

Origins & Evolution of the Universe an introduction to cosmology — Fall 2018

Lecture 7: Early Universe, Inflation

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Layout of the Course

Sep 24: Introduction and Friedmann Equations

- Oct I: Fluid and Acceleration Equations
- Oct 8: Introductory GR, Space Time Metric, Proper Distance

Oct 15: Redshift, Horizons, Observable Distances

Oct 17: Problem Class #1

Oct 22: Observable Distances, Parameter Constraints

Oct 29: Thermal History, Early Universe

Nov 5: Early Universe, Inflation

Nov 12: Inflation, Lepton Era

Nov 14: Problem Class #2

Nov 19: Big Bang Nucleosynthesis, Recombination

Nov 26: Introduction to Structure Formation

Dec 3: Cosmic Microwave Background Radiation (I)

Dec 5: Problem Class #3

Dec 10: Cosmic Microwave Background Radiation (II)

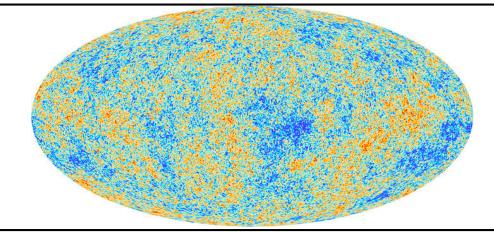
Dec 21: Final Exam

Problem set #2 was mailed to you last week

Due by Wednesday 13:30 November 14

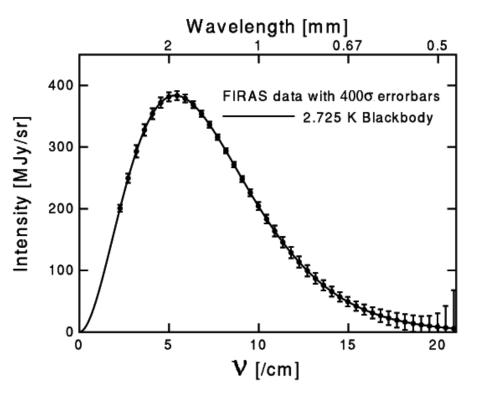
Review Last Week





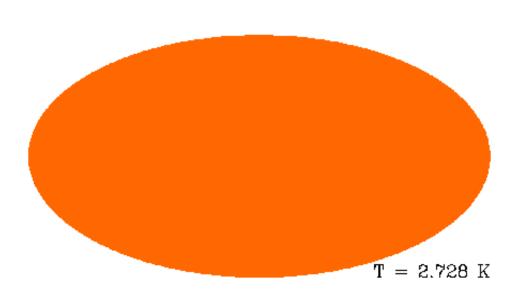
View of the Sky from Planck: Blown Up by 10⁵

Cosmic Microwave Background is Isotropic



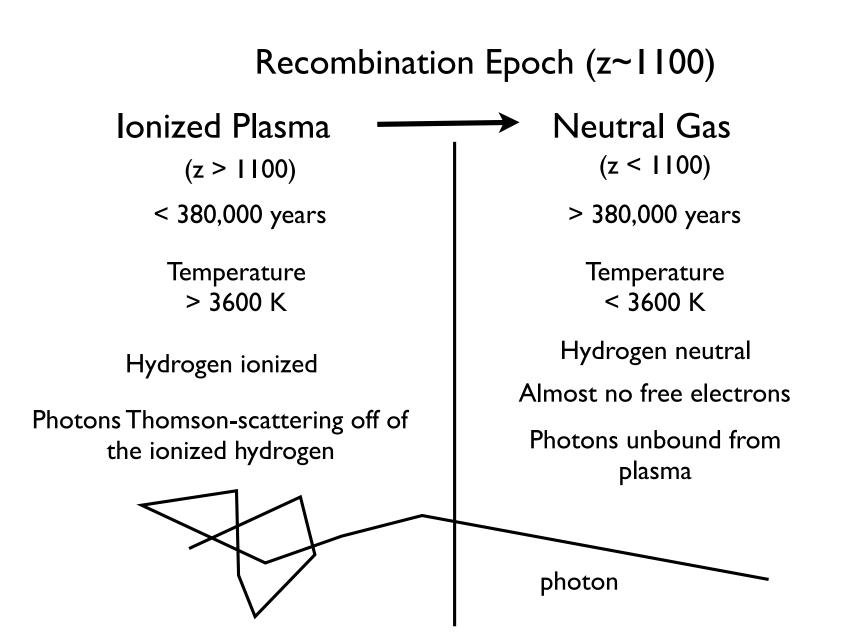
Photons from the CMB have a spectral energy distribution which is almost a perfect black body.

Most perfect blackbody spectrum seen anywhere!



Isotropic to one part in 10⁵

The cosmic microwave background radiation has essentially the same spectrum / temperature in every direction! What happened during the recombination epoch and how did it result in the cosmic microwave background?



Evolution of Temperature

The temperature evolution of matter and radiation is different. We already see see that $\epsilon_{rad} \propto T^4$ and $T \propto (1+z)$ for the CMB at late times.

