## Cosmology exercise session – Solutions - IDPASC 2023

1. Suppose we have two observers A and B separated by coordinate distance  $r_{AB}$  (i.e. the comoving distance). A emits a light pulse at time  $t_{\text{emit}}$  which reaches B at time  $t_{\text{obs}}$ . Now we know light rays are null, hence they satisfy  $ds^2 = 0$  along the path of a photon. It follows that

$$\int_{t_{\text{min}}}^{t_{\text{obs}}} \frac{dt}{a(t)} = \int_{0}^{r_{AB}} \frac{dr}{\sqrt{1 - Kr^2}}.$$

Now imagine A emits a second pulse at time  $t_{\rm emit} + \delta t_{\rm emit}$  which arrives at B at time  $t_{\rm obs} + \delta t_{\rm obs}$ , It travels the same comoving distance hence we have

$$\int_{t_{\text{emit}}+\delta t_{\text{emit}}}^{t_{\text{obs}}+\delta t_{\text{obs}}} \frac{dt}{a(t)} = \int_{0}^{r_{AB}} \frac{dr}{\sqrt{1-Kr^2}} = \int_{t_{\text{emit}}}^{t_{\text{obs}}} \frac{dt}{a(t)}$$

Hence it follows that for the case where the scale factor does not evolve much during the period between the first and second pulse being emitted (such as a wavelength of light) then

$$\frac{\delta t_{\rm obs}}{a(t_{\rm obs})} = \frac{\delta t_{\rm emit}}{a(t_{\rm emit})}$$

In particular considering the case where the time difference corresponds to say one wavelength, we can say that light of freq  $\nu_{\text{emit}}$  at A will be detected with frequency  $\nu_{\text{obs}}$  at B where

$$\frac{\nu_{\rm obs}}{\nu_{\rm emit}} = \frac{\delta t_{\rm emit}}{\delta t_{\rm obs}} = \frac{a(t_{\rm emit})}{a(t_{\rm obs})}$$

Thus the light received by B is redshifted

$$1 + z = \frac{a(t_{\text{obs}})}{a(t_{\text{emit}})}, \quad z = \frac{\lambda_{\text{obs}} - \lambda_{\text{emit}}}{\lambda_{\text{emit}}} = \frac{\nu_{\text{emit}} - \nu_{\text{obs}}}{\nu_{\text{obs}}}.$$

**2**.

• a. We have that redshift is equal to

$$z = \frac{\lambda_{obs} - \lambda_{em}}{\lambda_{em}} = \frac{8.50969 - 1.21567}{1.21567} = 6 \tag{1}$$

corresponding to scale factor  $a = 1/7 \approx 0.142857$ .

- **b.** We have that  $H = H_0/a^{3/2} = H_0(1+z)^{3/2}$  and  $H_0 = 70km/s/Mpc = 3.336 \times 10^{-4}Mpc^{-1}$ .
  - **i.** The comoving distance is

$$d_{com} = \int_0^z \frac{dz}{H} = \frac{1}{H_0} \int_0^6 (1+z)^{-3/2} dz \approx \frac{1.24407}{H_0}$$

$$\approx \frac{1.24407}{3.336 \times 0.7 \times 10^{-4}} Mpc \approx 5.327 Gpc \approx 1.6434 \times 10^{26} m \tag{2}$$

- **ii.** The angular-diameter distance of the object is

$$d_A = \frac{d_{com}}{1+z} = \frac{1}{7}d_{com} \approx 761Mpc \approx 2.3 \times 10^{25}m$$
 (3)

- iii. The luminosity distance of the object is

$$d_L = \frac{d_{com}}{1+z} = (1+z)^2 d_A = 7d_{com} \approx 37.2 Gpc \approx 1.15 \times 10^{27} m$$
(4)

- c. Here,  $H = H_0 \sqrt{0.3(1+z)^3 + 0.7}$ .
  - **i.** The comoving distance is

$$d_{com} = \int_0^z \frac{dz}{H} = \frac{1}{H_0} \int_0^6 \frac{1}{\sqrt{0.3(1+z)^3 + 0.7}} dz \approx \frac{1.92561}{H_0} = 1.17172 d_{com}^{\Omega_{\Lambda} = 0}$$

$$\approx 1.17172 \times 5.327 Gpc \approx 8.25 Gpc \approx 2.5 \times 10^{26} m$$
(5)

