

# **COSMOLOGICAL BACKGROUNDS of GRAVITATIONAL WAVES**

**DANIEL G. FIGUEROA**  
IFIC, Valencia, Spain

# II Joint ICTP-Trieste/ICTP-SAIFR School on Particle Physics

June 22 – July 3, 2020

São Paulo, Brazil

ICTP-SAIFR/IFT-UNESP



## First week:

- *Standard Model and Flavor Anomalies*: **Andrea Romanino** (SISSA, Italy)
- *Early Universe for Particle Physics*: **Rogério Rosenfeld** (IFT-UNESP/ICTP-SAIFR, Brazil)
- *Effective Field Theories for Particle Physics and Beyond*: **Riccardo Penco** (Carnegie Mellon University, USA)

## Second week:

- *Dark Matter*: **Francesco D'Eramo** (University of Padova, Italy)
- *Gravity wave probes from astrophysical sources*: **Masha Baryakhtar** (New York University, USA)
- *Gravity wave probes from stochastic sources*: **Daniel Figueroa** (IFIC, Univ. Valencia, Spain)
- *Pontón Memorial Lecturer – New Physics Beyond the Standard Model*: **Zackaria Chacko** (University of Maryland, USA)

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**STOCHASTIC  
BACKGROUNDS**

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**COSMOLOGICAL  
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**STOCHASTIC  
BACKGROUNDS**

**GW = Gravitational Waves**

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➔ Gravity wave probes from stochastic sources: Daniel Figueroa (IFIC, Univ. Valencia, Spain) ➔

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**COSMOLOGICAL  
BACKGROUNDS**

≡

**STOCHASTIC  
BACKGROUNDS**

**GW: COSMOLOGICAL, ergo STOCHASTIC**

# COSMOLOGICAL BACKGROUNDS of GRAVITATIONAL WAVES

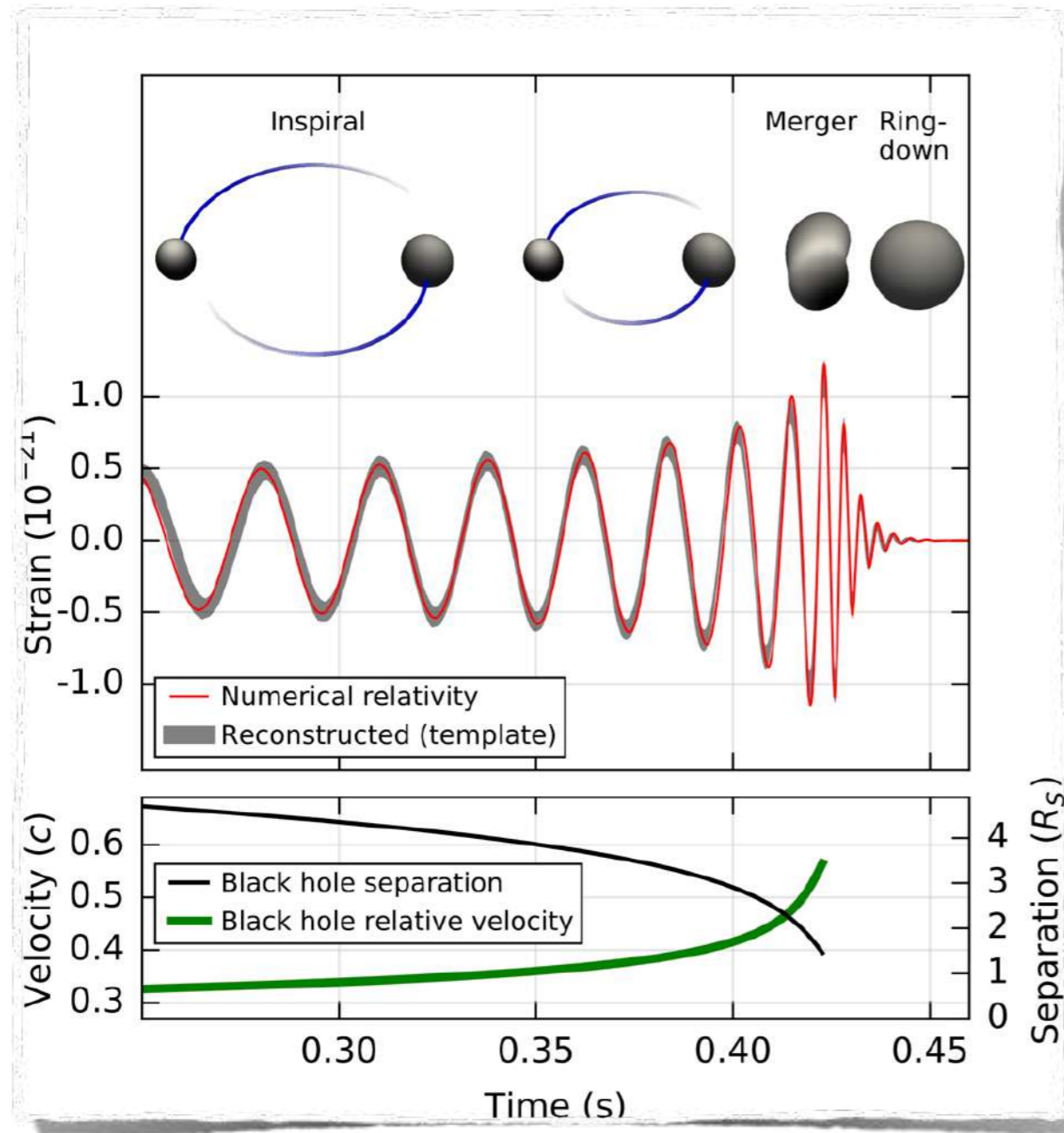
1st Lecture

**Daniel G. Figueroa**  
**IFIC, VALENCIA**

# **MOTIVATION**

**(cosmologist biased)**

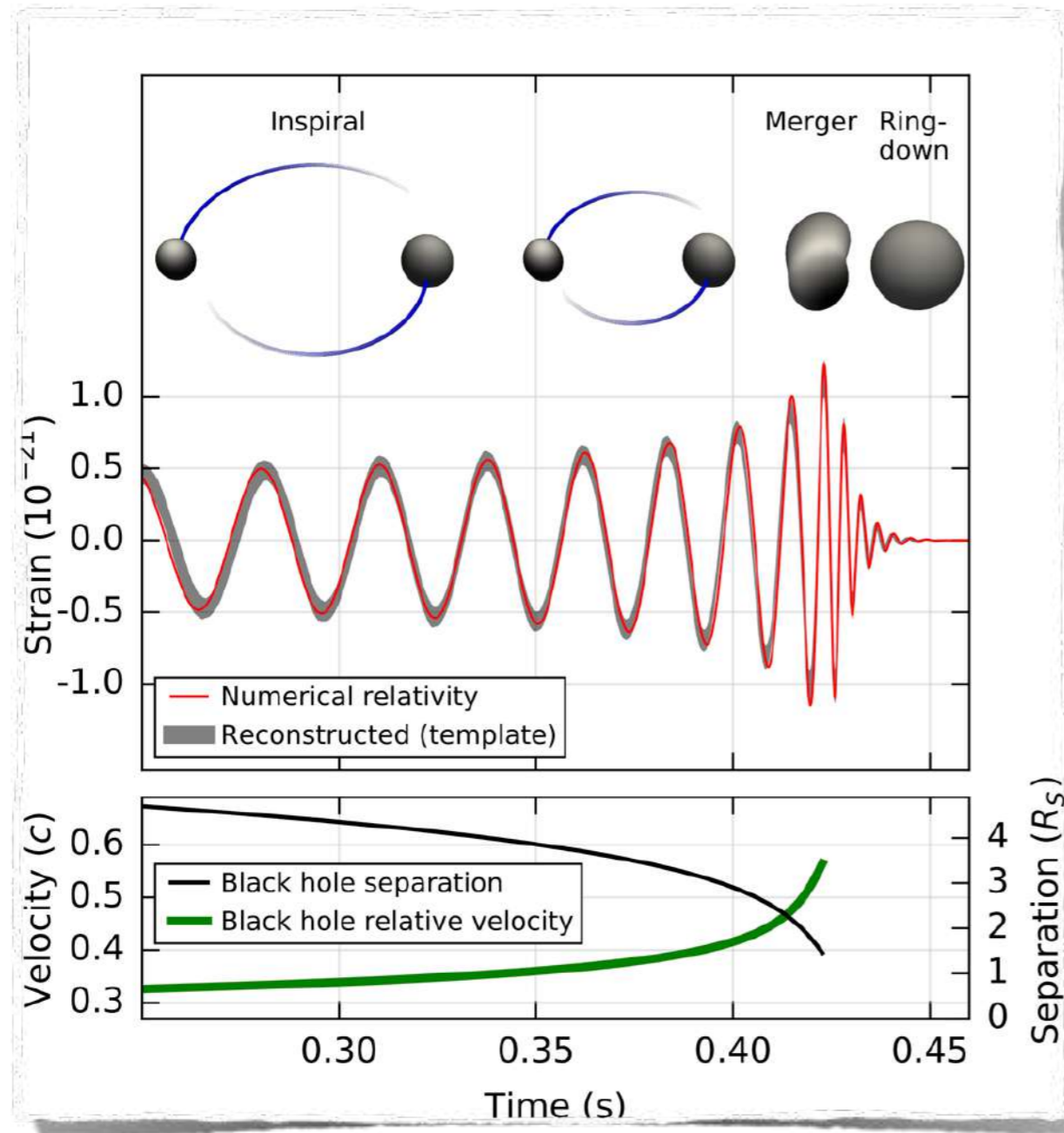
# Let us celebrate ...



[LIGO & Virgo Scientific Collaborations (arXiv:1602.03841)]

**Gravitational  
Waves (GWs)  
detected !  
[by LIGO/VIRGO]**

# Let us celebrate ...



[LIGO & Virgo Scientific Collaborations (arXiv:1602.03841)]

**Gravitational**  
**milestone**  
**in physics**  
**[LIGO/VIRGO]**

## Einstein 1916 ... LIGO/VIRGO 2015/16/17

# Let us celebrate ...

- \*  $O(10)$  Solar mass  
Black Holes (BH) exist

- \* We can test the  
BH's paradigm and  
Neutron Star physics

- \* We can further test  
General Relativity (GR)  
[so far no deviation]

- \* We can observe the  
Universe through GWs

- \*  
...



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- \* ...

  
(binaries)

**Extremely  
interesting !**

**BUT ...**

**... We will focus  
on something else !**

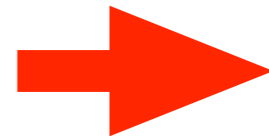
# Let us celebrate ...

\* O(10) Solar mass  
Black Holes

Stay tuned !

more fun  
guaranteed  
to come ...

\* General Relativity (GR)  
[so far no deviation]



(binaries)

**Extremely  
interesting !**

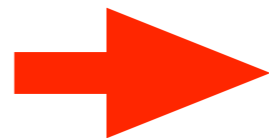
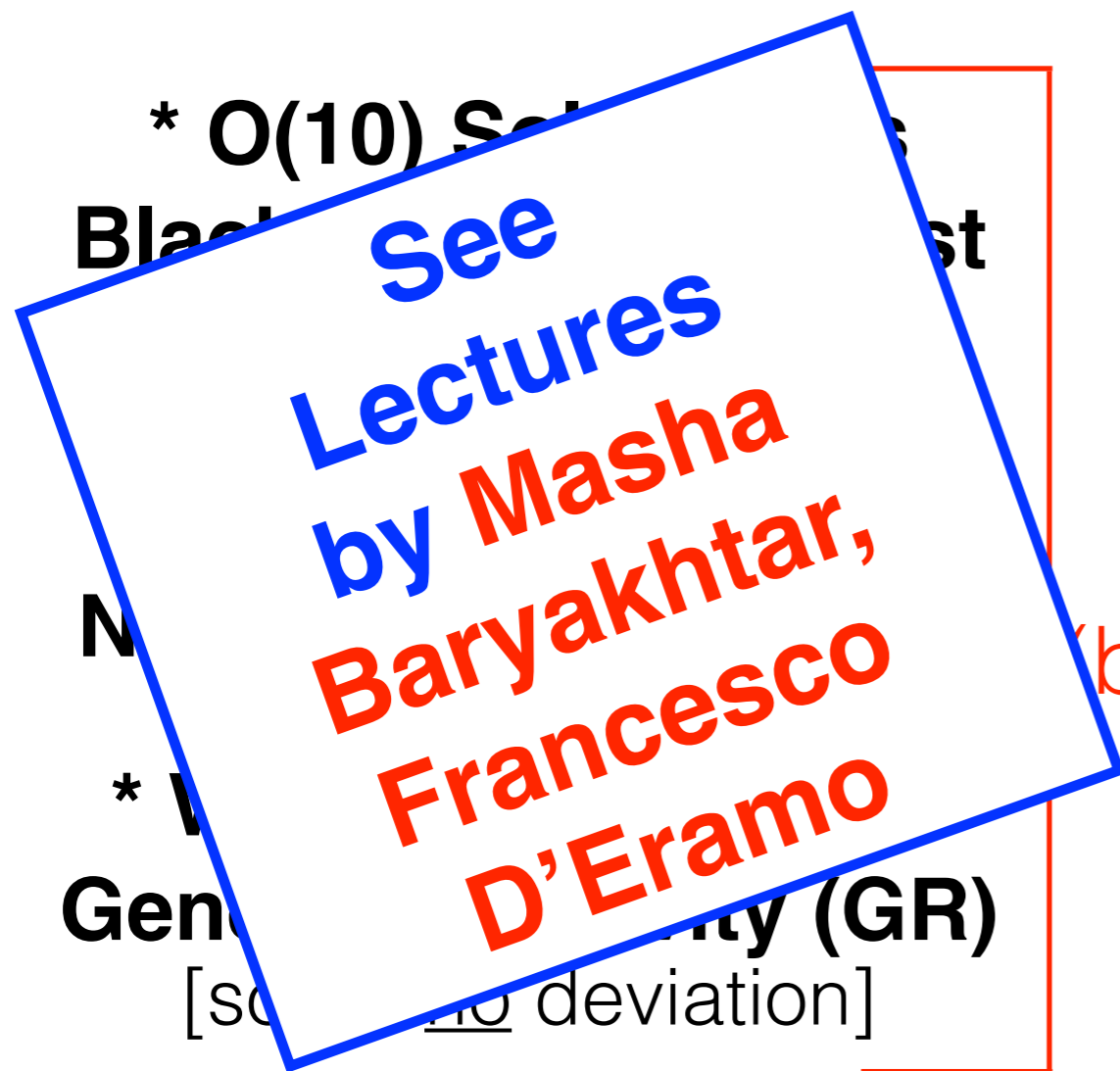
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Universe through GWs

\* ...

# Let us celebrate ...



(binaries)

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**\* We can observe the  
Universe through GWs**

**\*  
...**

# Let us celebrate ...

- \*  $O(10)$  Solar mass Black Holes (BH) exist

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[so far no deviation]

- \* We can observe the Universe through GWs

  
(binaries)

**Extremely  
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**BUT ...**

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\*  
...

**\* We can observe the  
Universe through GWs**

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**\* We can observe the  
Universe through GWs**

**\* Cosmology with GWs**

**\* We can observe the  
Universe through GWs**

**\* Cosmology with GWs**

**\* Late Universe:**

**\* Early Universe:**

**\* We can observe the  
Universe through GWs**

**\* Cosmology with GWs**

- Standard sirens: distances in cosmology;
- \* Late Universe:** Measuring  $H_0$  and EoS dark energy;  
cosmological parameters;  
modify gravity, lensing, ...

**\* We can observe the  
Universe through GWs**

**\* Cosmology with GWs**

**\* Late Universe:**

**\* Early Universe:** High Energy Particle Physics

**\* We can observe the  
Universe through GWs**

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**\* Early Universe:** High Energy Particle Physics

II Joint ICTP-Trieste/ICTP-SAIFR School on Particle Physics



**\* We can observe the  
Universe through GWs**

**\* Cosmology with GWs**

**\* Late Universe:**

**\* Early Universe: High Energy Particle Physics**

**\* We can observe the  
Universe through GWs**

**\* Cosmology with GWs**

**\* Late Universe:**

**\* Early Universe:** High Energy Particle Physics

**Can we really probe High Energy Physics  
using Gravitational Waves (GWs) ? How ?**

# GWs: probe of the early Universe

Why ?

One and ONLY One reason ...

# GWs: probe of the early Universe

## ① WEAKNESS of GRAVITY:

ADVANTAGE: GW DECOUPLE upon Production

**DISADVANTAGE**: DIFFICULT DETECTION

# GWs: probe of the early Universe

## ① WEAKNESS of GRAVITY:

ADVANTAGE: GW DECOUPLE upon Production

**DISADVANTAGE**: DIFFICULT DETECTION

## ② **ADVANTAGE**: GW $\rightarrow$ Probe for Early Universe

$\rightarrow \left\{ \begin{array}{l} \text{Decouple} \rightarrow \text{Spectral Form Retained} \\ \text{Specific HEP} \Leftrightarrow \text{Specific GW} \end{array} \right.$

# GWs: probe of the early Universe

## ① WEAKNESS of GRAVITY:

ADVANTAGE: GW DECOUPLE upon Production

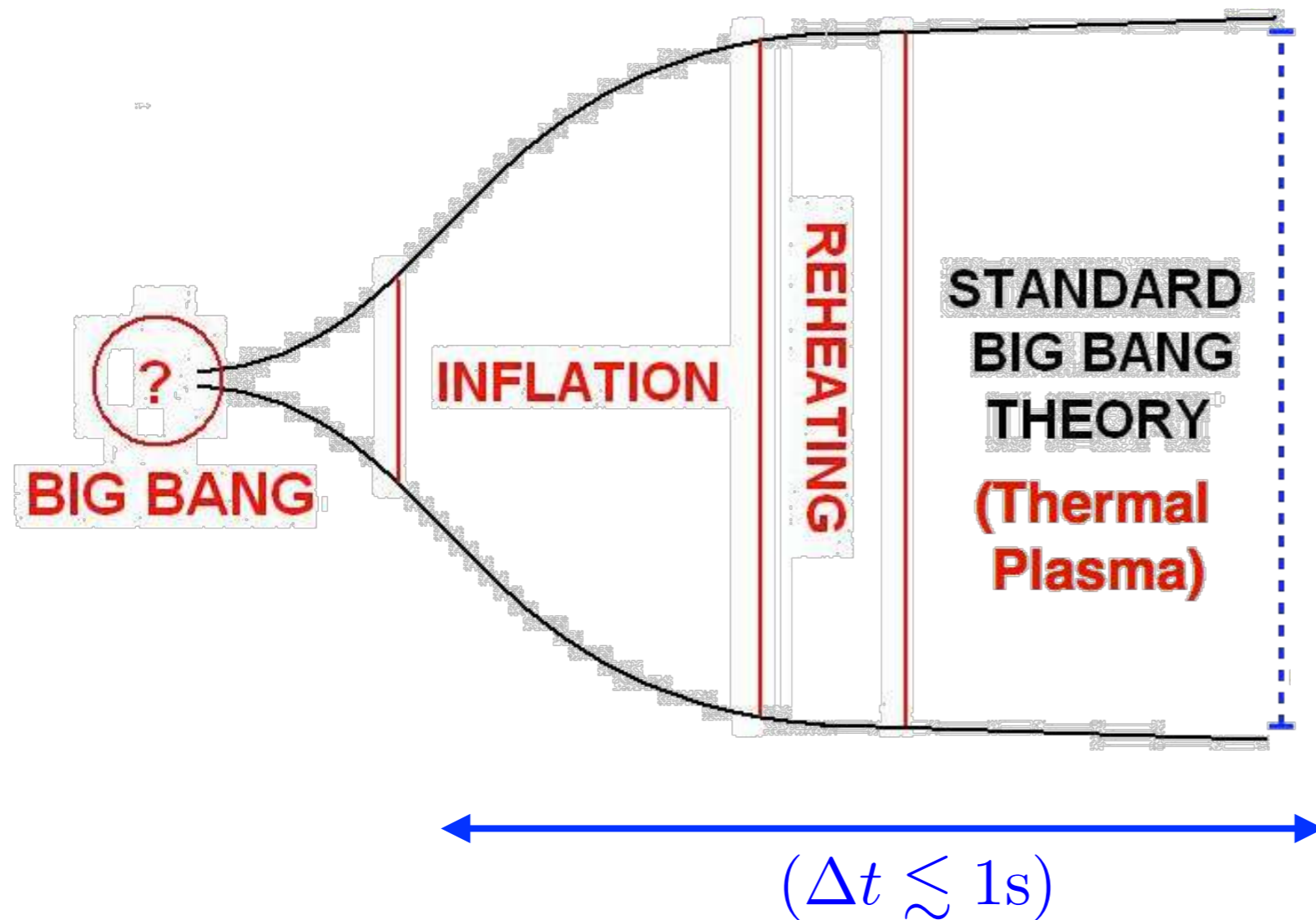
DISADVANTAGE: DIFFICULT DETECTION

## ② ADVANTAGE: GW $\rightarrow$ Probe for Early Universe

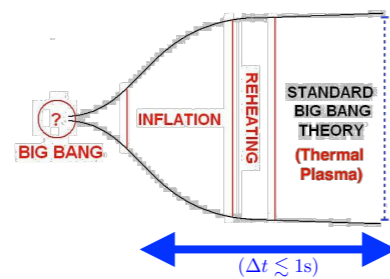
$\rightarrow \left\{ \begin{array}{l} \text{Decouple} \rightarrow \text{Spectral Form Retained} \\ \text{Specific HEP} \Leftrightarrow \text{Specific GW} \end{array} \right.$

# What processes of the early Universe ?

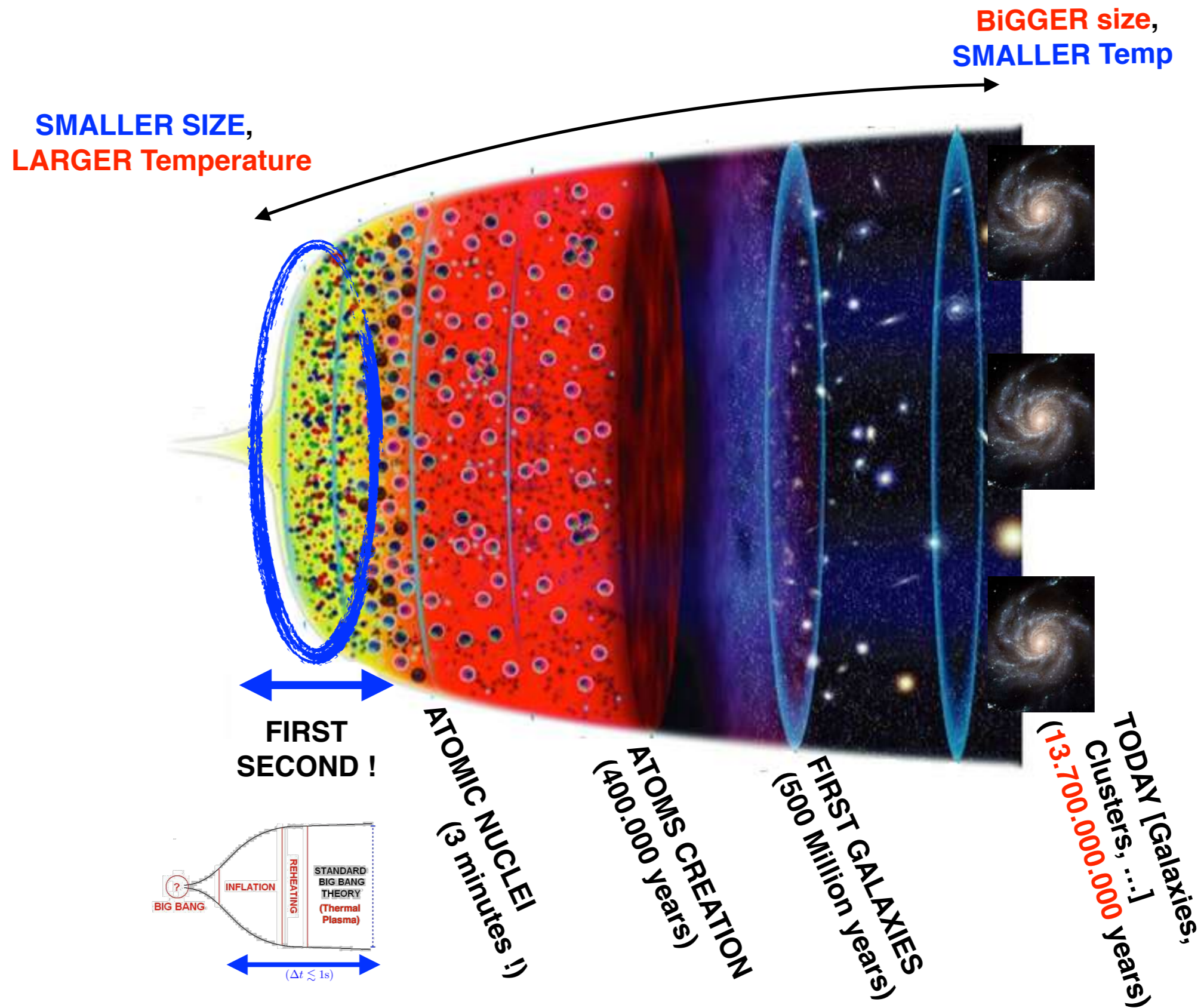
# The Early Universe



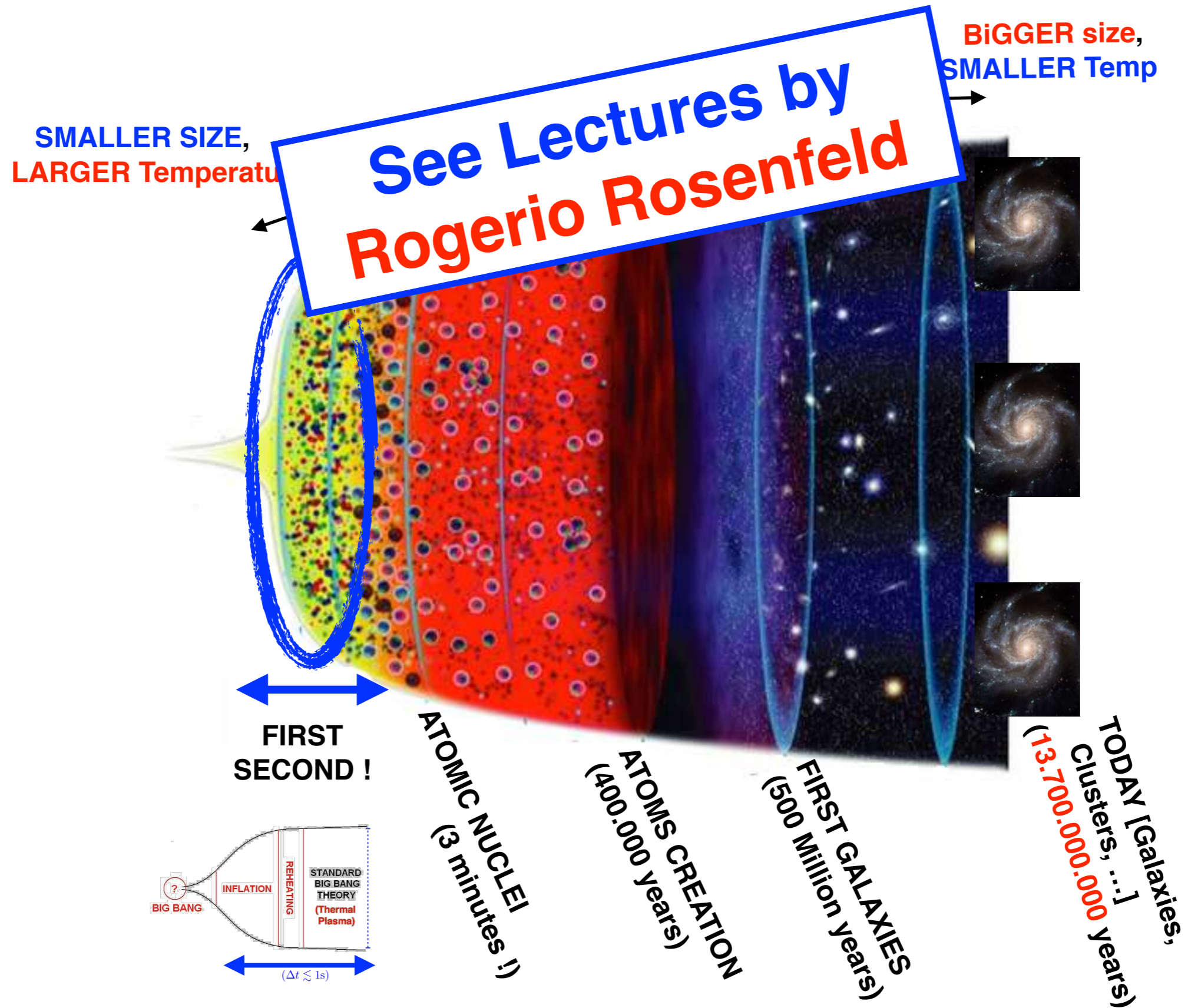
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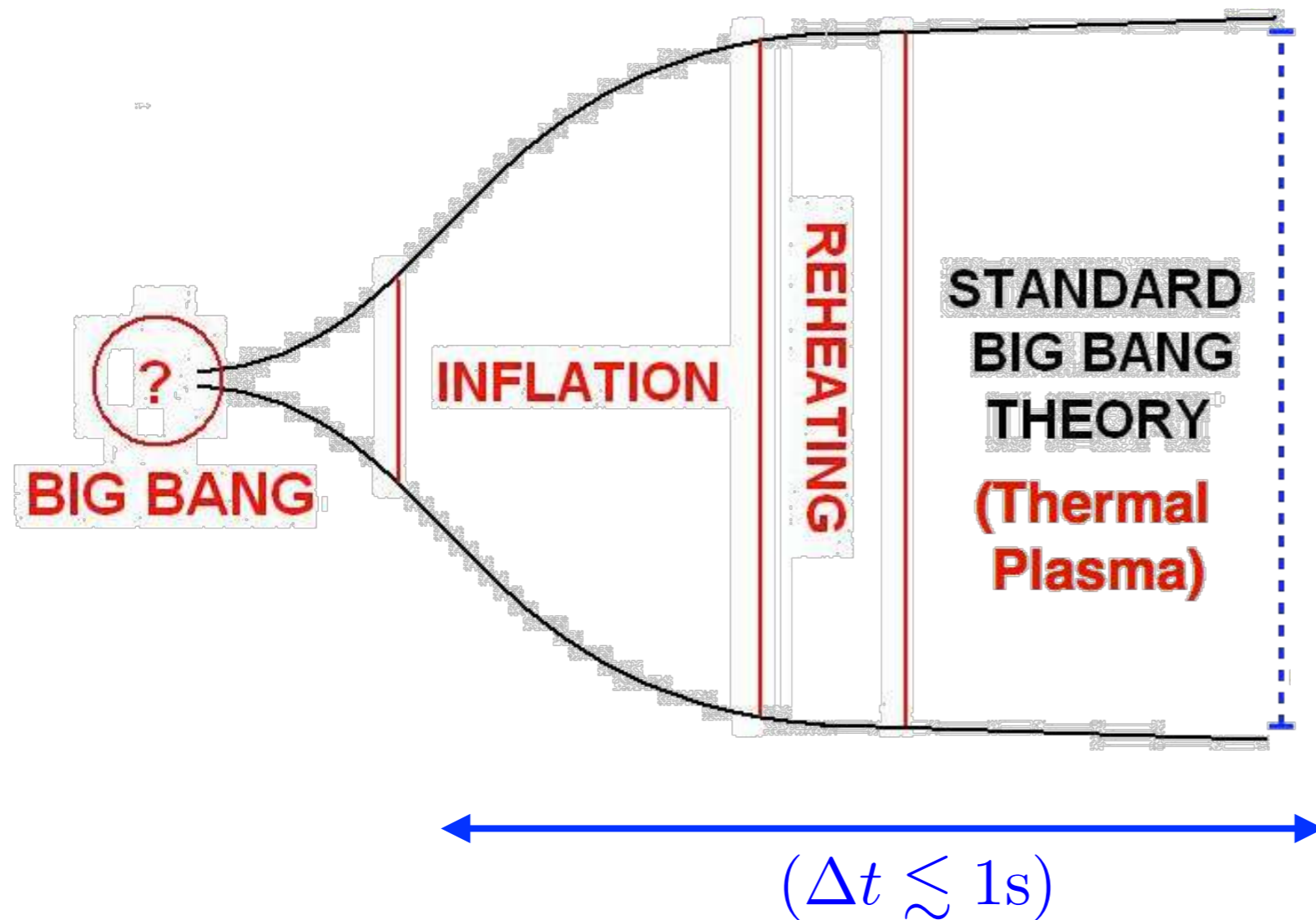
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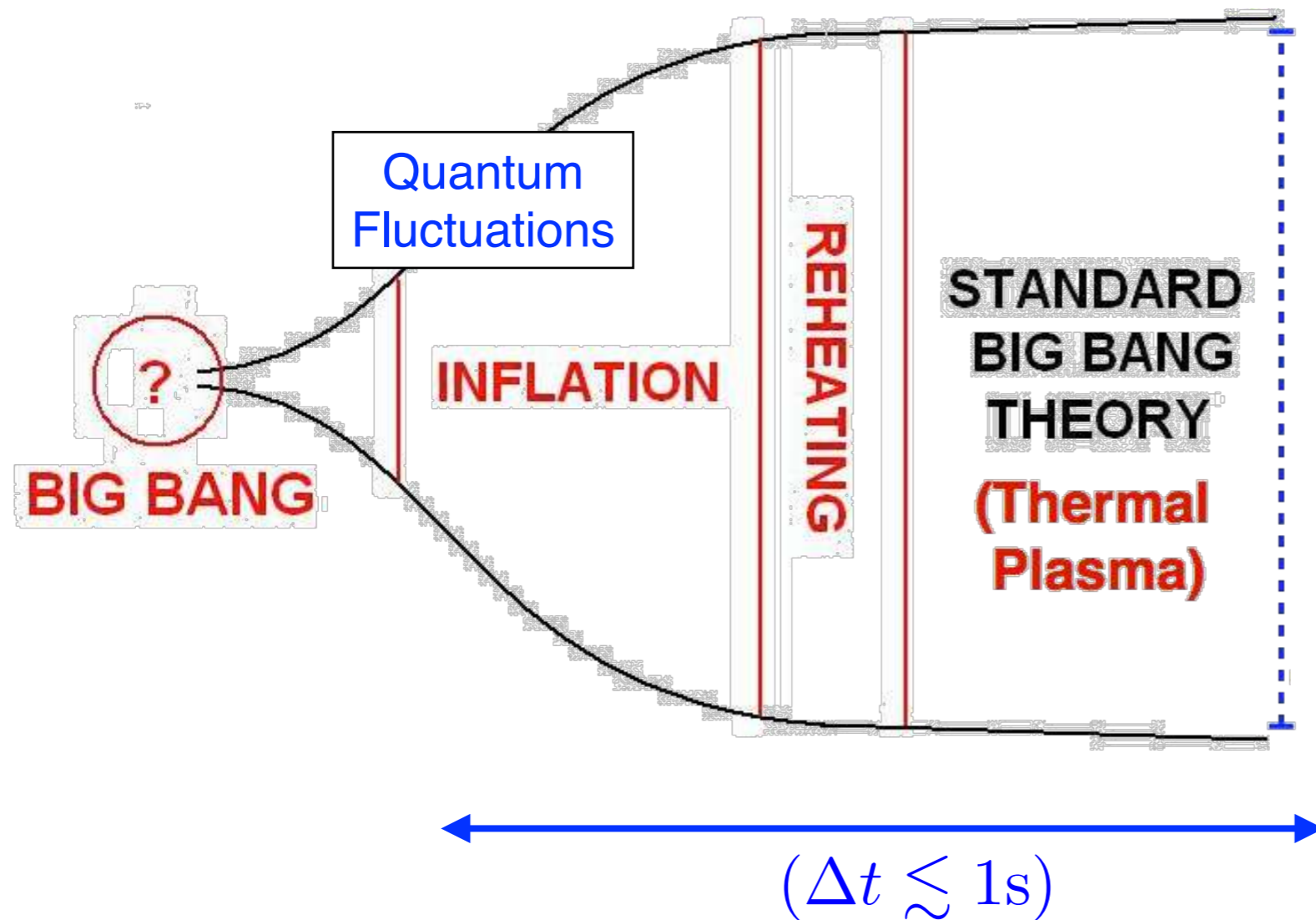
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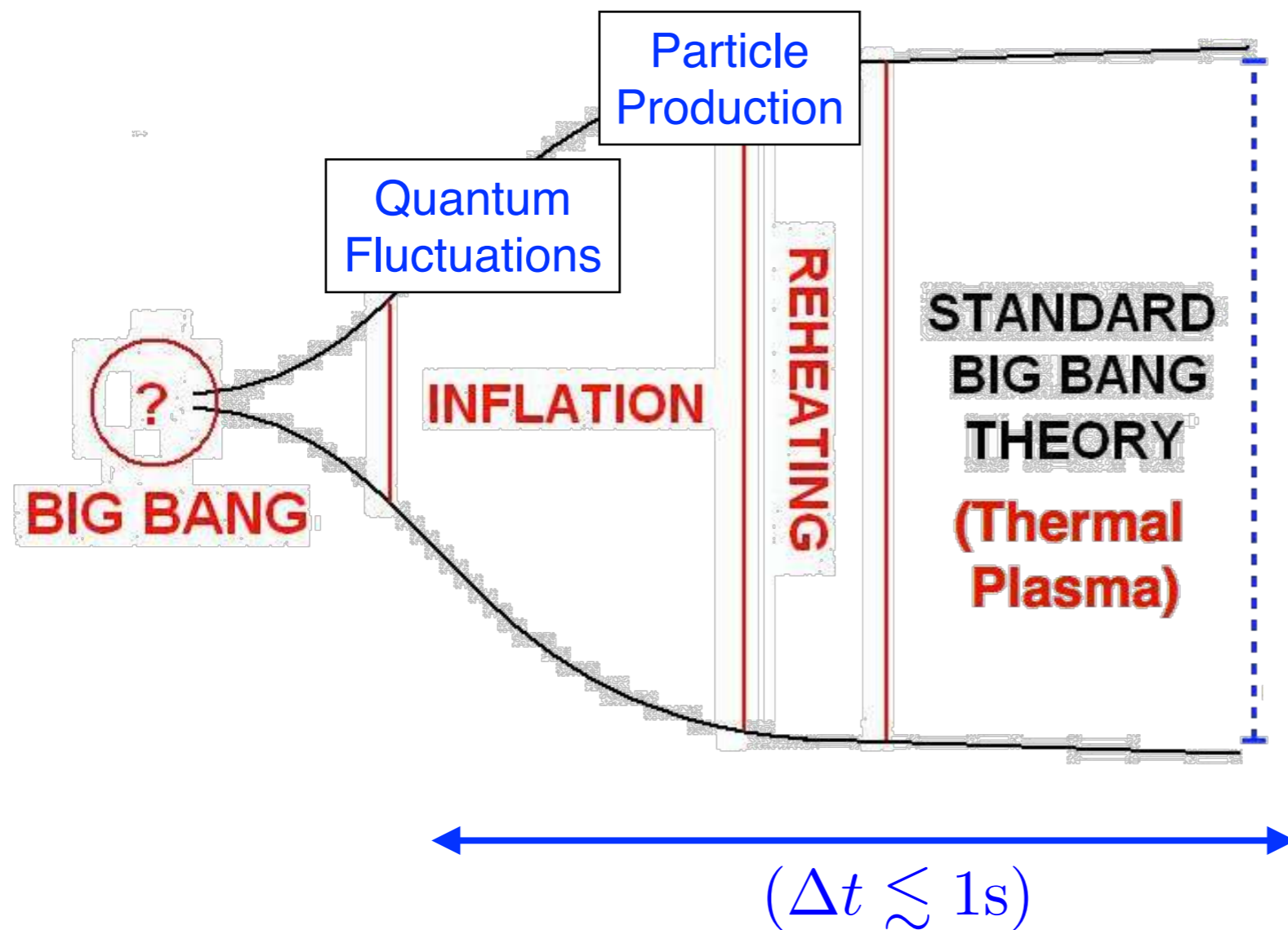
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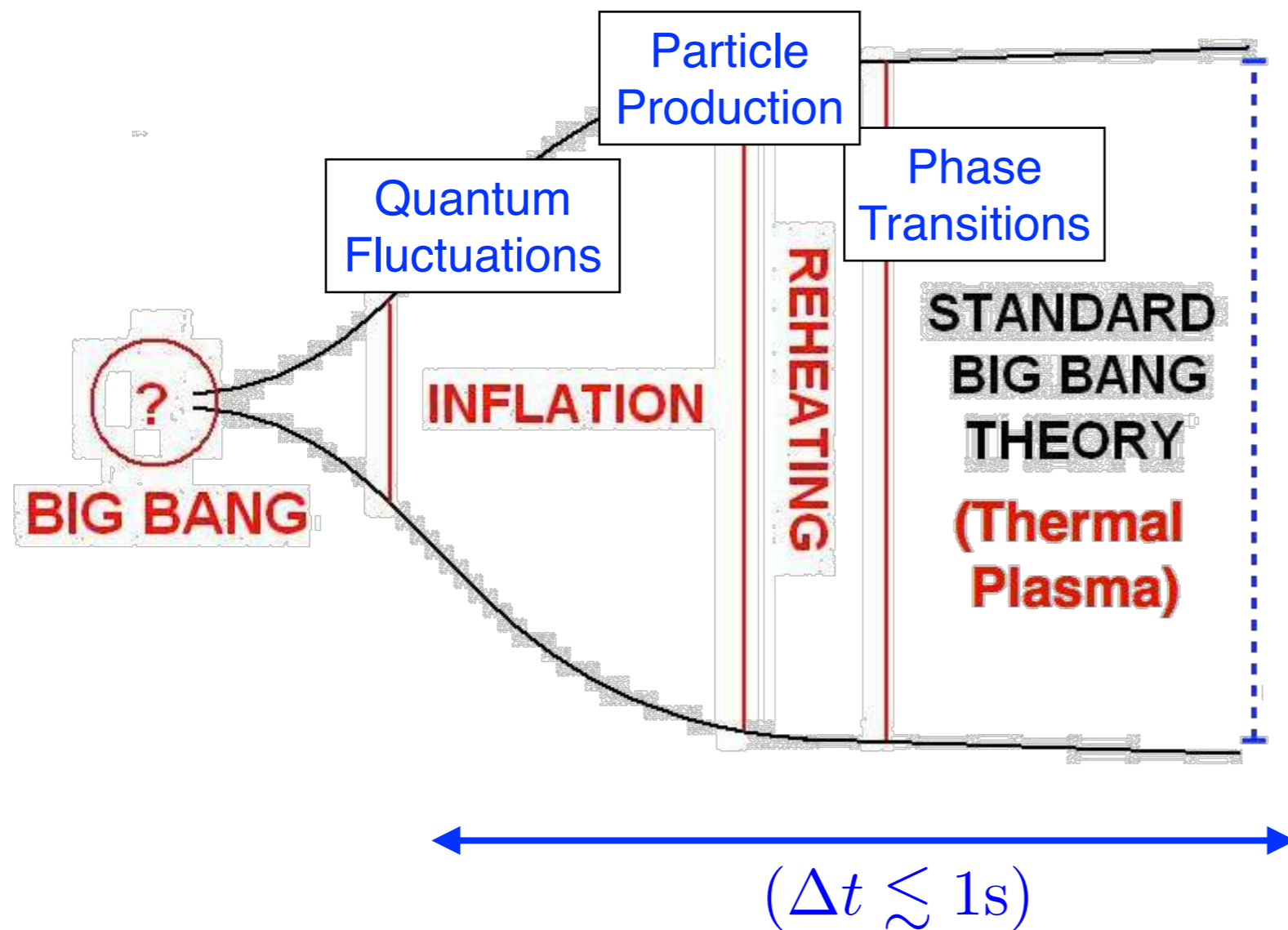
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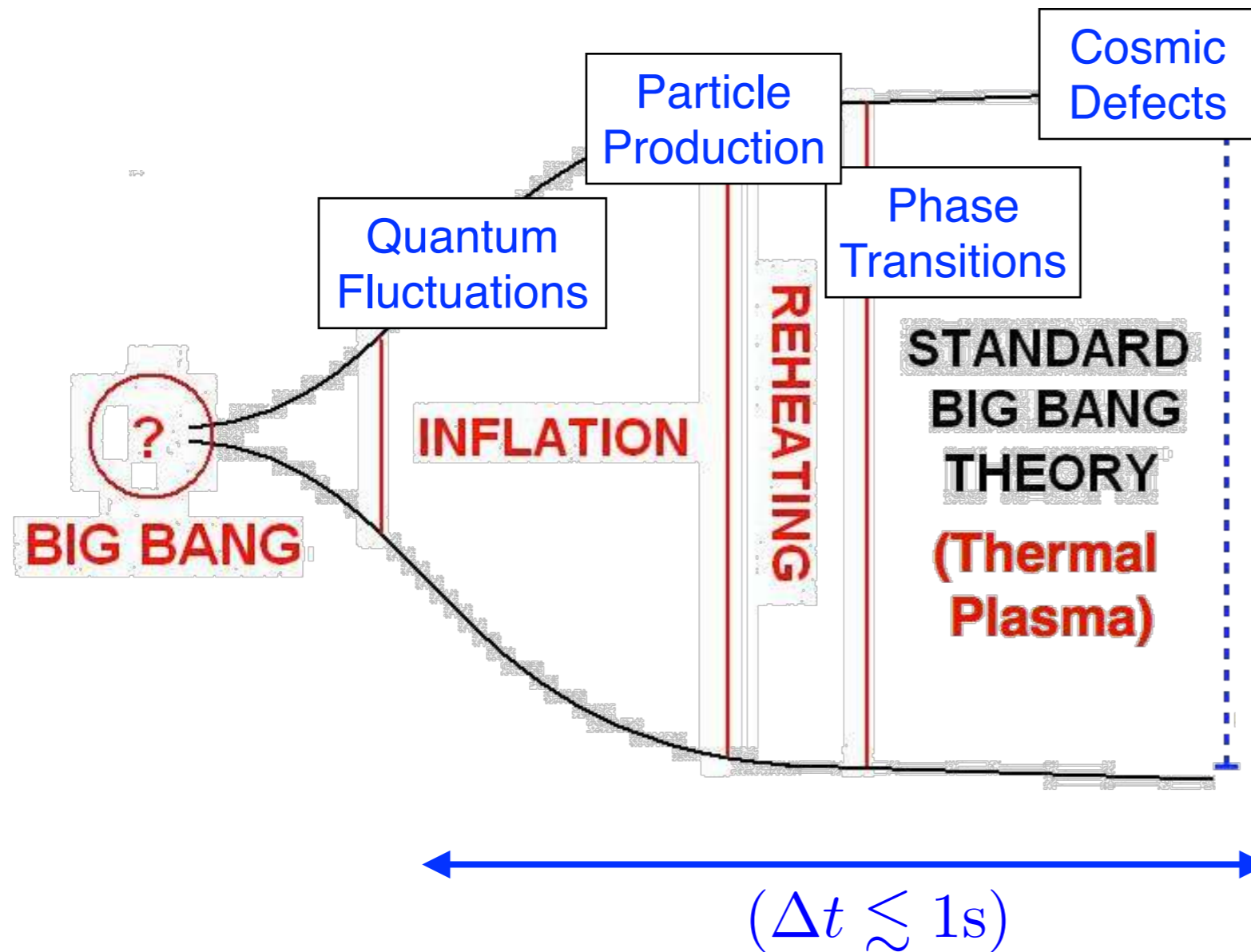
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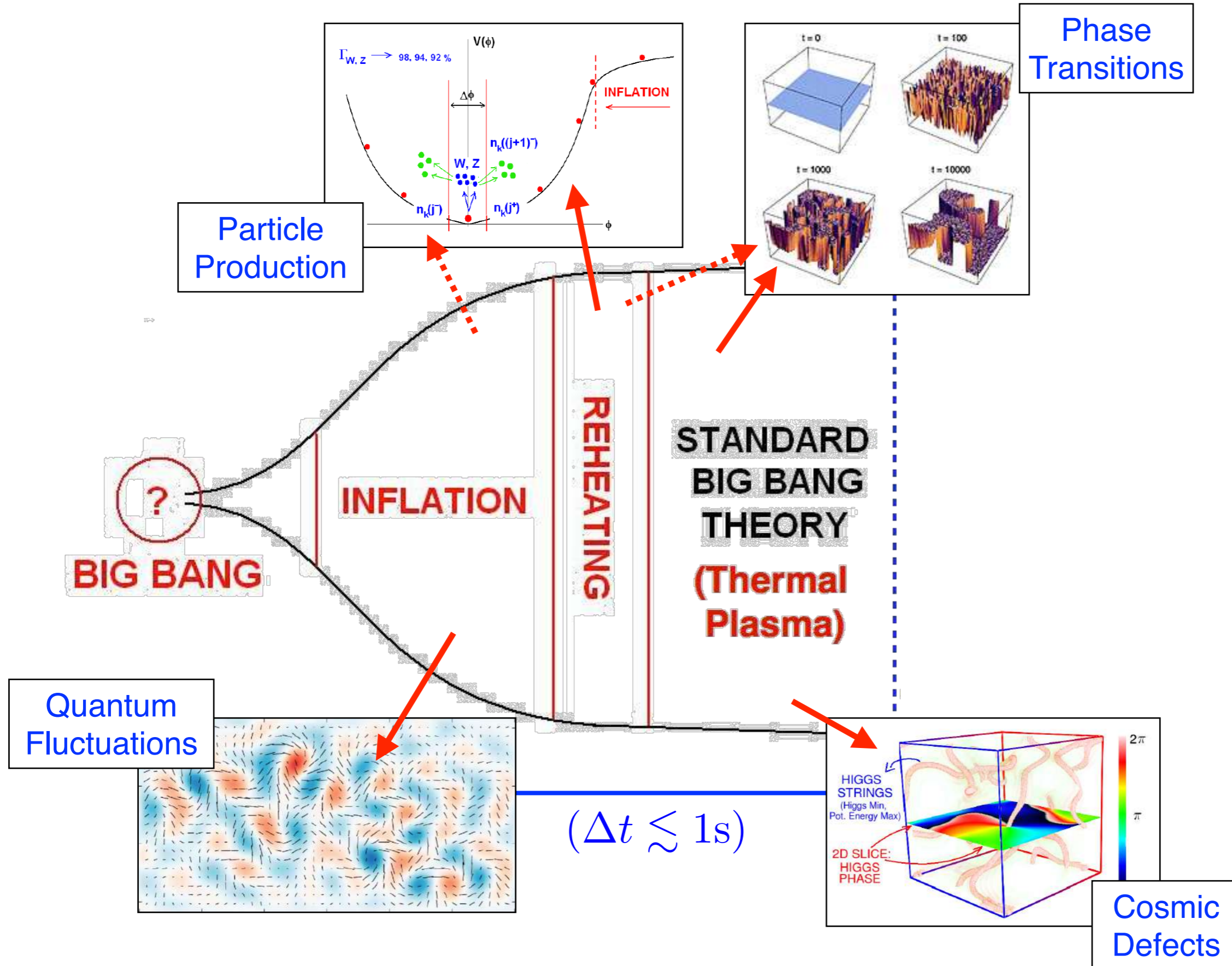
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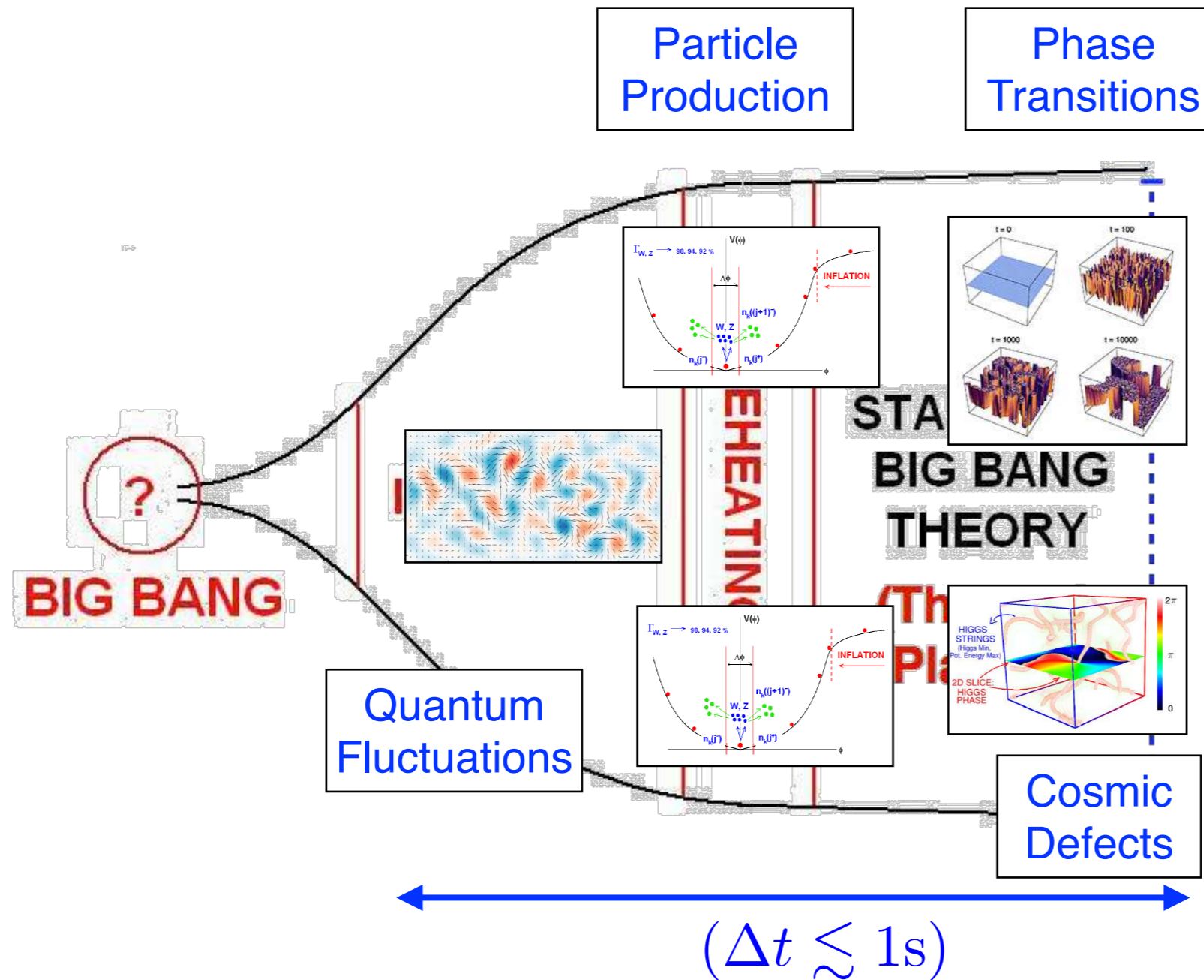
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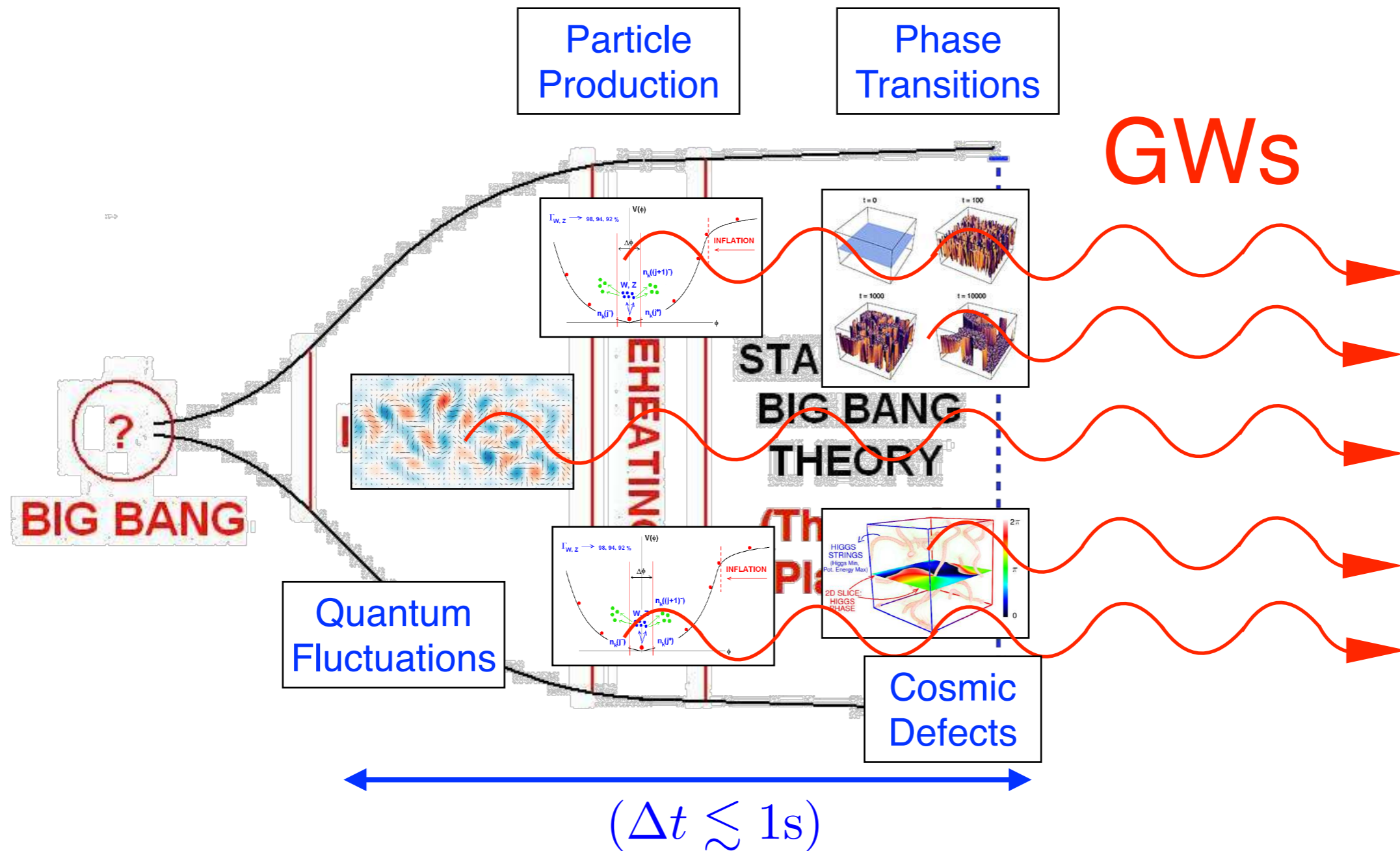
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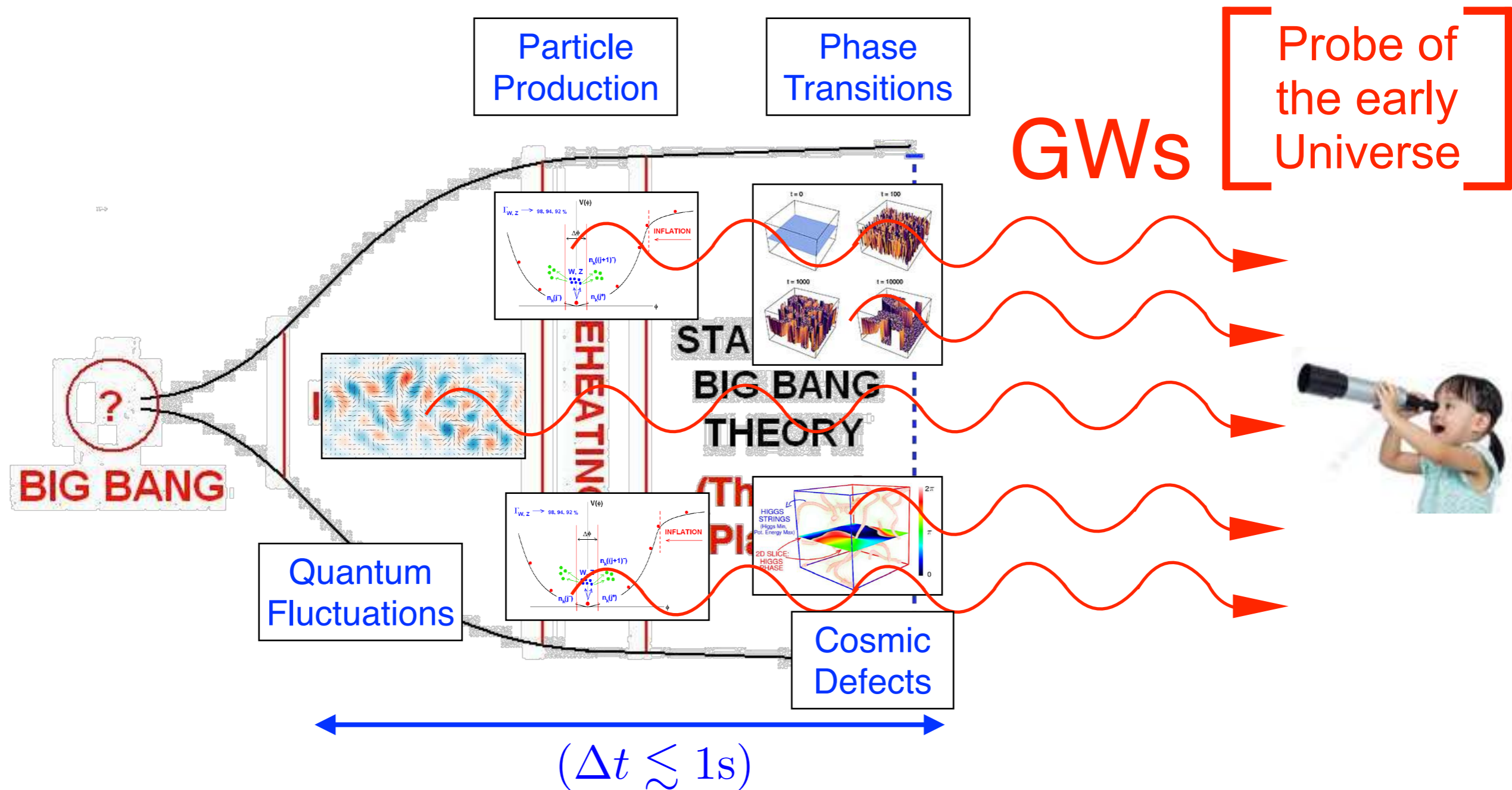
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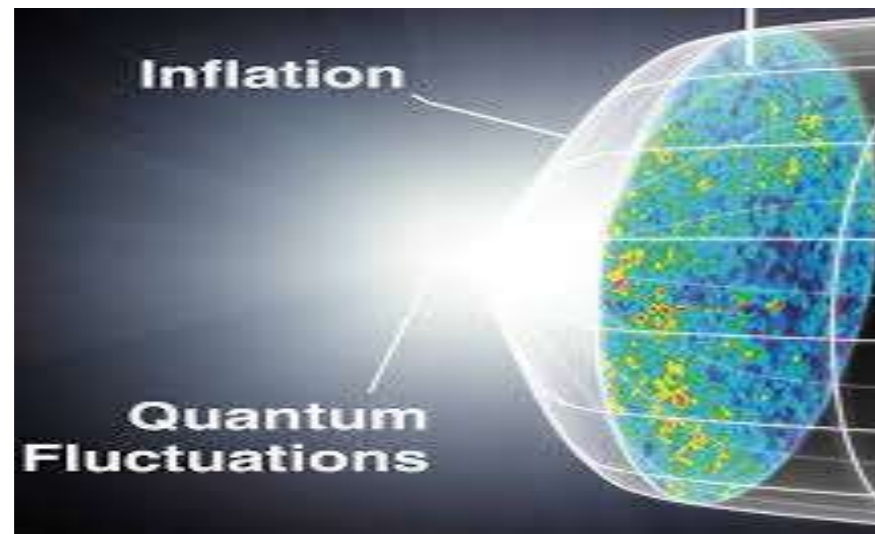


