# AVERAGE THERMAL EVOLUTION OF THE UNIVERSE¹ 

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## Introduction



What does this pie chart mean?
Einstein's original equation ( $\hbar=c=k_{B}=1$ in most eqs.)

$$
R_{m n}-\frac{1}{2} g_{m n} R=8 \pi G T_{m n}
$$

has no static solution. Depending on the amount of matter: open or closed.


Einstein's "biggest blunder": force static solution by including an extra term, "cosmological constant" $\wedge$ ("dark energy"):

$$
R_{m n}-\frac{1}{2} g_{m n} R-\wedge g_{m n}=8 \pi G T_{m n}
$$

Cosmological principle of homogeneity and isotropy:
Friedmann (Фридман)-Lemaître-Robertson-Walker (FLRW) metric

$$
\mathrm{d} s^{2}=\mathrm{d} t^{2}-Q^{2}(t)\left[\frac{\mathrm{d} r^{2}}{1-k r^{2}}+r^{2}\left(\mathrm{~d} \theta^{2}+\sin ^{2} \theta \mathrm{~d} \phi^{2}\right)\right] .
$$

$Q(t)$ is size parameter of universe, sign of $k$ determines universe open or closed $\Rightarrow$ Friedmann eq. from 00 component

$$
\dot{Q}^{2}=\frac{8 \pi}{3} G \rho(Q) Q^{2}-k+\frac{1}{3} \wedge Q^{2}
$$

Divide by $H_{0}^{2}=\left(\dot{Q}_{0} / Q_{0}\right)^{2}$ and set the scale parameter $Q_{0}=1$ :

$$
1=\Omega_{\rho}+\Omega_{k}+\Omega_{\wedge}
$$

$\Omega_{\rho}$ : dark matter, baryonic matter, neutrinos, radiation
$\Omega_{k}$ compatible with 0
$\Omega_{\wedge}$ explains accelerated expansion ${ }^{2}, 3$

[^0]The proportions vary with the epoch:
Matter-energy content of the universe

13.7 billion years ago (universe 380,000 years old)


WMAP 7 yr. observations ${ }^{4}$
$\rightarrow$ Newer data for reference, from Planck $2013^{5}$ \& WMAP 9 yr. ${ }^{6}$
Dark energy: $\Omega_{\Lambda}=.725 \pm .016 \rightarrow .683$
Dark matter: $\Omega_{c}=.229 \pm .0025 \rightarrow .268$
Baryonic matter: $\Omega_{b}=.0458 \pm .0016 \rightarrow .049$
Curvature: $\Omega_{k}=-.0024 \pm .0055 \rightarrow$ still compatible with 0 (flat)
Age of the universe: $\tau_{0}=(13.76 \pm .11) \mathrm{Gyr} \rightarrow 13.817$
Hubble constant: $H_{0}=(70.2 \pm 1.4) \mathrm{km} \mathrm{s}^{-1} \mathrm{Mpc}^{-1} \rightarrow 67.3$

$$
=2.28 \times 10^{-18} \mathrm{~s}^{-1}
$$

[^1]
## Equations of state

$$
P_{i}=\omega_{i} \rho_{i}
$$

Allowed states per phase space cell:

$$
\begin{gathered}
n_{i}=\frac{g_{i}}{h^{3}} \int \mathrm{~d}^{3} p f_{i}(p) \\
\rho=\frac{g_{i}}{h^{3}} \int \mathrm{~d}^{3} p f_{i}(p) E_{i} \\
P=\frac{g_{i}}{h^{3}} \int \mathrm{~d}^{3} p f_{i}(p) \frac{p}{3 E_{i}} \\
f_{i}(p)=\left(\exp \left\{\left(E_{i}-\mu_{i}\right) / k T_{i}\right\} \pm 1\right)^{-1}
\end{gathered}
$$

