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Lecture I

SUMMER SCHOOL IN HIGH ENERGY PHYSICS AND COSMOLOGY

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STANDARD BIG BANG MODEL OF COSMOLOGY

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Please note: These are preliminary notes intended for internal distribution only.

STANDARD BIG-BANG MODEL of COSMOLOGY

For $t \geq t_{\text{pl}} \approx 10^{-44} \text{ sec}$ ($\equiv M_{\text{pl}}^{-1}$) after the Big-Bang
quantum fluct. of gravity cease to exist

→ Classical theory of gravity (Einstein's general relativity)
is enough

— Strong, weak and electromagnetic interactions are
described by Relativistic Quantum Field Theory (Gauge Theory)

Let us for the moment concentrate on gravity:

$$\text{Einstein eqns} \rightarrow R_{\mu}^{\nu} - \frac{1}{2} \delta_{\mu}^{\nu} R = 8\pi G T_{\mu}^{\nu}$$

R_{μ}^{ν} = Ricci tensor ($g_{\mu\nu}, \partial g_{\mu\nu}$), $R = g^{\mu\nu} R_{\mu\nu}$ = scalar curvature

T_{μ}^{ν} = energy momentum tensor for "matter"

Energy Momentum Conservation

$$T_{\mu}^{\nu}{}_{;\nu} = 0$$

"Cosmological Principle" · Universe is homogeneous and isotropic
(perhaps strongest evidence is BCR)

⇒ "Robertson-Walker" metric

$$ds^2 = -dt^2 + a^2(t) \left[\frac{dr^2}{1 - kr^2} + r^2 (d\theta^2 + \sin^2\theta d\phi^2) \right]$$

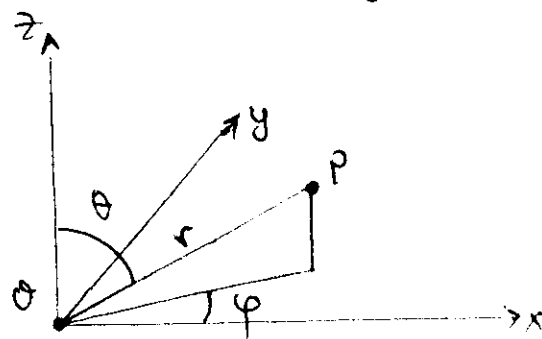
$r, \phi, \theta \equiv$ "comoving polar coordinates" (fixed for objects which only follow the general exp.)

k = scalar curvature of 3-space:

$k=0$ flat universe

$k>0$ closed "

$k<0$ open "



$a(t)$ = "scale factor" of the universe $\Leftrightarrow$ describes exp.

$\nwarrow$ dimensionless, normalization: $a(t_0) = 1$

$\Rightarrow$ Phys. distance
(instantaneous)

$$R = a(t) \int_0^r \frac{dr}{(1 - kr^2)^{1/2}}$$

$$= a(t) r \quad (\text{for } k=0)$$

Hubble expansion (flat case):

$$\vec{R} = a(t) \vec{r} \longrightarrow \vec{V} = \frac{d\vec{R}}{dt} = \frac{d}{dt} (a(t) \vec{r}) =$$

$$= \frac{\dot{a}}{a} \vec{R} + a \vec{v}$$

$$\vec{v} = a(t) \frac{d\vec{r}}{dt} = \text{"peculiar velocity"}$$

$$\vec{v}=0 \Rightarrow \vec{V} = \frac{\dot{a}(t)}{a(t)} \vec{R} \equiv H(t) \vec{R} \quad (\text{"Hubble law"}) \quad \underline{1^{st} \text{ success}}$$

H = Hubble parameter $\rightarrow$

$$H_0 = 100h \text{ km/sec Mpc}$$

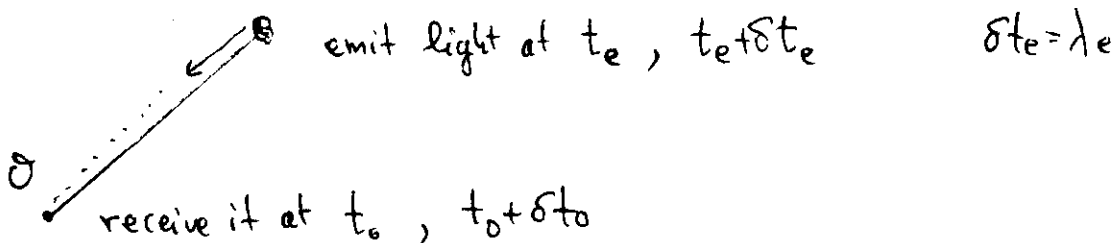
$$0.4 \leq h \leq 1$$

H_0 is measured by plotting velocities / distances "most ambiguous" (3)
↑
Doppler shifting

