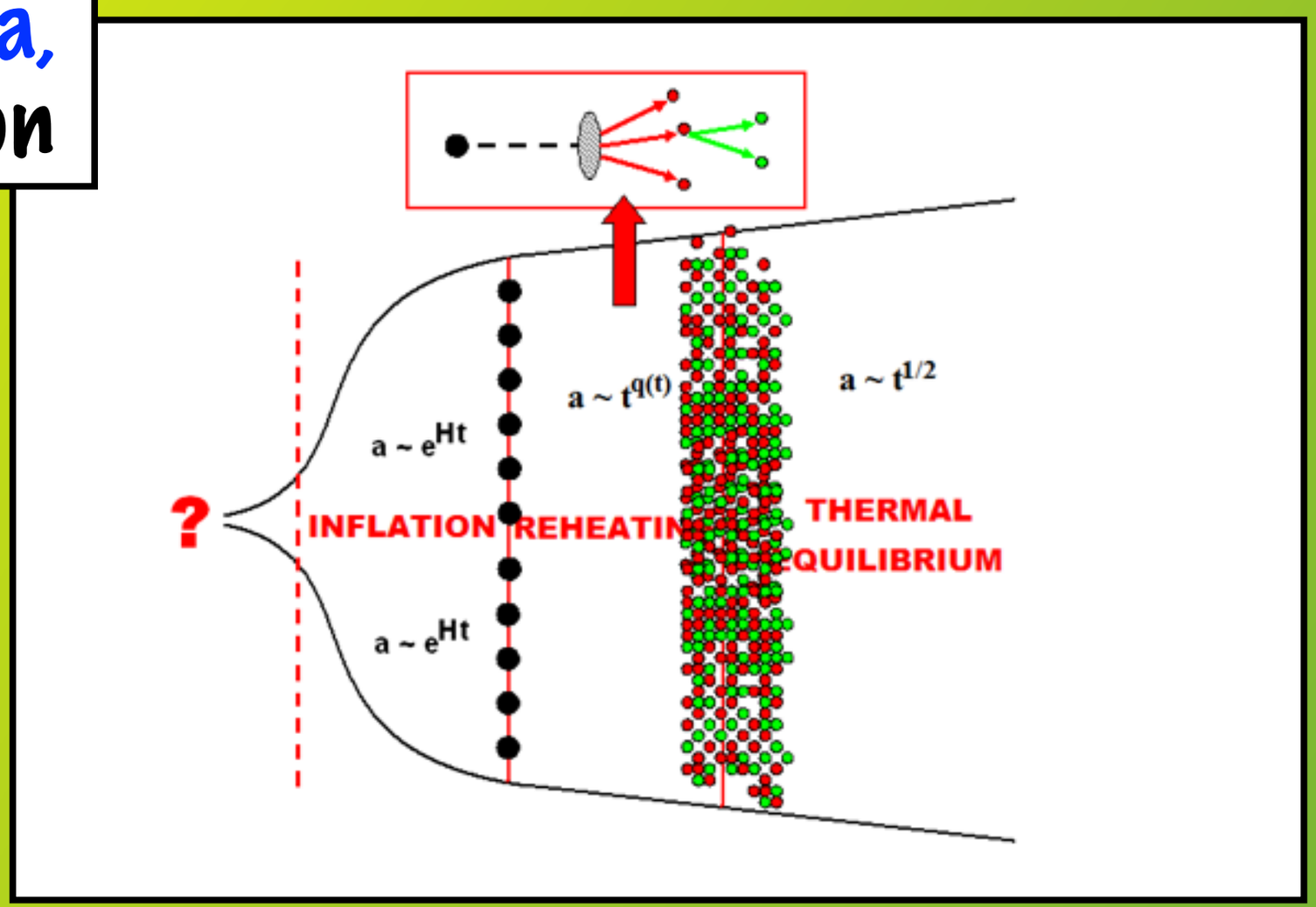
The SM HiGGS as the origin of the hot BiG BANG

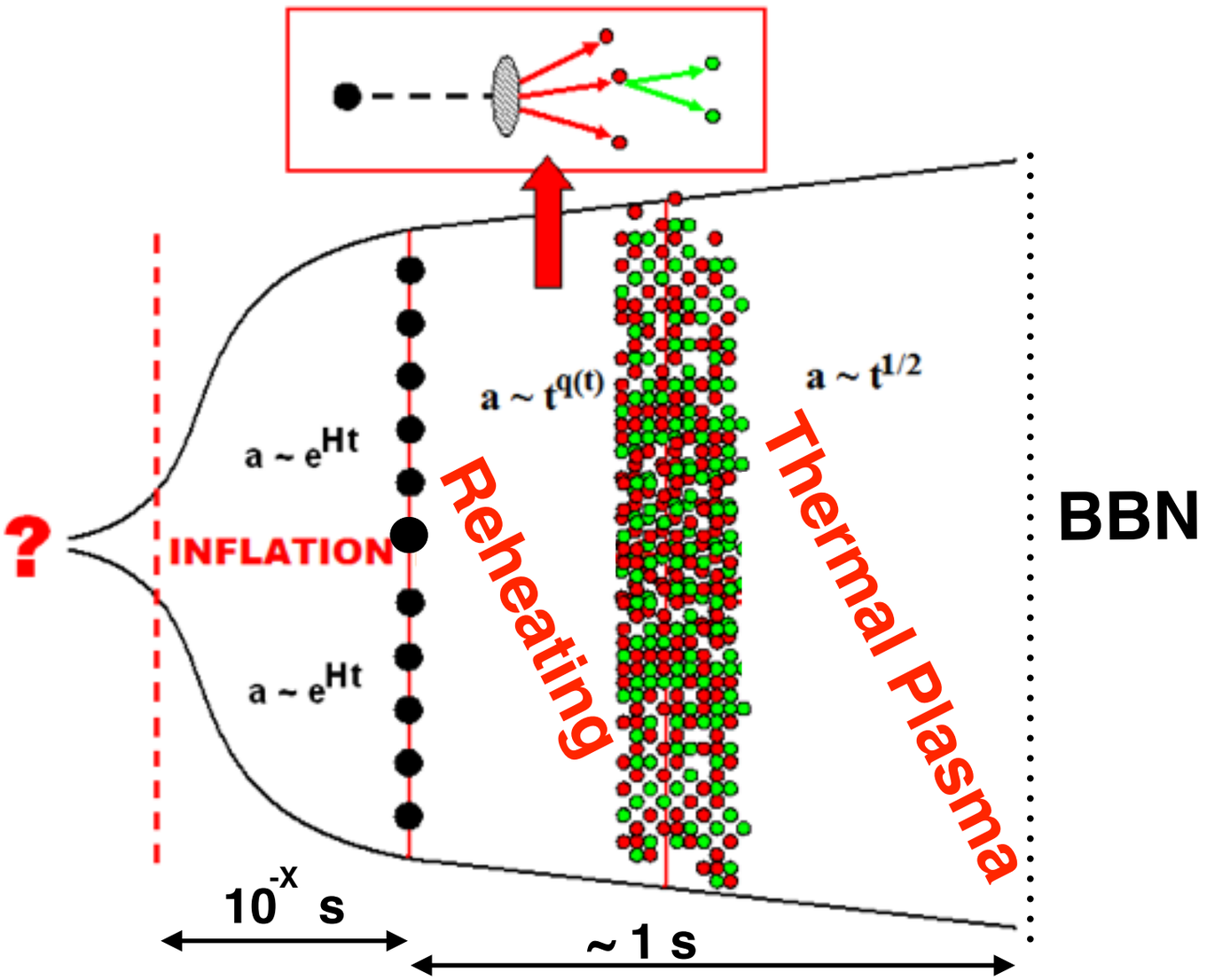
Daniel G. Figueroa,
CERN, TH Division



TeVPA 2016, CERN, Switzerland

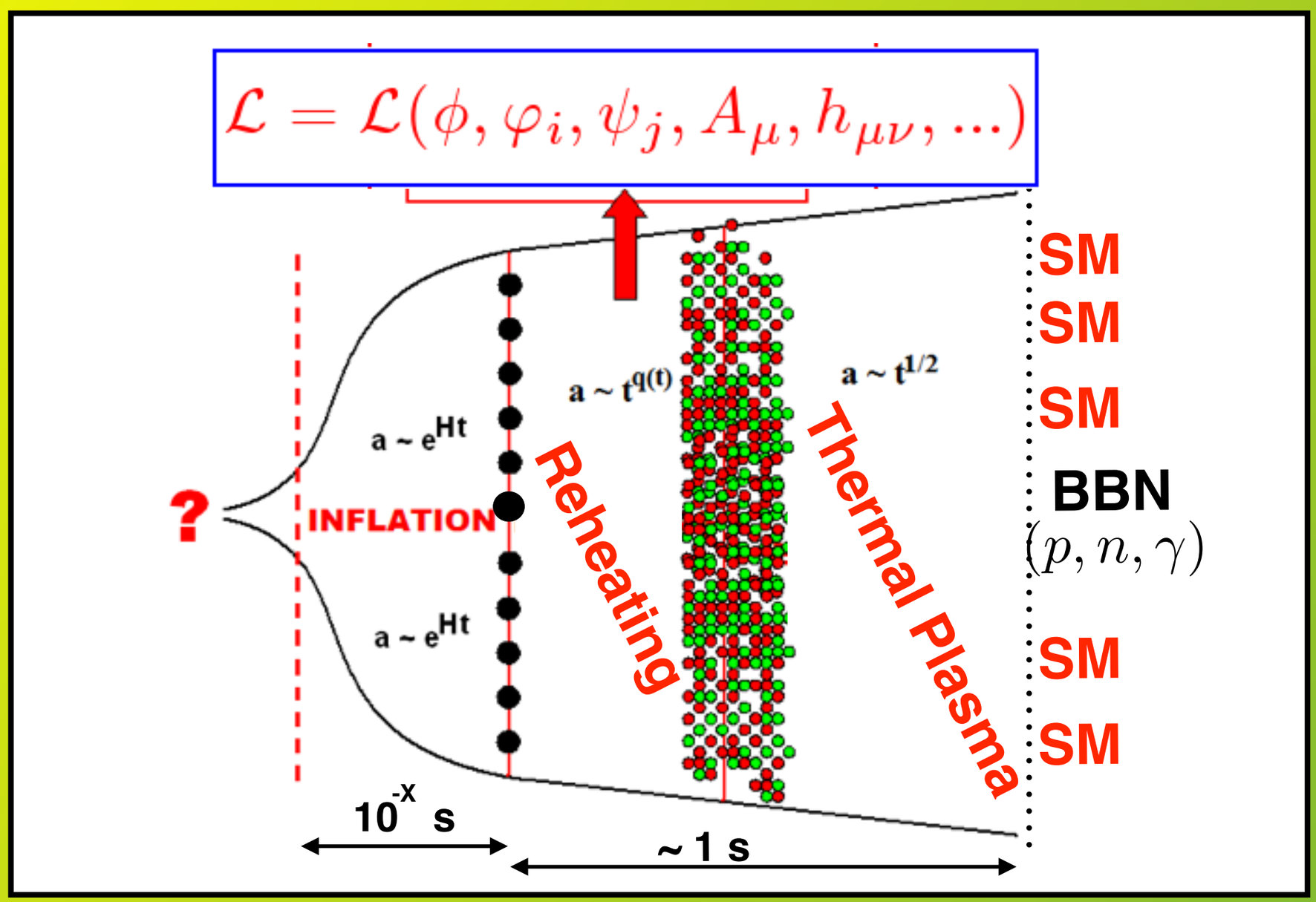
The Problem:

(p)Reheating into a Thermal Plasma



Successful Reheating:

(p)Reheating into the Standard Model



Successful Reheating:

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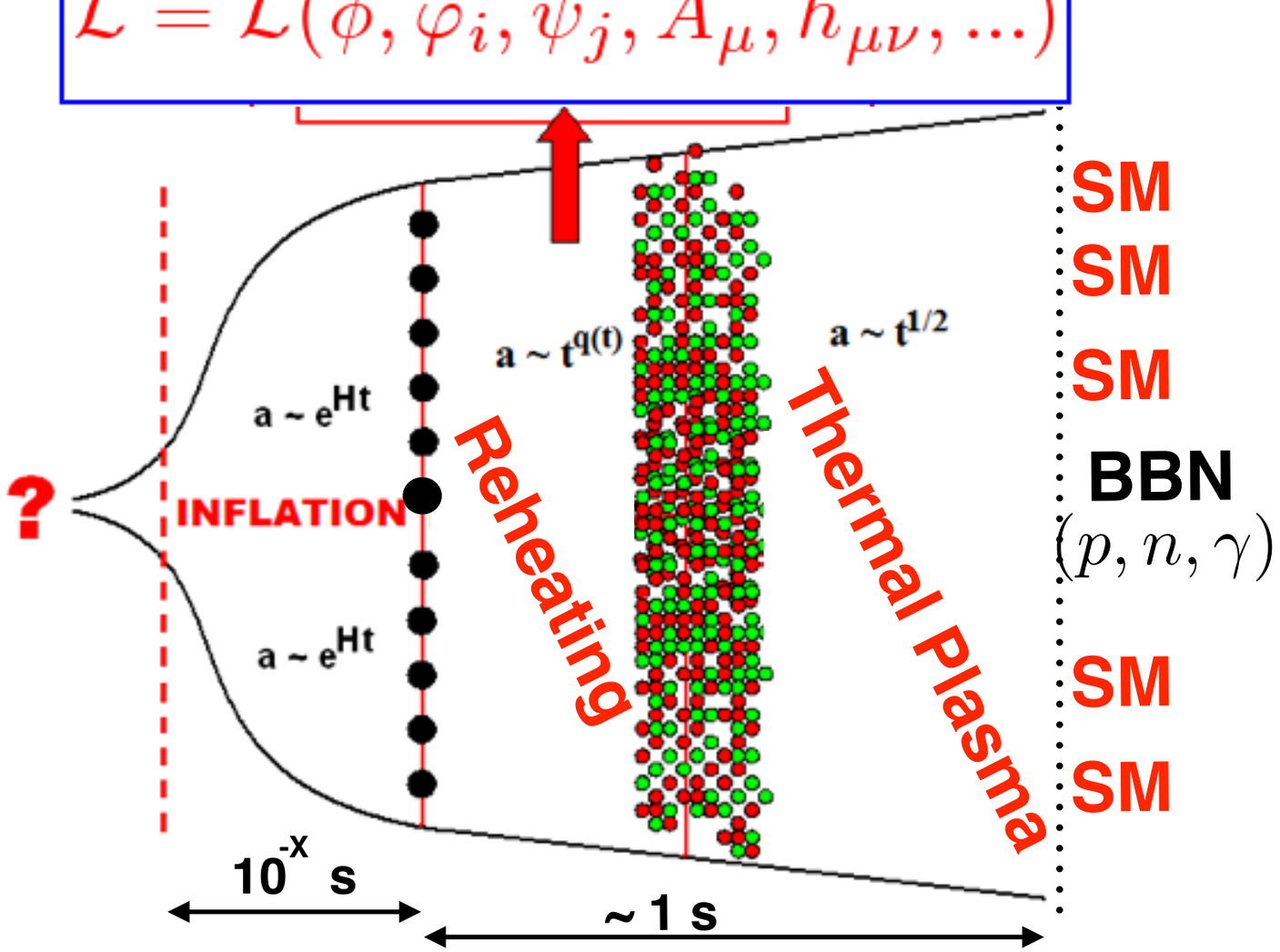
$$\mathcal{L} = \mathcal{L}(\phi, \varphi_i, \psi_j, A_\mu, h_{\mu\nu}, ...)$$



Connection between SM and Inflationary Sector ???

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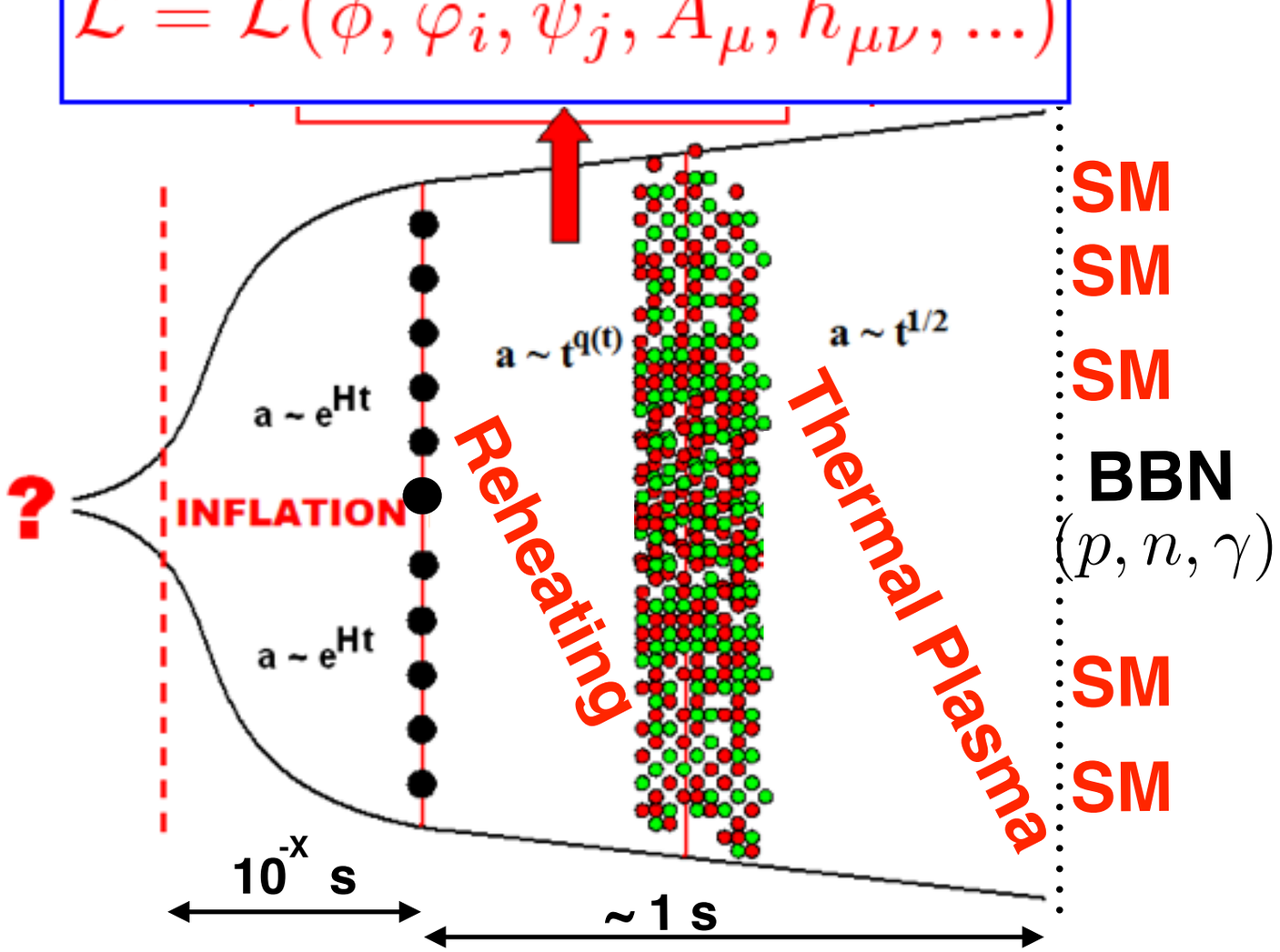

Connection between SM and Inflationary Sector ???

Mediator fields ?

$$g^2\phi^2\chi^2$$

$$+$$

$$h^2\chi^2\mathcal{H}^2$$

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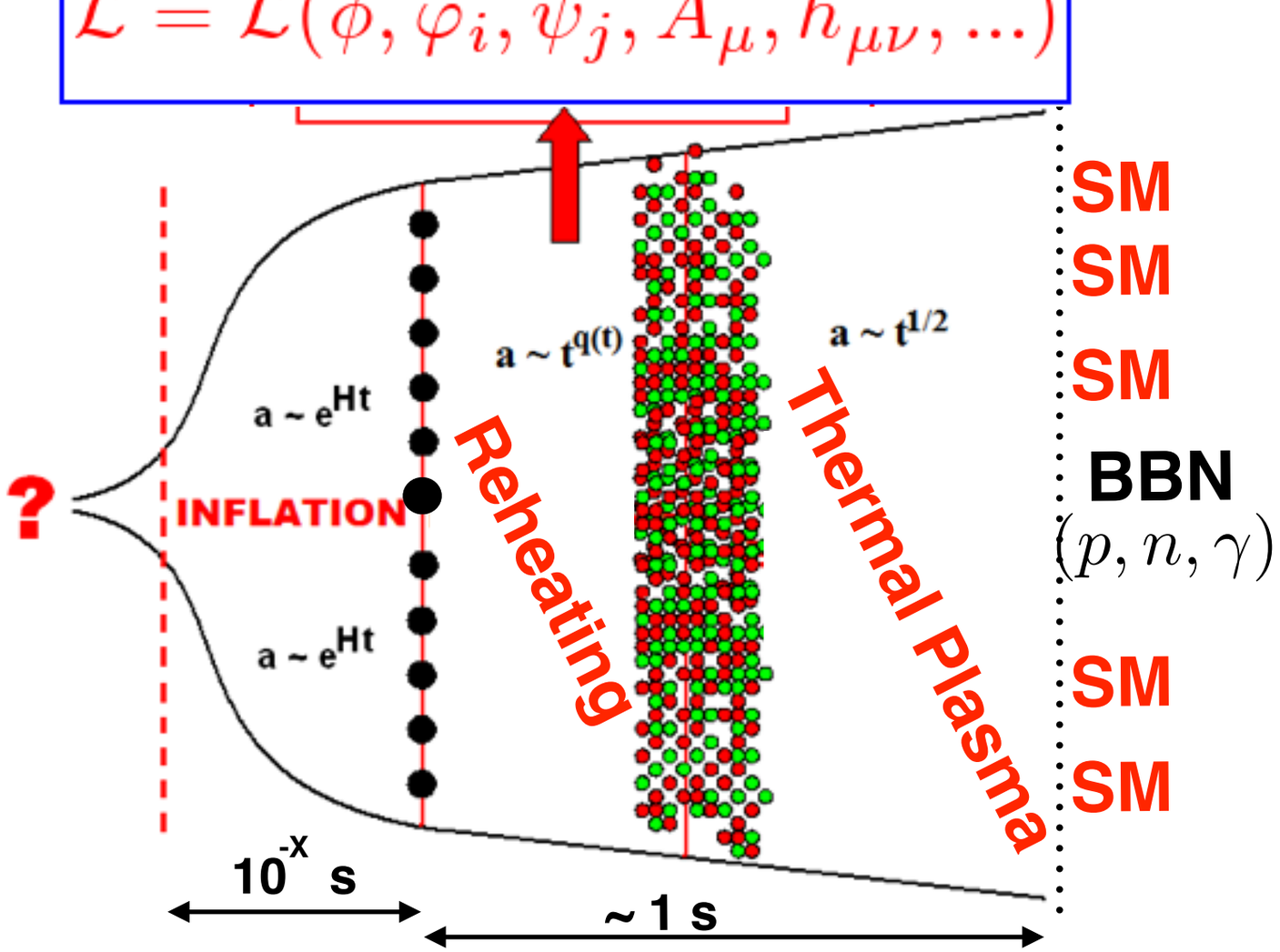

Connection between SM and Inflationary Sector ???