For matter, the evolution is as follows: $T \propto 1/a^2 \propto (1+z)^2$ (which follows from $\Upsilon = 5/3$ and $PV^{\gamma-1} = fixed$)

Before t_d (the decoupling time — i.e. similar to last scattering for the CMB), the two temperatures are equal by thermal interactions (again Thomson scattering).

After t_d , the matter density evolves as $(|+z)^3$ and the radiation density as $(|+z)^4$

One can show that from the first law of thermodynamics that

$$dT/T = -(I + \sigma_{rad})/(I/2 + \sigma_{rad}) (da/a)$$

where $\sigma_{rad} = 4m_p \sigma_r T^3 / 3k_B \rho_m$ (entropy in radiation per unit volume per baryon density), Note that σ_{rad} is unevolving:

 $\sigma_{rad} = \sigma_{rad}(t_0) = 4m_p \sigma_r T^3 / 3k_B \rho_{m,0} \approx 3.6 / \eta_0 \approx 1.35 \times 10^8 (\Omega_{b,0} h^2)^{-1}$

where $\eta \sim \text{photon} / \text{baryon} \sim 1.7 \times 10^9$

This implies that $dT/T \approx -da/a$

Entropy per Baryon

The high value of σ_{rad} ensures that the temperature and density of the radiation evolve as a pure radiation universe.

 σ_{rad} is actually related to the entropy of the radiation per unit volume.

$$\begin{split} \sigma_{rad} &= S_r/k_B n_b & \text{where} \\ S_r &= (\rho_{rad}c^2 + p_{rad})/T = (4/3)\rho_{rad}c^2/T = (4/3)\sigma_r T^3 & \text{entropy in the radiation} \\ &\text{as } \rho_{rad}c^2 = \sigma_r T^4 & \\ &\text{and } \eta^{-1} = n_Y/n_b & n_b = \rho_m / m_p & \begin{array}{l} \text{number density of} \\ &\text{baryons} \end{array} \end{split}$$

Baryon asymmetry

Why is there now mostly matter, no anti-matter?

During the hadron era, there must have been many proton-anti-proton pairs; these annihilate as the universe cools, but a small residual of matter remained.

 $(n_b - n_{\overline{b}})a^3$ remains constant because baryon number is conserved below $T \sim 10^{15}$ GeV. As we do not see a large Y-ray background the baryon number per comoving volume is $n_{b,0} => n_{b,0} a_0^3$

Above the GUT temperature: $n_b \sim n_b^- \sim n_Y \sim T^3$

 $(n_b - n_b)/(n_b + n_b) \approx (n_b - n_b)/2n_Y \approx n_{b,0/}2n_{Y,0} \propto 1/\sigma_{rad}$

The asymmetry is very small : for every 10⁹ anti-baryons, there are $10^9 + 1$ baryons. => σ_{rad} is large because the asymmetry is so small.

Singularity

Matter or radiation dominated universes decelerate \rightarrow we expect a finite age for the universe.

at t = 0, the density diverges and the proper distance between points goes to 0. This singularity is called the "Big Bang."

It is a consequence of the cosmological principle Einstein's equations in a cosmological context. the expansion of the universe da/dt/a > 0 assumed form of the equation of state 0 < w < 1

A singularity can be avoided if the equation of state for matter in the early universe is different from a perfect fluid with $P/\rho > -1/3$

Fluids with w < -1/3 violate the strong energy condition ρ + 3P \geq 0

Current observations show that $\Lambda < (H_0/c)^2 \sim 10^{-55} \text{ cm}^{-2}$ too small to be relevant in the early universe

If the dynamics of the early universe are dominated by a homogeneous and isotropic scalar field then it may have been important early on

Timeline up to the radiation era

Unkown physics

Planck time	10 ⁻⁴³ s	10 ¹⁹ GeV 10 ³² K	Quantum Gravity ???
GUT transition	10 ⁻³⁵ s	10 ¹⁵ GeV 10 ²⁸ K	baryon asymmetry frozen in; mag.monopoles
Inflation	???	???	>60 e-foldings monopoles diluted, curvature removed
Electroweak transition	0⁻⁰s	100GeV 10 ¹⁵ K	separate strong, weak, e/m forces
quark-hadron transition	0⁻⁴s	200-300MeV 2-3 10 ¹² K	quarks condense into mesons and hadrons. Hadron era starts
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muon-antimuon decay	few 10 ⁻⁴ s	130MeV 1.4 10 ¹² K	leaves electrons, neutrinos, photons, + a few baryons
neutrinos decouple	0.1s	3MeV 3.10 ¹⁰ K	Temperatures continue to decrease as a ⁻¹
e ⁺ -e ⁻ annihilation	4s	0.5MeV 5.10 ⁹ K	End of lepton era. Heating of radiation

Planck Scale

Our definition of the unit of time is arbitrary, but it is possible to derive a time that is "natural" on which everybody in the Universe agrees: there is a unique combination of fundamental constants that yields a time:

 $t_p = (\hbar G/c^5) \sim 10^{-43} s$ the Planck time

Similarly we can define $I_p = ct_p = (G\hbar/c^3)^{1/2} \sim 1.7 \times 10^{-35} m$ the Planck length

$$\begin{split} m_{p} &= (\hbar c/G)^{1/2} \sim 2.5 \times 10^{-8} \, \text{kg} & \text{the Planck mass} \\ E_{p} &= m_{p}c^{2} = (\hbar c^{5}/G)^{1/2} \sim 1.2 \times 10^{19} \, \text{GeV} & \text{the Planck Energy} \\ T_{p} &= E_{p}/k_{B} = (\hbar c^{5}/k_{B}^{2}G)^{1/2} \sim 1.4 \times 10^{34} \, \text{K} & \text{the Planck} \\ & \text{Temperature} \end{split}$$

The first $t_p \sim 10^{-43}$ seconds cannot be described by GR or quantum mechanics.

The horizon $ct_p \sim Planck$ length and particle pairs are created which have the Planck mass separated by less than the Planck length \rightarrow paricles/black holes at once, with quantum effects on the scale of the horizon \rightarrow we cannot describe this with known physics.

Motivation for Planck Scale

The motivation for the Planck scale comes from the existence of a fundamental limit in our understanding of physics when quantum mechanical effects and strong gravity occur on the same scale. We do not have a theory of quantum gravity.

When does this occur?

We have to define a Compton time for a body of mass m (or energy mc²) to be $t_c = \hbar/mc^2$ this represents the time to violate energy conservation by $\Delta E = mc^2$

The corresponding Compton length is $I_c = ct_c = \hbar/mc$

Note that t_c and I_c increase as the mass decreases: these scales indicate when quantum mechanics is important

The Schwarzschild radius is $I_s = 2GM/c^2$ and time $t_s = I_s/c = 2GM/c^3$

We need quantum gravity when $I_s = I_c$ => m = $(\hbar c/2G)^{1/2} \approx (\hbar c/G)^{1/2} \equiv m_p$ where m_p is the Planck mass

Is the Early Universe In Thermal Equilibrium?

We need to look at the collision time scale τ_{coll}

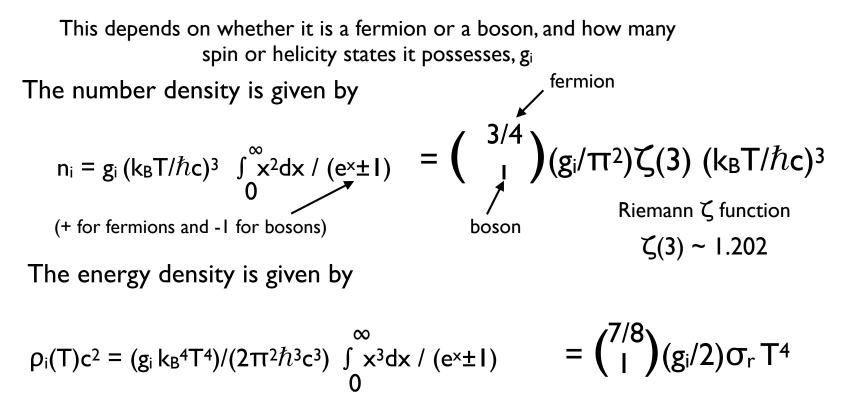
and compare this with the Hubble time T_H (~age of universe)?

To calculate the collision time, we need to know the temperature and density.

We can assume that after the Planck time: $T(t) = T_p a(t_p)/a(t)$

 \implies early on all particles are relativistic!

What is the equilibrium number density of a particle species i?



Is the Early Universe In Thermal Equilibrium?

We need to look at the collision time scale τ_{coll}

and compare this with the Hubble time T_H (~age of universe)?

The cross section of all particles:

$$\sigma = \alpha^2 (\hbar c/k_B T)^2 \qquad \alpha = 1/50$$

The collision time is

$$\tau_{coll} = I/n\sigma c = \hbar/(g^*(T)\alpha^2 k_B T)$$

This can be compared to the expansion time scale $\tau_H = a/(da/dt)$

$$\begin{aligned} \tau_{H} &= 2t = (3/32G\pi\rho)^{1/2} = (0.3\hbar T_{p}/(g^{*}(T)^{1/2}k_{B}T^{2}) \\ &= (2.42 \times 10^{-6}) (T/GeV)^{-2}/(g^{*}(T))^{1/2} s \\ \tau_{coll}/\tau_{H} \sim 1/g^{*1/2} \alpha^{2} (T/T_{p}) << 1 \\ &==> Thermal Equilibrium \end{aligned}$$

Timeline up to the radiation era

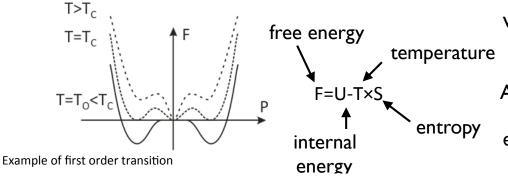
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Unkown physics

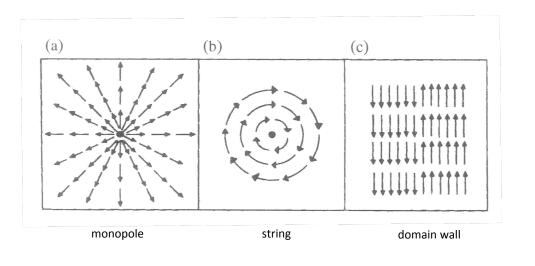
Era of phase transitions

Phase transitions: rearrangement of the microphysics in which a particular symmetry is created or destroyed.