Red shifting of light ($k=0$)

light path $\rightarrow$ null geodesics $\rightarrow$

$$ds^2 = 0 \rightarrow -dt = a(t) dr \quad (\text{radial direction})$$



$$r = \int_{t_e}^{t_o} \frac{dt}{a(t)} = \int_{t_e + \delta t_e}^{t_o + \delta t_o} \frac{dt}{a(t)}$$

$$\Rightarrow \frac{\delta t_e}{a(t_e)} = \frac{\delta t_o}{a(t_o)} \Rightarrow \frac{\lambda_e}{a(t_e)} = \frac{\lambda_o}{a(t_o)}$$

$$\text{Redshift} = z = \frac{\lambda_o - \lambda_e}{\lambda_e} \equiv \frac{\delta \lambda}{\lambda} = \frac{a(t_o)}{a(t_e)} - 1$$

$$\Rightarrow 1+z = \frac{a(t_o)}{a(t_e)} \quad \text{"often used"}$$

Friedmann eqns (Einstein eqns for RW metric):

$$\text{Homog. and isotropic univ.} \rightarrow T_\mu^\nu = \text{diag}(-\rho, p, p, p)$$

$$\left. \begin{array}{l} \rho = \text{energy density} \\ p = \text{pressure} \end{array} \right\} \Rightarrow T_\mu^\nu = (\rho + p)u_\mu u^\nu + p\delta_\mu^\nu$$

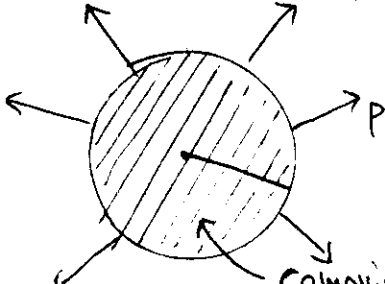
$u^\nu \equiv (1, 0, 0, 0)$

Energy-Momentum Conservation ($T_{\mu}^{\nu}{}_{;\nu} = 0$)

$$\rightarrow \frac{d\rho}{dt} = -3 \frac{\dot{a}}{a} (\rho + p)$$

$\uparrow$ work done by pressure during exp.
 $\uparrow$ dilution of energy due to exp.

$$\longleftrightarrow d\left(\frac{4\pi}{3} a^3 \rho\right) = -p 4\pi a^2 da$$



comoving volume with radius $\propto a(t)$

Einstein equs $\rightarrow$ Friedmann equs:

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

$$\frac{\ddot{a}}{a} = -\frac{4\pi G}{3} (\rho + 3p) \quad \leftrightarrow \quad \text{Not independent} \quad \left(\dot{a}^2 = \frac{8\pi G}{3} \rho a^2 - k \right)$$

$$\rightarrow 2\dot{a}\ddot{a} = \frac{8\pi G}{3} \dot{\rho} a^2 + \frac{16\pi G}{3} \rho a \dot{a} = -8\pi G a \dot{a} (\rho + p) + \frac{16\pi G}{3} \rho a \dot{a}$$

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

Expansion Law ($a = a(t)$):

$$\rho + p = \gamma \rho \Rightarrow \dot{\rho} = -3 \frac{\dot{a}}{a} \gamma \rho \Rightarrow \frac{d\rho}{\rho} = -3\gamma \frac{da}{a}$$

$$\Rightarrow \ln(\rho/\rho_0) = -3\gamma \ln(a/a_0) \Rightarrow \underline{\rho \propto a^{-3\gamma}}$$

"matter": $p=0 \rightarrow \gamma=1 \rightarrow \rho \propto a^{-3}$ (dilation of a fixed no. of particles in a comov. volume)

"radiation": $p = \frac{1}{3}\rho \Rightarrow \gamma = \frac{4}{3} \rightarrow \rho \propto a^{-4}$ (extra redshifting of wave-length)
 dominates in the early univ

$\rho \propto a^{-3\gamma}$ in Friedmann ($k=0$)

$$\rightarrow \frac{\dot{a}}{a} \propto a^{-\frac{3\gamma}{2}} \rightarrow a^{\frac{3\gamma}{2}-1} da \propto dt$$

$$\Rightarrow a \propto t^{\frac{2}{3\gamma}} \quad (\gamma \neq 0) \Leftrightarrow a(t) = \left(\frac{t}{t_0}\right)^{\frac{2}{3\gamma}}$$

"matter": $a(t) = (t/t_0)^{2/3}$

"radiation": $a(t) = (t/t_0)^{1/2}$

Radiation dominated era: $\rho = \frac{\pi^2}{30} \left(N_b + \frac{7}{8} N_f \right) T^4 \equiv c T^4$
 (early univ.)

$$\text{entropy density} = s = \frac{2\pi^2}{45} \left(N_b + \frac{7}{8} N_f \right) T^3$$

Adiabatic evolution ($S = s a^3 = \text{const.}$)

$$\rightarrow a T = \text{const.}$$

"Temperature-time relation during radiation dom." (F-eq, $k=0$)

$$\rightarrow T^2 = \frac{M_{\text{Pl}}}{2(8\pi c/3)^{1/2} t}$$

$\rightarrow$ Univ. starts exp. from $t=0$ with $T=\infty$, $a=0$ ($t \gg 10^{-44}$ sec.)