Higgs-Portal ?

$$g^2\phi^2|\mathcal{H}|^2$$

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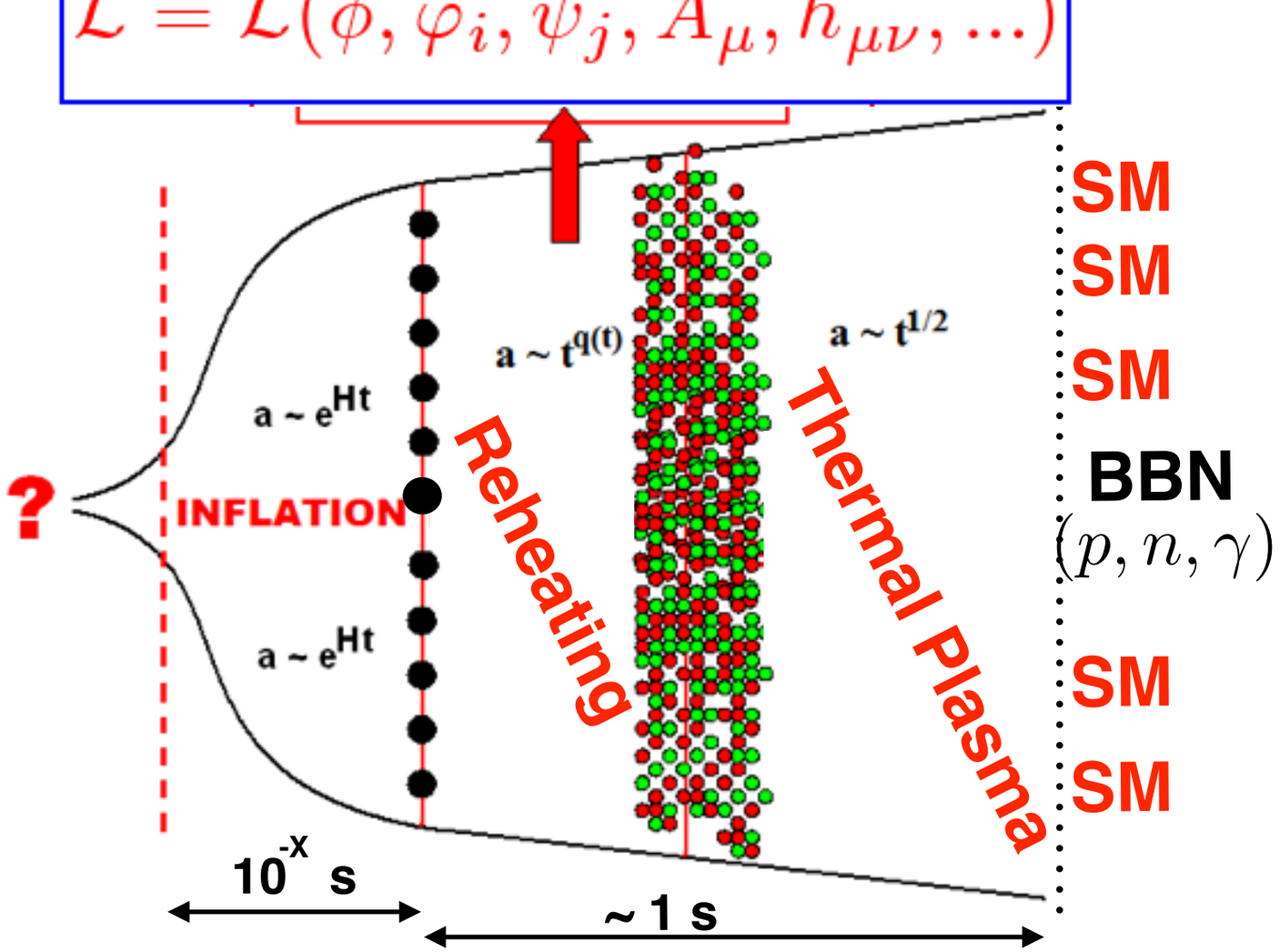

Connection between SM and Inflationary Sector ???

No coupling ?

$$\cancel{g^2 \phi^2 |\mathcal{H}|^2}$$

$$(g^2 \ll 1)$$

Successful Reheating:

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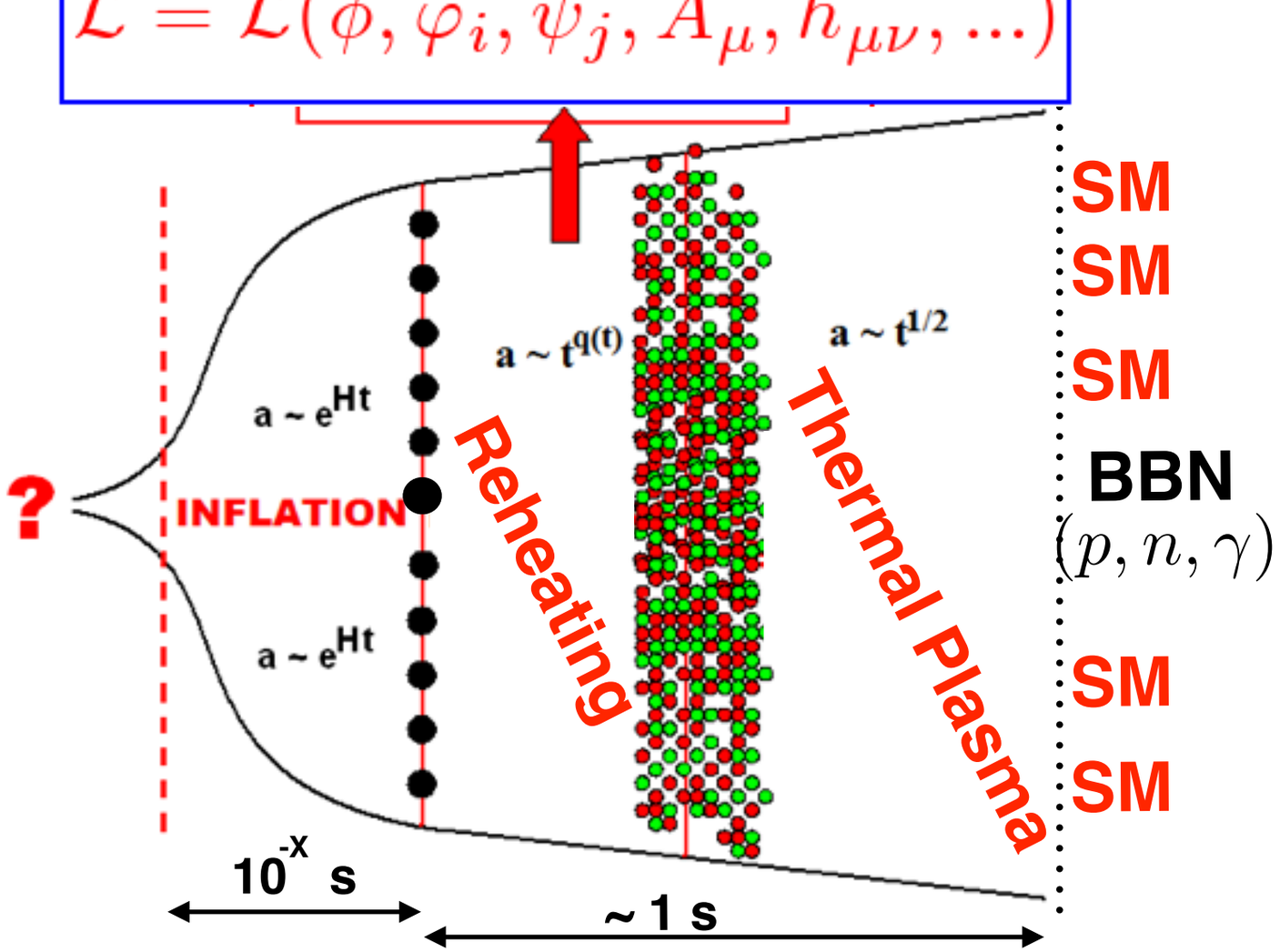

Connection between SM and Inflationary Sector ???

* Higgs Portals ?
* Mediator fields ?
* No coupling ?

(p)Reheating into the Standard Model

During Inflation …

No Coupling to Inflaton

1) LIGHT

$$m_\varphi^2 < H_*^2$$

2) HEAVY

$$m_\varphi^2 > H_*^2$$

(p)Reheating into the Standard Model

(No Coupling to Inflaton)

1) LIGHT → **@ Inflation**

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(p)Reheating into the Standard Model

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SM HIGGS (SPECTATOR) during INFLATION

◦ **Inflation**: dS(H_*), $\quad (v \equiv 246 \text{ GeV} \ll H_* \lesssim 10^{14} \text{ GeV})$

◦ **SM Higgs**: $\Phi = \frac{\varphi}{\sqrt{2}} \;\rightarrow\; V(\varphi) = \frac{\lambda(\mu)}{4}\varphi^4, \quad \mu = \varphi \gg v$

◦ **Prob. Dist**: φ light $(|V''| < H_*^2) \Rightarrow \begin{cases} \text{Random Walk } (k < aH_*) \\ P_{\rm eq}(\varphi) \propto \text{Exp}\{-c\lambda_*(\varphi/H_*)^4\} \end{cases}$

• **End of Inflation**: $\varphi_* = \alpha H_*/\lambda_*^{1/4} \qquad \alpha \in [0.001, 1]$ (99.9 %)

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Starobinsky & Yokoyama '94

(p)Reheating into the Standard Model

(No Coupling to Inflaton)

2) HEAVY → **@ Inflation** $m_\varphi^2 > H_*^2$

(p)Reheating into the Standard Model

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2) HEAVY → **@ Inflation** $\quad m_\varphi^2 > H_*^2$

$$\frac{\lambda}{4}(|\varphi|^2 - v^2)^2 + \frac{\xi}{2}R|\varphi|^2$$

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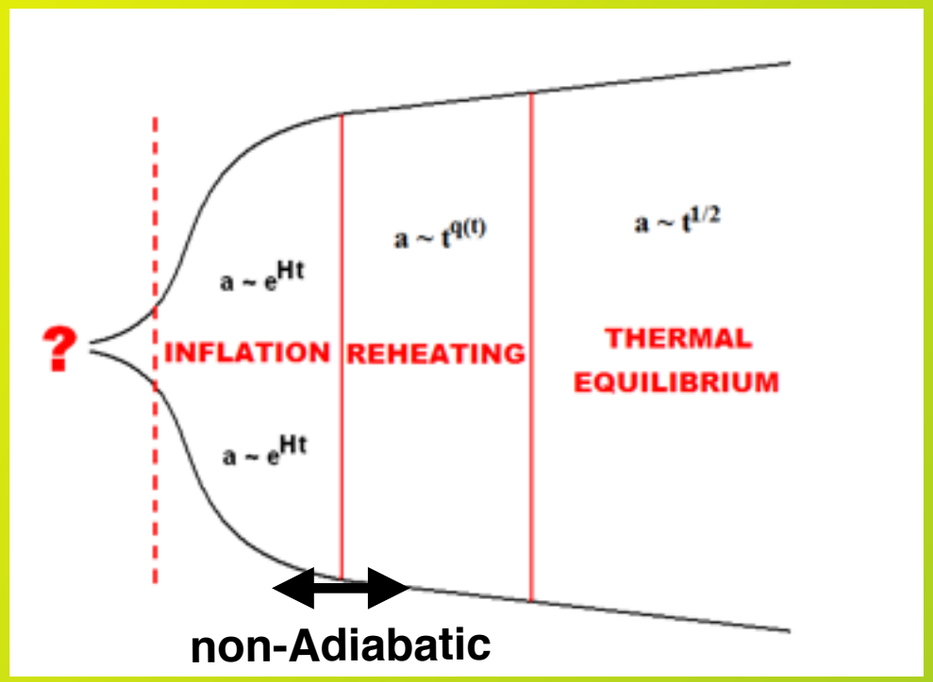
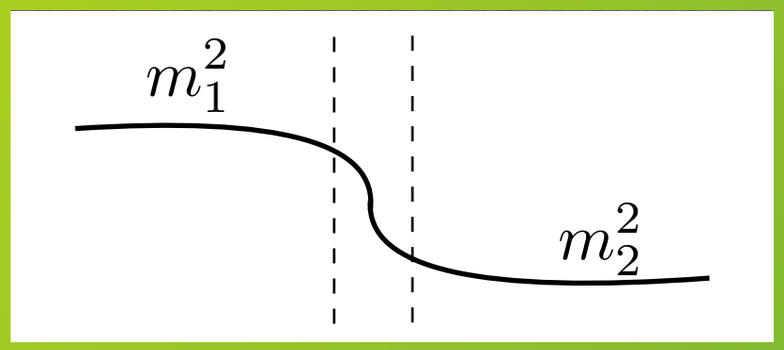


$$* \text{ Inf: } m_\varphi^2 = \xi R = 12\xi H^2$$

$$* \text{ After: } m_\varphi^2 = \xi R = 3(1-3w)\xi H^2$$

Equation of State



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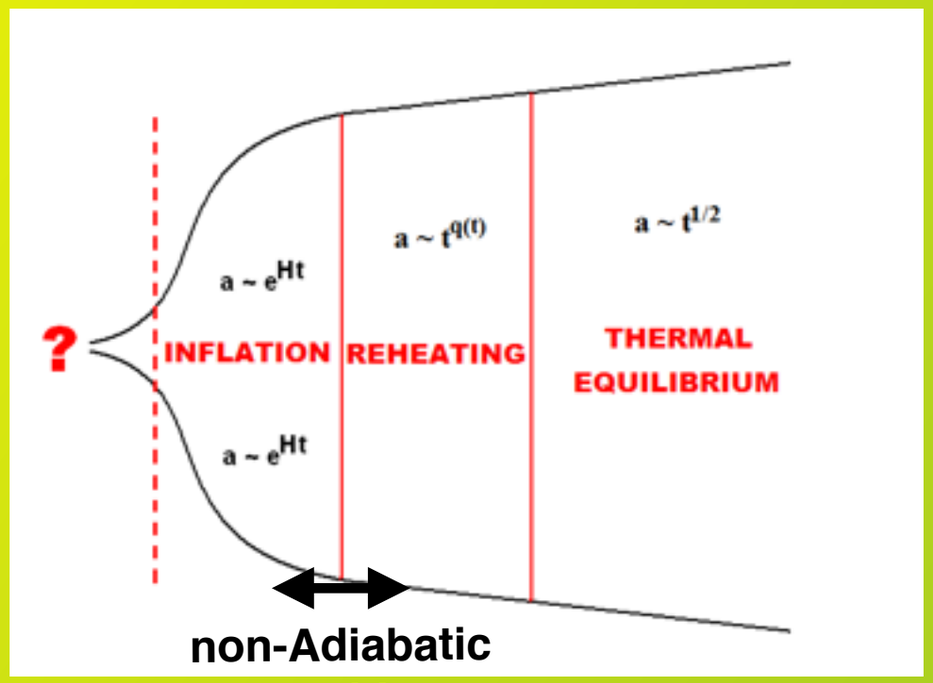

