

25th May, 2021 @ Elab seminar

Self-introduction, or a biased view of what theoretical cosmologists are recently interested in



Yuichiro TADA

Mikura, YT, Yokoyama

YT & Yokoyama

Fujita, Kawasaki, YT, Takesako

Clab, Nagoya U.

EPL **132**, 3 (2020) **Highlights**

PRD **100**, no. 2, 023537 (2019)

JCAP **12**, 036 (2013)



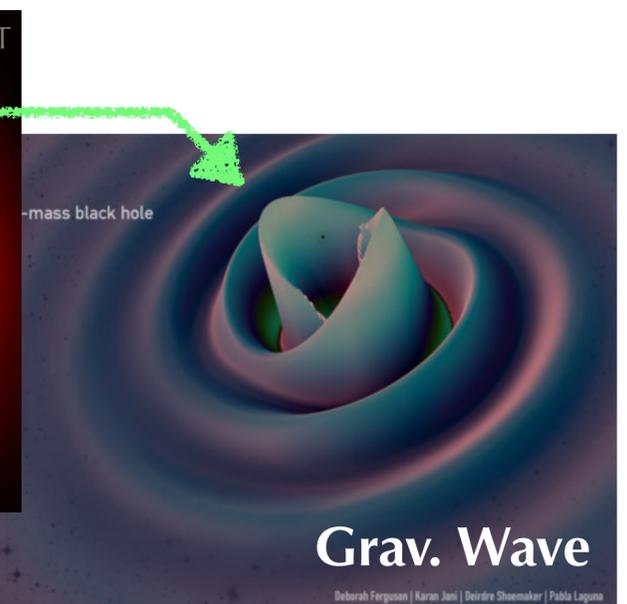
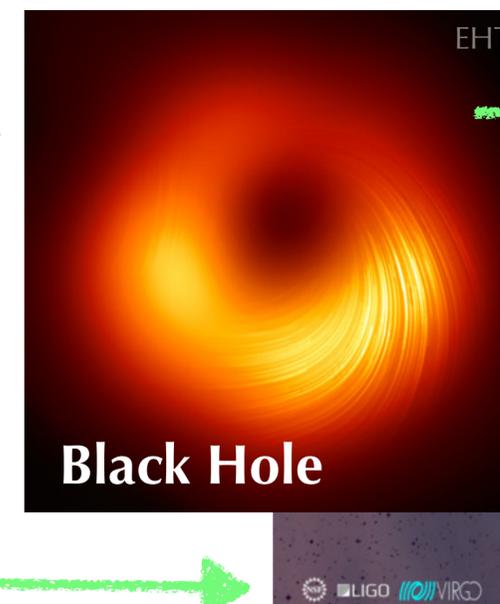
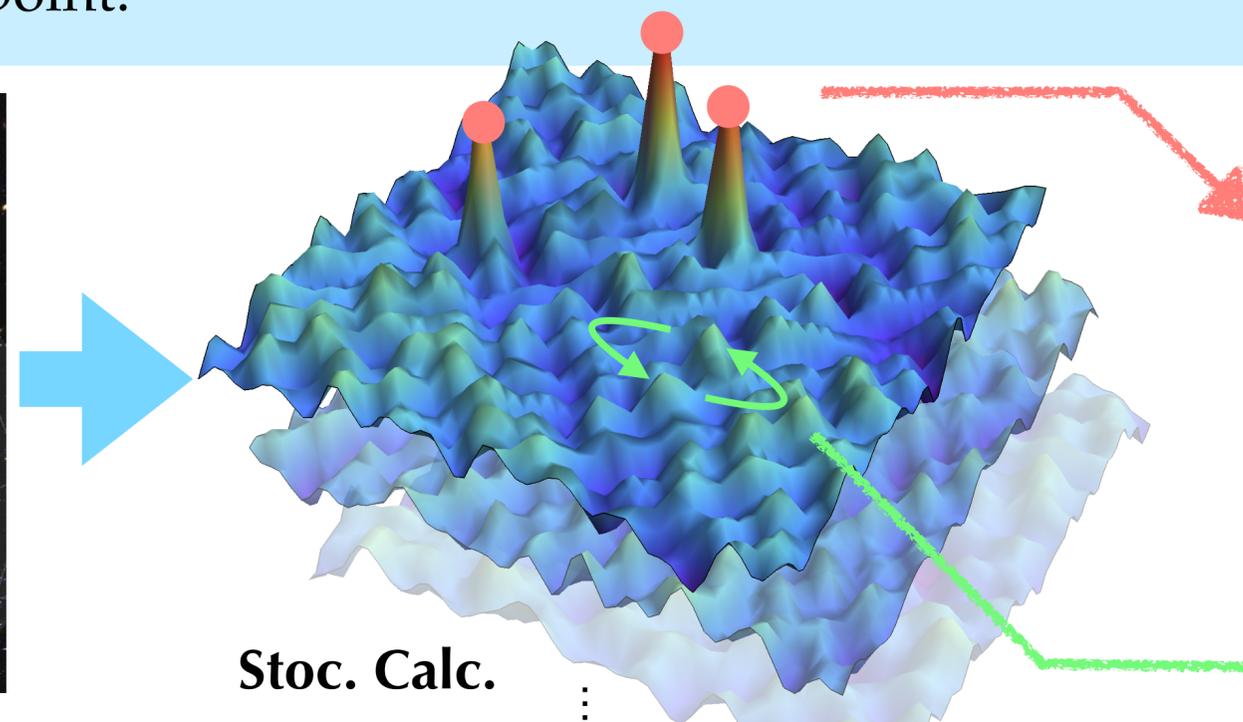
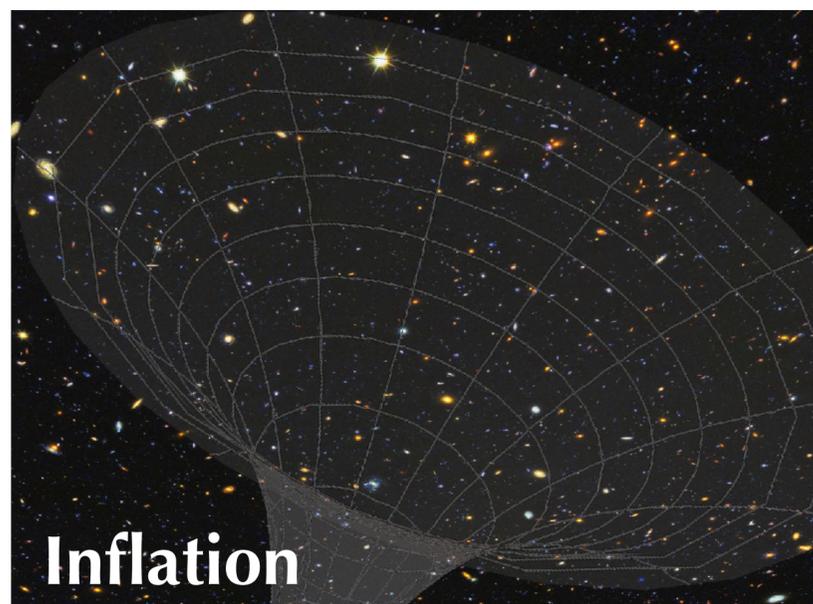
Yuichiro TADA (多田 祐一郎)

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2017 Mar.	Ph.D. (Science)	The University of Tokyo (IPMU & ICRR)
2017 Apr.	PD researcher	Institut d'Astrophysique de Paris
2018 Apr.	JSPS fellow (PD)	Nagoya University (C-lab.)
2021 Apr.	Designated Asst. Prof. (YLC)	Nagoya University (IAR & C-lab.)

Research Topic: Approach to Cosmic Inflation in light of Stochastic Calc., Prim. Black Hole, and Grav. Wave

Our universe is thought to start with an accelerated expansion phase called **Inflation**. It can source various cosmic structures (e.g., galaxy) from quantum fluctuation, but its expansion mechanism has not been explained. As a possible sourced object, **Primordial Black Hole** (原始ブラックホール) has attracted attention as a candidate of **Dark Matter** (暗黒物質). **Gravitational Wave** (重力波) is also attractive because it can be directly detected now. I have proposed a powerful algorithm to evaluate their production by applying **Stochastic Calculus** (確率解析), and am approaching to the inflation mechanism from these viewpoint.





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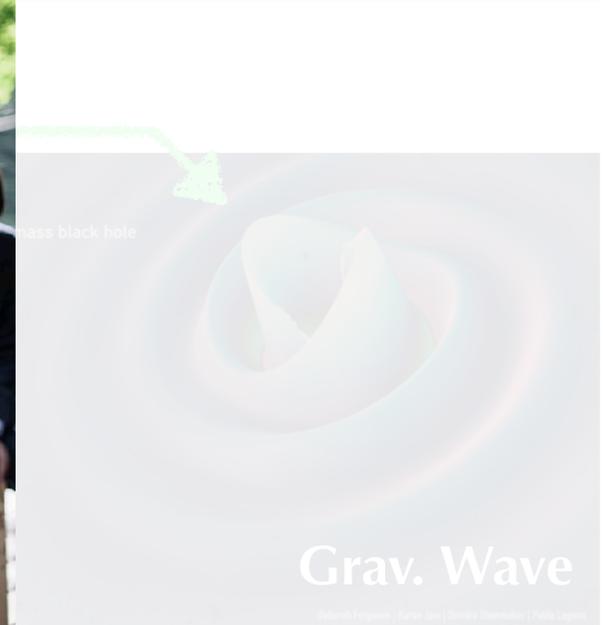
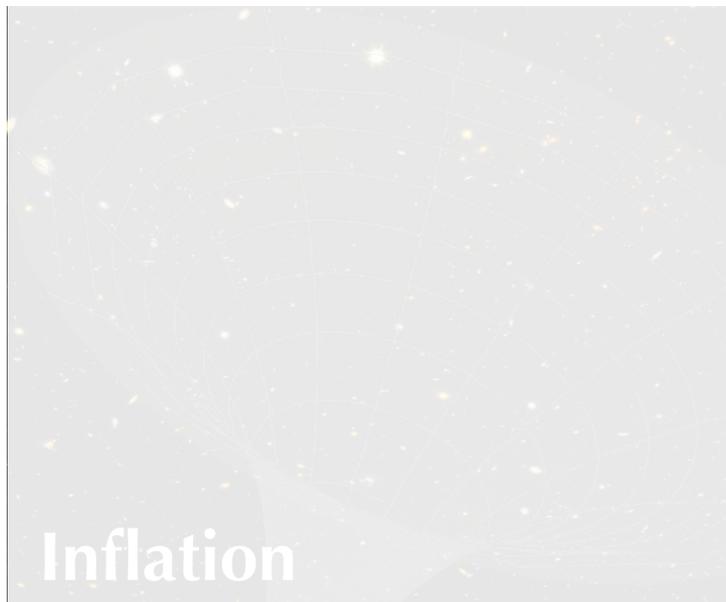
Nagoya University (IAR & C-lab.)

