \end{cases}$$

INFLATIONARY SECTOR COUPLED ONLY (minimally) TO GRAVITY

$$\mathcal{L} = \frac{1}{\sqrt{g}} \left\{ \underbrace{(\partial\phi)^2 - V_{\text{inf}}(\phi)}_{\text{inflaton}} + \underbrace{\frac{1}{2}m_{pl}^2 R}_{\text{gravity (GR)}} + \underbrace{(\partial\chi)^2 - V(\chi) - \xi\chi^2 R}_{\text{matter/rad}} - \underbrace{g^2\chi^2\phi^2}_{\text{Weak coupling}} \right\}$$

Need to excite matter
(to reheat the Universe)



$$\rho_{\text{rad}} = \delta \times 10^{-2} H_*^4$$

$$\delta \lesssim 1,$$

**Inflation does
the job !**

$$\Delta_* \equiv \frac{\rho_{\text{rad}}}{3m_p^2 H_*^2} = \frac{\delta}{300} \left(\frac{H_*}{m_p} \right)^2 \ll 1$$

Fraction energies radiation-to-total

INFLATIONARY SECTOR COUPLED ONLY (minimally) TO GRAVITY

$$\mathcal{L} = \frac{1}{\sqrt{g}} \left\{ \underbrace{(\partial\phi)^2 - V_{\text{inf}}(\phi)}_{\text{inflaton}} + \underbrace{\frac{1}{2}m_{pl}^2 R}_{\text{gravity (GR)}} + \underbrace{(\partial\chi)^2 - V(\chi) - \xi\chi^2 R}_{\text{matter/rad}} - \underbrace{g^2\chi^2\phi^2}_{\text{Weak coupling}} \right\}$$

Need to excite matter
(to reheat the Universe)



$$\rho_{\text{rad}} = \delta \times 10^{-2} H_*^4$$

$$\delta \lesssim 1,$$

**Inflation does
the job !**

$$\Delta_* \equiv \frac{\rho_{\text{rad}}}{3m_p^2 H_*^2} = \frac{\delta}{300} \left(\frac{H_*}{m_p} \right)^2 \lesssim \delta \cdot 10^{-12}$$

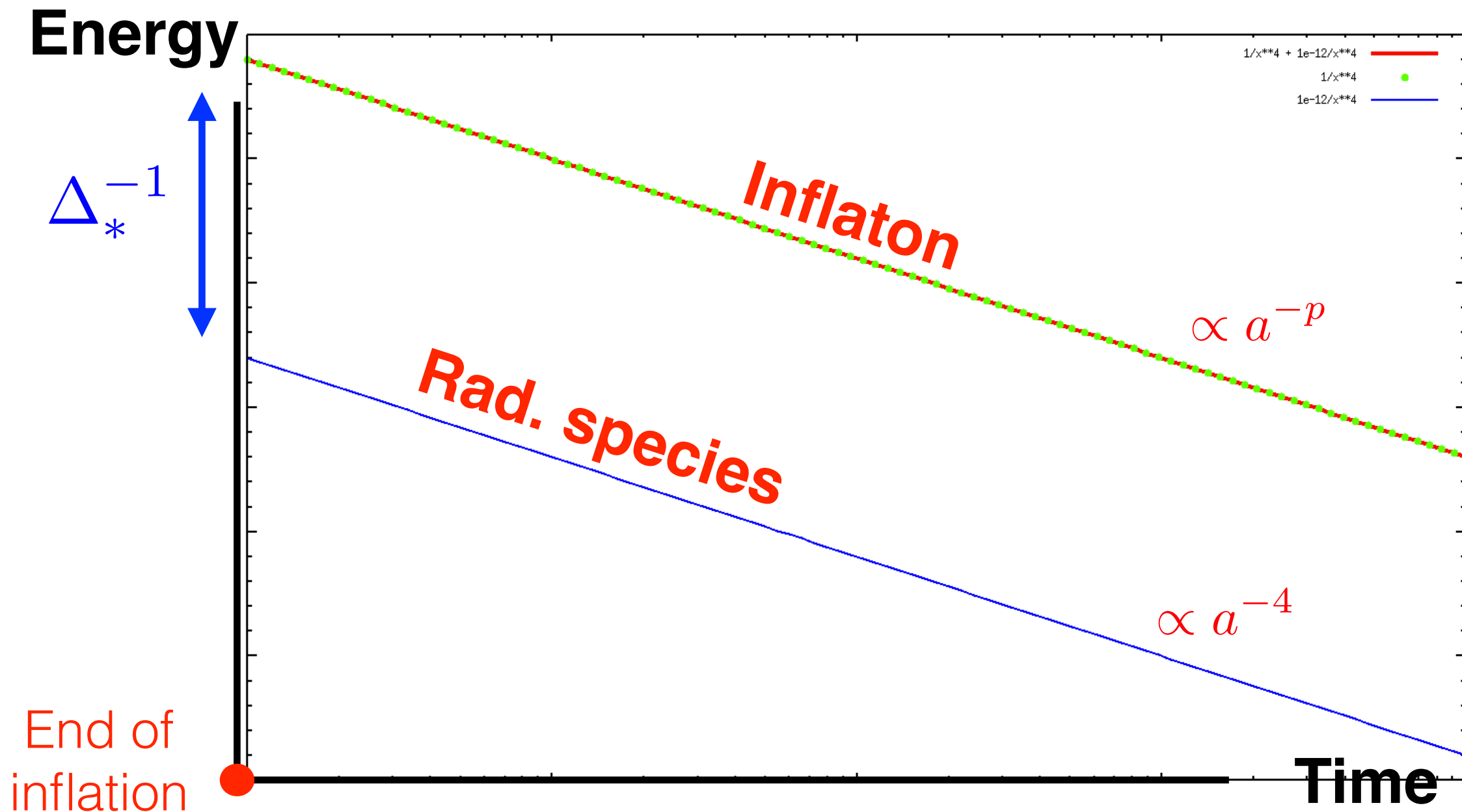
Fraction energies radiation-to-total

$$\delta \lesssim 1,$$

INFLATIONARY SECTOR COUPLED ONLY (minimally) TO GRAVITY

$$\rho_{\text{rad}}^* \ll H_*^2 m_{pl}^2$$

Fields excited
but subdominant



Rad. Excited

$$\rho_{\text{rad}}^* \ll H_*^2 m_{pl}^2$$

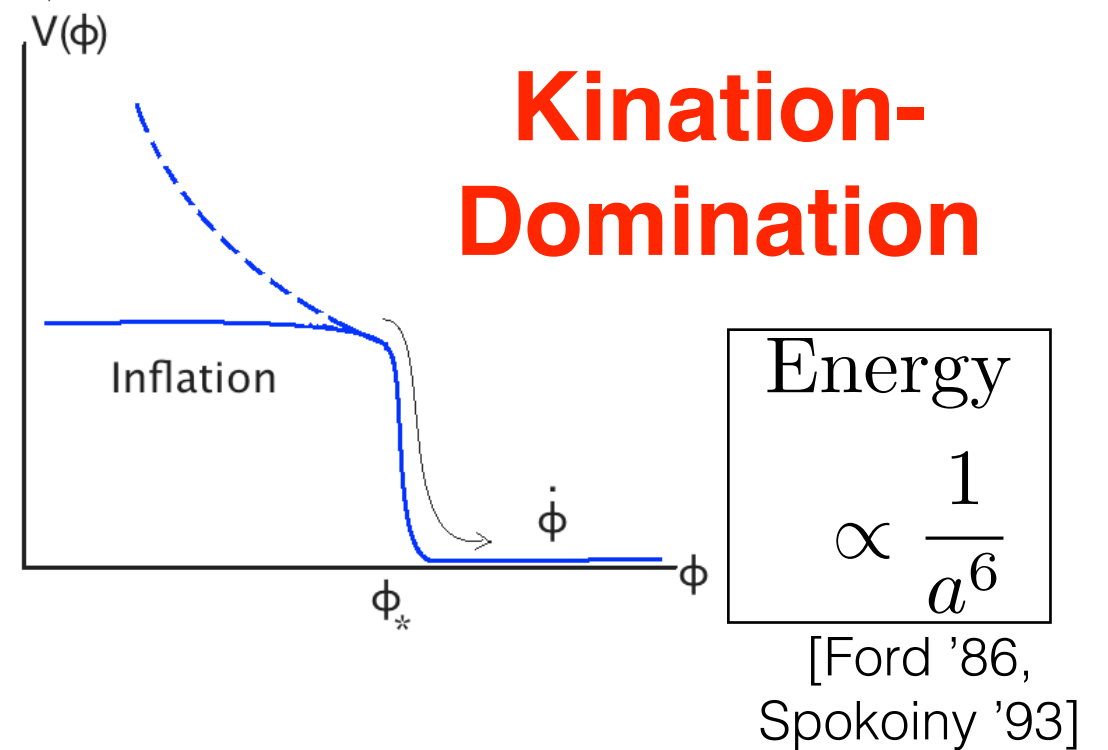
**Rad. produced,
but subdominant**



Rad. Excited

$$\rho_{\text{rad}}^* \ll H_*^2 m_{pl}^2$$

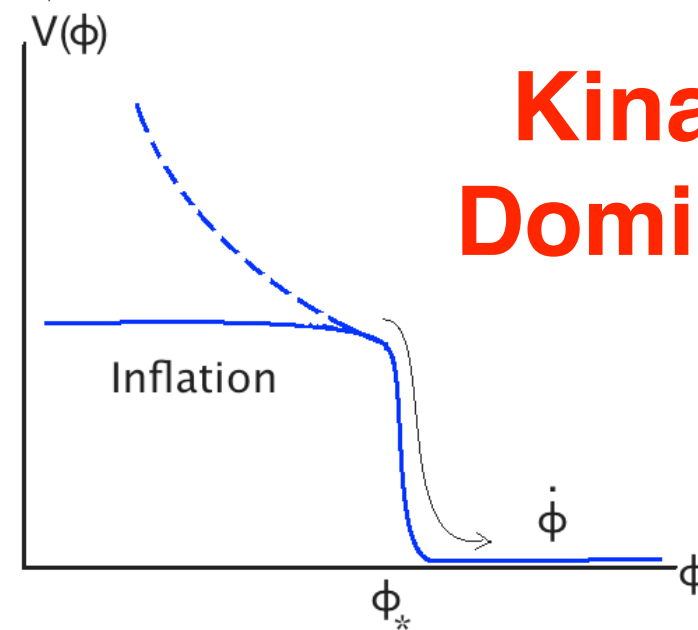
Rad. produced,
and dominant !



Rad. Excited

$$\rho_{\text{rad}}^* \ll H_*^2 m_{pl}^2$$

Rad. produced,
and dominant !