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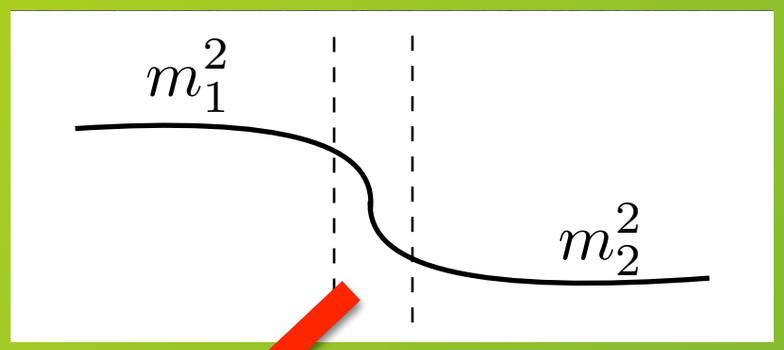

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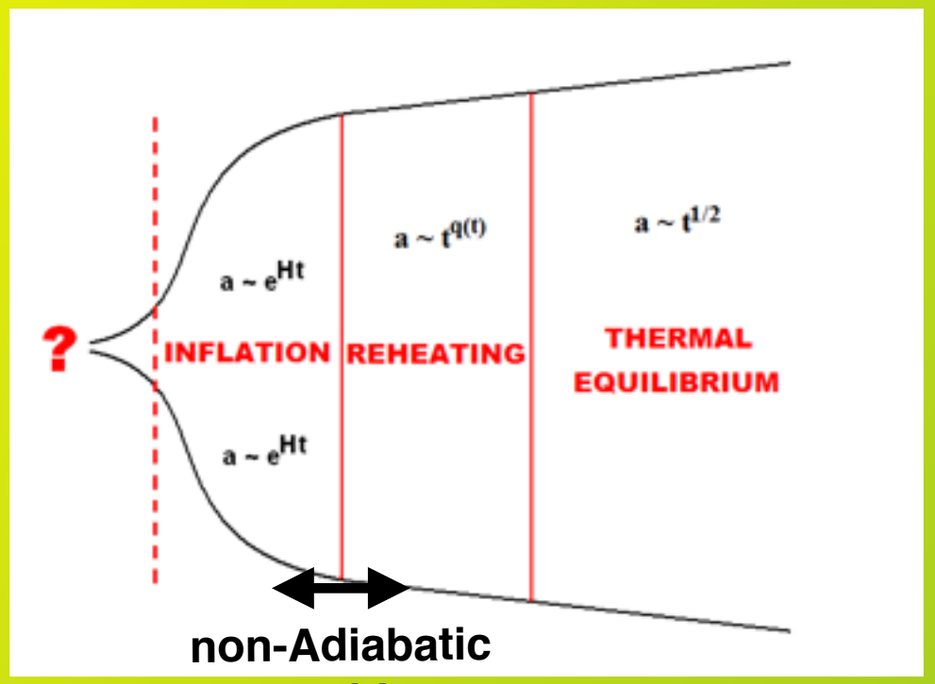

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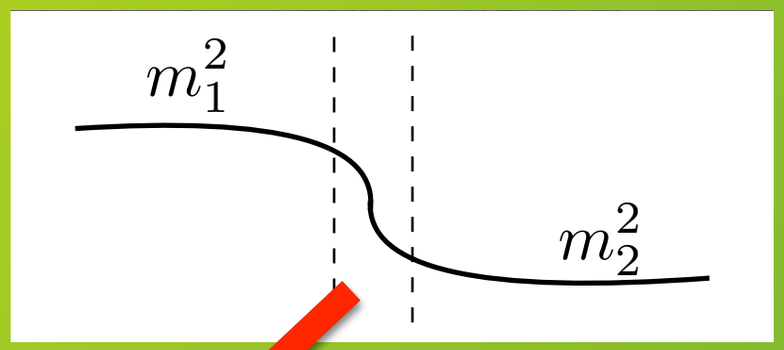

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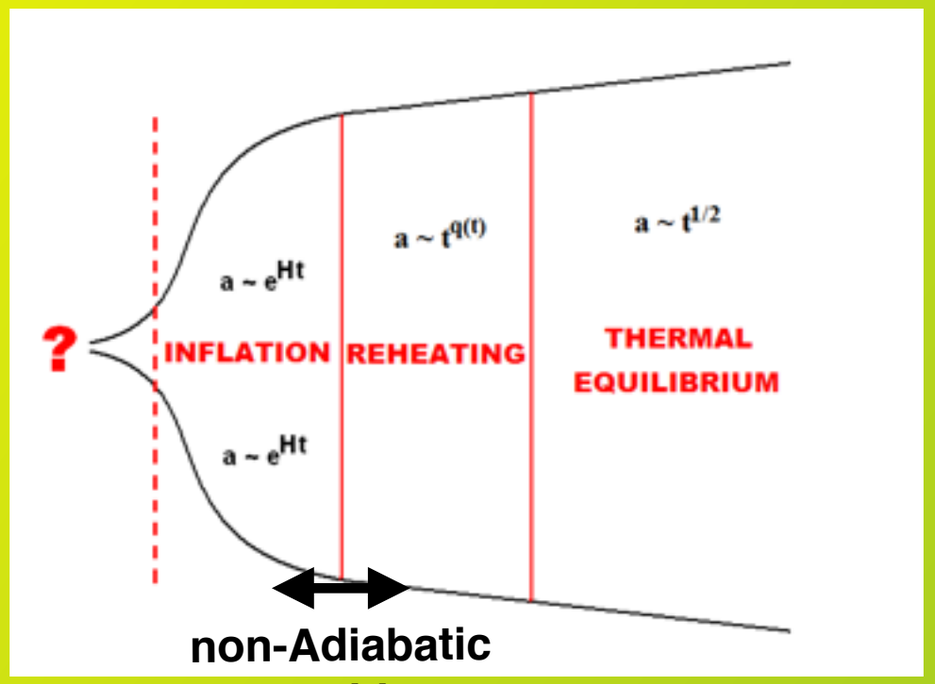

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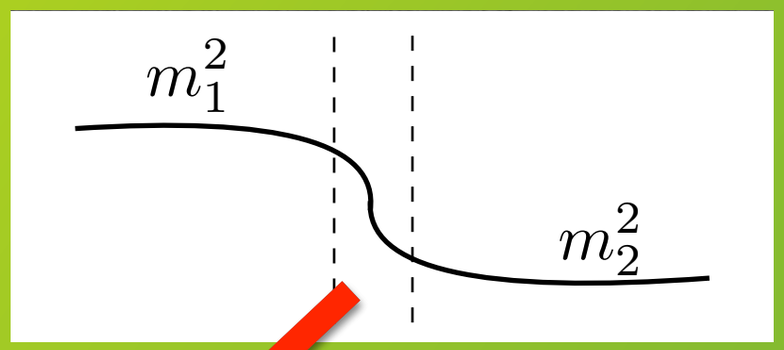

Higgs-Excitation !!!

$$\langle \varphi^2 \rangle = \mathcal{O}(10^{-1}) \left(1 - \frac{m_1}{m_2}\right)^2 \frac{H_*^2}{\sqrt{\xi}}$$

[Rajantie et al 2014-2015]

No Coupling to Inflaton

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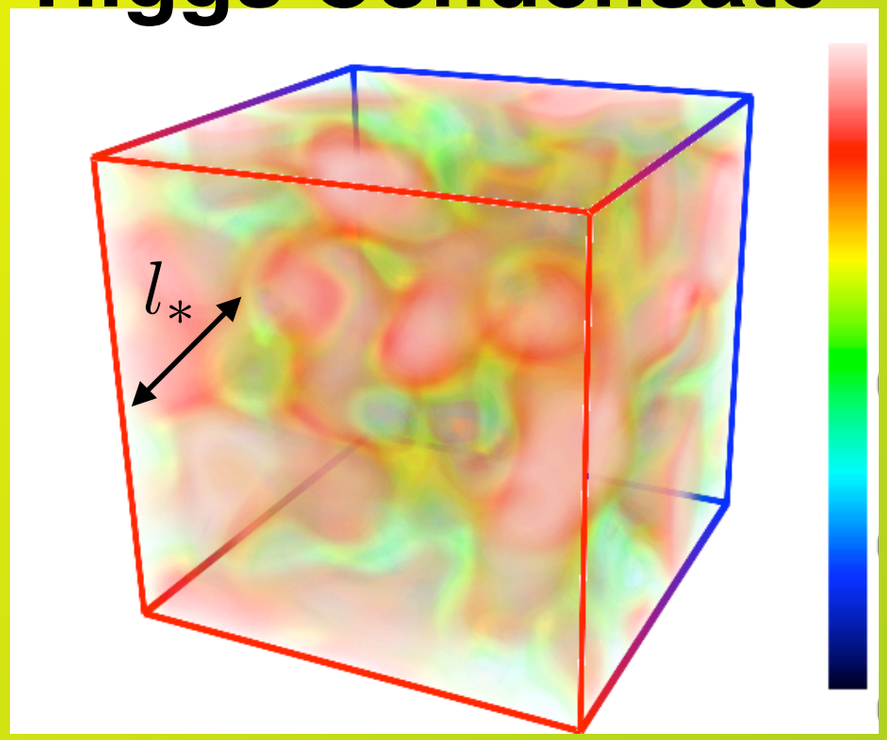

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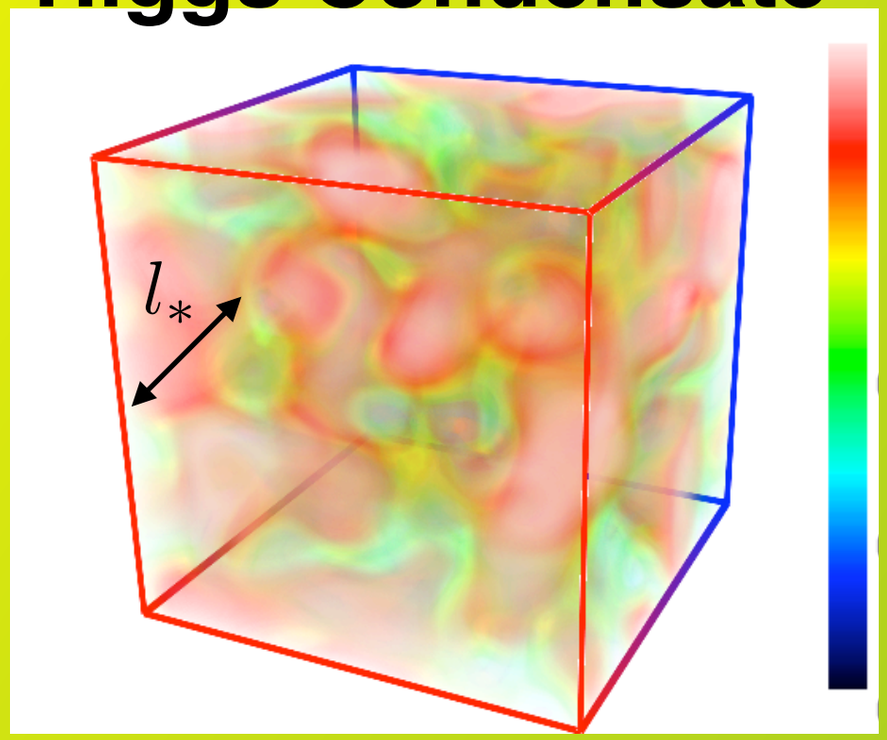