Research Topics

Our universe is thought to be filled with various structures (e.g., galaxy clusters, supermassive black holes, Primordial Black Holes, Gravitational Wave sources, etc.). We propose a new algorithm to evaluate the formation mechanism from these observations.



We propose a new algorithm to evaluate the formation mechanism from these observations. We also propose a powerful mechanism for Dark Matter (暗黒物質) by approaching to the inflation mechanism.



Contents

Inflation

Planck (CMB obs.)

R^2 -model

Starobinsky '80

Metric-Affine Gravity

Mikura, YT, Yokoyama '20 & '21

or “Other Possibilities”?

Stochastic Inflation

Fujita, Kawasaki, YT, Takesako '13, Pinol, Renaux-Petel, YT '19 & '21

Primordial Black Hole

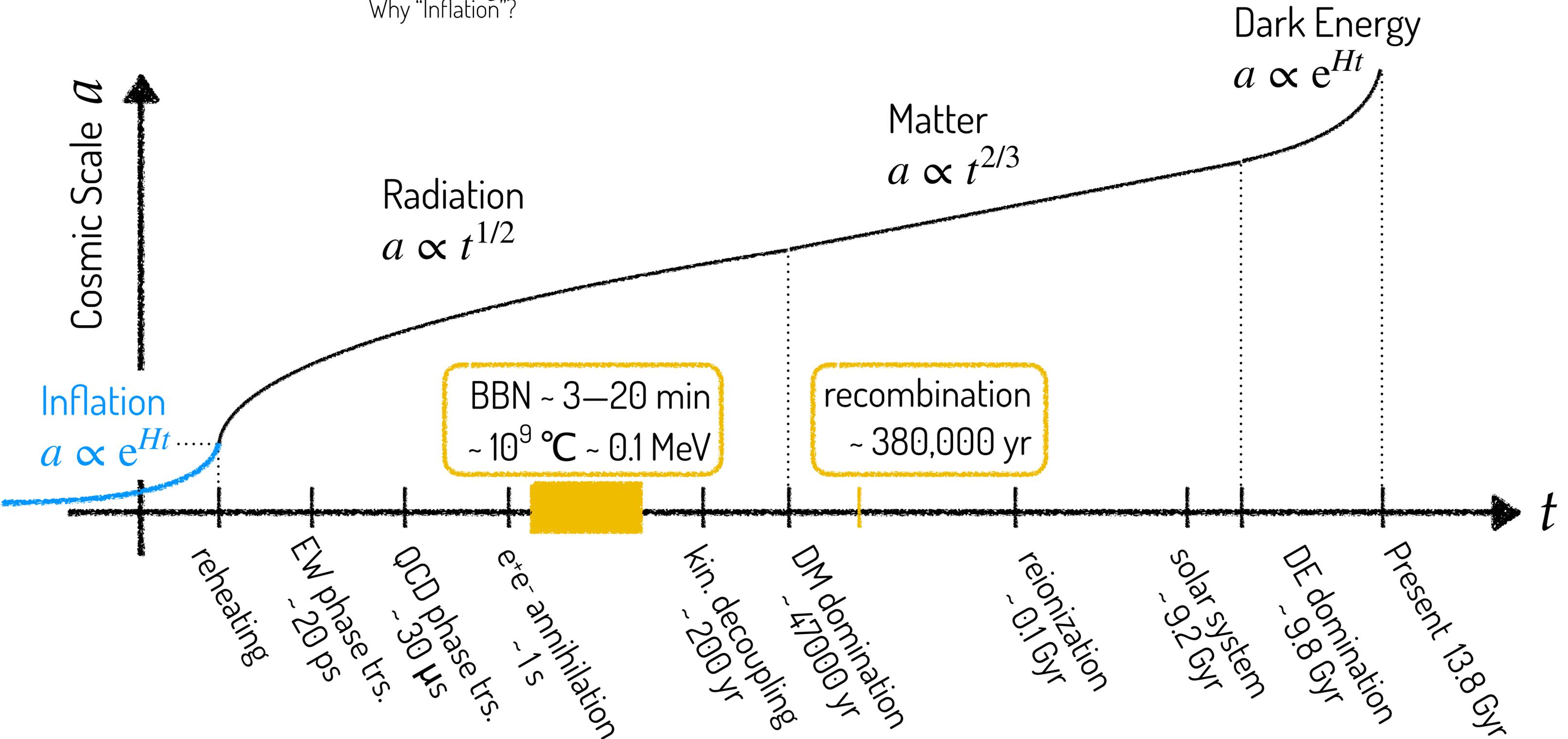
LIGO, DM, SMBH, OGLE, Planet 9, ...

Multistage Inflation

YT & Yokoyama '19, Inomata, Kawasaki, Mukaida, YT, Yanagida '17s

Thermal History

Why "Inflation"?



Thermal History

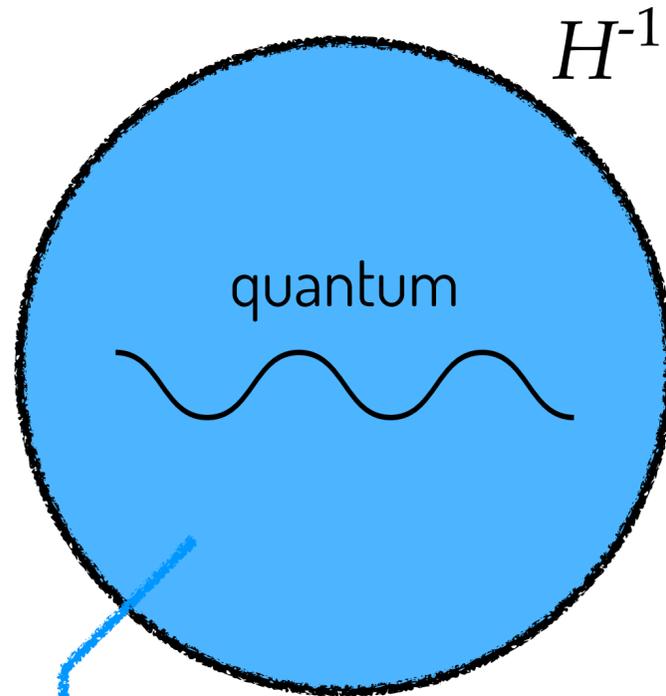
Why "Inflation"?

