Probing very weakly coupled Dark Matter with GWs

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Mechanisms of Dark Matter production

- Freeze-out: Dark Matter couplings to thermal bath are large enough to maintain early time thermal equilibrium.
- Freeze-in: feebly coupled Dark Matter.
  No equilibrium at any time. Out-of-equilibrium scatterings of particles in the primordial plasma into DM particles are sufficient to populate DM phase space.
  McDonald'02, Hall et al'10

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In the present talk: Dark Matter production through inverse phase transition.

Couplings are so weak that out-of-equilibrium scatterings are insufficient (beyond freeze-in).

Earlier discussions of inverse phase transitions:
S. Weinberg'74, Dodelson and Widrow'90.

SCALAR PORTAL COUPLING

$$\mathcal{L} = \frac{(\partial_\mu \chi)^2}{2} - \frac{M^2 \cdot \chi^2}{2} - \frac{\lambda \cdot \chi^4}{4} + \frac{g^2 \chi^2 \phi^\dagger \phi}{2} \, .$$

χ is Dark Matter field Z_2-symmetry protects stability

Assume that ϕ is in thermal equilibrium with hot plasma.
Could be Higgs field.

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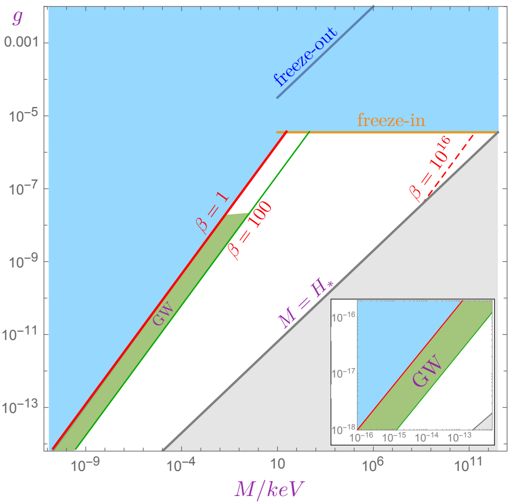
- $|g^2| \simeq 0.1 - 10^{-8} \Longrightarrow$ freeze-out
- $|g^2| \simeq 10^{-11} \Longrightarrow$ freeze-in

  Chu, Hambye, Tytgat'11, Yaguna'11, Lebedev and Toma'19

- $0 < g^2 \lesssim 10^{-11} \Longrightarrow$ second order inverse phase transition

IS THERE A LIFE BEYOND FREEZE-IN?



$$\beta \equiv \frac{\lambda}{g^4} > \frac{1}{\lambda_\phi}$$

S. R., Babichev, Gorbunov, Vikman'21

$$\langle \phi^\dagger \phi \rangle_T = \frac{NT^2}{12}$$

$$V_{eff} = \frac{M^2 \cdot \chi^2}{2} + \frac{\lambda \cdot \chi^4}{4} - \frac{Ng^2T^2\chi^2}{24}$$

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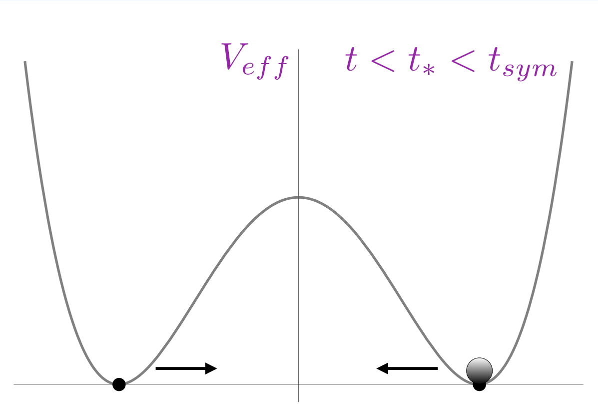
$$T^2(t) \propto \frac{1}{a^2(t)}$$

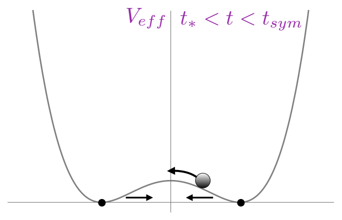
Large T at early times $\Longrightarrow$ spontaneous breaking of Z_2-symmetry