- ii. The angular-diameter distance of the object is

$$d_A = 1.17172 d_A^{\Omega_{\Lambda}=0} \sim 891 Mpc = 2.69 \times 10^{25} m \tag{6}$$

- iii. The luminosity distance of the object is

$$d_L = 1.17172 d_L^{\Omega_{\Lambda} = 0} = 43.5879 Gpc \approx 2.3 \times 1.3410^{27} m \tag{7}$$

**3a.** We find the angular diameter distance as

$$d_A = a(t_{em})r \tag{8}$$

where  $a_{em} = a(t_{em})$  is the scale factor at emission. Meanwhile the luminosity distance for a source of intrinsic luminosity  $L_s$  is

$$d_L = \sqrt{\frac{L_s}{4\pi \mathcal{F}}} \tag{9}$$

where  $\mathcal{F}$  is the observed flux. What we are after is the luminosity distance in an expanding Universe compared to the one in a static Universe. The latter, would be equal to  $r_{com}$ . Now, luminosity is Energy per unit time, that is  $\delta E/\delta t$ . We saw in the lectures that energy scales as  $E_{em} = E_{obs}/a(t_{em})$  and we also saw from exercise 1 that  $\delta t_{em} = a(t_{em})\delta t_{obs}$  (assuming a=1 today). So by the time light comes to us as observers, the luminosity of the source would appear to be

$$L_{obs} = L_s a^2(t_{em}) \tag{10}$$

which we may associate with the luminosity distance in case of a static Universe. So

$$d_L = \sqrt{\frac{L_s}{4\pi\mathcal{F}}} = \frac{1}{a}\sqrt{\frac{L_{obs}}{4\pi\mathcal{F}}} \tag{11}$$

$$=\frac{r_{com}}{a}\tag{12}$$

Eliminating  $r_{com}$  we then find the desired relation

$$d_L = \frac{d_A}{a^2} = d_A (1+z)^2 \tag{13}$$

**3b.** For matter domination  $H = H_0(1+z)^{3/2}$ . Hence,

$$d_A = \frac{1}{H_0} \frac{1}{1+z} \int_0^z (1+z')^{3/2} dz'$$
 (14)

$$=\frac{2}{H_0(1+z)}\left(1-\frac{1}{\sqrt{1+z}}\right) \tag{15}$$

3c. Setting to zero the derivative of the equation in 3b gives that the angular diameter distance in a purely matter dominated universe reaches a maximum at redshift z = 5/4.

**3d.** The Universe is expanding.

4. In the following three questions we set c=1 for convenience. To obtain the fluid equation, first differentiate the Friedmann equation to yield

$$\frac{2\dot{a}\ddot{a}}{a^2} - \frac{2\dot{a}^3}{a^3} = \frac{8\pi G}{3}\dot{\rho} + \frac{2\kappa\dot{a}}{a^3}.$$

Rearrange to obtain

$$\frac{2\dot{a}}{a}\left(\frac{\ddot{a}}{a} - \frac{\dot{a}^2}{a^2} - \frac{\kappa}{a^2}\right) = \frac{8\pi G}{3}\dot{\rho} \tag{16}$$

Recall the acceleration (17) and Friedmann (18) equations

$$\frac{\ddot{a}}{a} = -\frac{4\pi G}{3}(\rho + 3p) \tag{17}$$

$$\frac{\ddot{a}}{a} = -\frac{4\pi G}{3}(\rho + 3p)$$

$$\frac{\dot{a}^2}{a^2} = \frac{8\pi G}{3}\rho - \frac{\kappa}{a^2}$$

$$(17)$$

Sub into (16) to obtain

$$\frac{2\dot{a}}{a}\left(-\frac{4\pi G}{3}(\rho+3p)-\frac{8\pi G}{3}\rho\right)=\frac{8\pi G}{3}\dot{\rho}$$

Finally simplify to obtain the required result

$$\dot{\rho} + 3\frac{\dot{a}}{a}(\rho + p) = 0. \tag{19}$$

**5.** In terms of conformal time  $\eta$ , we have

$$\frac{da}{dt} = \frac{da}{d\eta} \frac{d\eta}{dt} = \frac{a'}{a} \tag{20}$$

where  $a' \equiv \frac{da}{d\eta}$  and  $\frac{d\eta}{dt} = \frac{1}{a}$ . Similarly we have

$$\ddot{a} = \frac{d(\dot{a})}{dt} = \frac{d(\dot{a})}{d\eta} \frac{d\eta}{dt} = \frac{a''}{a^2} - \frac{a'^2}{a^3}.$$
 (21)