- location of particles: freezing, melting, evaporation
- orientation of particles: ferromagnetism



Topological defects



Kibble mechanism

After each phase transition, the effective physics changes.

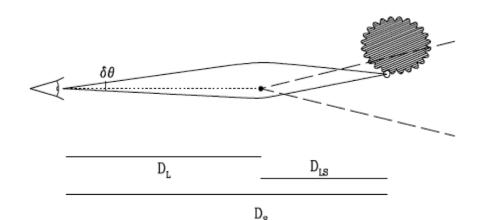
Phase transitions can leave defects if different regions pick a different state.

Kibble mechanism: different Horizon-sized volumes choose their ground states independently (no causal connections between them).

As the universe expands and cools, the fields decay to their ground state over most of space, but trapped energy domains remain as defects: **this is a generic prediction!**

Effect of a cosmic string

Cosmic strings split images - angle of splitting proportional to mass/unit length.



New Material for This Week

Phase transitions of the Universe

Between T≈10¹⁹ and 10¹⁵ GeV, quantum gravity effects decrease in importance and interactions are described by a GUT. Baryon number is not conserved in GUTs, so no asymmetry between matter and antimatter.

Near T≈10¹⁵ GeV (t=10⁻³⁷s) the GUT symmetry breaks leading into the situation described by the standard model of particles; the GUT phase transition typically results in the formation of magnetic monopoles.

For typical GUTs:

- particle mass: $m_M \approx 10^{16} GeV$
- number density: $n_M > 10^{-10} n_{\chi}$.

$$\Rightarrow \Omega_{\text{monopole}} > m_M / m_p \Omega_{\text{bar}} \approx 10^{16}.$$

This does not match observations: the monopole problem

Phase transitions of the Universe

A GUT that unifies the elektroweak interactions with the strong interactions puts leptons and hadrons on the same footing and thus allows processes that do not conserve baryon number: source of matter/ anti-matter asymmetry.

As the temperature falls below $T_{GUT} \approx 10^{15}$ GeV the unification of the strong and elektroweak interactions no longer holds. Towards the end of this period (10^{-11} s) the Universe is filled with an ideal gas of leptons and antileptons, the four vector bosons, quarks and anti-quarks.

The horizon is 1cm and contains $\approx 10^{19}$ particles!

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Unkown physics

Successes of the Big Bang model

- Correctly predicts the abundances of light elements
- Explains the CMB as relic of the hot initial phase
- Naturally accounts for the expansion of the Universe
- Provides a framework to understand the formation of cosmic structure.

There are also several problems (some of which can be addressed by incorporating "new physics")

Problems with the Big Bang model

- Origin of the Universe
- The horizon problem
- The flatness problem
- Origin of the baryon asymmetry
- Monopole problem
- Origin of primordial density fluctuations
- Nature of dark matter
- Nature of dark energy

Problems with the Big Bang model

- Origin of the Universe
- The horizon problem
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How we can solve these issues with the Big Bang model?

Consider the horizon problem...

As the universe ages, we are continually probing regions of the universe which were not yet in casual contact, but appear to be homogeneous.

In the lecture on horizons, we showed the size of the particle horizon in comoving coordinates evolves as $a^{3/2}/a \sim a^{1/2}$.

We need to propagate information within a casually connected volume to great comoving distances, i.e., for the particle horizon to be plausibly infinite.

If the scale factor tends to 0 at early times as t^{β} then the particle horizon at time t is as follows:

$$R_{H}(t) = a(t) \int_{0}^{t} cdt'/a(t')$$

This integral diverges if $\beta \ge 1$

What does $\beta \ge 1$ imply regarding other quantities of importance?

What does this imply regarding d²a/dt²?

Use Friedmann's second equation:

$$d^{2}a/dt^{2} = -(4/3)\pi G(\rho+3P/c^{2})a = \beta(\beta-1)a/t^{2}$$
$$-(4/3)\pi G(\rho+3P/c^{2})t^{2} = \beta(\beta-1) \propto d^{2}a/dt^{2}$$
$$-(4/3)\pi G\rho(1+3w)t^{2} = \beta(\beta-1) \propto d^{2}a/dt^{2}$$

If $\beta \ge 1$, then $d^2a/dt^2 \ge 0$

 $\beta >= | \iff d^2a/dt^2 >= 0 \iff |fw <= -1/3 \iff \quad \text{there is no particle horizon}$

If there is no particle horizon, then information from a small region can propagate to the entire universe.