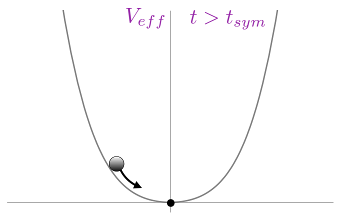
$$\langle \chi \rangle = \sqrt{\frac{Ng^2T^2}{12\lambda} - \frac{M^2}{\lambda}}$$

$g^2T^2 \ll M^2$ at late times $\Longrightarrow$ symmetry is restored $\langle \chi \rangle = 0$



$$\frac{d\langle\chi\rangle}{dt} \propto \frac{1}{\sqrt{Ng^2T^2/12 - M^2}} \to \infty \qquad \text{as} \qquad \frac{Ng^2T^2}{12} \to M^2$$


V_{eff}
$t_* < t < t_{sym}$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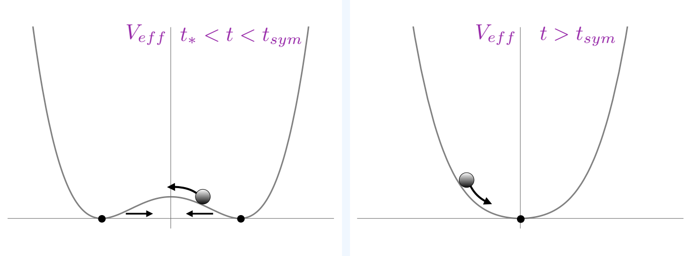


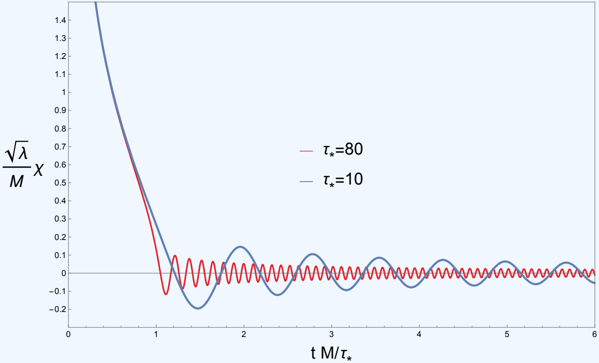
Digression: DM production at inverse phase transition is generic.

$$V_{eff} = \frac{M^2\chi^2}{2} + \frac{\lambda\chi^4}{4} - \frac{\mu^2(t)\chi^2}{2}$$

$$\mu^2(t) \propto \frac{1}{a^n(t)} \qquad \mu^2(t) \propto T^2(t), R, \mathbf{B}^2 \; ....$$