For the acceleration equation, sub (21) into (17) and use (20) and (18) to eliminate the  $\frac{a'^2}{a^4}$  term. The answer then follows:

 $a'' = \frac{4\pi G}{3}(\rho - 3p)a^3 - \kappa a \tag{22}$ 

For the Friedmann equation, simply sub (20) into (18) and the answer pops out:

$$a^{\prime 2} = \frac{8\pi G}{3}\rho a^4 - \kappa a^2 \tag{23}$$

**6.** Before  $e^+e^-$  annihilation, the relevant radiation species are photons (2 dof), 3 neutrino flavous (1 dof each), 3 anti-neutrino flavous (1 dof each), positrons (2 dof each) and electrons (2 dof each), for a total of 10 fermionic and 2 bosonic dof. Hence, the entropy density before  $s_b$  is

$$s_b = \frac{4}{3} \sum_{I} \frac{\rho_I}{T_I} = \frac{4}{3} \frac{\pi^2}{30} \left( 2 + \frac{7}{8} * 10 \right) T_{\nu}^3 \tag{24}$$

$$=\frac{43\pi^2}{90}T_{\nu}^3\tag{25}$$

where I runs over all the species above and where all species have the same temperature, which we choose to be the neutrino temperature  $T_{\nu}$ .

After the annihilation, he relevant radiation species are photons (2 dof), 3 neutrino flavous (1 dof each) and 3 anti-neutrino flavous (1 dof each), for a total of 6 fermionic and 2 bosonic dof. But, now while the neutrino temperature is unchanged by the annihilation, and remains at  $T_{\nu}$ , the photon thermal bath is heated by the annihilation so that the new photon temperature is  $T_{\gamma}$ .

Hence, the entropy density after  $s_a$  is

$$s_b = \frac{4}{3} \sum_{I} \frac{\rho_I}{T_I} = \frac{4}{3} \frac{\pi^2}{30} \left( 2T_{\gamma}^3 + \frac{7}{8} * 6 T_{\nu}^3 \right)$$
 (26)

$$= \frac{4\pi^2}{90} \left[ 2\left(\frac{T_{\gamma}}{T_{\nu}}\right)^3 + \frac{21}{4} \right] T_{\nu}^3 \tag{27}$$

Since, the entropy is concerved, and since the annihilation is assumed to be instantaneous in redshift, then  $S_b = S_a$ , leading to

$$\frac{43}{4} = 2\left(\frac{T_{\gamma}}{T_{\nu}}\right)^3 + \frac{21}{4} \tag{28}$$

hence,

$$\left(\frac{T_{\gamma}}{T_{\nu}}\right)^{3} = \frac{11}{4} \tag{29}$$

hence

$$T_{\nu} = \left(\frac{4}{11}\right)^{1/3} T_{\gamma} \tag{30}$$

7. At the beginning massive neutrinos were relativistic  $(T_{\nu} \gg m)$ , hence, for one neutrino/antineutrino flavour

$$n_{\nu} = \frac{3}{4} \frac{2\zeta(3)}{\pi^2} T_{\nu}^3 \tag{31}$$

where the factor of 3/4 is because neutrinos are fermions, and the 2 dof count one helicity of one neutrino and one helicity of the antineutrino. Now we have seen that  $T_{\nu} = \left(\frac{4}{11}\right)^{1/3} T_{\gamma}$ , hence,

$$n_{\nu} = \frac{3}{11} \frac{2\zeta(3)}{\pi^2} T_{\gamma}^3 \tag{32}$$

$$=\frac{3}{11}n_{\gamma} \tag{33}$$

When  $T \sim m$  and hence forth, neutrinos are non-relativistic so that

$$\rho_{\nu} = m_{\nu} n_{\nu} \tag{34}$$

At that point  $n_{\nu} = \frac{3}{11} n_{\gamma}$  is still valid so that

$$\rho_{\nu} = \frac{3}{11} m_{\nu} \frac{2\zeta(3)}{\pi^2} T_{\gamma}^3 \tag{35}$$

