

# Effective field theory in de Sitter space and the Method of Regions

02.12.2024

Andrea F. Sanfilippo

Physik-Department, Technische Universität München

with Martin Beneke, Patrick Hager

based on [arXiv:2312.06766](https://arxiv.org/abs/2312.06766) and work in progress

Cosmological Correlators in Taiwan



# Why de Sitter?

de Sitter (dS) spacetime is a good approximation to inflationary spacetime

## Why de Sitter?

de Sitter (dS) spacetime is a good approximation to inflationary spacetime  $\Rightarrow$  use it as a testing ground to develop computational tools for theoretical particle physics in the early universe.

## Why de Sitter?

de Sitter (dS) spacetime is a good approximation to inflationary spacetime  $\Rightarrow$  use it as a testing ground to develop computational tools for theoretical particle physics in the early universe.

Work in the flat slicing:

$$ds^2 = dt^2 - a(t)^2 d\mathbf{x}^2, \quad a(t) \equiv e^{Ht},$$

## Why de Sitter?

de Sitter (dS) spacetime is a good approximation to inflationary spacetime  $\Rightarrow$  use it as a testing ground to develop computational tools for theoretical particle physics in the early universe.

Work in the flat slicing:

$$ds^2 = dt^2 - a(t)^2 d\mathbf{x}^2, \quad a(t) \equiv e^{Ht},$$

study a very simple QFT model, **real, minimally coupled, massless scalar field** in dS with a **quartic self-interaction**:

$$S = \int d^4x \sqrt{-g} \left[ \frac{1}{2} g^{\mu\nu} \partial_\mu \phi \partial_\nu \phi - \frac{\kappa}{4!} \phi^4 \right].$$

## Why de Sitter?

de Sitter (dS) spacetime is a good approximation to inflationary spacetime  $\Rightarrow$  use it as a testing ground to develop computational tools for theoretical particle physics in the early universe.

Work in the flat slicing:

$$ds^2 = dt^2 - a(t)^2 d\mathbf{x}^2, \quad a(t) \equiv e^{Ht},$$

study a very simple QFT model, **real, minimally coupled, massless scalar field** in dS with a **quartic self-interaction**:

$$S = \int d^4x \sqrt{-g} \left[ \frac{1}{2} g^{\mu\nu} \partial_\mu \phi \partial_\nu \phi - \frac{\kappa}{4!} \phi^4 \right].$$

Observables are **in-in correlation functions** at equal and late times:

$$\lim_{k_i / (a(t)H) \rightarrow 0} \langle \phi(t, \mathbf{k}_1) \dots \phi(t, \mathbf{k}_n) \rangle.$$

# Theoretical challenges

## Theoretical challenges

Position-space propagator is **infrared-divergent** in any spacetime dimension  $d$ :

$$\langle \phi(t_x, \mathbf{x}) \phi(t_y, \mathbf{y}) \rangle \Big|_{\text{free}} \sim \int \frac{d^{d-1} \mathbf{k}}{k^{d-1}} \rightarrow \infty, \quad k \equiv |\mathbf{k}|.$$



## Theoretical challenges

Position-space propagator is **infrared-divergent** in any spacetime dimension  $d$ :

$$\langle \phi(t_x, \mathbf{x}) \phi(t_y, \mathbf{y}) \rangle \Big|_{\text{free}} \sim \int \frac{d^{d-1} \mathbf{k}}{k^{d-1}} \rightarrow \infty, \quad k \equiv |\mathbf{k}|.$$

In momentum space, the IR-divergences show up in loop diagrams, and additionally find **secular logarithms** of the form

$$\log^n \left( \frac{k_i}{a(t)H} \right)$$

already starting at tree-level.

## Theoretical challenges

Position-space propagator is **infrared-divergent** in any spacetime dimension  $d$ :

$$\langle \phi(t_x, \mathbf{x}) \phi(t_y, \mathbf{y}) \rangle \Big|_{\text{free}} \sim \int \frac{d^{d-1} \mathbf{k}}{k^{d-1}} \rightarrow \infty, \quad k \equiv |\mathbf{k}|.$$

In momentum space, the IR-divergences show up in loop diagrams, and additionally find **secular logarithms** of the form

$$\log^n \left( \frac{k_i}{a(t)H} \right)$$

already starting at tree-level.