Dark Energy

$a \propto e^{Ht}$

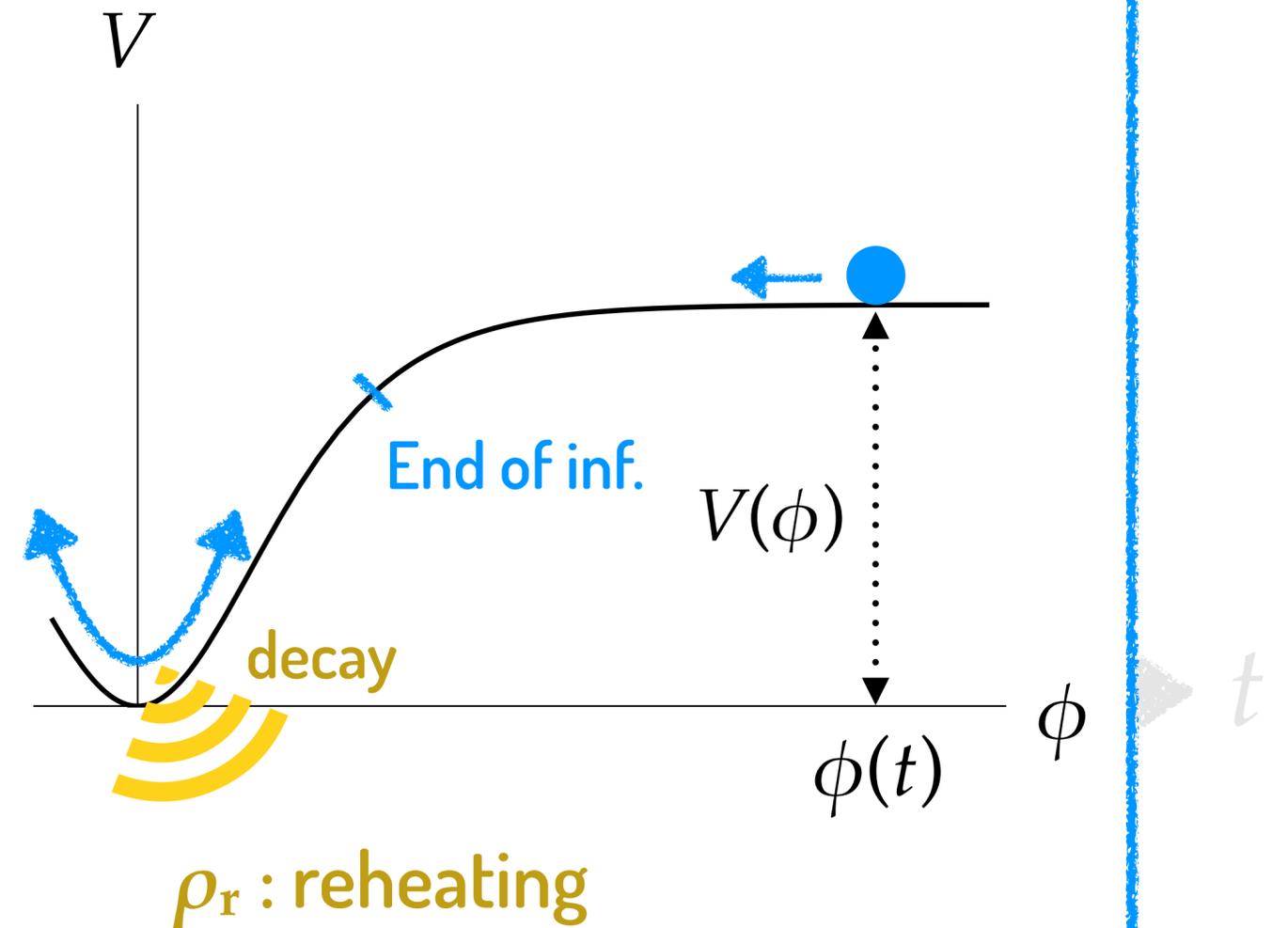
Cosmic Scale a

Inflation
 $a \propto e^{Ht}$



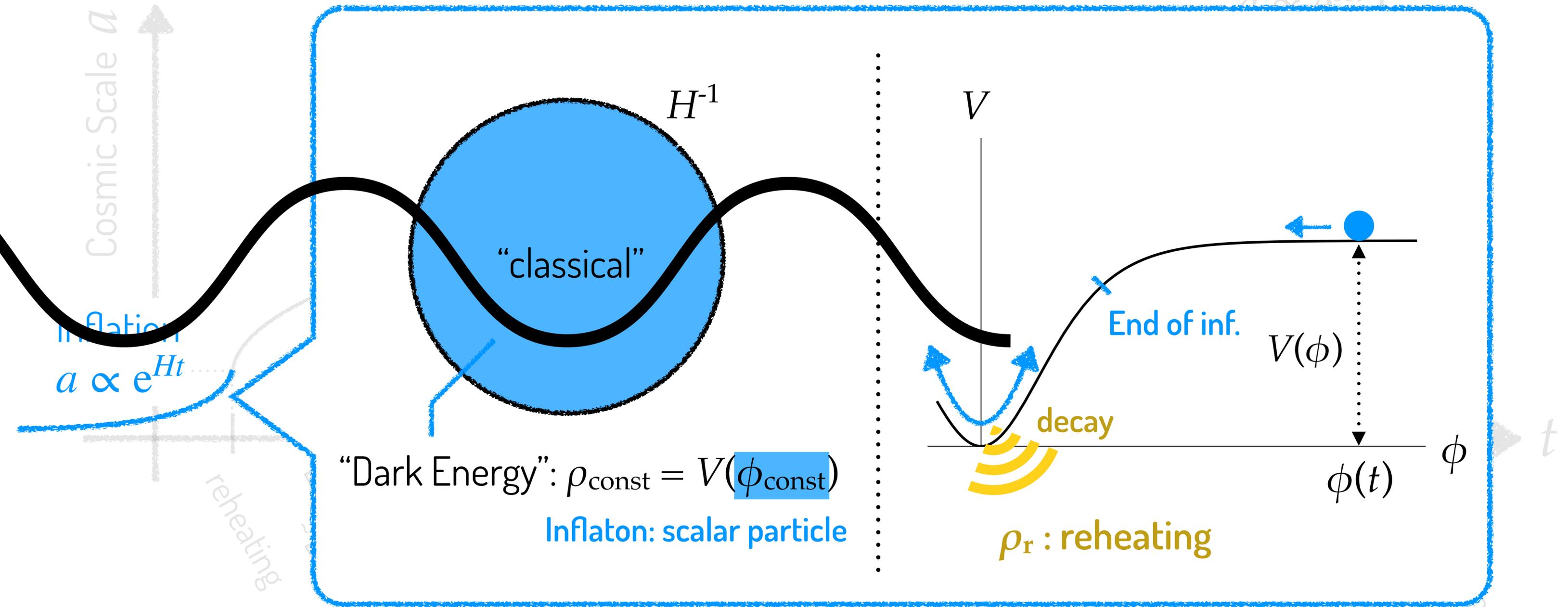
"Dark Energy": $\rho_{\text{const}} = V(\phi_{\text{const}})$

Inflaton: scalar particle



Thermal History

Why "Inflation"?

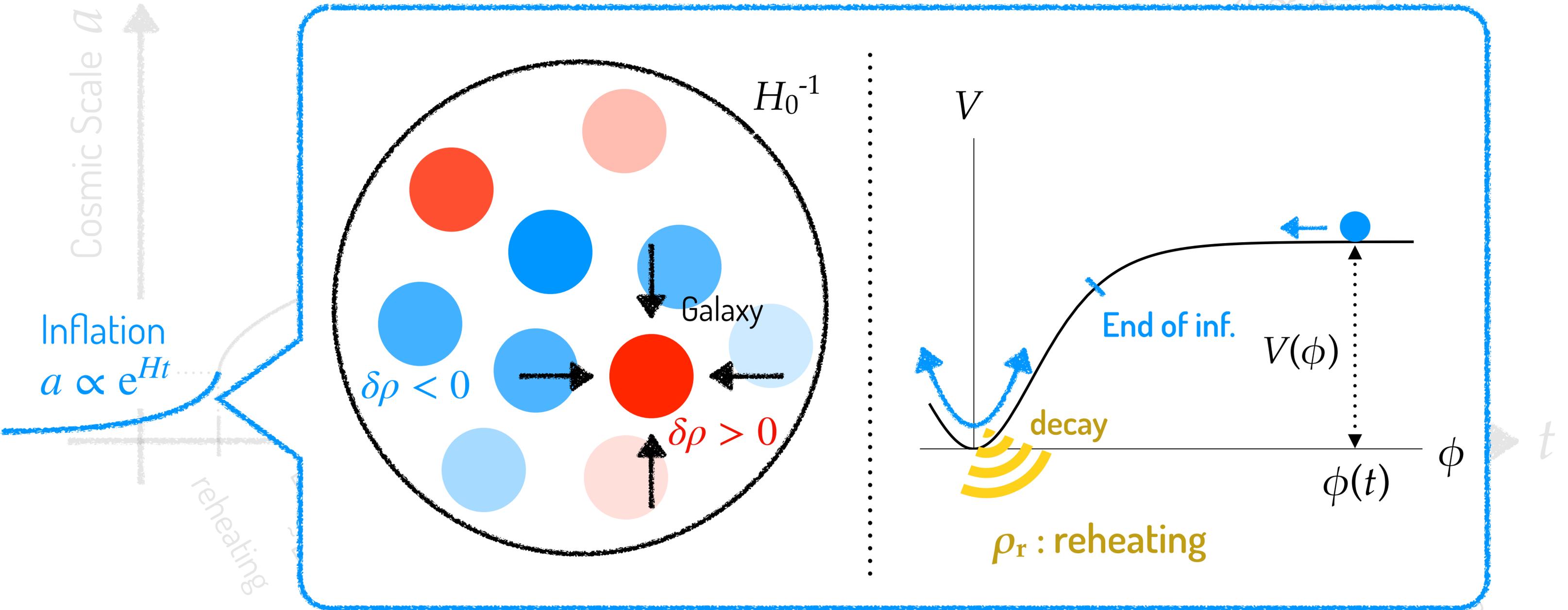


Thermal History

Why "Inflation"?

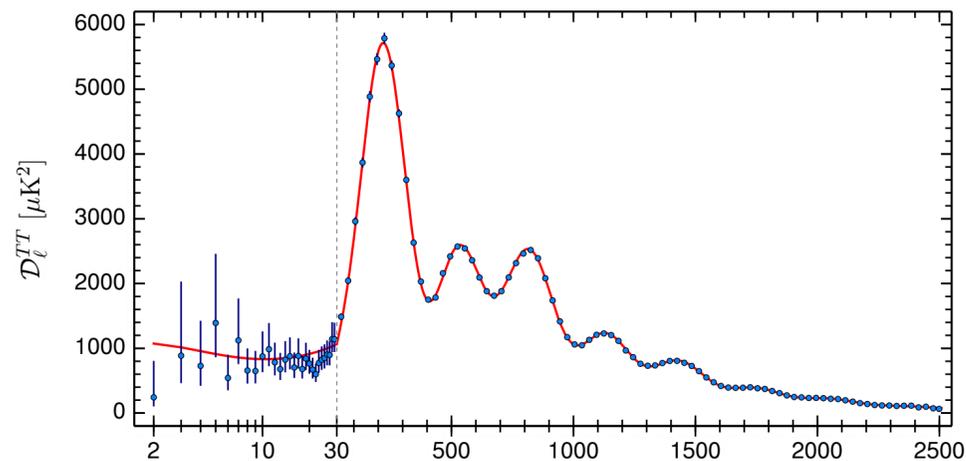
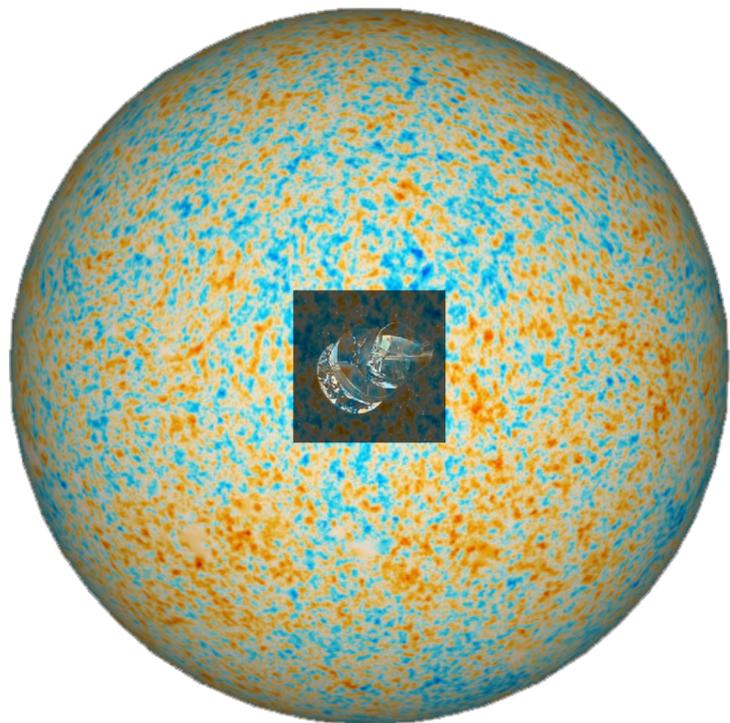
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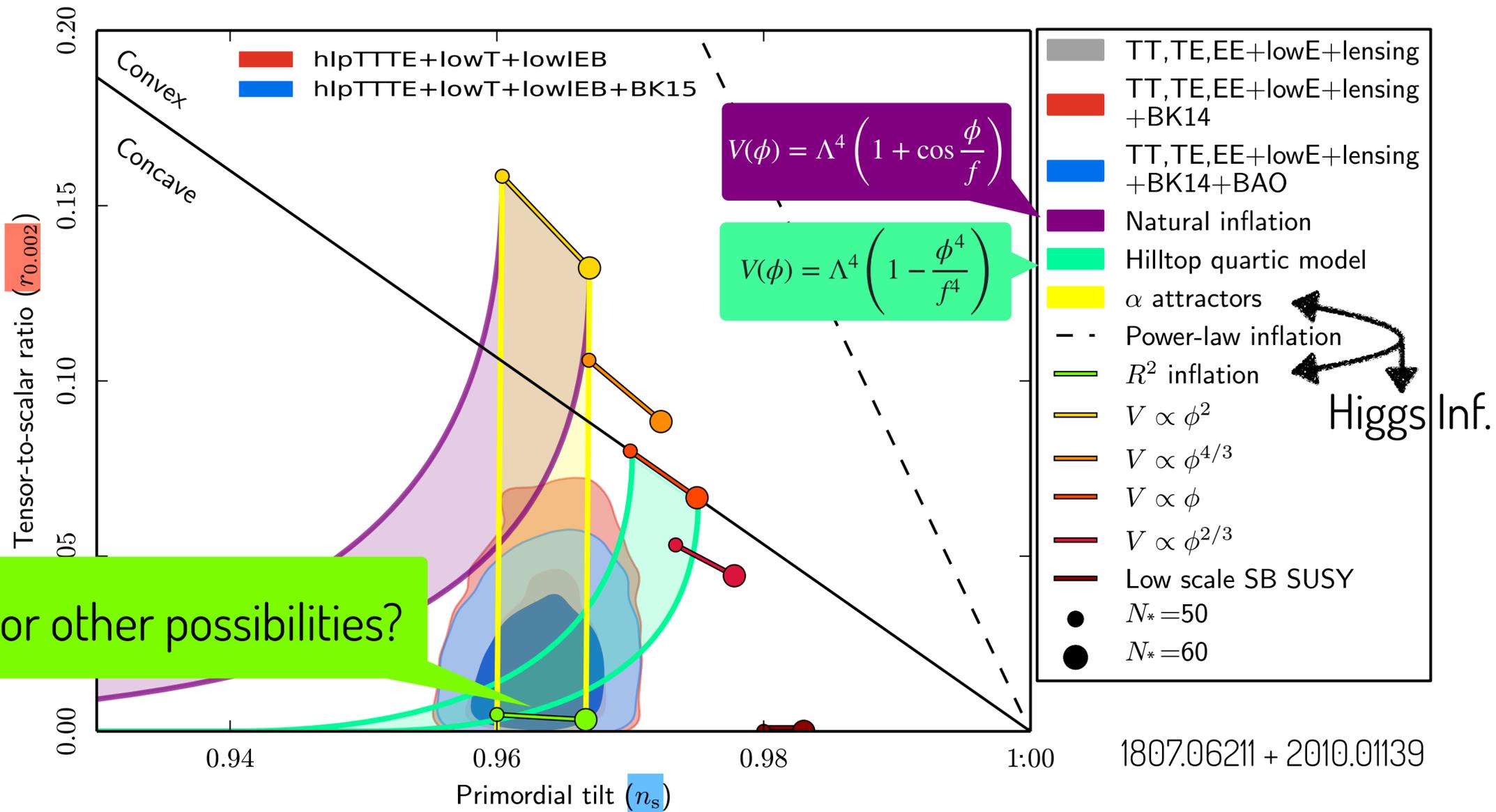