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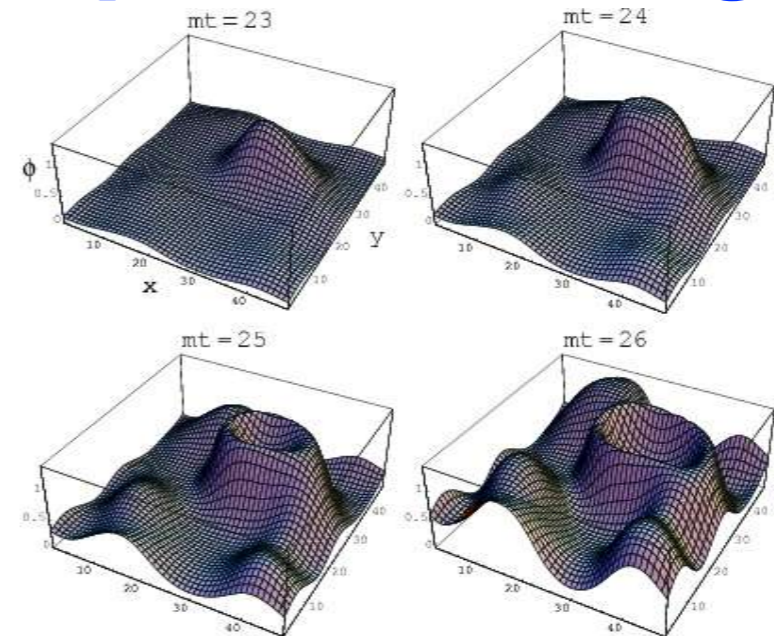
# COSMOLOGICAL GRAVITATIONAL WAVES

## Inflationary Period



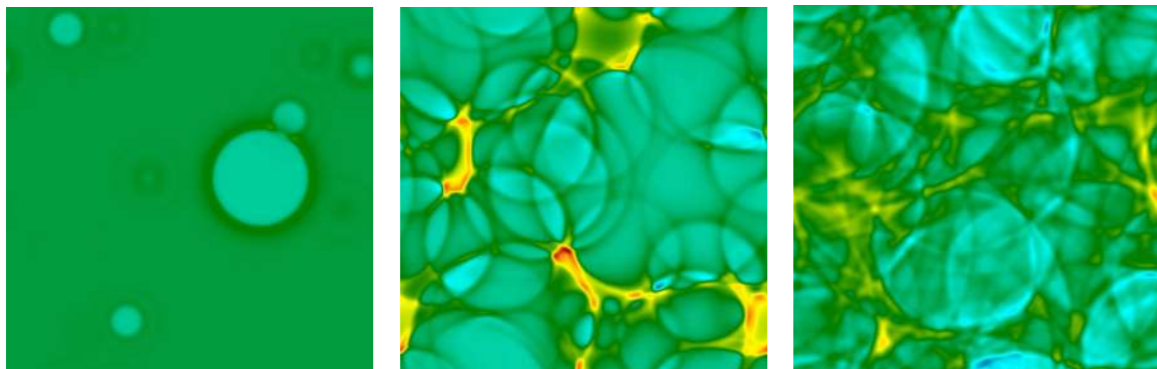
*(Image: Google Search)*

## (p)Reheating



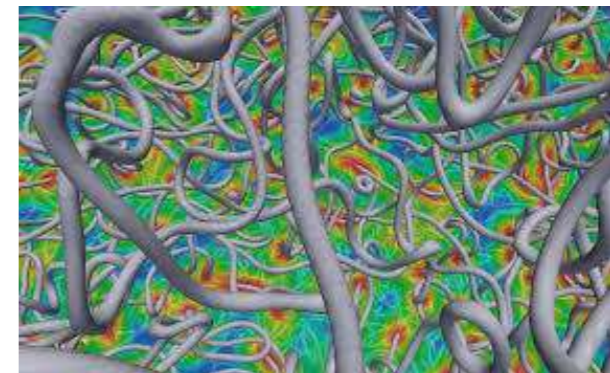
*(Fig. credit: Phys.Rev. D67 103501)*

## Phase Transitions



*(Image: PRL 112 (2014) 041301)*

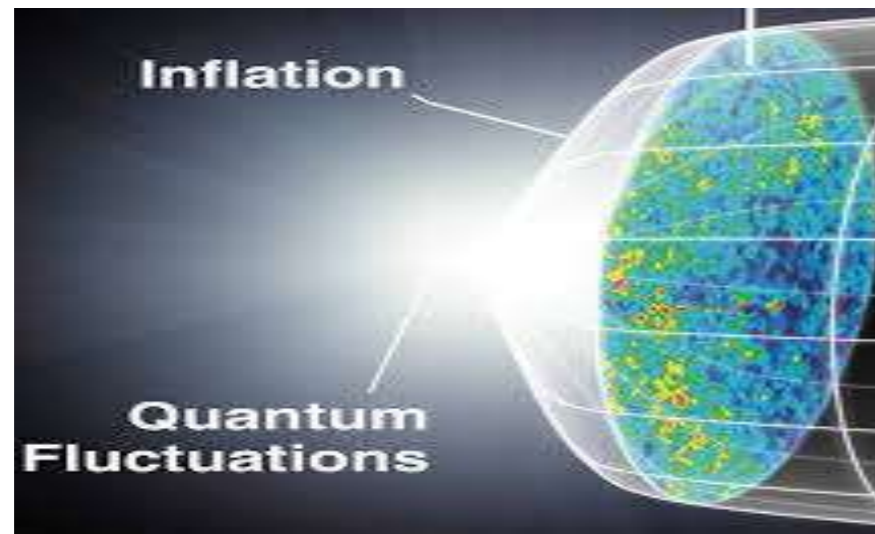
## Cosmic Defects



*(Image: Daverio et al, 2013)*

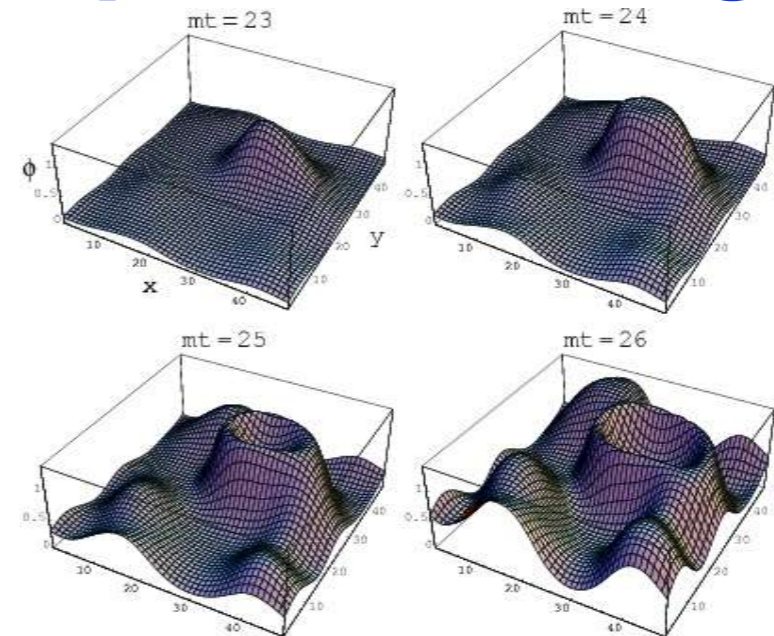
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## Inflationary Period



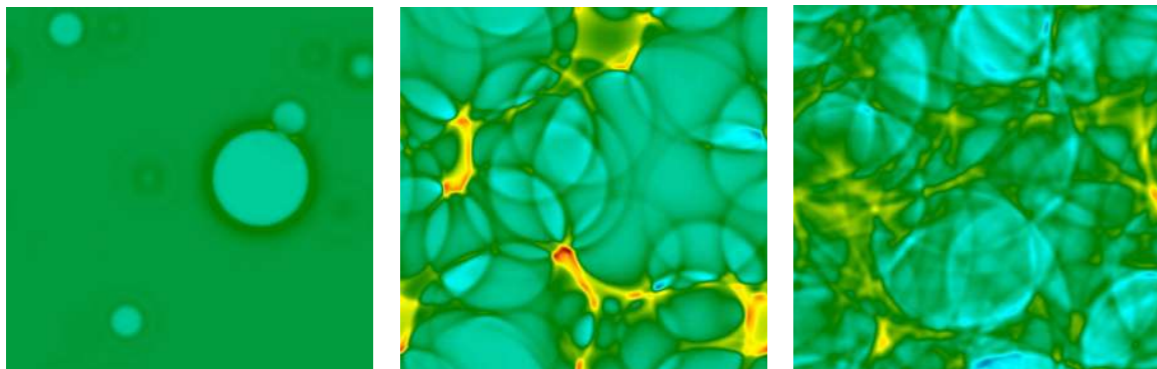
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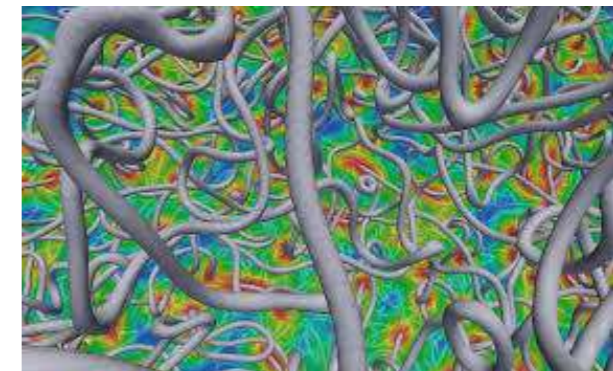
(Fig. credit: Phys.Rev. D67 103501)

## Phase Transitions



(Image: PRL 112 (2014) 041301)

## Cosmic Defects



(Image: Daverio et al, 2013)

# COSMOLOGICAL GRAVITATIONAL WAVES

## OUTLINE

**Early  
Universe**

- 1) GWs from Inflation**
- 2) GWs from Preheating**
- 3) GWs from Phase Transitions**
- 4) GWs from Cosmic Defects**

# COSMOLOGICAL GRAVITATIONAL WAVES

## OUTLINE (~ 4.5 h)

**Early  
Universe**

- 1) GWs from Inflation → ~ 1 h
- 2) GWs from Preheating → ~ 1 h
- 3) GWs from Phase Transitions → ~ 1 h
- 4) GWs from Cosmic Defects → ~ 1 h

# COSMOLOGICAL GRAVITATIONAL WAVES

## OUTLINE (~ 4.5 h)

### 0) Gravitational Waves definition

**Early  
Universe**

- 1) GWs from Inflation
- 2) GWs from Preheating
- 3) GWs from Phase Transitions
- 4) GWs from Cosmic Defects

# COSMOLOGICAL GRAVITATIONAL WAVES

## OUTLINE (~ 4.5 h)

1) Gravitational Waves definition

2) GWs from Inflation

3) GWs from Preheating

4) GWs from Phase Transitions

5) GWs from Cosmic Defects

**Early  
Universe**

# COSMOLOGICAL GRAVITATIONAL WAVES

## OUTLINE (~ 4.5 h)

### 1) Gravitational Waves definition

1st lecture (~ 1.5 h)

### 2) GWs from Inflation

### 3) GWs from Preheating

### 4) GWs from Phase Transitions

### 5) GWs from Cosmic Defects

Early  
Universe

# COSMOLOGICAL GRAVITATIONAL WAVES

## OUTLINE (~ 4.5 h)

### 1) Gravitational Waves definition

1st lecture (~ 1.5 h)

### 2) GWs from Inflation

### 3) GWs from Preheating

### 4) GWs from Phase Transitions

### 5) GWs from Cosmic Defects

2nd lecture  
(~ 1.5 h)

Early  
Universe

# COSMOLOGICAL GRAVITATIONAL WAVES

## OUTLINE (~ 4.5 h)

### 1) Gravitational Waves definition

1st lecture (~ 1.5 h)

### 2) GWs from Inflation

### 3) GWs from Preheating

### 4) GWs from Phase Transitions

### 5) GWs from Cosmic Defects

2nd lecture  
(~ 1.5 h)

3rd lecture  
(~ 1.5 h)

Early  
Universe

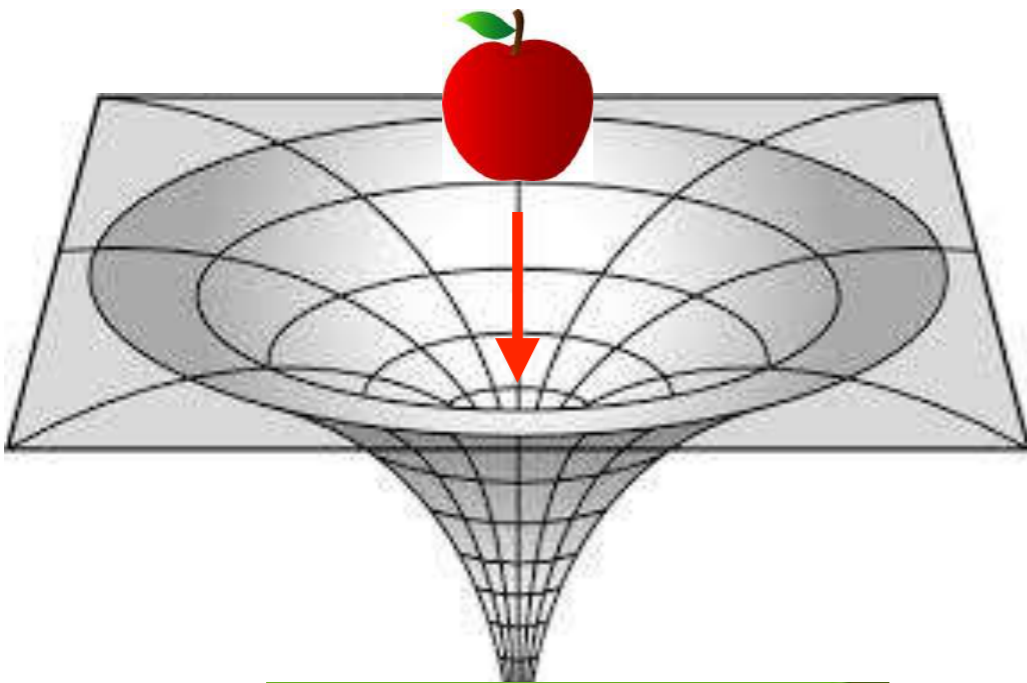


**Let's Start !**

# **A PRIMER ON GRAVITATIONAL WAVES**

# Gravitational Framework

## General Relativity (GR)



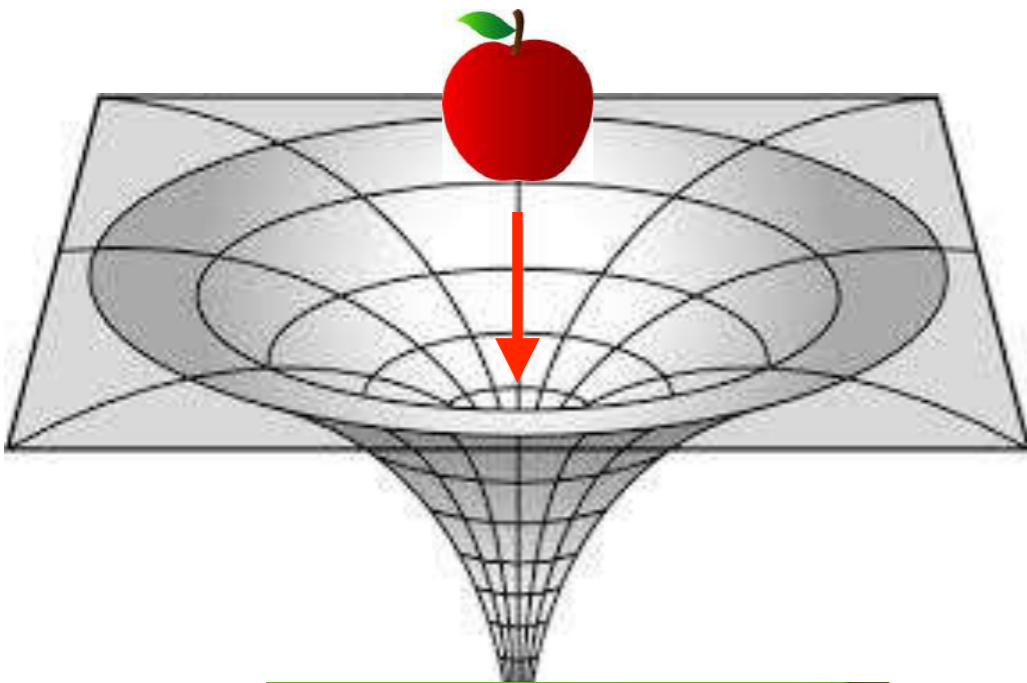
# Gravitational Framework

## General Relativity (GR)

$$G_{\mu\nu} = \frac{1}{m_p^2} T_{\mu\nu}$$

geometry                  matter

$$\left[ m_p = (8\pi G)^{-1/2} = 2.44 \cdot 10^{18} \text{ GeV} \right] \text{ Reduced Planck mass}$$



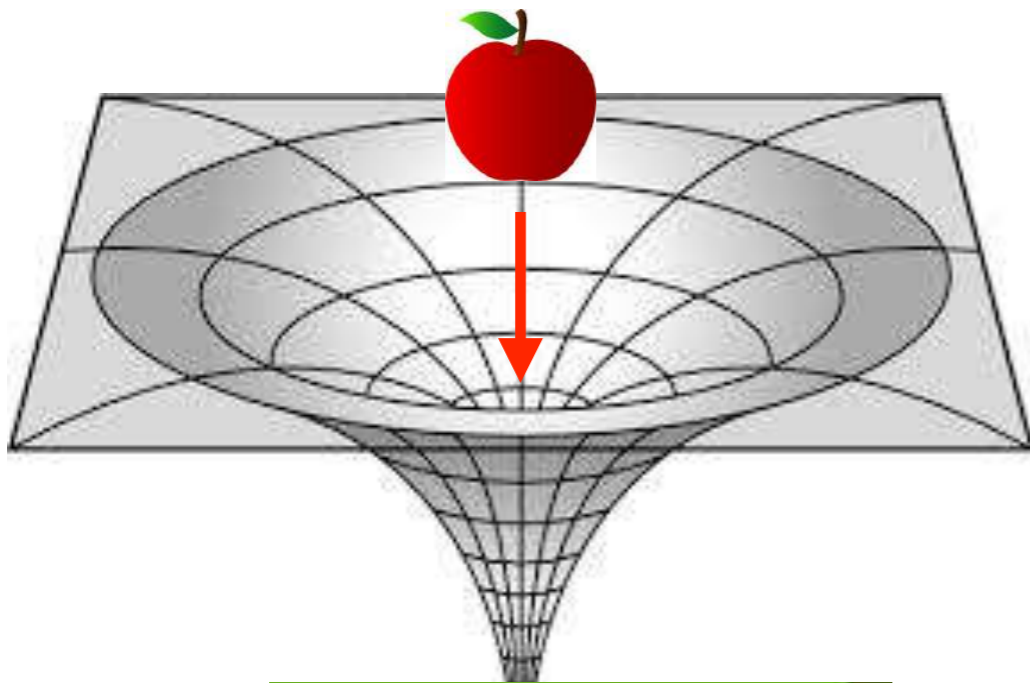
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$$ds^2 = g_{\mu\nu}(x) dx^\mu dx^\nu$$

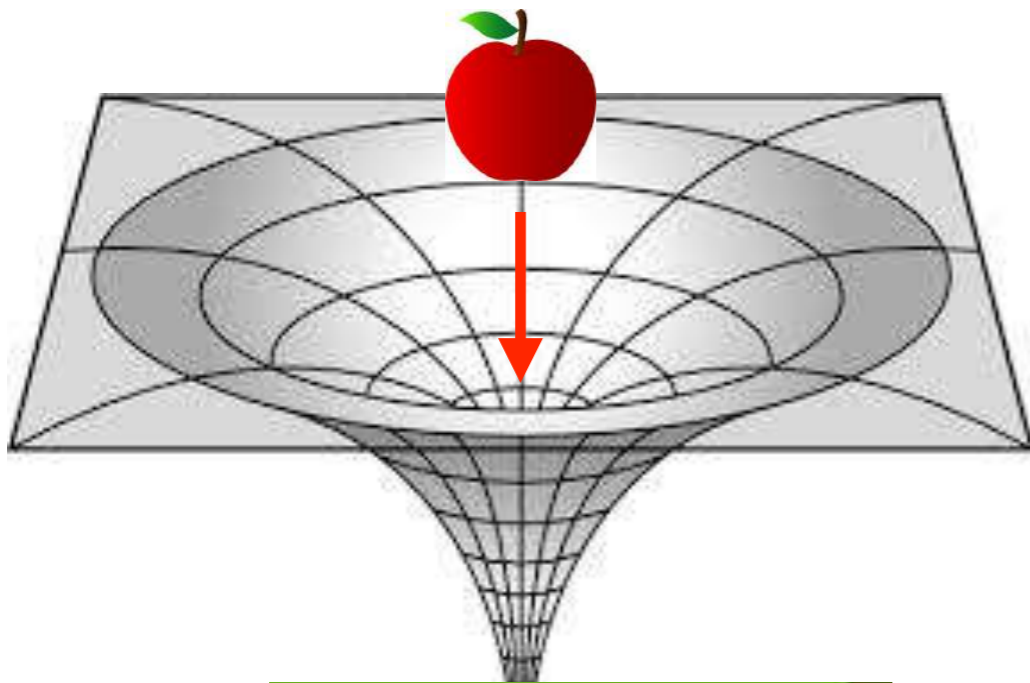
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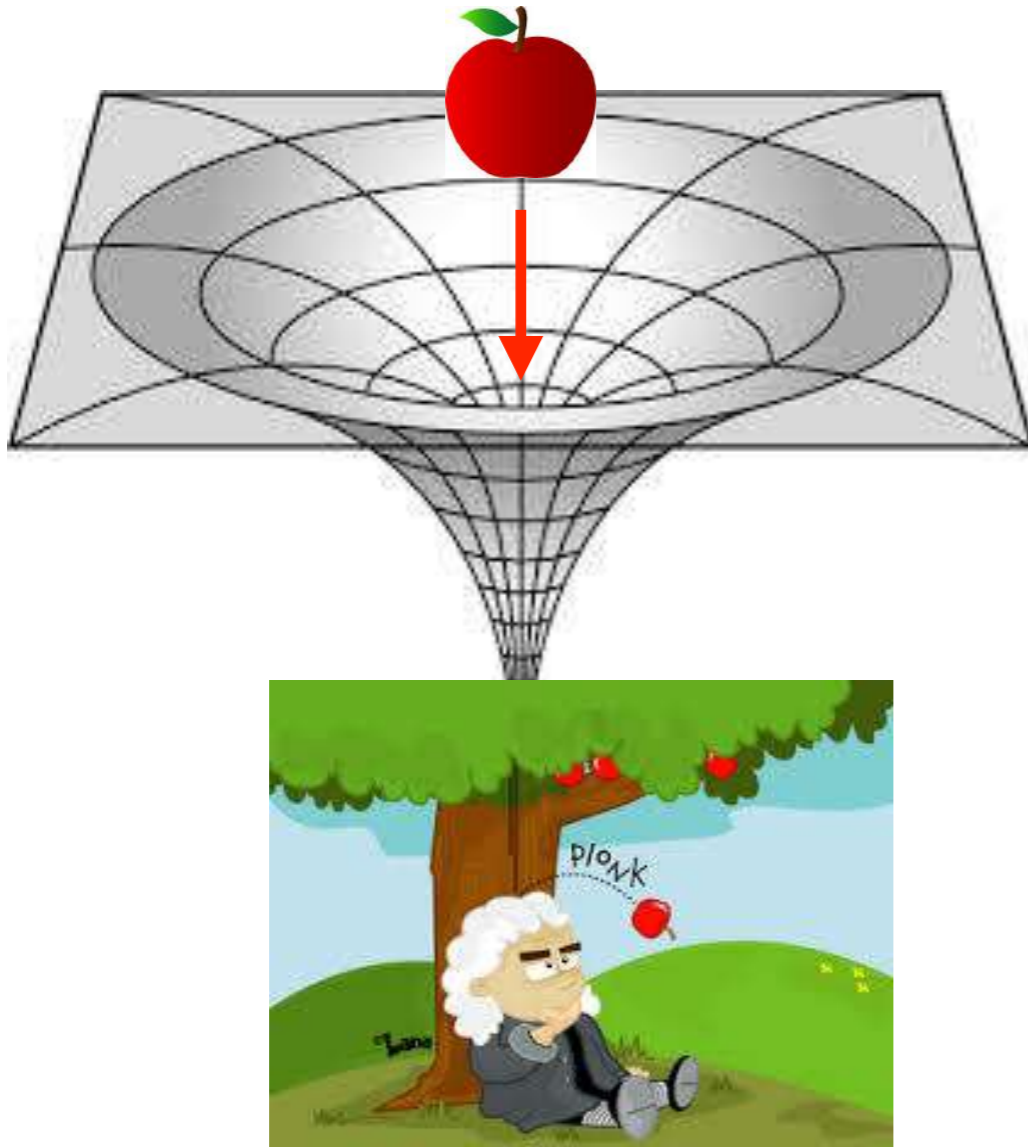
$$\text{DIFF : } x^\mu \rightarrow x'^\mu(x)$$

symmetry

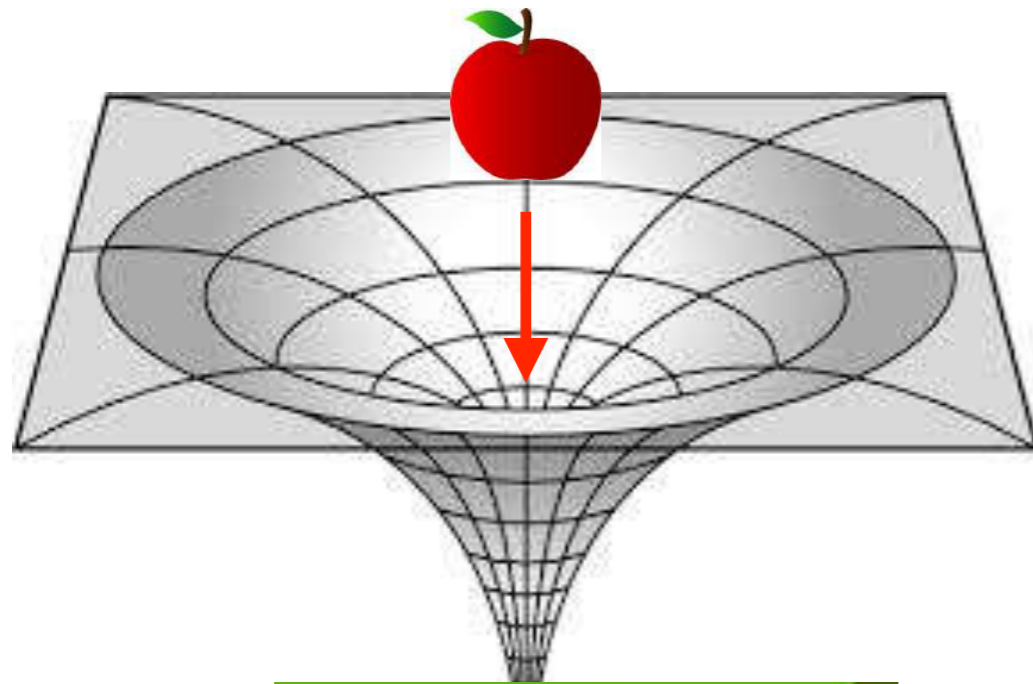


# **A PRIMER ON GENERAL RELATIVITY**

# The Equivalence Principle



# The Equivalence Principle



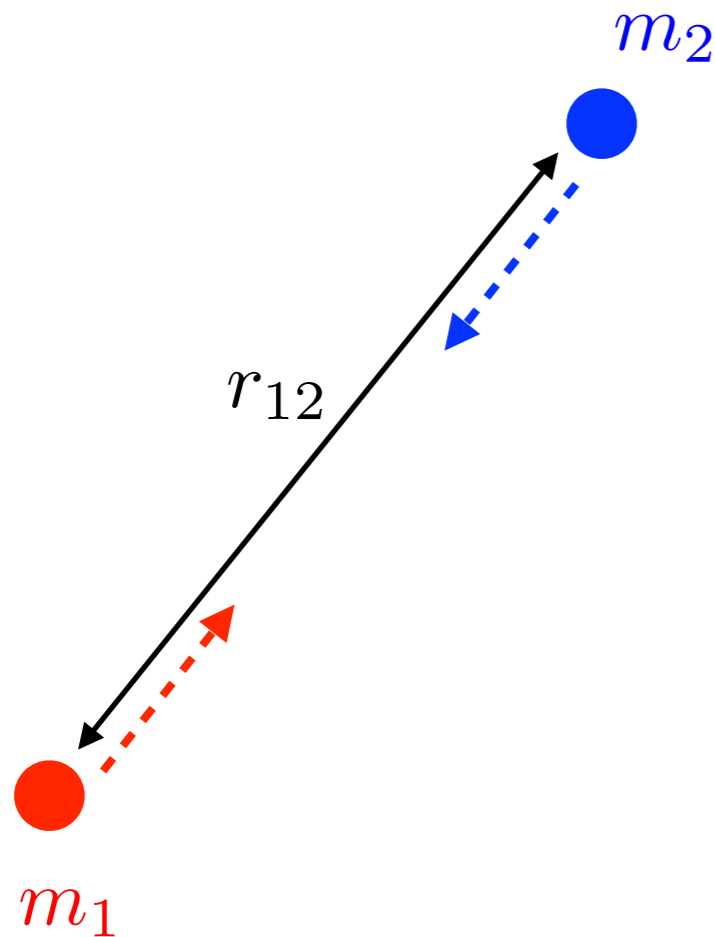
## Newton's Gravitation Law

$$F = G \frac{m_1 m_2}{r_{12}^2}$$

$$G = 6.67 \cdot 10^{-11} \frac{\text{N} \cdot \text{m}^2}{\text{Kg}^2}$$

# The Equivalence Principle

## Newton's Gravitation Law



$$F = G \frac{m_1 m_2}{r_{12}^2}$$

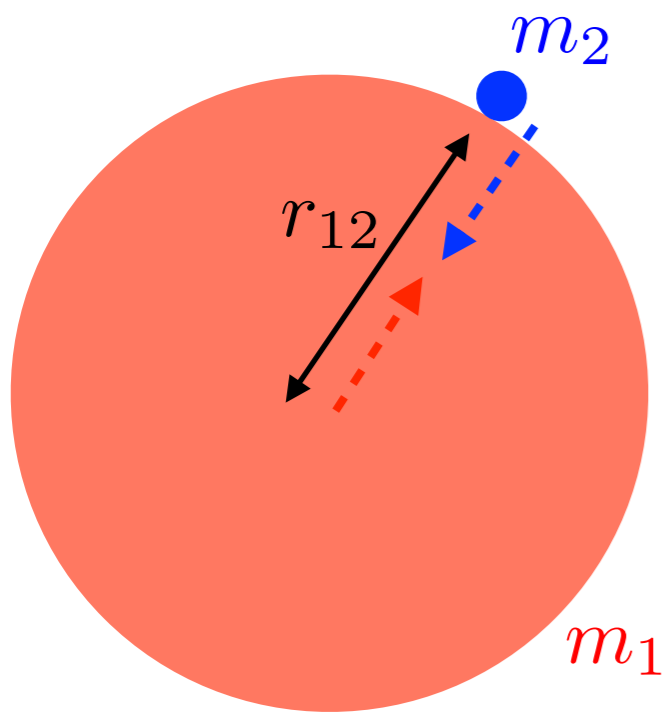
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# The Equivalence Principle