⇒ Standard perturbation theory is ill-defined, it fails due to **superhorizon field modes** with

$$\frac{k}{a(t)} \ll H, \quad \lambda_{\text{phys}} \gg \frac{1}{H},$$

which cause strong IR-effects:

## Theoretical challenges

Position-space propagator is **infrared-divergent** in any spacetime dimension  $d$ :

$$\langle \phi(t_x, \mathbf{x}) \phi(t_y, \mathbf{y}) \rangle \Big|_{\text{free}} \sim \int \frac{d^{d-1} \mathbf{k}}{k^{d-1}} \rightarrow \infty, \quad k \equiv |\mathbf{k}|.$$

In momentum space, the IR-divergences show up in loop diagrams, and additionally find **secular logarithms** of the form

$$\log^n \left( \frac{k_i}{a(t)H} \right)$$

already starting at tree-level.

⇒ Standard perturbation theory is ill-defined, it fails due to **superhorizon field modes** with

$$\frac{k}{a(t)} \ll H, \quad \lambda_{\text{phys}} \gg \frac{1}{H},$$

which cause strong IR-effects: for interacting fields of mass  $m^2 \ll H^2$  a mass scale

$$m_{\text{dyn}}^2 \sim \sqrt{\kappa} H^2$$

is generated **non-perturbatively**.

# Theoretical challenges

Position-space propagator is **infrared-divergent** in any spacetime dimension  $d$ :

$$\langle \phi(t_x, \mathbf{x}) \phi(t_y, \mathbf{y}) \rangle \Big|_{\text{free}} \sim \int \frac{d^{d-1} \mathbf{k}}{k^{d-1}} \rightarrow \infty, \quad k \equiv |\mathbf{k}|.$$

In momentum space, the IR-divergences show up in loop diagrams, and additionally find **secular logarithms** of the form

$$\log^n \left( \frac{k_i}{a(t)H} \right)$$

already starting at tree-level.

⇒ Standard perturbation theory is ill-defined, it fails due to **superhorizon field modes** with

$$\frac{k}{a(t)} \ll H, \quad \lambda_{\text{phys}} \gg \frac{1}{H},$$

which cause strong IR-effects: for interacting fields of mass  $m^2 \ll H^2$  a mass scale

$$m_{\text{dyn}}^2 \sim \sqrt{\kappa} H^2$$

is generated **non-perturbatively**. This effect is what determines the physical vacuum of the theory, first understood using **Stochastic Inflation** [Starobinsky, Yokoyama 1994; Gorbenko, Senatore 2019].

## EFT for superhorizon modes

The wide separation of scales suggests the **EFT-framework** as the suitable way to handle this:

## EFT for superhorizon modes

The wide separation of scales suggests the **EFT-framework** as the suitable way to handle this:  
**Soft de Sitter Effective Theory** [Cohen, Green 2020; Cohen, Green, Premkumar, Ridgway 2021].

## EFT for superhorizon modes

The wide separation of scales suggests the **EFT-framework** as the suitable way to handle this:

**Soft de Sitter Effective Theory** [Cohen, Green 2020; Cohen, Green, Premkumar, Ridgway 2021].

Full-theory field is split up as

$$\phi(t, \mathbf{k}) = \underbrace{H \left[ \varphi_+(t, \mathbf{k}) + [a(t)H]^{-3} \varphi_-(t, \mathbf{k}) \right]}_{\text{EFT fields, } k/\Lambda(t) < 1} + \underbrace{\phi_{\text{UV}}(t, \mathbf{k})}_{k/\Lambda(t) > 1},$$

## EFT for superhorizon modes

The wide separation of scales suggests the **EFT-framework** as the suitable way to handle this:  
**Soft de Sitter Effective Theory** [Cohen, Green 2020; Cohen, Green, Premkumar, Ridgway 2021].