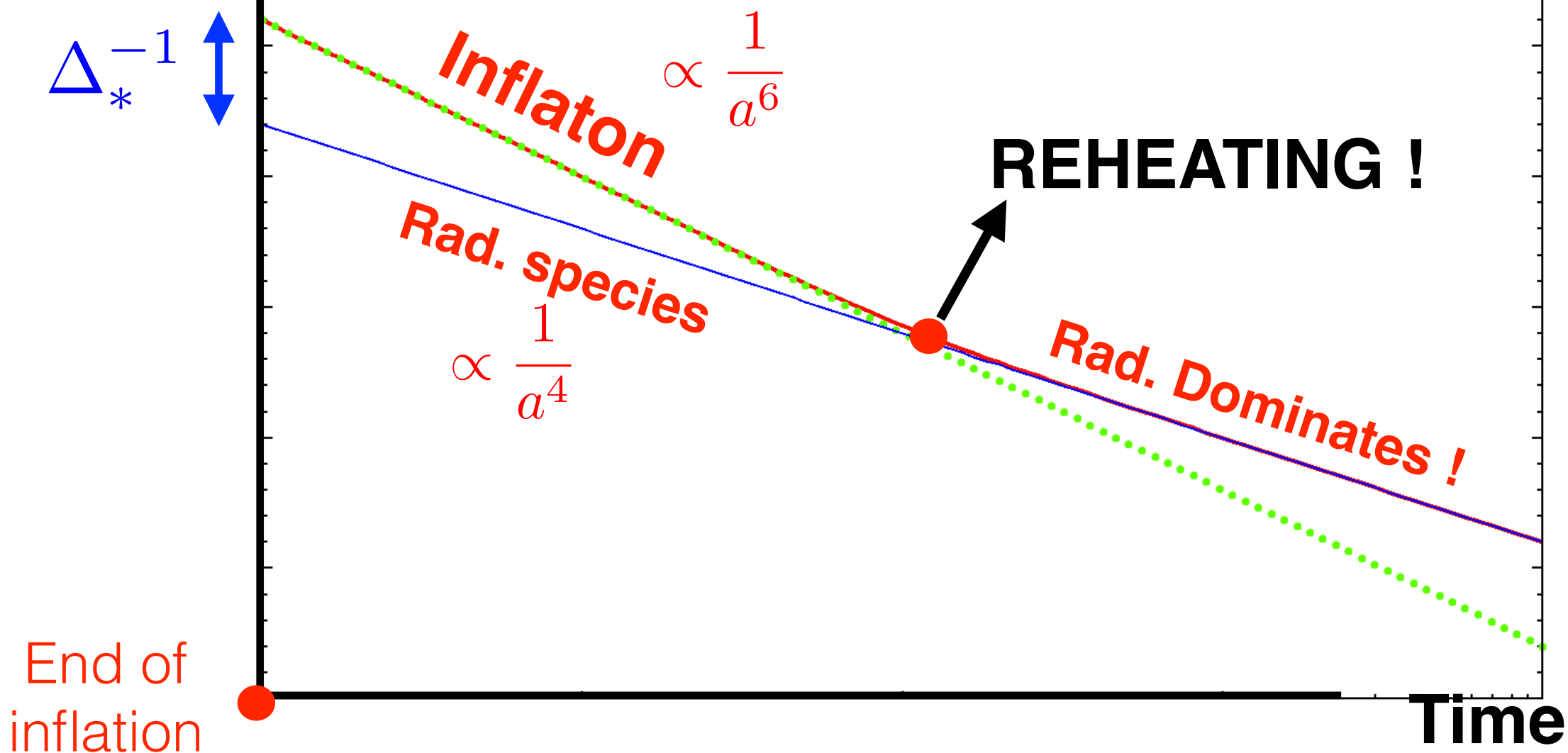
Kination-
Domination

$$\text{Energy} \propto \frac{1}{a^6}$$

[Ford '86,
Spokoyny '93]

Energy

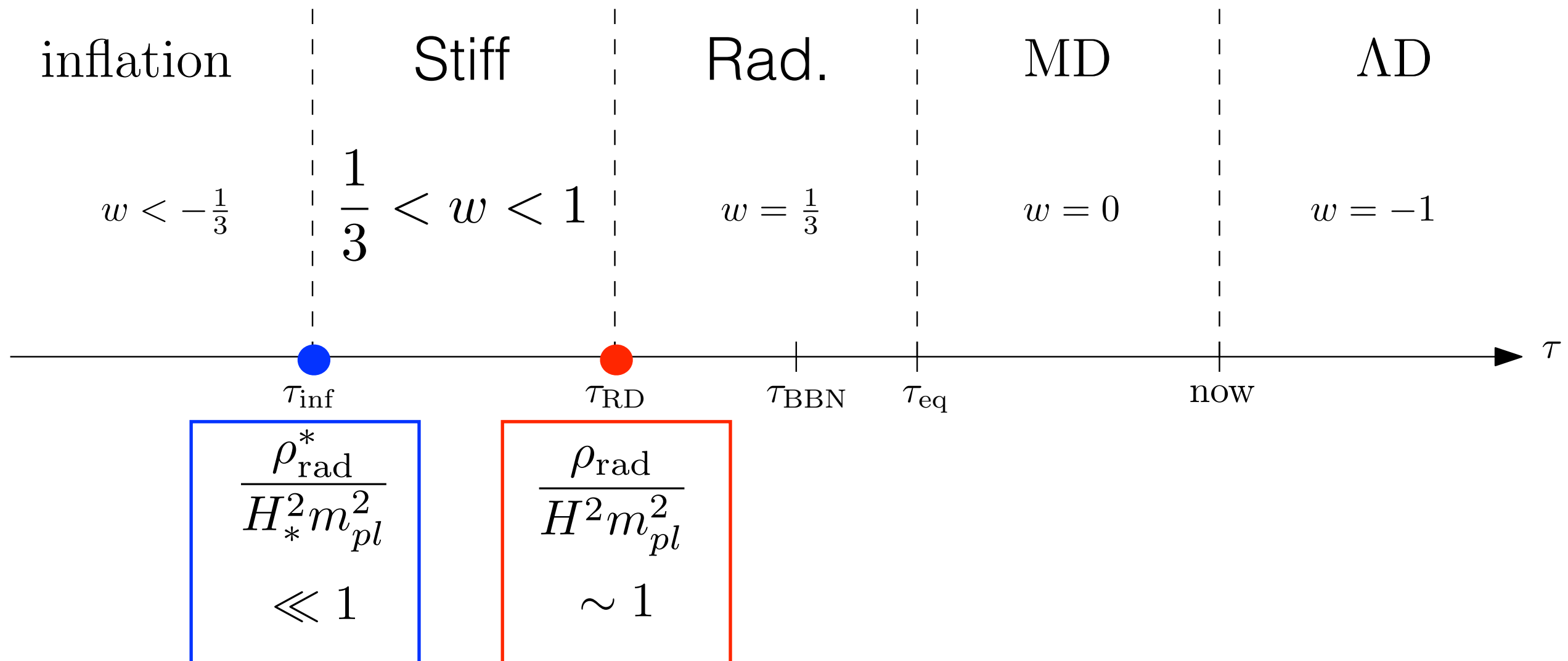
$$\Delta_*^{-1}$$



End of
inflation

GRAVITATIONAL REHEATING

Ford '86, Spokoyny '93, Joyce '97,
Giovannini '98/99, Vilenkin & Damour '95,
Peebles & Vilenkin '98, [...], DGF & Tanin '18/19

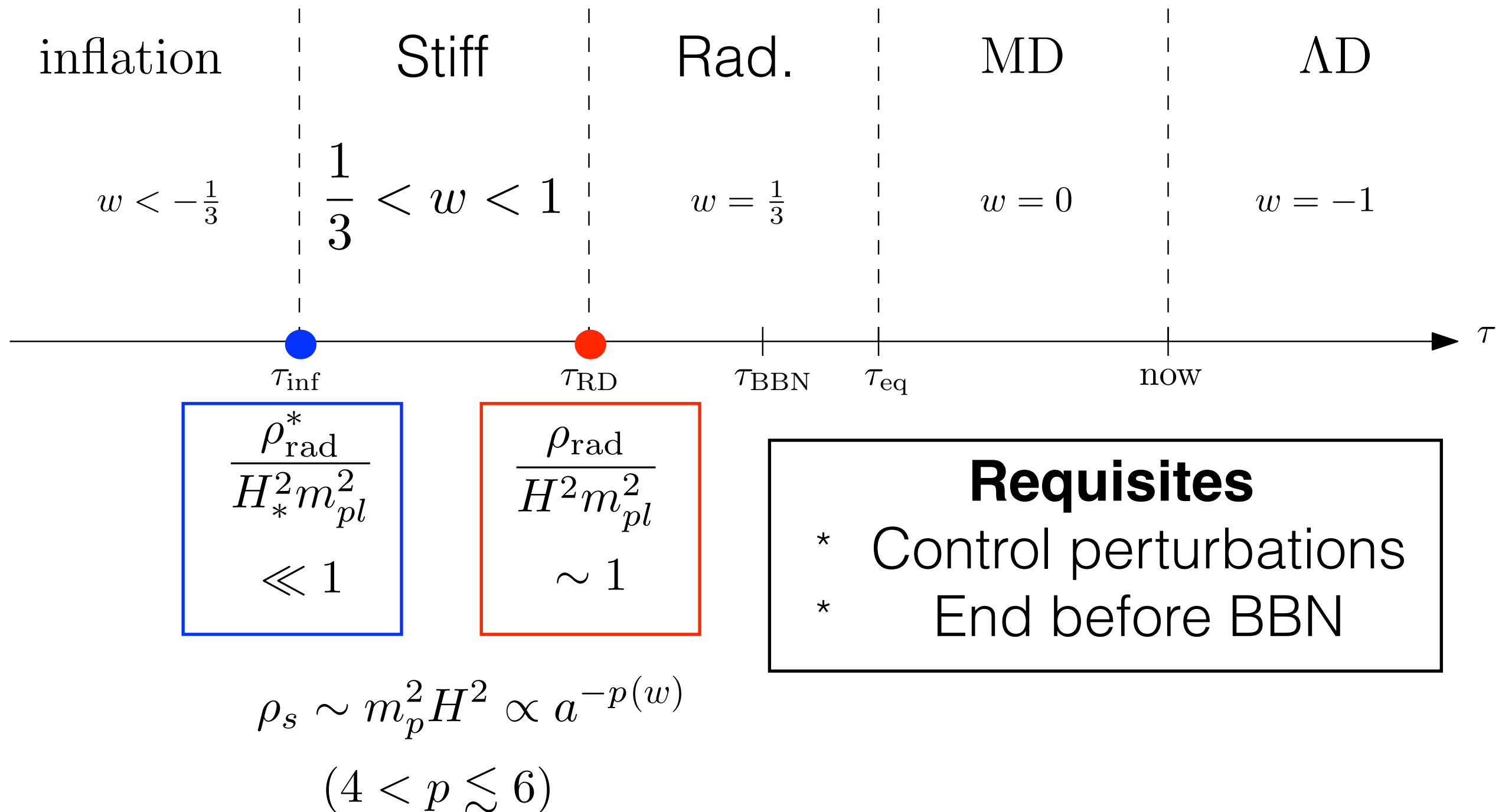


$$\rho_s \sim m_p^2 H^2 \propto a^{-p(w)}$$

$$(4 < p \lesssim 6)$$

GRAVITATIONAL REHEATING

Ford '86, Spokoyny '93, Joyce '97,
Giovannini '98/99, Vilenkin & Damour '95,
Peebles & Vilenkin '98, [...], DGF & Tanin '18/19



GRAVITATIONAL REHEATING

Ford '86, Spokoyny '93, Joyce '97,
Giovannini '98/99, Vilenkin & Damour '95,
Peebles & Vilenkin '98, [...], DGF & Tanin '18/19

$$1/3 < w_s \lesssim 1$$

Stiff Eq. of State

Requisites

- * Control perturbations
- * End before BBN



But as we learnt before ...