But if not, there is a particle horizon and the universe will not be in casual contact. is is hard to reconcile with the cosmological principle.

Propagating Information from Small Region to Large Volume in Universe (Inflation)

We need to a mechanism to disconnect regions that were before in causal contact, the expansion must be so rapid that there exists an event horizon at a finite distance from any point

How can we formalize this?

The Hubble radius in comoving coordinates must shrink with time:

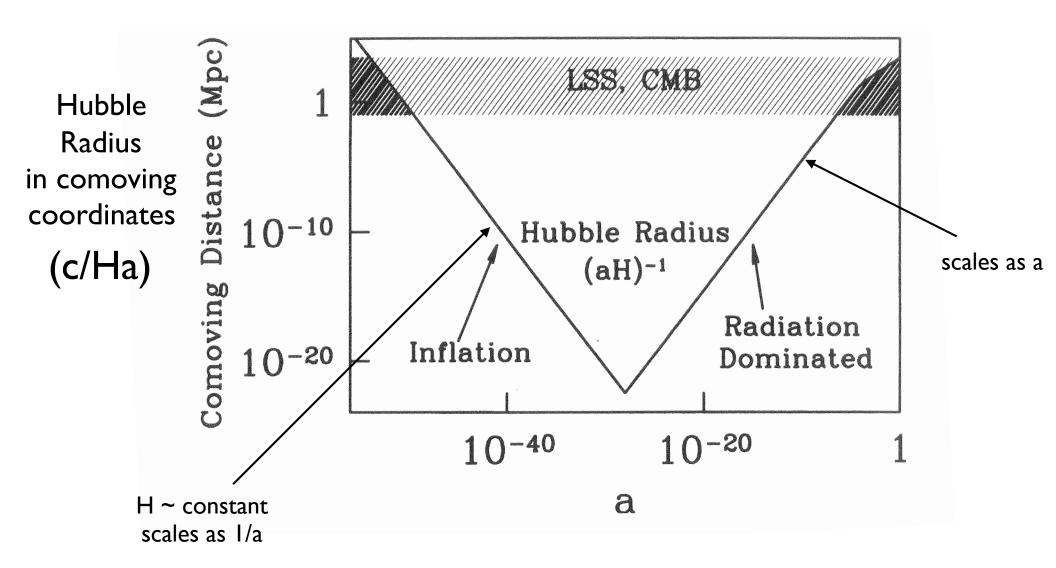
d/dt ((1/a) (c/H)) < 0 where H = (da/dt)/a scale factor to distance light can put in comoving coordinates

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implies (d/dt)(c/(da/dt)) < 0 => (d^2a/dt^2) > 0
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given the acceleration equation we need a substance with sufficient negative pressure.

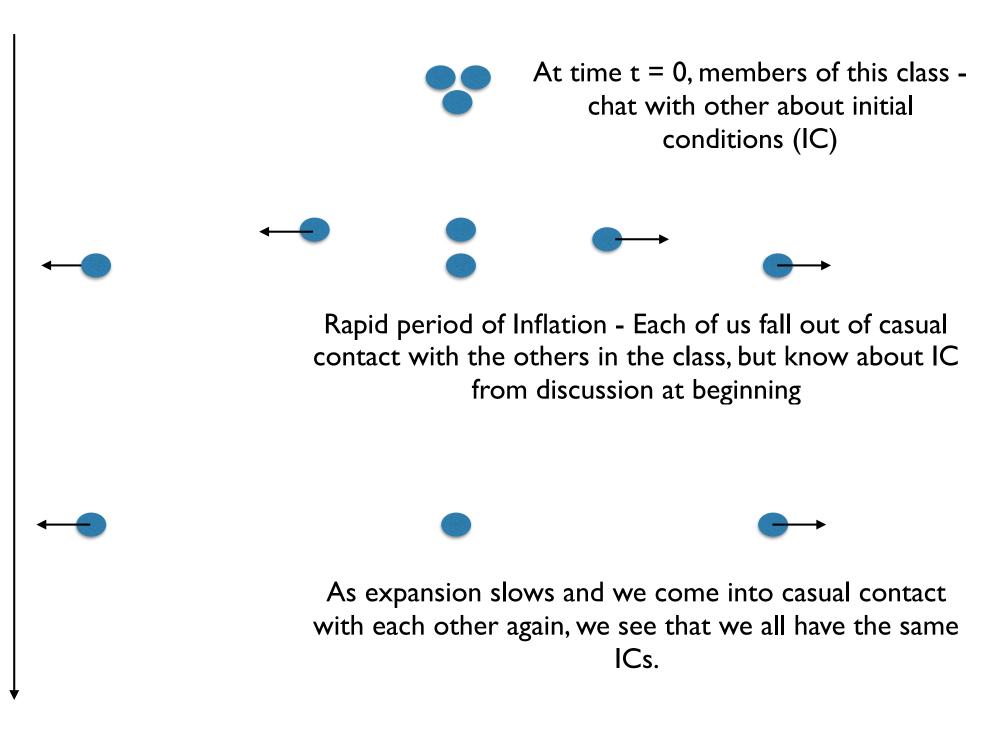
How can we implement this?