$$= m_{\nu} \frac{6\zeta(3)}{11\pi^2} T_{0\gamma}^3 \frac{1}{a^3} \tag{36}$$

$$=\frac{\rho_{0\nu}}{a^3} \tag{37}$$

where

$$\rho_{0\nu} = m_{\nu} \frac{6\zeta(3)}{11\pi^2} T_{0\gamma}^3 \tag{38}$$

is the density of one flavour of massive neutrinos today. But  $\Omega_{\nu} = \rho_{0\nu}/\rho_{crit}$ . Plugging in the numbers we have that  $\rho_{crit} = \frac{3H_0^2}{8\pi G}$  with  $H_0 = 2.137h \times 10^{-42} GeV$  and  $G = 6.67 \times 10^{-11} m^3 K g^{-1} s^{-2} = 6.7 \times 10^{-39} GeV^{-2}$ , leading to  $\rho_{crit} = 8.13h^2 \times 10^{-11} eV^4$ . Meanwhile  $T_{0\gamma} \approx 2.72K = 2.34 \times 10^{-13} GeV$  so that we find

$$\Omega_{0\nu} \approx \frac{m_{\nu}}{94h^2 eV} \tag{39}$$

per neutrino flavour.

9. We start from the equation in the problem set. For scales outside the Jeans length, we can ignore the term  $k^2c_s^2\delta$  and the equation becomes

$$\ddot{\delta} + 2H\dot{\delta} - 4\pi G\bar{\rho}\delta = 0 \tag{40}$$

Now consider the term  $4\pi G\bar{\rho}\delta$ . The density  $\bar{\rho}$  is the energy density of matter. We re-express it in terms of the total energy density  $\bar{\rho}_T$  to get

$$4\pi G\bar{\rho} = 4\pi G\Omega_m \bar{\rho}_T = \frac{3}{2}\Omega_m H^2 \tag{41}$$

Now for both curvature and cosmological constant domination  $\Omega_m$  is tiny and so we may neglect the term  $\frac{3}{2}\Omega_m H^2$  and the equation to be solved becomes

$$\ddot{\delta} + 2H\dot{\delta} = 0 \tag{42}$$

Now consider the two cases

9.a Curvature domination. For curvature domination we have the Friedmann equation

$$3H^2 = -\frac{3K}{a^2} (43)$$

which is only valid for negative curvature K < 0. The equation simplifies to

$$\dot{a}^2 = -K \tag{44}$$

which has solution

$$a = \sqrt{|K|}t\tag{45}$$

hence the Hubble parameter evolves as

$$H = \frac{1}{t} \tag{46}$$

Thus the equation for  $\delta$  becomes

$$\ddot{\delta} + \frac{2}{t}\dot{\delta} = 0\tag{47}$$

We set  $A = \dot{\delta}$  to get

$$\dot{A} = -\frac{2}{t}A\tag{48}$$

which has solution

$$A = \left(\frac{t_0}{t}\right)^2 \tag{49}$$

where  $t_0$  is an integration constant. Thus replacing A with  $\dot{\delta}$  we get

$$\dot{\delta} = \left(\frac{t_0}{t}\right)^2 \tag{50}$$

which integrates to

$$\delta = \delta_0 - \frac{t_0^2}{t} \tag{51}$$

**9.b** Cosmological constant domination. In this case the Hubble parameter is constant  $H=H_0$  and the equation for  $\delta$  becomes

$$\ddot{\delta} + 2H_0\dot{\delta} = 0 \tag{52}$$

We set  $A = \dot{\delta}$  to get

$$\dot{A} = -2H_0A\tag{53}$$

which has solution

$$A = A_0 e^{-2H_0 t} (54)$$

where  $A_0$  is an integration constant. Thus replacing A with  $\dot{\delta}$  we get

$$\dot{\delta} = A_0 e^{-2H_0 t} \tag{55}$$

which integrates to

$$\delta = \delta_0 - \frac{A_0}{2H_0} e^{-2H_0 t} \tag{56}$$

where  $\delta_0$  is a 2nd integration constant. This is the general solution.

**9.c** We see that for both curvature and cosmological constant domination, the solution for the density contrast is equal to a constant plus a decaying mode. Thus in both cases, the density contrast stops

growing, thus structure formation stops if the Universe enters a curvature or a cosmological constant period.