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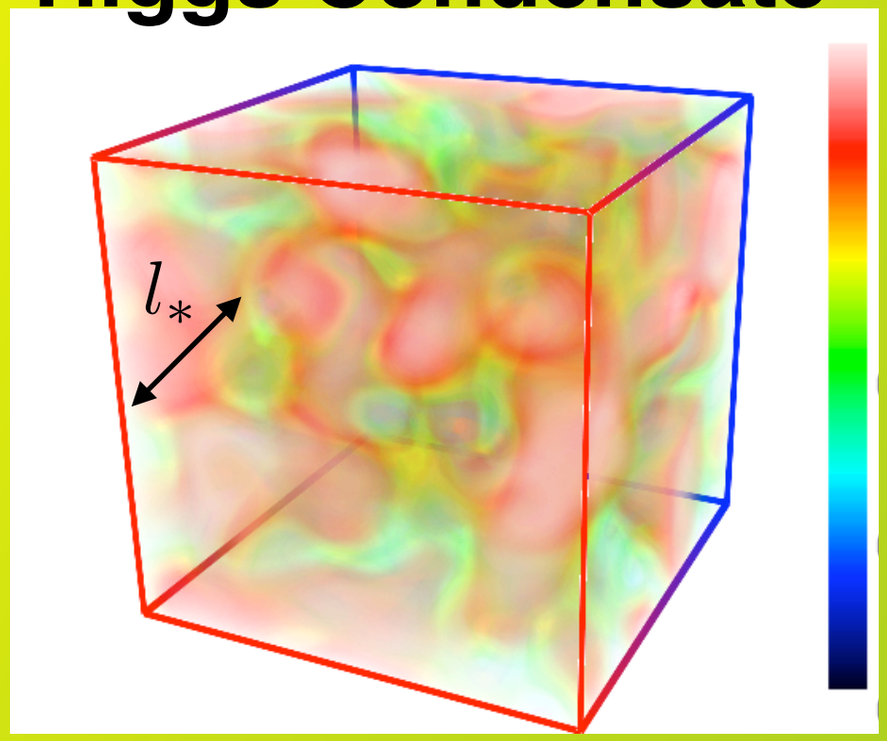

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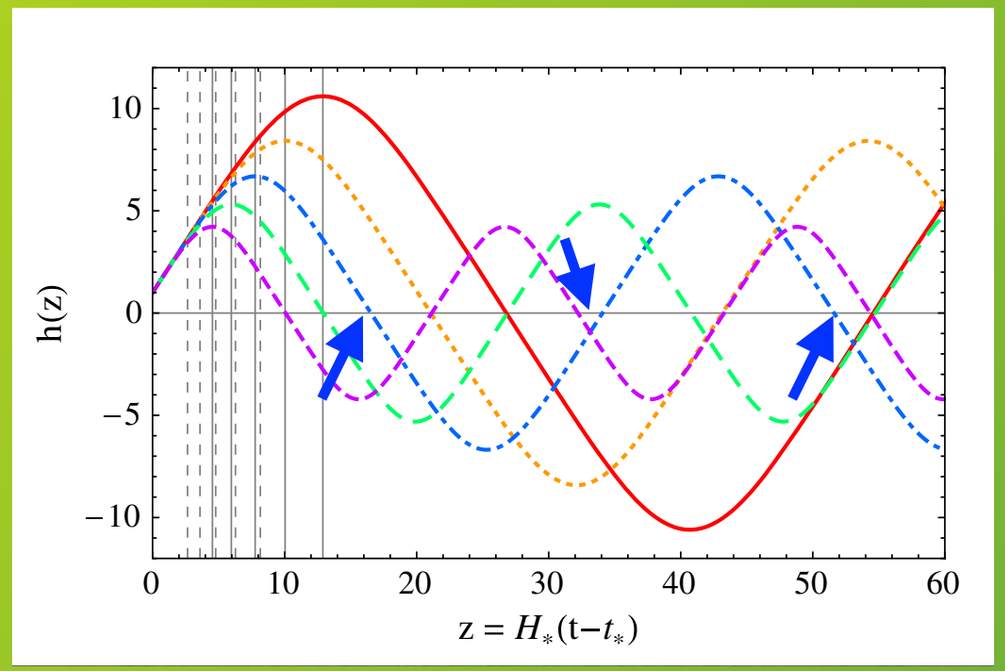
Higgs Condensate Oscillates!



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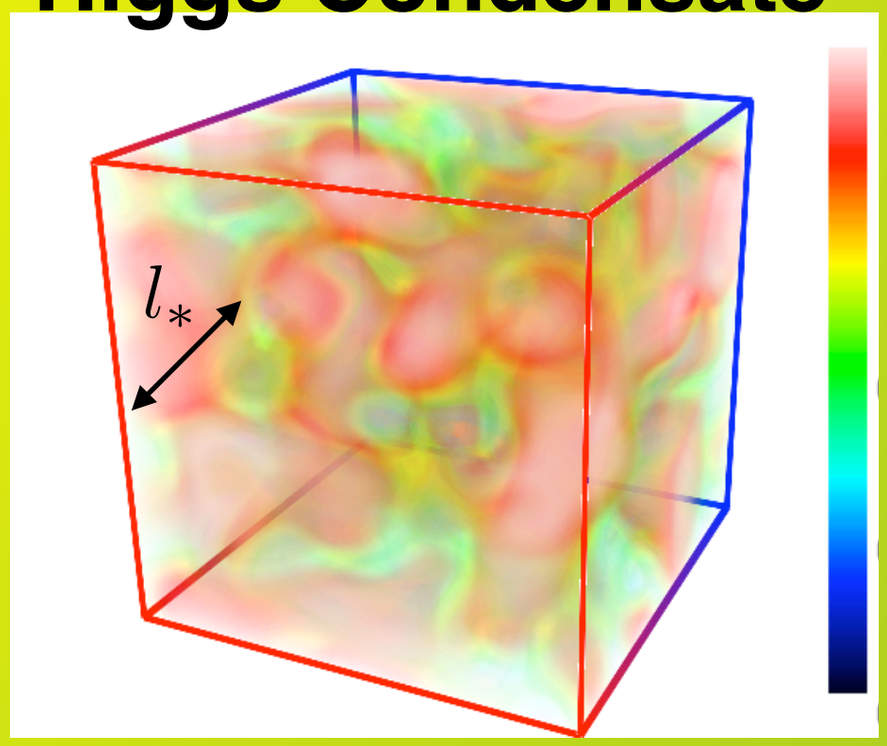

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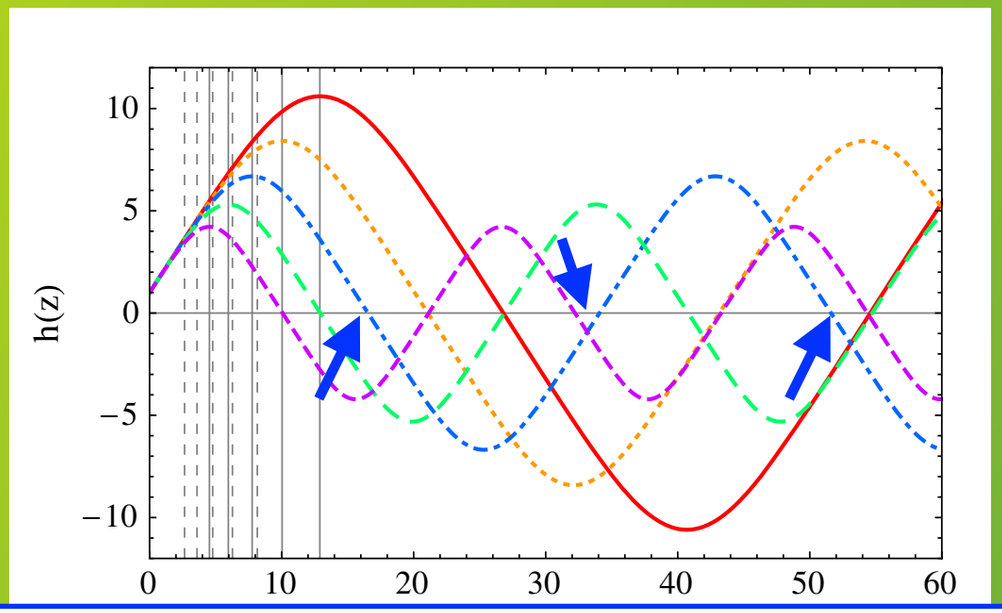
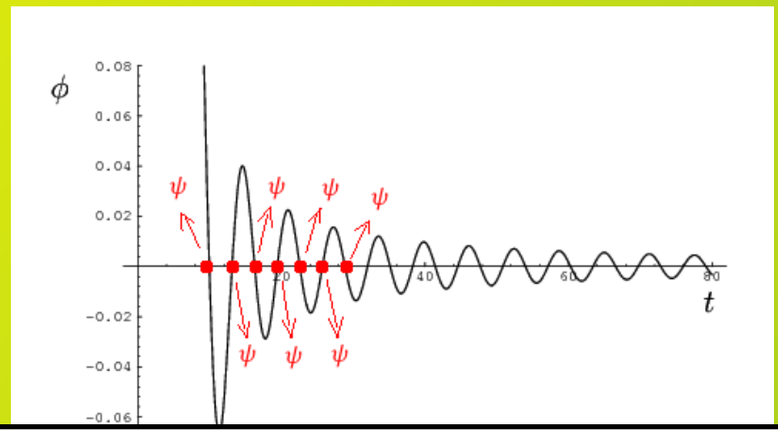


SM species produced due to non-Perturbative Effects !

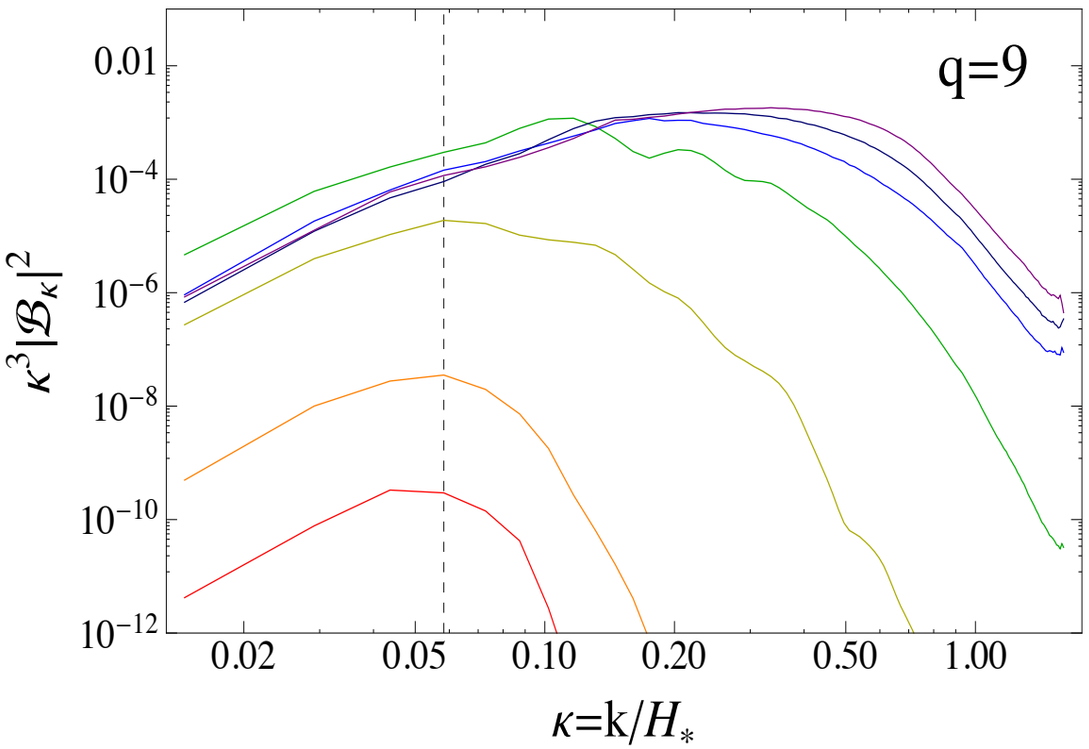
Higgs Condensate Oscillations:



All SM species explosively produced!