$(+)$ fermions, (-) bosons, $g_{i}$ degeneracy, $\mu_{i}$ chemcal potential (0 in good approx.) In the relativistic limit for boson $(B)$ and fermion (F) species:

$$
\rho_{r}=\frac{\pi^{2}}{30}\left(\sum_{B} g_{B}+\frac{7}{8} \sum_{F} g_{F}\right) T^{4} \equiv \frac{\pi^{2}}{30} N(T) T^{4}
$$

Assume perfect fluid ( $u_{k}=(1,0,0,0)$ in co-moving coordinates) with pressure $P$ :

- $T_{k l}=(\rho+P) u_{k} u_{l}-P g_{k l}$

With conservation of energy

$$
T_{; n}^{m n}=0
$$

$\Rightarrow Q, T$-dependence:
radiation and ultrarelativistic matter
$\omega_{r}=1 / 3, \quad \rho_{r} \propto 1 / Q^{4}, \quad T_{r} \propto 1 / Q$
nonrelativistic matter (dust)
$\omega_{m}=0, \quad \rho_{m} \propto 1 / Q^{3}, \quad T_{m} \propto 1 / Q^{2}$
dark energy
$\omega_{\wedge}=-1, \quad \rho_{\wedge} \propto$ const.
curvature
$\omega_{k}=-1 / 3, \quad \rho_{k} \propto 1 / Q^{2}$

## Dark energy

The Planck scale
QM combined with GR, Schwarzschild radius $=$ Compton wavelength $\Rightarrow$
$E_{P l}=\sqrt{\hbar c^{5} / G}$ Planck energy
$l_{P l}=\sqrt{G \hbar / c^{3}} \cong 10^{-35} \mathrm{~m}$ Planck length
At the level of the Planck scale $10^{-35} \mathrm{~m}, \mathrm{GR}$ and QM are fundamentally interwoven.
The metric $g_{m n}$ itself has to be regarded a quantum variable.

Conformal fluctuations
keep light cone structure of space-time intact, important for causality:

- $g_{m n}=\Phi^{2} \bar{g}_{m n}=(1+\varphi)^{2} \bar{g}_{m n}$,
$\bar{g}_{m n}$ is classical or background metric about which the fluctuations occur, fluctuation average is $\langle\varphi\rangle=<\varphi, m>=0$.

The scalar field $\varphi$ represents an additional degree of freedom.
The Einstein eq. can be derived from the variation of the Hilbert action $(\hbar=c=1)$ :

- $S=S_{g}+S_{m}=\frac{1}{16 \pi G} \int d^{4} x \sqrt{-g} R+S_{m}$
$S_{\mathrm{g}}=$ gravitational action without $\wedge$ (i.e. not $S_{\mathrm{g}} \propto \int \mathrm{d}^{4} x \sqrt{-g}(R+2 \wedge)$ ),
$S_{\mathrm{m}}=$ matter part,
- $\delta S=0$.

Example: vacuum ( $S_{\mathrm{m}}=0$ ) in flat background spacetime $\bar{R}=0$
$\Rightarrow$ Fluctuation average of the squared four-distance

$$
<x^{2}>=x^{2}+l^{2} / 3 \pi
$$

Spacetime is fuzzy at the level of the Planck scale.

Variation of the action with fluctuations

- $\delta S=\frac{\delta S}{\delta g^{i k}} \delta g^{i k}=\frac{\delta S}{\delta \bar{g}^{i k}} \delta \bar{g}^{i k}+\frac{\delta S}{\delta \varphi} \delta \varphi$

The variations are independent $\Rightarrow$ two equations, one $\propto \delta \bar{g}^{i k}$, the other $\propto \delta \varphi$, the $\varphi$-dependence can then be eliminated.