Important parameters : (i) H_0

(ii) $K=0$ in F-equ. $\rightarrow$

$$\rho = \rho_{\text{crit.}} = 3H^2 / 8\pi G \Rightarrow \text{flat univ.}$$

Define $\Omega = \rho / \rho_{\text{crit}} = 1 + \frac{k}{a^2 H^2}$

$$\Omega = 1 \rightarrow \text{flat univ. } (K=0)$$

$$\Omega > 1 \rightarrow \text{"closed" " } (K > 0)$$

$$\Omega < 1 \rightarrow \text{"open" " } (K < 0)$$

present value of Ω : $\Omega_0 = 1$ (inflation)
 "Most matter is dark" " $0.1 \leq \Omega_0 \leq 0.3$ "
 "Baryons 1% - 10% of ρ "

(iii) deceleration parameter :

$$q = -\left(\frac{\ddot{a}}{\dot{a}}\right) / \left(\frac{\dot{a}}{a}\right) = \frac{1}{2} \frac{\rho + 3p}{\rho_{\text{crit.}}}$$

For "matter" ($p=0$) $\rightarrow q = \frac{1}{2} \Omega$

Inflation $\rightarrow q_2 = \frac{1}{2}$

Particle Horizon :

The light travels only a finite distance $d_H(t)$ from big-bang

($t=0$) to some cosmic time t :

$$a(t) dt = dr \rightarrow d_H(t) = a(t) \int_0^t \frac{dt'}{a(t')} = \text{particle horizon at } t.$$

= size of the universe that we have already seen at t .

= distance at which causal contact has been established at t .

$$a(t) = \left(\frac{t}{t_0}\right)^{2/3\gamma} \Rightarrow d_H(t) = \frac{3\gamma}{3\gamma-2} t \quad (\gamma > 2/3)$$

$$\Rightarrow H(t) = \frac{2}{3\gamma} t^{-1}$$

$$\Rightarrow d_H(t) = \frac{3\gamma}{3\gamma-2} t = \frac{2}{3\gamma-2} H^{-1}(t)$$

"matter dom." ($\gamma=1$): $d_H(t) = 3t = 2H^{-1}(t)$

"radiation dom." ($\gamma=4/3$): $d_H(t) = 2t = H^{-1}(t)$

present horizon: $d_H(t_0) = 2H_0^{-1} = 6.000h^{-1} \text{ Mpc}$

" time $t_0 = \frac{2}{3} H_0^{-1} = 6.7 \times 10^9 h^{-1} \text{ years}$

" critical dens: $\rho_{\text{crit}} = \frac{3H_0^2}{8\pi G} = 1.9 \times 10^{-29} h^{-2} \text{ gm/cm}^3$

A brief history of the universe in accordance with GUTs:

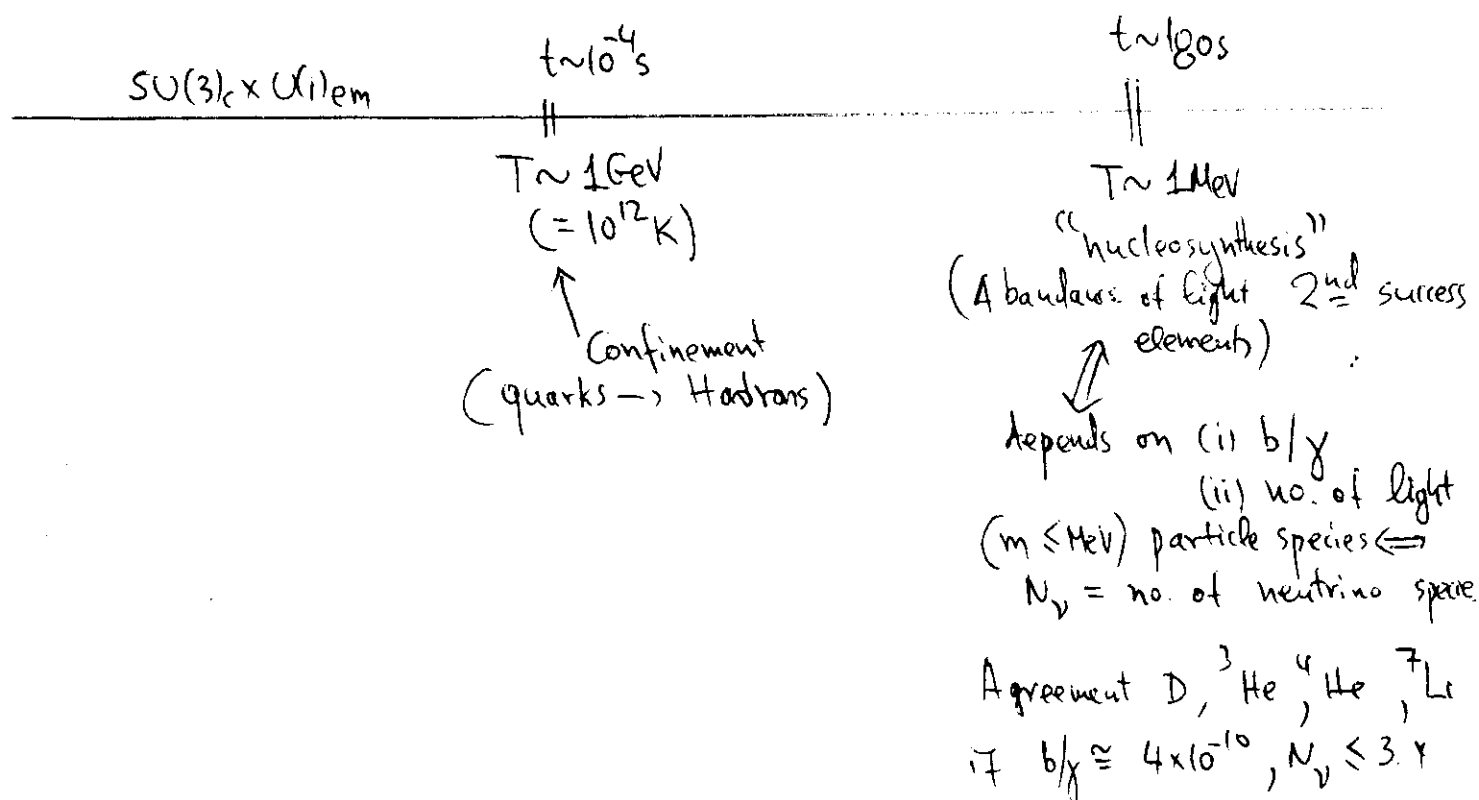
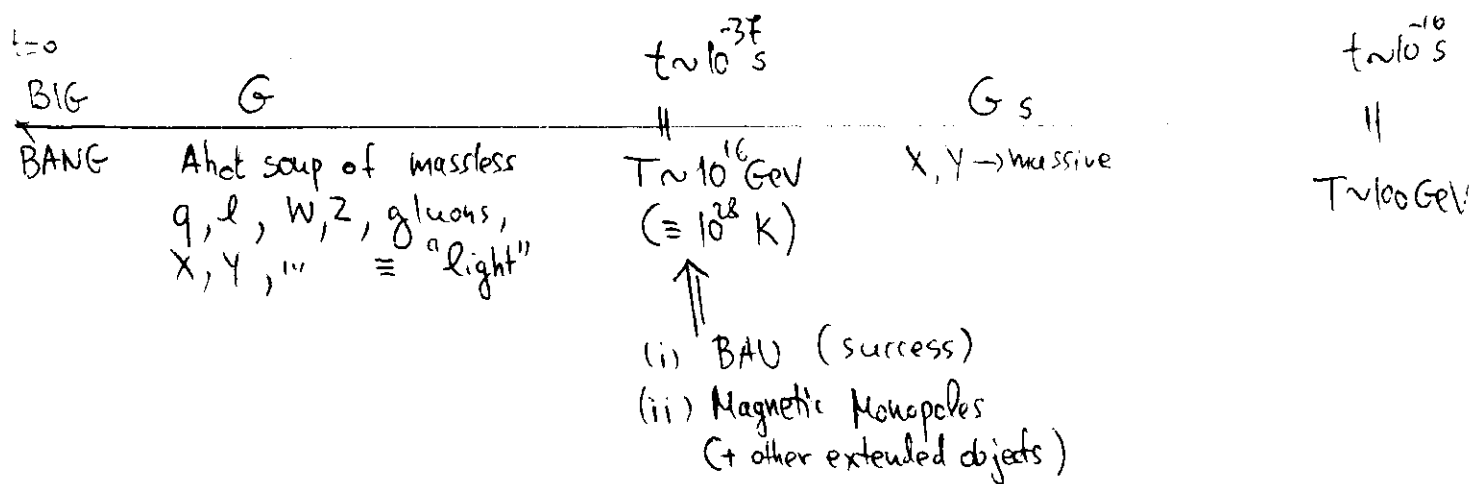
- Suppose we have a GUT based on $G (= SU(5), SO(10), SU(3)^3, \dots)$ SUSY or non-SUSY:

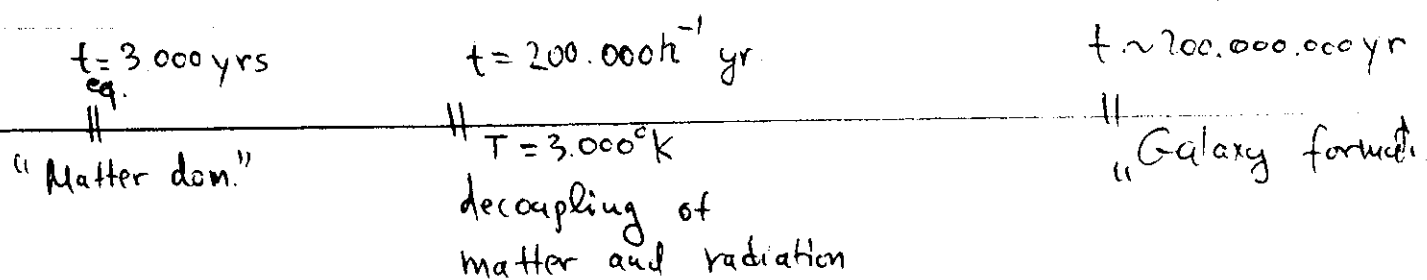
- Suppose $G \xrightarrow[M_X]{\langle \Phi \rangle} G_5 = SU(3)_C \times SU(2)_L \times U(1)_Y \xrightarrow[M_W]{\langle H \rangle} SU(3)_C \times U(1)$

GUTs + Standard Cosmological Model (based on classical grav.)

can describe the early Univ. for $t \gg 10^{-40}$ sec.

