A Review Of Primordial Cosmology

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The Cosmological Inverse Problem

The Inverse Problem

late-time observables



primordial perturbations

The Inverse Problem

late-time observables



CMB Anisotropies

The key cosmological observable is the cosmic microwave background:



 $\delta T(\vec{\theta}) =$

CMB Anisotropies

A simple six parameter model fits the 10⁶ data points of the two-point correlation function:





Planck [2015]



The observed CMB fluctuations can be traced back to a spectrum of **curvature perturbations** at the beginning of the hot big bang.



• The power spectrum is nearly scale-invariant:

$$\Delta_{\zeta}^{2}(k) \equiv \frac{k^{3}}{2\pi^{2}} \langle \zeta(\vec{k})\zeta^{*}(\vec{k})\rangle = A_{s} \left(\frac{k}{k_{\star}}\right)^{n_{s}-1} \qquad \begin{array}{c} n_{s} = 0.968 \pm 0.006 \\ \text{Planck [2015]} \\ \uparrow \\ A_{s} = 2.2 \times 10^{-9} \quad \text{COBE [1992]} \end{array}$$



• The perturbations are very Gaussian:

$$F_{\rm NL} \equiv \frac{\langle \zeta \zeta \zeta \rangle}{\langle \zeta \zeta \rangle^{3/2}} \lesssim 10^{-3}$$
Planck [2015



• The perturbations are correlated on **superhorizon scales**, suggesting that they were generated before the hot big bang. WMAP [2003]



Inflation provides an elegant mechanism to produce the observed correlations from quantum fluctuations.

Consider the massless mode corresponding to a **local time shift** of the inflationary history:



In the simplest scenarios, quantum fluctuations in this mode are the seeds of structure:

$$\boldsymbol{\zeta} = -H\pi \qquad \qquad g_{ij} = a^2 e^{2\zeta} \delta_{ij}$$

This model-insensitive description of inflationary perturbations is called the **EFT of Inflation**.

The EFT of the adiabatic mode during inflation is

Creminelli et al. [2006] Cheung et al. [2008]

$$\mathcal{L}_{\pi} = M_{\rm pl}^{2} \dot{H} (\partial \pi)^{2}$$

$$\uparrow$$
slow-roll inflation

• Compare this to

$$\mathcal{L}_{\phi} = rac{1}{2} (\partial \phi)^2 - V(\phi), \quad ext{with} \quad \phi(t + \pi(\vec{x}, t))$$

 $M_{ ext{pl}}^2 \dot{H} = \dot{\phi}^2$

The EFT of the adiabatic mode during inflation is

Creminelli et al. [2006] Cheung et al. [2008]

$$\mathcal{L}_{\pi} = M_{\rm pl}^2 \dot{H} (\partial \pi)^2 + \sum_{n=2}^{\infty} \frac{M_n^4}{n!} \left[-2\dot{\pi} + (\partial \pi)^2 \right]^n + \cdots$$

• Compare this to

$$\mathcal{L}_{\phi} = \frac{1}{2} (\partial \phi)^2 + \frac{(\partial \phi)^4}{\Lambda^4} + \cdots$$

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- Broken Lorentz allows for a nontrivial **sound speed**: $c_s^2 \equiv \frac{M_{\rm pl}^2 \dot{H}}{M_{\rm pl}^2 \dot{H} 2M_2^4}$
- The power spectrum of curvature perturbations is

$$\Delta_{\zeta}^2 = \frac{1}{8\pi^2} \frac{H^4}{M_{\rm pl}^2 |\dot{H}| c_s}$$



• Symmetry relates a small sound speed to large interactions:

$$\mathcal{L}_{\pi} \subset \frac{M_{\rm pl}^2 H}{c_s^2} (1 - c_s^2) \left(\dot{\pi} (\partial_i \pi)^2 + \frac{A}{c_s^2} \dot{\pi}^3 \right) + \cdots \longrightarrow \begin{bmatrix} F_{\rm NL} \propto c_s^{-2} \\ \uparrow \\ M_3 \neq 0 \end{bmatrix}$$



Planck [2015]