10.a The inverse metric tensor  $g^{\mu\nu}$  will be a perturbation on the background inverse metric tensor  $\bar{g}^{\mu\nu}$  which is

$$\bar{g}^{\mu\nu} = \frac{1}{a^2} \begin{pmatrix} -1 & 0\\ 0 & \gamma^{ij} \end{pmatrix} \tag{57}$$

where  $\gamma^{ik}\gamma_{kj}=\delta^{i}_{\ j}$ . Thus for the total  $g^{\mu\nu}$  we should have

$$g^{\mu\nu} = \frac{1}{a^2} \begin{pmatrix} -1 + h^{00} & 0\\ 0 & \gamma^{ij} + h^{ij} \end{pmatrix}$$
 (58)

mutiplying  $g^{\mu\nu}$  with  $g_{\mu\nu}$  we get

$$\delta^{\mu}_{\nu} = g^{\mu\rho}g_{\rho\nu} = \frac{1}{a^{2}} \begin{pmatrix} -1 + h^{00} & 0 \\ 0 & \gamma^{ik} + h^{ik} \end{pmatrix} \times a^{2} \begin{pmatrix} -(1 + 2\Psi) & 0 \\ 0 & (1 - 2\Phi)\gamma_{kj} + h^{(T)}_{kj} \end{pmatrix}$$

$$= \begin{pmatrix} -1 + h^{00} & 0 \\ 0 & \gamma^{ik} + h^{ik} \end{pmatrix} \begin{pmatrix} -(1 + 2\Psi) & 0 \\ 0 & (1 - 2\Phi)\gamma_{kj} + h^{(T)}_{kj} \end{pmatrix}$$

$$= \begin{pmatrix} 1 + 2\Psi - h^{00} & 0 \\ 0 & [\gamma^{ik} + h^{ik}] \left[ (1 - 2\Phi)\gamma_{kj} + h^{(T)}_{kj} \right] \end{pmatrix}$$

$$= \begin{pmatrix} 1 + 2\Psi - h^{00} & 0 \\ 0 & (1 - 2\Phi)\gamma^{ik}\gamma_{kj} + \gamma^{ik}h^{(T)}_{kj} + h^{ik}\gamma_{kj} \end{pmatrix}$$
(59)

Now we can raise the indices on  $h_{ij}^{(T)}$  using the background spatial metric tensor  $\gamma_{ij}$ . So we write  $h_{kj}^{(T)} = \gamma_{kp}\gamma_{jq}h^{(T)pq}$ . We further multiply with  $\gamma^{ik}$  as it appears in the matrix above to get  $\gamma^{ik}h_{kj}^{(T)} = \gamma^{ik}\gamma_{kp}\gamma_{jq}h^{(T)pq} = \delta^i_p\gamma_{jq}h^{(T)pq} = \gamma_{kj}h^{(T)ik}$ . So substituting this into the matrix we get

$$\delta^{\mu}_{\ \nu} = g^{\mu\rho}g_{\rho\nu} = \begin{pmatrix} 1 + 2\Psi - h^{00} & 0 \\ 0 & \delta^{i}_{\ j} - 2\Phi\gamma^{ik}\gamma_{kj} + \gamma_{kj}h^{(T)ik} + h^{ik}\gamma_{kj} \end{pmatrix}$$

$$= \begin{pmatrix} 1 & 0 \\ 0 & \delta^{i}_{\ j} \end{pmatrix} = \begin{pmatrix} 1 & 0 & 0 & 0 \\ 0 & 1 & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \end{pmatrix}$$
(60)

This means that we must have

$$h^{00} = 2\Psi \tag{61}$$

and

$$h^{ij} = 2\Phi\gamma^{ij} - h^{(T)ij} \tag{62}$$

so that the inverst metric tensor is

$$g^{\mu\nu} = \frac{1}{a^2} \begin{pmatrix} -1 + 2\Psi & 0\\ 0 & (1 + 2\Phi)\gamma^{ij} - h^{(T)ij} \end{pmatrix}$$
 (63)