$\Rightarrow$ A series of phase transitions during which the initial Gauge Symmetry is gradually reduced:

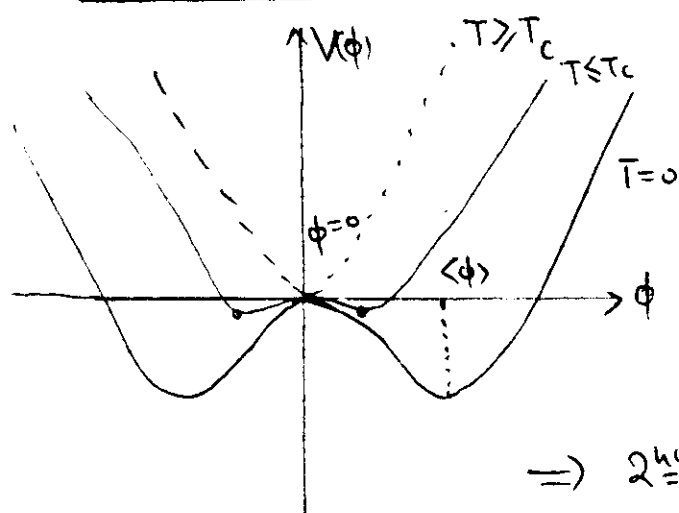




($\equiv$ recombination of atoms) $\Leftrightarrow$ last scattering surface.

BR ($T_0 = 2.735 \pm 0.016^\circ \text{K}$)
3rd success

GUT-transition: $G \xrightarrow{\langle \phi \rangle} G_S$



temperature corrections:
 $V(\phi) \Rightarrow V(\phi) + \sigma^2 T^2 \phi^2 + \dots$

$$\langle \phi \rangle(T) \approx \langle \phi \rangle(T=0) \left(1 - \frac{T^2}{T_c^2}\right)^{1/2}$$

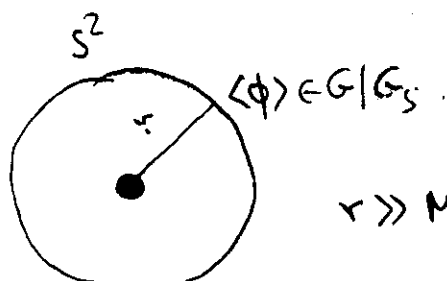
$$m_H(T) \sim h \langle \phi \rangle(T) \quad T \leq T_c$$

$\Rightarrow$ 2nd order phase transition

Shortcomings of Standard Model:

(a) Magnetic Monopole Problem:

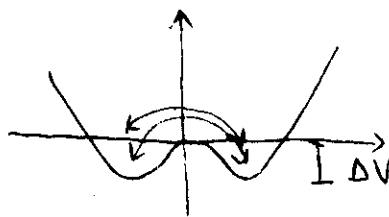
Magnetic Monopole $\equiv$ localized deviation from vacuum with radius $\sim M_X^{-1}$, energy $\sim M_X/\alpha_G$ and $\phi=0$ at its centre



$r \gg M_X^{-1}$: $S^2 \rightarrow G/G_S \Rightarrow \pi_2(G/G_S)$
"homotopically non-trivial" $\Leftrightarrow$ topol. stable

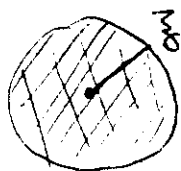
production of Monopoles:

At $T \leq T_c$ $\Delta V \sim h^2 \langle \phi \rangle^4$



ΔV = difference in free energy density between $\phi \rightarrow$ and $\phi \leftarrow \langle \phi \rangle$

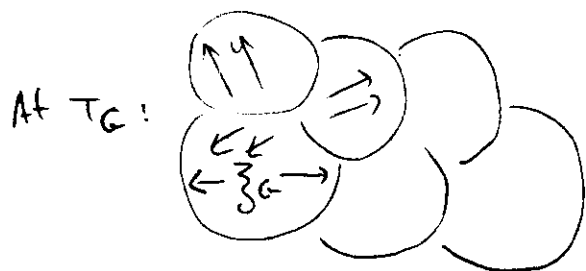
Higgs correlation length $\xi(T) = m_H^{-1}(T)$



$$\frac{4\pi}{3} \xi^3 \Delta V \leq T \rightarrow \text{fluct. back and forth are allowed.}$$

equality T_G

$\Rightarrow T \leq T_G$ fluct. stop and $\langle \phi \rangle \in G/G_s$



$$\xi_G \sim \frac{1}{h^2 T_c}$$

$$\rightarrow n_H \sim p \xi_G^{-3} \sim p h^6 T_c^3 \rightarrow r_H = \frac{n_H}{T^3} \sim 10^{-6}$$