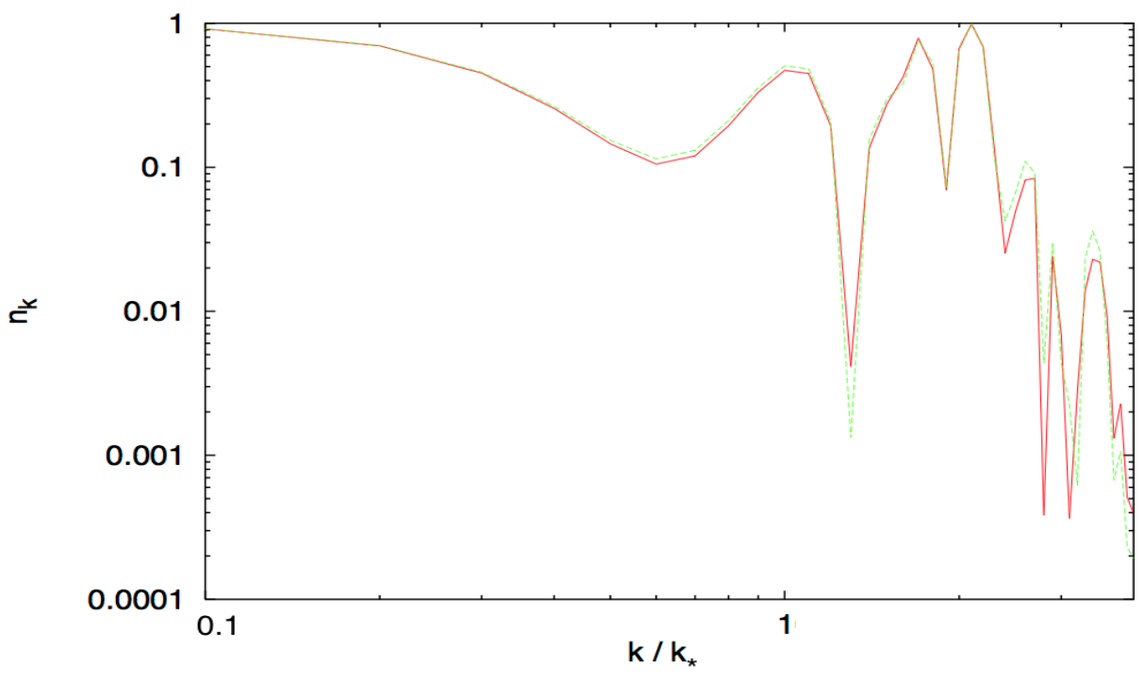
Post-Inflationary production of SM species

Gauge Bosons



Enqvist, Nurmi, Meriniemi 2013
+ Rusak 2014, + Weir 2015
DGF, Torrenti, Garcia–Bellido 2015

Fermions



DGF 2014

Higgs @ Inflation

No Coupling to Inflaton

- **1) LIGHT**
- **2) HEAVY**

After Inflation

$$\langle \varphi^2 \rangle \sim \mathcal{O}(0.1) H_*^2$$

1) $l_* \gg H_*^{-1}$

2) $l_* \sim H_*^{-1}$

Higgs Condensate Oscillates!

SM species always created due to Non-Perturb effects!

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UNiVERSAL SM Excitation !!

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[Both: LIGHT & HEAVY]

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$$Initially: \ \langle \lambda \varphi_*^4 \rangle \ll H_*^2 m_p^2$$

SM produced! but subdominant

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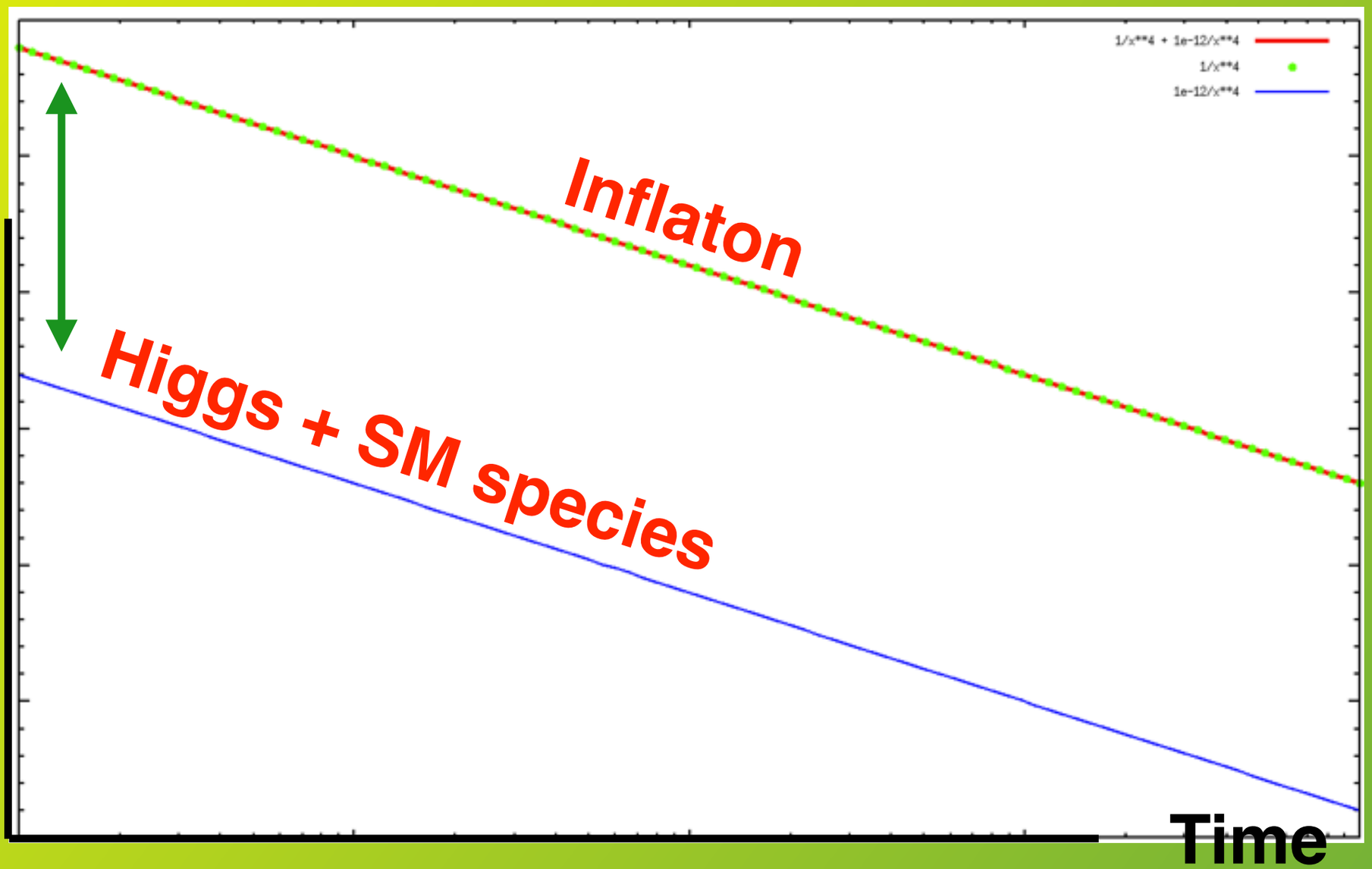

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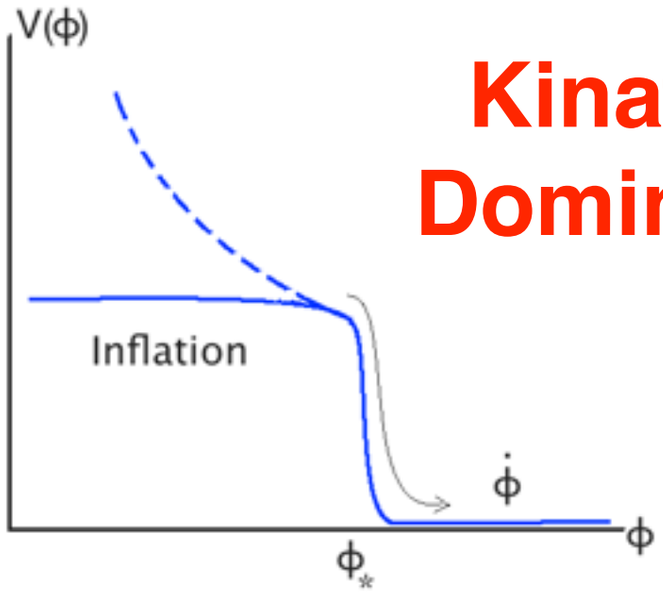
Kination-Domination



$$\text{Energy} \propto \frac{1}{a^6}$$

[Spokoiny '93]

SM Excitation

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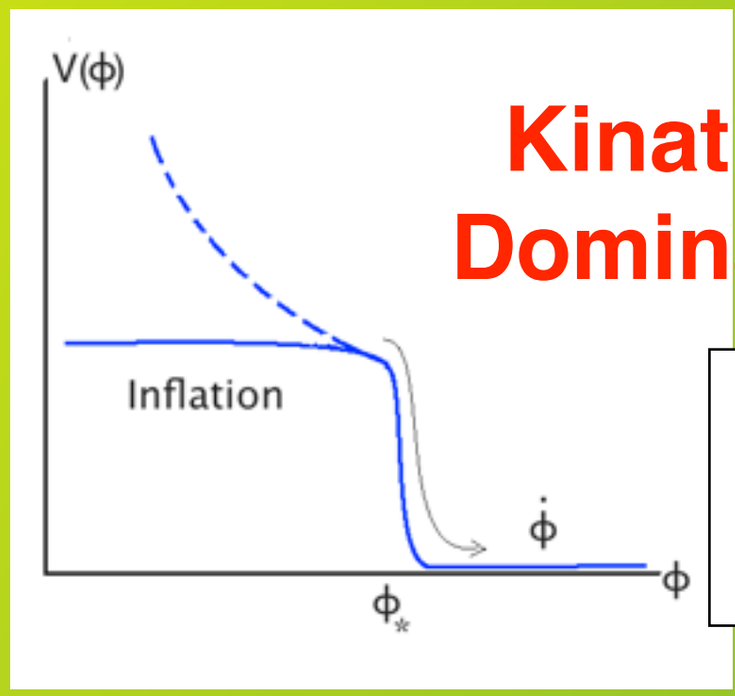
SM produced! and dominates



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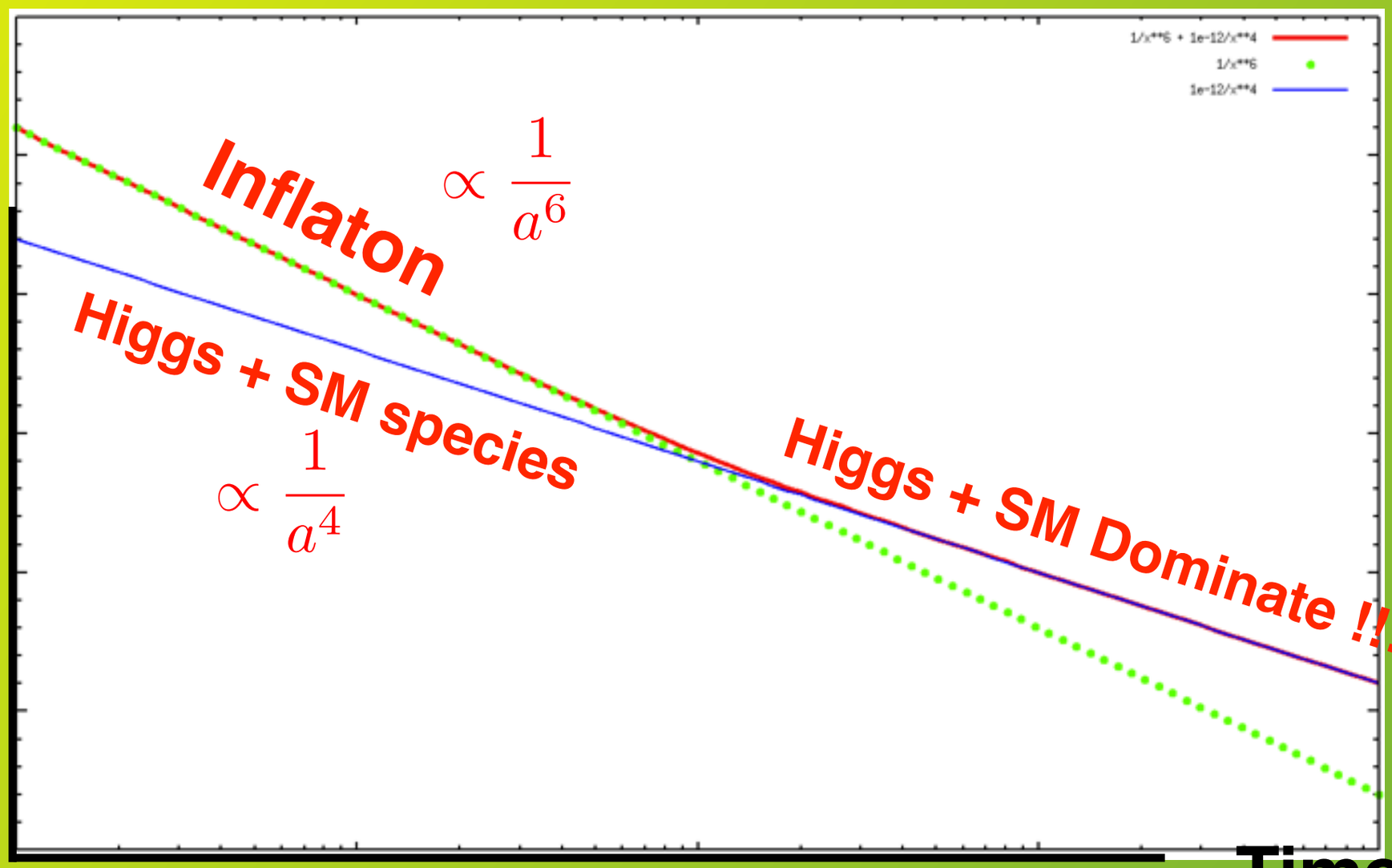