Full-theory field is split up as

$$\phi(t, \mathbf{k}) = \underbrace{H \left[ \varphi_+(t, \mathbf{k}) + [a(t)H]^{-3} \varphi_-(t, \mathbf{k}) \right]}_{\text{EFT fields, } k/\Lambda(t) < 1} + \underbrace{\phi_{\text{UV}}(t, \mathbf{k})}_{k/\Lambda(t) > 1},$$

for fixed  $t$

$$\Lambda(t) = a(t)H$$

plays the role of the UV-cutoff for the EFT.



## EFT for superhorizon modes

The wide separation of scales suggests the **EFT-framework** as the suitable way to handle this: **Soft de Sitter Effective Theory** [Cohen, Green 2020; Cohen, Green, Premkumar, Ridgway 2021].

Full-theory field is split up as

$$\phi(t, \mathbf{k}) = H \underbrace{\left[ \varphi_+(t, \mathbf{k}) + [a(t)H]^{-3} \varphi_-(t, \mathbf{k}) \right]}_{\text{EFT fields, } k/\Lambda(t) < 1} + \underbrace{\phi_{\text{UV}}(t, \mathbf{k})}_{k/\Lambda(t) > 1},$$

for fixed  $t$

$$\Lambda(t) = a(t)H$$

plays the role of the UV-cutoff for the EFT.

The EFT correlators are organized in terms of a small **power-counting parameter**  $\lambda$ , parametrically

$$\lambda \sim \frac{k_i}{\Lambda(t)} \ll 1,$$

## EFT for superhorizon modes

The wide separation of scales suggests the **EFT-framework** as the suitable way to handle this: **Soft de Sitter Effective Theory** [Cohen, Green 2020; Cohen, Green, Premkumar, Ridgway 2021].

Full-theory field is split up as

$$\phi(t, \mathbf{k}) = \underbrace{H \left[ \varphi_+(t, \mathbf{k}) + [a(t)H]^{-3} \varphi_-(t, \mathbf{k}) \right]}_{\text{EFT fields, } k/\Lambda(t) < 1} + \underbrace{\phi_{\text{UV}}(t, \mathbf{k})}_{k/\Lambda(t) > 1},$$

for fixed  $t$

$$\Lambda(t) = a(t)H$$

plays the role of the UV-cutoff for the EFT.

The EFT correlators are organized in terms of a small **power-counting parameter**  $\lambda$ , parametrically

$$\lambda \sim \frac{k_i}{\Lambda(t)} \ll 1,$$

effective fields have a definite power-counting associated to them:

$$\varphi_+ \sim \lambda^0, \quad \varphi_- \sim \lambda^3.$$

## EFT for superhorizon modes

The wide separation of scales suggests the **EFT-framework** as the suitable way to handle this: **Soft de Sitter Effective Theory** [Cohen, Green 2020; Cohen, Green, Premkumar, Ridgway 2021].

Full-theory field is split up as

$$\phi(t, \mathbf{k}) = \underbrace{H \left[ \varphi_+(t, \mathbf{k}) + [a(t)H]^{-3} \varphi_-(t, \mathbf{k}) \right]}_{\text{EFT fields, } k/\Lambda(t) < 1} + \underbrace{\phi_{\text{UV}}(t, \mathbf{k})}_{k/\Lambda(t) > 1},$$

for fixed  $t$

$$\Lambda(t) = a(t)H$$

plays the role of the UV-cutoff for the EFT.

The EFT correlators are organized in terms of a small **power-counting parameter**  $\lambda$ , parametrically

$$\lambda \sim \frac{k_i}{\Lambda(t)} \ll 1,$$

effective fields have a definite power-counting associated to them:

$$\varphi_+ \sim \lambda^0, \quad \varphi_- \sim \lambda^3.$$

$\phi_{\text{UV}}$  is integrated out, its effects are captured by **Wilson coefficients** and **non-Gaussian initial conditions** (IC's).