($p \sim 1/10$)

Causality bound: $n_H \geq \frac{p}{\frac{4\pi}{3} (2t)^3_G}$

$$\Rightarrow r_H \geq 10^{-10}$$

After T_G

$$\rightarrow \frac{d n_M}{dt} = - D n_M^2 - 3 \frac{\dot{a}}{a} n_M$$

↑ ↑
"monopole-antimonopole annihilation" dilution due to expansion

Monopoles diffuse towards antimonopoles through the "plasma", capture each other in Bohr orbits $\rightarrow$ annihilate

Annihilation $\leftrightarrow$ mean free path $\leq$ capture distance
 $\rightarrow T \gg 10^{12} \text{ GeV}$
After that essentially no annihilation

Final result: $r_{in} \gg 10^{-9} \rightarrow r_{fin} \sim 10^{-9}$

$r_{in} \leq 10^{-9} \rightarrow r_{fin} \sim r_{in}$

Causality bound $\rightarrow r_{fin} \geq 10^{-10}$

"Observational Bound" from nucleosynthesis (they should not dominate)

$\rightarrow r(T \approx 1 \text{ MeV}) \leq 10^{-19}$

$\rightarrow$ PROBLEM!!

(p) Horizon Problem:

The CBR photons we receive now were emitted at "decoupling"

where $T_d = 3.000 \text{ K}$

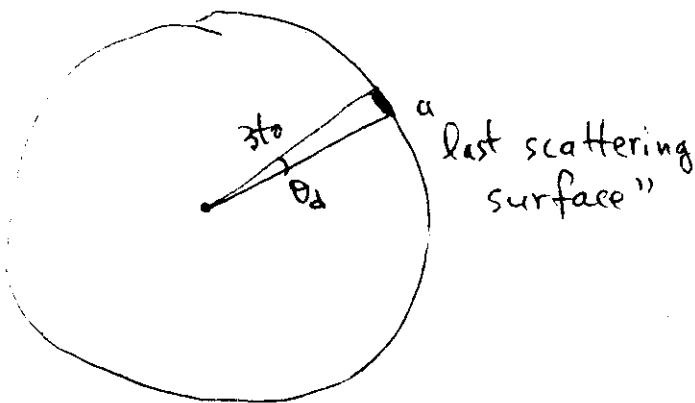
To calculate decoupling time t_d :

$$\frac{T_0}{T_d} = \frac{2.74}{3000} = \frac{a(t_d)}{a(t_0)} = \left(\frac{t_d}{t_0}\right)^{2/3}$$

$$\Rightarrow t_d = 200,000 h^{-1} \text{ years}$$

distance over which these photons traveled =

$$a(t_0) \int_{t_d}^{t_0} \frac{dt'}{a(t')} = 3t_0 \left(1 - \left(\frac{t_d}{t_0}\right)^{2/3}\right) \approx 3t_0 = \text{present horizon} = 6000 h \text{ Mpc}$$



$$\text{horizon size at } t_d = 2H^{-1}(t_d) = 3t_d = 0.168 h^{-1} \text{ Mpc}$$

$$\text{expands till now} = 0.168 \frac{a(t_0)}{a(t_d)} = 184 h^{-1} \text{ Mpc today}$$

$$\theta_d = \text{angle subtended by decoupling horizon now} = \frac{184}{6000} = 0.03 \text{ rads} \quad (2^\circ)$$

→ sky splits in $4\pi/(0.03)^2 = 14000$ patches that never communicated before sending light to us

$$\rightarrow \text{how } \frac{\delta T}{T} \leq 10^{-4} \rightarrow \text{PROBLEM!!}$$

(γ) Flatness problem:

$$\text{Today} \rightarrow 0.1 p_{\text{crit}} \leq \rho \leq 2 p_{\text{crit.}}$$

↑
virial theorem
on galactic
clusters

↑
galactic # density
at large distances → Volume
exp. rate

F-eq. $H^2 = \frac{8\pi G}{3} \rho - \frac{k}{a^2} = \frac{8\pi G}{3} \rho_{\text{crit.}}$

$$\Rightarrow \frac{\rho - \rho_{\text{crit.}}}{\rho_{\text{crit.}}} = \frac{3}{8\pi G \rho_{\text{crit.}}} \left(\frac{k}{a^2} \right) \propto a \quad (\rho_{\text{crit.}} \propto a^{-3})$$

→ in the early univ. $\frac{\rho - \rho_{\text{crit.}}}{\rho_{\text{crit.}}} \ll 1$

→ INITIAL CONDITION PROBLEM !!

(5) For structure formation we need $\delta\rho/\rho$ at all scales with a "scale-invariant" spectrum ← Where do they come from

Also $\frac{\delta T}{T}$ observed at $\theta \gg \theta_d$

Since it comes from $\delta\rho/\rho$, how these fluct. violate causality?