Planck obs.

CMB: remnant of plasma rad.



l : Sph. Harm. Exp.



$$\mathcal{P}_\zeta(k) = \frac{(k^3/2\pi^2)\langle \zeta_{\mathbf{k}}\zeta_{\mathbf{k}'} \rangle}{(2\pi)^3\delta^{(3)}(\mathbf{k}-\mathbf{k}')} \propto k^{n_s-1}, \quad r = \frac{\mathcal{P}_h}{\mathcal{P}_\zeta}$$

$$d^2s = -(1+2\Psi(t, \mathbf{x})) + a^2 \left[(1-2\Psi(t, \mathbf{x})) \delta_{ij} + h_{ij}(t, \mathbf{x}) \right] dx^i dx^j$$

scalar $\zeta = -\Psi + \frac{\delta\rho}{3(\rho+P)}$ tensor

R^2 inflation

Starobinsky '80

$$S_J[g] = \frac{1}{2} \int d^4x \sqrt{-g} f(R)$$

$$\Leftrightarrow S_J[g, z] = \frac{1}{2} \int d^4x \sqrt{-g} [f(z) + f'(z)(R - z)] \quad \text{auxiliary} \quad \because \frac{1}{\sqrt{-g}} \frac{\delta S_J}{\delta z} = f''(z)(R - z) \rightarrow z = R$$

field trs.

$$g_{\mu\nu} \rightarrow \tilde{g}_{\mu\nu} = \frac{\omega}{M_{\text{Pl}}} g_{\mu\nu}, \quad \omega = \frac{f'(z)}{M_{\text{Pl}}}, \quad R = \frac{\omega}{M_{\text{Pl}}} \left(\tilde{R} - 6 \sqrt{\frac{\omega}{M_{\text{Pl}}}} \square \sqrt{\frac{M_{\text{Pl}}}{\omega}} \right)$$

$$S_E[\tilde{g}, \omega] = \int d^4x \sqrt{-\tilde{g}} \left[\frac{1}{2} M_{\text{Pl}}^2 \tilde{R} - \frac{3M_{\text{Pl}}^2}{4\omega^2} (\partial_\mu \omega)^2 - \frac{M_{\text{Pl}}^3 (\omega z - f(z)/M_{\text{Pl}})}{2\omega^2} \right]$$

dynamical scalar!

R^2 inflation

$$f(R) = M_{\text{Pl}}^2 R + \beta R^2 : \quad S_E[g, \chi] = \int d^4x \sqrt{-g} \left[\frac{1}{2} M_{\text{Pl}}^2 R - \frac{1}{2} (\partial_\mu \chi)^2 - \frac{M_{\text{Pl}}^2}{2\beta} \left(1 - e^{-\sqrt{\frac{2}{3}} \frac{\chi}{M_{\text{Pl}}}} \right)^2 \right]$$

Conformal inf.

Kallosh & Linde '13

$$S = \int d^4x \sqrt{-g} \left[\frac{1}{12}(\chi^2 - \phi^2)R + \frac{1}{2}(\partial_\mu \chi)^2 - \frac{1}{2}(\partial_\mu \phi)^2 - \frac{1}{4}F\left(\frac{\phi}{\chi}\right)(\chi^2 - \phi^2)^2 \right]$$

ghost

local conformal + global (pseudo) SO(1,1)

$$\begin{cases} g_{\mu\nu} \rightarrow \tilde{g}_{\mu\nu} = e^{-2\sigma(x)} g_{\mu\nu}, \\ \phi \rightarrow \tilde{\phi} = e^{\sigma(x)} \phi, \end{cases} \quad \begin{cases} \tilde{R} = e^{2\sigma}(R - \square e^{-\sigma}) \\ \partial_\mu \tilde{\phi} = e^\sigma \partial_\mu \phi + \phi \partial_\mu e^\sigma \end{cases}$$

Gauge fixing: $\chi^2 - \phi^2 = 6M_{\text{Pl}}^2$

pNG boson

$$\begin{cases} \sqrt{6}M_{\text{Pl}} \cosh \frac{\phi}{\sqrt{6}M_{\text{Pl}}} \\ \sqrt{6}M_{\text{Pl}} \sinh \frac{\phi}{\sqrt{6}M_{\text{Pl}}} \end{cases}$$



$$V(\varphi) \propto \tanh^{2n} \frac{\varphi}{\sqrt{6}M_{\text{Pl}}}$$



c.f. α attractor: $V(\varphi) \propto \tanh^{2n} \frac{\varphi}{\sqrt{6\alpha}M_{\text{Pl}}}$

nontrivially embedded in superconformal

Metric-Affine Grav.

$$\text{Geometry} = g_{\mu\nu} + R^\mu{}_{\nu\rho\sigma}(\Gamma) + \cancel{T^\mu{}_{\nu\rho}}$$

- Metric

norm conserv. in parallel trs.

$$\overset{\Gamma}{\nabla} g_{\mu\nu} = 0 \rightarrow \Gamma^\mu{}_{\nu\rho} = \frac{1}{2} g^{\mu\sigma} (g_{\nu\sigma,\rho} + g_{\rho\sigma,\nu} - g_{\nu\rho,\sigma})$$



$$S = \int d^4x \sqrt{-g} \frac{1}{2} M_{\text{Pl}}^2 g^{\mu\nu} R_{\mu\nu}(\Gamma(g))$$



- Metric-Affine

$$S = \int d^4x \sqrt{-g} \frac{1}{2} M_{\text{Pl}}^2 g^{\mu\nu} R_{\mu\nu}(\Gamma)$$



EL constraint

$$\frac{\delta S}{\delta \Gamma} = 0 \rightarrow \Gamma^\mu{}_{\nu\rho} = \frac{1}{2} g^{\mu\sigma} (g_{\nu\sigma,\rho} + g_{\rho\sigma,\nu} - g_{\nu\rho,\sigma})$$

$$S = \int d^4x \sqrt{-g} f(R(g))$$

$$S = \int d^4x \sqrt{-g} \phi^2 R(g)$$



$$S = \int d^4x \sqrt{-g} f(g^{\mu\nu} R_{\mu\nu}(\Gamma))$$

$$S = \int d^4x \sqrt{-g} \phi^2 g^{\mu\nu} R_{\mu\nu}(\Gamma)$$



Conf. inf. in MAG

Mikura, YT, Yokoyama '20 & '21

$$S = \int d^4x \sqrt{-g} \left[\frac{1}{12\alpha} (\chi^2 - \phi^2) R(g, \Gamma) + \frac{1}{2} (D_\mu \chi)^2 - \frac{1}{2} (D_\mu \phi)^2 - \frac{1}{4} F \left(\frac{\phi}{\chi} \right) (\chi^2 - \phi^2)^2 \right]$$

$$\begin{cases} g_{\mu\nu} \rightarrow \tilde{g}_{\mu\nu} = e^{-2\sigma(x)} g_{\mu\nu}, \\ \Gamma \rightarrow \tilde{\Gamma} = \Gamma, \end{cases} \quad \tilde{R} = \tilde{g}^{\mu\nu} R_{\mu\nu}(\tilde{\Gamma}) = e^{2\sigma(x)} R$$

$$D_\mu = \partial_\mu - \frac{1}{8} Q_\mu \quad \text{[auxiliary] gauge field}$$

$$Q_\mu = -g^{\alpha\beta} \nabla_\mu g_{\alpha\beta} \rightarrow \tilde{Q}_\mu = Q_\mu + 8\partial_\mu \sigma$$