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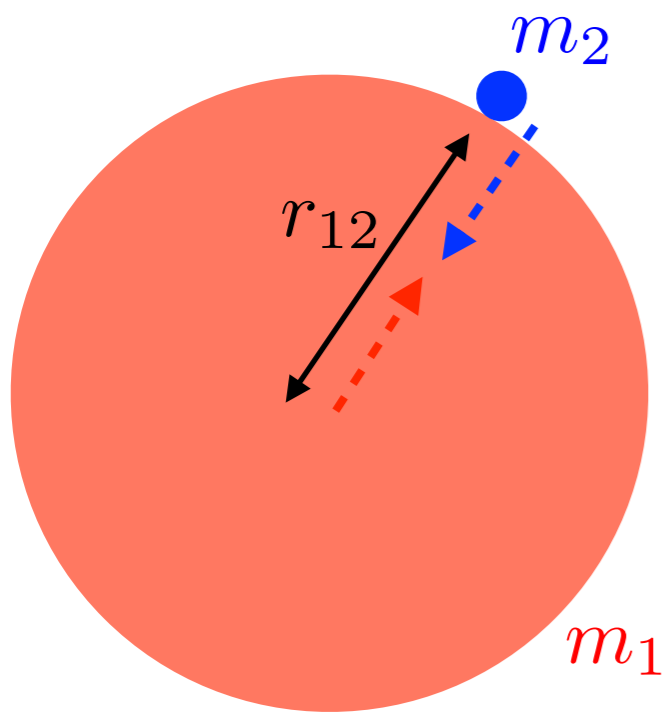


# The Equivalence Principle

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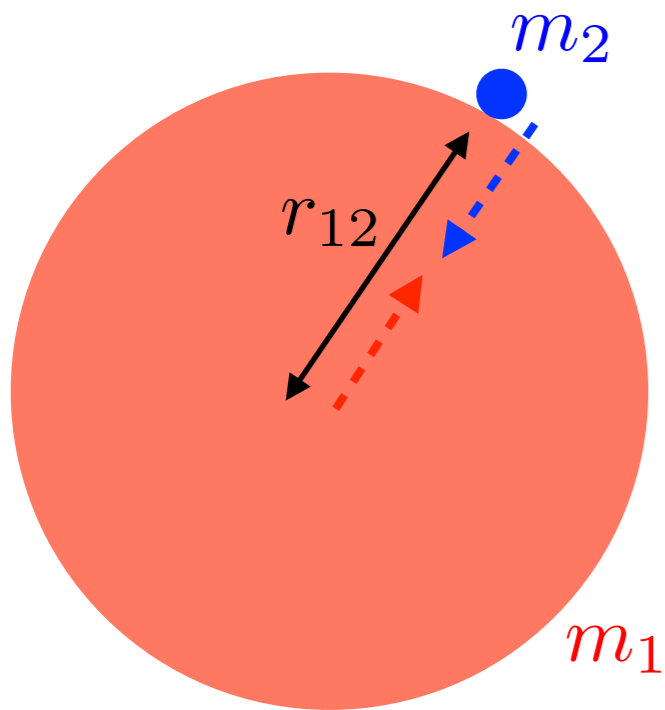


# The Equivalence Principle

## Newton's Gravitation Law

$$F = G \frac{m_1 m_2}{r_{12}^2} = m_2 \cdot g_{\oplus}$$

$$g_{\oplus} = 9.81 \text{ m/s}^2$$

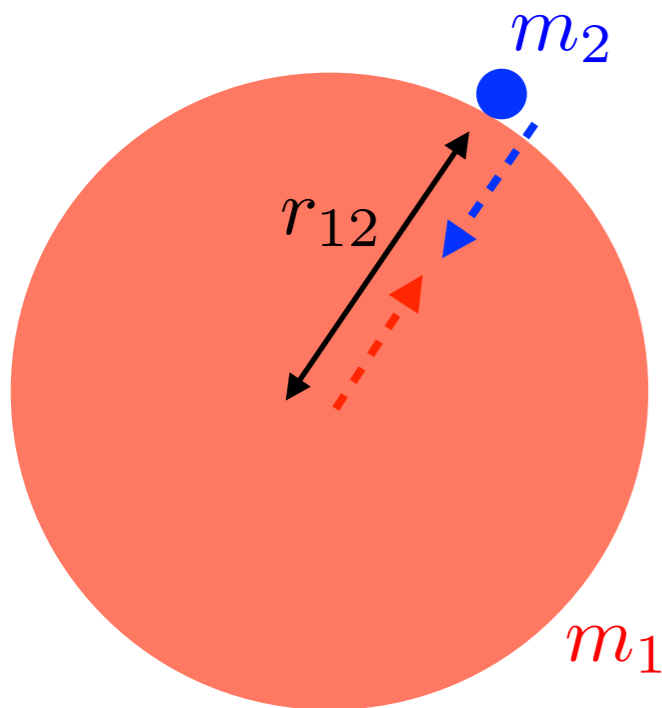


# The Equivalence Principle

## Newton's Gravitation Law

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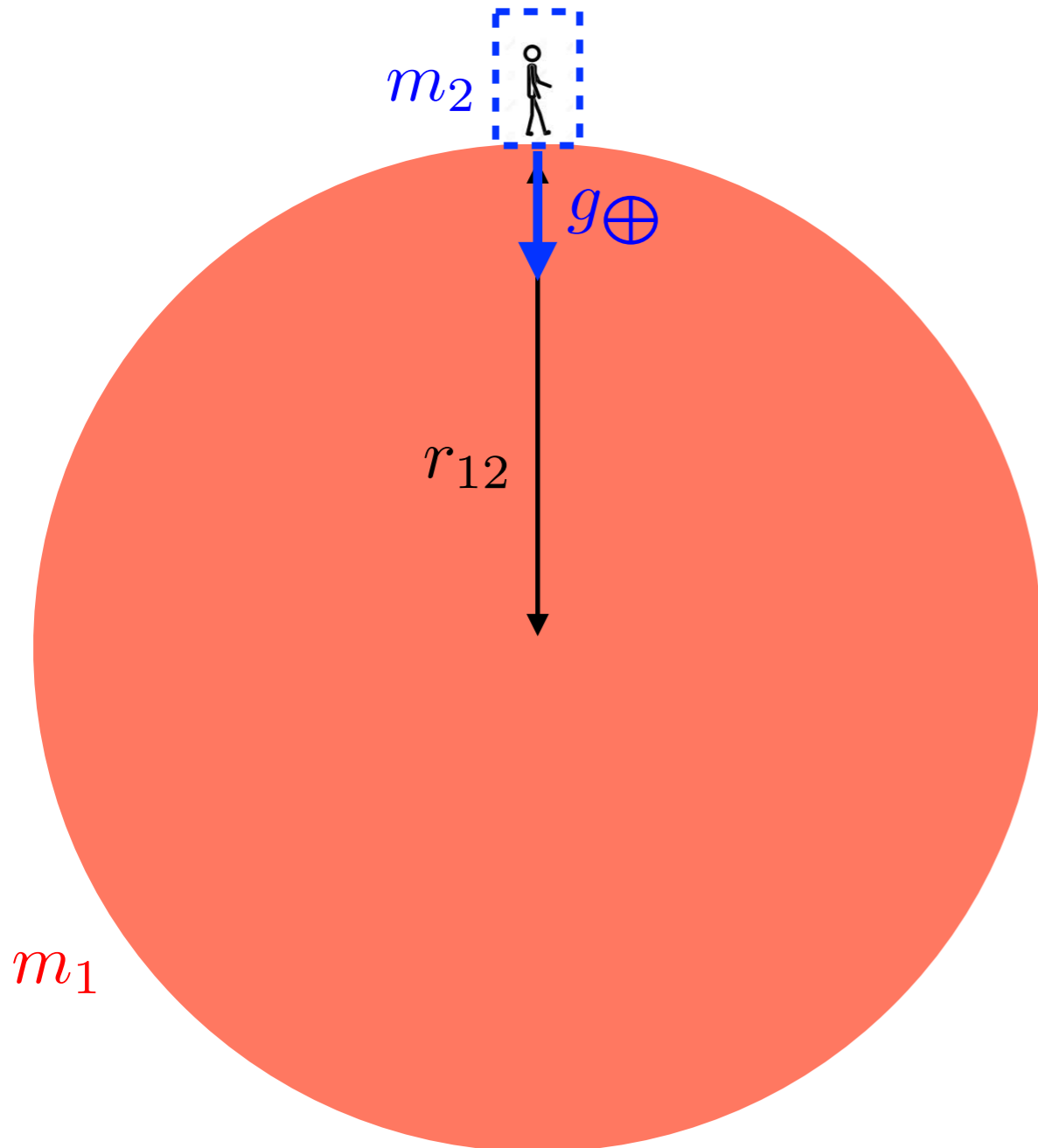
$$F = m_2 \cdot g_{\oplus} = m_2 \cdot a$$

$$a = g_{\oplus}$$

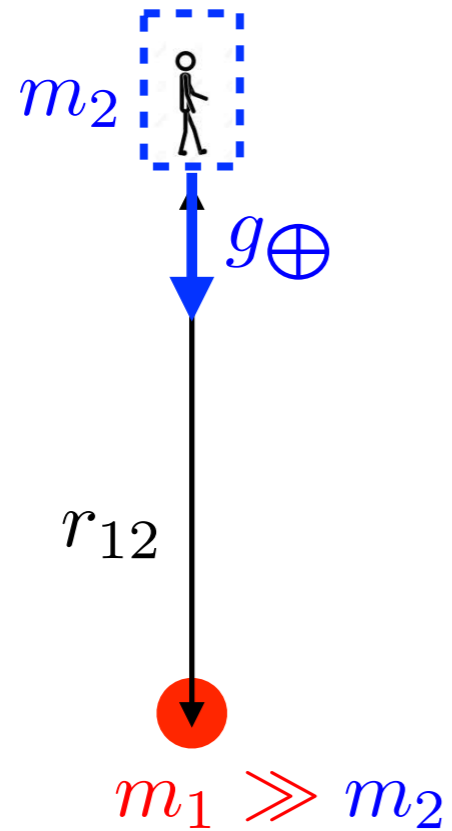
Universal

(IF  $m_{\text{grav}} = m_{\text{inertial}}$ )

# The Equivalence Principle

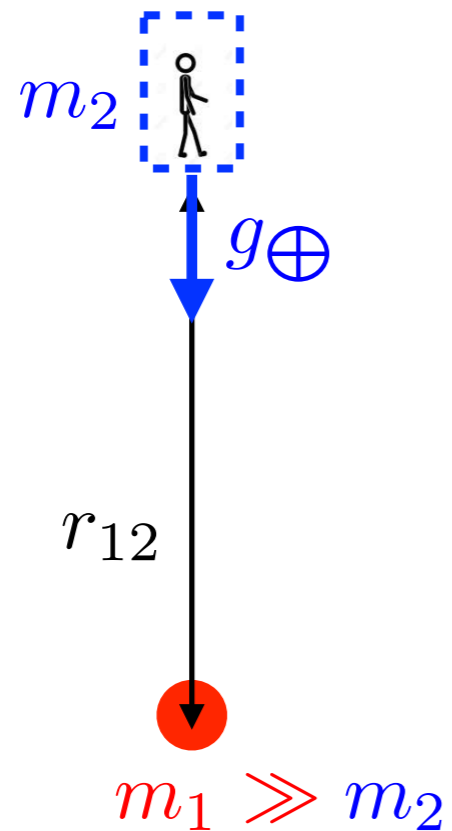


# The Equivalence Principle



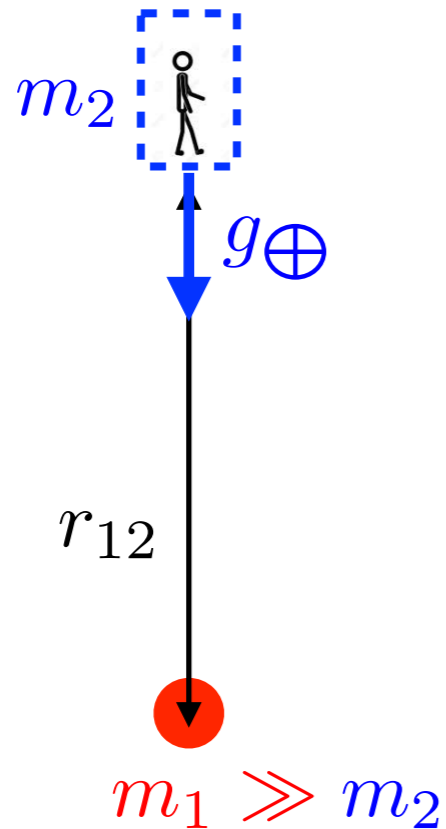
# The Equivalence Principle

**Free falling** (you feel no force)



# The Equivalence Principle

**Free falling** (you feel no force)



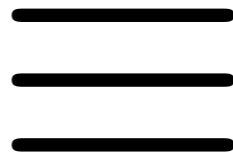
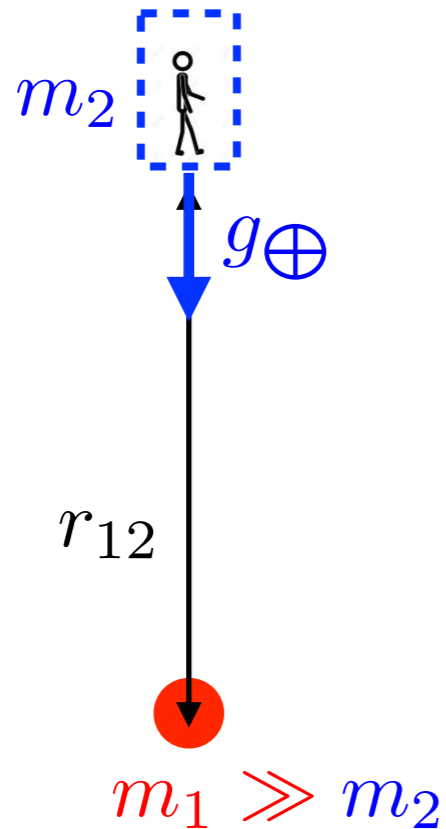
**Outer space**



(no gravity,  
no forces)

# The Equivalence Principle

**Free falling** (you feel no force)



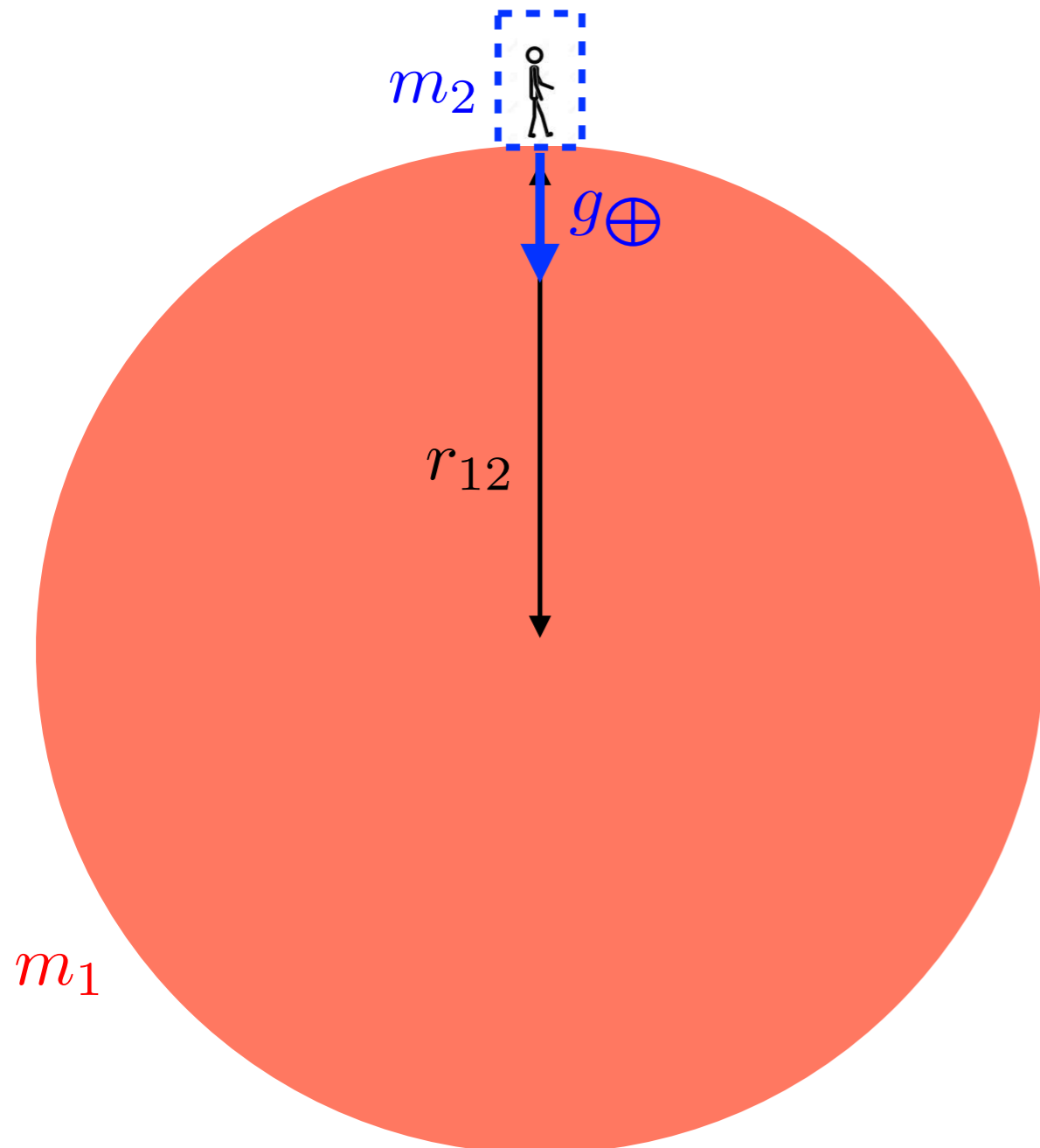
**Outer space**



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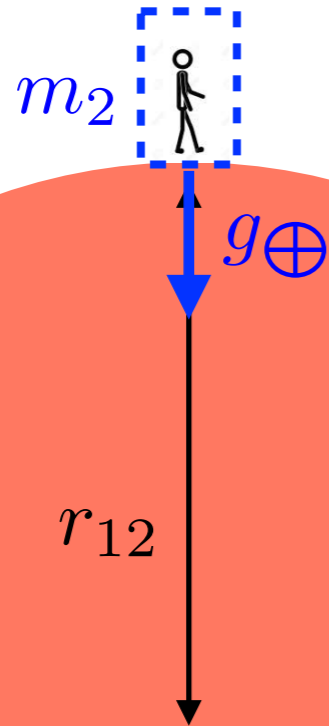
# The Equivalence Principle

@ Earth  
surface

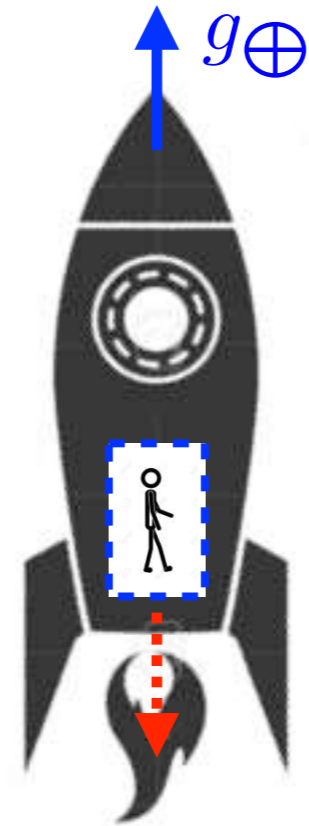


# The Equivalence Principle

@ Earth  
surface



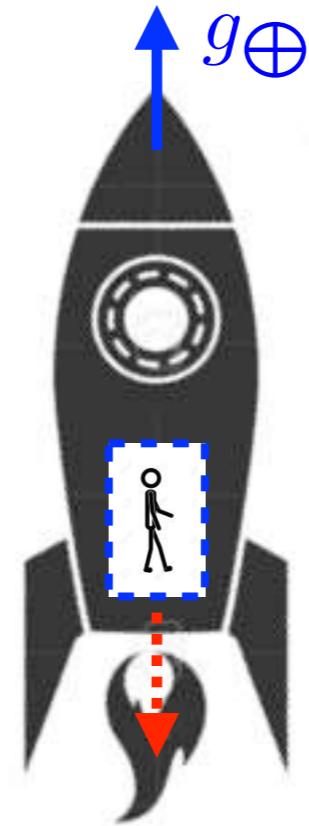
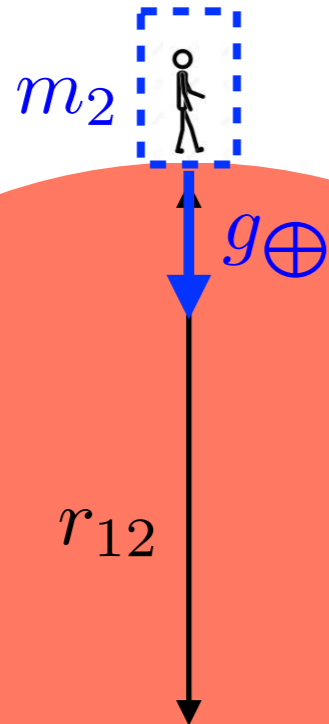
Space  
Rocket



$m_1$

# The Equivalence Principle

@ Earth  
surface



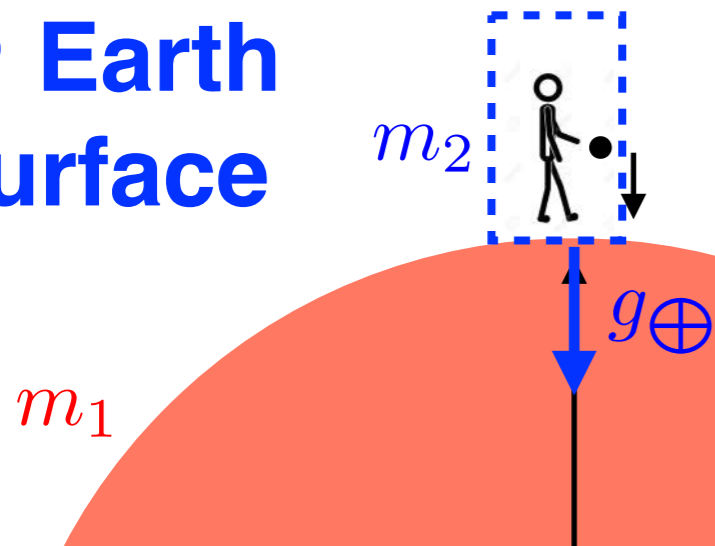
Space  
Rocket

Situations appear  
to be identical !

$m_1$

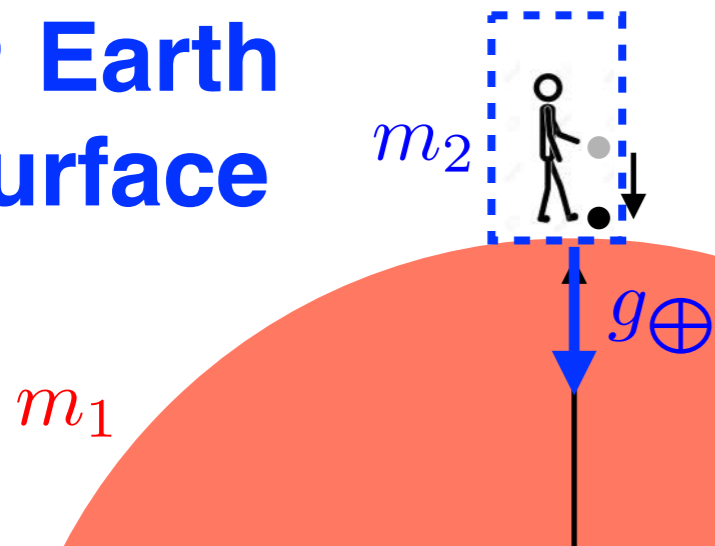
# The Equivalence Principle

@ Earth  
surface

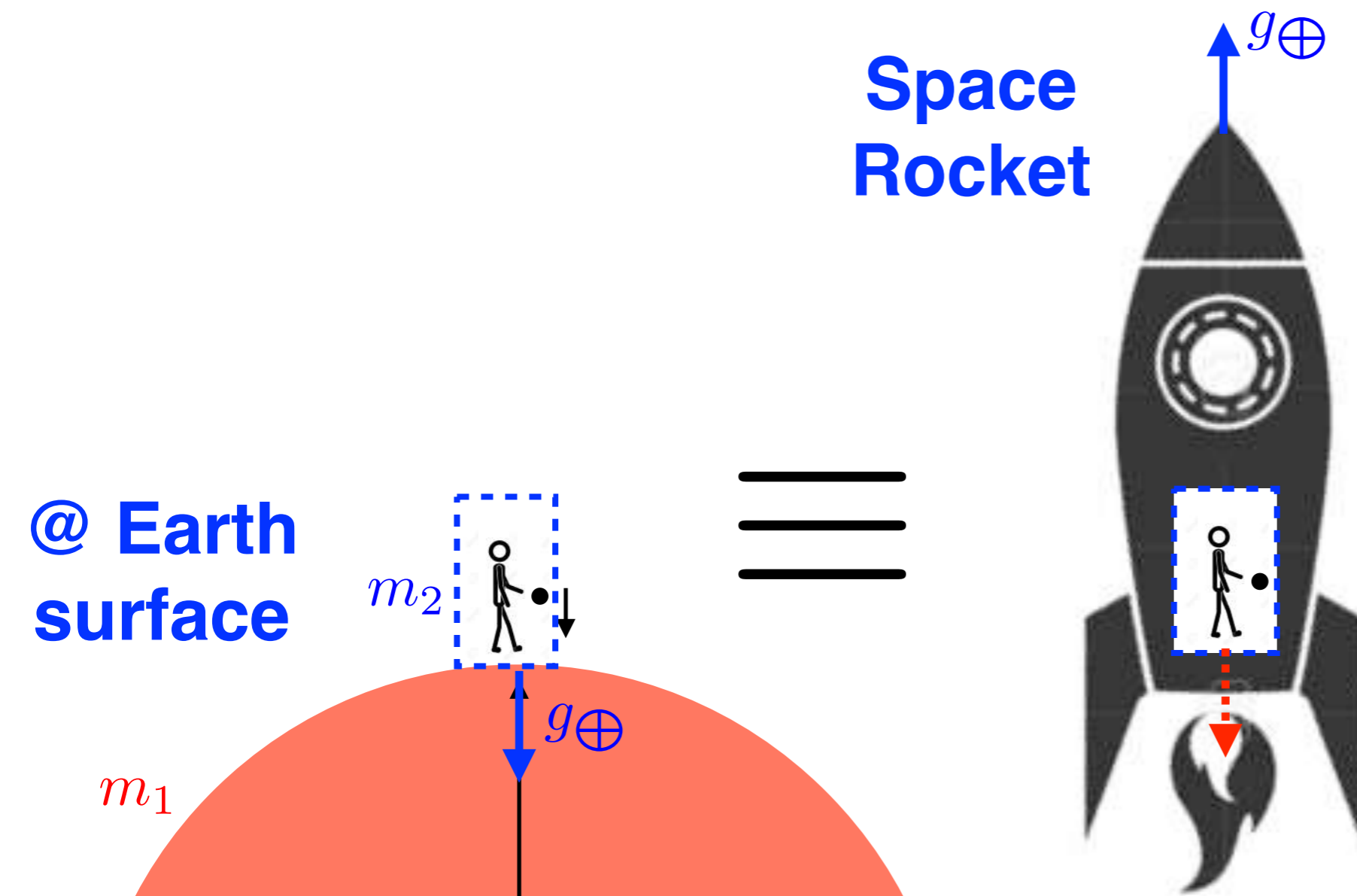


# The Equivalence Principle

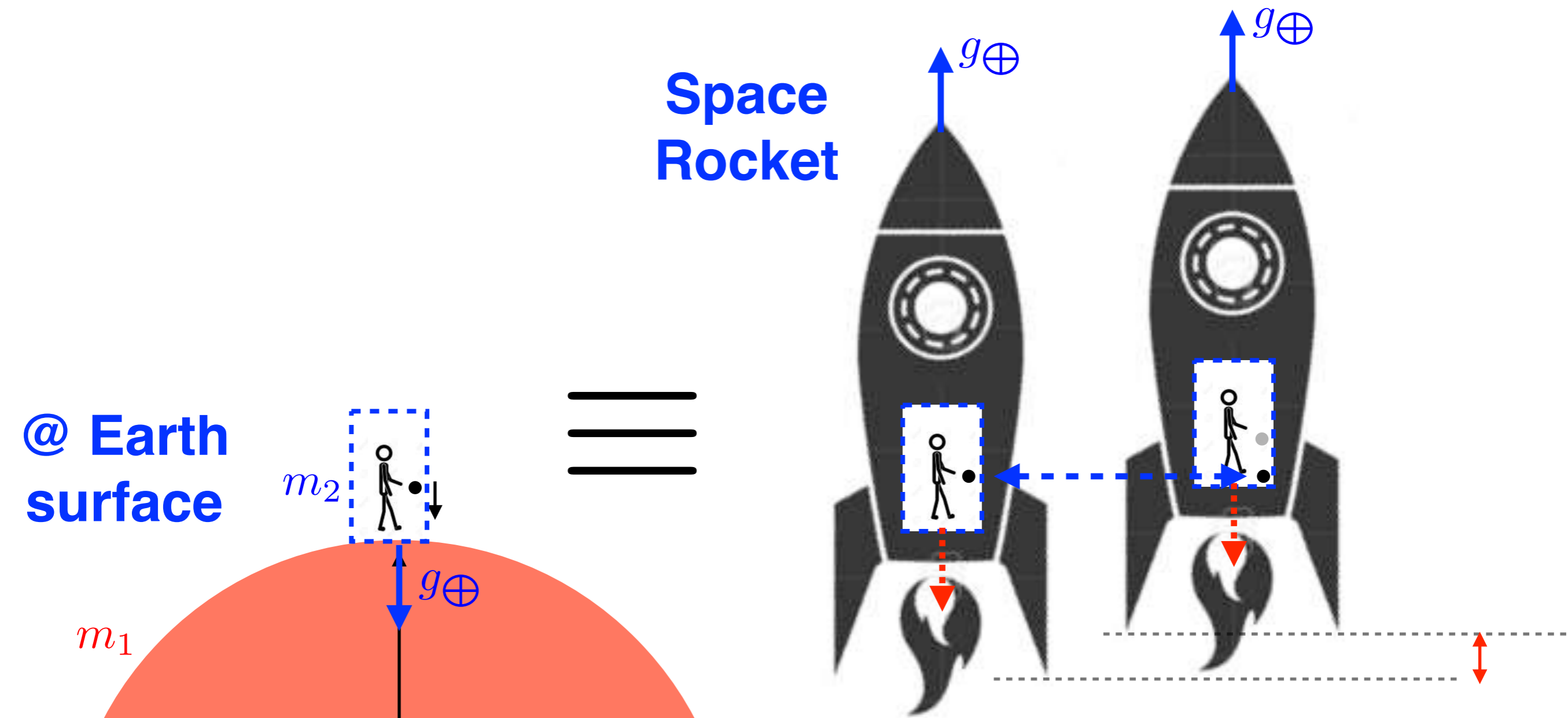
@ Earth  
surface



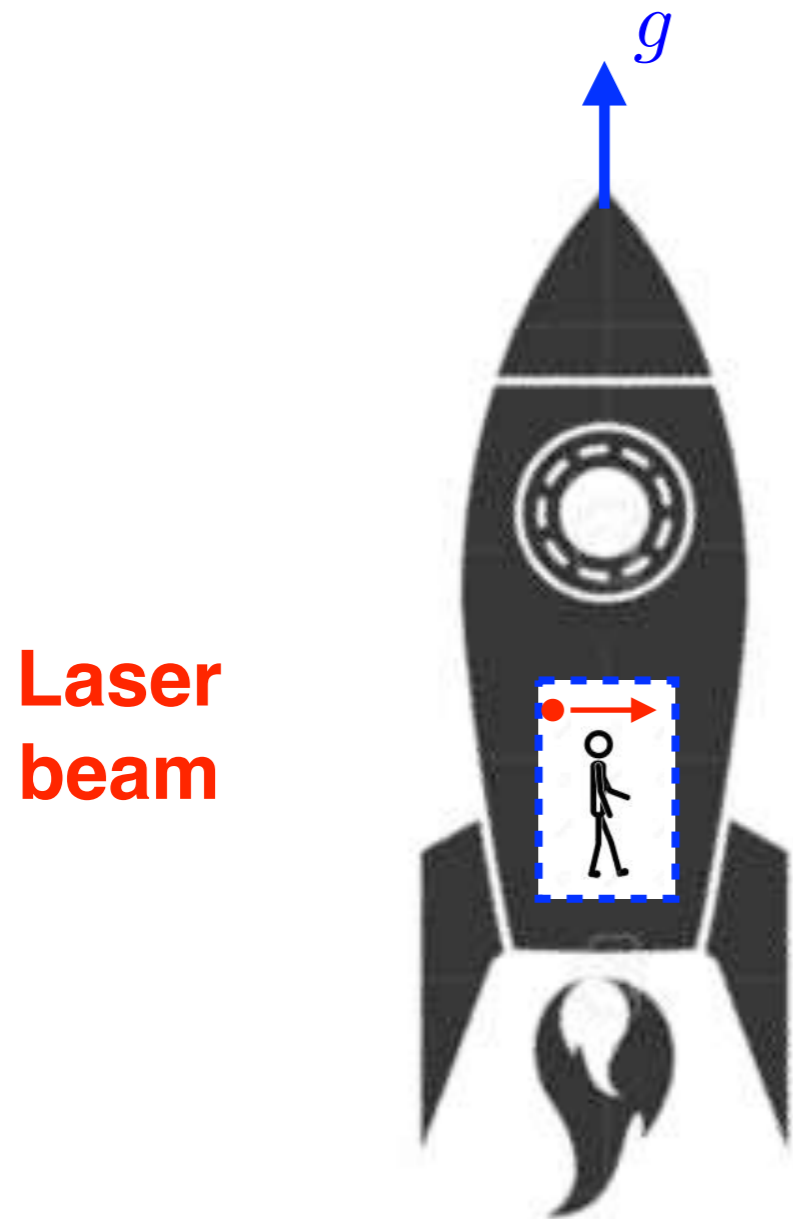
# The Equivalence Principle



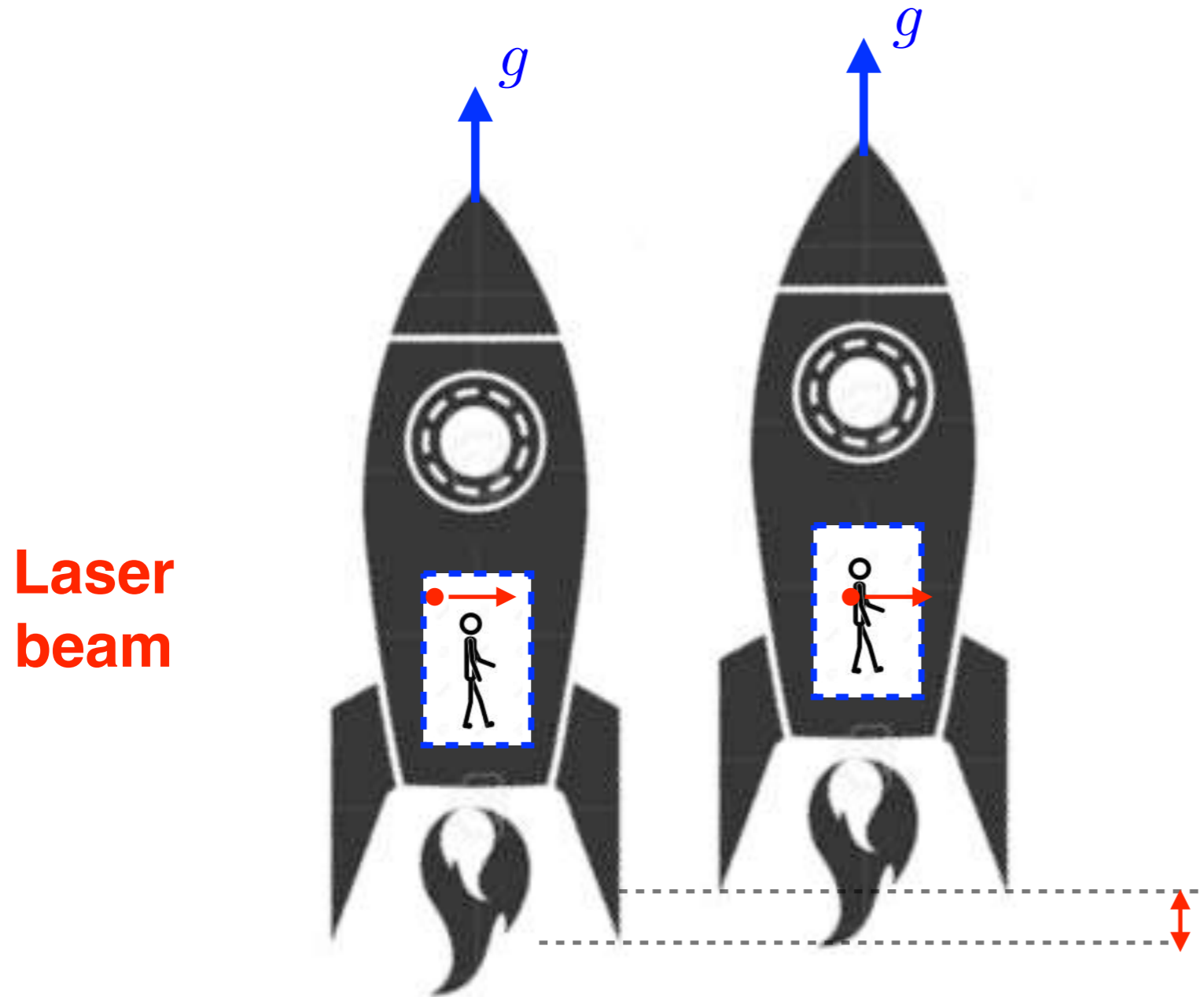
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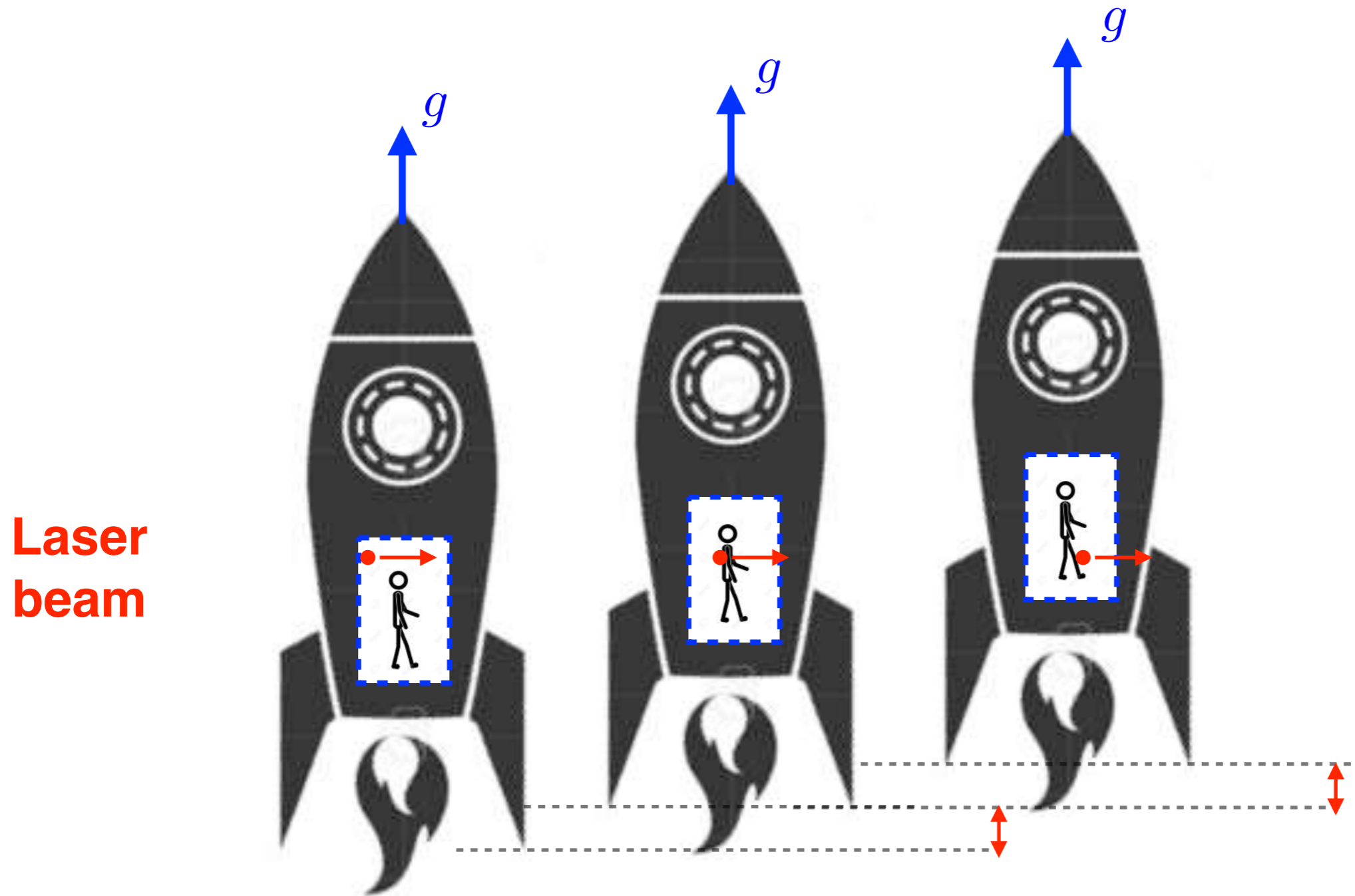
# The Equivalence Principle