A second massless field during inflation is the graviton

$$\mathcal{L}_h = \frac{M_{\rm pl}^2}{8} (\partial h_{ij})^2 + \cdots$$

$$g_{ij} = a^2 (\delta_{ij} + h_{ij})$$

• The power spectrum of tensor perturbations is

 Observational constraints are often expressed in terms of the tensor-to-scalar ratio





Keck Array + BICEP2 [2015]







DB and Green [2011]



DB and Green [2011]



Cheung et al. [2008] DB, Green, Lee and Porto [2015]



Cheung et al. [2008] DB, Green, Lee and Porto [2015]

Unitarity Bound



DB, Green, Lee and Porto [2015]

Ultraviolet Completion

The UV completion of inflation requires new scales between the Planck scale and the Hubble scale:



The inflationary dynamics is sensitive to those scales.

There are two ways in which inflation is sensitive to high-scale physics:

Inflationary background is sensitive

to Planck-suppressed corrections:



see talks by Silverstein [Strings 2014] McAllister [Strings 2011]

Inflationary perturbations are sensitive to massive particles.

Chen and Wang [2009] DB and Green [2011] Noumi et al. [2013] Green et al. [2013] Assassi, DB, Green and McAllister [2013] Arkani-Hamed and Maldacena [2015] see talks by Maldacena [Strings 2015] Arkani-Hamed [TASI 2016] I will describe the imprints of massive fields on two types of cosmological observables:

• Non-Gaussianity $\langle \zeta \zeta \zeta \rangle$

- Tensor Modes $\langle hh \rangle$, $\langle hhh \rangle$

Non-Gaussianity

There is only one way to be Gaussian,



power spectrum determines everything

$$\langle \zeta_{\vec{k}_1} \zeta_{\vec{k}_2} \rangle = (2\pi)^3 \delta_D(\vec{k}_1 + \vec{k}_2) P_\zeta(k_1)$$

but many ways to be non-Gaussian.

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power spectrum determines everything $\langle \zeta_{\vec{k}_1} \zeta_{\vec{k}_2} \rangle = (2\pi)^3 \delta_D(\vec{k}_1 + \vec{k}_2) P_{\zeta}(k_1)$

but many ways to be non-Gaussian. The data suggests a perturbative treatment. The first diagnostic of non-Gaussianity is the **bispectrum**:

$$\langle \zeta_{\vec{k}_1} \zeta_{\vec{k}_2} \zeta_{\vec{k}_3} \rangle = (2\pi)^3 \delta_D(\vec{k}_1 + \vec{k}_2 + \vec{k}_3) B_\zeta(k_1, k_2, k_3)$$

The **amplitude** of the bispectrum is conventionally defined as

$$F_{\rm NL} \equiv \frac{B_{\zeta}(k,k,k)}{P_{\zeta}(k)^{3/2}}$$

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Current Constraints

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Information about extra particles is encoded in the shape of the bispectrum:







These particles are produced by the expanding spacetime:

 $\sigma_{\mu_1...\mu_s}$

These massive particles decay into the inflaton:



The correlated decays create higher-order correlations in the inflaton:



Evaluating one leg on the background. $\overline{\phi}(t)$. leads to a three-point correlation for the perturbation, $\phi(t + \pi(\vec{x}, t))$:



This effect leads to a characteristic **non-locality** in cosmological correlators.



Consider the following example:

$$\mathcal{L} = (\partial \phi)^2 + (\partial \sigma)^2 - M^2 \sigma^2 + \frac{\sigma (\partial \phi)^2}{\Lambda}$$
, with $M = \text{few} \times H$.

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 \sim expansion in $(H/M)^2$

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, with $M = \text{few} \times H$.

• Integrating out the massive field gives

$$\mathcal{L}_{\text{eff}} = (\partial \phi)^{2} + \frac{1}{\Lambda^{2}} (\partial \phi)^{2} \frac{1}{\Box + M^{2}} (\partial \phi)^{2} + \cdots$$

$$\approx (\partial \phi)^{2} + \frac{1}{\Lambda^{2} M^{2}} \left((\partial \phi)^{4} + (\partial \phi)^{2} \frac{\Box}{M^{2}} (\partial \phi)^{2} + \cdots \right)$$

$$\uparrow \qquad \uparrow \qquad \uparrow$$

$$|\text{local} \qquad |\text{local} \quad |\text$$

• Particle production leads to **non-local** terms proportional to $e^{-M/H}$.