Gauge fixing: $\chi^2 - \phi^2 = 6\alpha M_{\text{Pl}}^2$

$$\begin{cases} \sqrt{6\alpha} M_{\text{Pl}} \cosh \frac{\varphi}{\sqrt{6\alpha} M_{\text{Pl}}} \\ \sqrt{6\alpha} M_{\text{Pl}} \sinh \frac{\varphi}{\sqrt{6\alpha} M_{\text{Pl}}} \end{cases}$$



$$V(\varphi) \propto \tanh^{2n} \frac{\varphi}{\sqrt{6\alpha} M_{\text{Pl}}}$$

c.f. MAG + conf. + O(2)

→ natural inf. $V(\varphi) \propto 1 + \cos \frac{\varphi}{f}$



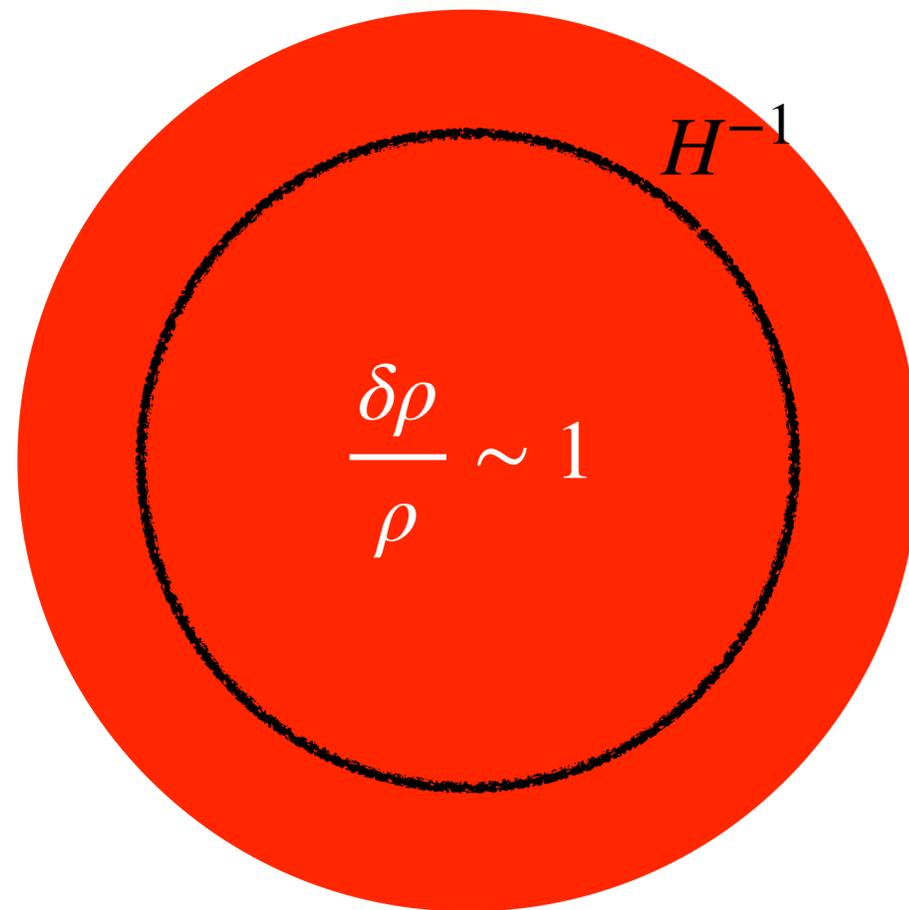


Primordial Black Hole

Primordial BH

Carr & Hawking '74

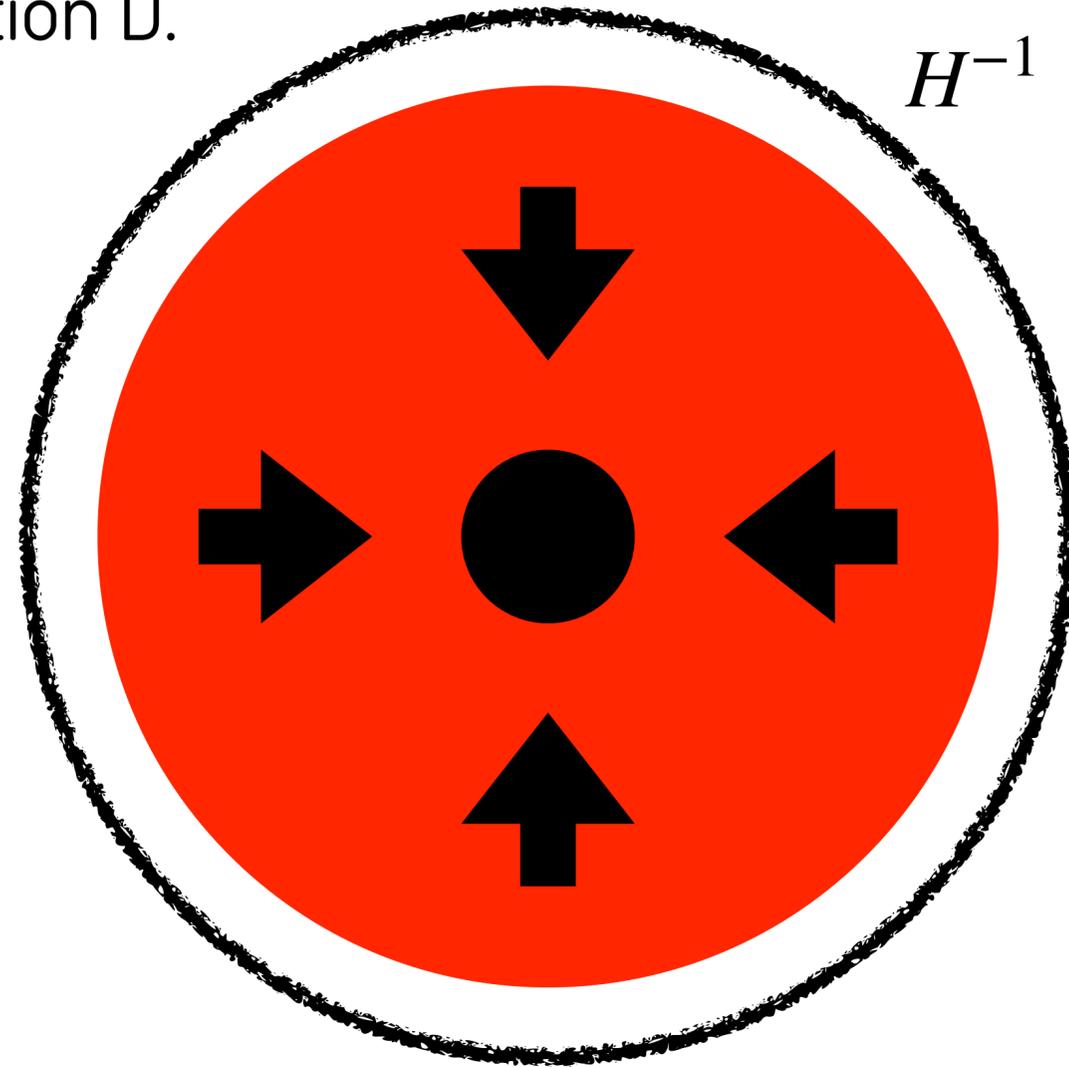
Radiation D.



Primordial BH

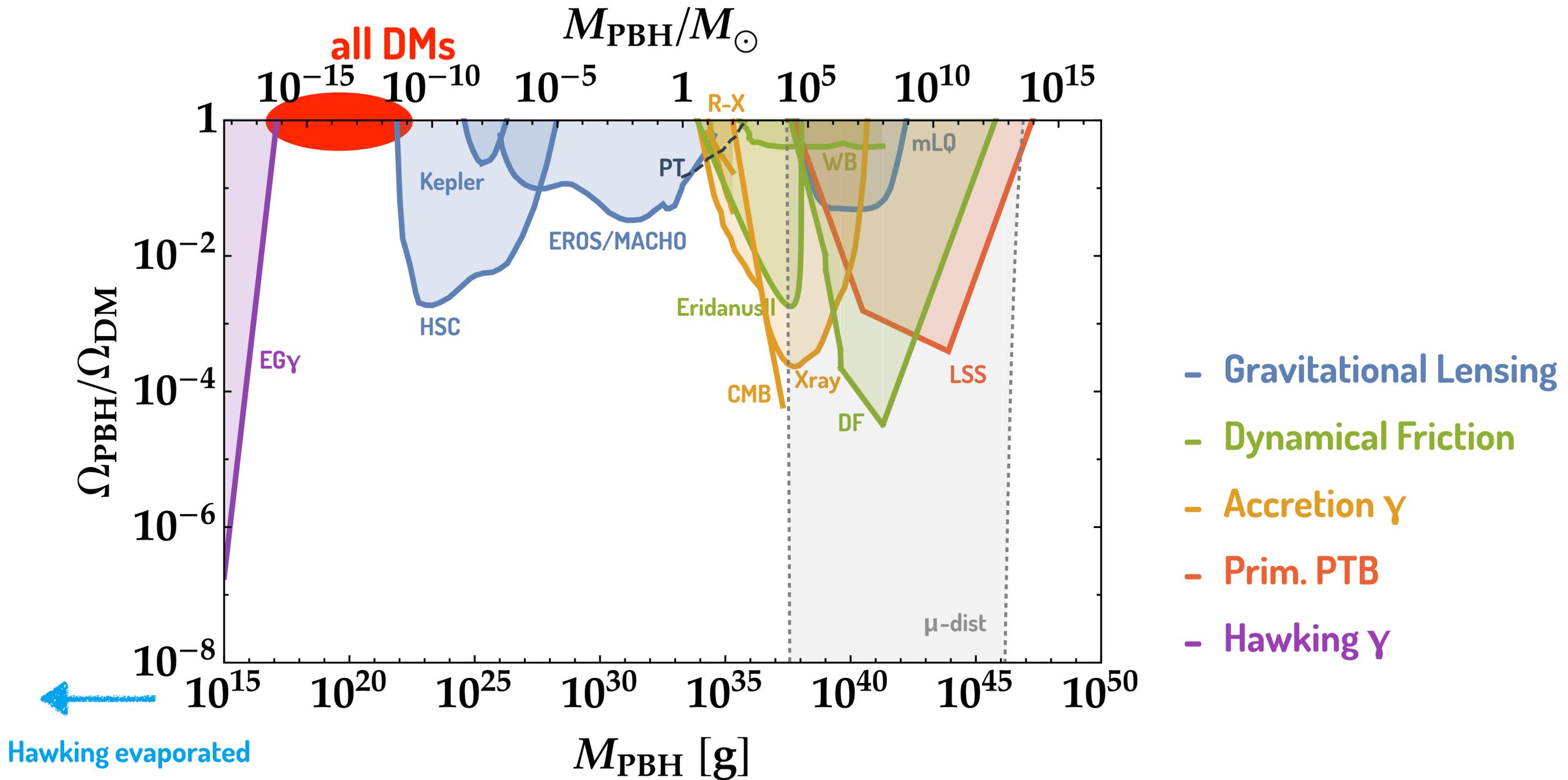
Carr & Hawking '74

Radiation D.