# The Equivalence Principle

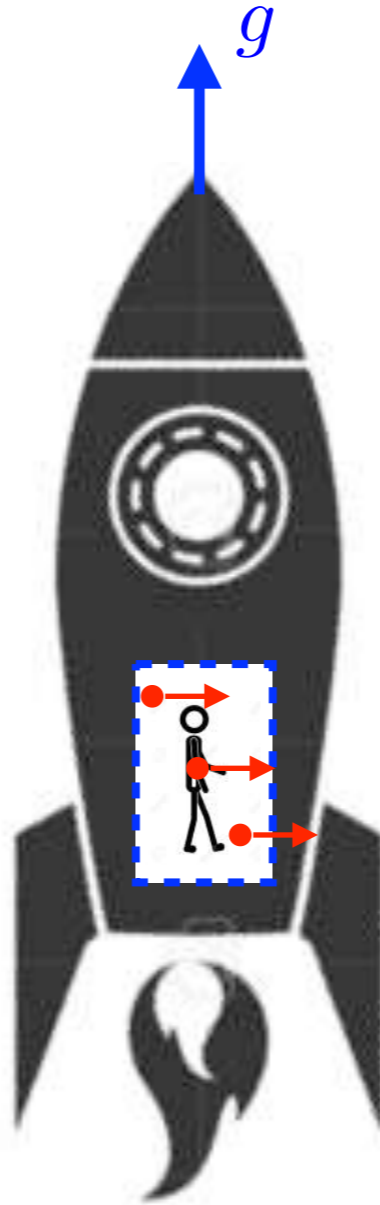


# The Equivalence Principle



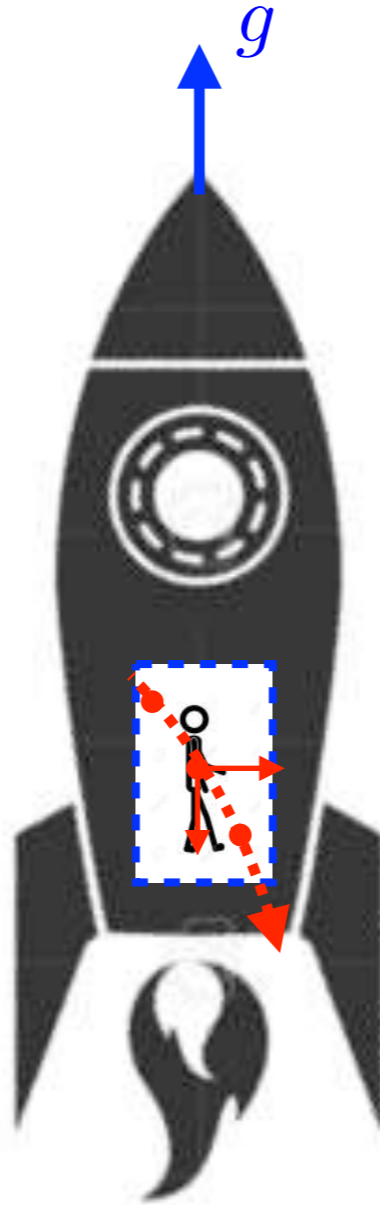
# The Equivalence Principle

Laser  
beam

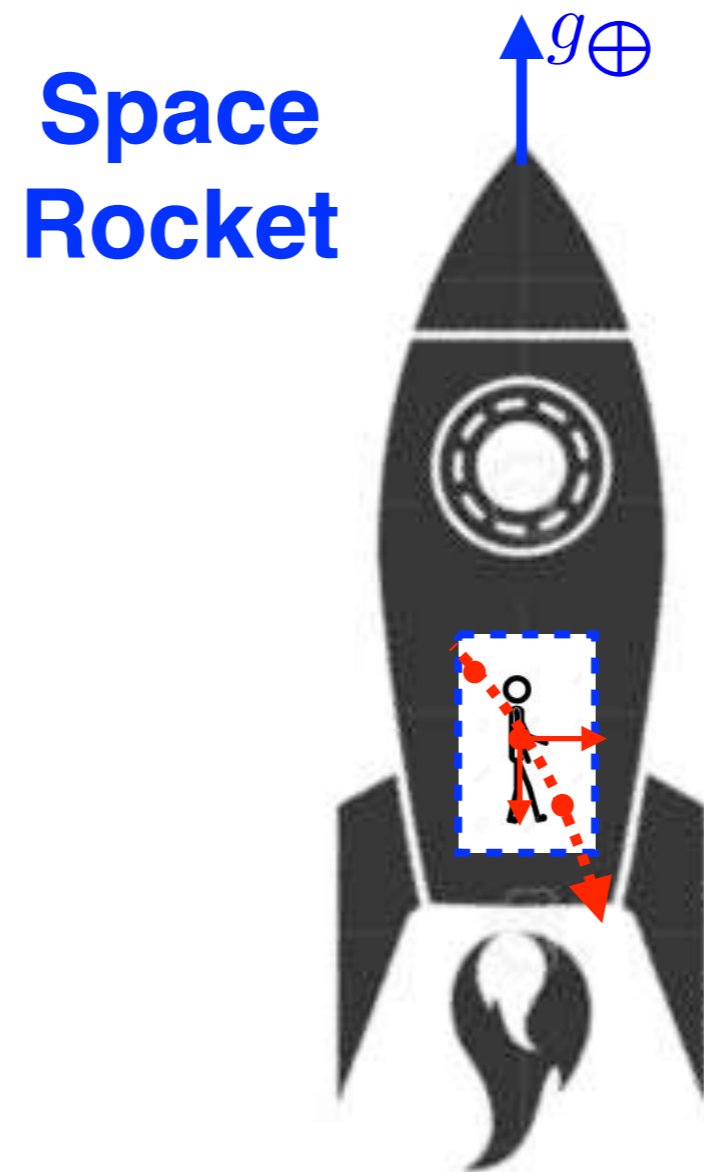


# The Equivalence Principle

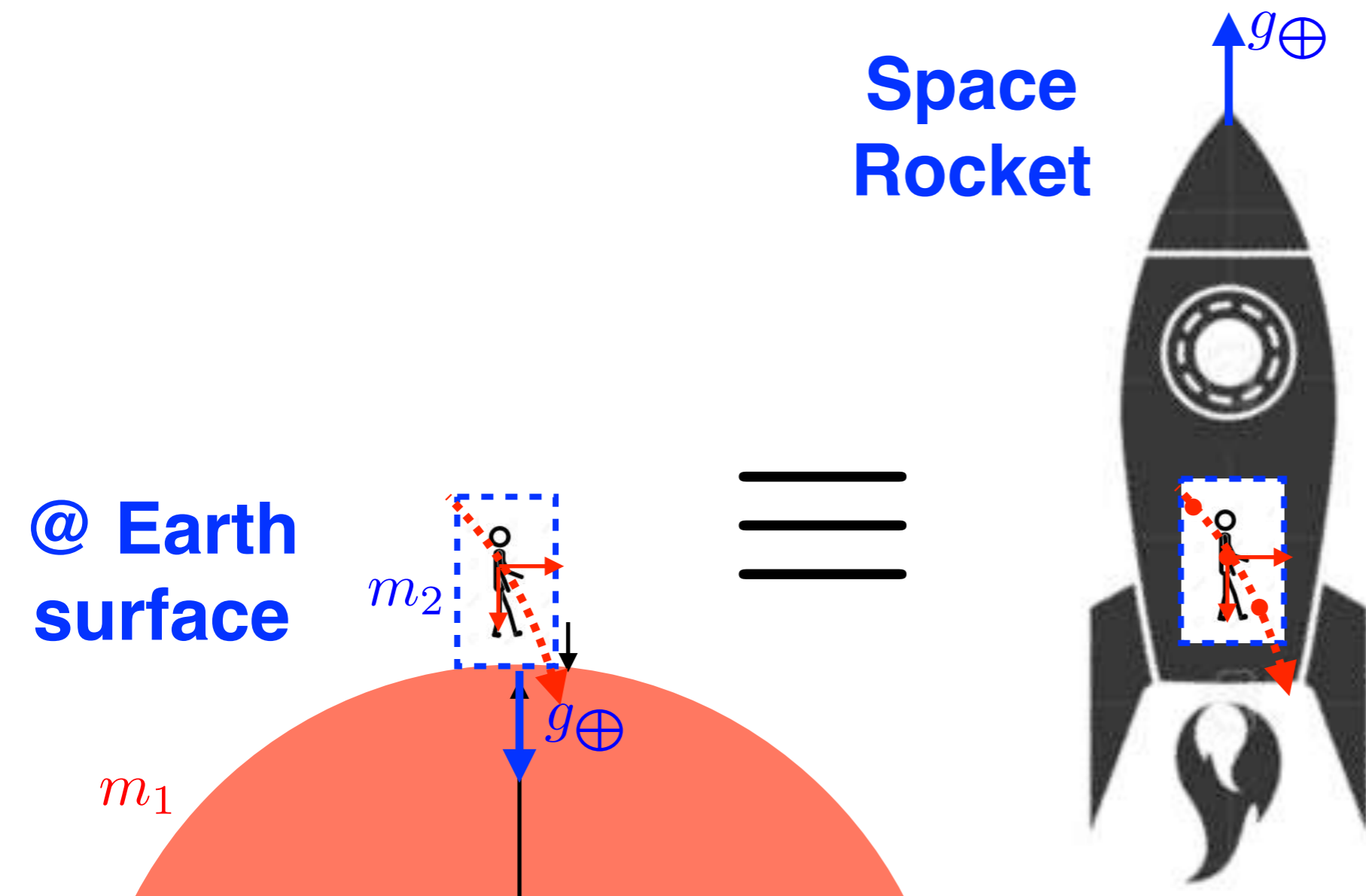
Laser  
beam



# The Equivalence Principle



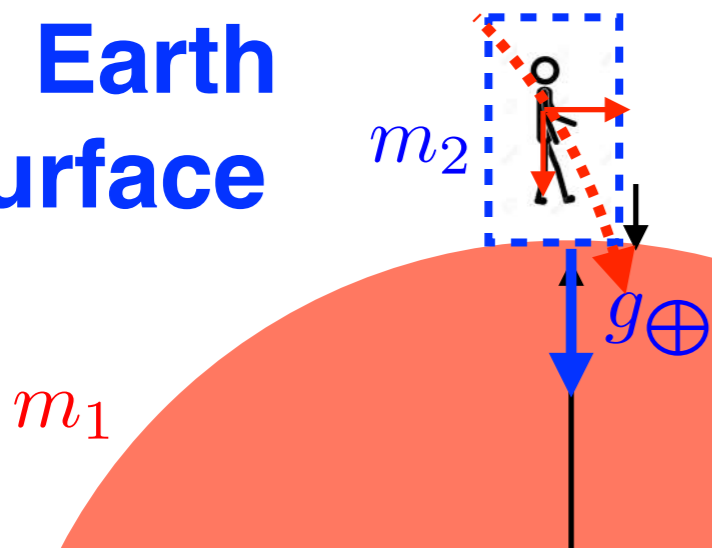
# The Equivalence Principle



# The Equivalence Principle

Gravitational field  
must bend light !

@ Earth  
surface

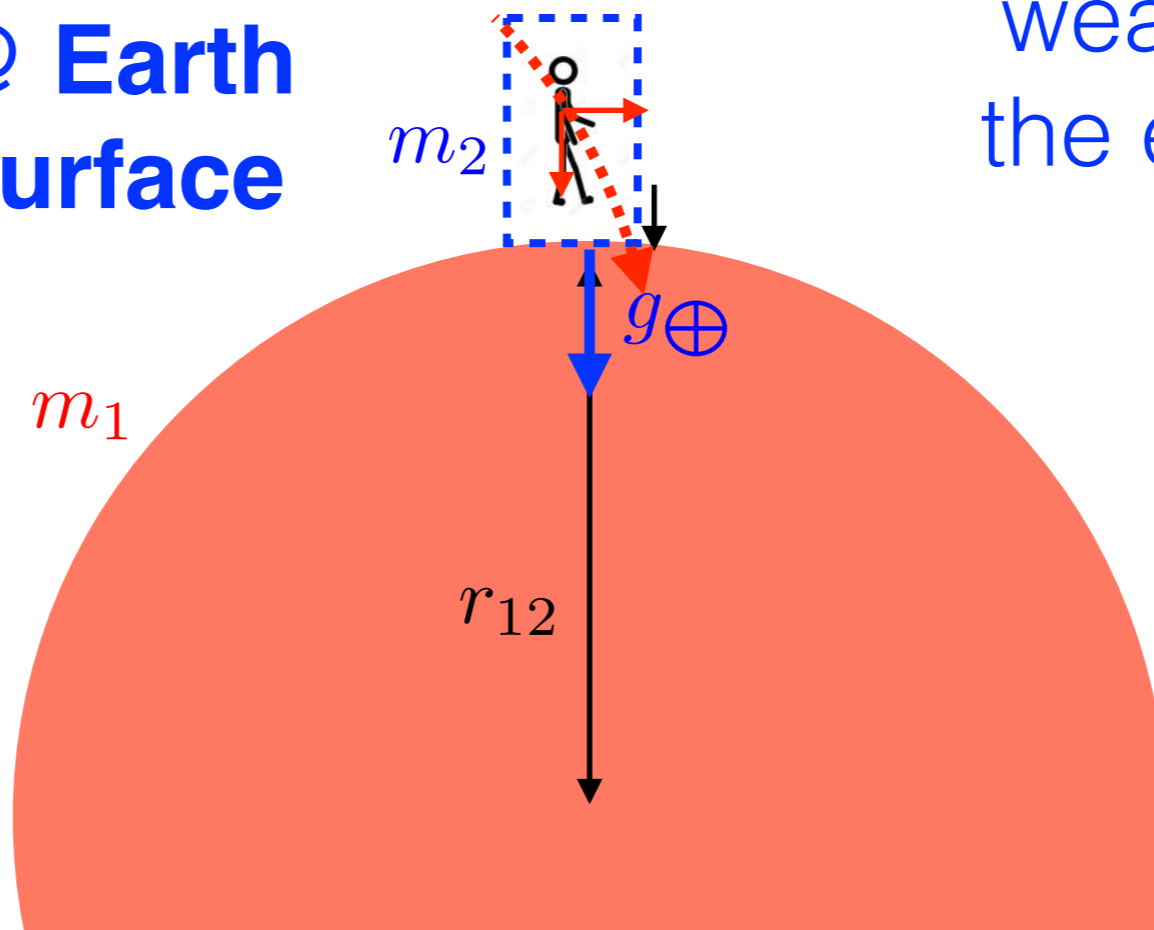


# The Equivalence Principle

**Gravitational field  
must bend light !**

(Earth gravity too  
weak to observe  
the effect, but ...)

**@ Earth  
surface**



# The Equivalence Principle

(Earth gravity too  
weak to observe  
the effect, but ...)

→ **e.g. the sun does a better job !**

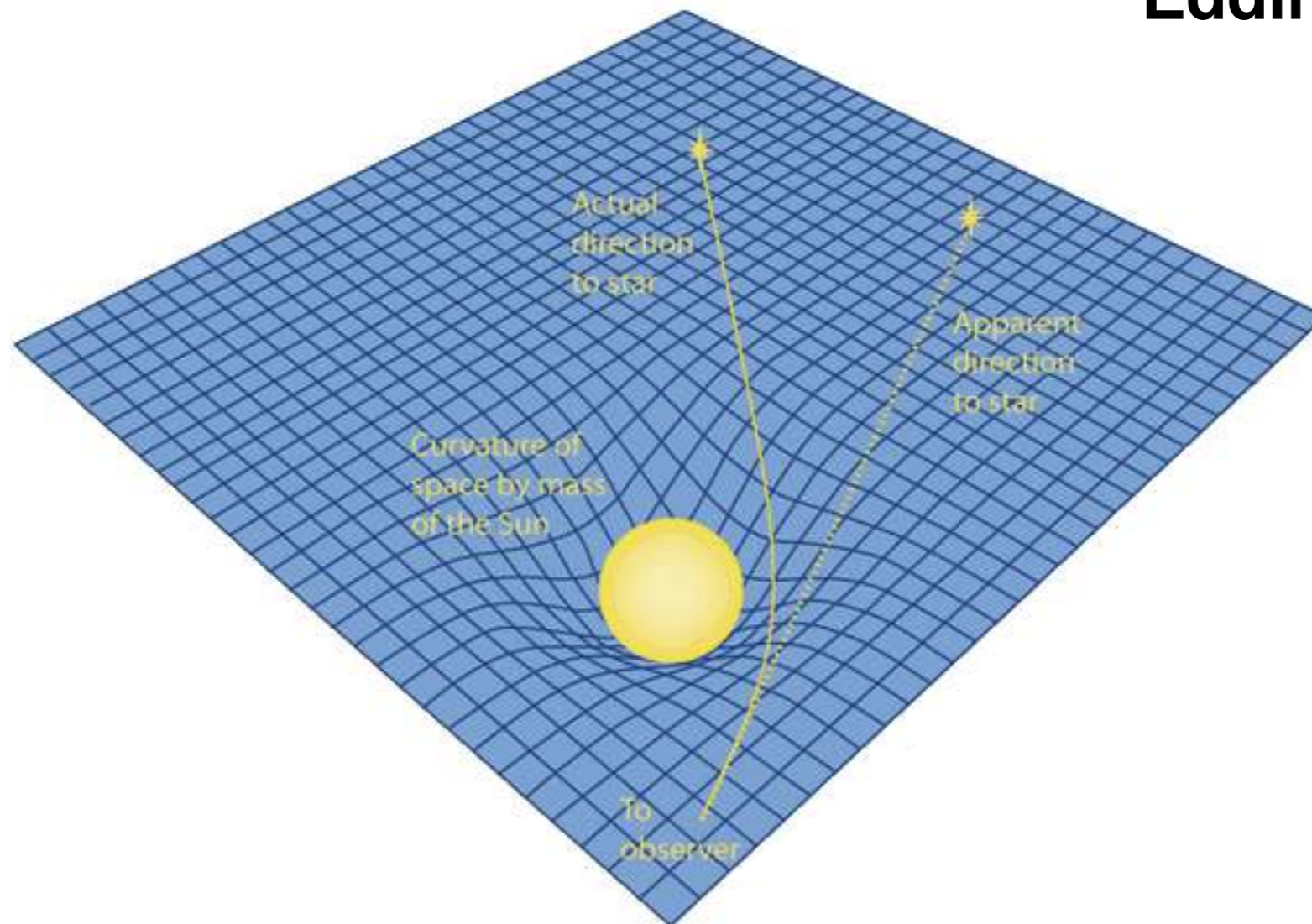
**Eddington 1919**

# The Equivalence Principle

(Earth gravity too weak to observe the effect, but ...)

**e.g. the sun does a better job !**

**Eddington 1919**

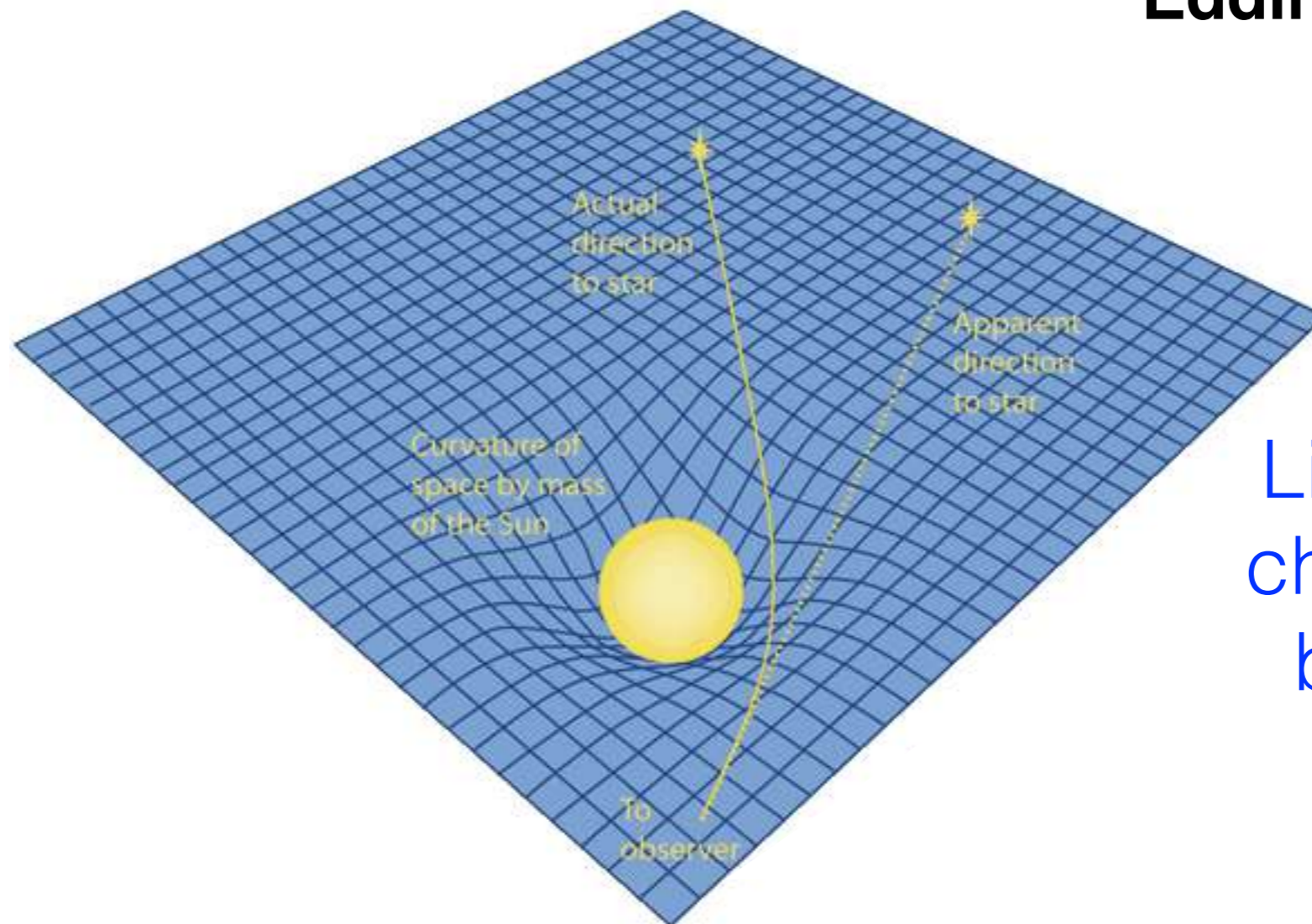


# The Equivalence Principle

(Earth gravity too weak to observe the effect, but ...)

**e.g. the sun does a better job !**

**Eddington 1919**



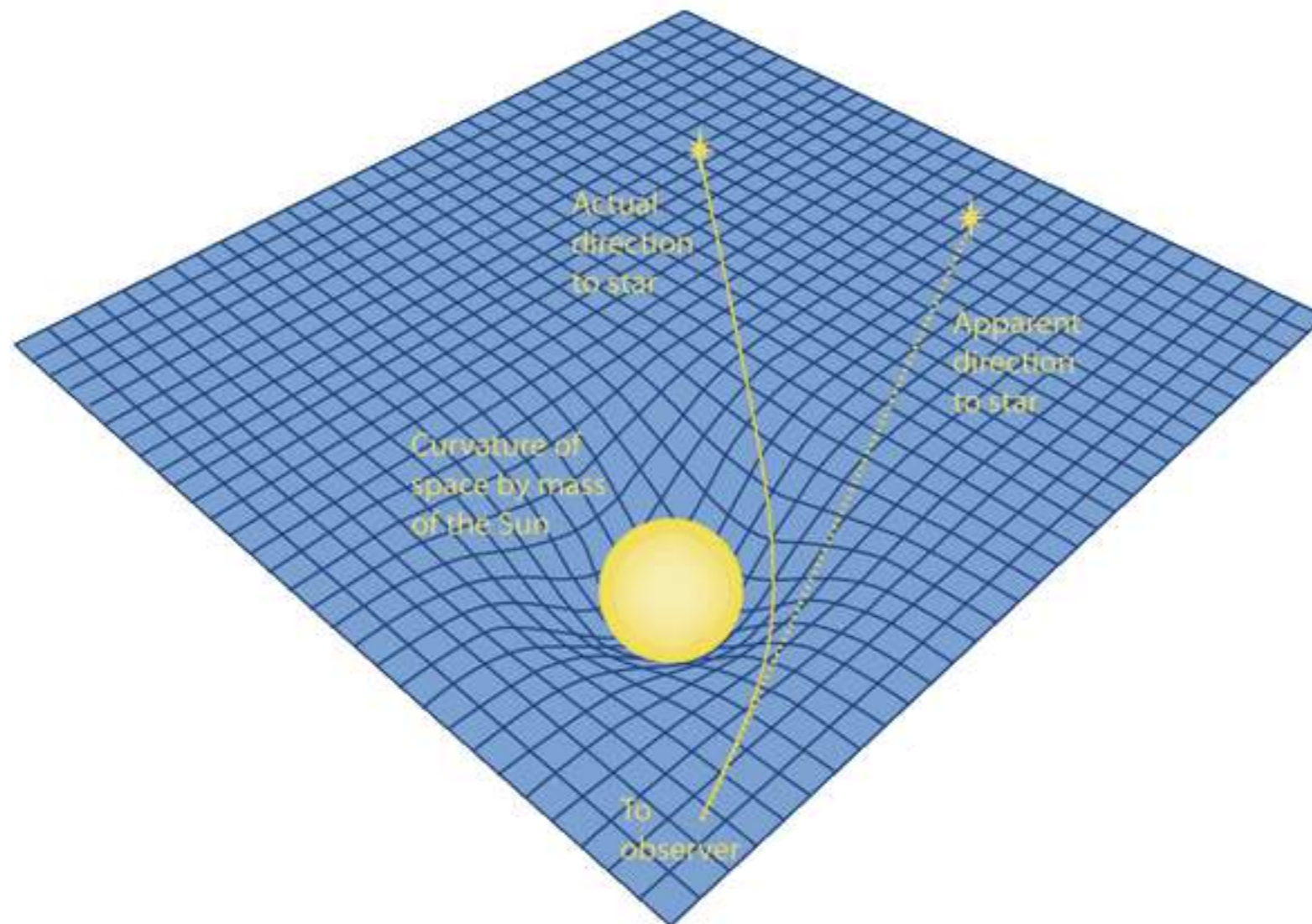
Light does not change speed, but direction

# The Equivalence Principle

Einstein understood like this...

**light bending,**  
**light red/blue-shifting,**  
**gravitational time dilation,**

...

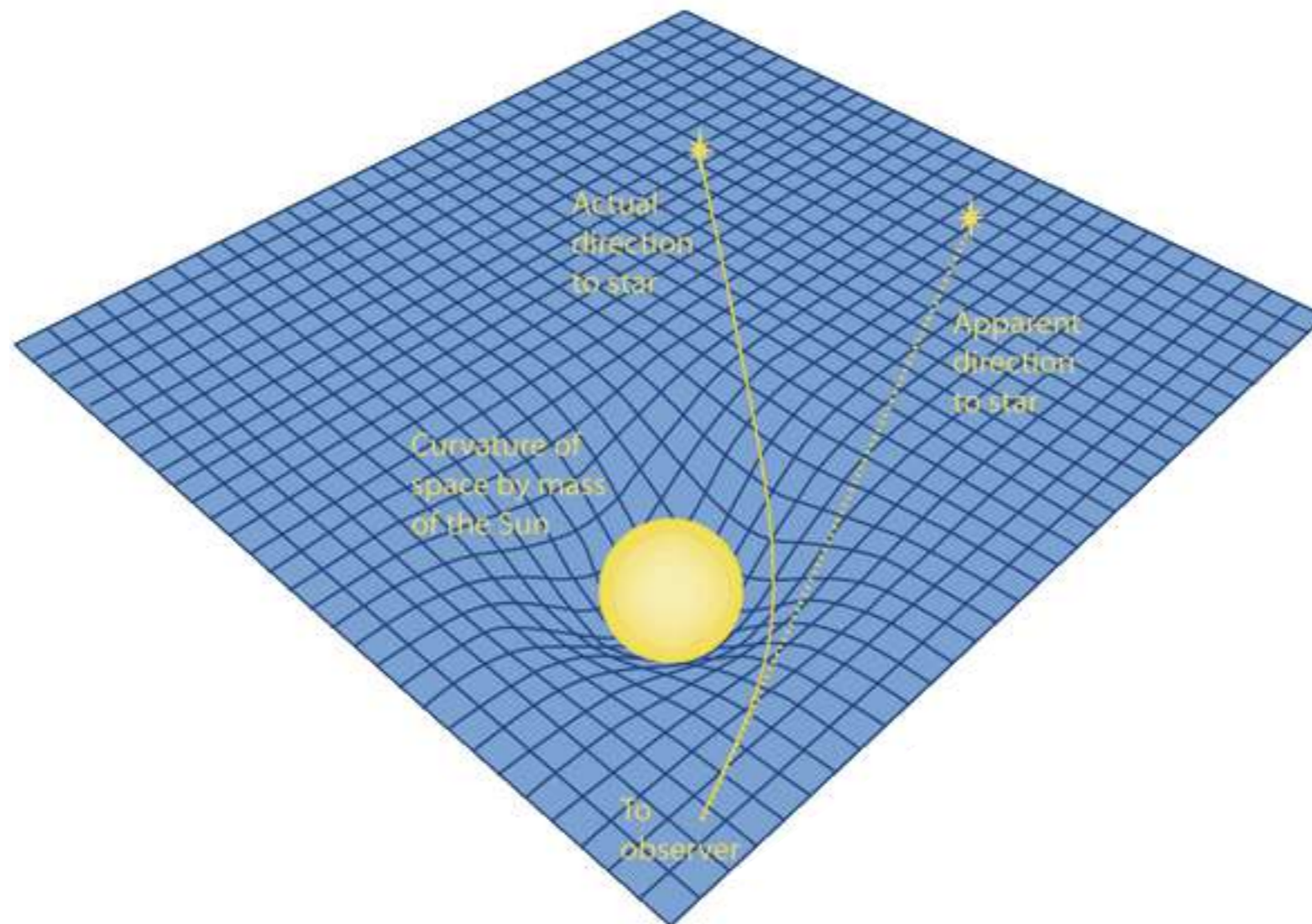


# The Equivalence Principle

Einstein understood like this...

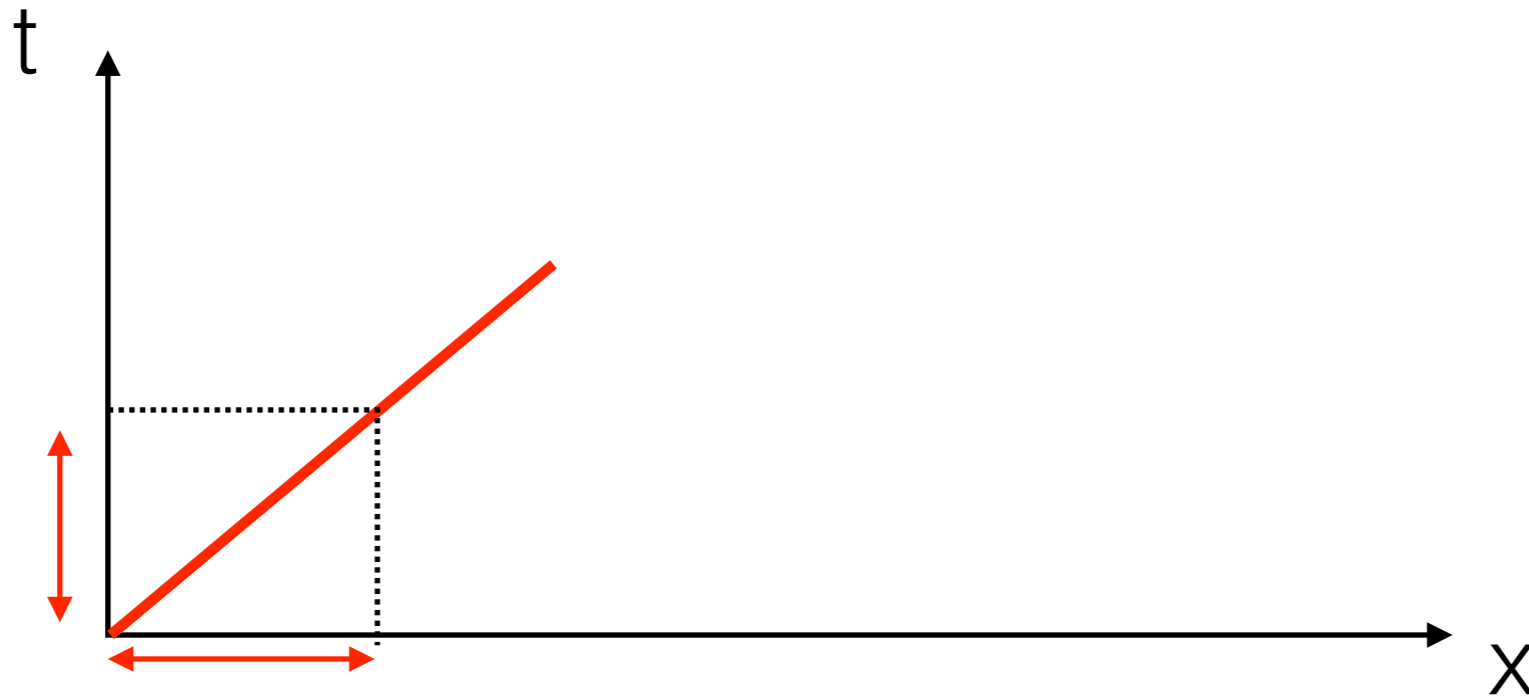
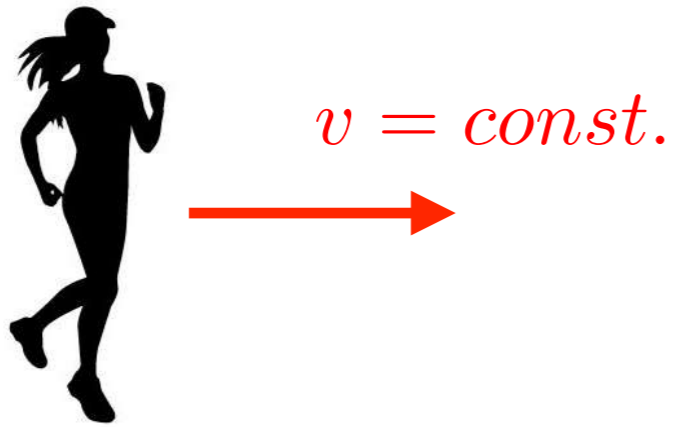
**a mathematical formulation was needed !**

...

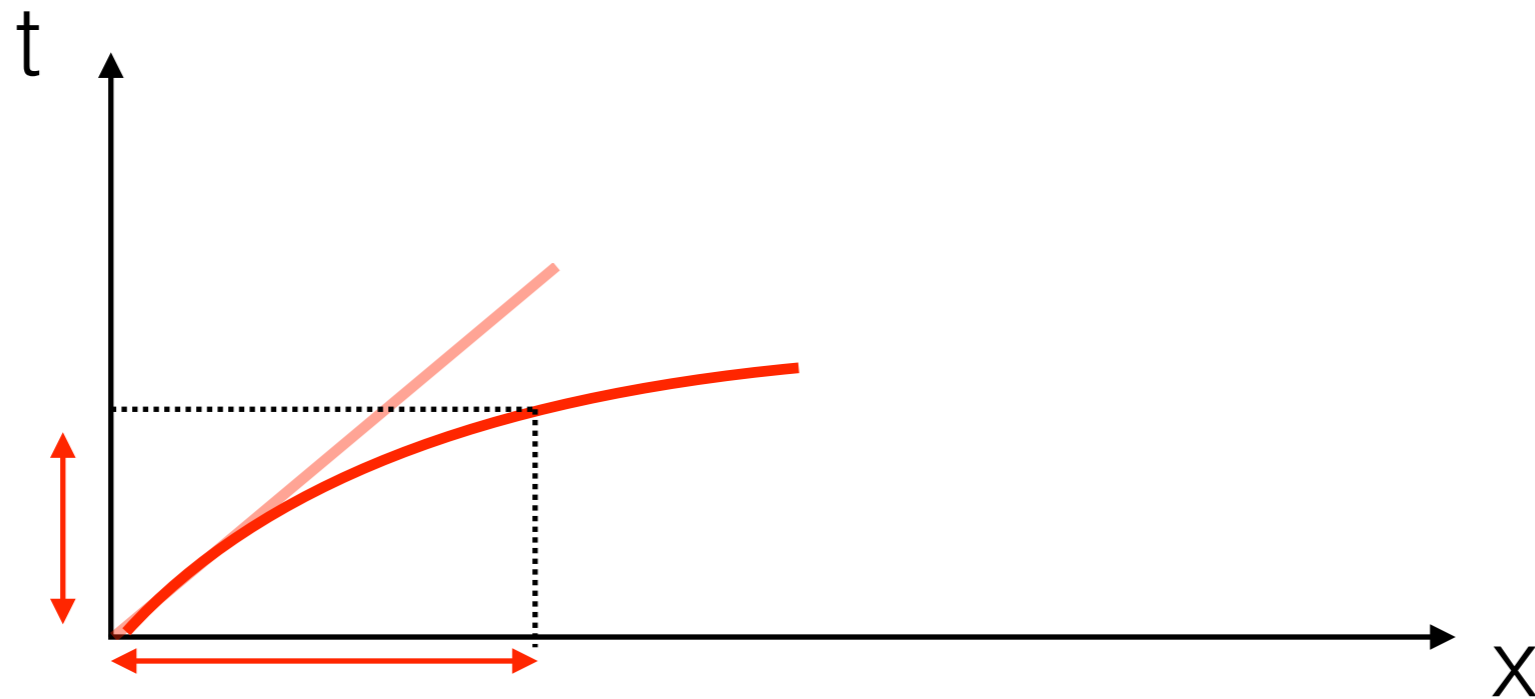
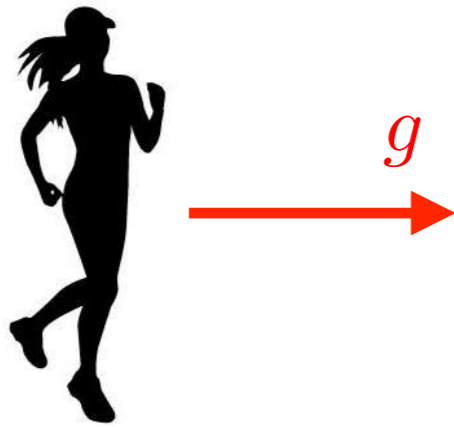


# **Mathematical formulation of General Relativity (GR)**

# General Relativity Equations



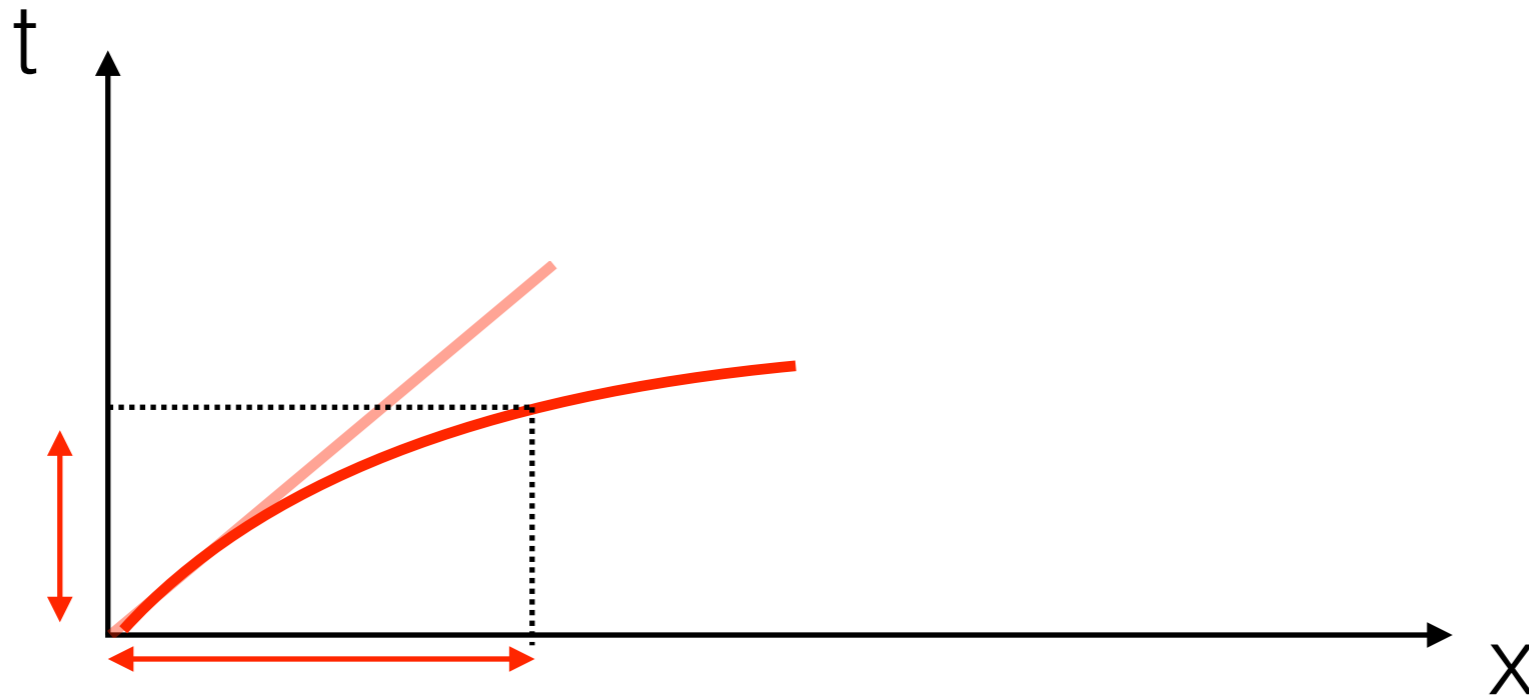
# General Relativity Equations



# General Relativity Equations



Acceleration  $\equiv$  Gravity



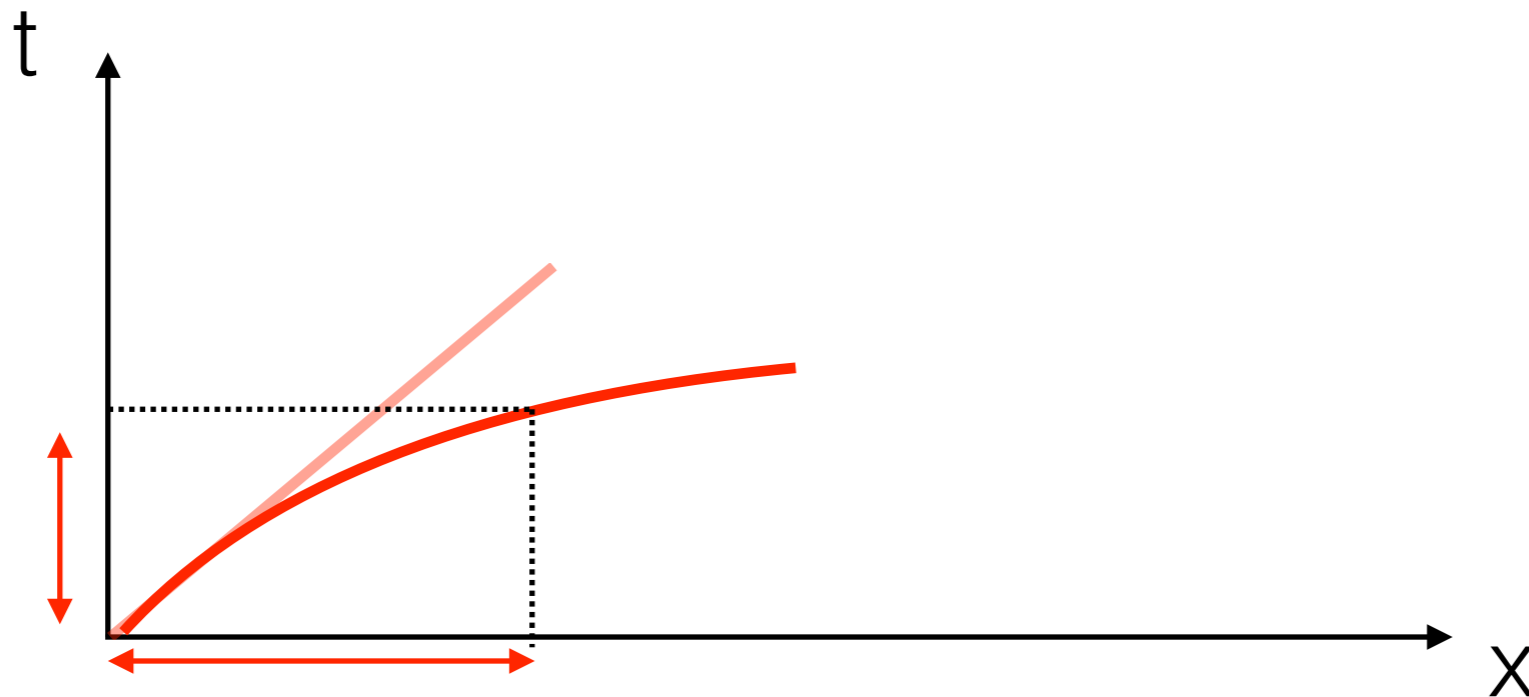
# General Relativity Equations



Acceleration  $\equiv$  Gravity



curved space-time  
trajectory



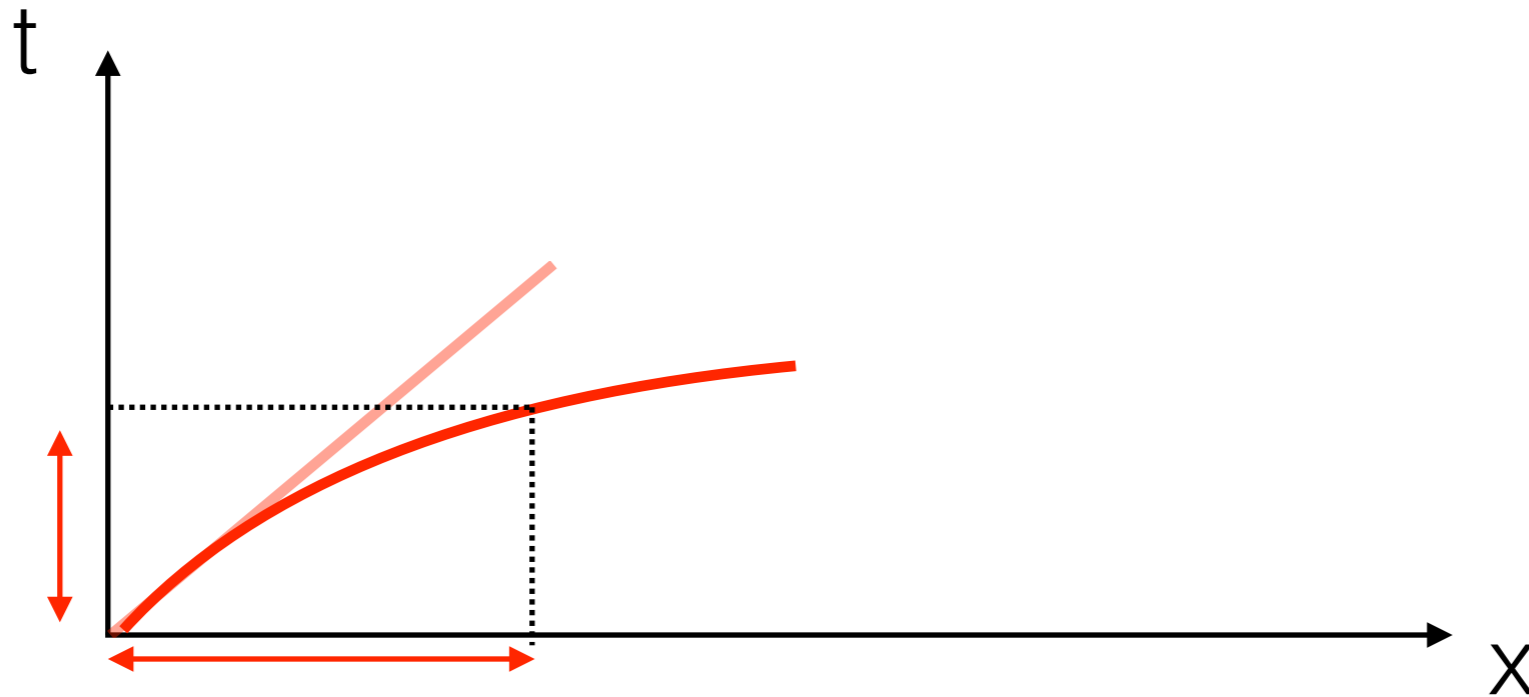
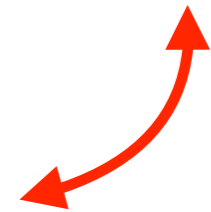
# General Relativity Equations