10.b We need to calculate  $u_{\mu}u_{\nu}g^{\mu\nu}$ . First let's start from the background. Since the background is homogeneous and isotropic, the background 3-velocity must be zero. So  $\bar{u} = (\bar{u}_0, \vec{0})$ . Now we need to find  $\bar{u}_0$ . We have

$$-1 = \bar{u}_{\mu}\bar{u}_{\nu}\bar{g}^{\mu\nu} = (\bar{u}_{0})^{2}\bar{g}^{00} = -\frac{1}{a^{2}}(\bar{u}_{0})^{2}$$

$$(64)$$

so we solve for  $\bar{u}_0$  to get

$$\bar{u}_0 = \pm a \tag{65}$$

We choose the + solution i.e.  $\bar{u}_0 = a$ . This is purely conventional. Now let us consider the perturbations. We write  $u_{\mu} = \bar{u}_{\mu} + \delta u_{\mu}$ . We need to find  $\delta u_0$ . We have

$$-1 = u_{\mu}u_{\nu}g^{\mu\nu}$$

$$= (\bar{u}_{\mu} + \delta u_{\mu})(\bar{u}_{\nu} + \delta u_{\nu})(\bar{g}^{\mu\nu} + \delta g^{\mu\nu})$$

$$= (\bar{u}_{\mu} + \delta u_{\mu})(\bar{u}_{\nu} + \delta u_{\nu})\bar{g}^{\mu\nu} + (\bar{u}_{\mu} + \delta u_{\mu})(\bar{u}_{\nu} + \delta u_{\nu})\delta g^{\mu\nu}$$

$$= (\bar{u}_{\mu} + \delta u_{\mu})\bar{u}_{\nu}\bar{g}^{\mu\nu} + (\bar{u}_{\mu} + \delta u_{\mu})\delta u_{\nu}\bar{g}^{\mu\nu} + \bar{u}_{\mu}\bar{u}_{\nu}\delta g^{\mu\nu}$$

$$= \bar{u}_{\mu}\bar{u}_{\nu}\bar{g}^{\mu\nu} + \delta u_{\mu}\bar{u}_{\nu}\bar{g}^{\mu\nu} + \bar{u}_{\mu}\delta u_{\nu}\bar{g}^{\mu\nu} + \bar{u}_{\mu}\bar{u}_{\nu}\delta g^{\mu\nu}$$
(66)

Since  $\bar{u}_{\mu}\bar{u}_{\nu}\bar{g}^{\mu\nu}=-1$  we find that

$$0 = \delta u_{\mu} \bar{u}_{\nu} \bar{g}^{\mu\nu} + \bar{u}_{\mu} \delta u_{\nu} \bar{g}^{\mu\nu} + \bar{u}_{\mu} \bar{u}_{\nu} \delta g^{\mu\nu}$$

$$\tag{67}$$

Then since  $\bar{u}_{\mu} = (a, \vec{0})$  the above expression gives

$$0 = \delta u_{\mu} \bar{u}_{0} \bar{g}^{\mu 0} + \bar{u}_{0} \delta u_{\nu} \bar{g}^{0\nu} + \bar{u}_{0} \bar{u}_{0} \delta g^{00}$$

$$(68)$$

$$= a\delta u_{\mu}\bar{g}^{\mu 0} + a\delta u_{\nu}\bar{g}^{0\nu} + \Psi \tag{69}$$

But  $\bar{g}^{\mu 0}$  is non-zero only for  $\mu = 0$  in which case  $\bar{g}^{00} = -\frac{1}{a^2}$ . Therefore the above expression gives

$$0 = -\frac{2}{a}\delta u_0 + 2\Psi \tag{70}$$

and solving for  $\delta u_0$  we get

$$\delta u_0 = a\Psi \tag{71}$$

**10.c** On super-horizon scales we set  $k^2 = 0$  so that the equation becomes

$$h^{(T)''} + 2\mathcal{H}h^{(T)'} = 0 \tag{72}$$

The trivial solution is  $h^{(T)} = const.$  We need the non-trivial solution. Let  $A = h^{(T)}$ . Then

$$A' + 2\frac{a'}{a}A = 0\tag{73}$$

where we have used  $\mathcal{H} = \frac{a'}{a}$ . Therefore the solution is

$$A = \frac{A_0}{a^2} \tag{74}$$

so that the general solution is

$$h^{(T)} = h_0^{(T)} + A_0 \int \frac{d\eta}{a^2} \tag{75}$$

where  $h_0^{(T)}$  is a constant (the trivial solution). We see that the non-trivial solution proportional to  $A_0$  is decaying so we can ignore it. Therefore, the tensor mode on super-horizon scales stays constant in time

On sub-horizon scales the  $k^2$  term becomes important. The equation to be solved is that of a damped harmonic oscillator. Thus, we expect the solution to be oscillatory with a decaying amplitude.