At this point the field $\varphi$, which represents the quantum fluctuations, is treated to lowest order as an effective classical field, since the variational principle is applied instead of a full Feynman path integral approach.
$\Rightarrow$ Einstein equation

$$
\bar{R}_{i k}-\frac{1}{2} \bar{g}_{i k} \bar{R}-\bar{g}_{i k} \Lambda=8 \pi G T_{i k}
$$

where a cosmological constant arises in the form ${ }^{7}$

$$
\Rightarrow \quad \wedge=-\frac{1}{4}\left(8 \pi G \bar{g}^{m n} T_{m n}+\bar{R}\right) .
$$

[^2]This result does not change if starting with a some prior $\bar{\wedge}$ (e.g. due to QFT vacuum fluctuations, the old 120-order-of-magnitude problem):

$$
S_{\mathrm{g}}=\frac{1}{16 \pi G} \int \mathrm{~d}^{4} x \sqrt{-g}(R+2 \bar{\wedge})
$$

The contribution of $\bar{\Lambda}$ cancels in the present approach. ${ }^{8}$

[^3]Matter part $\quad \delta S_{m}=-\frac{1}{2} \int \mathrm{~d}^{4} x \sqrt{-g} \delta g_{m n} T^{m n}$.
For perfect fluid:

$$
\Lambda=\frac{3\left(\dot{Q}^{2}+k\right)}{Q^{2}}-8 \pi G \rho_{0} \frac{Q_{0}^{3}}{Q^{3}}
$$

It comes out constant and is not quintessence (scalar field coupled via potential). Allows accelerated expansion (fig. in dust approx.):


## Dark matter

Hypothesis: cold dark matter (WIMP) neutralinos (lightest superymmetric particle, linear combination of the super-partners of the gauge and Higgs fields), since properties quantitatively studied ${ }^{9},{ }^{10}, M_{\tilde{\chi}} \simeq 10 \mathrm{GeV} . . .1 \mathrm{TeV}$.

- $T>M_{\tilde{\chi}}$ thermal equilibrium due to annihilations and production processes
- $T<M_{\tilde{\chi}} \ldots T \simeq M_{\tilde{\chi}} / 25$, annihilating until annihilation rate drops below Hubble rate
- but still maintain heat bath temperature via elastic collisions with fermions
- $T<T_{k d}=\left[1.2 \times 10^{-2} M_{P l} / M_{\tilde{\chi}}\left(M_{\tilde{L}}^{2}-M_{\tilde{\chi}}^{2}\right)^{2}\right]^{-\frac{1}{4}}$, kinetic decoupling
$\left(M_{\tilde{L}} \simeq 200 \mathrm{GeV}\right.$ slepton mass, $M_{P l}=$ Planck mass $)$
From now on $T \propto 1 / Q^{2}$.

[^4]
## Standard model particles

Relativistic components

$$
\rho_{r}=\frac{\pi^{2}}{30} N(T) T^{4}
$$

Annihilation thresholds (adapted from $\mathrm{PDG}^{11}$ ):

|  |  | $4 N^{M a j}(T)$ |  | $4 N^{\operatorname{Dir}}(T)$ |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| $T$ | New particles | $4 N_{r}(T)$ | $4 N_{v}(T)$ | $4 N_{r}(T)$ | $4 N_{v}(T)$ |
| $T<m_{e}$ | $\gamma$ 's | 8 | 21 | 8 | 42 |
| $m_{e}<T<T_{D_{v}}$ | $e^{ \pm}$ | 22 |  | 22 |  |
| $T_{D_{v}}<T<m_{\mu}$ | $v$ 's | 43 |  | 64 |  |
| $m_{\mu}<T<m_{\pi}$ | $\mu^{ \pm}$ | 57 |  | 78 |  |
| $m_{\pi}<T<T_{c}$ | $\pi$ 's | 69 |  | 90 |  |
| $T_{c}<T<m_{s}$ | $u, \bar{u}, d, \bar{d}+$ gluons $-\pi^{\prime} \mathrm{s}$ | 205 |  | 226 |  |
| $m_{s}<T<m_{c}$ | $s$ and $\bar{s}$ | 247 |  | 268 |  |
| $m_{c}<T<m_{\tau}$ | $c$ and $\bar{c}$ | 289 |  | 310 |  |
| $m_{\tau}<T<m_{b}$ | $\tau^{ \pm}$ | 303 |  | 324 |  |
| $m_{b}<T<m_{W, Z}$ | $b$ and $\bar{b}$ | 345 |  | 366 |  |
| $m_{W, Z}<T<m_{H}$ | $W^{ \pm}$and $Z^{0}$ | 381 |  | 402 |  |
| $m_{H}<T<m_{t}$ | $H^{0}$ | 385 |  | 406 |  |
| $m_{t}<T$ | $t$ and $\bar{t}$ | 427 |  | 448 |  |