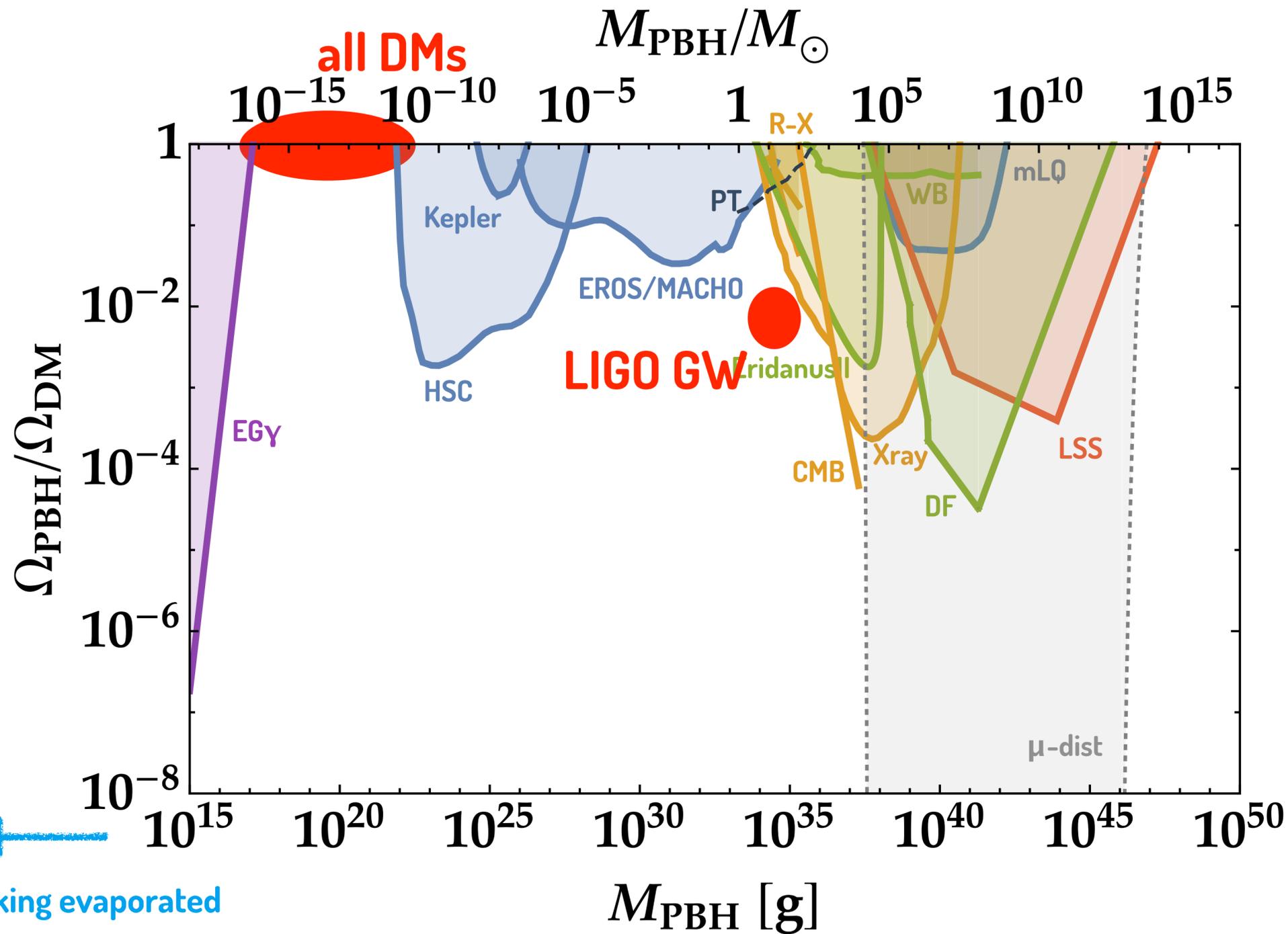


- almost arbitrary mass
c.f. stellar BH $\gtrsim M_{\odot}$
- almost zero spin

Motivations of PBH



Motivations of PBH



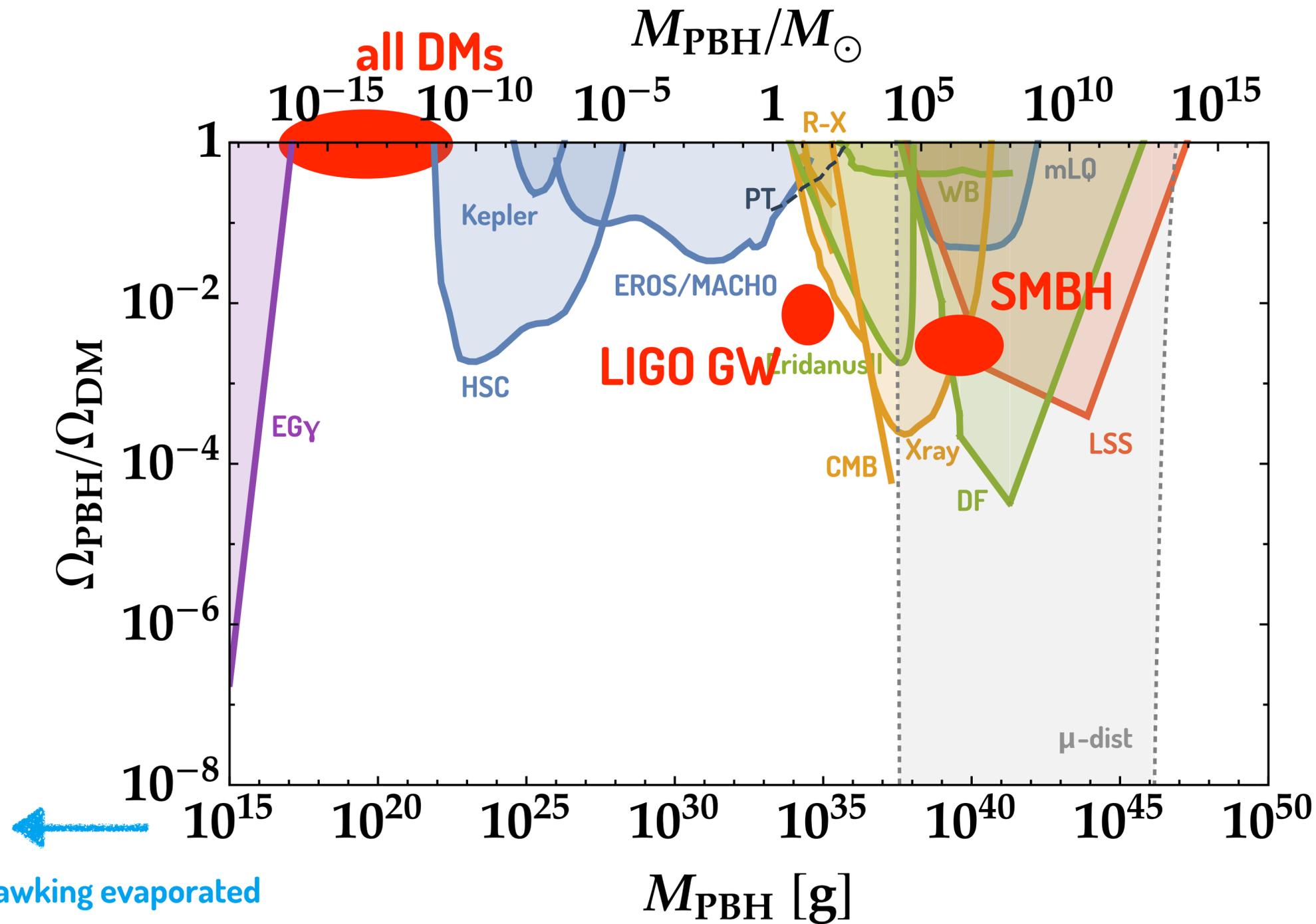
Massive than stellar BHs found

small spin

Event	m_1/M_\odot	m_2/M_\odot	M/M_\odot	χ_{eff}
GW150914	$35.6^{+4.8}_{-3.0}$	$30.6^{+3.0}_{-4.4}$	$28.6^{+1.6}_{-1.5}$	$-0.01^{+0.12}_{-0.13}$
GW151012	$23.3^{+14.0}_{-5.5}$	$13.6^{+4.1}_{-4.8}$	$15.2^{+2.0}_{-1.1}$	$0.04^{+0.28}_{-0.19}$
GW151226	$13.7^{+8.8}_{-3.2}$	$7.7^{+2.2}_{-2.6}$	$8.9^{+0.3}_{-0.3}$	$0.18^{+0.20}_{-0.12}$
GW170104	$31.0^{+7.2}_{-5.6}$	$20.1^{+4.9}_{-4.5}$	$21.5^{+2.1}_{-1.7}$	$-0.04^{+0.17}_{-0.20}$
GW170608	$10.9^{+5.3}_{-1.7}$	$7.6^{+1.3}_{-2.1}$	$7.9^{+0.2}_{-0.2}$	$0.03^{+0.19}_{-0.07}$
GW170729	$50.6^{+16.6}_{-10.2}$	$34.3^{+9.1}_{-10.1}$	$35.7^{+6.5}_{-4.7}$	$0.36^{+0.21}_{-0.25}$
GW170809	$35.2^{+8.3}_{-6.0}$	$23.8^{+5.2}_{-5.1}$	$25.0^{+2.1}_{-1.6}$	$0.07^{+0.16}_{-0.16}$
GW170814	$30.7^{+5.7}_{-3.0}$	$25.3^{+2.9}_{-4.1}$	$24.2^{+1.4}_{-1.1}$	$0.07^{+0.12}_{-0.11}$
GW170817	$1.46^{+0.12}_{-0.10}$	$1.27^{+0.09}_{-0.09}$	$1.186^{+0.001}_{-0.001}$	$0.00^{+0.02}_{-0.01}$
GW170818	$35.5^{+7.5}_{-4.7}$	$26.8^{+4.3}_{-5.2}$	$26.7^{+2.1}_{-1.7}$	$-0.09^{+0.18}_{-0.21}$
GW170823	$39.6^{+10.0}_{-6.6}$	$29.4^{+6.3}_{-7.1}$	$29.3^{+4.2}_{-3.2}$	$0.08^{+0.20}_{-0.22}$