GRAVITATIONAL REHEATING

Ford '86, Spokoyny '93, Joyce '97,
Giovannini '98/99, Vilenkin & Damour '95,
Peebles & Vilenkin '98, [...], DGF & Tanin '18/19

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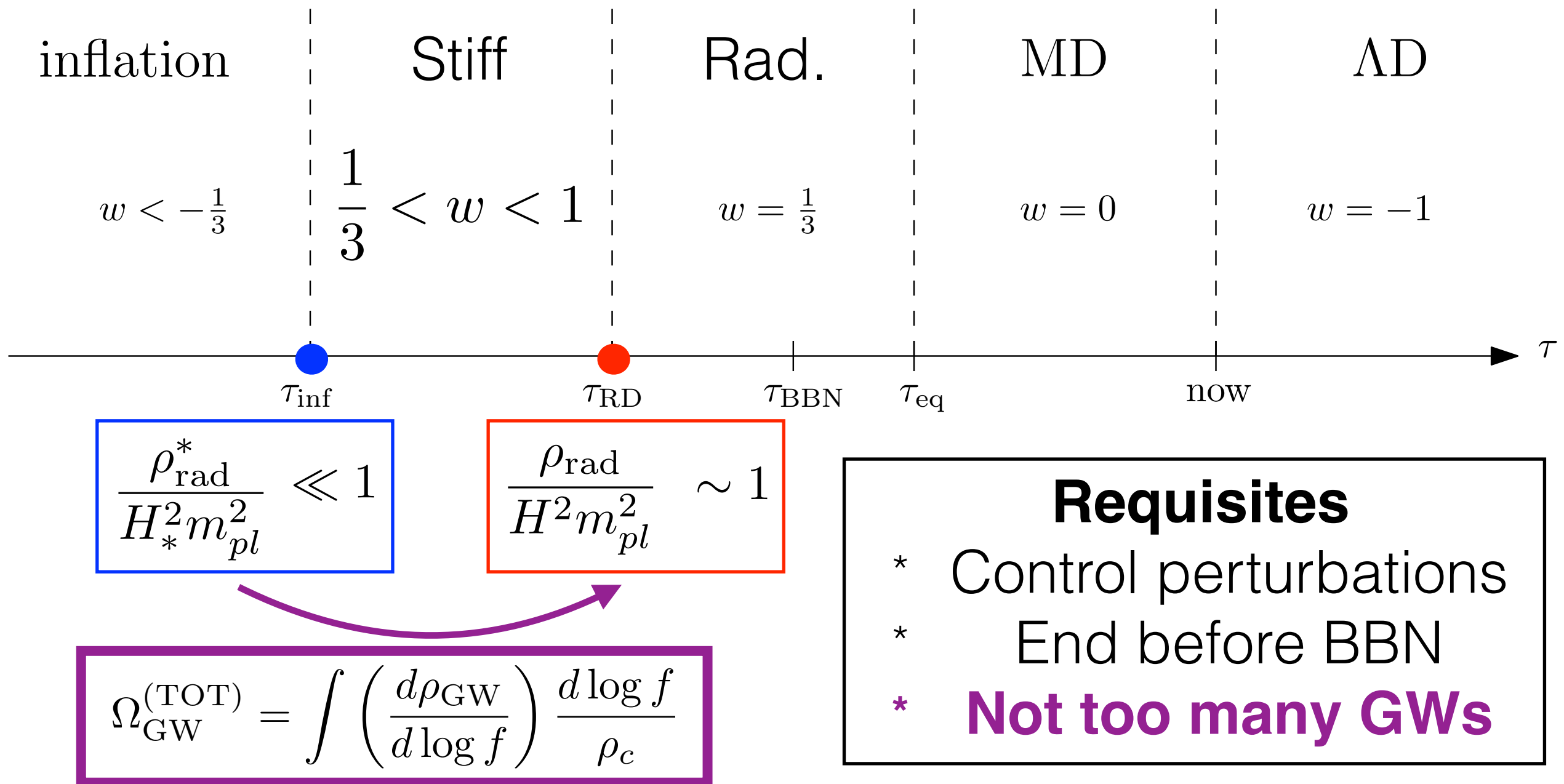
Enhancement of inflationary Gravitational Waves (GW) !

[Giovannini '98/99, ..., Boyle & Buonanno '07, ..., DGF & Tanin '19]

Part 3

**Gravitational waves from
gravitational reheating**

BACK to ... GRAVITATIONAL REHEATING



BIG BANG NUCLEOSYNTHESIS

Expansion rate (Rad. Dom): \sim Extra relativistic species

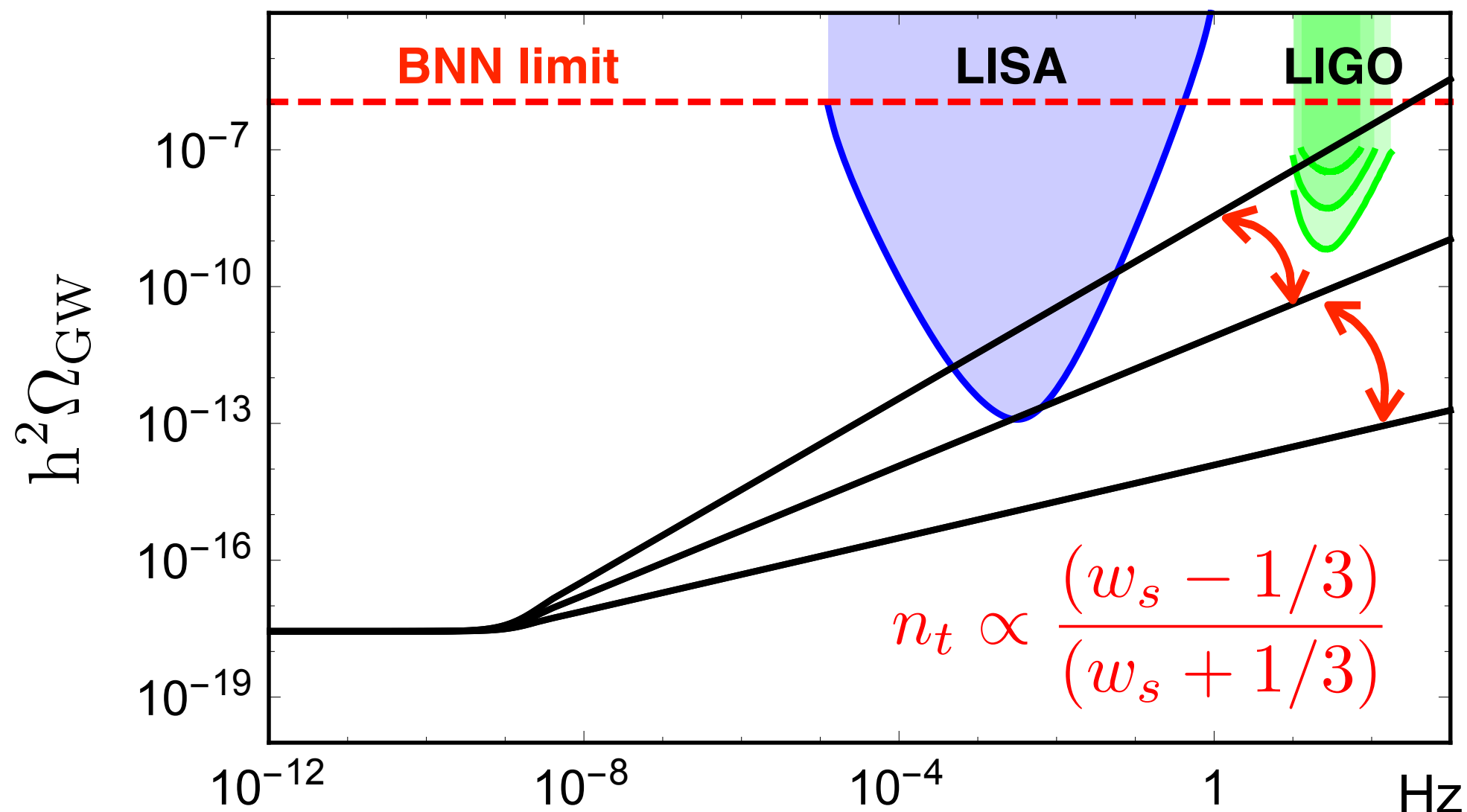
$$\int \frac{df}{f} h^2 \Omega_{\text{GW}}(f) \leq 1.12 \times 10^{-6}$$

$$\Delta N_\nu = 0.2 \text{ (95\% } C.L.) \text{ [latest CMB]}$$

BIG BANG NUCLEOSYNTHESIS

Expansion rate (Rad. Dom): \sim Extra relativistic species

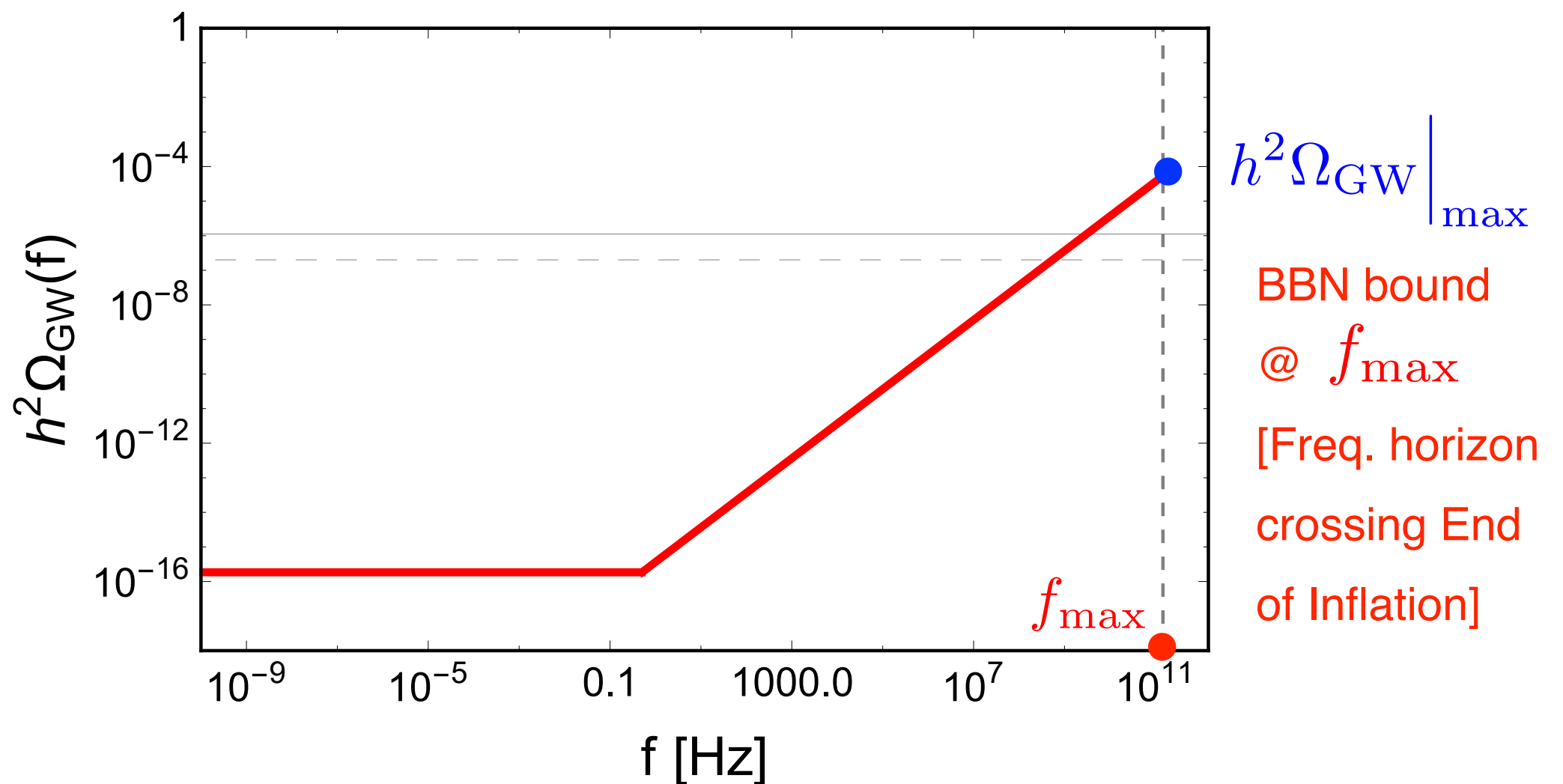
$$\int \frac{df}{f} h^2 \Omega_{\text{GW}}(f) \leq 1.12 \times 10^{-6}$$



BBN: $\int \frac{df}{f} h^2 \Omega_{\text{GW}}(f) \leq 1.12 \times 10^{-6}$

Grav. Reheating: $\Omega_{\text{GW}}(f) \propto (f/f_{\text{RD}})^{2\left(\frac{w_s - 1/3}{w_s + 1/3}\right)}$

Monotonically growing signal !