[^5]Entropy conservation: ${ }^{12} \quad N_{b}(Q T)_{b}^{3}=N_{a}(Q T)_{a}^{3}$

- Assume latent heat makes the annihilations proceed isothermically $\Rightarrow$ step function of $T(t)$ at each threshold.
- Between two thresholds $T_{r} \propto 1 / Q$


## Neutrinos

- Decouple when interaction rate $\Gamma$ less than Hubble rate ${ }^{12}$ at $T_{D_{v}}=10^{10} \mathrm{~K}$ : $\Gamma / H \simeq G_{F}^{2} T^{5} M_{P l} / T^{2} \quad\left(G_{F}=\right.$ Fermi coupling constant $)$
- Follow radiation temperature $T_{v} \propto 1 / Q$ until electrons annihilate
- Latent heat of electron annihilation makes photons hotter: above eq. at fixed $Q \Rightarrow \mathcal{E}^{\text {jump in } N_{r} \text { : }}$

$$
T_{\nu}=\left(\frac{4}{11}\right)^{\frac{1}{3}} T_{\nu} \quad \text { Today: } T_{\nu}=2.725 \mathrm{~K}, T_{\nu}=1.945 \mathrm{~K}
$$

## Baryons

- Not in the table since nonrelativistic when they form from quarks

$$
\text { at } T_{c}=2.3 \times 10^{12} \mathrm{~K}
$$

- Stay in thermal equilibrium with radiation until recombination $T=3000 \mathrm{~K}$
- Then follow $T_{m} \propto 1 / Q^{2}$

[^6]
## Results

Study evolution after inflation ( $t \sim 10^{-34} \ldots 10^{-32}$ s)
Time $t$ in units $H_{0}^{-1}$, densities $\Omega$ in units of critical density $3 H_{0}^{2} / 8 \pi G$
Equation of motion - Friedmann eq. rewritten:

$$
\dot{Q}(t)=\sqrt{\left[\Omega_{\nu}(t)+\Omega_{v}(t)+\Omega_{b}(t)+\Omega_{c}(t)\right] Q(t)^{2}+\Omega_{k}+\Omega_{\wedge} Q(t)^{2}}
$$

Scale factor if starting with the same value in past:


Radiation temperature assuming Majorana neutrinos:


Only electron-positron threshold appreciable.

## Zoom:



Radiation and baryonic matter:


Compare radiation temperature when neutrinos are Majorana or Dirac:


Radiation and neutrino temperatures:


Neutralinos with mass values $m_{1}=10 \mathrm{GeV}, m_{2}=100 \mathrm{GeV}, m_{3}=1 \mathrm{TeV}$ :


## Overall density parameters:



## Summary

- Universe as perfect fluid
- Dark energy from fluctuations of metric
- Dark matter as neutralinos
- Calculated $Q(t), \Omega_{i}(t), T_{i}(t)$
- Average for baryonic and dark matter:

$$
T_{b}\left(t_{0}\right)=2.5 \times 10^{-3} \mathrm{~K}, T_{c}\left(t_{0}\right)=4.7 \times 10^{-13} \mathrm{~K} \ldots 1.8 \times 10^{-11} \mathrm{~K}
$$

- Radiation-matter equality at 22 ky

Baryonic matter decoupling at 373 ky
Dark_energy-matter equalty at 9.6 Gy

- Age of universe depends slightly on neutrino character:

Majorana: 13.87 Gy, Dirac: 13.86 Gy. Observable in future?

- $\Omega_{v}\left(t_{0}\right)$ differs for Majorana Dirac neutrinos. Probably hopeless to observe.


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