## Matching SdSET to the full theory

To determine the IC's and Wilson coefficients need to carry out **matching computations**, schematically:

$$\lim_{k_i/(a(t)H) \rightarrow 0} \langle \phi(t, \mathbf{k}_1) \dots \phi(t, \mathbf{k}_n) \rangle = C_{\text{hard}} \times \langle \varphi(t, \mathbf{k}_1) \dots \varphi(t, \mathbf{k}_n) \rangle_{\text{EFT}} .$$

## Matching SdSET to the full theory

To determine the IC's and Wilson coefficients need to carry out **matching computations**, schematically:

$$\lim_{k_i/(a(t)H) \rightarrow 0} \langle \phi(t, \mathbf{k}_1) \dots \phi(t, \mathbf{k}_n) \rangle = C_{\text{hard}} \times \langle \varphi(t, \mathbf{k}_1) \dots \varphi(t, \mathbf{k}_n) \rangle_{\text{EFT}} .$$

How do we get the LHS of the equation?

## Matching SdSET to the full theory

To determine the IC's and Wilson coefficients need to carry out **matching computations**, schematically:

$$\lim_{k_i/(a(t)H) \rightarrow 0} \langle \phi(t, \mathbf{k}_1) \dots \phi(t, \mathbf{k}_n) \rangle = C_{\text{hard}} \times \langle \varphi(t, \mathbf{k}_1) \dots \varphi(t, \mathbf{k}_n) \rangle_{\text{EFT}} .$$

How do we get the LHS of the equation?

⇒ **“Method of Regions”** (MoR). Introduced in [Beneke, Smirnov 1997], analytic tool to compute the asymptotic expansion of integrals in **small ratios of external scales**. For us:

$$\frac{k_i}{a(t)H} \ll 1 ,$$

## Matching SdSET to the full theory

To determine the IC's and Wilson coefficients need to carry out **matching computations**, schematically:

$$\lim_{k_i/(a(t)H) \rightarrow 0} \langle \phi(t, \mathbf{k}_1) \dots \phi(t, \mathbf{k}_n) \rangle = C_{\text{hard}} \times \langle \varphi(t, \mathbf{k}_1) \dots \varphi(t, \mathbf{k}_n) \rangle_{\text{EFT}} .$$

How do we get the LHS of the equation?

⇒ **“Method of Regions”** (MoR). Introduced in [Beneke, Smirnov 1997], analytic tool to compute the asymptotic expansion of integrals in **small ratios of external scales**. For us:

$$\frac{k_i}{a(t)H} \ll 1 ,$$

or, switching to **conformal time** variable

$$\eta \equiv -\frac{1}{aH} \in (-\infty, 0) \quad \rightarrow \quad -k_i \eta \ll 1 .$$

## Matching SdSET to the full theory

To determine the IC's and Wilson coefficients need to carry out **matching computations**, schematically:

$$\lim_{k_i/(a(t)H) \rightarrow 0} \langle \phi(t, \mathbf{k}_1) \dots \phi(t, \mathbf{k}_n) \rangle = C_{\text{hard}} \times \langle \varphi(t, \mathbf{k}_1) \dots \varphi(t, \mathbf{k}_n) \rangle_{\text{EFT}} .$$

How do we get the LHS of the equation?

⇒ **“Method of Regions”** (MoR). Introduced in [Beneke, Smirnov 1997], analytic tool to compute the asymptotic expansion of integrals in **small ratios of external scales**. For us:

$$\frac{k_i}{a(t)H} \ll 1 ,$$

or, switching to **conformal time** variable

$$\eta \equiv -\frac{1}{aH} \in (-\infty, 0) \quad \rightarrow \quad -k_i \eta \ll 1 .$$

**Caveat:** For the method to work, need to use an analytic or **dimensional** regulator.



# The Method of Regions

MoR can be applied to the computation of

$$\lim_{-k_i \eta \rightarrow 0} \langle \phi(\eta, \mathbf{k}_1) \dots \phi(\eta, \mathbf{k}_n) \rangle$$

both at tree- and loop-level.