BBN: $\int \frac{df}{f} h^2 \Omega_{\text{GW}}(f) \leq 1.12 \times 10^{-6}$

Grav. Reheating: $\Omega_{\text{GW}}(f) \propto (f/f_{\text{RD}})^{2\left(\frac{w_s - 1/3}{w_s + 1/3}\right)}$

Monotonically growing signal !

BBN bound @ f_{max} [Freq. horizon crossing End of Inflation]

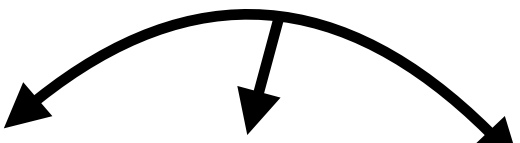
$$h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s, f_{\text{RD}}) \lesssim 10^{-6}$$

BBN: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s, f_{RD}) \lesssim 10^{-6}$

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Grav. Reheating: $\Delta_* \equiv \frac{\rho_{\text{rad}}}{3m_p^2 H_*^2} = \frac{\delta}{300} \left(\frac{H_*}{m_p} \right)^2, \quad \delta \lesssim 1,$

$$f_{\text{RD}} = f_{\text{RD}}(H_*, w_s, \Delta_*) = f_{\text{RD}}(H_*, w_s, \delta)$$



$h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s, f_{RD}) \lesssim 10^{-6}$

BBN: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s, f_{RD}) \lesssim 10^{-6}$

Grav. Reheating: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s; \delta) \lesssim 10^{-6}, \quad \delta \lesssim 1,$

BBN: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s, f_{RD}) \lesssim 10^{-6}$

Grav. Reheating: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s; \delta) \lesssim 10^{-6}, \quad \delta \lesssim 1,$

However ... $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s; \delta) \simeq \underbrace{2.1 \cdot 10^{-5}}_{\text{const.}} \times \underbrace{f(w_s)}_{\text{mild dependence}} \times \underbrace{\frac{1}{\delta}}_{\text{initial fraction}}$

BBN: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s, f_{RD}) \lesssim 10^{-6}$

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↓

$$1 \leq f(w_s) \leq 2.54$$

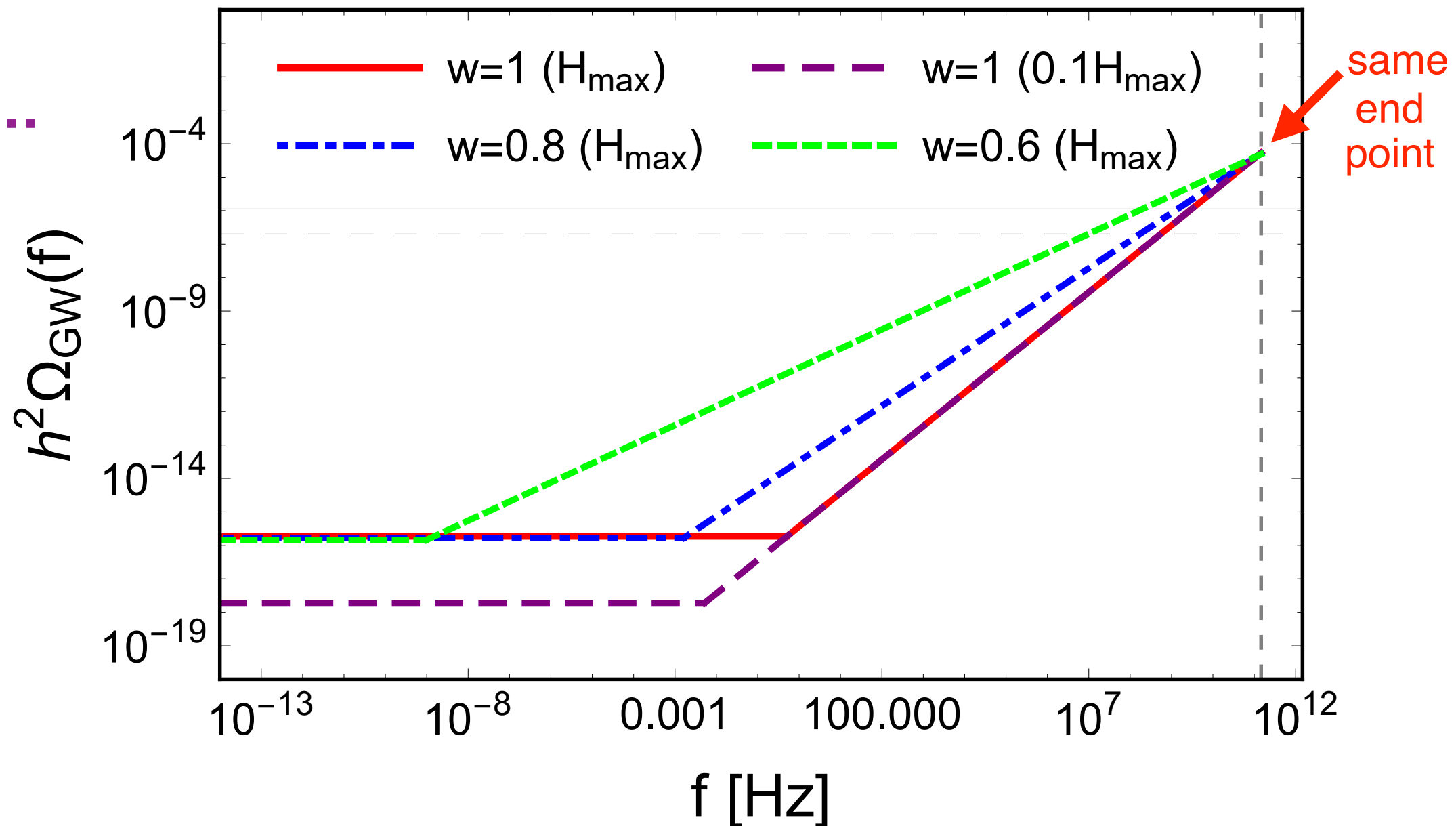
($w_s = 1/3$) ($w_s = 1$)

$$f(w_s) \equiv \frac{2^{\frac{3(1-w_s)}{1+3w_s}} \Gamma^2 \left(\frac{5+3w_s}{2+6w_s} \right)}{\left(\frac{2}{1+3w_s} \right)^{\frac{4}{1+3w_s}} \Gamma^2 \left(\frac{3}{2} \right)}$$

BBN: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s, f_{RD}) \lesssim 10^{-6}$

Grav. Reheating: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s; \delta) \lesssim 10^{-6}, \quad \delta \lesssim 1,$

However ...



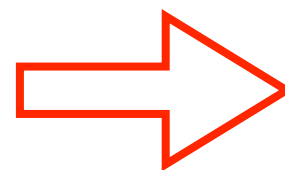
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Why ?

$$\left. \begin{aligned} \rho_{\text{rad}} &\propto H_*^4 a^{-4} \\ \rho_{\text{GW}} &\propto H_*^4 a^{-4} \end{aligned} \right\}$$



$$\frac{\rho_{\text{GW}}}{\rho_{\text{rad}}} \sim \text{const.}$$

BBN: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s, f_{RD}) \lesssim 10^{-6}$

Grav. Reheating: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s; \delta) \lesssim 10^{-6}, \delta \lesssim 1,$

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So ... $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} \simeq \frac{\text{const.}}{\delta} \lesssim 10^{-6} \quad \Leftrightarrow \quad \delta \gtrsim 50$

BBN: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s, f_{RD}) \lesssim 10^{-6}$

Grav. Reheating: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s; \delta) \lesssim 10^{-6}, \delta \lesssim 1,$

However ... $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (\cancel{H_*}, \cancel{w_s}; \delta) \simeq \underbrace{2.1 \cdot 10^{-5}}_{\text{const.}} \times \underbrace{f(w_s)}_{\text{mild dependence}} \times \underbrace{\frac{1}{\delta}}_{\text{initial fraction}}$

So ... $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} \simeq \frac{\text{const.}}{\delta} \lesssim 10^{-6} \Leftrightarrow \delta \gtrsim 50$ (!)

BBN: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s, f_{RD}) \lesssim 10^{-6}$

Grav. Reheating: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s; \delta) \lesssim 10^{-6}, \quad \delta \lesssim 1,$

However ... $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (\cancel{H_*}, \cancel{w_s}; \delta) \simeq \underbrace{2.1 \cdot 10^{-5}}_{\text{const.}} \times \underbrace{f(w_s)}_{\text{mild dependence}} \times \underbrace{\frac{1}{\delta}}_{\text{initial fraction}}$

So ... $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} \simeq \frac{\text{const.}}{\delta} \lesssim 10^{-6} \quad \Leftrightarrow \quad \delta \gtrsim 50 \quad (!)$

$\frac{\rho_{\text{GW}}}{\rho_{\text{rad}}} \sim \text{const.} \gg 1 \quad \text{Universe dominated by GWs!}$

BBN: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s, f_{RD}) \lesssim 10^{-6}$

Grav. Reheating: $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} (H_*, w_s; \delta) \lesssim 10^{-6}, \quad \delta \lesssim 1,$

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So ... $h^2 \Omega_{\text{GW}}^{(0)} \Big|_{\text{max}} \simeq \frac{\text{const.}}{\delta} \lesssim 10^{-6} \quad \Leftrightarrow \quad \delta \gtrsim 50 \quad (!)$

CMB: $\delta \gtrsim 200 \quad (!!)$

(standard) Grav. Reheating incompatible with BBN/CMB !

Therefore...

- 1) Either we modify Grav. Reheating**
- 2) We use modified gravity in Inflationary Sector**
- 3) We couple the inflaton and reheat via such couplings**

(standard) Grav. Reheating incompatible with BBN/CMB !