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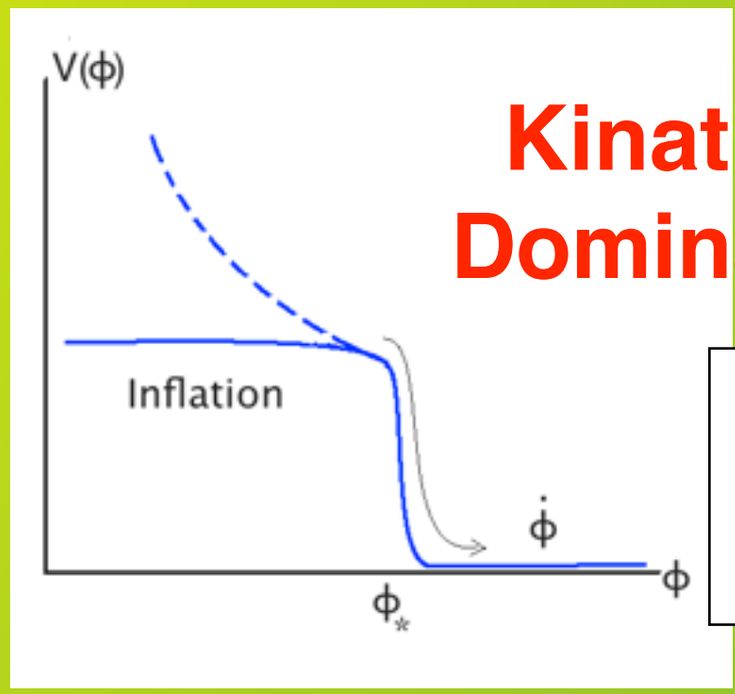

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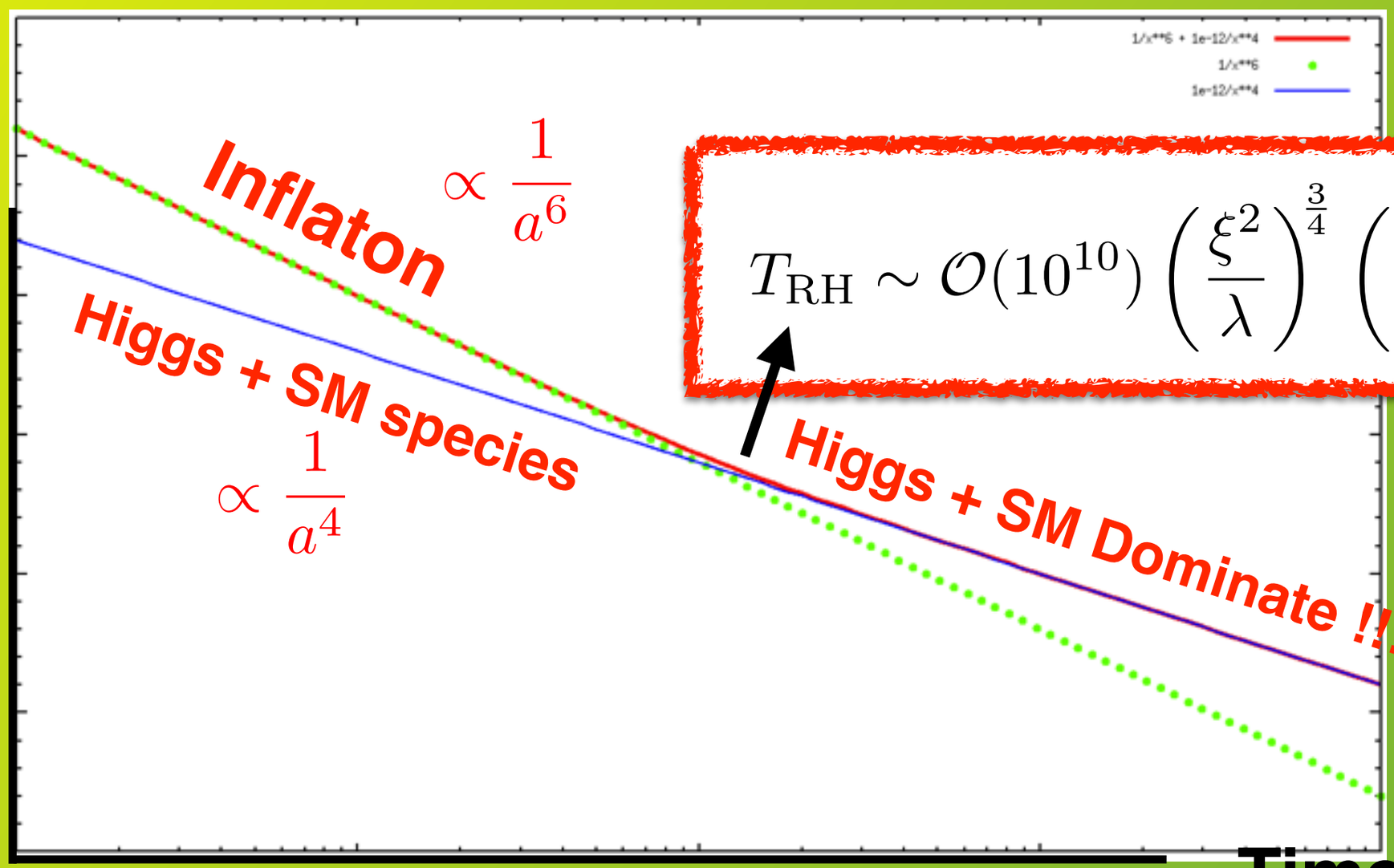
Energy



$$T_{\rm RH} \sim \mathcal{O}(10^{10}) \left(\frac{\xi^2}{\lambda}\right)^{\frac{3}{4}} \left(\frac{H_*}{H_*^{\rm max}}\right)^2$$

Case HEAVY

$$T_{\rm RH} \sim \mathcal{O}(10^{10}) \left(\frac{\xi^2}{\lambda}\right)^{\frac{3}{4}} \left(\frac{H_*}{H_*^{\rm max}}\right)^2$$ **(GeV)**

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✓

If there is Kination-Domination ...

Consequences:

1) Reheating the Universe

2) GW from Higgs decay products

3) Inflationary GW - blue tilted

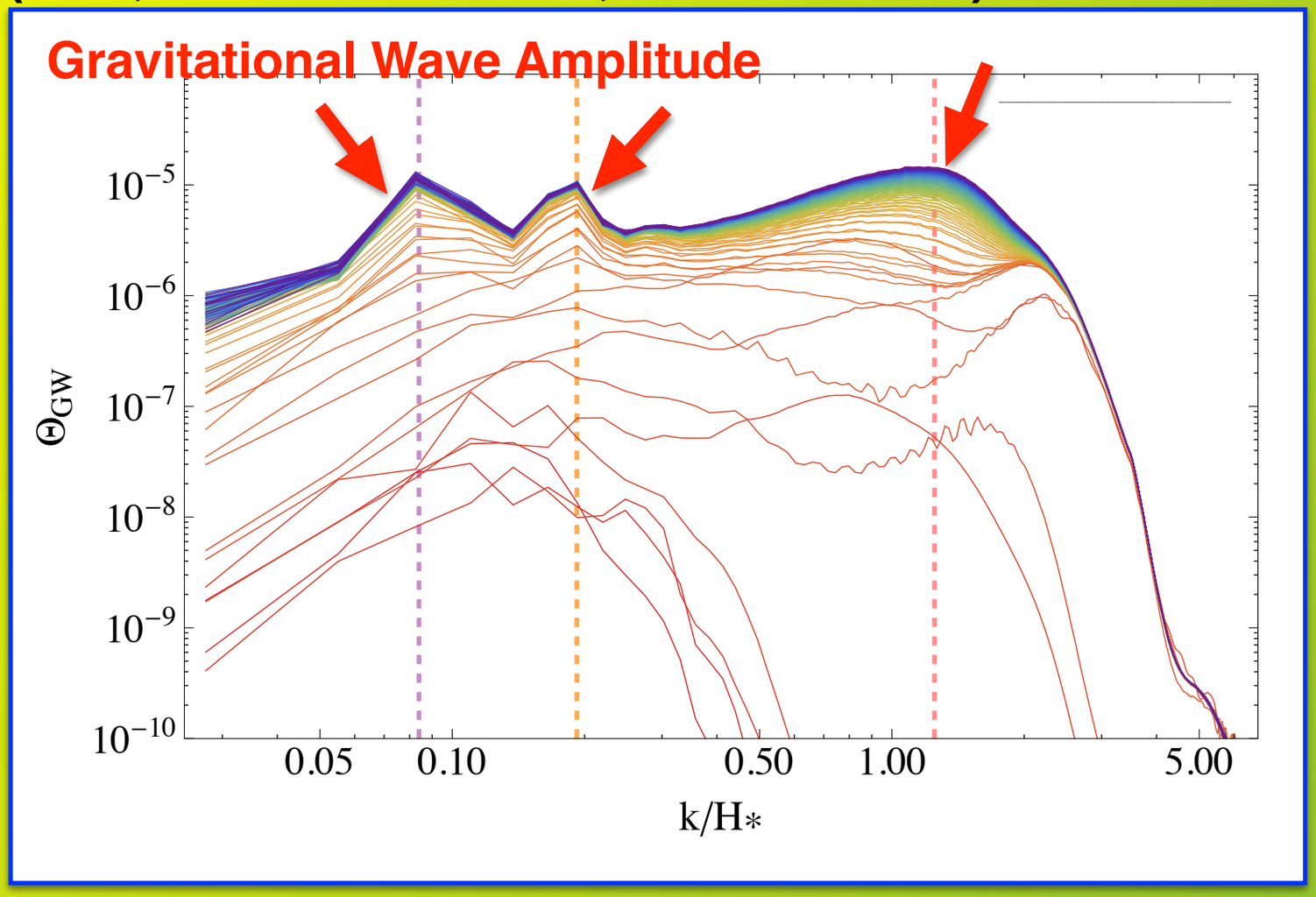
Gravitational Waves from Higgs decay Products

Universal Production !

Explosive Particle Production !

Gravitational Wave Generation

(DGF, J. García-Bellido, Torrenti 2015)



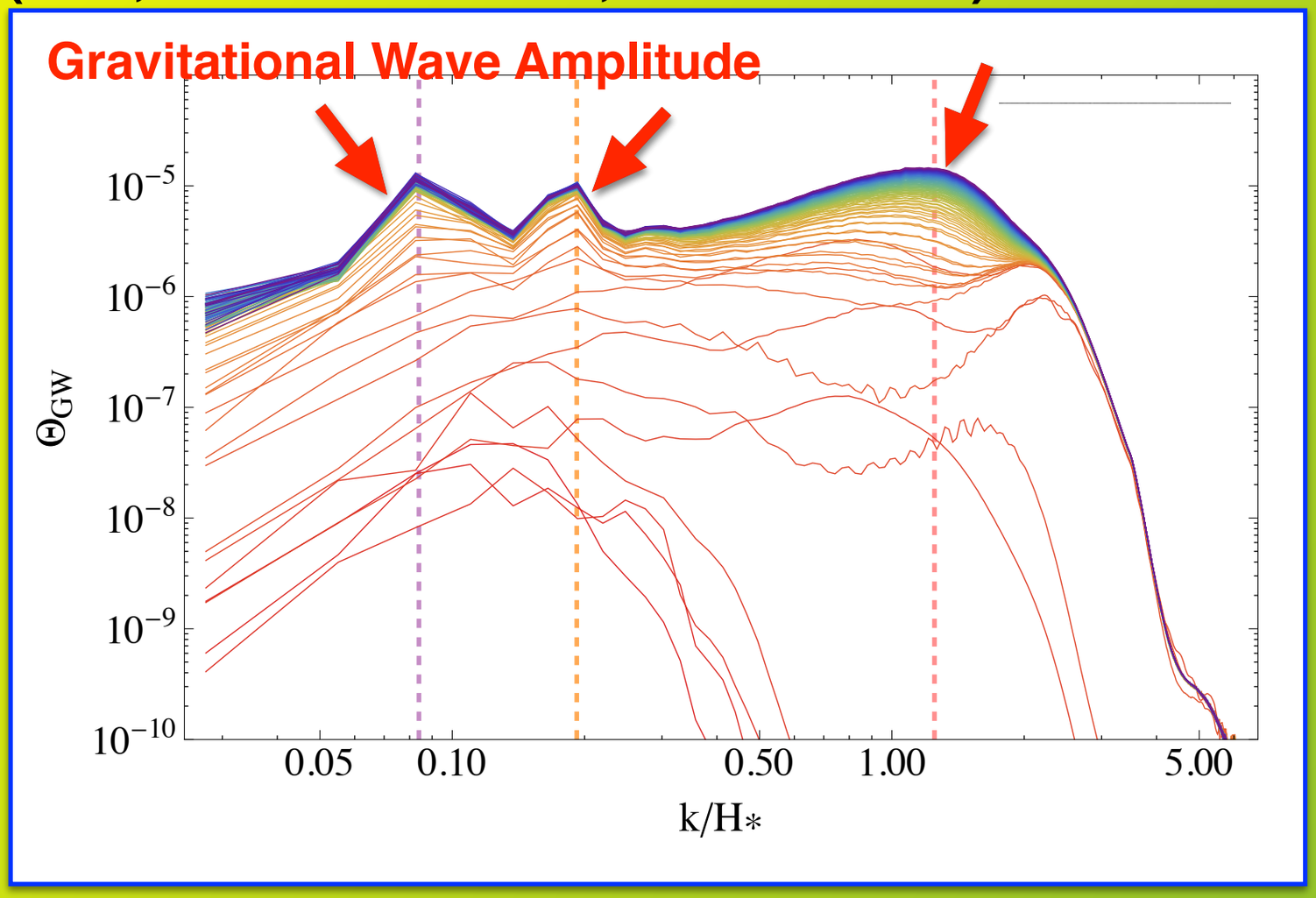
$$\text{GW Today}: h^2\Omega_{\rm GW}^{(\rm p)}\big|_{\rm t} \sim 10^{-29}\left(\frac{0.01}{\lambda}\right)^{\frac{3}{2}}\left(\frac{H_*}{H_*^<}\right)^4\left(\frac{a_{\rm RD}}{a_*}\right)^{|3w-1|} \sim \ ?$$