# The Method of Regions

MoR can be applied to the computation of

$$\lim_{-k_i \eta \rightarrow 0} \langle \phi(\eta, \mathbf{k}_1) \dots \phi(\eta, \mathbf{k}_n) \rangle$$

both at tree- and loop-level. Need to compute **nested time- and momentum integrals** of the form

$$\int_{-\infty}^{\eta} d\eta' \int \frac{d^{d-1} \mathbf{l}}{(2\pi)^{d-1}},$$

each type of integral can be decomposed into **two regions**:

# The Method of Regions

MoR can be applied to the computation of

$$\lim_{-k_i \eta \rightarrow 0} \langle \phi(\eta, \mathbf{k}_1) \dots \phi(\eta, \mathbf{k}_n) \rangle$$

both at tree- and loop-level. Need to compute **nested time- and momentum integrals** of the form

$$\int_{-\infty}^{\eta} d\eta' \int \frac{d^{d-1} \mathbf{l}}{(2\pi)^{d-1}},$$

each type of integral can be decomposed into **two regions**:

$$\int_{-\infty}^{\eta} d\eta' = \underbrace{\int_{-\infty}^0 d\eta' \Big|_{\eta' \ll \eta}}_{\text{early}} + \underbrace{\int_{-\infty}^{\eta} d\eta' \Big|_{\eta' \sim \eta}}_{\text{late}},$$

# The Method of Regions

MoR can be applied to the computation of

$$\lim_{-k_i \eta \rightarrow 0} \langle \phi(\eta, \mathbf{k}_1) \dots \phi(\eta, \mathbf{k}_n) \rangle$$

both at tree- and loop-level. Need to compute **nested time- and momentum integrals** of the form

$$\int_{-\infty}^{\eta} d\eta' \int \frac{d^{d-1} \mathbf{l}}{(2\pi)^{d-1}},$$

each type of integral can be decomposed into **two regions**:

$$\begin{aligned} \int_{-\infty}^{\eta} d\eta' &= \underbrace{\int_{-\infty}^0 d\eta' \Big|_{\eta' \ll \eta}}_{\text{early}} + \underbrace{\int_{-\infty}^{\eta} d\eta' \Big|_{\eta' \sim \eta}}_{\text{late}}, \\ \int \frac{d^{d-1} \mathbf{l}}{(2\pi)^{d-1}} &= \underbrace{\int \frac{d^{d-1} \mathbf{l}}{(2\pi)^{d-1}} \Big|_{l \gg k_i}}_{\text{hard}} + \underbrace{\int \frac{d^{d-1} \mathbf{l}}{(2\pi)^{d-1}} \Big|_{l \sim k_i}}_{\text{soft}}. \end{aligned}$$

# The Method of Regions

MoR can be applied to the computation of

$$\lim_{-k_i \eta \rightarrow 0} \langle \phi(\eta, \mathbf{k}_1) \dots \phi(\eta, \mathbf{k}_n) \rangle$$

both at tree- and loop-level. Need to compute **nested time- and momentum integrals** of the form

$$\int_{-\infty}^{\eta} d\eta' \int \frac{d^{d-1} \mathbf{l}}{(2\pi)^{d-1}},$$

each type of integral can be decomposed into **two regions**:

$$\begin{aligned} \int_{-\infty}^{\eta} d\eta' &= \underbrace{\int_{-\infty}^0 d\eta' \Big|_{\eta' \ll \eta}}_{\text{early}} + \underbrace{\int_{-\infty}^{\eta} d\eta' \Big|_{\eta' \sim \eta}}_{\text{late}}, \\ \int \frac{d^{d-1} \mathbf{l}}{(2\pi)^{d-1}} &= \underbrace{\int \frac{d^{d-1} \mathbf{l}}{(2\pi)^{d-1}} \Big|_{l \gg k_i}}_{\text{hard}} + \underbrace{\int \frac{d^{d-1} \mathbf{l}}{(2\pi)^{d-1}} \Big|_{l \sim k_i}}_{\text{soft}}. \end{aligned}$$

In each region can **expand the integrand** in the quantities which are small, sum of all regions reproduces expansion of the full result [\[Beneke, Hager, AFS 2023\]](#).

## Back to SdSET

MoR also informs the structure of SdSET and offers guidance when performing matching computations:

## Back to SdSET

MoR also informs the structure of SdSET and offers guidance when performing matching computations:

- ▶ **Early-time regions:** subhorizon evolution of field modes, give rise to the **IC's** in SdSET.