Acceleration  $\equiv$  Gravity



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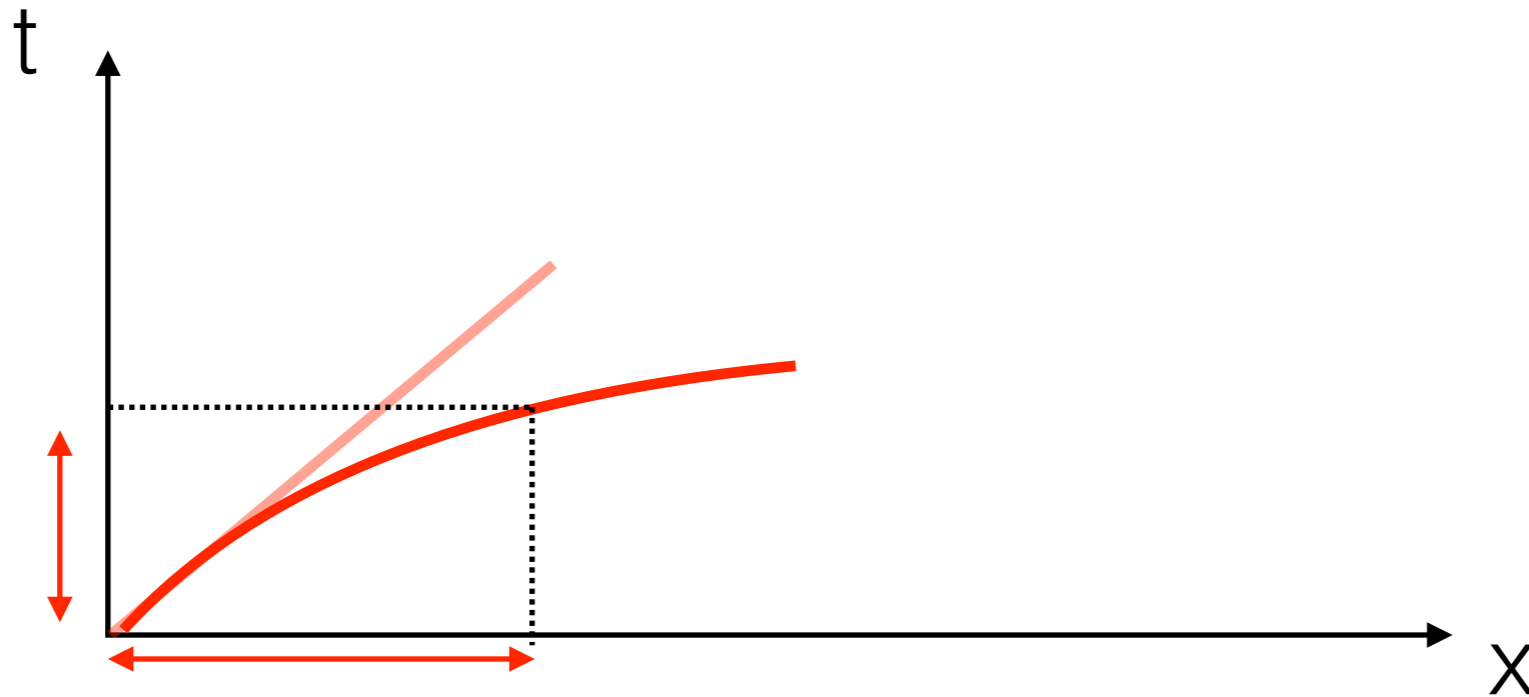
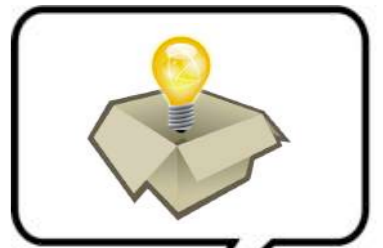
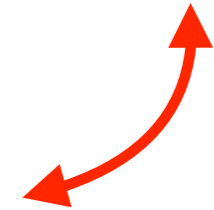
# General Relativity Equations



Acceleration  $\equiv$  Gravity



curved space-time  
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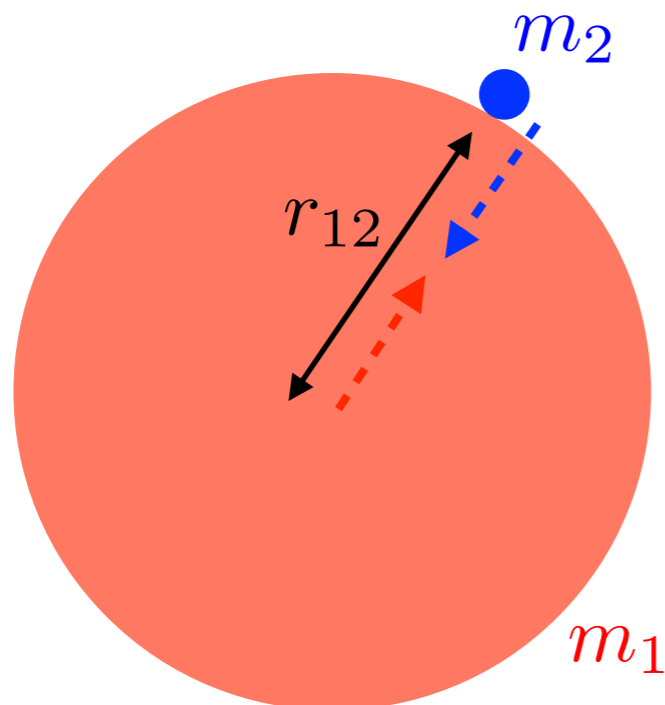
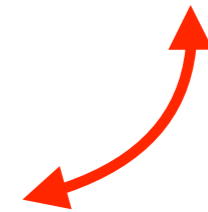
# General Relativity Equations



Acceleration  $\equiv$  Gravity



curved space-time  
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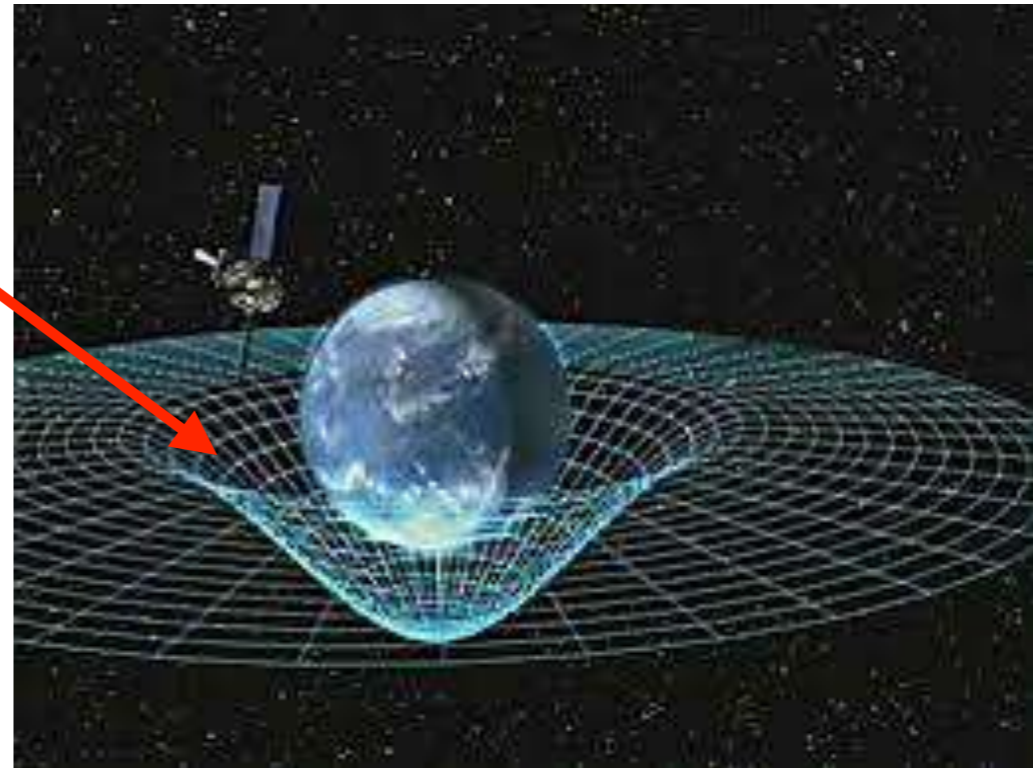
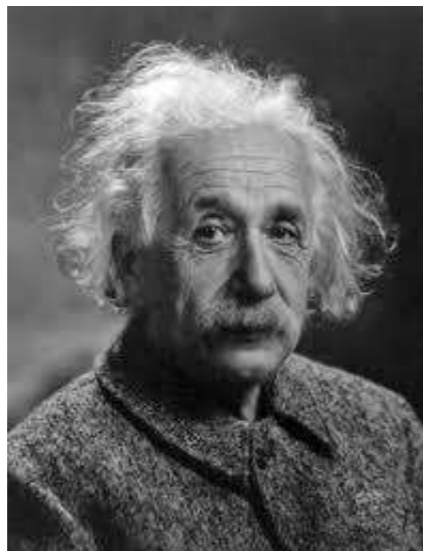


$$F = G \frac{m_1 m_2}{r_{12}^2} = m_2 \cdot g_{\oplus}$$

$$g_{\oplus} = 9.81 \text{ m/s}^2$$

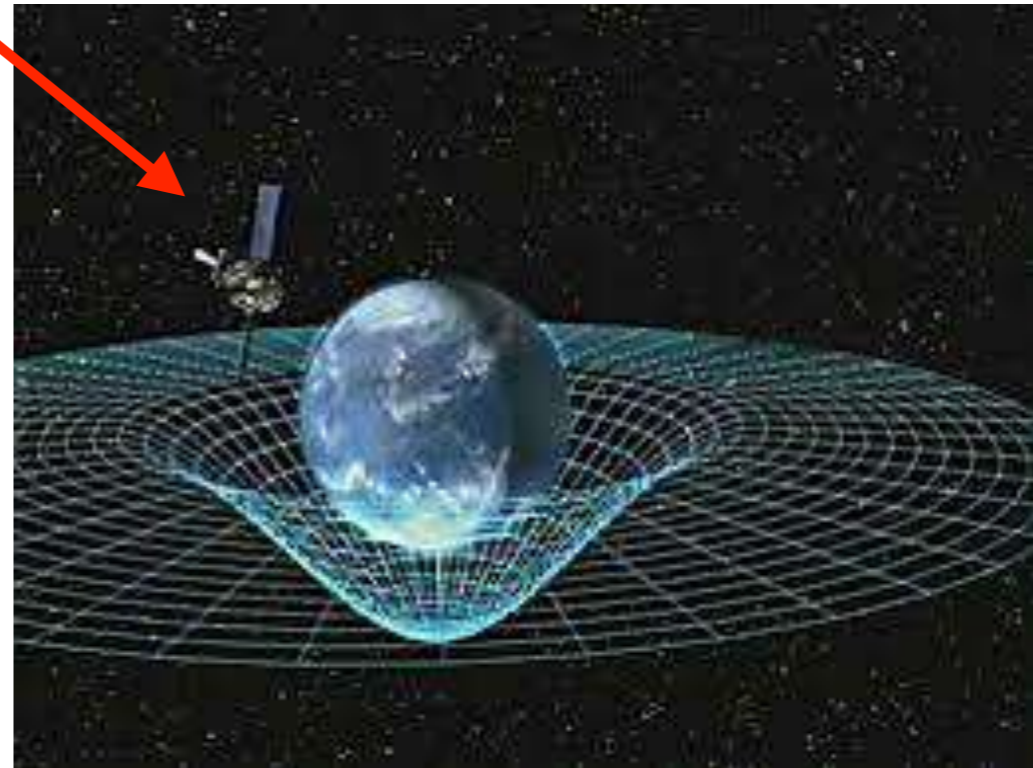
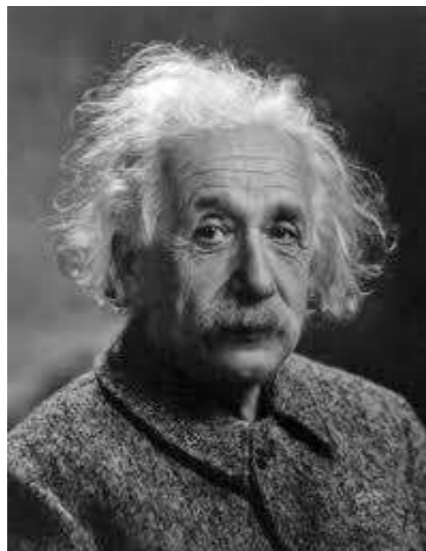
# General Relativity Equations

**Presence of Matter (Energy/ $\rho$ )**  
dictates '**Space-Time**' Geometry

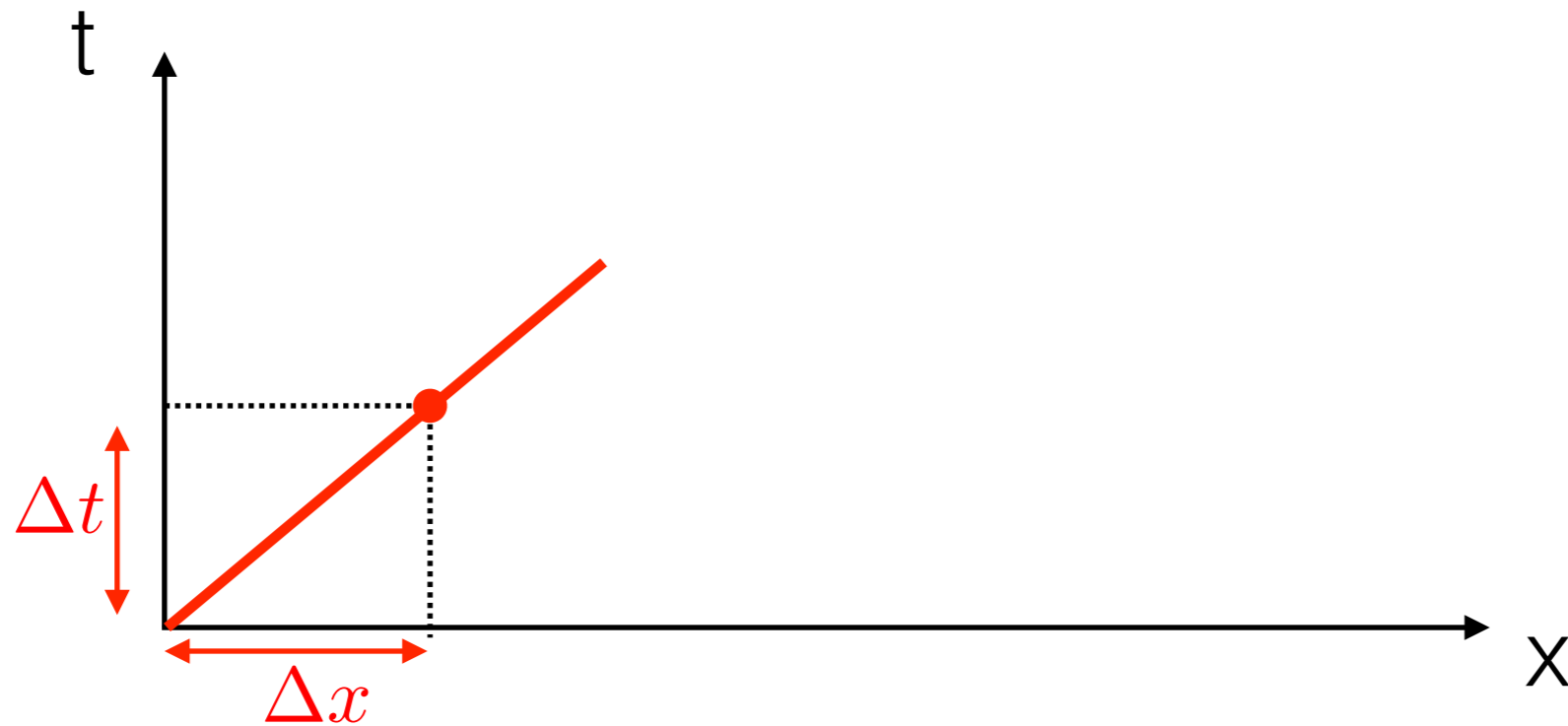
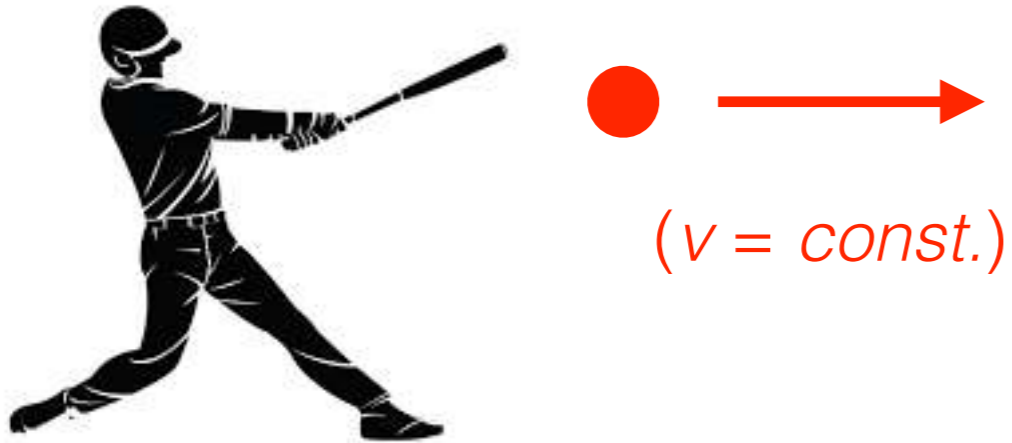


# General Relativity Equations

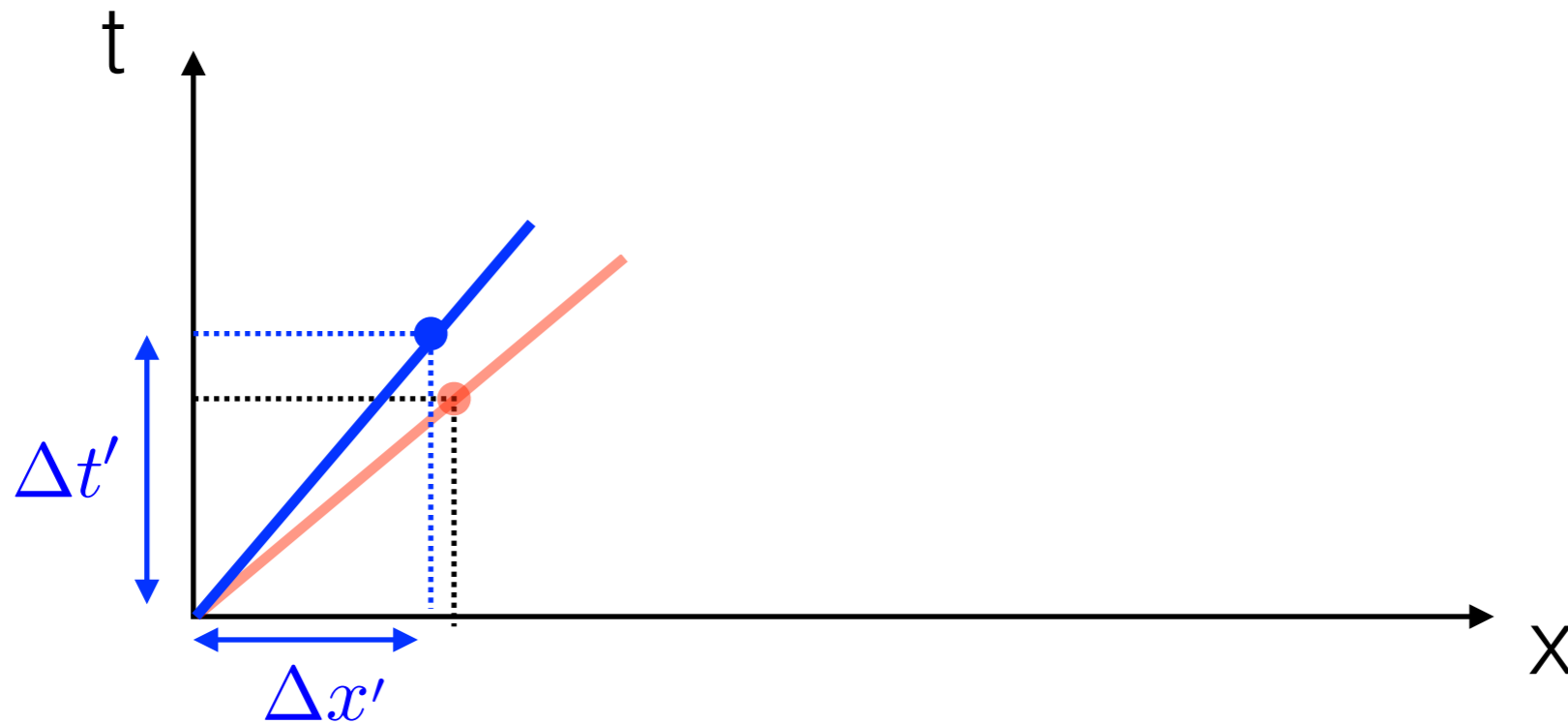
**'Space-Time' Geometry**  
dictates **Movement of Matter**



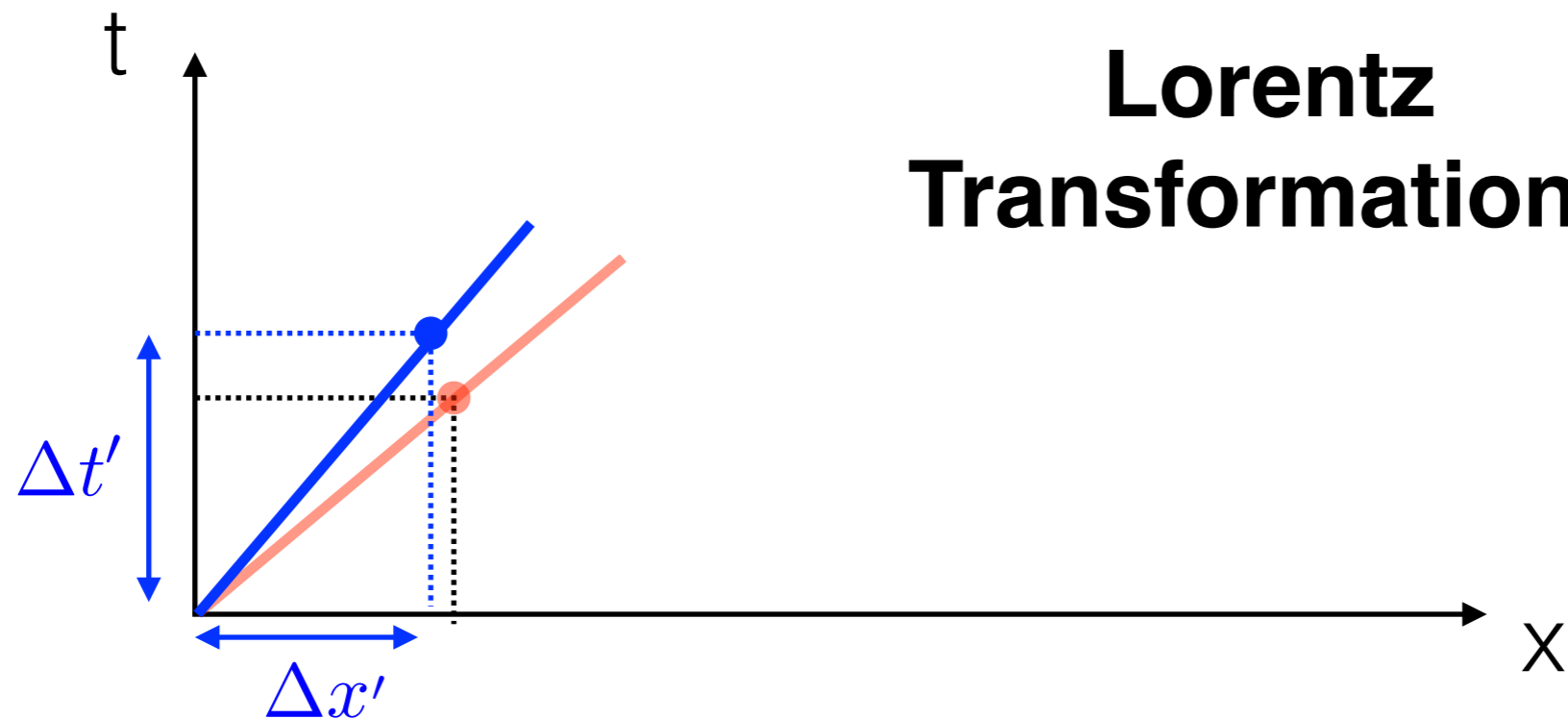
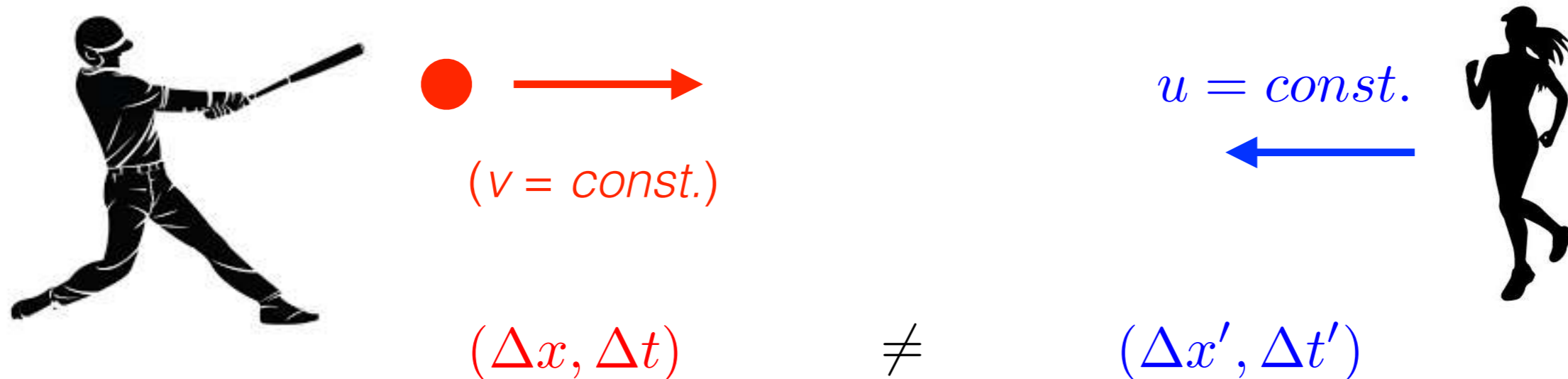
# General Relativity Equations



# General Relativity Equations

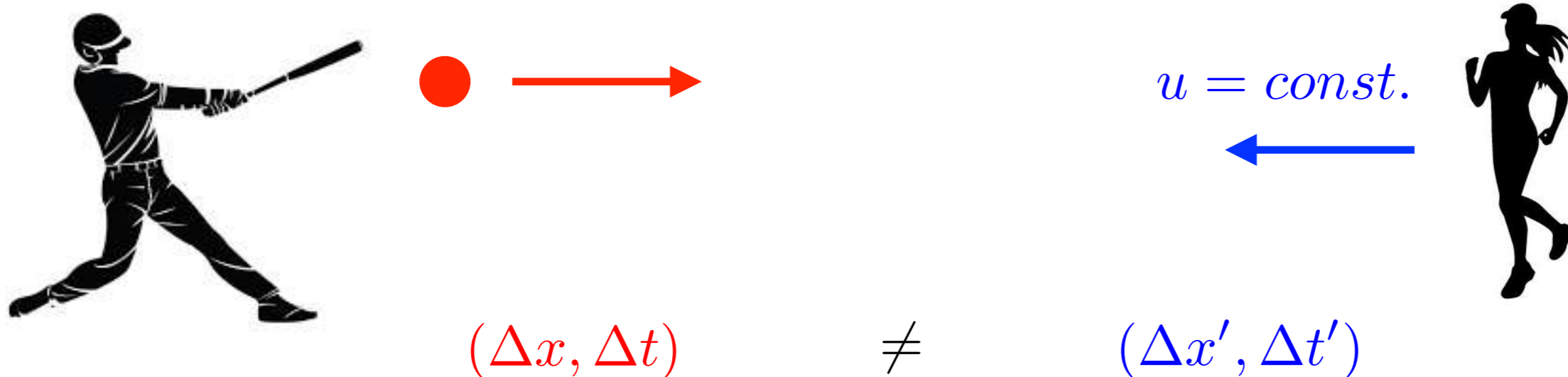


# General Relativity Equations



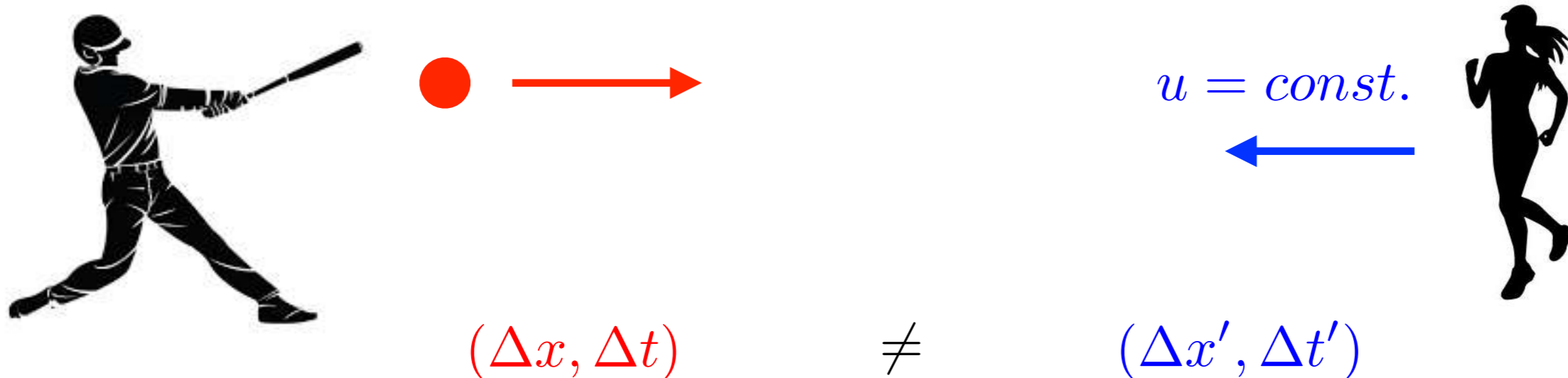
**Lorentz  
Transformations**

# General Relativity Equations



$$s^2 \equiv (c\Delta t)^2 - (\Delta x)^2 = s'^2 = (c\Delta t')^2 - (\Delta x')^2$$

# General Relativity Equations



$$s^2 \equiv (c\Delta t)^2 - (\Delta x)^2 = s'^2 = (c\Delta t')^2 - (\Delta x')^2$$

$$ds^2 = c^2 dt^2 - \sum_j dx_j dx^j$$

**Special  
Relativity**

Space-time interval invariant

# General Relativity Equations

$$ds^2 = -c^2 dt^2 + \sum_j dx_j dx^j$$

Space-time invariant  
interval (**Special Relativity**)

# General Relativity Equations

$$ds^2 = -c^2 dt^2 + \sum_j dx_j dx^j$$



$$ds^2 = \eta_{\mu\nu} dx^\mu dx^\nu$$

**Einstein convention**

Summation  
over repeated  
indices

Space-time invariant  
interval (**Special Relativity**)

$$\eta \equiv \begin{pmatrix} -1 & 0 & 0 & 0 \\ 0 & 1 & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \end{pmatrix}$$

# General Relativity Equations

$$ds^2 = -c^2 dt^2 + \sum_j dx_j dx^j$$



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Space-time invariant  
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Minkowski Metric  
 $\eta \equiv \text{diag}(-, +, +, +)$

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Space-time invariant  
interval (**General Relativity**)



$$ds^2 = g_{\mu\nu}(x) dx^\mu dx^\nu$$

# General Relativity Equations

$$ds^2 = -c^2 dt^2 + \sum_j dx_j dx^j \longrightarrow$$

Space-time invariant  
interval (**Special Relativity**)

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**Einstein convention**

Summation  
over repeated  
indices

Space-time invariant  
interval (**General Relativity**)  $\longrightarrow$

$$ds^2 = g_{\mu\nu}(x) dx^\mu dx^\nu$$

$$g_{\mu\nu}(x) dx^\mu dx^\nu = g'_{\alpha\beta}(x') dx'^\alpha dx'^\beta$$



# General Relativity Equations

$$ds^2 = -c^2 dt^2 + \sum_j dx_j dx^j$$



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$$g_{\mu\nu}(x) = \frac{\partial x'^\alpha}{\partial x^\mu} \frac{\partial x'^\beta}{\partial x^\nu} g'_{\alpha\beta}(x')$$



# General Relativity Equations

**General Relativity:** Generalisation of Special Relativity

# General Relativity Equations

**General Relativity:** Generalisation of Special Relativity

\* **Equivalence Principle**  $\longrightarrow$  Geodesic motion

$$\frac{d^2 x^\mu}{ds^2} + \Gamma_{\alpha\beta}^\mu [g_{**}] \frac{dx^\alpha}{ds} \frac{dx^\beta}{ds} = 0$$

$$\Gamma_{\alpha\beta}^\mu = \frac{1}{2} g^{\mu\lambda} (g_{\lambda\alpha,\beta} + g_{\lambda\beta,\alpha} - g_{\alpha\beta,\lambda})$$

Christoffel Symbol

# General Relativity Equations

**General Relativity:** Generalisation of Special Relativity

\* **Equivalence Principle**  $\longrightarrow$  Geodesic motion

$$\frac{d^2 x^\mu}{ds^2} + \Gamma_{\alpha\beta}^\mu [g_{**}] \frac{dx^\alpha}{ds} \frac{dx^\beta}{ds} = 0$$

\* **Principle of Relativity**  $\longrightarrow$   $x'^\mu = x'^\mu(\{x^\alpha\})$  Arbitrary change of coordinates

$$g_{\mu\nu}(x) dx^\mu dx^\nu = g'_{\alpha\beta}(x') dx'^\alpha dx'^\beta$$

;

$$g_{\mu\nu}(x) = \frac{\partial x'^\alpha}{\partial x^\mu} \frac{\partial x'^\beta}{\partial x^\nu} g'_{\alpha\beta}(x')$$

# General Relativity Equations

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$$g_{\mu\nu}(x) = \frac{\partial x'^\alpha}{\partial x^\mu} \frac{\partial x'^\beta}{\partial x^\nu} g'_{\alpha\beta}(x')$$

$$; \quad G_{\mu\nu}[g_{**}] \equiv R_{\mu\nu} - \frac{1}{2} g_{\mu\nu} R = \frac{1}{m_p^2} T_{\mu\nu}$$

space-time  
geometry

matter  
(energy/p)

# General Relativity Equations

**General Relativity:** Generalisation of Special Relativity

$$x'^{\mu} = x'^{\mu}(\{x^{\alpha}\}) \quad \begin{array}{l} \text{Arbitrary} \\ \text{change of} \\ \text{coordinates} \end{array} \quad ; \quad \begin{array}{l} g_{\mu\nu}(x)dx^{\mu}dx^{\nu} = g'_{\alpha\beta}(x')dx'^{\alpha}dx'^{\beta} \\ g_{\mu\nu}(x) = \frac{\partial x'^{\alpha}}{\partial x^{\mu}} \frac{\partial x'^{\beta}}{\partial x^{\nu}} g'_{\alpha\beta}(x') \end{array}$$

# General Relativity Equations

**General Relativity:** Generalisation of Special Relativity

$$x'^{\mu} = x'^{\mu}(\{x^{\alpha}\}) \quad \text{Arbitrary change of coordinates} \quad ; \quad g_{\mu\nu}(x)dx^{\mu}dx^{\nu} = g'_{\alpha\beta}(x')dx'^{\alpha}dx'^{\beta}$$

$$g_{\mu\nu}(x) = \frac{\partial x'^{\alpha}}{\partial x^{\mu}} \frac{\partial x'^{\beta}}{\partial x^{\nu}} g'_{\alpha\beta}(x')$$

$$G_{\mu\nu}[g_{**}] \equiv R_{\mu\nu} - \frac{1}{2}g_{\mu\nu}R = \frac{1}{m_p^2}T_{\mu\nu} \quad ; \quad \frac{8\pi G}{c^4} \equiv \frac{1}{m_p^2} \quad ; \quad m_p = 2.44 \cdot 10^{18} \text{ GeV}$$

space-time  
geometry

matter  
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# General Relativity Equations

**General Relativity:** Generalisation of Special Relativity

$$x'^{\mu} = x'^{\mu}(\{x^{\alpha}\}) \quad \text{Arbitrary change of coordinates} \quad ; \quad g_{\mu\nu}(x)dx^{\mu}dx^{\nu} = g'_{\alpha\beta}(x')dx'^{\alpha}dx'^{\beta}$$

$$g_{\mu\nu}(x) = \frac{\partial x'^{\alpha}}{\partial x^{\mu}} \frac{\partial x'^{\beta}}{\partial x^{\nu}} g'_{\alpha\beta}(x')$$

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space-time  
geometry

matter  
(energy/p)

$$R_{\alpha\beta} = \Gamma^{\mu}_{\alpha\beta,\mu} - \Gamma^{\mu}_{\alpha\mu,\beta} + \Gamma^{\mu}_{\lambda\mu}\Gamma^{\lambda}_{\alpha\beta} - \Gamma^{\mu}_{\lambda\beta}\Gamma^{\lambda}_{\alpha\mu} \quad \text{Ricci tensor}$$

$$\Gamma^{\mu}_{\alpha\beta} = \frac{1}{2}g^{\mu\lambda} (g_{\lambda\alpha,\beta} + g_{\lambda\beta,\alpha} - g_{\alpha\beta,\lambda}) \sim (metric)^2 \quad \text{Christoffel Symbol}$$

# General Relativity Equations

## General Relativity (GR)

$$G_{\mu\nu} = \frac{1}{m_p^2} T_{\mu\nu}$$

geometry                  matter

$$G_{\mu\nu} \equiv \mathcal{D}[g_{\alpha\beta}] = m_p^{-2} T_{\mu\nu}(\text{Matt, Rad, Top.Defects, DarkEnergy, ...})$$

metric  
↑  
↓  
2nd order, non-Linear

source

# General Relativity Equations

## General Relativity (GR)

$$G_{\mu\nu} = \frac{1}{m_p^2} T_{\mu\nu}$$

geometry                  matter

$$G_{\mu\nu} \equiv \mathcal{D}[g_{\alpha\beta}] = m_p^{-2} T_{\mu\nu}(\text{Matt, Rad, Top.Defects, DarkEnergy, ...})$$

metric

↓

2nd order, non-Linear

source



**Extremely difficult to solve !**

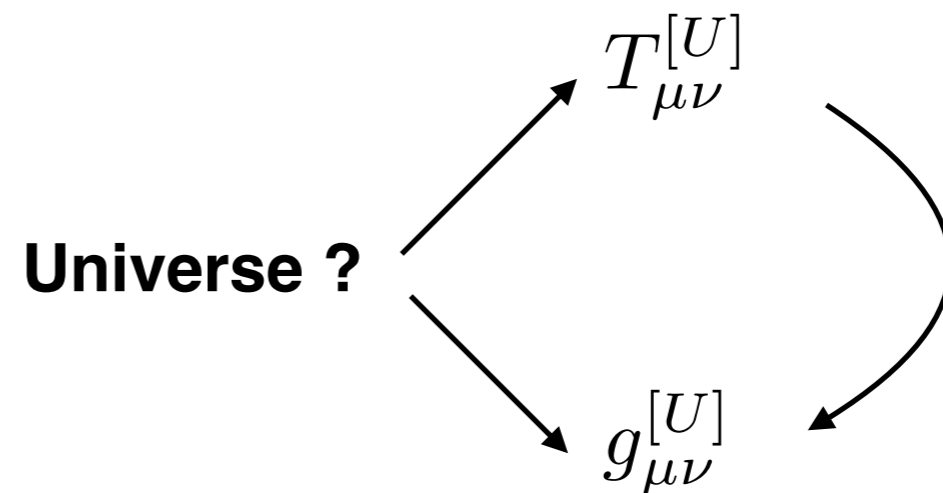
# General Relativity Equations

## General Relativity (GR)

$$\underset{\text{geometry}}{G_{\mu\nu}} = \frac{1}{m_p^2} \underset{\text{matter}}{T_{\mu\nu}}$$

$$G_{\mu\nu} \equiv \mathcal{D}[\overset{\text{metric}}{\uparrow} g_{\alpha\beta}] = m_p^{-2} T_{\mu\nu} (\text{Matt, Rad, Top.Defects, DarkEnergy, ...})$$