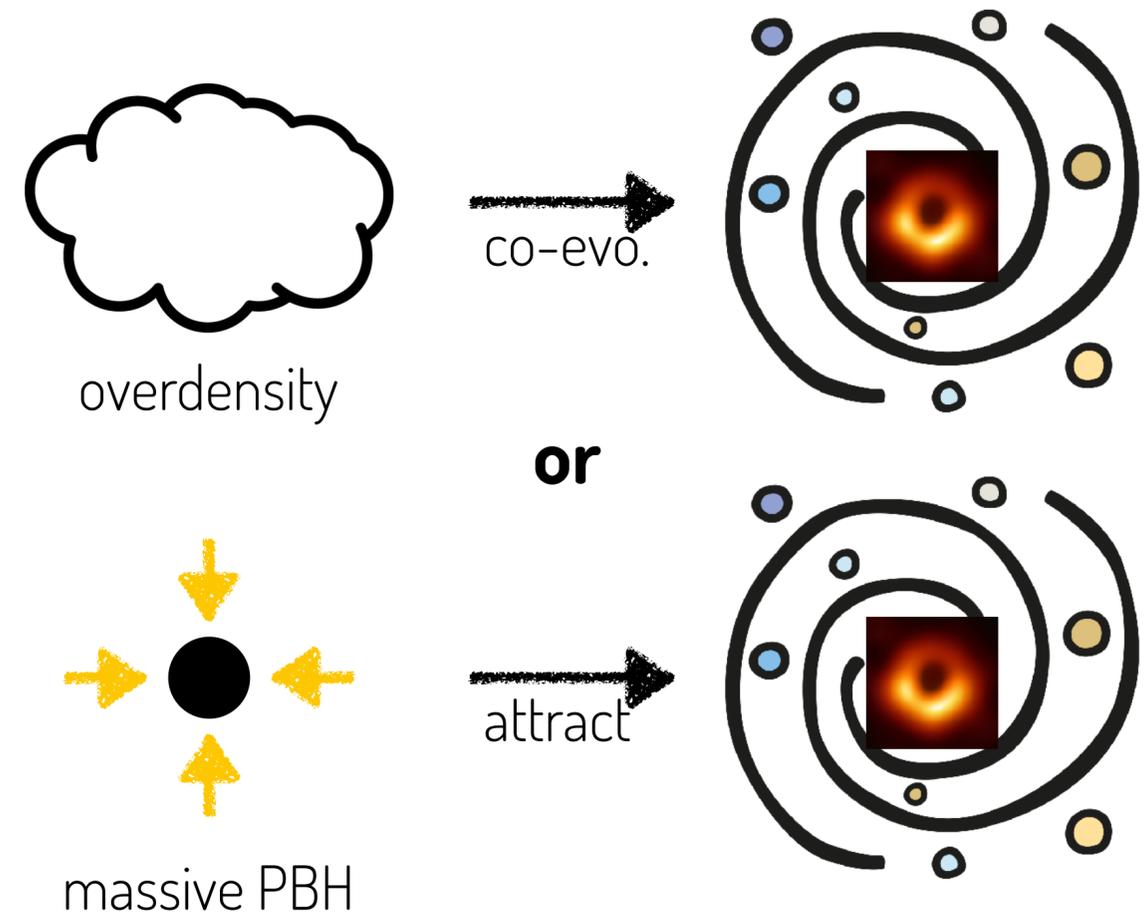
LIGO/Virgo 2018

Motivations of PBH



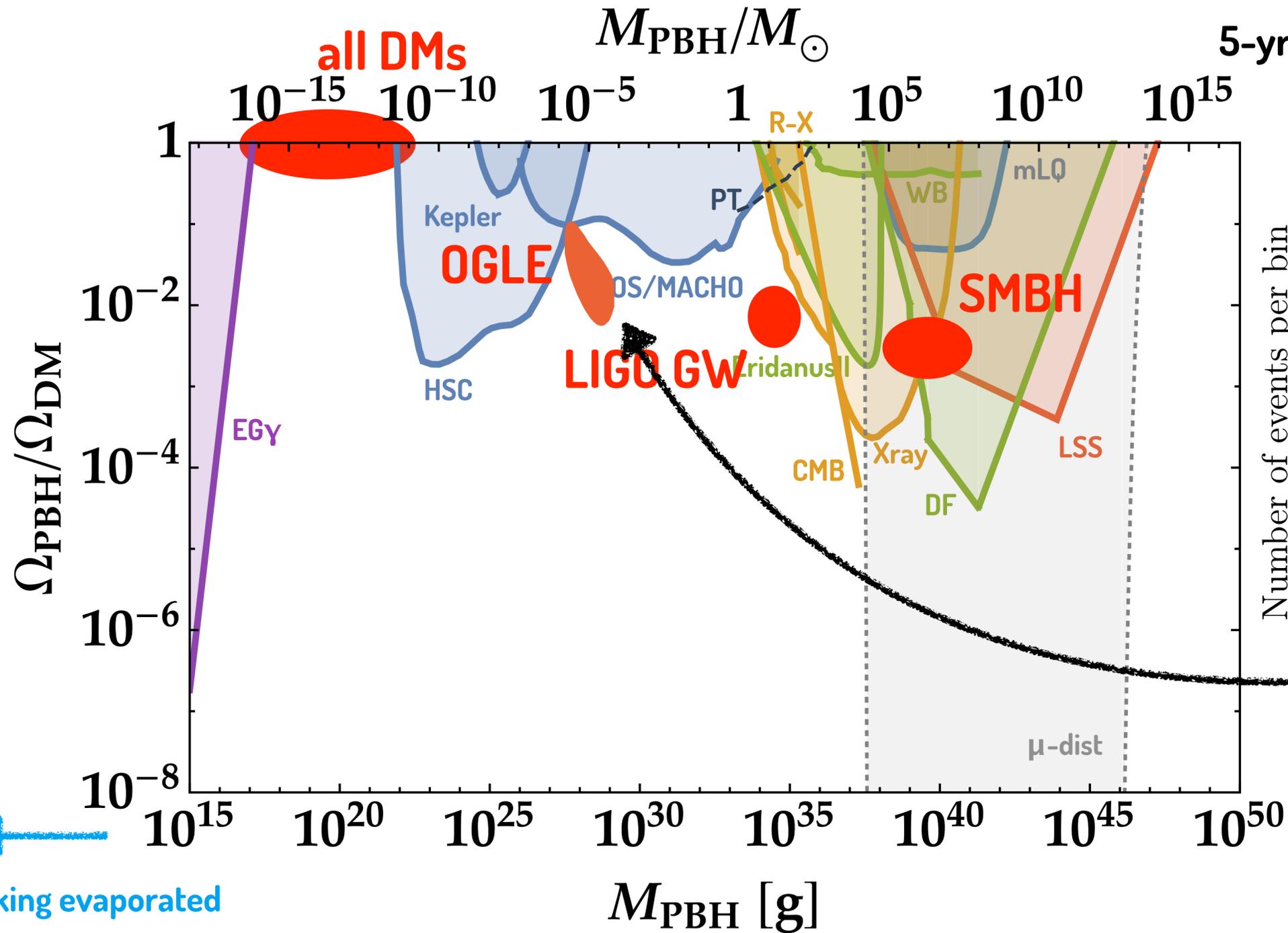
Supermassive Black Hole

$\sim 10^5 - 10^8 M_{\odot}$ SMBH in each galaxy

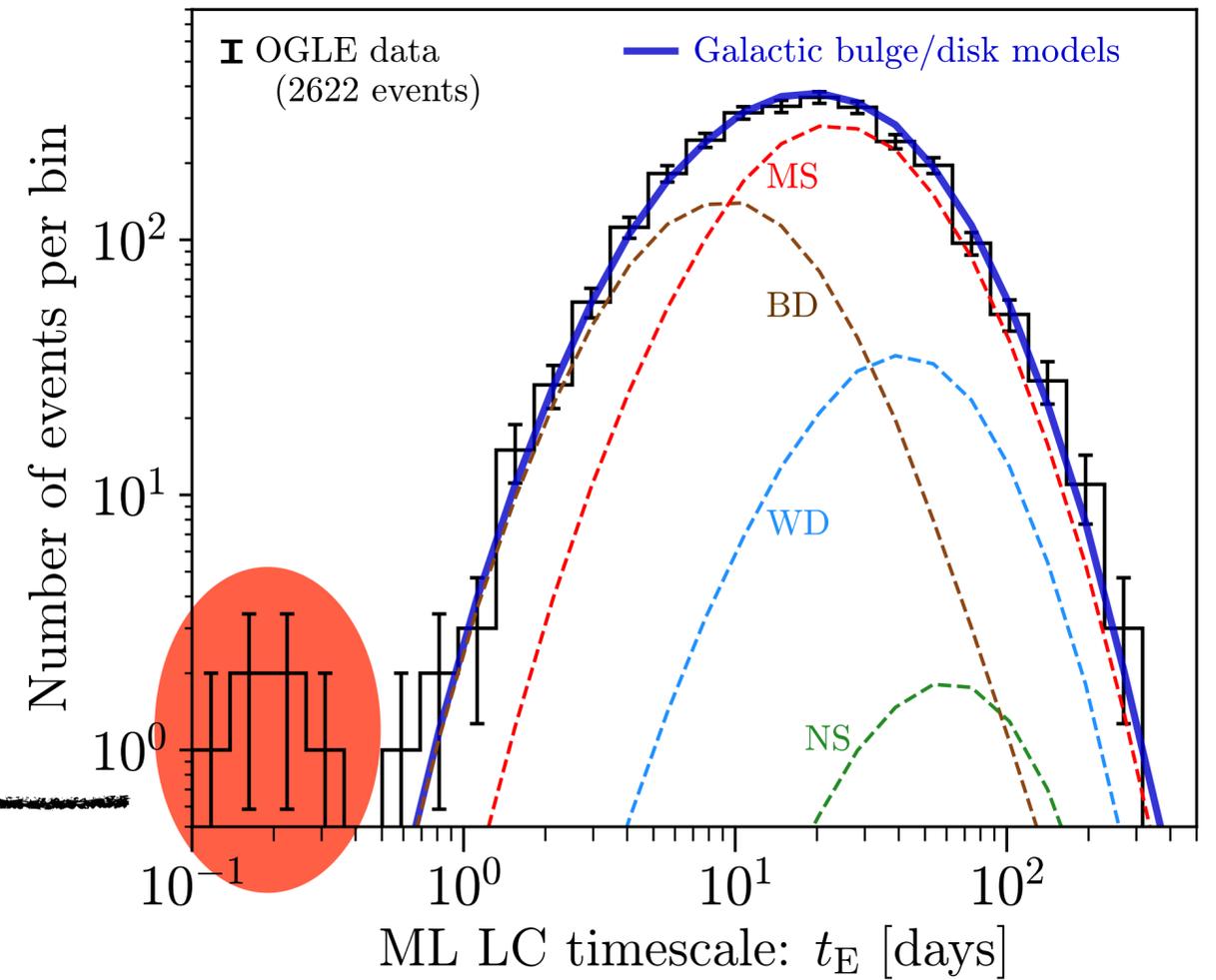


Bean & Magueijo 2002
 Carr & Silk 2018

Motivations of PBH

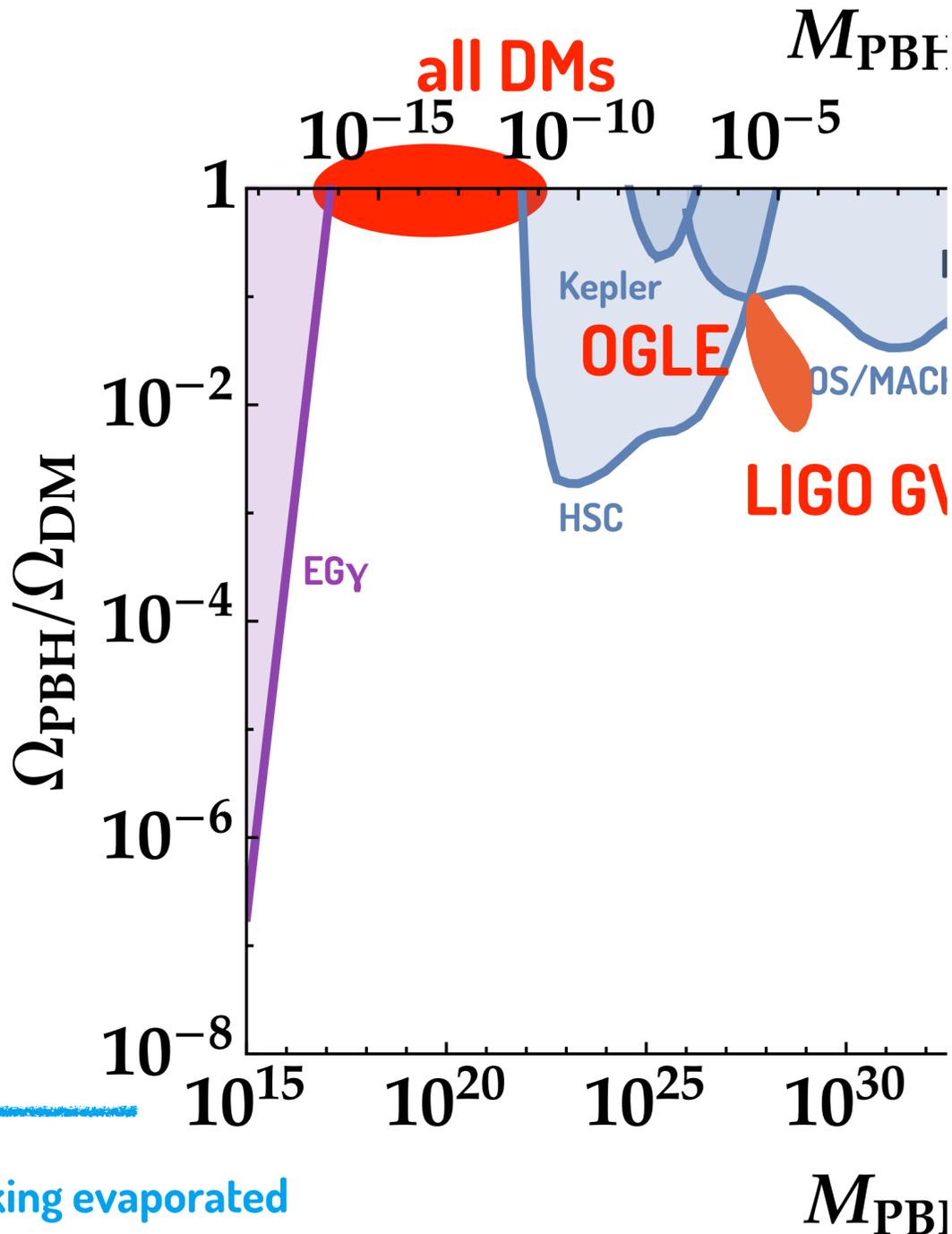


5-yr Optical Gravitational Lensing Experiment (OGLE)
Niikura+ 2019



Hawking evaporated

Motivations of PBH



What If Planet 9 Is a Primordial Black Hole?

Jakub Scholtz¹ and James Unwin²

¹Institute for Particle Physics Phenomenology, Durham University, Durham DH1 3LE, United Kingdom

²Department of Physics, University of Illinois at Chicago, Chicago, Illinois 60607, USA

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Introduction.—As of this year, two gravitational anomalies of similar mass but very different origins remain to be explained. First, there is a growing body of **observational anomalies** connected to the orbits of **trans-Neptunian objects (TNOs)** [1–3]. These observations have been taken as evidence of a new ninth planet in our Solar System, called **Planet 9 (P9)**, with mass $M_9 \sim 5\text{--}15M_{\oplus}$ and orbiting around the Sun at a distance of **300–1000 AU** [4]. Second, gravitational anomalies have also been recently observed by the **Optical Gravitational Lensing Experiment (OGLE)**. OGLE reported an excess of six ultrashort microlensing events with crossing times of 0.1–0.3 days [5]. The lensing objects are located toward the galactic bulge, roughly 8 kpc away. These events correspond to lensing by objects of mass $M \sim 0.5M_{\oplus} - 20M_{\oplus}$ [6] and could be interpreted as an unexpected population of free floating planets (FFPs) or as primordial black holes (PBHs).

SUPPLEMENTARY MATERIAL

A. SIZE OF THE PBH

The Schwarzschild radius of a black hole is given by