Expand in plane waves:

$$\frac{\delta\rho}{\rho}(\vec{x}, t) = \int d^3k \delta_{\vec{k}}(t) e^{i\vec{k}\cdot\vec{x}}$$

k = comoving wave $\rightarrow \lambda = 2\pi/k$ = comoving wave length

→ $\lambda_{\text{phys}} = a(t) \lambda$

For $\lambda_{\text{phys.}} \leq H^{-1}$, Newtonian eq.

$$\ddot{\delta}_{\vec{k}} + 2H \dot{\delta}_{\vec{k}} + \underbrace{\frac{v_s^2 k^2}{a^2}}_{\text{pressure term}} \delta_{\vec{k}} = 4\pi G \rho \underbrace{\delta_{\vec{k}}}_{\text{gravit. attraction}} \quad \left(v_s^2 = \frac{d\rho}{d\rho} \right)$$

velocity of sound

Let us for the moment $H=0$

$$k_J = \text{Jeans wavenumber} \Leftrightarrow k_J^2 = \frac{4\pi G a^2 \rho}{v_s^2}$$

$k > k_J$: pressure dom. $\rightarrow$ pert. just oscillate

$k \leq k_J$: grav. dom. $\rightarrow$ " grow exp.

In particular, for $p=0$ (cold dark matter) $\rightarrow v_s=0$

$\rightarrow$ all scales are Jeans unstable !!

$$\rightarrow \delta_k \propto \exp(t/\tau) \quad \tau = (4\pi G \rho)^{-1/2}$$

If we put $H \neq 0$ again since exp "pulls particles apart" $\Rightarrow$

smaller growth $\delta_k \propto a \propto t^{2/3}$ ("matter dom.")

"radiation dom." $\rightarrow$ no essential growth. ($p \neq 0$)

$$\text{So we need } (\delta\rho/\rho)_{\text{eq.}} \sim 4 \times 10^{-5} (\Omega_0 h)^{-2}$$

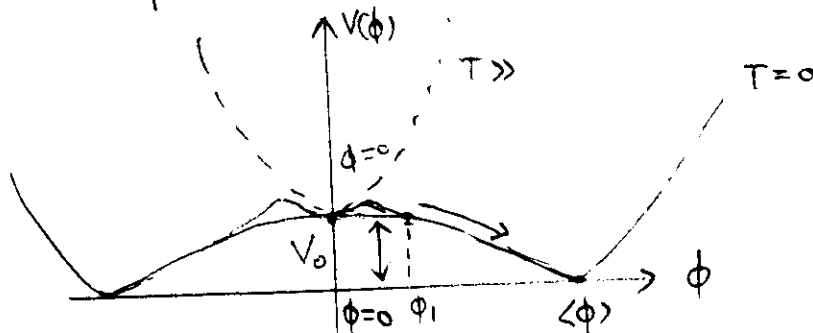
$$\text{because the total available growth} \quad a_0/a_{\text{eq}} \approx 2.4 \times 10^4 (\Omega_0 h)^2$$

INFLATION

Inflation is idea which solves all the "cosmological puzzles" in one go !!

The idea is the following:

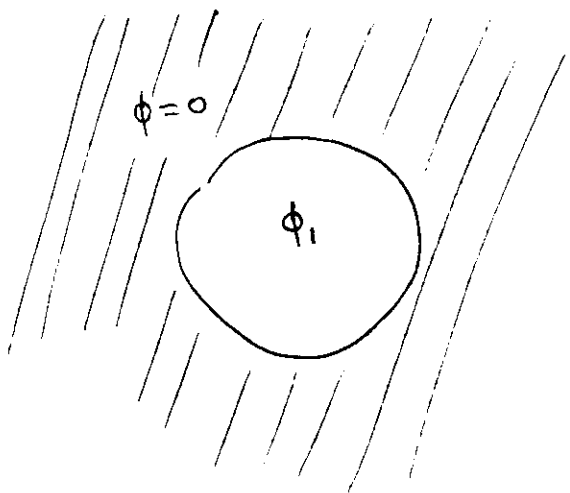
Suppose there is a scalar field $\phi = \text{inflaton}$ with a potential $V(\phi)$ which is quite "flat" near $\phi=0$ and has a minimum at $\phi = \langle \phi \rangle$



At $T \gg$ Universe $\rightarrow \phi=0$ phase

As $T \downarrow$ the potential $\rightarrow T=0$ potential but a little barrier still remains

$\rightarrow$ At some point ϕ tunnels $\rightarrow \phi_1 \ll \langle \phi \rangle$ "NEW INFLATION"



and a bubble with $\phi=\phi_1$ is created in the universe $\Rightarrow$

Then the field rolls over to its minimum very slowly ("flat")