**One example: Cosmology**

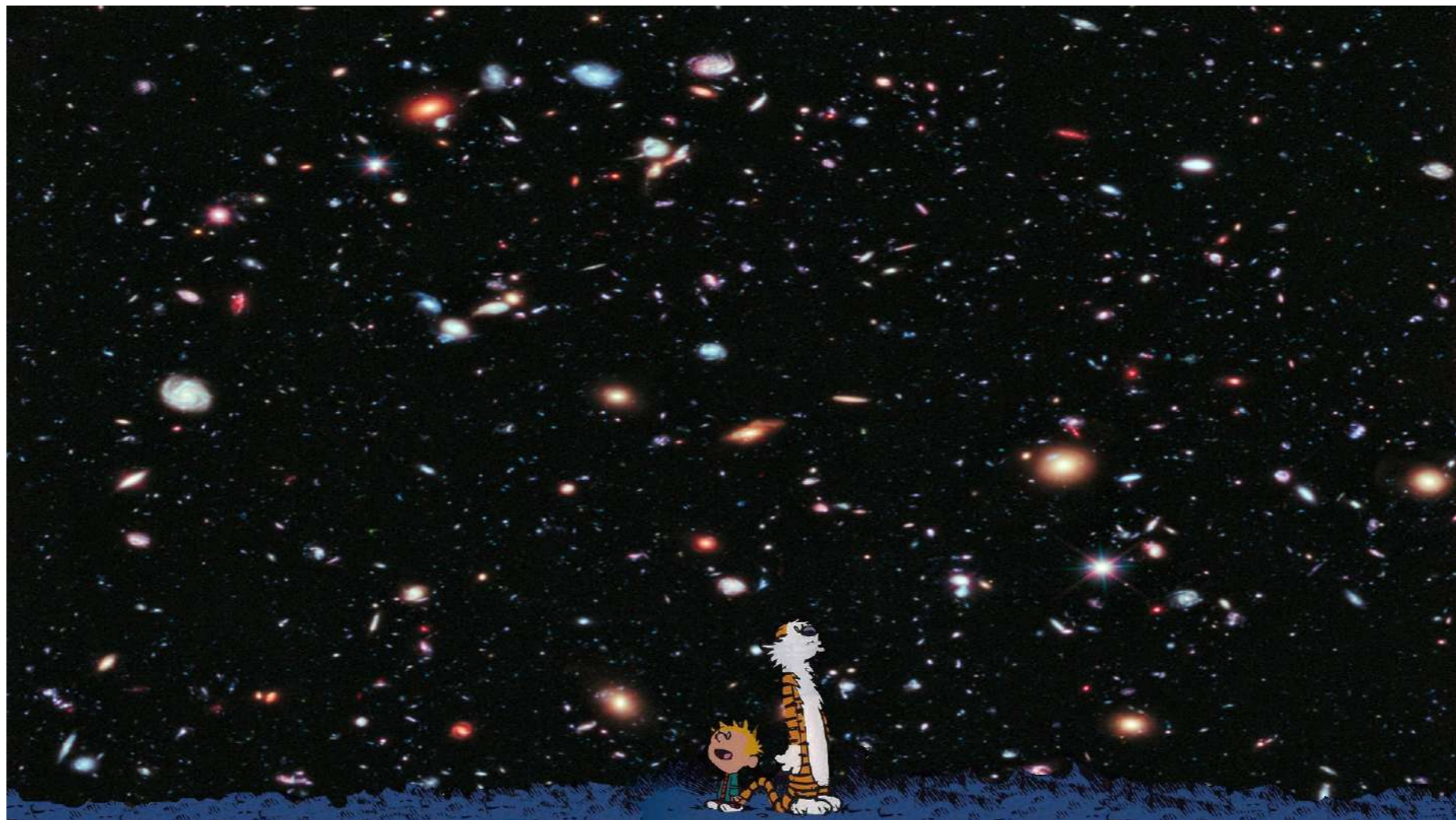


# One example: Cosmology

$$G_{\mu\nu} = \frac{1}{m_p^2} T_{\mu\nu}$$

geometry of  
the Universe

matter within  
the Universe



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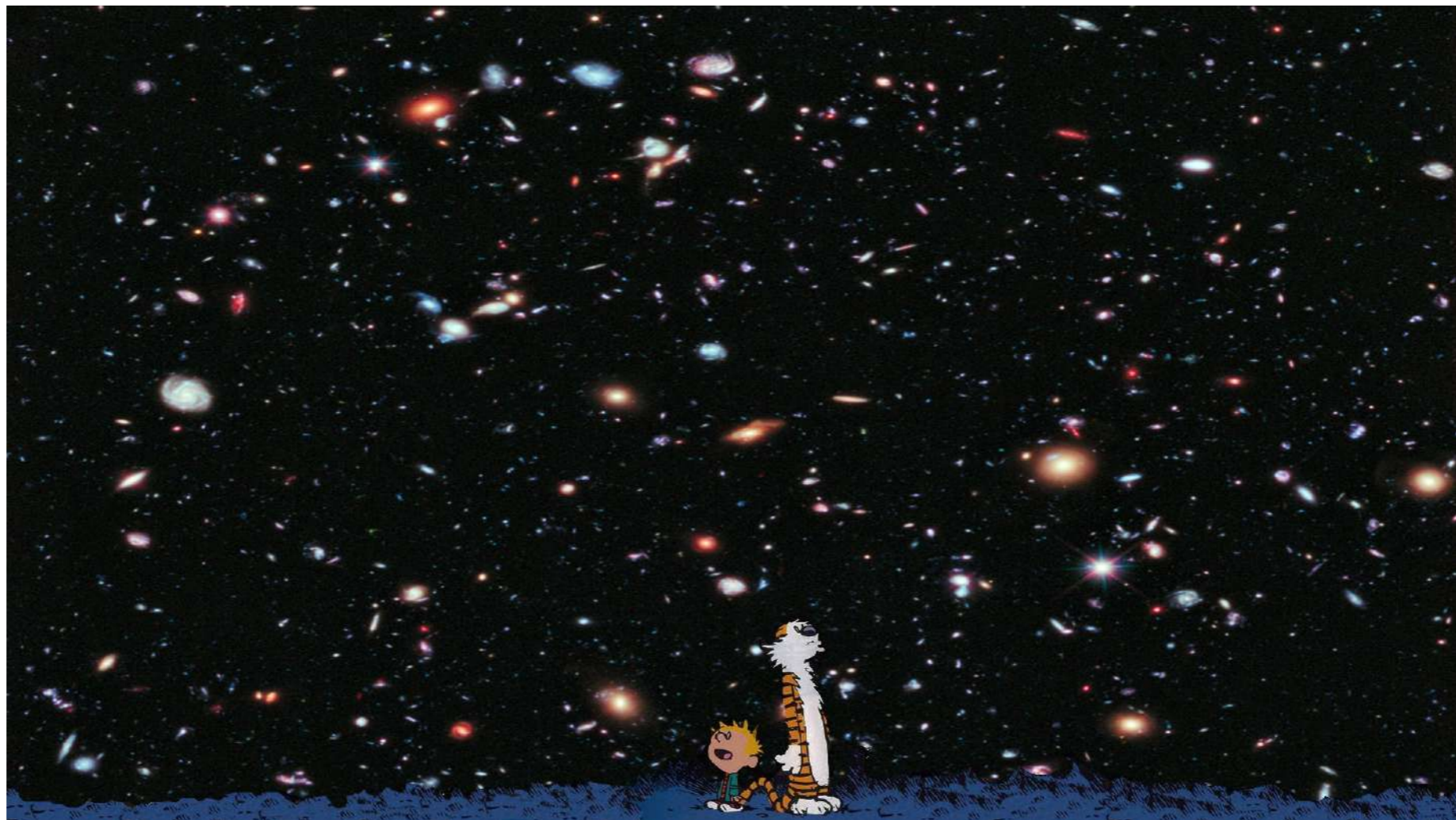
geometry of  
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Principle of Symmetry:

**The Universe is  
Homogeneous & Isotropic**



# Cosmological Principle

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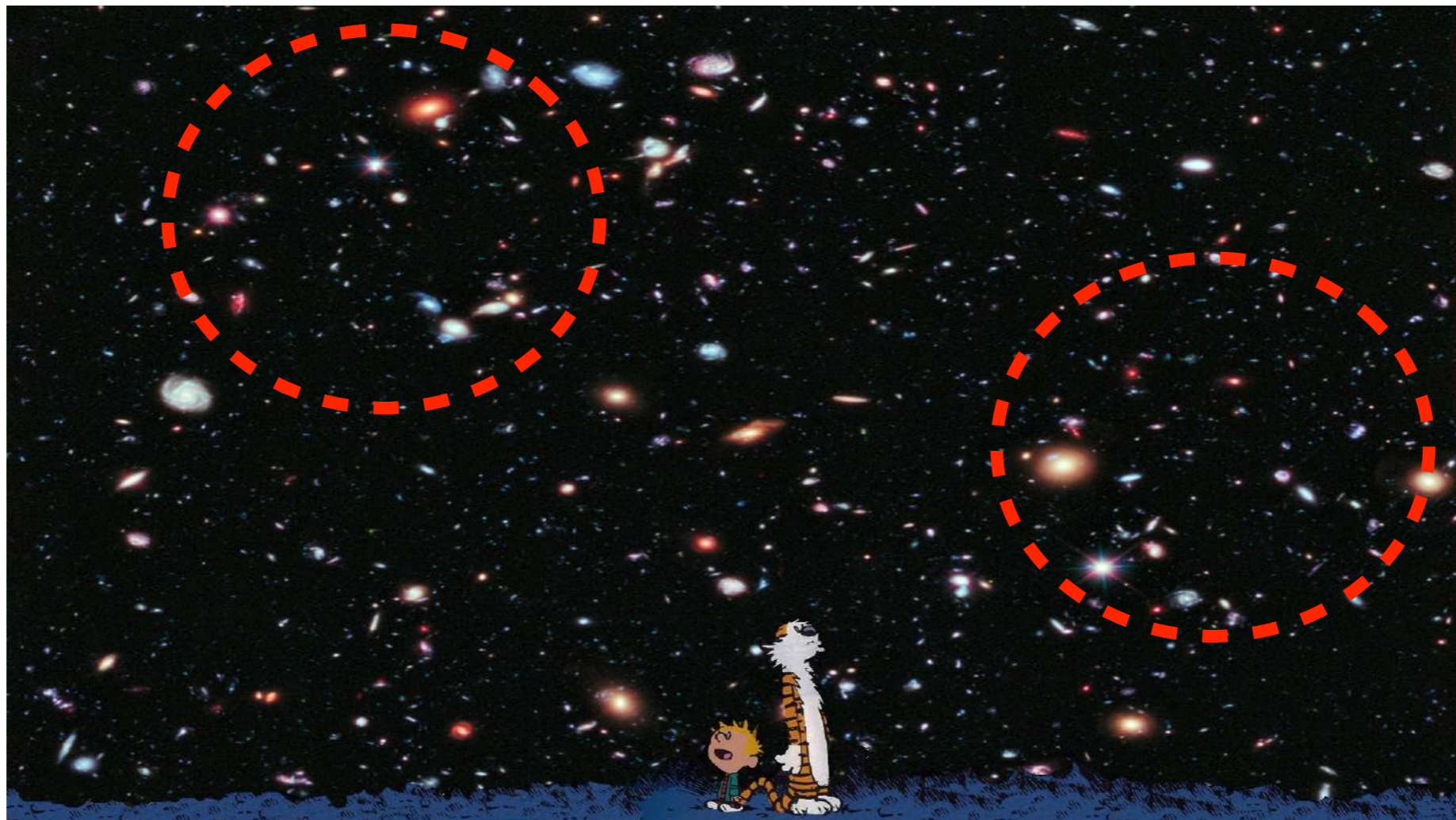
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$$g_{\mu\nu}^{[U]} \equiv \text{diag} \left( -1, \frac{a^2(t)}{1 - kr^2}, a^2(t)r^2, a^2(t)r^2 \sin^2 \theta \right)$$

**FLRW**  
**Friedmann-Lemaître**  
**-Robertson-Walker**

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**FLRW**  
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$$ds^2 = g_{\mu\nu} dx^\mu dx^\nu = -dt^2 + a^2(t) \left\{ \frac{dr^2}{1 - kr^2} + r^2 (d\theta^2 + \sin^2 \theta d\varphi^2) \right\}$$

**Scale Factor**  
(dynamical)

**Curvature**  
(const.)

$\left\{ \begin{array}{l} k < 0, \text{ Open} \\ k = 0, \text{ Flat} \\ k > 0, \text{ Close} \end{array} \right.$

# Cosmological Principle

$$G_{\mu\nu} = \frac{1}{m_p^2} T_{\mu\nu}$$

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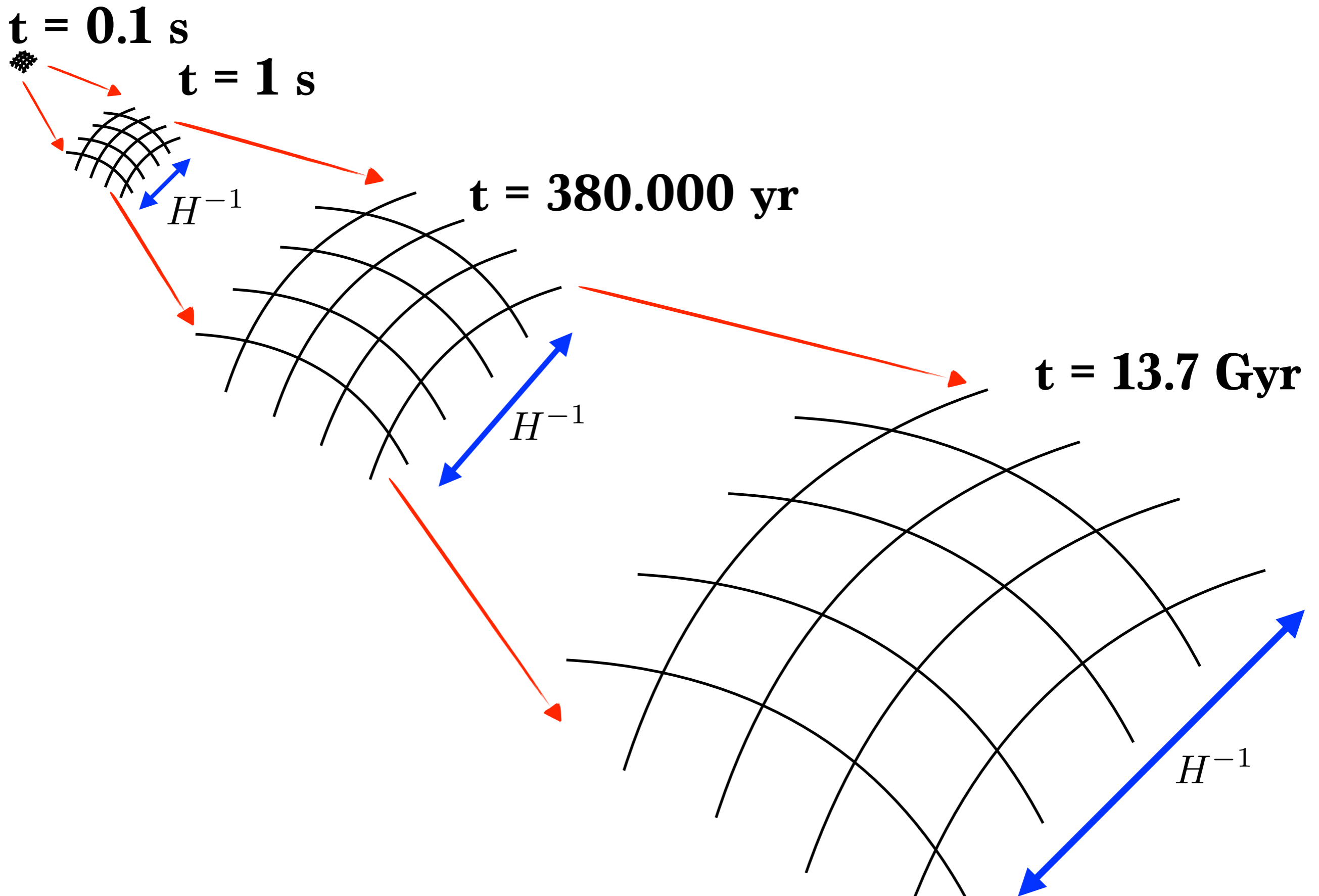
**FLRW**  
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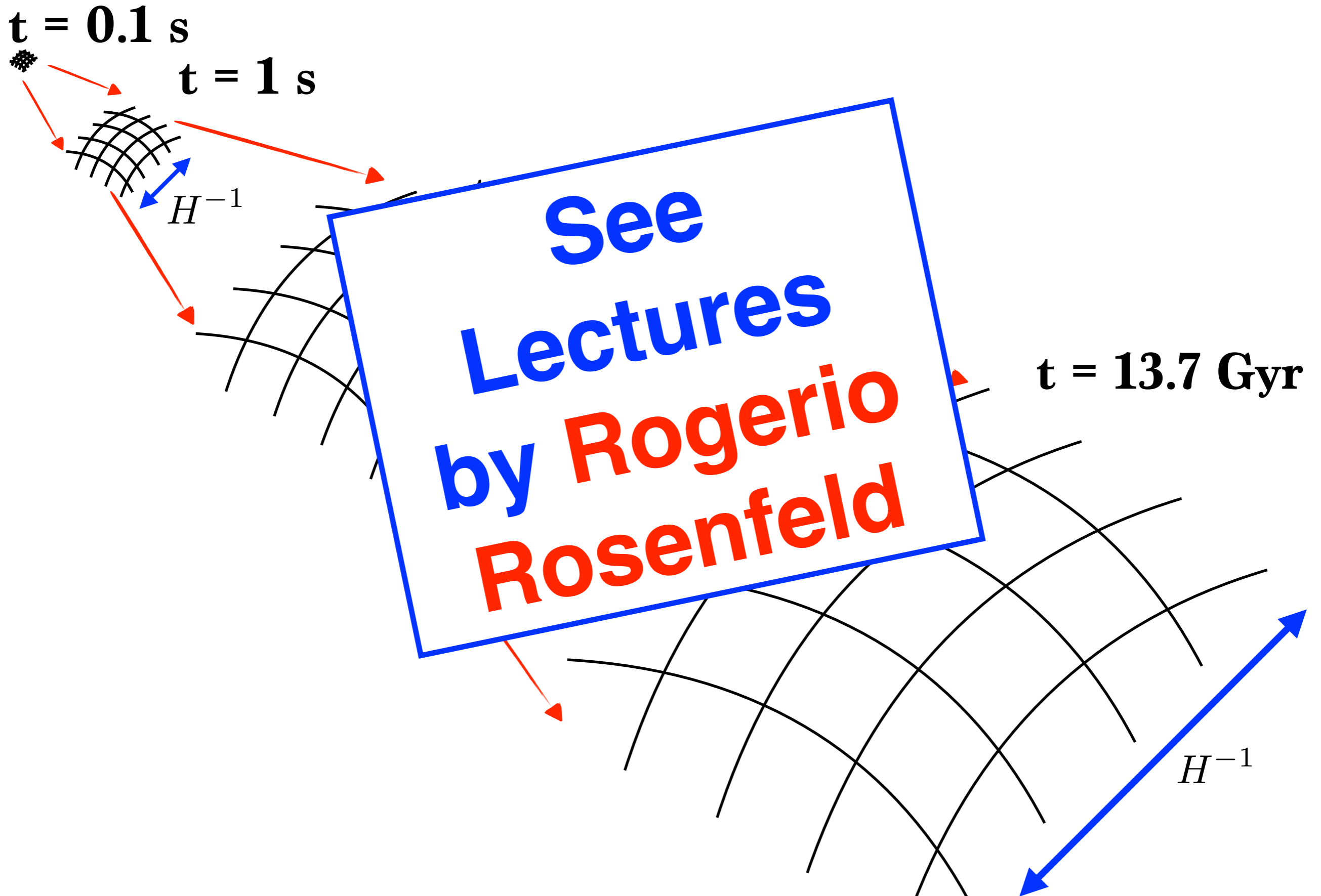
**invariant:**  $\left\{ \begin{array}{l} k \rightarrow k/c^2 \\ r \rightarrow c \cdot r \\ a \rightarrow a/c \end{array} \right. \Rightarrow \left\{ \begin{array}{l} a, r, k \text{ unphysical} \\ \frac{k}{a^2}, a \cdot r, kr^2 \text{ physical} \end{array} \right.$

$(c = \text{const.})$

# Expanding Universe



# Expanding Universe



# Cosmological Principle

$$G_{\mu\nu} = \frac{1}{m_p^2} T_{\mu\nu}$$

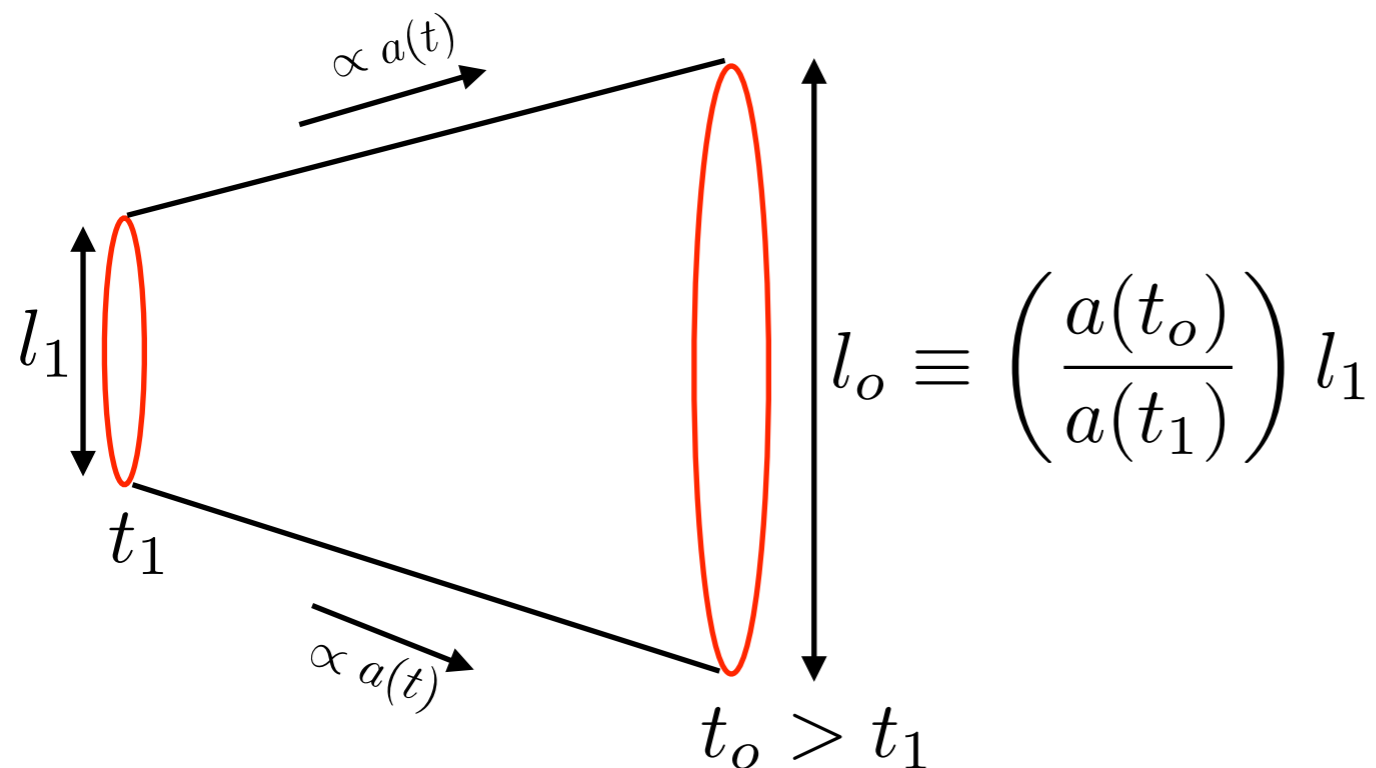
geometry of  
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Principle of Symmetry:

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**Redshift**

$$z_1 \equiv \frac{a_o - a_1}{a_1}$$

$$1 + z \equiv \frac{a(t_o)}{a(t)}$$

**END of digression on  
GENERAL RELATIVITY**



**Let's continue with**  
**PRIMER ON**  
**GRAVITATIONAL WAVES**

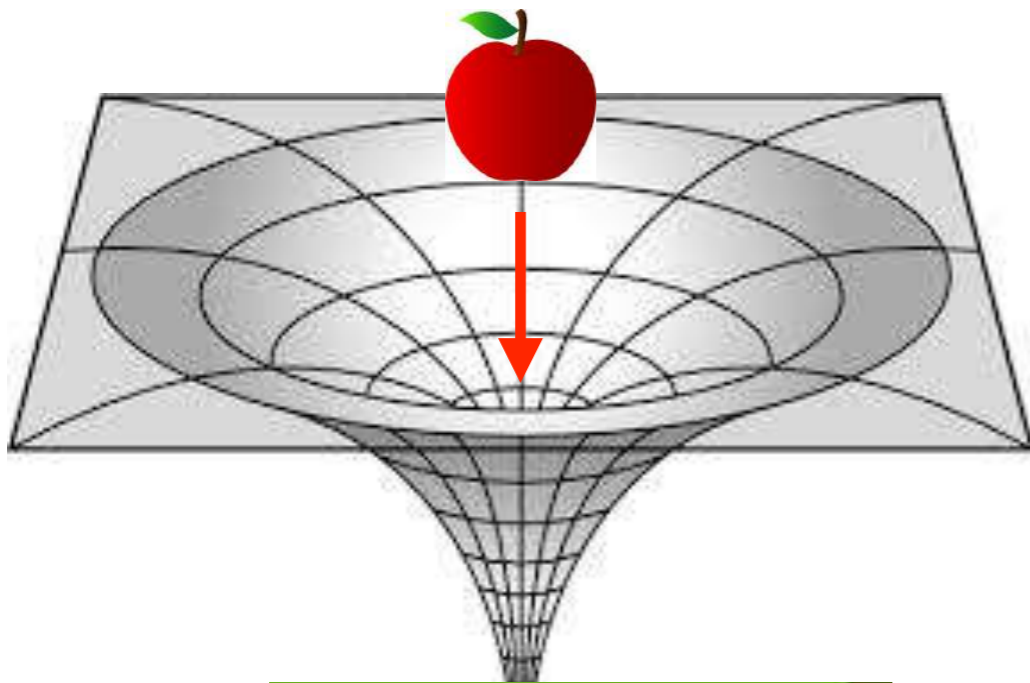
# Gravitational Framework

## General Relativity (GR)

$$G_{\mu\nu} = \frac{1}{m_p^2} T_{\mu\nu}$$

geometry      matter

$$\left[ m_p = (8\pi G)^{-1/2} = 2.44 \cdot 10^{18} \text{ GeV} \right] \text{ Reduced Planck mass}$$



$$\text{DIFF : } x^\mu \rightarrow x'^\mu(x)$$

symmetry

# Gravitational Framework

## General Relativity (GR)

$$G_{\mu\nu} = \frac{1}{m_p^2} T_{\mu\nu}$$

geometry                  matter

$$G_{\mu\nu} \equiv \mathcal{D}[g_{\alpha\beta}] = m_p^{-2} T_{\mu\nu}(\text{Matt, Rad, Top.Defects, DarkEnergy, ...})$$

metric

↓

2nd order, non-Linear

source

# Gravitational Framework

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2nd order, non-Linear

source

## How do we define GWs ?

# Gravitational Framework

## General Relativity (GR)

$$\underset{\text{geometry}}{G_{\mu\nu}} = \frac{1}{m_p^2} \underset{\text{matter}}{T_{\mu\nu}}$$

$$G_{\mu\nu} \equiv \mathcal{D}[\overset{\text{metric}}{\underset{\uparrow}{g_{\alpha\beta}}}] = m_p^{-2} T_{\mu\nu}(\text{Matt, Rad, Top.Defects, DarkEnergy, ...})$$

source

**expand in perturbations**

$$g_{\alpha\beta} = \bar{g}_{\alpha\beta} + \delta g_{\alpha\beta}$$

## How do we define GWs ?

# Gravitational Framework

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geometry                  matter

$$G_{\mu\nu} \equiv \mathcal{D} \left[ \overset{\substack{\uparrow \\ \text{metric}}}{g_{\alpha\beta}} \right] = m_p^{-2} T_{\mu\nu} (\text{Matt, Rad, Top.Defects, DarkEnergy, ...})$$

**source of GWs**

**expand in perturbations**

$$g_{\alpha\beta} = \bar{g}_{\alpha\beta} + \delta g_{\alpha\beta}$$

## How do we define GWs ?

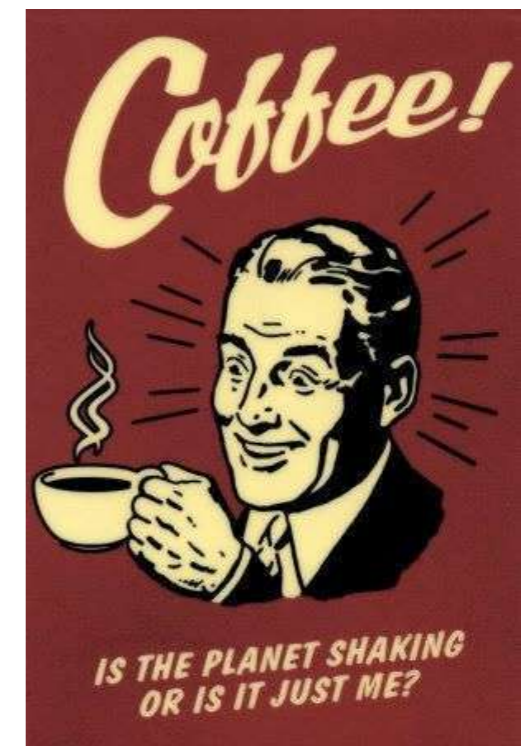
$$g_{\alpha\beta} = \bar{g}_{\alpha\beta} + \delta g_{\alpha\beta}$$

**Let's continue  
this approach...**

$$g_{\alpha\beta} = \bar{g}_{\alpha\beta} + \delta g_{\alpha\beta}$$

**Let's continue  
this approach...**

**But not before ...  
coffee breaking!**



# **Definition of GWs**

## **1st approach**

# Gravitational Wave Definition

**1st approach to GWs**

Minkowski

↑

$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x)$$
$$( |h_{\mu\nu}| \ll 1 )$$

---

# Gravitational Wave Definition

**LINEARIZED GRAVITY**

Minkowski

$$g_{\mu\nu} = \overset{\uparrow}{\eta_{\mu\nu}} + h_{\mu\nu}(x)$$

(  $|h_{\mu\nu}| \ll 1$  )



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**1st approach to GWs**

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**fixed  
frame**

---

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**fixed frame**

DIFF :  $x^\mu \rightarrow x'^\mu(x)$

**symmetry?**

---

# Gravitational Wave Definition

**1st approach to GWs**

$$g_{\mu\nu} = \overset{\text{Minkowski}}{\underset{\uparrow}{\eta_{\mu\nu}}} + h_{\mu\nu}(x) \quad \text{fixed frame}$$

(  $|h_{\mu\nu}| \ll 1$  )

DIFF :  $x^\mu \not\rightarrow x'^\mu(x)$

---

# Gravitational Wave Definition

## 1st approach to GWs

Minkowski

$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x)$$

(  $|h_{\mu\nu}| \ll 1$  )

**fixed frame**

DIFF :  $x^\mu \not\rightarrow x'^\mu(x)$

$$x^\mu \rightarrow x'^\mu = x^\mu + \xi^\mu(x)$$

(  $|\partial_\mu \xi_\nu(x)| \lesssim |h_{\mu\nu}|$  )

**residual symm.**

$$h_{\mu\nu}(x) \rightarrow h'_{\mu\nu}(x') = h_{\mu\nu}(x) - \partial_{[\mu} \xi_{\nu]}$$

---

# Gravitational Wave Definition

**1st approach to GWs**

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(  $|h_{\mu\nu}| \ll 1$  )

**fixed  
frame**

**Let's expand Einstein Equations !**

---

# Gravitational Wave Definition

## 1st approach to GWs

Minkowski

↑

$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x)$$

(  $|h_{\mu\nu}| \ll 1$  )

**fixed  
frame**

Trace-reversed

$$\bar{h}_{\mu\nu} \equiv h_{\mu\nu} - \frac{1}{2}h\eta_{\mu\nu}$$

---

# Gravitational Wave Definition

## 1st approach to GWs

Minkowski

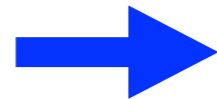
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$$\partial^\alpha \partial_\alpha \bar{h}_{\mu\nu} + \eta_{\mu\nu} \partial^\alpha \partial^\beta \bar{h}_{\alpha\beta} - \partial^\alpha \partial_{(\mu} \bar{h}_{\alpha\nu)} = -\frac{2}{m_p^2} T_{\mu\nu}$$

---

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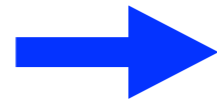
Minkowski

$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x) \quad \text{fixed frame}$$

(  $|h_{\mu\nu}| \ll 1$  )

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$\mathcal{O}(h_{**})$  Einstein tensor expansion

---

# Gravitational Wave Definition

## 1st approach to GWs

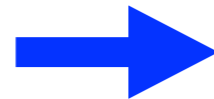
Minkowski  
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residual  
symm.

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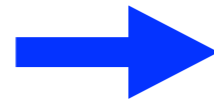
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residual symm.  $\partial^\nu \bar{h}_{\mu\nu} = 0$  Lorentz gauge

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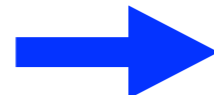
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**Technical Note:** If  $\partial^\mu \bar{h}_{\mu\nu} \neq 0$



# Gravitational Wave Definition

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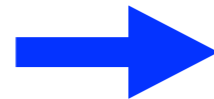
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# Gravitational Wave Definition

## 1st approach to GWs

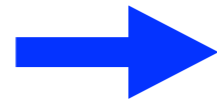
Minkowski  
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$$\partial'^\mu \bar{h}'_{\mu\nu}(x') = \underbrace{\partial^\mu \bar{h}_{\mu\nu}(x)}_{\equiv f(x) \neq 0} - \square \xi_\nu$$

# Gravitational Wave Definition

## 1st approach to GWs

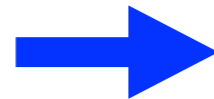
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# Gravitational Wave Definition

## 1st approach to GWs

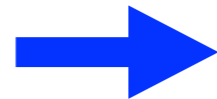
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$$\underbrace{\partial^\alpha \partial_\alpha \bar{h}_{\mu\nu} + \eta_{\mu\nu} \partial^\alpha \partial^\beta \bar{h}_{\alpha\beta} - \partial^\alpha \partial_{(\mu} \bar{h}_{\alpha\nu)}}_{\mathcal{O}(h_{**})} = -\frac{2}{m_p^2} T_{\mu\nu}$$

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residual symm.  $\partial^\nu \bar{h}_{\mu\nu} = 0$

**Lorentz gauge**



**Technical Note:** If  $\partial^\mu \bar{h}_{\mu\nu} \neq 0$

$$\partial'^\mu \bar{h}'_{\mu\nu}(x') = \underbrace{\partial^\mu \bar{h}_{\mu\nu}(x)}_{\equiv f(x) \neq 0} - \square \xi_\nu \stackrel{!}{=} 0 \iff \square \xi_\nu = f(x)$$

(solution always!)

# Gravitational Wave Definition

## 1st approach to GWs

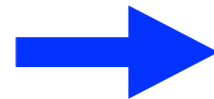
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(  $|h_{\mu\nu}| \ll 1$  )

Trace-reversed

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$$\underbrace{\partial^\alpha \partial_\alpha \bar{h}_{\mu\nu} + \eta_{\mu\nu} \partial^\alpha \partial^\beta \bar{h}_{\alpha\beta} - \partial^\alpha \partial_{(\mu} \bar{h}_{\alpha\nu)}}_{\mathcal{O}(h_{**})} = -\frac{2}{m_p^2} T_{\mu\nu}$$

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# Gravitational Wave Definition

## 1st approach to GWs

Minkowski

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(  $|h_{\mu\nu}| \ll 1$  )

Trace-reversed

$$\bar{h}_{\mu\nu} \equiv h_{\mu\nu} - \frac{1}{2}h\eta_{\mu\nu} \quad \longrightarrow \quad \partial^\alpha \partial_\alpha \bar{h}_{\mu\nu} + \underbrace{\eta_{\mu\nu} \partial^\alpha \partial^\beta \bar{h}_{\alpha\beta}}_{=0} - \underbrace{\partial^\alpha \partial_{(\mu} \bar{h}_{\alpha\nu)}}_{=0} = -\frac{2}{m_p^2} T_{\mu\nu}$$

residual symm.

$$\partial^\nu \bar{h}_{\mu\nu} = 0$$

Lorentz gauge

---

# Gravitational Wave Definition

## 1st approach to GWs

Minkowski  
↑

$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x) \quad \text{fixed frame}$$

(  $|h_{\mu\nu}| \ll 1$  )

Trace-reversed

$$\boxed{\bar{h}_{\mu\nu} \equiv h_{\mu\nu} - \frac{1}{2}h\eta_{\mu\nu}} \quad \longrightarrow \quad \partial^\alpha \partial_\alpha \bar{h}_{\mu\nu} + \eta_{\mu\nu} \cancel{\partial^\alpha \partial^\beta \bar{h}_{\alpha\beta}} - \cancel{\partial^\alpha \partial_{(\mu} \bar{h}_{\alpha\nu)}} = -\frac{2}{m_p^2} T_{\mu\nu}$$

residual  
symm.

$$\boxed{\partial^\nu \bar{h}_{\mu\nu} = 0}$$

Lorentz gauge

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# Gravitational Wave Definition

## 1st approach to GWs

Minkowski

$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x) \quad \text{fixed frame}$$

$$(|h_{\mu\nu}| \ll 1)$$

Trace-reversed

$$\bar{h}_{\mu\nu} \equiv h_{\mu\nu} - \frac{1}{2}h\eta_{\mu\nu}$$

$$\underbrace{\partial^\alpha \partial_\alpha \bar{h}_{\mu\nu}} + \cancel{\eta_{\mu\nu} \partial^\alpha \partial^\beta \bar{h}_{\alpha\beta}} - \cancel{\partial^\alpha \partial_{(\mu} \bar{h}_{\alpha\nu)}} = - \underbrace{\frac{2}{m_p^2} T_{\mu\nu}}$$

residual  
symm.

$$\partial^\nu \bar{h}_{\mu\nu} = 0$$

Lorentz gauge

$$\partial_\alpha \partial^\alpha \bar{h}_{\mu\nu} = - \frac{2}{m_p^2} T_{\mu\nu}$$

# Gravitational Wave Definition

## 1st approach to GWs

Minkowski

$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x) \quad \text{fixed frame}$$

$$(|h_{\mu\nu}| \ll 1)$$

Trace-reversed

$$\bar{h}_{\mu\nu} \equiv h_{\mu\nu} - \frac{1}{2}h\eta_{\mu\nu}$$

$$\underbrace{\partial^\alpha \partial_\alpha \bar{h}_{\mu\nu}} + \cancel{\eta_{\mu\nu} \partial^\alpha \partial^\beta \bar{h}_{\alpha\beta}} - \cancel{\partial^\alpha \partial_{(\mu} \bar{h}_{\alpha\nu)}} = - \underbrace{\frac{2}{m_p^2} T_{\mu\nu}}$$

residual  
symm.

$$\partial^\nu \bar{h}_{\mu\nu} = 0$$

Lorentz gauge

$$\partial_\alpha \partial^\alpha \bar{h}_{\mu\nu} = - \frac{2}{m_p^2} T_{\mu\nu}$$

# Gravitational Wave Definition

## 1st approach to GWs

Minkowski

$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x) \quad \text{fixed frame}$$

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(10 - 4 = 6 d.o.f.)

# Gravitational Wave Definition

**1st approach to GWs**

$$g_{\mu\nu} = \overset{\text{Minkowski}}{\underset{\uparrow}{\eta_{\mu\nu}}} + h_{\mu\nu}(x) \quad \text{fixed frame}$$

(  $|h_{\mu\nu}| \ll 1$  )

**Is that all ?**

---

# Gravitational Wave Definition

**1st approach to GWs**

Minkowski

↑

$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x)$$

(  $|h_{\mu\nu}| \ll 1$  )

**fixed  
frame**

**Is that all ? Not really ...**

---

# Gravitational Wave Definition

## 1st approach to GWs

Minkowski

↑

$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x)$$

(  $|h_{\mu\nu}| \ll 1$  )

**fixed  
frame**

$$x'^{\mu} = x^{\mu} + \xi^{\mu}(x)$$

with  $\partial_{\alpha} \partial^{\alpha} \xi_{\mu} = 0$

**(further residual gauge)**

---

# Gravitational Wave Definition

## 1st approach to GWs

Minkowski

↑

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$$x'^{\mu} = x^{\mu} + \xi^{\mu}(x)$$

with  $\partial_{\alpha} \partial^{\alpha} \xi_{\mu} = 0$

**(further residual gauge)**

$$(\partial^{\mu} \bar{h}_{\mu\nu} = 0 \rightarrow \partial'^{\mu} \bar{h}'_{\mu\nu} = 0)$$

---

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## 1st approach to GWs

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$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x)$$

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$$x'^{\mu} = x^{\mu} + \xi^{\mu}(x)$$

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(further residual gauge)



**IF**  $T_{\mu\nu} = 0$

Outside Source



# Gravitational Wave Definition

## 1st approach to GWs

$$x'^{\mu} = x^{\mu} + \xi^{\mu}(x)$$

with  $\partial_{\alpha} \partial^{\alpha} \xi_{\mu} = 0$   
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IF  $T_{\mu\nu} = 0$   
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$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x)$$

(  $|h_{\mu\nu}| \ll 1$  )

fixed  
frame

$$h^{0\mu} = 0, \quad h^i_i = 0, \quad \partial_j h_{ij} = 0$$

(transverse-  
traceless  
gauge)

# Gravitational Wave Definition

## 1st approach to GWs

$$x'^{\mu} = x^{\mu} + \xi^{\mu}(x)$$

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$$\partial_{\mu} \partial^{\mu} h_{ij} = 0$$

(6 - 4 = 2 d.o.f. )

(transverse-  
traceless  
gauge)

# Gravitational Wave Definition

## 1st approach to GWs

$$x'^{\mu} = x^{\mu} + \xi^{\mu}(x)$$

with  $\partial_{\alpha} \partial^{\alpha} \xi_{\mu} = 0$   
(further residual gauge)

IF  $T_{\mu\nu} \neq 0$

Inside  
Source !

Minkowski

$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x) \quad \text{fixed frame}$$

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6 - 4 = 2 d.o.f. ?

(transverse-  
traceless  
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?

?

# Gravitational Wave Definition

## 1st approach to GWs

$$x'^{\mu} = x^{\mu} + \xi^{\mu}(x)$$

with  $\partial_{\alpha} \partial^{\alpha} \xi_{\mu} = 0$   
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IF  $T_{\mu\nu} \neq 0$

Inside  
Source !

Minkowski

$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x) \quad \text{fixed frame}$$

$$(|h_{\mu\nu}| \ll 1)$$

~~$$h^{0\mu} = 0, \quad h^i_i = 0, \quad \partial_j h_{ij} = 0$$~~

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6 - 4 = 2 d.o.f. ?

~~(transverse-  
traceless  
gauge)~~

# Gravitational Wave Definition

## 1st approach to GWs

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$$g_{\mu\nu} = \eta_{\mu\nu} + h_{\mu\nu}(x) \quad \text{fixed frame}$$

(  $|h_{\mu\nu}| \ll 1$  )

$$x'^{\mu} = x^{\mu} + \xi^{\mu}(x)$$

with  $\partial_{\alpha} \partial^{\alpha} \xi_{\mu} = 0$   
(further residual gauge)

→  
**IF**  $T_{\mu\nu} \neq 0$   
Inside Source!

Cannot make  $h_{*0} = 0$

$$\partial_{\alpha} \partial^{\alpha} \bar{h}_{\mu\nu} = -\frac{2}{m_p^2} T_{\mu\nu}$$

(6 - 4 = 2 d.o.f. )

Yet there  
are still only  
2 radiative  
dof!

# Gravitational Wave Definition

(TT gauge:  $6 - 4 = 2$  d.o.f. )

**1st approach to GWs**

$$h^{0\mu} = 0, \quad h^i_i = 0, \quad \partial_j h_{ij} = 0$$

Outside  
Source



# Gravitational Wave Definition

(TT gauge:  $6 - 4 = 2$  d.o.f. )

**1st approach to GWs**

$$h^{0\mu} = 0, \quad h^i_i = 0, \quad \partial_j h_{ij} = 0$$

Outside  
Source

$$\partial_\mu \partial^\mu h_{ij} = 0$$

**Wave Eq.  $\rightarrow$  Gravitational Waves !**

---

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(TT gauge:  $6 - 4 = 2$  d.o.f. )

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**Wave Eq.  $\rightarrow$  Gravitational Waves !**

**can GW be 'gauged away' ?**

---

# Gravitational Wave Definition

(TT gauge:  $6 - 4 = 2$  d.o.f. )

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---

# Gravitational Wave Definition

(TT gauge:  $6 - 4 = 2$  d.o.f. )

**1st approach to GWs**

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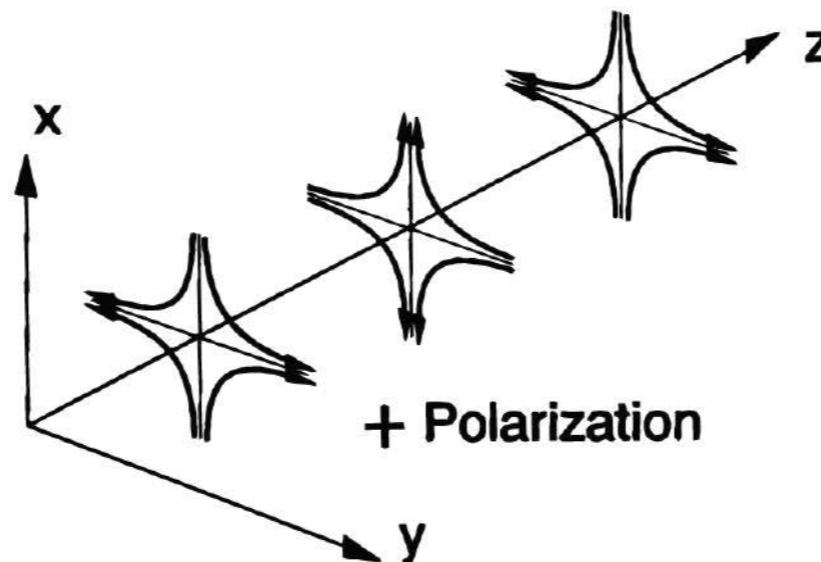
Outside  
Source

$$\partial_\mu \partial^\mu h_{ij} = 0$$

**Wave Eq.  $\rightarrow$  Gravitational Waves !**

**can GW be 'gauged away' ? No !**

direction of propagation



**Transverse  
(& Traceless)**

# Gravitational Wave Definition

(TT gauge:  $6 - 4 = 2$  d.o.f. )

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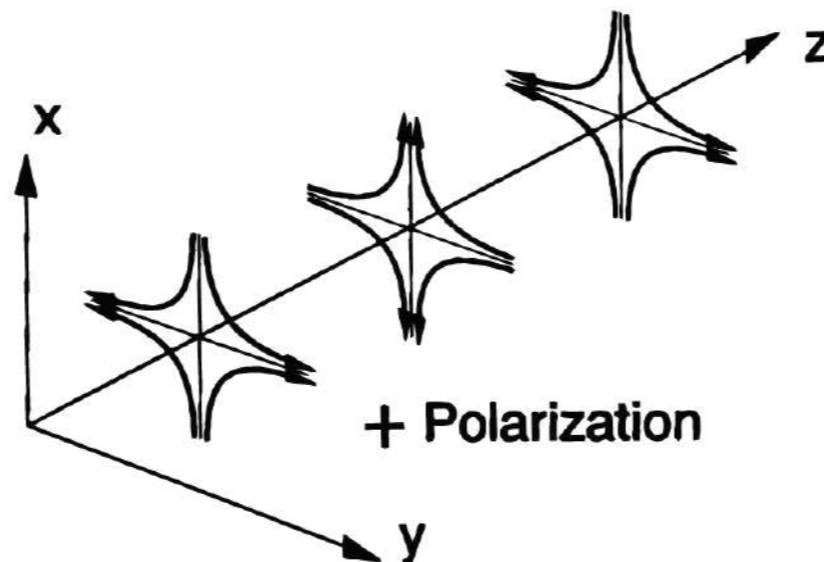
Outside  
Source

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direction of propagation



**2 dof =  
2 polarizations**

# Gravitational Wave Definition

(TT gauge:  $6 - 4 = 2$  d.o.f. )

**1st approach to GWs**

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**Wave Eq.  $\rightarrow$  Gravitational Waves !**

**can GW be 'gauged away' ? No !**

---

**2 dof = 2 polarizations**

$$h_{ab}(t, \mathbf{x}) = \int_{-\infty}^{\infty} df \int d\hat{n} h_{ab}(f, \hat{n}) e^{-2\pi i f(t - \hat{n} \cdot \mathbf{x})}$$

transverse plane

(plane wave)

# Gravitational Wave Definition

(TT gauge:  $6 - 4 = 2$  d.o.f. )

**1st approach to GWs**

$$h^{0\mu} = 0, \quad h^i_i = 0, \quad \partial_j h_{ij} = 0$$

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**2 dof = 2 polarizations**

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transverse plane
(plane wave)

$$h_{ab}(f, \hat{n}) = \sum_{A=+, \times} h_A(f, \hat{n}) \epsilon_{ab}^{(A)}(\hat{n}) = \begin{pmatrix} h_+ & h_\times & 0 \\ h_\times & -h_+ & 0 \\ 0 & 0 & 0 \end{pmatrix}$$

Transverse-  
Traceless  
(2 dof)

# Gravitational Wave Definition

(TT gauge:  $6 - 4 = 2$  d.o.f. )

1st approach to GWs

$$h^{0\mu} = 0, \quad h^i_i = 0, \quad \partial_j h_{ij} = 0$$

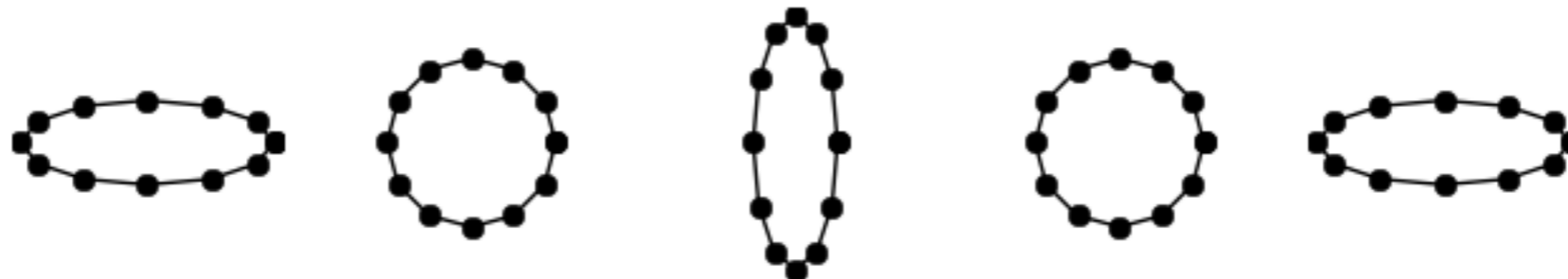
Outside  
Source

$$\partial_\mu \partial^\mu h_{ij} = 0$$

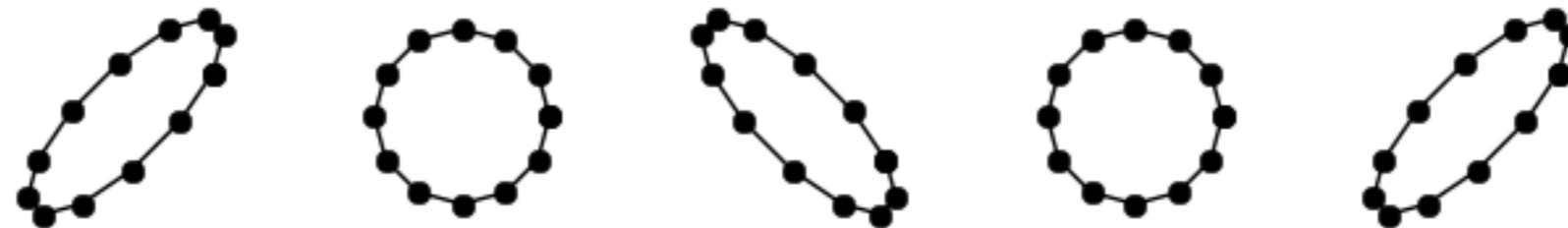
Wave Eq.  $\rightarrow$  Gravitational Waves !

can GW be 'gauged away' ? No !