E. Babichev, D. Gorbunov, S. R.'20 S. R., F. Urban, A. Vikman'20

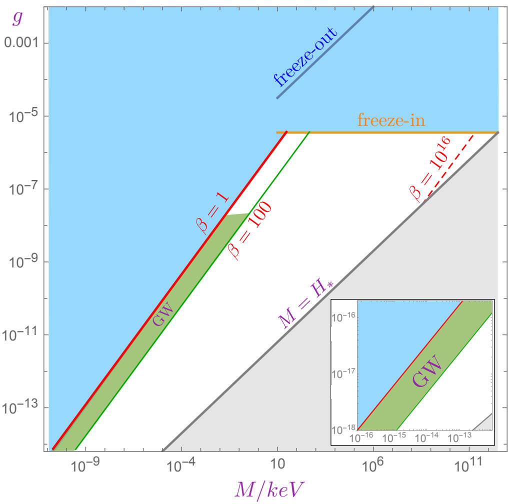
DARK MATTER OSCILLATIONS



$$\tau_* \equiv Mt_* = \frac{M}{2H_*} \gg 1$$

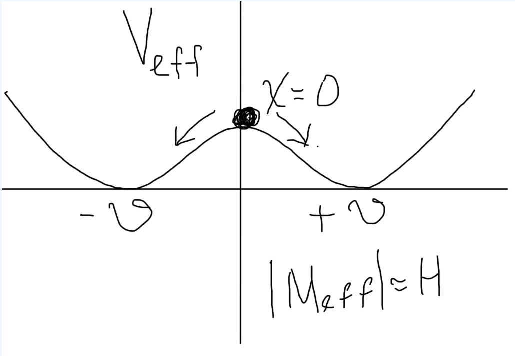
$$M \simeq 15\text{ eV} \cdot \frac{\beta^{3/5}}{\sqrt{N}} \cdot \left(\frac{g_*(T_*)}{100}\right)^{2/5} \cdot \left(\frac{g}{10^{-8}}\right)^{7/5} \qquad \beta \equiv \frac{\lambda}{g^4}$$

IS THERE A LIFE BEYOND FREEZE-IN?



$$\beta \equiv \frac{\lambda}{g^4} > \frac{1}{\lambda_\phi}$$

Spontaneous breaking of Z_2-symmetry $\Longrightarrow$ domain wall formation in the early Universe.



$$|M_{\mathit{eff}}| = \frac{N^{1/2} g T_i}{\sqrt{12}} \simeq H(T_i) \Longrightarrow T_i \simeq \sqrt{\frac{100}{g_*(T_i)}} \cdot \frac{N^{1/2} g M_{Pl}}{10}$$

DOMAIN WALLS ARE MELTING

Domain walls are harmless, because their tension decreases as the cube of the temperature.

$$\sigma_{wall} \propto \sqrt{\lambda}\langle\chi\rangle^3 \propto T^3$$

$$\rho_{wall} \simeq \sigma_{wall} H \propto T^5 \qquad \frac{\rho_{wall}}{\rho_{rad}} \propto T(t) \propto \frac{1}{a(t)}$$

Domain walls vanish completely at the inverse phase transition.

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Domain walls vanish completely at the inverse phase transition.

NB Constant tension domain walls: $\rho_{wall} \simeq \sigma_{wall} H \propto T^2$

$$\frac{\rho_{wall}}{\rho_{rad}} \propto \frac{1}{T^2(t)} \propto a^2(t)$$

MORE WEAKLY COUPLED MEANS MORE VISIBLE!

Domain walls emit gravitational waves!

See the analysis in Hiramatsu, Kawasaki, Saikawa'2013

$$\rho_{gw} \simeq \frac{\sigma^2_{wall}(t)}{M^2_{Pl}} \qquad F_{gw} \simeq H(t)$$

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$$\rho_{gw} \simeq \frac{\sigma^2_{wall}(t)}{M^2_{Pl}} \qquad F_{gw} \simeq H(t)$$

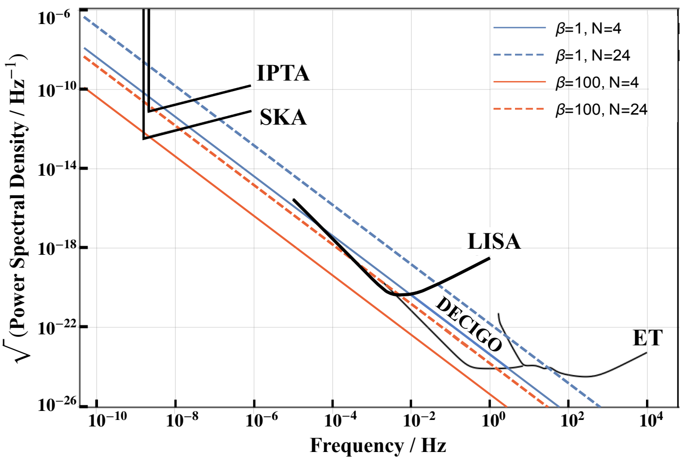
$$f_{gw} \simeq 60\ \mathrm{Hz} \cdot N^{1/2} \cdot \left(\frac{g}{10^{-8}}\right) \cdot \left(\frac{100}{g_*(T)}\right)^{1/3}$$

$$\Omega_{gw} \cdot h^2(t_0) \approx \frac{4 \cdot 10^{-14} \cdot N^4}{\beta^2} \cdot \left(\frac{100}{g_*(T)}\right)^{7/3}$$