The inflation field; in physics we encounter scalar fields to describe the potential energy with a particular force; the force is the gradient of the potential energy scalar field. Other examples are the temperature or pressure field. In quantum field theory a scalar field is associated with a spin-0 particles. The Higgs field is an example.



Dodelson (2003)

Let's take as an apology the following situation:



Imagine the early universe was filled with a scalar field $\Phi(\mathbf{x},0) = \Phi_0 > 0$, i.e., not in the ground state.

In this case, it may lead to accelerated expansion; after a while the field decays into particles (causing reheating)

The Lagrangian of a scalar field is $L = -(1/2)c^2(\partial_\mu \Phi)(\partial^\mu \Phi) - V(\Phi)$

If we assume homogeneity and isotropy, we can define effective density and pressure:

$$\begin{split} \rho_{\Phi}c^{2} &= (1/2)(d\Phi/dt)^{2} + V(\Phi) \\ P_{\Phi} &= (1/2)(d\Phi/dt)^{2} - V(\Phi) \end{split} \\ \text{To get } P_{\Phi} &< -\rho_{\Phi}c^{2}/3 \\ &\quad (1/2)(d\Phi/dt)^{2} - V(\Phi) < -(1/3)((1/2)(d\Phi/dt)^{2} + V(\Phi)) \\ &= > (d\Phi/dt)^{2} < V(\Phi) \quad \text{slow roll condition} \end{split}$$

Timeline up to the radiation era

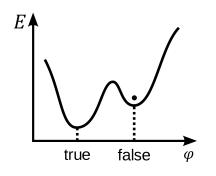
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Inflation models

The behavior of the model depends on the potential (or vice versa)

- **Old inflation**: first-order transition (potential barrier) does not work

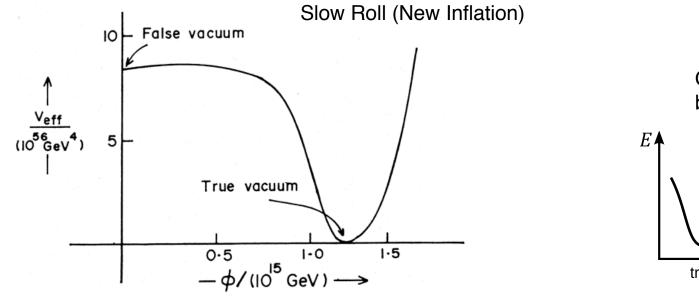


original idea does not work because the false vacuum areas grow too fast

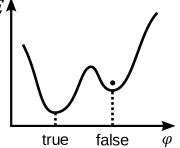
Inflation models

The behavior of the model depends on the potential (or vice versa)

- **Old inflation**: first-order transition (potential barrier) does not work
- **New inflation**: second-order transition, with a slow-roll phase; suffers from fine-tuning the model



Old Inflation (Potential barrier)



Inflation models

The behavior of the model depends on the potential (or vice versa)

- **Old inflation**: first-order transition (potential barrier) does not work
- New inflation: second-order transition, with a slow-roll phase; suffers from fine-tuning the model
- **Chaotic inflation**: the scalar field varies from place-to-place; inflation occurs if conditions are favorable and "take-over" the Universe
- **Stochastic inflation**: many instances of chaotic inflation spawning new macro-universe; the multi-verse may also solve the cosmological constant problem.

In the end we lack a solid connection to particle physics. This is needed to really make progress.

 $[V(\Phi)] = erg / cm^3 \qquad [(d\Phi/dt)^2] = erg/cm^3$ $[\Phi] = (erg s^2 / cm^3)^{1/2} = (g/cm)^{1/2}$ $=> \Phi_{Planck} = (m_{Planck}/\rho_{Planck})^{1/2} = c/G^{1/2}$

The form of the potential depends on the adopted theory. Because we do not have a definitive model, people consider various choices of $V(\Phi)$:

$V(\Phi) = \lambda (\Phi^2 - M^2)^2$	Higgs potential
$V(\Phi) = (1/2)m^2\Phi^2$	Massive scalar field
$V(\Phi) = \lambda \Phi^2$	Self-interacting scalar field

Take the Friedmann & Fluid equations and insert the expression for pressure and density of the scalar field:

$$\left(\frac{\dot{a}}{a}\right)^2 = \frac{8\pi G}{3}\rho - \frac{kc^2}{a^2}$$

 $d\rho/dt + 3((da/dt)/a)(\rho+P/c^2) = 0$

Take the Friedmann & Fluid equations and insert the expression for pressure and density of the scalar field:

$(\dot{a})^2$	$8\pi G$	kc^2
$\left(\frac{-}{a}\right)$	$=\frac{1}{3}\rho$	$\overline{a^2}$