$h_+$



$h_x$



$\omega t = 0$

$\omega t = \pi/2$

$\omega t = \pi$

$\omega t = 3\pi/2$

$\omega t = 2\pi$

# **Definition of GWs**

## **2nd approach**

# Gravitational Wave Definition

**2nd approach to GWs**  
(gauge invariant def.)

Minkowski

$$g_{\mu\nu} = \eta_{\mu\nu} + \delta g_{\mu\nu} \quad (|\delta g_{\mu\nu}| \ll 1)$$

# Gravitational Wave Definition

## 2nd approach to GWs (gauge invariant def.)

Minkowski

$$g_{\mu\nu} = \eta_{\mu\nu} + \delta g_{\mu\nu} \quad (|\delta g_{\mu\nu}| \ll 1)$$

(svt decomposition)

$$\delta g_{00} = -2\phi,$$

$$\delta g_{0i} = \delta g_{i0} = (\partial_i B + S_i),$$

$$\delta g_{ij} = \delta g_{ji} = -2\psi\delta_{ij} + (\partial_i\partial_j - \frac{1}{3}\delta_{ij}\nabla^2)E + \partial_i F_j + \partial_j F_i + h_{ij},$$

s: scalar  
v: vector  
t: tensor

# Gravitational Wave Definition

## 2nd approach to GWs (gauge invariant def.)

Minkowski  
↑

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s: scalar  
v: vector  
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(svt decomposition)

$$T_{00} = \rho,$$

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# Gravitational Wave Definition

(svt metric perturbations)

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	$\delta g_{\mu\nu}$	$T_{\mu\nu}$
Scalar(s) $\left\{ \begin{array}{l} \text{Vector(s)} \\ \text{Tensor(s)} \end{array} \right\} \in \mathfrak{R}^3$	$\phi, B, \psi, E$	$\rho, u, p, \sigma$
	$S_i, F_i$	$u_i, v_i$
	$h_{ij}$	$\Pi_{ij}$

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(svt E/p-tensor components)

	$\delta g_{\mu\nu}$	$T_{\mu\nu}$
<div> <div> <div>Scalar(s)</div> <div>Vector(s)</div> <div>Tensor(s)</div> </div> <div> <div>⌋</div> <div>⌋</div> <div>⌋</div> </div> </div> $\in \mathfrak{R}^3$	<div> <math>\phi, B, \psi, E</math>  <math>S_i, F_i</math>  <math>h_{ij}</math> </div>	<div> <math>\rho, u, p, \sigma</math>  <math>u_i, v_i</math>  <math>\Pi_{ij}</math> </div>

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<div> <div> Scalar(s)  <u>Vector(s)</u>  Tensor(s) </div> <div> </div> </div>	<div> <math>\phi, B, \psi, E</math>  <math>\rightarrow S_i, F_i \leftarrow</math>  <math>h_{ij}</math> </div>	<div> <math>\rho, u, p, \sigma</math>  <math>u_i, v_i</math>  <math>\Pi_{ij}</math> </div>

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Scalar(s) } $\in \mathfrak{R}^3$	$\phi, B, \psi, E$	$\rho, u, p, \sigma$
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Tensor(s) }	$h_{ij}$	$\Pi_{ij}$

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	$\delta g_{\mu\nu}$	$T_{\mu\nu}$
<div>Scalar(s)</div> <div>Vector(s)</div> <div><u>Tensor(s)</u></div>	<div><math>\phi, B, \psi, E</math></div> <div><math>S_i, F_i</math></div> <div><math>h_{ij}</math></div>	<div><math>\rho, u, p, \sigma</math></div> <div><math>u_i, v_i</math></div> <div><math>\Pi_{ij}</math></div>



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16 degrees  
of freedom

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16 degrees  
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	$\delta g_{\mu\nu}$	$T_{\mu\nu}$
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16 degrees  
of freedom

In order NOT  
to over-count  
degrees of  
freedom

# Gravitational Wave Definition

(svt metric perturbations)

$$\delta g_{00} = -2\phi,$$

$$\delta g_{0i} = \delta g_{i0} = (\partial_i B + S_i),$$

$$\delta g_{ij} = \delta g_{ji} = -2\psi\delta_{ij} + (\partial_i\partial_j - \frac{1}{3}\delta_{ij}\nabla^2)E + \partial_i F_j + \partial_j F_i + h_{ij},$$

16 degrees  
of freedom

(svt E/p-tensor components)

$$T_{00} = \rho,$$

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16 degrees  
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In order NOT  
to over-count  
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$$\left\{ \begin{array}{ll} \partial_i S_i = 0 \text{ (1 constraint)}, & \partial_i F_i = 0 \text{ (1 constraint)}, \\ \partial_i h_{ij} = 0 \text{ (3 constraints)}, & h_{ii} = 0 \text{ (1 constraint)} \end{array} \right\}$$

Metric  
perturbations

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Energy/Momentum  
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6 constraints for  
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10 degrees  
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Physical  
Constraints

$$\partial^\mu T_{\mu\nu} = 0,$$

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$$\partial^\mu T_{\mu\nu} = 0 \Rightarrow \left\{ \begin{array}{l} \nabla^2 u = \dot{\rho} \quad (1 \text{ constraint}), \\ \nabla^2 \sigma = \frac{3}{2}(\dot{u} - p) \quad (1 \text{ constraint}), \\ \nabla^2 v_i = \dot{u}_i \quad (2 \text{ constraints}). \end{array} \right.$$

4 constraints  
(due to E/p  
conservation)

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$$\partial^\mu G_{\mu\nu} = 0 \Rightarrow [\dots]$$

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6 degrees  
of freedom

Physical  
Symmetry

$$\left\{ \begin{array}{l} x_\mu \longrightarrow x_\mu + \xi_\mu \\ \delta g_{\mu\nu} \longrightarrow \delta g_{\mu\nu} - \partial_\mu \xi_\nu - \partial_\nu \xi_\mu \end{array} \right.$$

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6 degrees  
of freedom

Physical  
Symmetry  
( 4 d.o.f.  
spurious )

$$x_\mu \longrightarrow x_\mu + \xi_\mu$$

$$\delta g_{\mu\nu} \longrightarrow \delta g_{\mu\nu} - \partial_\mu \xi_\nu - \partial_\nu \xi_\mu$$

$$\xi_\mu = (\xi_0, \xi_i) \equiv (d_0, \partial_i d + d_i)$$

with  $\partial_i d_i = 0,$

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10 degrees  
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(svt E/p-tensor components)

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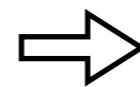
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6 degrees  
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$$\left\{ \begin{array}{ll} \phi \longrightarrow \phi - \dot{d}_0, & B \longrightarrow B - d_0 - \dot{d}, \\ \psi \longrightarrow \psi + \frac{1}{3}\nabla^2 d, & E \longrightarrow E - 2d, \\ S_i \longrightarrow S_i - \dot{d}_i, & F_i \longrightarrow F_i - 2d_i, \\ & h_{ij} \longrightarrow h_{ij}. \end{array} \right.$$

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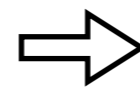
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6 degrees of freedom

Physical Symmetry  
(<sup>4</sup>d.o.f. spurious)

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Physical  
Symmetry  
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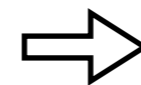
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6 degrees  
of freedom

**Gauge Invariant !**

Physical  
Symmetry  
( 4 d.o.f.  
spurious )

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$$\Phi \equiv -\phi + \dot{B} - \frac{1}{2}\ddot{E},$$

$$\Theta \equiv -2\psi - \frac{1}{3}\nabla^2 E,$$

$$\Sigma_i \equiv S_i - \frac{1}{2}\dot{F}_i,$$

with  $\partial_i \Sigma_i = 0$

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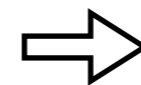
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**6** degrees  
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**Gauge Invariant !**

Physical  
Symmetry  
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$$\Phi \equiv -\phi + \dot{B} - \frac{1}{2}\ddot{E}, \quad \text{(1)}$$

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$$\Sigma_i \equiv S_i - \frac{1}{2}\dot{F}_i, \quad \text{(2)}$$

with  $\partial_i \Sigma_i = 0$

# Gravitational Wave Definition

**Gauge Invariant !**

$$\Phi \equiv -\phi + \dot{B} - \frac{1}{2}\ddot{E}, \quad (\mathbf{1})$$

$$\Theta \equiv -2\psi - \frac{1}{3}\nabla^2 E, \quad (\mathbf{1})$$

$$\Sigma_i \equiv S_i - \frac{1}{2}\dot{F}_i, \quad (\partial_i \Sigma_i = 0) \quad (\mathbf{2})$$

$$h_{ij} \equiv h_{ij}, \quad (h_{ii} = \partial_i h_{ij} = 0) \quad (\mathbf{2})$$

**6 gauge invariant  
degrees of freedom**

# Gravitational Wave Definition

**Gauge Invariant !**

$$\Phi \equiv -\phi + \dot{B} - \frac{1}{2}\ddot{E}, \quad (1)$$

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$$h_{ij} \equiv h_{ij}, \quad (h_{ii} = \partial_i h_{ij} = 0) \quad (2)$$

**6 gauge invariant  
degrees of freedom**



**Gauge Invariant  
Einstein Tensor**

$$G_{00} = -\nabla^2 \Theta,$$

$$G_{0i} = -\frac{1}{2}\nabla^2 \Sigma_i - \partial_i \dot{\Theta},$$

$$G_{ij} = -\frac{1}{2}\square h_{ij} - \partial_{(i}\dot{\Sigma}_{j)} - \frac{1}{2}\partial_i\partial_j (2\Phi + \Theta) + \delta_{ij} \left[ \frac{1}{2}\nabla^2 (2\Phi + \Theta) - \ddot{\Theta} \right].$$

# Gravitational Wave Definition

**Gauge Invariant !**

$$\Phi \equiv -\phi + \dot{B} - \frac{1}{2}\ddot{E}, \quad (1)$$

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**Gauge Invariant  
(perturbed)  
Einstein Eqs.**

$$\nabla^2 \Theta = -\frac{1}{m_p^2} \rho, \quad \nabla^2 \Phi = \frac{1}{2m_p^2} (\rho + 3p - 3\dot{u})$$

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6 gauge invariant *d.o.f.*

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Gravitational Waves (GWs) are TT *d.o.f.* metric  
perturbations, independently of system of reference

# **Definition of GWs**

## **3rd approach**

# Gravitational Wave Definition

## 3rd approach to GWs

(for a curved space-time)

$$g_{\mu\nu}(x) = \bar{g}_{\mu\nu}(x) + \delta g_{\mu\nu}(x), \quad |\delta g_{\mu\nu}| \ll 1$$

(separation not well defined)

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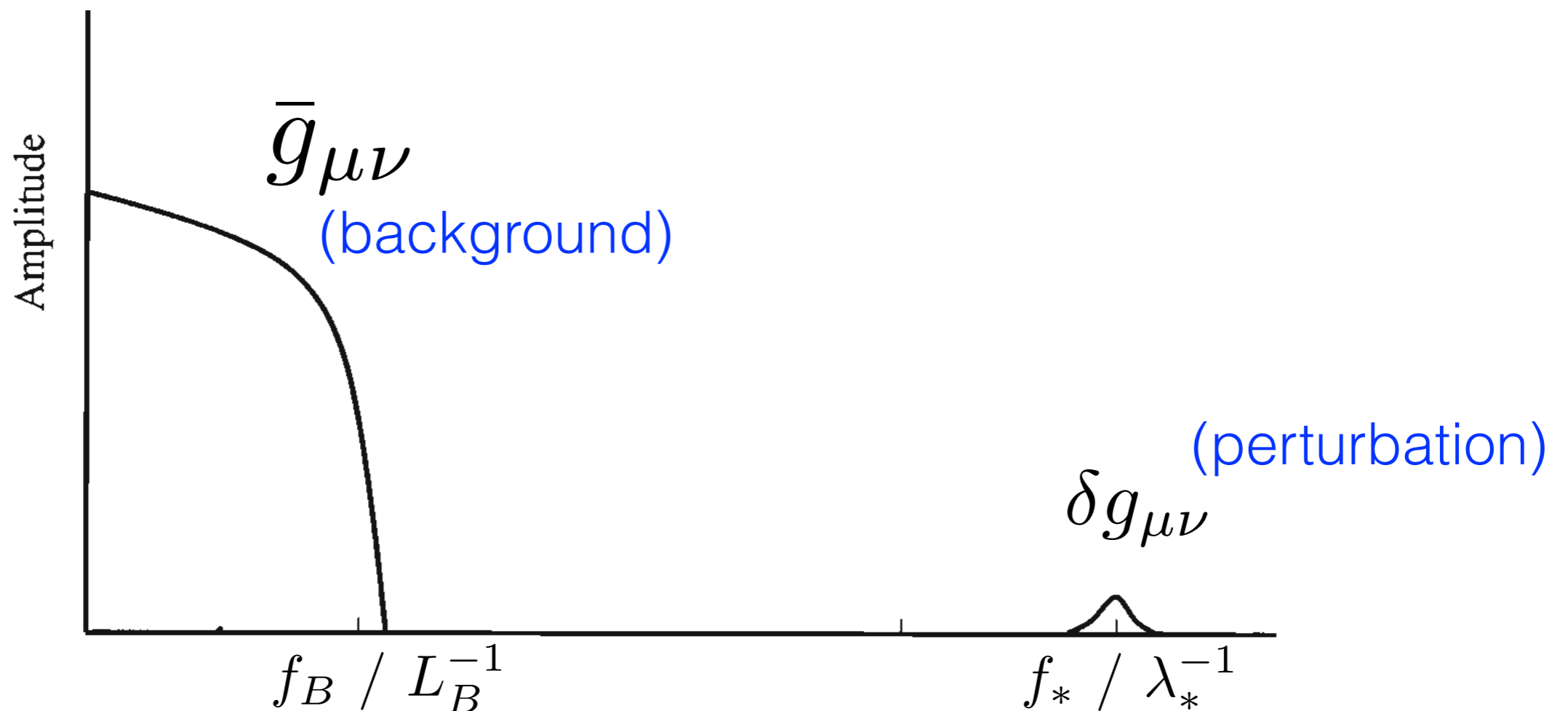
More subtle problem! Solution: Separation of scales !

See e.g.  
Maggiore's 1st  
Book on GWs

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**3rd approach to GWs**  $g_{\mu\nu}(x) = \bar{g}_{\mu\nu}(x) + \delta g_{\mu\nu}(x)$ ,  $|\delta g_{\mu\nu}| \ll 1$   
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$$R_{\mu\nu} = \frac{1}{m_p^2} \left( T_{\mu\nu} - \frac{1}{2} g_{\mu\nu} T \right)$$

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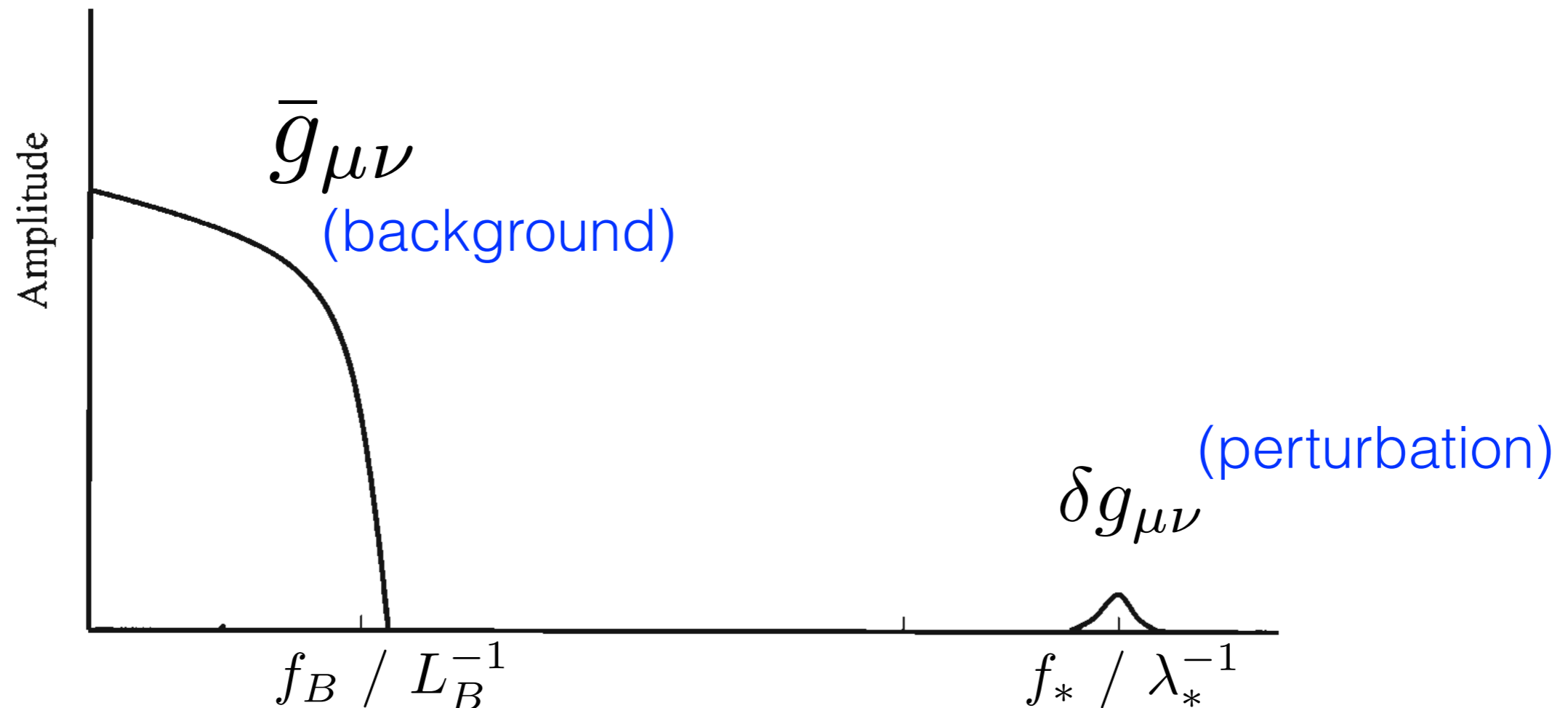
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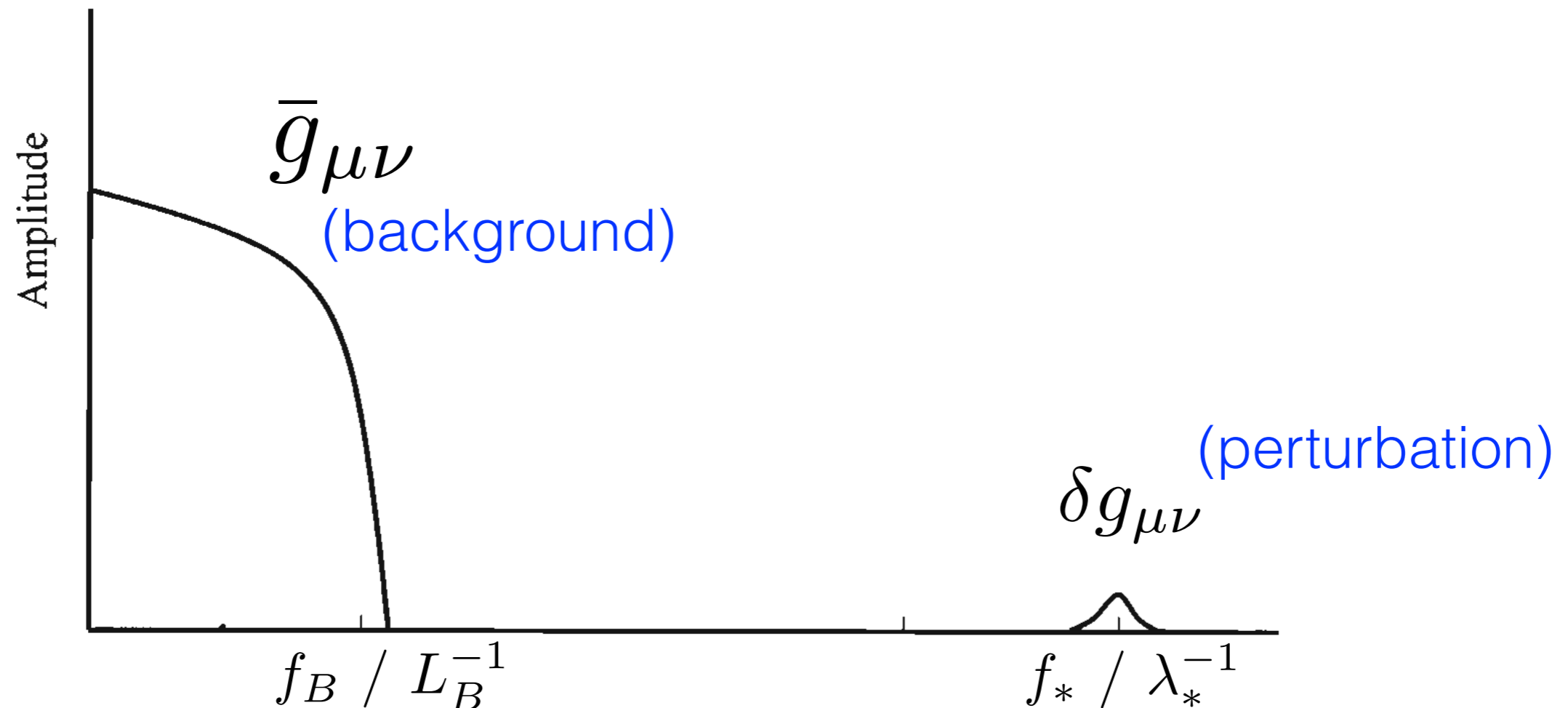
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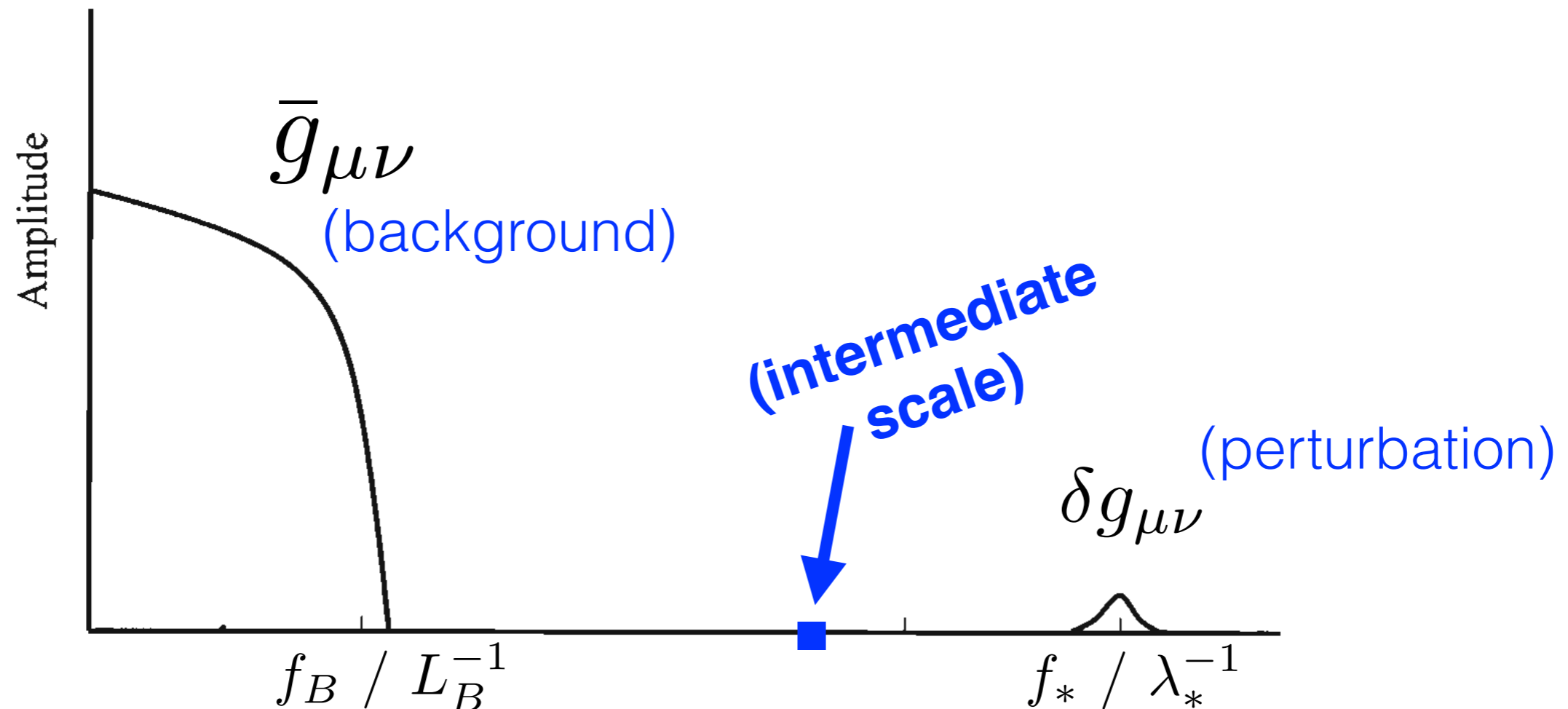
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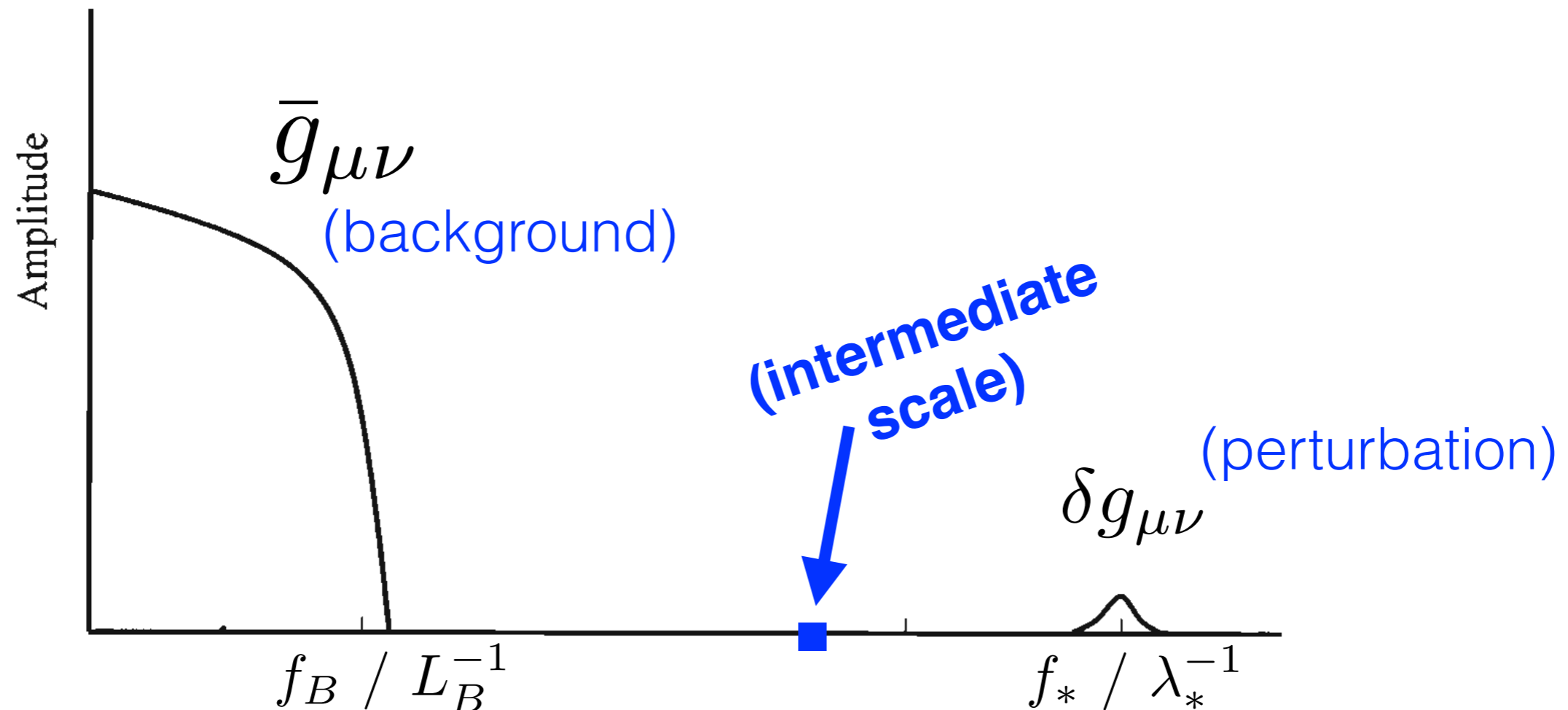
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$$t_{\mu\nu} = -\frac{1}{m_p^2} \langle R_{\mu\nu}^{(2)} - \frac{1}{2} \bar{g}_{\mu\nu} R^{(2)} \rangle \quad \langle T_{\mu\nu} - \frac{1}{2} g_{\mu\nu} T \rangle = \bar{T}_{\mu\nu} - \frac{1}{2} \bar{g}_{\mu\nu} \bar{T}$$

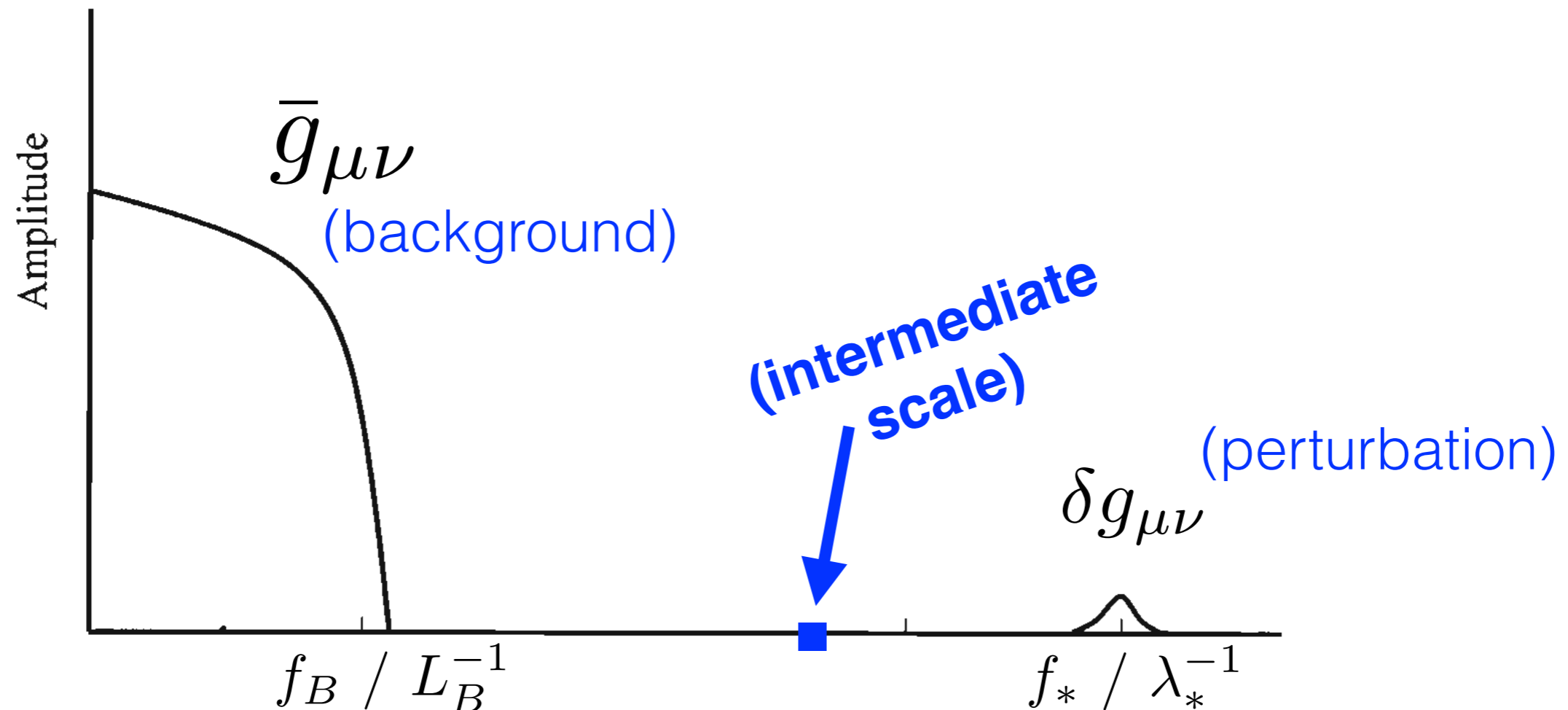


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It can be shown that **only TT dof** contribute to  $\langle \dots \rangle$

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GW energy-momentum tensor

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$(\delta g_{ij} \equiv h_{ij})$

$$\frac{dE}{dA dt} = \frac{m_p^2}{4} \langle \dot{h}_{ij}^{\text{TT}} \dot{h}_{ij}^{\text{TT}} \rangle$$

GW energy-momentum tensor

GW power/area radiated

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GW energy-momentum tensor

**GW energy density**

# Gravitational Wave Propagation

What about the  
High Freq. / Short Scale?

$$R_{\mu\nu}^{(1)} = -[R_{\mu\nu}^{(2)}]^{\text{High}} + \frac{1}{m_p^2} \left( T_{\mu\nu} - \frac{1}{2} g_{\mu\nu} T \right)^{\text{High}}$$

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$$D_{\mu} \bar{\delta} g_{\mu\nu} = 0 \quad \left( \bar{\delta} g_{\mu\nu} \equiv \delta g_{\mu\nu} - \frac{1}{2} \bar{g}_{\mu\nu} \bar{g}^{\alpha\beta} \delta g_{\alpha\beta} \right) \quad \text{Lorentz gauge}$$

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vacuum

$$D_{\alpha} D^{\alpha} \bar{\delta} g_{\mu\nu} = 0$$

Propagation of GWs  
in curved space-time

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$$D_{\mu} \bar{\delta} g_{\mu\nu} = 0 \quad \left( \bar{\delta} g_{\mu\nu} \equiv \delta g_{\mu\nu} - \frac{1}{2} \bar{g}_{\mu\nu} \bar{g}^{\alpha\beta} \delta g_{\alpha\beta} \right) \quad \text{Lorentz gauge}$$




vacuum

$$D_{\alpha} D^{\alpha} \delta g_{ij}^{\text{TT}} = 0$$

Propagation of GWs  
in curved space-time  
(  $D_i \delta g_{ij}^{\text{TT}} = \bar{g}^{ij} \delta g_{ij}^{\text{TT}} = 0$  )

# Gravitational Wave Propagation

What about the  
High Freq. / Short Scale?

$$R_{\mu\nu}^{(1)} = -[R_{\mu\nu}^{(2)}]^{\text{High}} + \frac{1}{m_p^2} \left( T_{\mu\nu} - \frac{1}{2} g_{\mu\nu} T \right)^{\text{High}}$$

$$\frac{|R_{\mu}^{(2)}|^{\text{High}}}{|R_{\mu}^{(1)}|} \sim \mathcal{O} \left( \frac{\lambda_*}{L_B} \right) \longrightarrow |R_{\mu}^{(2)}|^{\text{High}} \text{ negligible}$$

$$\left[ \begin{aligned} R_{\mu\nu}^{(1)} &= \bar{g}^{\alpha\beta} \left( D_{\alpha} D_{(\mu} \delta g_{\nu)\beta} - D_{\mu} D_{\nu} \delta g_{\alpha\beta} - D_{\alpha} D_{\beta} \delta g_{\mu\nu} \right) \\ D_{\mu} \bar{\delta} g_{\mu\nu} &= 0 \quad \left( \bar{\delta} g_{\mu\nu} \equiv \delta g_{\mu\nu} - \frac{1}{2} \bar{g}_{\mu\nu} \bar{g}^{\alpha\beta} \delta g_{\alpha\beta} \right) \end{aligned} \right] \text{ Lorentz gauge} \longrightarrow$$

$$\longrightarrow \boxed{D_{\alpha} D^{\alpha} \bar{\delta} g_{\mu\nu} = \overset{\text{matter}}{\Pi_{\mu\nu}}} \quad \text{Creation of GWs in curved space-time}$$

# Gravitational Wave Propagation

What about the  
High Freq. / Short Scale?

$$R_{\mu\nu}^{(1)} = -[R_{\mu\nu}^{(2)}]^{\text{High}} + \frac{1}{m_p^2} \left( T_{\mu\nu} - \frac{1}{2} g_{\mu\nu} T \right)^{\text{High}}$$

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$$\xrightarrow{\text{matter}} \boxed{D_{\alpha} D^{\alpha} \delta g_{\mu\nu}^{\text{TT}} = \Pi_{\mu\nu}^{\text{TT}}}$$

Creation of GWs  
in curved space-time  
**TT dof = truly radiative !**  
**[no gauge choice]**

# GW Propagation/Creation in Cosmology

**FLRW:**  $ds^2 = a^2(-d\eta^2 + (\delta_{ij} + h_{ij})dx^i dx^j),$       TT :  $\begin{cases} h_{ii} = 0 \\ h_{ij,j} = 0 \end{cases}$

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**Creation of GWs in curved space-time**

Eom:  $h''_{ij} + 2\mathcal{H}h'_{ij} - \nabla^2 h_{ij} = 16\pi G \Pi_{ij}^{\text{TT}}$

**Source: Anisotropic Stress**

$$\Pi_{ij} = T_{ij} - \langle T_{ij} \rangle_{\text{FRW}}$$

# GW Propagation/Creation in Cosmology

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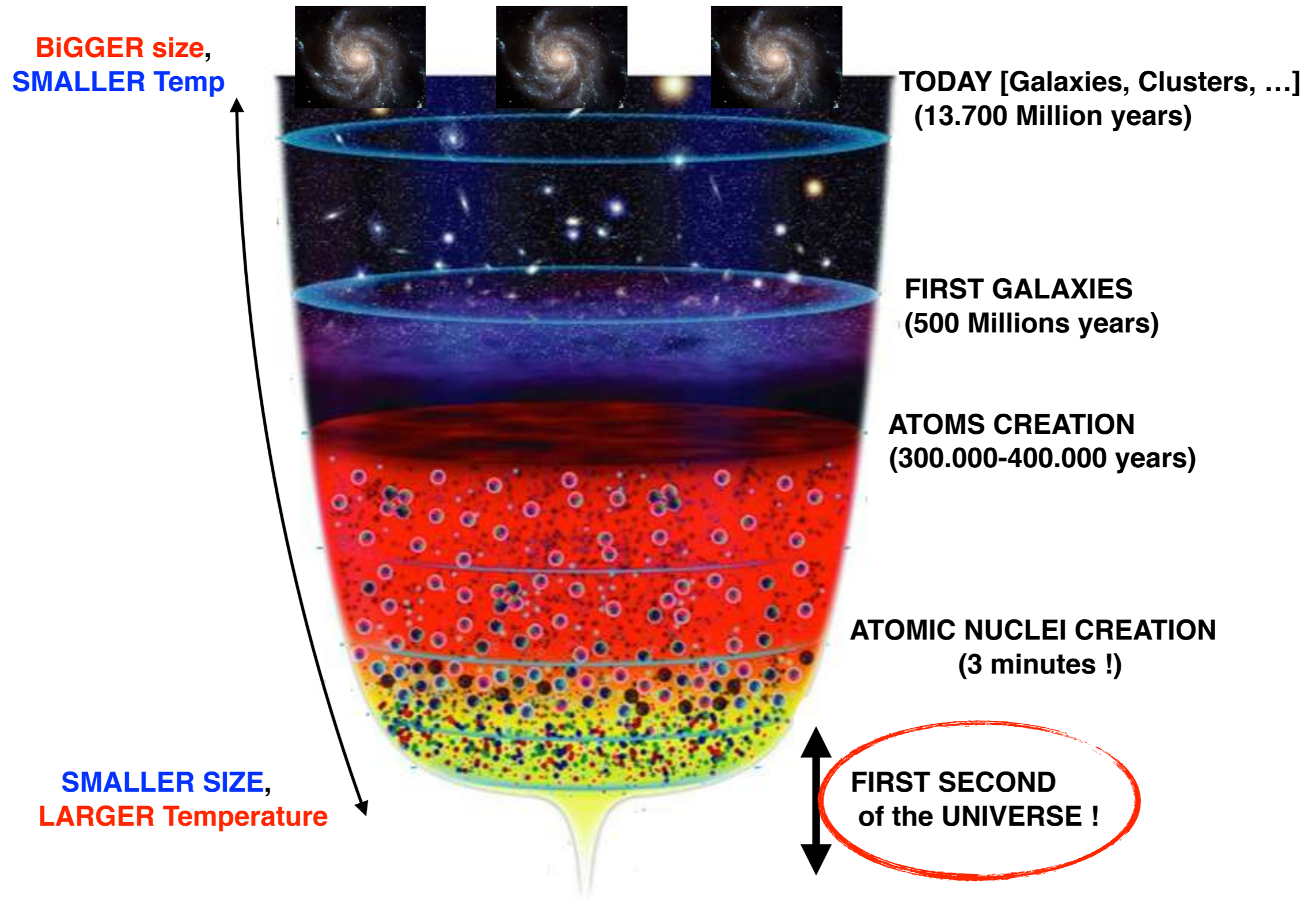
**Source: Anisotropic Stress**

$\Pi_{ij} = T_{ij} - \langle T_{ij} \rangle_{\text{FRW}}$

**GW Source(s):** ( SCALARS , VECTOR , FERMIONS )

$\Pi_{ij}^{TT} \propto \{\partial_i \chi^a \partial_j \chi^a\}^{TT}, \quad \{E_i E_j + B_i B_j\}^{TT}, \quad \{\bar{\psi} \gamma_i D_j \psi\}^{TT}$