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- 2) We use modified gravity in Inflationary Sector**
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Standard (P)reheating

(standard) Grav. Reheating incompatible with BBN/CMB !

Therefore...

1) Either we modify Grav. Reheating

2) We use modified gravity in Inflationary Sector

it's up to you, me I'm happy with General Relativity ...

(standard) Grav. Reheating incompatible with BBN/CMB !

Therefore...

1) Either we modify Grav. Reheating

2) We use modified gravity in Inflationary Sector

But if you are not ...

Y. Watanabe and E. Komatsu, Phys. Rev. **D75**, 061301 (2007), gr-qc/0612120.

Y. Watanabe, Phys. Rev. **D83**, 043511 (2011), 1011.3348.

A. A. Starobinsky, Phys. Lett. **B91**, 99 (1980), [,771(1980)].

A. De Felice and S. Tsujikawa, Living Rev. Rel. **13**, 3 (2010), 1002.4928.

(standard) Grav. Reheating incompatible with BBN/CMB !

Therefore...

1) Either we modify Grav. Reheating

(standard) Grav. Reheating incompatible with BBN/CMB !

Therefore...

1) Either we modify Grav. Reheating

$$\Delta_* \equiv \frac{\rho_{\text{rad}}}{3m_p^2 H_*^2} = \frac{\delta}{300} \left(\frac{H_*}{m_p} \right)^2 \longrightarrow \mathcal{N}_f \Delta_*$$

All \mathcal{N}_f fields
same properties !

$$\begin{aligned} \delta &= \delta_1 \times \mathcal{N}_f , \\ \mathcal{N}_f &\gtrsim \mathcal{O}(10^3) \end{aligned}$$

**Ad hoc
tuning !**

(standard) Grav. Reheating incompatible with BBN/CMB !

Therefore...

1) Either we modify Grav. Reheating

Radiation field is the SM Higgs ? We need non-min coupling

$$\mathcal{L}_\chi = (\partial\chi)^2 + \lambda\chi^4 - \xi\chi^2 R$$

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Standard Grav. RH ?

(standard) Grav. Reheating incompatible with BBN/CMB !

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$$\mathcal{L}_\chi = (\partial\chi)^2 + \lambda\chi^4 - \xi\chi^2 R$$

Standard Grav. RH wrong !

$m_\chi^2 < 0$ @ Stiff Period,

(standard) Grav. Reheating incompatible with BBN/CMB !

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Radiation field is the SM Higgs ? We need non-min coupling

$$\mathcal{L}_\chi = (\partial\chi)^2 + \lambda\chi^4 - \xi\chi^2 R$$

Standard Grav. RH wrong !
 $m_\chi^2 < 0$ @ Stiff Period, and
self-interactions regularize

(standard) Grav. Reheating incompatible with BBN/CMB !

Therefore...

1) Either we modify Grav. Reheating

Radiation field is the SM Higgs ? We need non-min coupling

$$\mathcal{L}_\chi = (\partial\chi)^2 + \lambda\chi^4 - \xi\chi^2 R$$

Standard Grav. RH wrong !

**Corrected in DGF & Byrnes '16
Phys.Lett. B767 (2017) 272-277
Arxiv: 1604.03905**

(standard) Grav. Reheating incompatible with BBN/CMB !

Therefore...

1) Either we modify Grav. Reheating

Radiation field is the SM Higgs ? We need non-min coupling

$$\mathcal{L}_\chi = (\partial\chi)^2 + \lambda\chi^4 - \xi\chi^2 R$$

Standard Grav. RH wrong !

$$\delta \sim \mathcal{O}(10^3) \frac{\xi^2}{\lambda} \gg 1$$

$\lambda > 0$ (stability), $\xi \gtrsim 1$

Grav.
Reheating
OK !

Corrected in DGF & Byrnes '16
Phys.Lett. B767 (2017) 272-277
Arxiv: 1604.03905

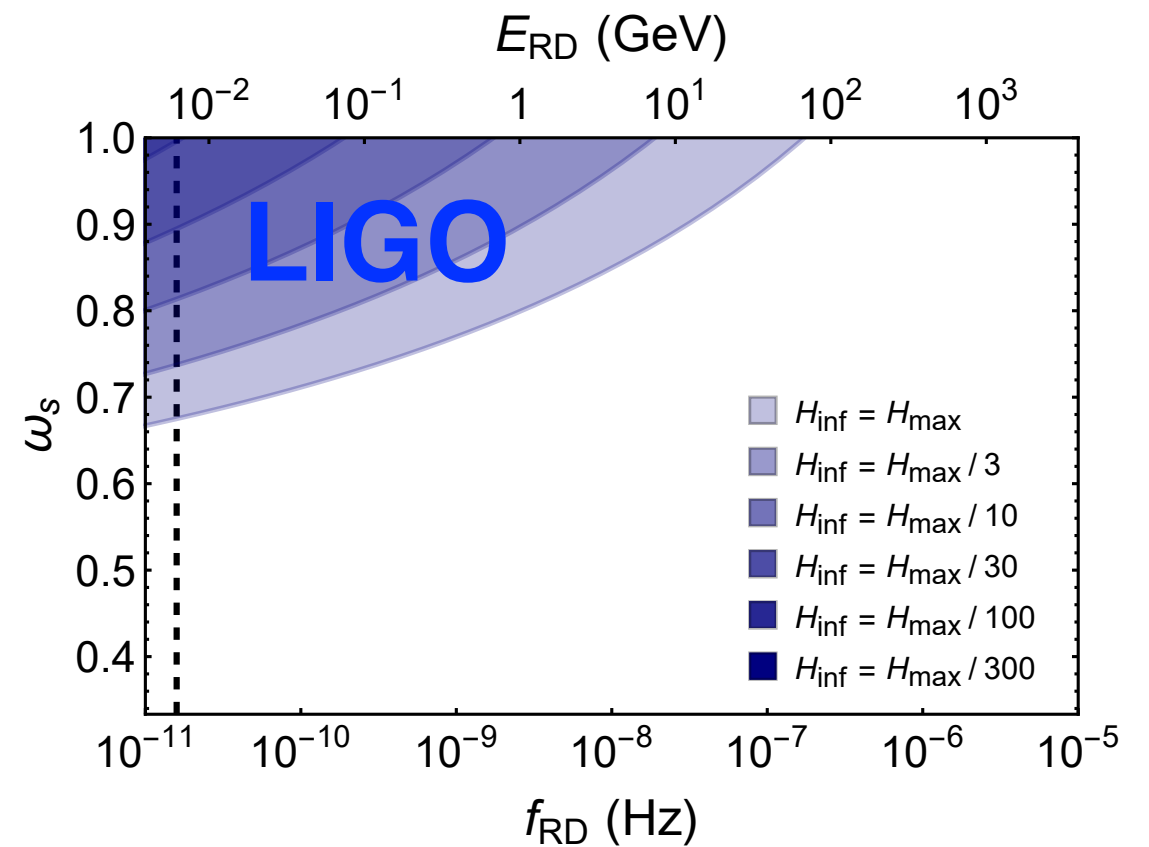
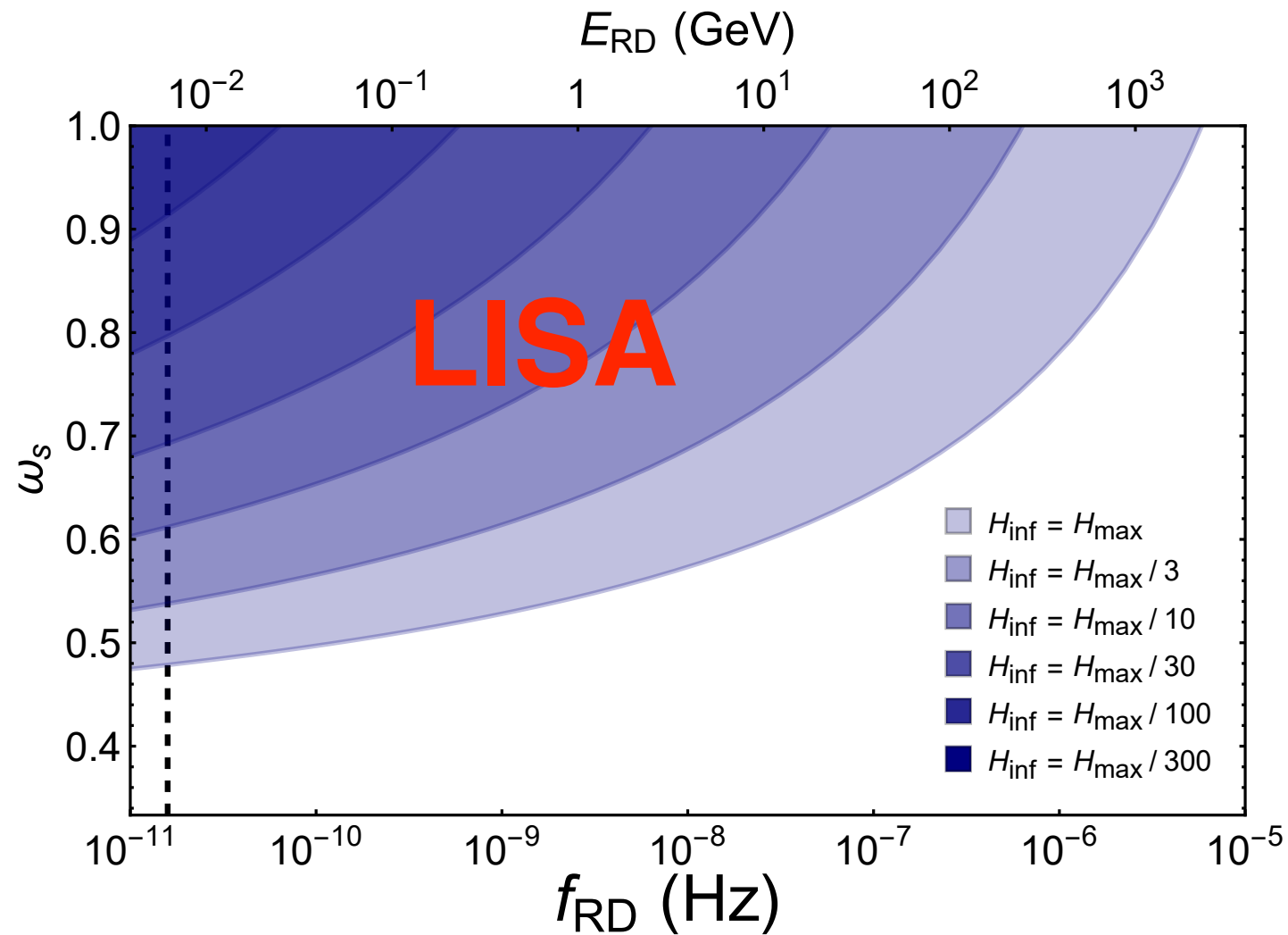
See also **1803.07399**
1905.06823 for generic $\lambda\chi^4$

Part 4

**BBN/CMB constraints:
further implications**

BBN Bound $\Omega_{\text{GW}}^{(0)}(f; \underbrace{H_*}_{\text{Energy Scale}}, \underbrace{w_s}_{\text{EoS Stiff}}, \underbrace{f_{\text{RD}}}_{\text{Duration Stiff}}) \lesssim 10^{-6}$