Running Self-Coupling · Hubble Rate · Equation of State

Gravitational Waves from Higgs decay Products

Universal Production !

(DGF, J. García-Bellido, Torrenti 2015)



Explosive Particle Production !

Gravitational Wave Generation

NO OBSERVABLE !!

$$\text{GW Today}: h^2\Omega_{\rm GW}^{(\rm p)}\big|_{\rm t} \sim 10^{-29}\left(\frac{0.01}{\lambda}\right)^{\frac{3}{2}}\left(\frac{H_*}{H_*^<}\right)^4\left(\frac{a_{\rm RD}}{a_*}\right)^{|3w-1|} \sim 10^{-16}$$

Running Self-Coupling · Hubble Rate · Equation of State

@ $f_* \sim 10^{10}$Hz

If there is Kination-Domination ...

Consequences:

1) Reheating the Universe

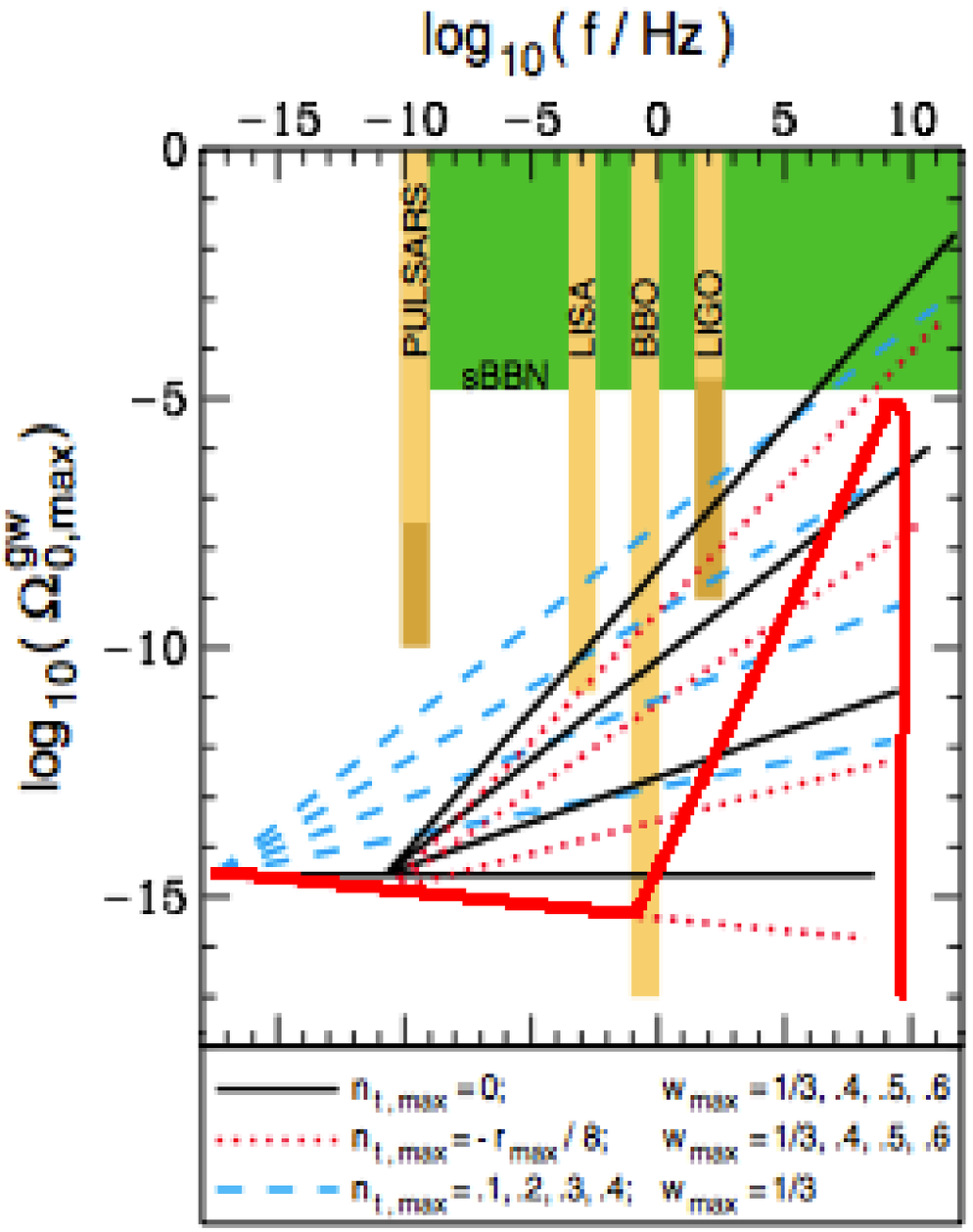
2) GW from Higgs decay products

3) Inflationary GW - blue tilted

Gravitational Waves from Inflation

Kination Domination

(DGF, Torrenti, work in progress)



Giovannini 98-99, Boyle & Buonanno '07

High-Freq. Tail
Inflationary Gravitational Wave Background
Uplifted

Observable ?

If there is Kination-Domination ...

Consequences:

1) Reheating the Universe

2) GW from Higgs decay products

3) Inflationary GW - blue tilted

?

Summary:

* Universal Mechanism to produce the SM !!!

*** SM subdominant —> irrelevant?**
(baryogenesis, magnetogensis, DM ???)

Kusenko et al '14-15

*** If Kination-Domination: SM species dominate!**
(eventually)

DGF & Byrnes '16

Reheating the Universe into the SM !

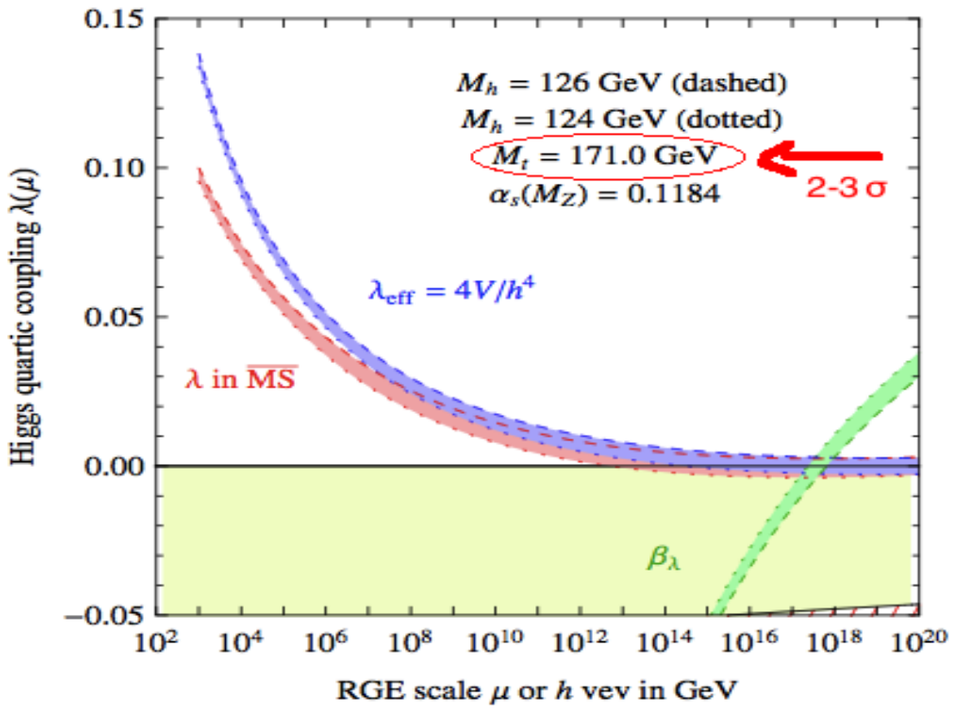
+ (Observable ?) blue-shifted Inflationary-GW

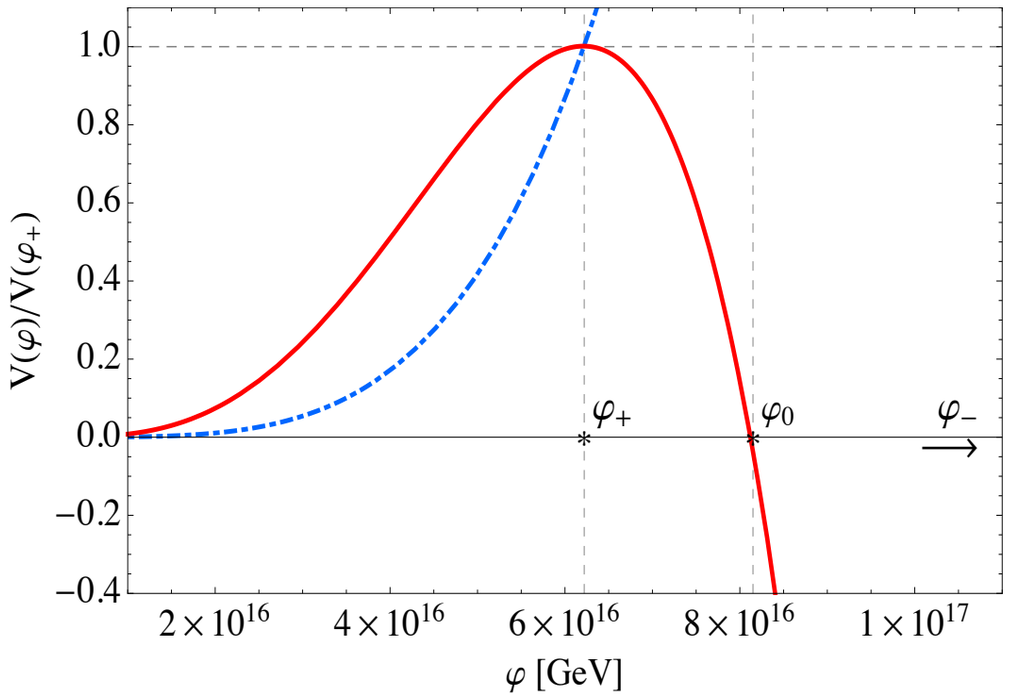
Giovannini 98-99,
Boyle & Buonanno '07

THANKS !

Stability of the SM during Inflation ?

$$V(\varphi) = \frac{\lambda(\varphi)}{4}\varphi^4 \qquad \lambda \sim 10^{-5} - 10^{-2}$$





(Degrassi et al 2012, Bezrukov and Shaposhnikov 2012)

Important Announcement

CERN CINECLUB

Tomorrow 8:00pm,
(@ Main Auditorioum!)

We Stood Like Kings (Music Band)

CERN CINECLUB

Tomorrow 8:00pm,
(@ Main Auditorioum!)

A 6th part the world (1926)

by Dziga Vertov

Live Music !

We Stood Like Kings (Music Band)