# Cosmic History

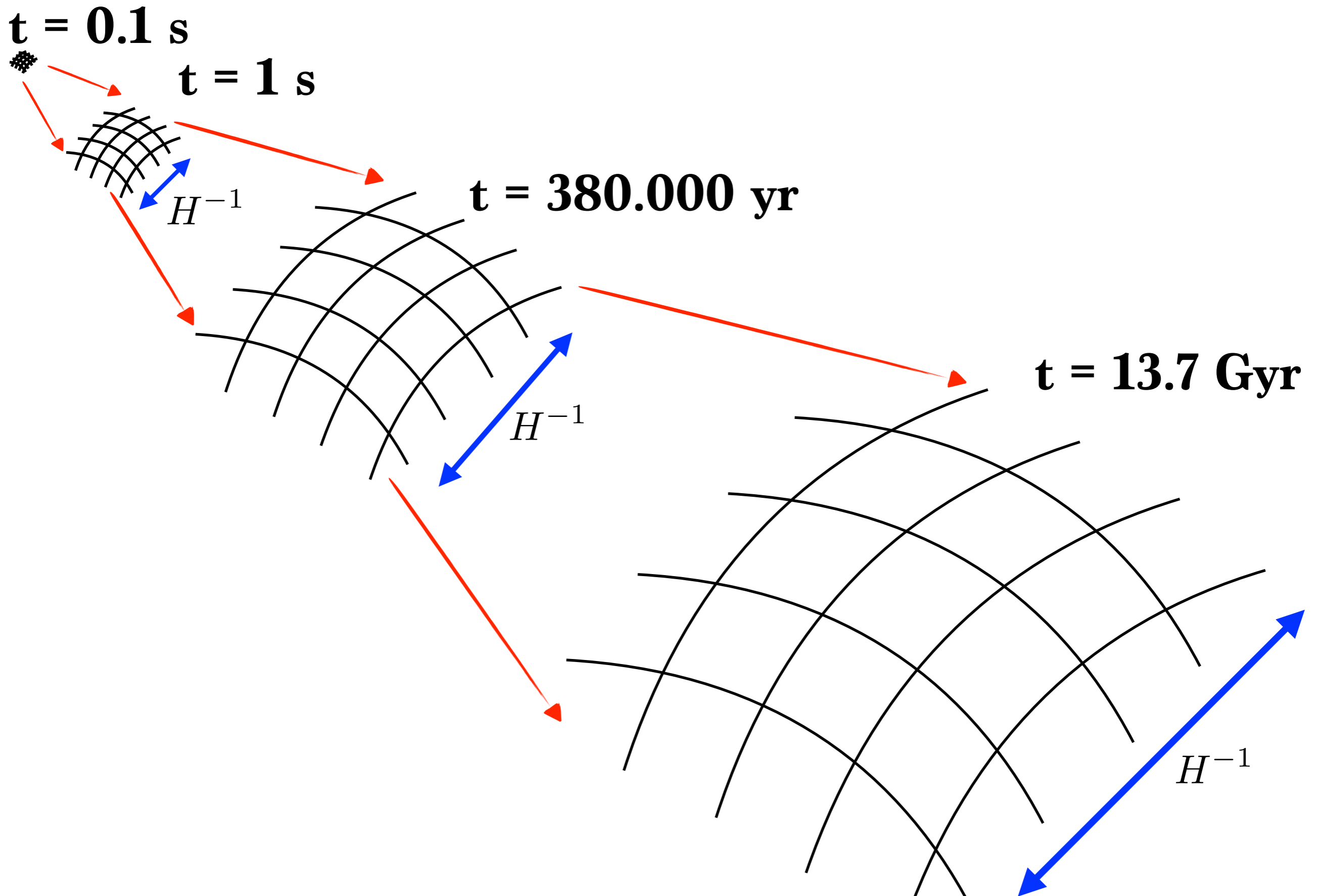


**To Be Continued ...**

**BACK SLIDES**

**FLRW**

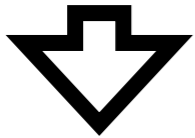
# Expanding Universe



# Expanding Universe

**H & I**

$$T_{\nu}^{\mu} \equiv \text{diag}(-\rho, p, p, p)$$

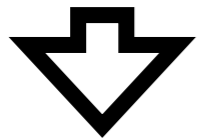


$$m_p^2 G_{\nu}^{\mu} \left[ g_{**}^{(FRW)} \right] = T_{\nu}^{\mu}$$

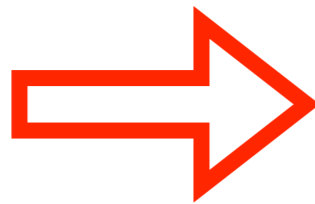
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## Friedmann Equations

$$\frac{1}{a} \frac{d^2 a}{dt^2} = -\frac{\rho}{6m_p^2} (1 + 3w) \quad (\text{I})$$

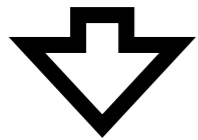
$$H^2 \equiv \left( \frac{1}{a} \frac{da}{dt} \right)^2 = \frac{\rho}{3m_p^2} - \frac{K}{a^2} \quad (\text{II})$$

$$\left( w \equiv \frac{p}{\rho} \right) \text{ Equation of State (EoS)}$$

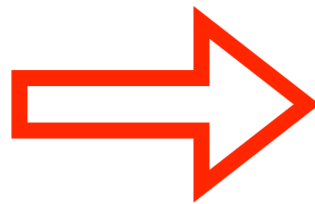
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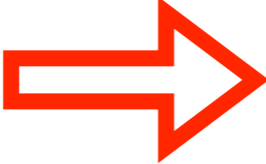


## Friedmann Equations

$$\frac{1}{a} \frac{d^2 a}{dt^2} = -\frac{\rho}{6m_p^2} (1 + 3w) \quad (\text{I})$$

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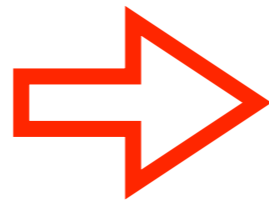
(I) + (II) 

$$\frac{1}{\rho} \frac{d\rho}{dt} = -\frac{3}{a} \frac{da}{dt} (1 + w) \quad (\text{III})$$

# Expanding Universe

UNIVERSE:

1) GR  
+  
2) H & I



## Friedmann Equations

$$\frac{1}{a} \frac{d^2 a}{dt^2} = -\frac{\rho}{6m_p^2} (1 + 3w) \quad (\text{I})$$

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---

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# Expanding Universe

$$\text{(II)} \quad H^2 \equiv \left( \frac{1}{a} \frac{da}{dt} \right)^2 = \frac{\rho}{3m_p^2} - \frac{K}{a^2} \quad \longrightarrow \quad \boxed{\rho_c \equiv 3m_p^2 H^2}$$

Critical density  $(\rho = \rho_c \Leftrightarrow K = 0)$

# Expanding Universe

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$$\rho = \sum_i \rho_i \quad ; \quad \Omega_i \equiv \frac{\rho_i}{\rho_c} \quad \Rightarrow \quad \Omega \equiv \frac{\rho}{\rho_c} = \sum_i \Omega_i \quad \Rightarrow \quad \boxed{\Omega - 1 \equiv \frac{k}{a^2 H^2}}$$

Cosmic Sum

# Expanding Universe

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Cosmic Sum

$$\begin{cases} \Omega > 1 \Rightarrow \text{Close}(k > 0) \\ \Omega = 1 \Rightarrow \text{Flat}(k = 0) \\ \Omega < 1 \Rightarrow \text{Open}(k < 0) \end{cases}$$

one-to-one  
correlation

# Expanding Universe

$$(II) \quad H^2 \equiv \left( \frac{1}{a} \frac{da}{dt} \right)^2 = \frac{\rho}{3m_p^2} - \frac{K}{a^2} \longrightarrow \boxed{\rho_c \equiv 3m_p^2 H^2}$$

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Cosmic Sum

$$(III) \quad \frac{1}{\rho} \frac{d\rho}{dt} = -\frac{3}{a} \frac{da}{dt} (1 + w) \Rightarrow \rho \propto e^{-3 \int \frac{da}{a} (1+w)} = \begin{cases} 1/a^3 & , \text{Mat.} (w = 0) \\ 1/a^4 & , \text{Rad.} (w = 1/3) \\ \text{const.} & , \text{C.C.} (w = -1) \end{cases}$$

# Expanding Universe

$$(II) \quad H^2 \equiv \left( \frac{1}{a} \frac{da}{dt} \right)^2 = \frac{\rho}{3m_p^2} - \frac{K}{a^2} \longrightarrow \boxed{\rho_c \equiv 3m_p^2 H^2}$$

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Cosmic Sum

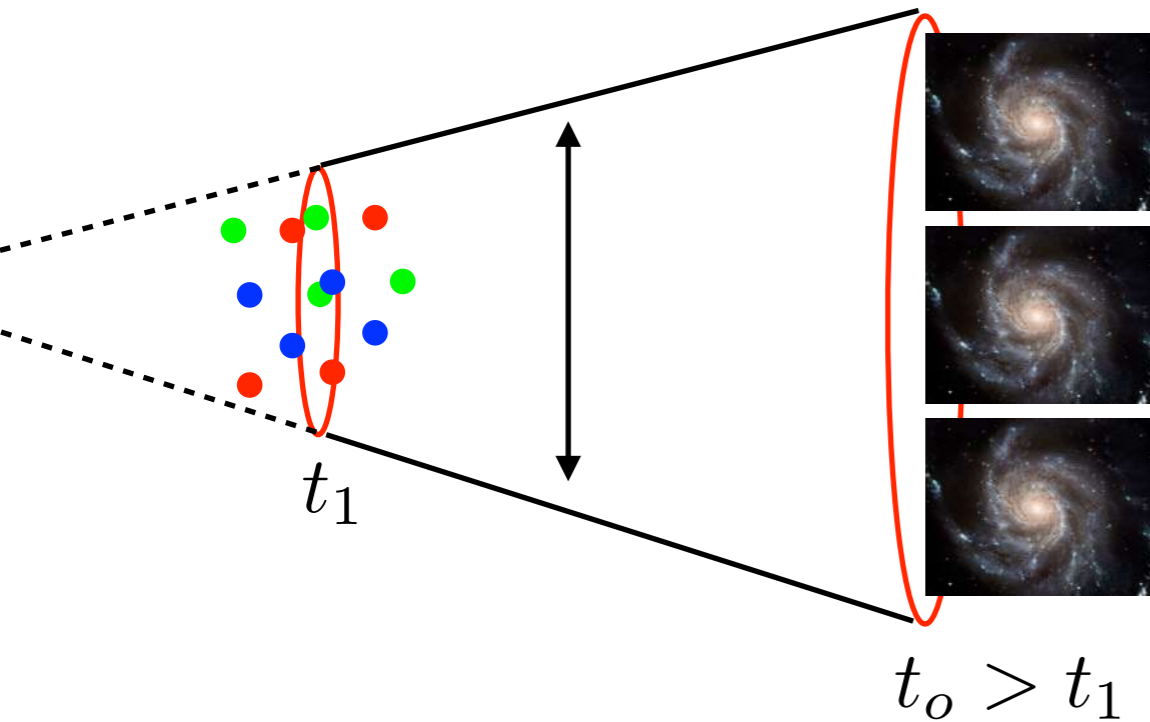
(III) + (II) :

$$H^2(a) = H_o^2 \left\{ \Omega_R^{(o)} \left( \frac{a_o}{a} \right)^4 + \Omega_M^{(o)} \left( \frac{a_o}{a} \right)^3 + \Omega_k^{(o)} \left( \frac{a_o}{a} \right)^2 + \Omega_{DE}^{(o)} e^{-3 \int \frac{da}{a} (1+w)} \right\}$$

$$\equiv H_o^2 E^2(a)$$

$$E(a) \equiv \sqrt{\Omega_R^{(o)} \left( \frac{a_o}{a} \right)^4 + \Omega_M^{(o)} \left( \frac{a_o}{a} \right)^3 + \Omega_k^{(o)} \left( \frac{a_o}{a} \right)^2 + \Omega_{DE}^{(o)} e^{-3 \int \frac{da}{a} (1+w)}} \quad \Omega_k^{(o)} \equiv -\frac{k}{a_o^2 H_o^2}$$

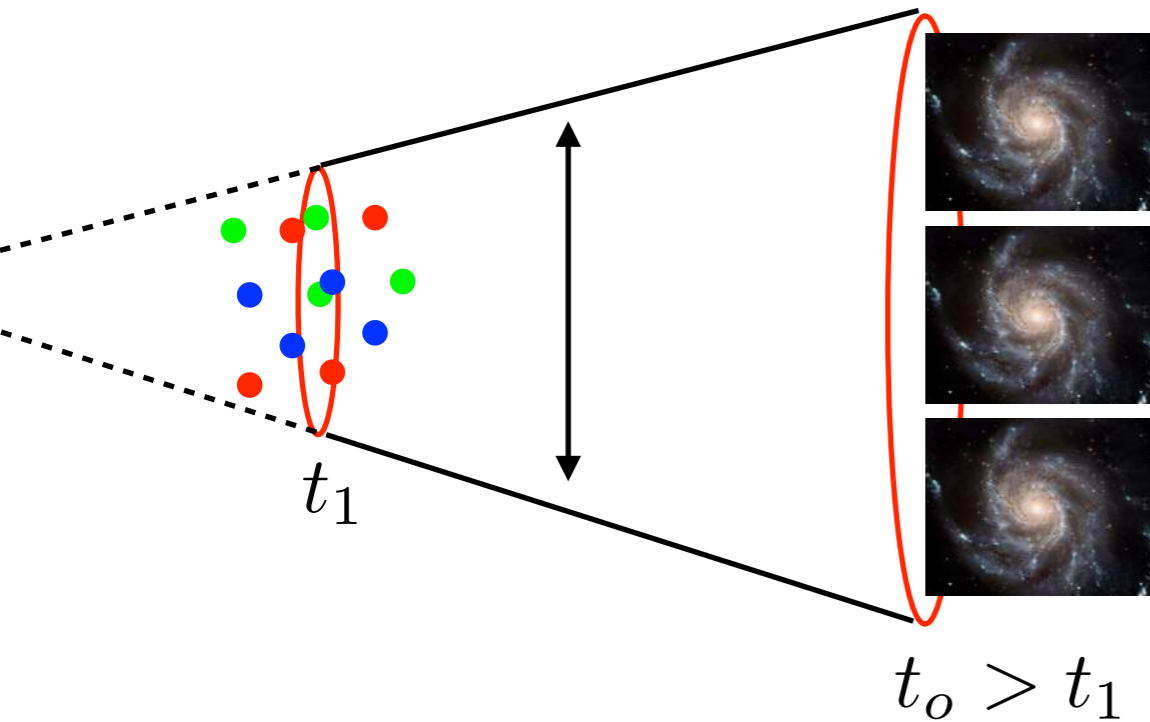
# Expansion History



Past: particle ensemble

**Statistical Mechanics**

# Expansion History

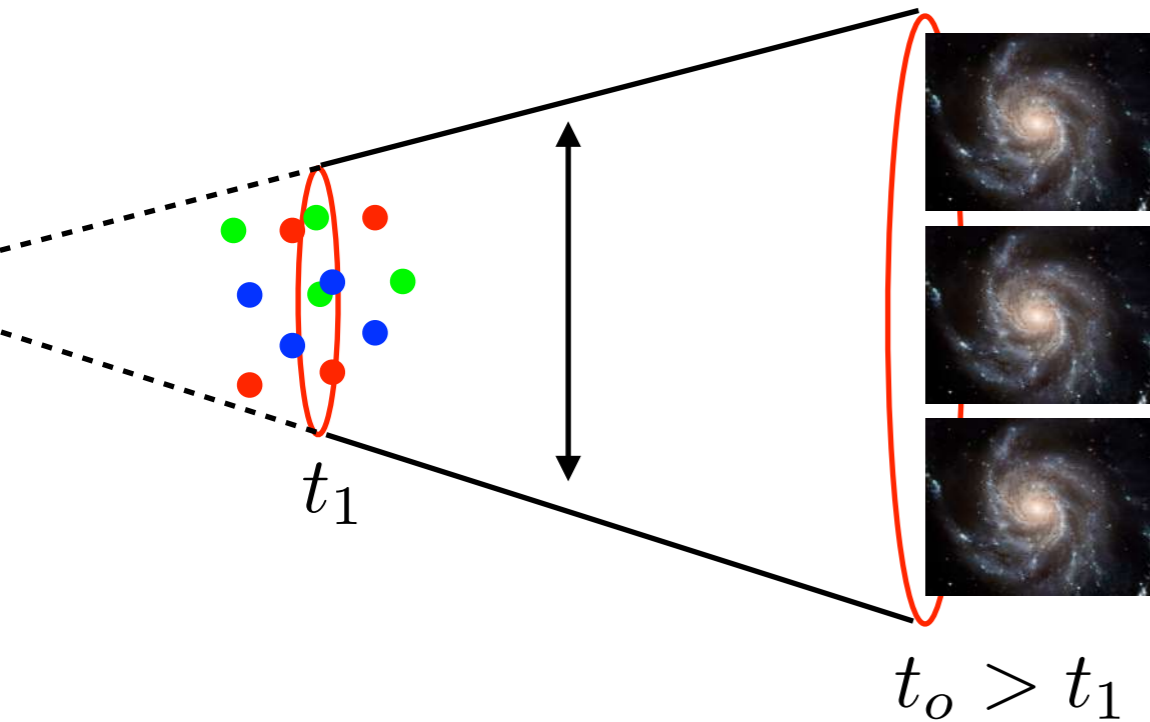


Past: particle ensemble

**Statistical Mechanics**

$$\text{(III)} \quad \frac{d\rho}{dt} + 3H(\rho + p) = 0 \longrightarrow \frac{dU}{dt} + p\frac{dV}{dt} = 0, \quad \begin{cases} U = a^3 \rho, \\ V = a^3 \end{cases}$$

# Expansion History



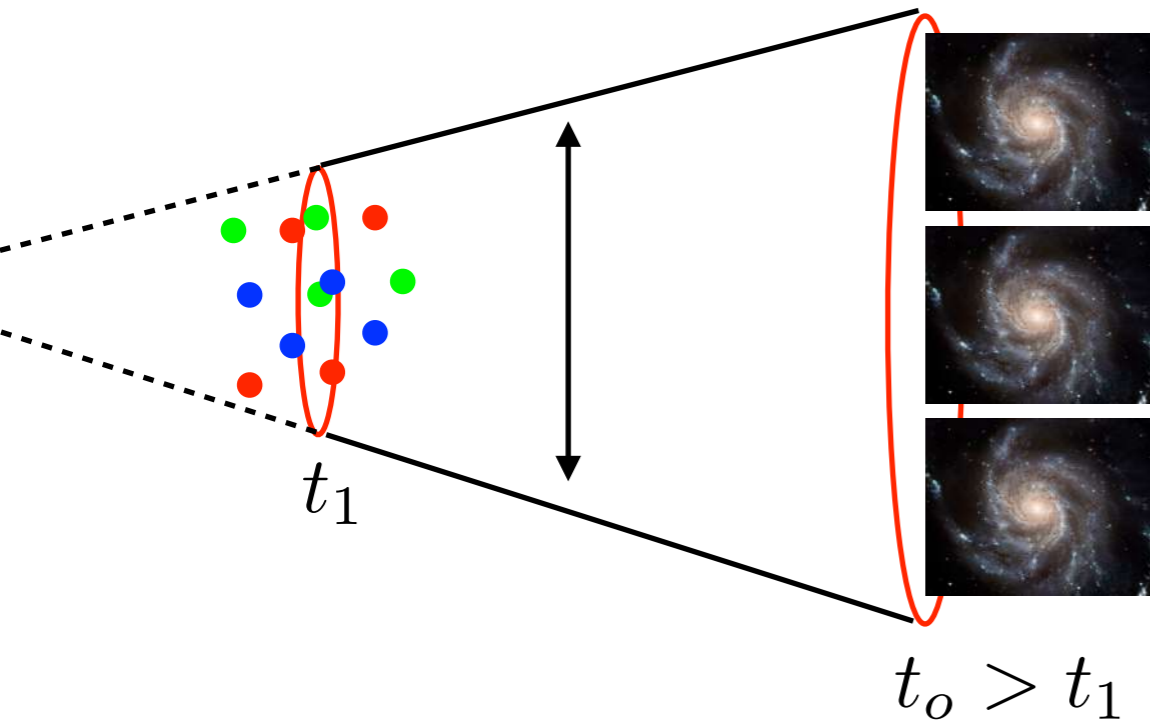
Past: particle ensemble

**Statistical Mechanics**

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$$\Rightarrow \begin{cases} \frac{dU}{dt} + p \frac{dV}{dt} = T \frac{dS}{dt}, & \longrightarrow \text{Thermal Eq.} \\ \frac{dS}{dt} = 0, & \longrightarrow \text{Adiabatic Exp.} \end{cases}$$

# Expansion History



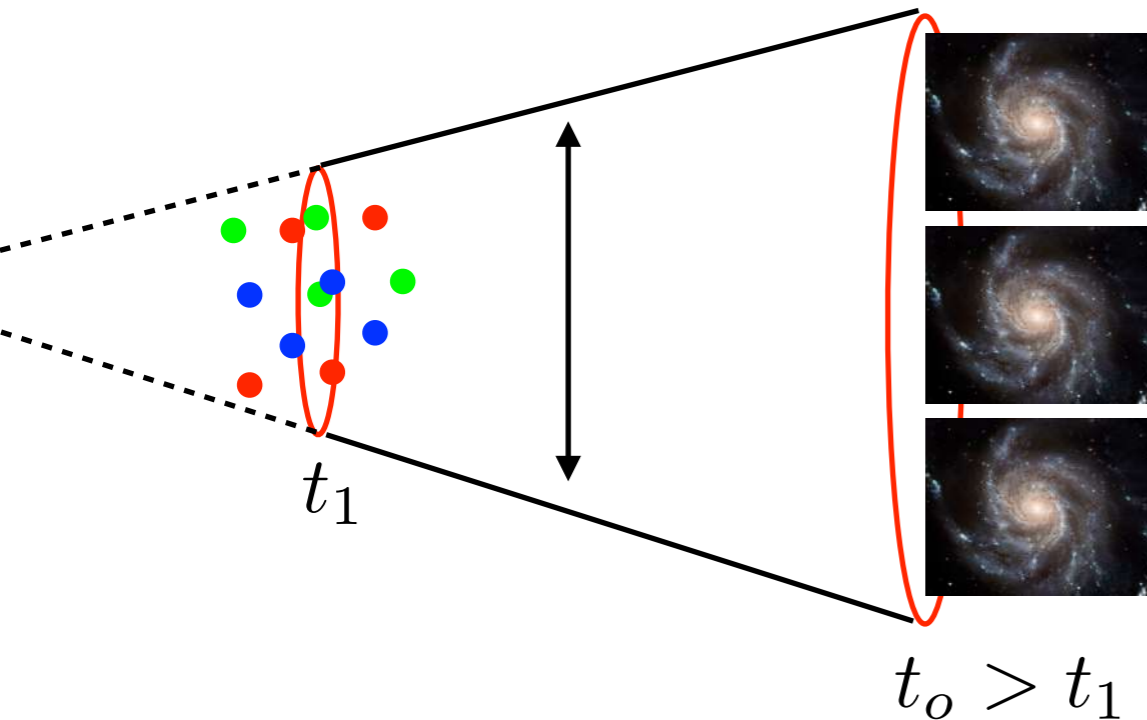
## Thermal Eq.

(densities)

$$\left\{ \begin{array}{ll} n = g_* \int d\vec{p} f(\vec{p}) , & \text{number} \\ \rho = g_* \int d\vec{p} E(\vec{p}) f(\vec{p}) , & \text{energy} \\ p = g_* \int d\vec{p} \frac{|\vec{p}|^2}{3E(\vec{p})} f(\vec{p}) , & \text{pressure} \end{array} \right.$$

$\downarrow$   $\downarrow$   $\downarrow$   
*dof*      *Dispersion relation*      *Statistical Distribution*

# Expansion History



## Thermal Eq.

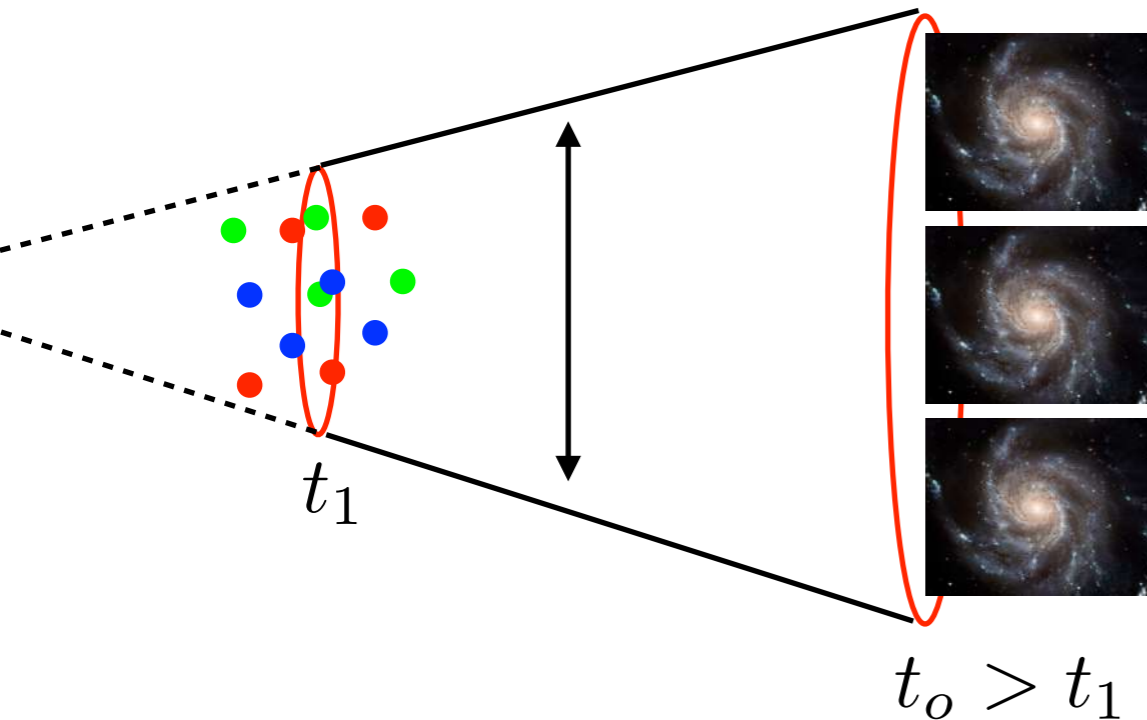
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$\downarrow$  *dof*       $\downarrow$  *Dispersion relation*       $\downarrow$  *Statistical Distribution*

**Bose-Einstein / Fermi-Dirac:**  $f(\vec{p}) = \left( e^{E(\vec{p})/T} \pm 1 \right)^{-1} , \begin{cases} F(+) & \text{[fermions]} \\ B(-) & \text{[bosons]} \end{cases}$

---

# Expansion History



## Thermal Eq.

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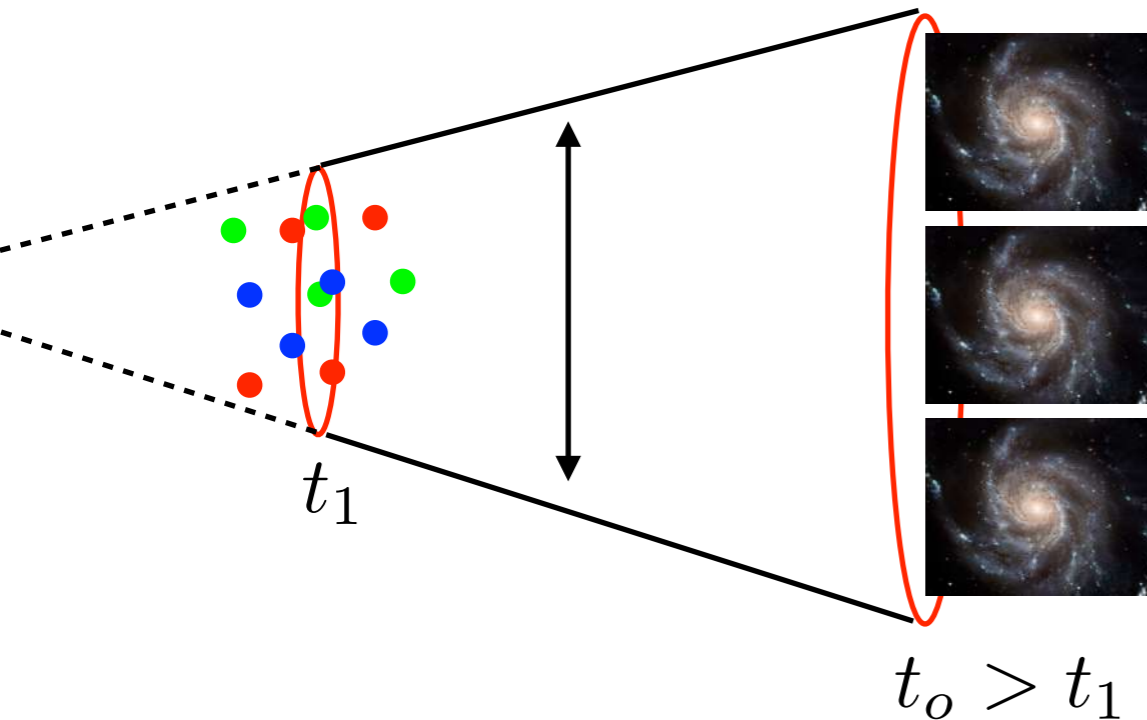
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---


$$\frac{\rho_R \propto 1/a^4}{\rho_M \propto 1/a^3} \propto 1/a, \quad \Rightarrow \quad z \geq z_{\text{EQ}} \quad (t \leq t_{\text{EQ}}), \quad \rho_R > \rho_M$$

# Expansion History



## Thermal Eq.

(densities)

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$\downarrow$   $\downarrow$   $\downarrow$   
*dof*      *Dispersion relation*      *Statistical Distribution*

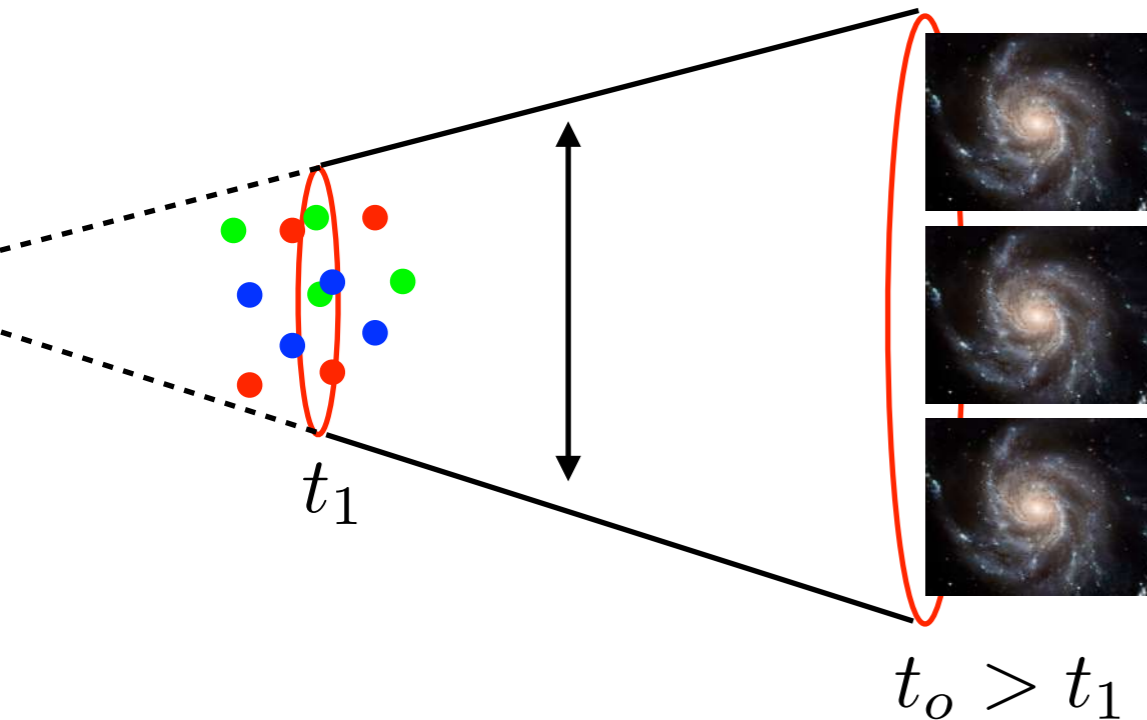
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**Past: Radiation Domination !**

$$1 + z_{\text{EQ}} = \Omega_{\text{M}}^{(o)} / \Omega_{\text{Rad}}^{(o)} \sim 3400$$

# Expansion History



## Thermal Eq.

(densities)

$$\begin{cases} n = g_* \int d\vec{p} f(\vec{p}) , & \text{number} \\ \rho = g_* \int d\vec{p} E(\vec{p}) f(\vec{p}) , & \text{energy} \\ p = g_* \int d\vec{p} \frac{|\vec{p}|^2}{3E(\vec{p})} f(\vec{p}) , & \text{pressure} \end{cases}$$

$\downarrow$   $\downarrow$   $\downarrow$   
*dof*      *Dispersion relation*      *Statistical Distribution*

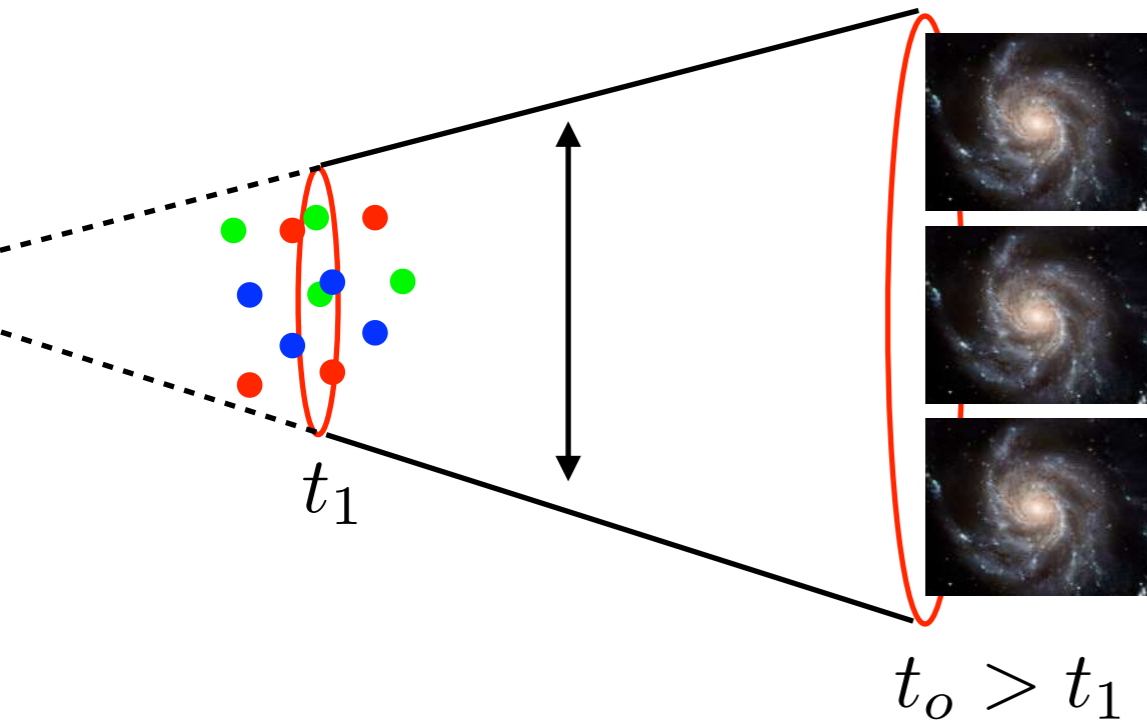
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---

## Past: Radiation Domination (RD)

$$\rho_R^{(i)} = f_i g_*^{(i)} \frac{\pi^2}{30} T_i^4 , \quad f_i = \begin{cases} 1, & \text{B} \\ \frac{7}{8}, & \text{F} \end{cases}$$

# Expansion History



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(densities)

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$\downarrow$   $\downarrow$   $\downarrow$   
*dof*      *Dispersion relation*      *Statistical Distribution*

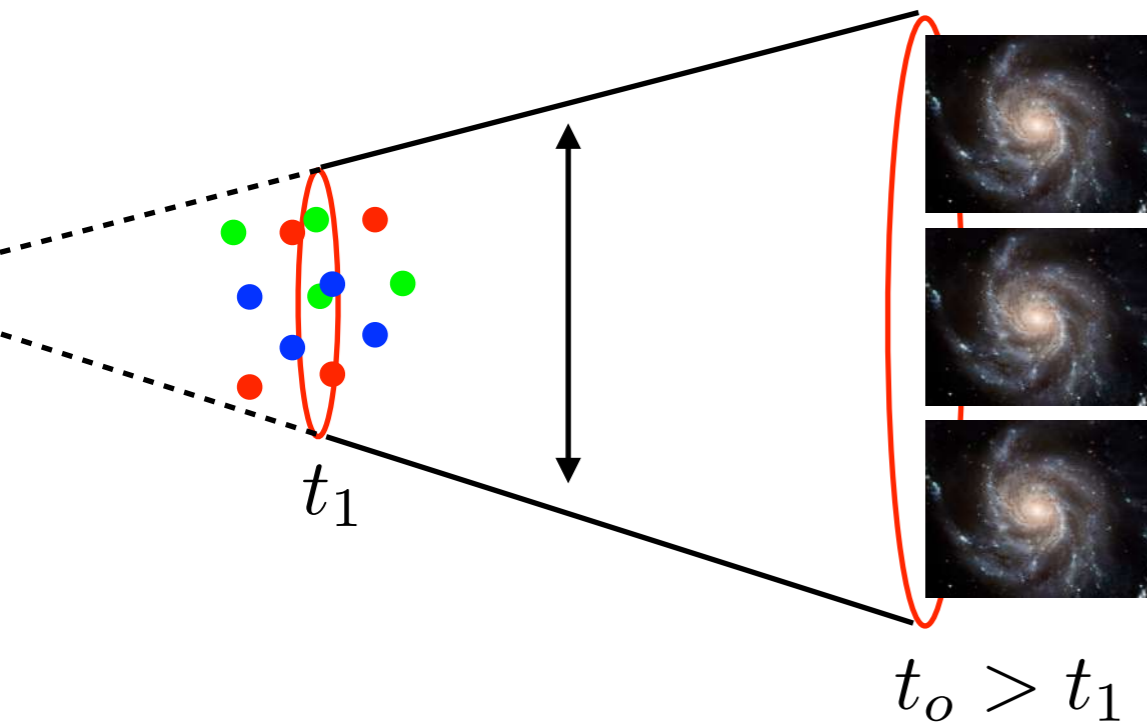
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# Expansion History



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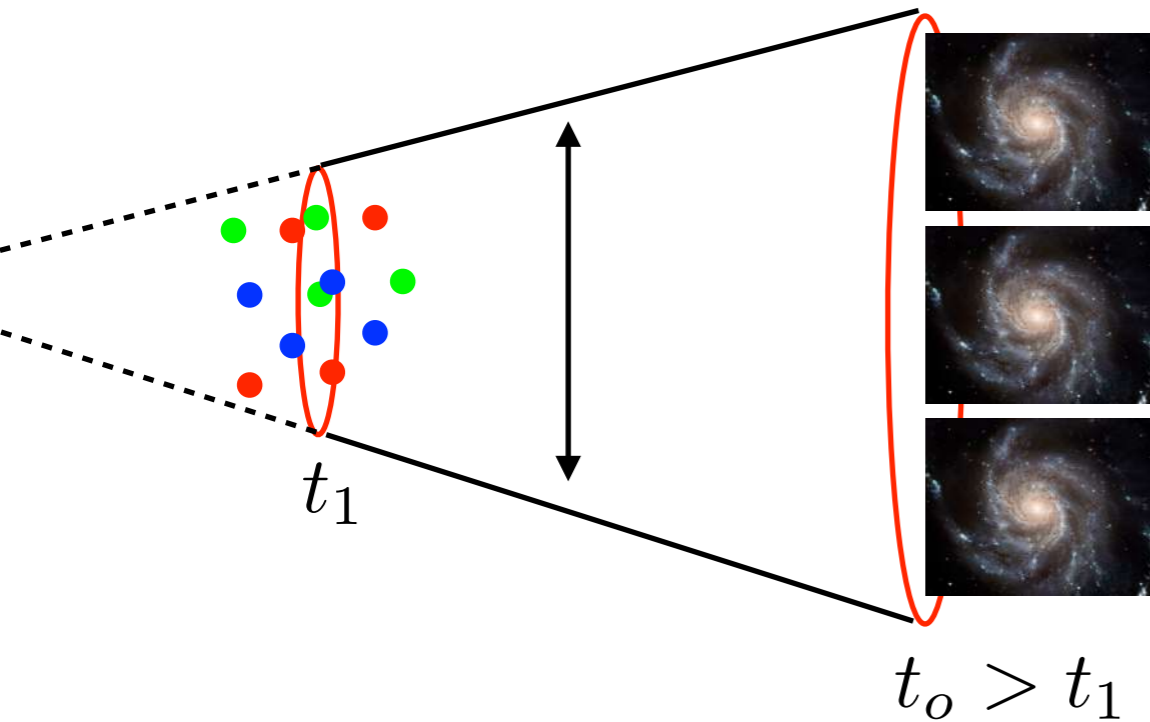
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$$\rho_R^{(i)} = f_i g_*^{(i)} \frac{\pi^2}{30} T_i^4, \quad f_i = \begin{cases} 1, & \text{B} \\ \frac{7}{8}, & \text{F} \end{cases}$$

$$\rho_R = \sum_i \rho_R^{(i)} \equiv g_*(T) \frac{\pi^2}{30} T^4$$

$$g_*(T) \equiv \sum_i g_{*,i}^{(B)} \left( \frac{T_i}{T} \right)^4 + \frac{7}{8} \sum_i g_{*,i}^{(F)} \left( \frac{T_i}{T} \right)^4$$

# Expansion History



**Adiabatic Exp:**

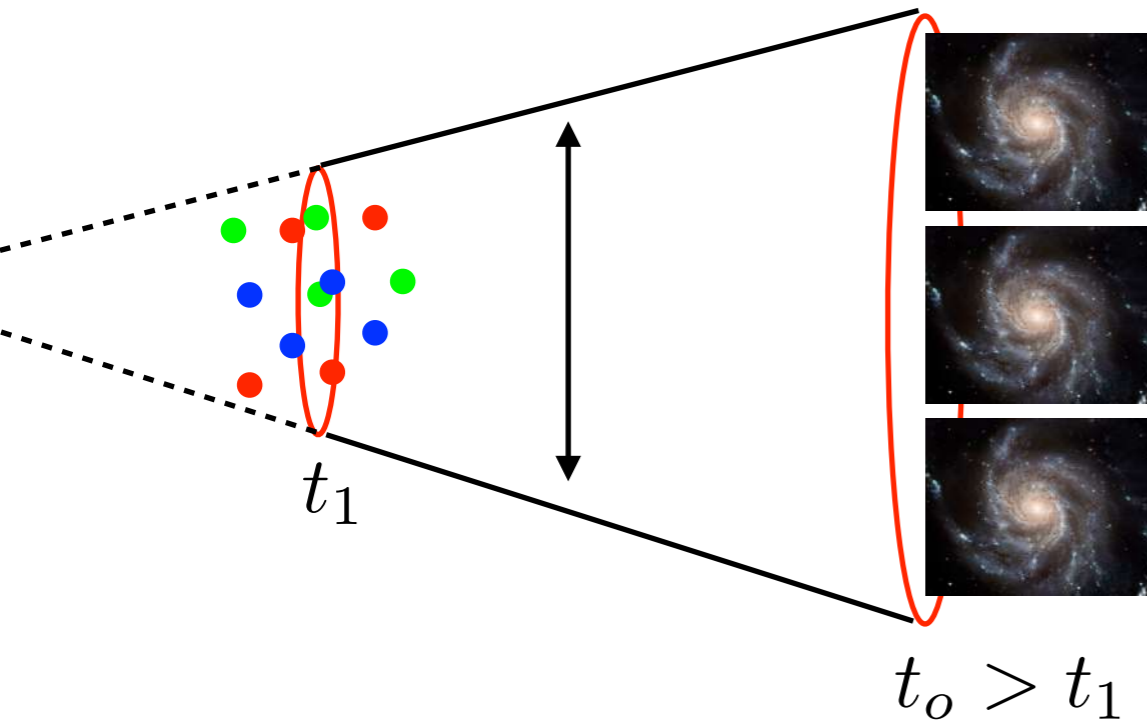
$$S = \frac{a^3(\rho + p)}{T} = \text{const.}$$



$$a^3 T^3 g_*^{(s)}(T) = \text{const.}$$

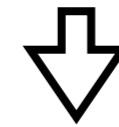
$$g_*^{(s)}(T) \equiv \sum_i g_{*,i}^{(B)} \left( \frac{T_i}{T} \right)^3 + \frac{7}{8} \sum_i g_{*,i}^{(F)} \left( \frac{T_i}{T} \right)^3$$

# Expansion History



**Adiabatic Exp:**

$$S = \frac{a^3(\rho + p)}{T} = \text{const.}$$



$$a^3 T^3 g_*^{(s)}(T) = \text{const.}$$

$$g_*^{(s)}(T) \equiv \sum_i g_{*,i}^{(B)} \left( \frac{T_i}{T} \right)^3 + \frac{7}{8} \sum_i g_{*,i}^{(F)} \left( \frac{T_i}{T} \right)^3$$

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When do  $g_*(T), g_*^{(s)}(T)$  change ?

- 1) Species Decoupling,  $T \rightarrow T_i$ ,
- 2) Mass threshold,  $T < 2m_i$ ,