• The non-locality shows up as non-analyticity in the squeezed limit:



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• The mass of the particles leads to distinct oscillations:

$$\lim_{k_L \to 0} \langle \zeta_{\vec{k}_S} \zeta_{\vec{k}_S} \zeta_{\vec{k}_L} \rangle \propto \cos \left[\frac{M}{H} \ln \left(\frac{k_L}{k_S} \right) + \delta \right]$$

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• Particles with **spin** lead to a unique **angular dependence**:

$$\lim_{k_L \to 0} \langle \zeta_{\vec{k}_S} \zeta_{\vec{k}_S} \zeta_{\vec{k}_L} \rangle \propto P_S(\cos \theta)$$



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m pl}$:

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• For time-dependent masses, the Boltzmann suppression can be reduced:

$$e^{-M/H} \Rightarrow e^{-M^2/\dot{\phi}}$$

extending the reach to heavier particles.

Flauger et al. [2016] Silverstein [Strings 2016]

• For gravitational mixing, $\Lambda=M_{\rm pl}$, the **amplitude** is small:



• For M < H, there is no Boltzmann suppression.* Chen and Wang [2009] The momentum scaling becomes

$$\left(\frac{k_L}{k_S}\right)^{3/2} \cos\left[\frac{M}{H}\ln\left(\frac{k_L}{k_S}\right)\right] \Rightarrow \left(\frac{k_L}{k_S}\right)^{\Delta} \qquad \Delta \equiv \frac{3}{2} - \sqrt{\frac{9}{4} - \frac{M^2}{H^2}}$$

* For higher-spin particles, this limit is restricted by the Higuchi bound:

$$m^2 > s(s-1)H^2$$

Particle Spectroscopy

$$\lim_{k_L \to 0} \langle \zeta_{\vec{k}_S} \zeta_{\vec{k}_S} \zeta_{\vec{k}_L} \rangle \propto \left(\frac{k_L}{k_S}\right)^{3/2} \cos\left[\frac{M}{H} \ln\left(\frac{k_L}{k_S}\right) + \delta\right] P_S(\cos\theta)$$

Oscillations in the squeezed limit measure the **mass** of the particle:

Angular dependence in the squeezed limit measures the **spin** of the particle:





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Tensor Modes

• Tensor amplitude

probes the UV sensitivity of the inflationary background

• Tensor tilt

Tensor non-Gaussianity

probe the UV sensitivity of the inflationary perturbations

Tensor Amplitude

Famously, observable tensors (**r** > 0.01) require a **super-Planckian field excursion**. This implies a maximal UV sensitivity of inflation: Lyth [1997]



EFTs of large-field inflation rely on symmetries to forbid these corrections.

Whether these symmetries survive the coupling to gravity is a question for **string theory**:

"no global symmetries in quantum gravity"

Axions

Axions are promising candidates for large-field inflation:

Their perturbative shift symmetry is broken by instanton effects, leading to a periodic inflaton potential $V(\phi)$

Successful natural inflation requires a super-Planckian axion decay constant:

 $f > M_{\rm pl}$ Freese, Frieman and Olinto [1990]

• This does not seem possible in controlled string compactifications.

Banks, Dine, Fox and Gorbatov [2003] Svrcek and Witten [2006]

 $2\pi f$

Axions

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Their perturbative shift symmetry is broken by instanton effects, leading to a periodic inflaton potential $V(\phi)$

Mechanism to avoid the no-go:

N-flation Dimopoulos et al. [2008]

Alignment Kim, Nilles and Peloso [2005]

Axion Monodromy

Silverstein and Westphal [2008] McAllister, Silverstein and Westphal [2010] Marchesano, Shiu and Uranga [2014]

> see talks by Silverstein [Strings 2014] McAllister [Strings 2011]

 $2\pi f$

Axions

Axions are promising candidates for large-field inflation:

Their perturbative shift symmetry is broken by instanton effects, leading to a periodic inflaton potential $V(\phi)$

 Recently, it was shown that the Weak Gravity Conjecture is inconsistent with N-flation and alignment (modulo loopholes).

See extra slides and talks by Uranga and Shiu.