 $d\rho/dt + 3((da/dt)/a)(\rho + P/c^2) = 0$

$$= H^2 = (8\pi G/3c^2)((1/2)(d\Phi/dt)^2 + V(\Phi)) - kc^2/a^2$$

$$= d^2\Phi/dt^2 + 3H(d\Phi/dt) = -dV(\Phi)/d\Phi$$

If $d\Phi/dt = 0$ or if Φ and $V(\Phi)$ do not change much over the period where a increases exponentially, then we can assume $k \sim 0$.

and if
$$(d\Phi/dt)^2 \ll V(\Phi) => H^2 = (8\pi G/3c^2) V(\Phi)$$
 and
if $d^2\Phi/dt^2 \ll dV(\Phi)/d\Phi => 3H(d\Phi/dt) = -dV(\Phi)/d\Phi$

One can show that the slow roll conditions are $\epsilon = (c^2/16\pi G) (dV'(\Phi)/V(\Phi))^2 << 1$

and

$$\eta = (c^2/8\pi G)(d^2V(\Phi)/d\Phi^2 / V(\Phi)) << 1$$

The potential must be very flat

 $\epsilon < 1$ needed for inflation $\eta < 1$ needed for prolonged inflation

If we consider V(Φ) = (1/2)m² Φ ²

 $=> dV/d\Phi / V = 2 / \Phi$ and $=> d^2V/d\Phi^2 / V = 2 / \Phi^2$

Slow roll conditions are as follows:

 $\Phi >> I/(4\pi)^{1/2} \Phi_{Planck}$ $\Phi >> I/(4\pi)^{1/2} \Phi_{Planck}$ i.e. $\Phi >> I/(4\pi)^{1/2} \Phi_{Planck}$ Inflation continues until Φ drops below $\Phi/(4\pi)^{1/2}$

What is the form of the expansion of the universe?

We want the time scale for variations in expansion time scale to be slow:

 $\tau_{vary} \sim (dln H / dt)^{-1} >> t_{exp} = 1/H$

Equivalent to the following: $(dH/dt)^2 << H^2$

This implies that $a(t) \propto e^{Ht}$

Let's consider Friedmann equation:

=> H² = $(8\pi G/3c^2)V(\Phi) = (4\pi G/3c^2) m^2 \Phi^2 = (G/3c^2)m^2 \Phi_{Planck}^2 = m^2/3$ since $(d\Phi/dt)^2 << V(\Phi)$

As such, the expansion time scale is $\tau_{exp} = I/H = (3)^{1/2}/m$

For successful inflation $\tau_{infl} >> \tau_{exp}$

 $\tau_{infl} >> (3)^{1/2}/m$

 $\tau_{infl} >> 1/m$

Right after the end of inflation, the inflation field should, by definition, have an energy density corresponding to the central energy density:

 $\rho c^2 = \rho_{crit} c^2 = (3H^2 c^2/8\pi G) = (3H^2 \Phi_{Planck}^2 / 8\pi)$

If we take $\rho c^2 = V(\Phi) = 1/2 \text{ m}^2 \Phi^2$ and use $\Phi = \Phi_{Planck}/(4\pi)^{1/2}$ we get for the end of inflation: $\rho c^2 = m^2 \Phi_{Planck}^2 / 8\pi$ $(3H^2 \Phi_{Planck}^2 / 8\pi) = m^2 \Phi_{Planck}^2 / 8\pi$ ==> H² = m²/3 (consistent with the previous estimate)

If we assume that inflation ends at $\tau_{infl} = 10^{-32}$ s

this gives a mass scale (including \hbar correctly)

 $mc^2 \sim 6.5 \times 10^4 \,\text{TeV}$

Inflation and Horizon Problem

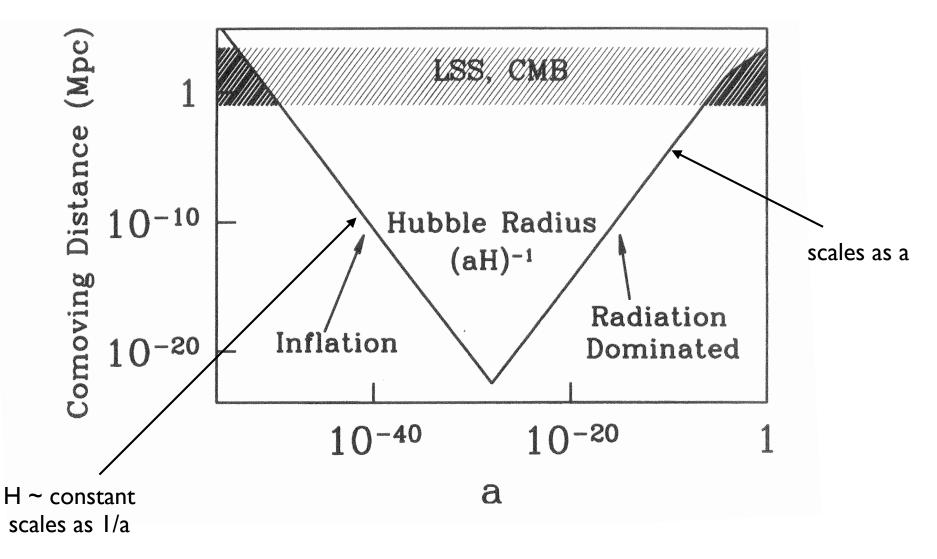
What about homogeneity? (i.e., the horizon problem)

To solve the horizon problem, we need to make sure there is enough time for inflation

information must have been able to propagate the distance of what is now the observable universe.