## Back to SdSET

MoR also informs the structure of SdSET and offers guidance when performing matching computations:

- ▶ **Early-time regions:** subhorizon evolution of field modes, give rise to the **IC's** in SdSET.
- ▶ **Hard-momentum regions:** short-distance fluctuations, give rise to the **Wilson coeff.** in SdSET.



## Back to SdSET

MoR also informs the structure of SdSET and offers guidance when performing matching computations:

- ▶ **Early-time regions:** subhorizon evolution of field modes, give rise to the **IC's** in SdSET.
- ▶ **Hard-momentum regions:** short-distance fluctuations, give rise to the **Wilson coeff.** in SdSET.

**Our work (in progress):**

## Back to SdSET

MoR also informs the structure of SdSET and offers guidance when performing matching computations:

- ▶ **Early-time regions**: subhorizon evolution of field modes, give rise to the **IC's** in SdSET.
- ▶ **Hard-momentum regions**: short-distance fluctuations, give rise to the **Wilson coeff.** in SdSET.

**Our work (in progress)**: defining a rigorous **regularization & renormalization scheme** for SdSET,

## Back to SdSET

MoR also informs the structure of SdSET and offers guidance when performing matching computations:

- ▶ **Early-time regions**: subhorizon evolution of field modes, give rise to the **IC's** in SdSET.
- ▶ **Hard-momentum regions**: short-distance fluctuations, give rise to the **Wilson coeff.** in SdSET.

**Our work (in progress)**: defining a rigorous **regularization & renormalization scheme** for SdSET, carrying out **matching computations** of IC's and Wilson coefficients up to one-loop,

## Back to SdSET

MoR also informs the structure of SdSET and offers guidance when performing matching computations:

- ▶ **Early-time regions**: subhorizon evolution of field modes, give rise to the **IC's** in SdSET.
- ▶ **Hard-momentum regions**: short-distance fluctuations, give rise to the **Wilson coeff.** in SdSET.

**Our work (in progress)**: defining a rigorous **regularization & renormalization scheme** for SdSET, carrying out **matching computations** of IC's and Wilson coefficients up to one-loop, understand rigorously how the **non-perturbative stochastic results** are reproduced by SdSET, and how the EFT allows us to systematically compute corrections to them.

## Back to SdSET

MoR also informs the structure of SdSET and offers guidance when performing matching computations:

- ▶ **Early-time regions**: subhorizon evolution of field modes, give rise to the **IC's** in SdSET.
- ▶ **Hard-momentum regions**: short-distance fluctuations, give rise to the **Wilson coeff.** in SdSET.

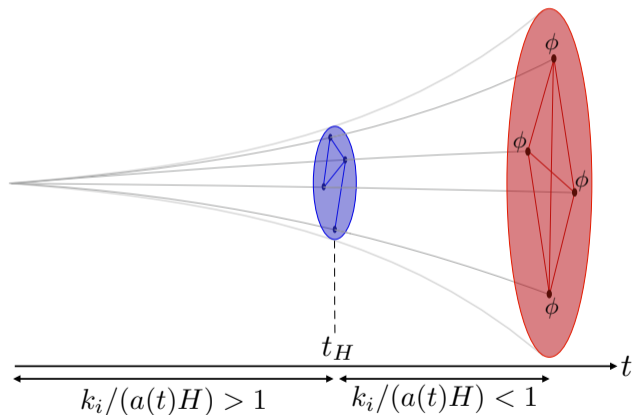
**Our work (in progress)**: defining a rigorous **regularization & renormalization scheme** for SdSET, carrying out **matching computations** of IC's and Wilson coefficients up to one-loop, understand rigorously how the **non-perturbative stochastic results** are reproduced by SdSET, and how the EFT allows us to systematically compute corrections to them.

Thank you for your attention!

Backup slides

## Physical picture for late-time correlators

$$\lim_{k_i/(a(t)H) \rightarrow 0} \langle \phi(t, \mathbf{k}_1) \dots \phi(t, \mathbf{k}_n) \rangle .$$



- ▶ Start at  $t = -\infty$ , subhorizon evolution.
- ▶ Horizon crossing at  $t_H$ , where

$$\frac{k_i}{a(t_H)H} \sim 1 .$$

- ▶ Superhorizon evolution, correlator measured at fixed time  $t$ .