Arkani-Hamed et al. [2007] Cheung and Remmen [2014] Rudelius [2015] Montero et al. [2015] Brown et a. [2015]

 $2\pi f$

If we were to observe tensors, what else can we look for? I will briefly discuss a few futuristic examples. String theory predicts higher-curvature corrections to Einstein gravity.

If the **string scale** is not too far above the Hubble scale, then these corrections can show up in the spectrum of tensor fluctuations:



Kaloper et al. [2002]

The corrections can be controlled by the weakly broken **conformal symmetry** of the inflationary background. Maldacena and Pimer

Maldacena and Pimentel [2011] McFadden and Skenderis [2010] Mata, Raju and Trivedi [2012]

Tensor Tilt

The leading correction to the quadratic action for tensors is

$$\mathcal{L}_{g} = \sqrt{-g} \frac{M_{\rm pl}^{2}}{2} \left[R + f(\phi) \frac{W^{2}}{M_{\rm s}^{2}} \right] \qquad \text{Weinberg [2008]}$$

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• The main effect is a nontrivial tensor sound speed: $\frac{1}{c_{\star}^2} - 1 = 8f(\phi)\frac{H^2}{M_c^2}$

• The coupling to the inflaton induces a correction to the **tensor tilt**:

$$\begin{array}{rcl} n_{\rm t} &=& -2\varepsilon &\pm& \sqrt{\varepsilon} \left(\frac{H}{M_{\rm s}} \right)^2 \\ & & {\rm Einstein} & {\rm stringy} & {\rm correction} & {\rm violation\ of\ the} & n_{\rm t} \neq -r/8 \\ & & \uparrow & \\ {\rm DB,\ Lee\ and\ Pimentel\ [2015]} & {\rm tilt\ can\ be\ blue:} & n_{\rm t} > 0 \end{array}$$

Tensor Non-Gaussianity

The leading correction to the **cubic action** for tensors is

— related to R^3 by field redefinition

 $\mathcal{L}_g = \sqrt{-g} \frac{M_{\rm pl}^2}{2} \left[R + \frac{W^3}{M_{\rm s}^4} \right]$ Maldacena and Pimentel [2011]

The leading correction to the **cubic action** for tensors is

$$\mathcal{L}_g = \sqrt{-g} \frac{M_{\rm pl}^2}{2} \left[R + \frac{W^3}{M_{\rm s}^4} \right] \qquad \text{Maldacena and Pimentel [2011]}$$

• The main effect is a new shape of the graviton three-point function:

$$\langle hhh \rangle = F(k_i) + \left(\frac{H}{M_s}\right)^4 G(k_i)$$

Einstein gravity

stringy correction

A detection would be indirect evidence for strings:

 $W^3/M_s^4 \longrightarrow$ causality violation

fixed by a tower of higher-spin particles

 r_{r} related to R^3 by field redefinition

Camanho et al. [2014]
Tensor Non-Gaussianity

 $\langle hhh \rangle$ will be very hard to measure.

A larger signal may be found in $\langle h\zeta\zeta\rangle$:



This can receive contributions from **massive higher-spin particles**, but not from scalars. Detection channel for stringy effects?

The effect can be looked for in $\langle BTT \rangle$. Meerburg et al. [2016]

Future Observations





But, the era of B-mode cosmology is only beginning:

ground		balloon	future
BICEP2 Keck Array BICEP3	PolarBear Simons Array C-BASS	EBEX Spider Piper	LiteBird PIXIE CMB Stage IV
SPTpol ACTpol	QUIJOTE B-Machine	i ipoi	COrE
ABS CLASS			

Outlook

The Inverse Problem



Measurements of the CMB anisotropies provide very precise constraints on the spectrum of primordial perturbations. At present, the initial conditions are described by just two numbers (A_s, n_s) .

It is hard to extract details on the physics of inflation from that information alone.