Vanilla region:

$$\beta \equiv \frac{\lambda}{g^4} \simeq 1 \qquad N \gg 1$$

GRAVITATIONAL WAVES



gwplotter.com Moore, Cole, and Berry'14

MELTING COSMIC STRINGS

Z_2-symmetry $\rightarrow$ $U(1)$-symmetry

$$\mathcal{L} = -\frac{1}{4}F_{\mu\nu}^2 + |D_\mu\chi|^2 - M^2 \cdot |\chi|^2 - \frac{1}{4}\lambda \cdot |\chi|^4 + \frac{1}{2}g^2|\chi|^2|\phi|^2 \ .$$

Melting domain walls → melting cosmic strings

Emond, S. R., Samanta'21

$$\mu \propto \langle\chi\rangle^2 \propto T^2$$

Existing limits on $G\mu$ assuming constant string tension μ are not applicable!!

Main phenomenology is due to GWs.

EVOLUTION OF COSMIC STRINGS

GWs emitted by the loops are defined by the number density of the string loops.

Approximate scale-invariance of the model

$$\Longrightarrow$$

dynamics of melting cosmic strings in the radiation-dominated Universe is equivalent to the dynamics of cosmic strings with a constant tension in the flat spacetime.

Vanchurin, Olum, Vilenkin'05

Number density of loops in the flat spacetime:

$$n(t,l) = \frac{1}{l^4}\int_{l/t}^{l/t_s} dx' x'^3 f(x')$$

In the one-scale approach Kibble'85

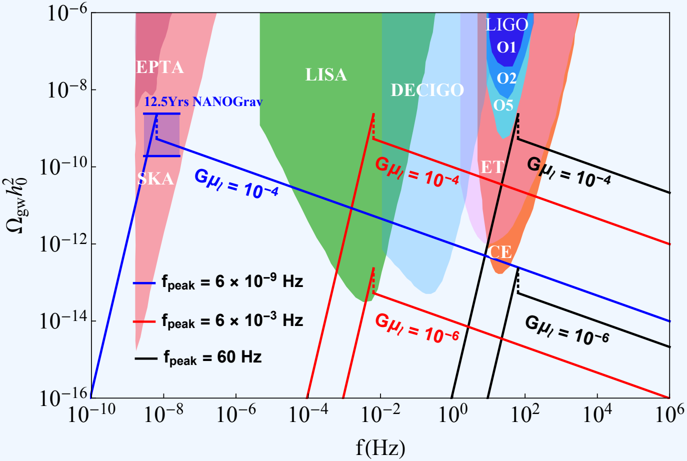
$$f(x) = C\delta\left(x-\alpha\right) \qquad C \approx 150 \qquad \alpha \approx 0.1$$

$$P_{gw}^{(j)}(l,F) \approx \frac{\Gamma G\mu^2(t)}{\zeta\left(\frac{4}{3},\infty\right)} \cdot \frac{1}{j^{4/3}} \cdot \delta\left(F - \frac{2j}{l(t)}\right)$$

Vachaspati and Vilenkin'84

One can define $\Omega_{gw}h_0^2$

GRAVITATIONAL WAVES FROM MELTING COSMIC STRINGS



Low-frequency range: $\Omega_{gw} \cdot h_0^2 \propto f^4$

High frequency range: $\Omega_{gw} \cdot h_0^2 \propto f^{-1/3}$

SUMMARY

- Thermal fluctuations of hot primordial plasma can lead to abundant Dark Matter production even for extremely weak coupling constants $g^2 \ll 10^{-11}$.

- Weak couplings can be tested through GWs emitted by domain walls or cosmic strings. The peak frequency is pinned to the constant g, i.e., $f_{gw} \propto g$.

- Domain walls are melting and do not overclose the Universe.

- Spectrum of GWs has been estimated for the case of melting cosmic strings.

Thanks for listening!!!

Ευχαριστω