$\Rightarrow \rho \approx V_0 = \text{const.}$ for quite some time

Lagrangian density $\rightarrow \mathcal{L} = \frac{1}{2} \partial_\mu \phi \partial^\mu \phi - V(\phi)$

$$\Rightarrow T_\mu{}^\nu = -\partial_\mu \phi \partial^\nu \phi + \delta_\mu{}^\nu \left(\frac{1}{2} \partial_\alpha \phi \partial^\alpha \phi - V(\phi) \right)$$

$$\Rightarrow \text{During the slow roll-over} \Rightarrow T_\mu{}^\nu \approx -V_0 \delta_\mu{}^\nu$$

$$\Rightarrow \rho = V_0 = -p \quad (\text{negative pressure equal in magnitude with } p)$$

$$\Leftrightarrow \text{Consistent with } \dot{f} = -3H(p + \rho)$$

$\Rightarrow \chi=0 \Rightarrow$ previous formulas do not hold

$$\left(\frac{\dot{a}}{a}\right)^2 = \frac{8\pi G}{3} V_0 - \frac{k}{a^2}$$

$a(t)$ grows and, thus, the second term becomes subdominant

$$\Rightarrow \left(\frac{\dot{a}}{a}\right)^2 = \frac{8\pi G}{3} V_0 \Rightarrow a(t) = e^{Ht}, \quad H^2 = \frac{8\pi G}{3} V_0 = \text{const.}$$

$\Rightarrow$ exponential expansion of the bubble between t_i, t_f

$$\Rightarrow \frac{a(t_f)}{a(t_i)} = \exp H(t_f - t_i) = \exp H\tau$$

$H\tau = \#$ of e -folding $\Rightarrow$ With enough e -fold

the cosmological problems !!

(α) Horizon problem

With $a(t) = e^{Ht}$ the "particle horizon" $\rightarrow$

$$d(t) = e^{Ht} \int_{t_i}^t \frac{dt'}{e^{Ht'}} = \frac{1}{H} e^{Ht} (e^{-Ht_i} - e^{-Ht}) \simeq H^{-1} \exp(Ht), \quad t \gg H^{-1} t_i$$

So we see that the "particle horizon" grows as fast as the "scale factor" $a(t)$

$$\Rightarrow d(t_f) = H^{-1} \exp(H\tau)$$

After the end of inflation at $t = t_f$, ϕ starts

oscillating around its minimum at $\phi = \langle \phi \rangle$ for some time (17)
 and then decays to "radiation" with temperature $T_r (\sim 10^{10} \text{ GeV})$ ("reheat temperature") and then we have "normal cosmology".

The horizon $d(t_f) = H^{-1} \exp(H\tau)$ is stretched during the oscillation of ϕ by some factor ($\sim 10^5$) which depends on details and between T_r and now by T_r/T_0

$$\Rightarrow H^{-1} e^{H\tau} 10^5 \frac{T_r}{T_0} \geq \frac{2}{H_0} \text{ to solve the "horizon problem"}$$

$$H^2 = \frac{8\pi G}{3} V_0 \approx \frac{8\pi G}{3} M_x^4 \Rightarrow H\tau \geq 50$$

(β) Monopole problem:

With N of e-foldings $\gg 50$, the primordial monopole density is also diluted to become totally irrelevant!! (by $\gg 60$ orders of magnitude)

Also, there is no thermal production of monopoles since $T \leq T_r \ll m_M$

(γ) Flatness problem:

We know that the "curvature term" now

$$\frac{k}{a_0^2} = \left(\frac{k}{a^2} \right)_{\text{before inf.}} e^{-2H\tau} 10^{-10} \left(\frac{10^{-13} \text{ GeV}}{10^{10} \text{ GeV}} \right)^2$$

$\uparrow$ before inf. $\uparrow$ inf. $\uparrow$ oscil. $\uparrow$ after "reheat"

$$\text{Assuming } \left(\frac{k}{a^2} \right)_{\text{b.i.}} \sim \frac{8\pi G}{3} \rho \sim H^2 \quad (\rho = V_0)$$

$$\Rightarrow \frac{k}{a_c^2 H_0^2} \sim 10^{35} e^{-2H\tau}$$

$$F\text{-eq} \quad 1 - \Omega = \frac{k}{a_c^2 H_0^2} \leq 10^{-9} \quad \text{for } H\tau \geq 50$$

$\Rightarrow$ Inflation predicts that the present Universe is "flat"!!!

and $p = p_{\text{crit}}$.

DETAILS OF INFLATION

Hubble parameter is not const. during inflation as we naively assumed $\rightarrow H(\varphi) : H^2(\varphi) = \frac{8\pi G}{3} V(\varphi)$

To find the evolution of φ during its slow roll-over, we vary

$$\Rightarrow \mathcal{L} = \frac{1}{2} g_{\mu\nu} \partial^\mu \phi \partial^\nu \phi - V(\phi) + M(\phi) \quad \left(\text{remember } \sqrt{-\det g} = \text{Volume element} \right)$$

$\uparrow$ coupling to "light"
 matter causing decay of $\phi \rightarrow$ "massless particles"

$$\Rightarrow \ddot{\phi} + 3H\dot{\phi} + \Gamma_\phi \dot{\phi} + V'(\phi) = 0$$

Γ_ϕ = decay width of the inflaton and its decay time

$$\Rightarrow t_d = \Gamma_\phi^{-1} \gg H^{-1} = \text{exp. time for } \underline{\text{inflation}} \text{ (slow roll-over)}$$

$$\Rightarrow \text{Ignore } \underline{\text{for the moment}} \quad \Gamma_\phi \dot{\phi} \text{ - term}$$