To make progress on the inverse problem, we need theoretical predictions for deviations from these simple initial conditions:

- e.g. Non-Gaussianity
 - Tensor Modes







The Inverse Problem



Future data will provide stringent tests of these ideas:



Thanks for your attention

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Cosmological Observables







 $\langle \delta T(\vec{\theta}) \delta T(\vec{0}) \rangle =$

Cosmological Observables

$$\delta \rho_g(\vec{x}) =$$





$$\langle \delta \rho_g(\vec{k}) \delta \rho_g^*(\vec{k}) \rangle =$$

Unitarity Bound

 $M_{\rm pl}$

 f_{π}

H





- The d-wave amplitude depends only on the sound speed.
- The EFT violates **unitary** below f_{π} if $c_s < 0.31$.

DB, Green, Lee and Porto [2015]

Particles with masses $M \gg H$ can be integrated out during inflation:



Particles with masses $M \gg H$ can be integrated out during inflation:



For example, integrating out the Higgs in the linear sigma model leads to higher-derivative corrections to the Goldstone kinetic term:

$$\mathcal{L}_{\phi} = \frac{1}{2} (\partial \phi)^2 + \frac{(\partial \phi)^4}{\Lambda^4} + \cdots \qquad \Lambda^2 \equiv M v$$

Let us take this to be the inflaton Lagrangian.

Creminelli [2003]

Virtual Particles

Evaluating one leg on the background, $\overline{\phi}(t)$, leads to a three-point vertex for the perturbation, $\phi(t + \pi(\vec{x}, t))$:



Virtual Particles

Evaluating one leg on the background, $\overline{\phi}(t)$, leads to a three-point vertex for the perturbation, $\phi(t + \pi(\vec{x}, t))$:



This is a special case of the **EFT of inflation**:

$$\mathcal{L}_{\pi} = \frac{1}{2} (\partial \pi_c)^2 - \frac{1}{\Lambda^2} \Big[\dot{\pi}_c (\partial_i \pi_c)^2 + A \dot{\pi}_c^3 \Big] \qquad \Lambda^2 \equiv \frac{f_{\pi}^2 c_s^2}{1 - c_s^2}$$

Strings from Massive Higher Spins



The WGC quantifies the belief that there are no global symmetries in QG:

"gravity is the weakest force" Arkani-Hamed et al. [2007]

or:



(mild form)

Above statement holds for the lightest charged particle.

(strong form)

Generalized to the coupling to axions (0-forms) the WGC states that there should be an instanton with

$$1 < S \leq \frac{M_{\rm pl}}{f} \Rightarrow f < M_{\rm pl}$$

If this is the same instanton that generates the inflaton potential, then the WGC excludes successful natural inflation.

Weak Gravity Conjecture(s)

Activity was revived, when the WGC was generalized to multiple axions:



It was found that this form of the WGC rules out N-flation and alignment,

Rudelius [2015] Montero, Uranga and Valenzuela [2015] Brown, Cottrell, Shiu and Soler [2015]

but leaves axion monodromy unconstrained.

Hebecker, Rompineve and Westphal [2015]

A lot of recent work was inspired by **loopholes** in the above no-go results:

Instantons satisfying WGC give dominant contributions to the inflationary potential

de la Fuente, Saraswat and Sundrum [2014] Brown, Cottrell, Shiu and Soler [2015] Rudelius [2015] Montero, Uranga and Valenzuela [2015] Bachlechner, Long and McAllister [2015] Hebecker, Mangat, Rompineve and Witkowski [2015] Heidenreich, Reece and Rudelius [2015] Junghans [2015] Harlow [2015] Kappl, Nilles and Winkler [2015] Hebecker, Rompineve and Westphal [2015] Conlon and Krippendorf [2016] Heidenreich, Reece and Rudelius [2016], ...

Stronger versions of the WGC that avoid these loopholes are work in progress. see talk by Shiu [Strings 2016]

Lessons from the Past





"I did not continue with studying the CMB, because I had trouble imagining that such tiny disturbances to the CMB could be detected ..."

Jim Peebles



$$n_s = 0.960 \pm 0.007$$

"I thought that it would take 1000 years to detect the logarithmic dependence of the power spectrum."

Slava Mukhanov

"We apologise to experimentalists for having no idea what is the mass of the Higgs boson and for not being sure of its couplings to other particles. For these reasons we do not want to encourage big experimental searches for the Higgs boson, ..."



Ellis, Gaillard and Nanopoulos



Lessons from the Past



"I arrived at the interesting result that gravitational waves do not exist, ..."

Einstein, in a letter to Born