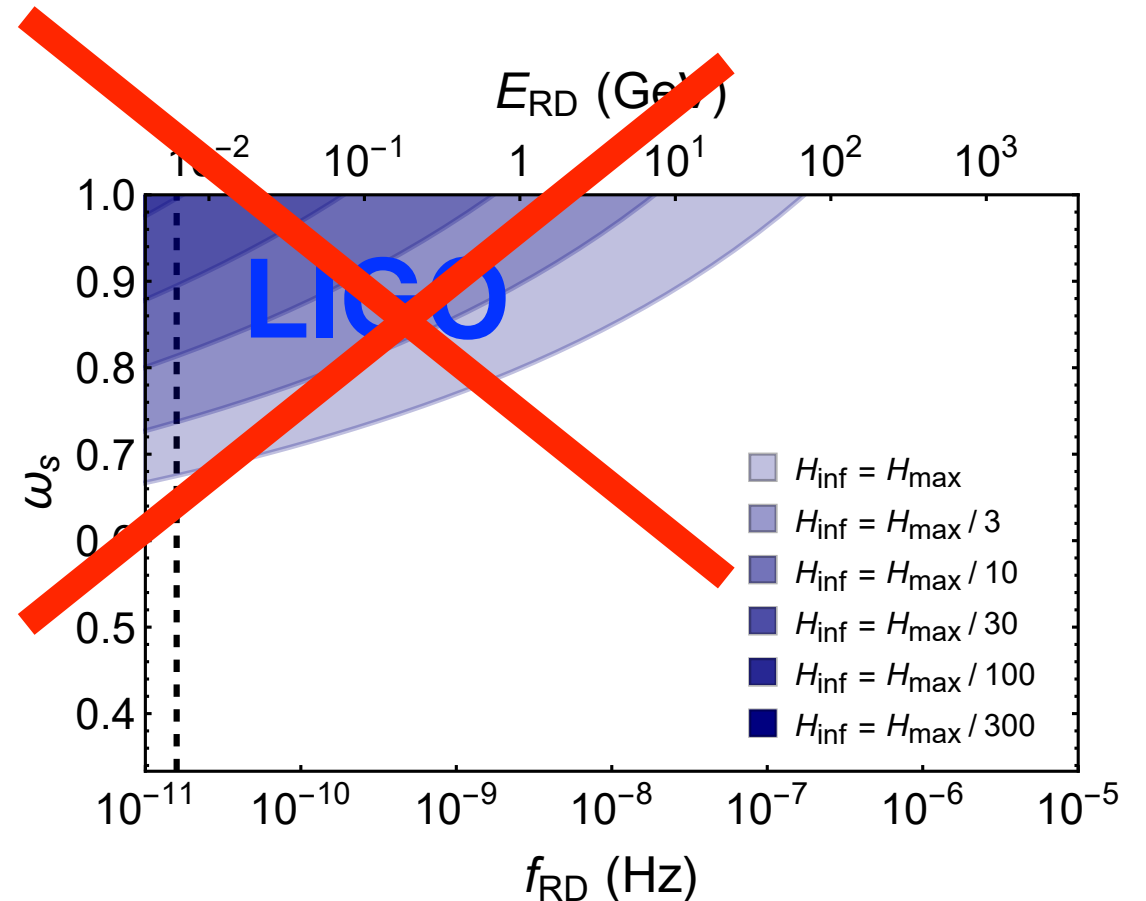
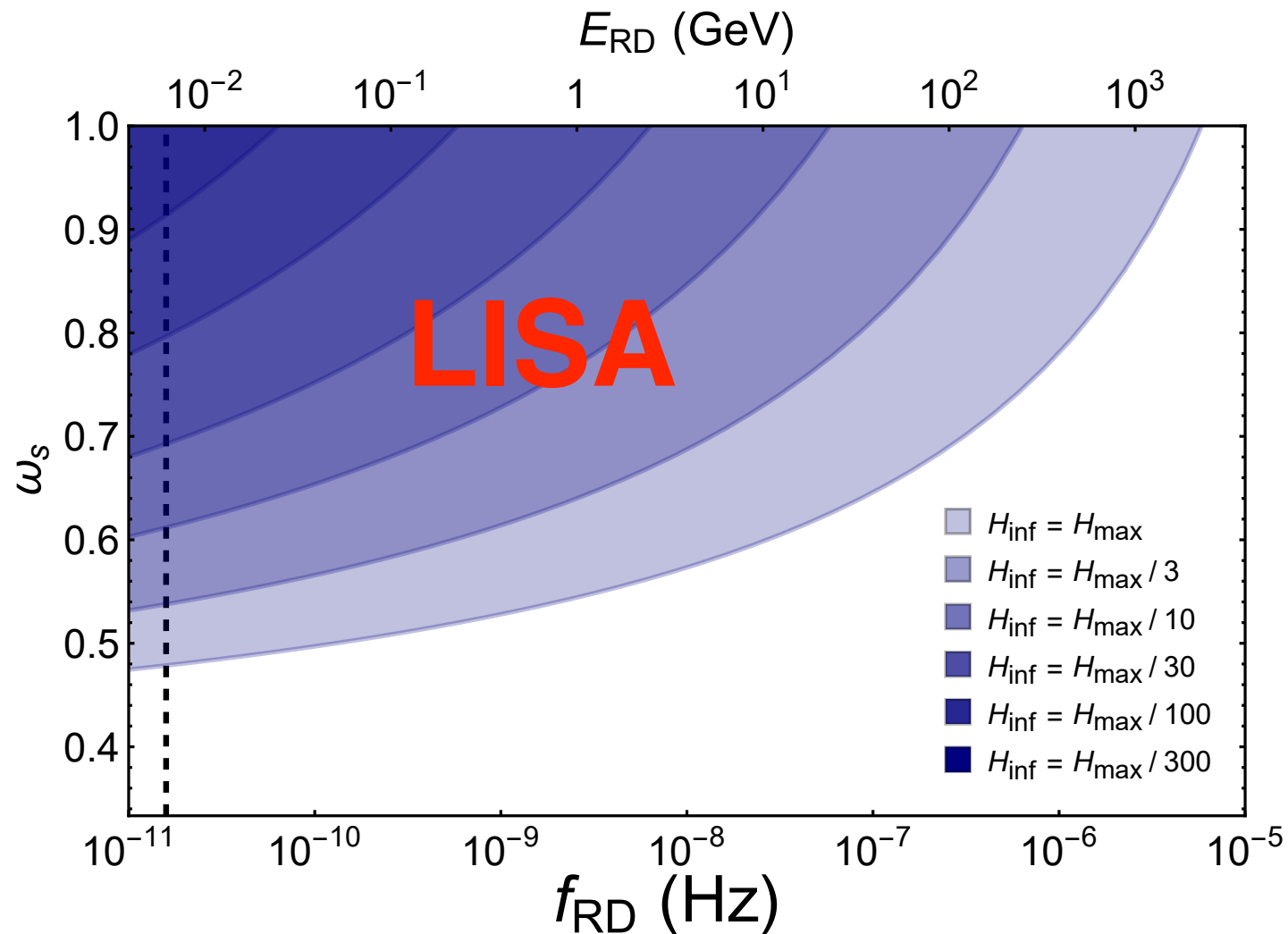
Energy Scale EoS Stiff Duration Stiff



BBN Bound $\Omega_{\text{GW}}^{(0)}(f; \underbrace{H_*}_{\text{Energy Scale}}, \underbrace{w_s}_{\text{EoS Stiff}}, \underbrace{f_{\text{RD}}}_{\text{Duration Stiff}}) \lesssim 10^{-6}$

LIGO cannot probe it !

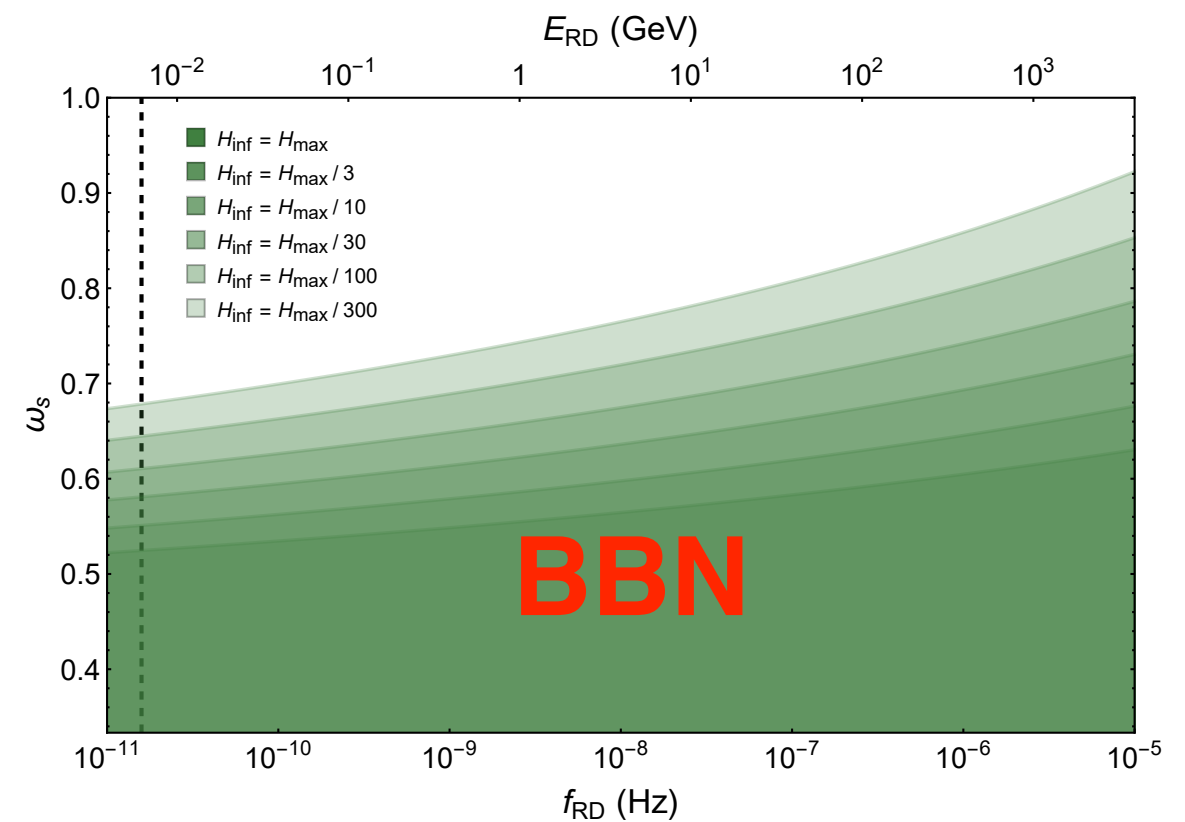
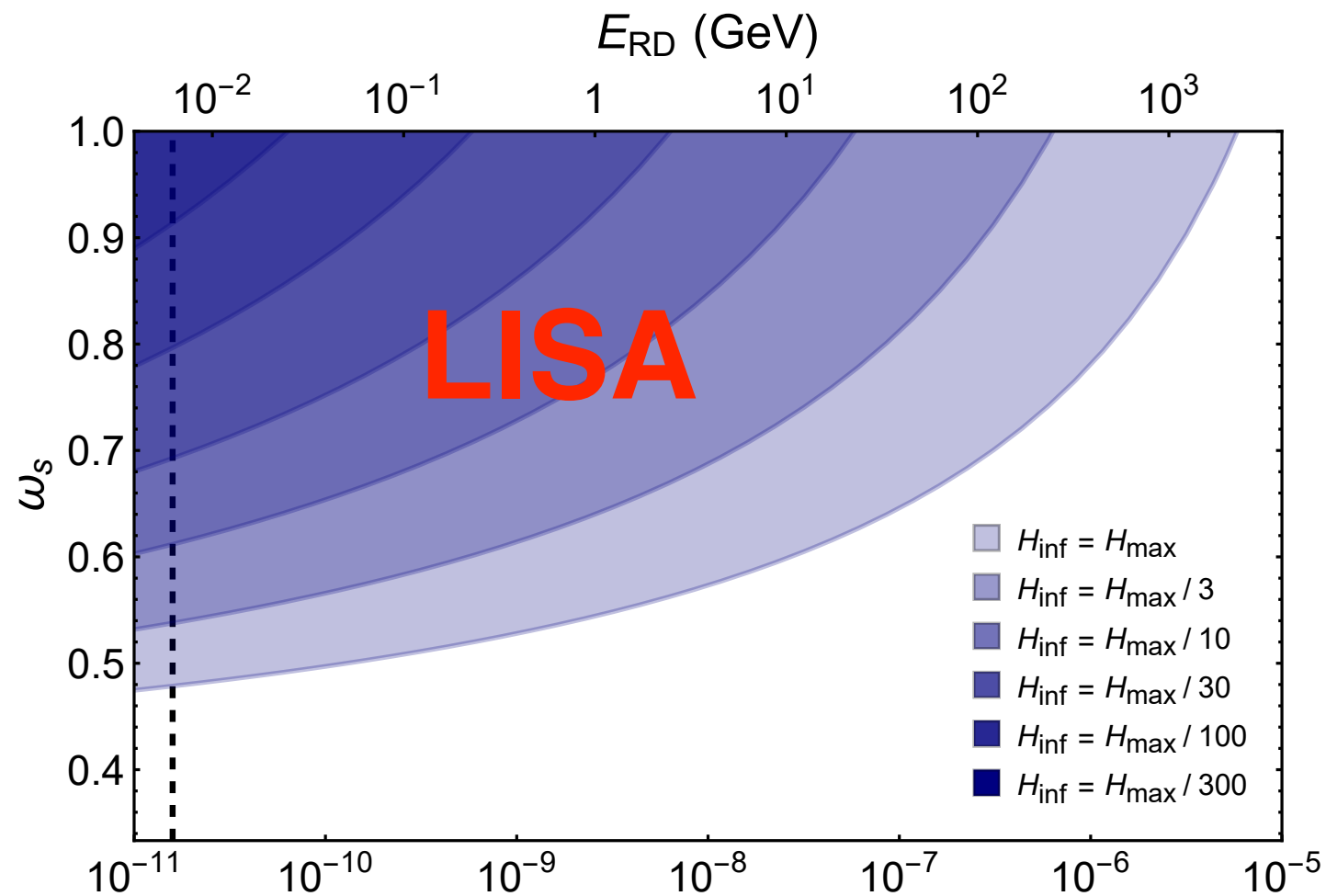
Energy Scale EoS Stiff Duration Stiff