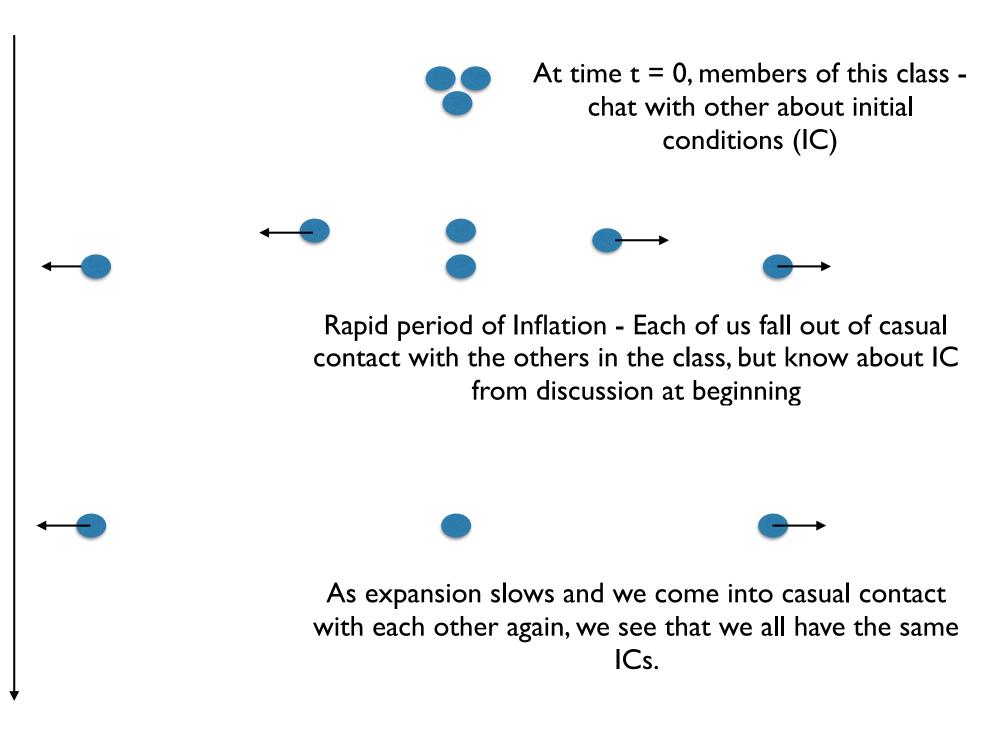
the shrinking of the comoving Hubble radius I/aH has to be at least as large as the subsequent increase

The diagram on the next page illustrates what is needed



Dodelson (2003)

Let's take as an apology the following situation:



Inflation and Horizon Problem

By how much has the horizon grown since the beginning during the period when the universe was radiation dominated?

Current age of the universe is $\sim 4 \times 10^{17}$ s End of Inflation is $\sim 10^{-32}$ s

By how much did the horizon grow (in comoving coordinates):

 $I/(aH) \sim I/(a(a^{-2})) \sim a \sim t^{1/2}$

the scale factor grew by $((4 \times 10^{17} \text{ s})/(10^{-32}))^{1/2} \sim 10^{25}$ Requires >~ 60 e-folding times

If we want ~60 e-foldings in 10^{-32} s, we have $\tau_{exp} \sim 10^{-34}$ s and the time to homogenize is still 10x shorter. => we expect homogeneous universe

Inflation and Flatness Problem

What is the flatness problem?

Now observe $|\Omega_k| << 0.01$ so at $t_{infl} \sim 10^{-32}$ s or $a = 10^{-25}$ and because $\Omega_k \propto a^2$ ever since inflation, then $|\Omega_k(t_{infl})| << 10^{-52}$.

Does inflation solve the flatness problem?

Inflation causes a to grow exponentially but H² and V(Φ) to remain fixed: H² = (8 π G/3c²)V(Φ) - kc²/a²

As a result, the kc^2/a^2 becomes very small very rapidly

Assuming that at the start of inflation Ω_k was ~I then inflation must have increased by at least $10^{26} = e^{60}$ $\tau_{infl} \ge 60 \tau_{exp}$

Note that after inflation V(Φ) the field decays into ρc^2 of matter which behaves relativistically $\propto 1/a^4$

Inflation and Magnetic Monopole Problem

What is the magnetic monopole problem?

One expects the magnetic monopoles to have a density of one per horizon volume...

One expects the magnetic monopoles to have a density of one per horizon volume...

i.e. where the horizon distance is 3×10^{-27} m at t ~ 10^{-35} s

So, potentially high density of magnetic monopoles!

How does inflation solve it?

By blowing up the universe by a factor 10²⁶, ensure that there is less than one magnetic monopole in entire observable universe.