LIGO cannot probe parameter space compatible with BBN !

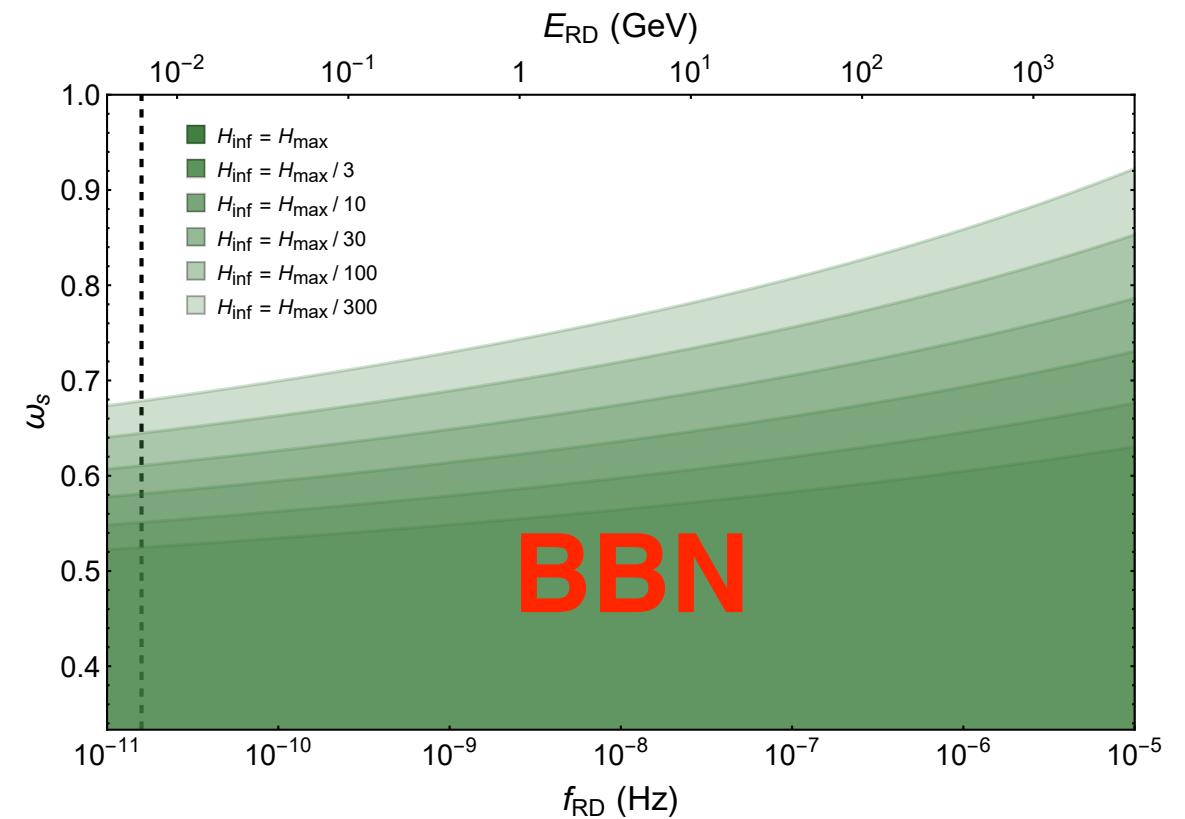
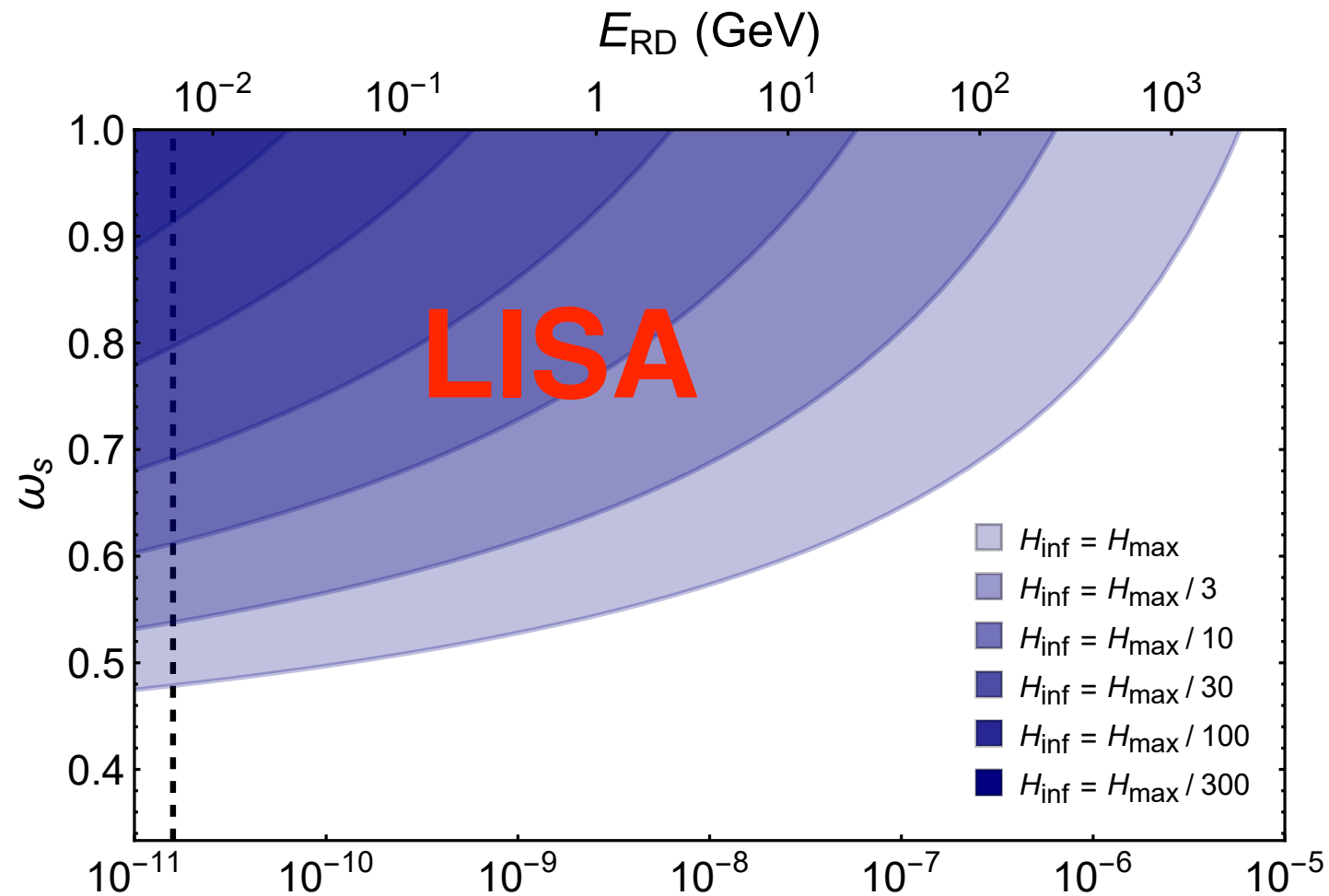
BBN Bound $\Omega_{\text{GW}}^{(0)}(f; \underbrace{H_*}_{\text{Energy Scale}}, \underbrace{w_s}_{\text{EoS Stiff}}, \underbrace{f_{\text{RD}}}_{\text{Duration Stiff}}) \lesssim 10^{-6}$

Why ?



BBN Bound $\Omega_{\text{GW}}^{(0)}(f; \underbrace{H_*}_{\text{Energy Scale}}, \underbrace{w_s}_{\text{EoS Stiff}}, \underbrace{f_{\text{RD}}}_{\text{Duration Stiff}}) \lesssim 10^{-6}$

LISA ?



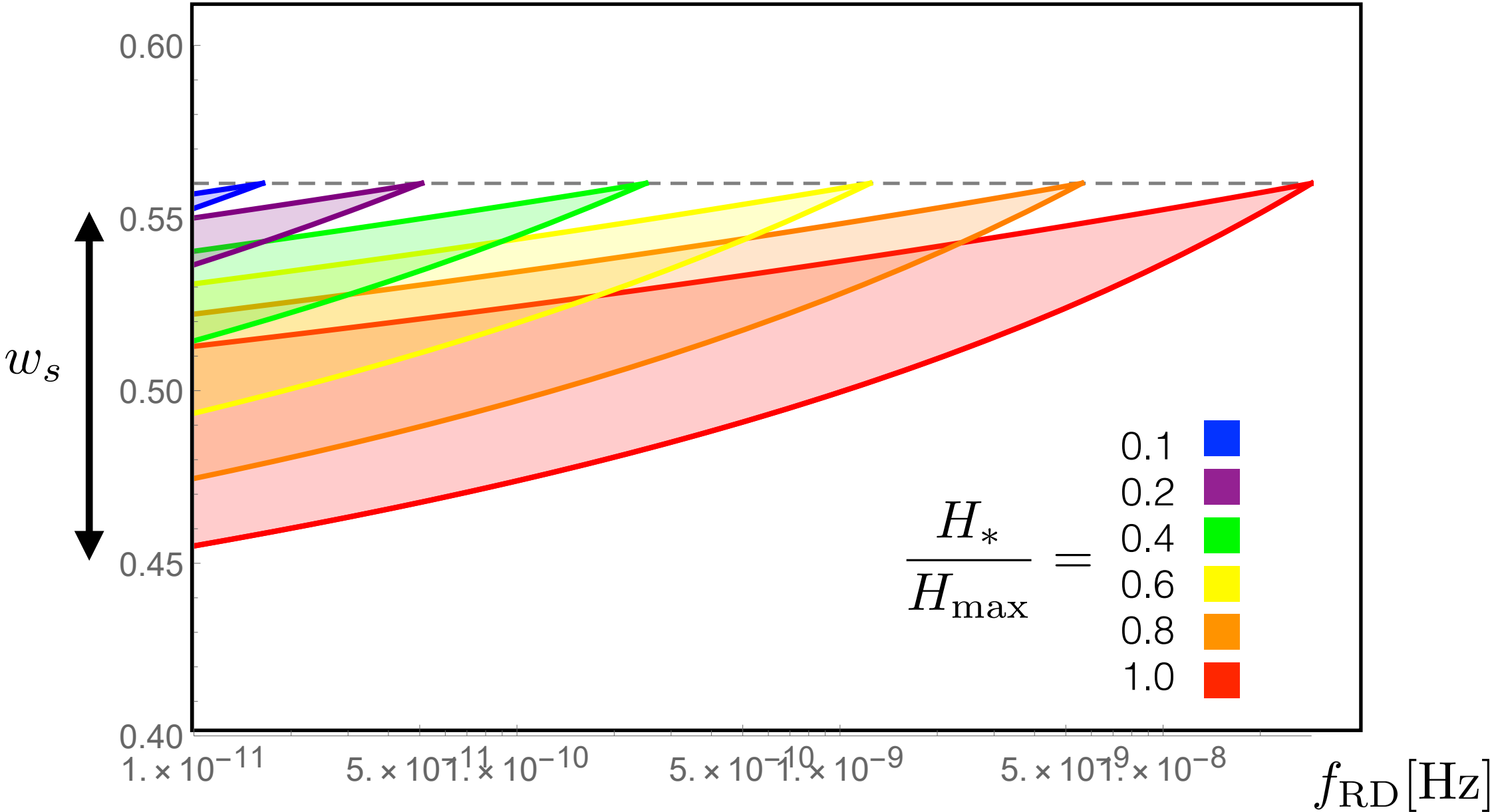
BBN Bound

$$\Omega_{\text{GW}}^{(0)}(f; \underbrace{H_*}_{\text{Energy Scale}}, \underbrace{w_s}_{\text{EoS Stiff}}, \underbrace{f_{\text{RD}}}_{\text{Duration Stiff}}) \lesssim 10^{-6}$$

LISA

✓

ZOOM



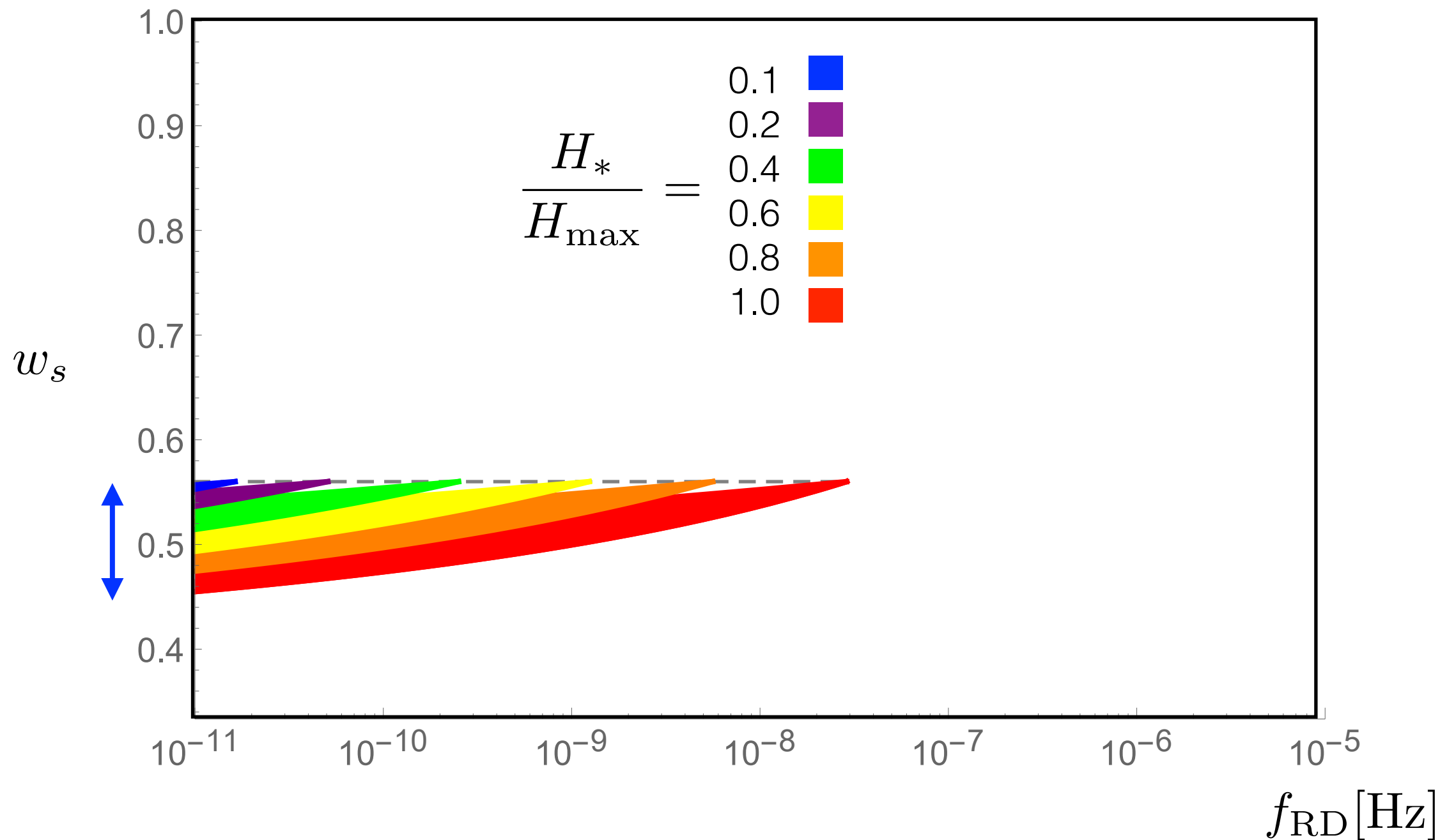
BBN Bound $\Omega_{\text{GW}}^{(0)}(f; \underbrace{H_*}_{\text{Energy Scale}}, \underbrace{w_s}_{\text{EoS Stiff}}, \underbrace{f_{\text{RD}}}_{\text{Duration Stiff}}) \lesssim 10^{-6}$

LISA ✓

Energy
Scale

EoS
Stiff

Duration
Stiff



Part 5

Outlook

OUTLOOK

0) Reheating w/o couplings requires imagination:

Grav. Reheating or Modified Gravity

1) (Standard) Grav. Reheating is inconsistent

Too many GWs (violates BBN/CMB bounds)

2) Inf. sectors only (minimally) coupled

to gravity inconsistent unless:

i) Inflation ~ Modify gravity: Up to you...

ii) $O(1000)$ spectator fields identical: ad hoc tuning

iii) SM Higgs + Non-Min coupling: works (not observable)

3) Stiff Era (in general): not observable @ LIGO, barely @ LISA

PROPAGANDA

**If you want to go 'numerical' in
your early universe computations...**

CosmoLattice

Figueroa, Florio, Torrenti, Valkenburg

arXiv: [2102.01031](https://arxiv.org/abs/2102.01031)

('GW computation' module about to be available)

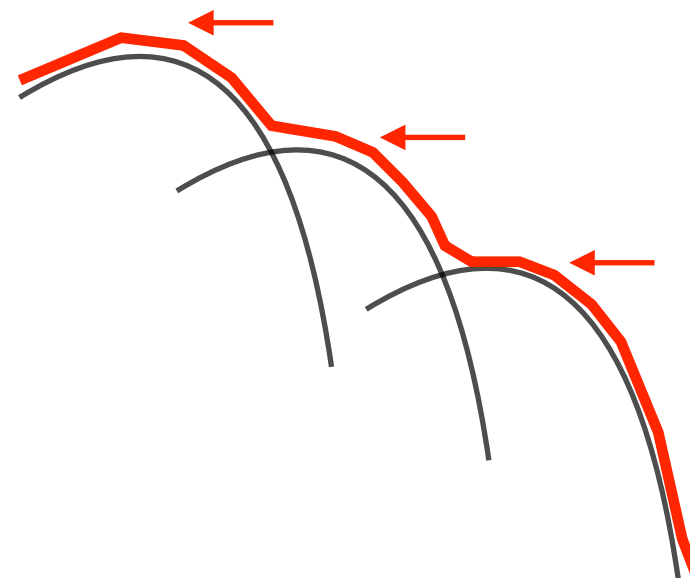
Backslides

INFLATIONARY PREHEATING

Parameter Dependence (Peak amplitude)

Chaotic Models: $\Omega_{\text{GW}}^{(o)} \sim 10^{-11}$, @ $f_o \sim 10^8 - 10^9$ Hz
Large amplitude ! ... at high Frequency !

$\Omega_{\text{GW}} \propto q^{-1/2} \longrightarrow$ **Spectroscopy of particle couplings ?**



**different couplings
... different peaks ?**

INFLATIONARY PREHEATING

Parameter Dependence (Peak amplitude)

Hybrid Models: $\Omega_{\text{GW}}^{(o)} \propto \left(\frac{v}{m_p} \right)^2 \times f(\lambda, g^2) \quad , \quad f_o \sim \lambda^{1/4} \times 10^9 \text{ Hz}$

$$\Omega_{\text{GW}}^{(o)} \sim 10^{-11} \quad , \quad @ \quad \begin{cases} f_o \sim 10^8 - 10^9 \text{ Hz} \\ f_o \sim 10^2 \text{ Hz} \end{cases}$$

Large amplitude !
(for $v \simeq 10^{16} \text{ GeV}$)

$\lambda \sim 0.1$
(natural)

$\lambda \sim 10^{-28}$
(fine-tuning)

realistically speaking ...