$$r_{\text{BH}} = \frac{2GM_{\text{BH}}}{c^2} \simeq 4.5\text{cm} \left(\frac{M_{\text{BH}}}{5M_{\oplus}} \right). \quad (15)$$

In Figure 1 we provide an exact scale image of a $5M_{\oplus}$ PBH. The associated DM halo however extends to the stripping radius $r_{t,\odot} \sim 8\text{AU}$, this would imply a DM halo which extends roughly the distance from Earth to Saturn (both in real life and relative to the image).

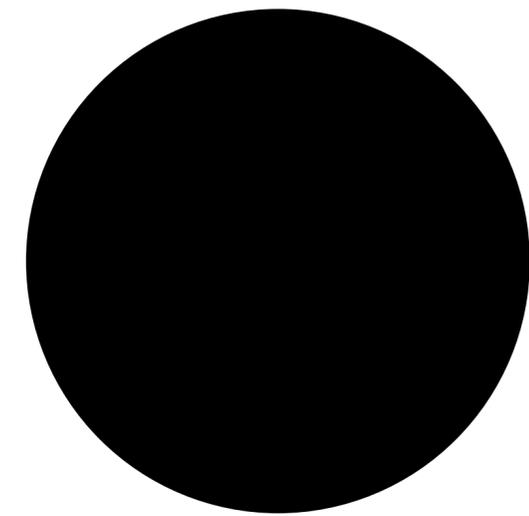


FIG. 1. Exact scale (1:1) illustration of a $5M_{\oplus}$ PBH. Note that a $10M_{\oplus}$ PBH is roughly the size of a ten pin bowling ball.

Motivations of PBH

PHYSICAL REVIEW LETTERS 125, 051103 (2020)

Editors' Suggestion

Featured in Physics

What If Planet 9 Is a Primordial Black Hole?

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How can we realize these HIERARCHICAL mass spectra?

Introduction.—As of this year, two gravitational anomalies of similar mass but very different origins remain to be explained. First, there is a growing body of **observational anomalies** connected to the orbits of **trans-Neptunian objects (TNOs)** [1–3]. These observations have been taken as evidence of a new ninth planet in our Solar System, called **Planet 9 (P9)**, with mass $M_9 \sim 5\text{--}15M_\oplus$ and orbiting around the Sun at a distance of 300–1000 AU [4]. Second, gravitational anomalies have also been recently observed by the **Optical Gravitational Lensing Experiment (OGLE)**. OGLE reported an excess of six ultrashort microlensing events with crossing times of 0.1–0.3 days [5]. The lensing objects are located toward the galactic bulge, roughly 8 kpc away. These events correspond to lensing by objects of mass $M \sim 0.5M_\oplus - 20M_\oplus$ [6] and could be interpreted as an unexpected population of free floating planets (FFPs) or as primordial black holes (PBHs).

A. SIZE OF THE PBH

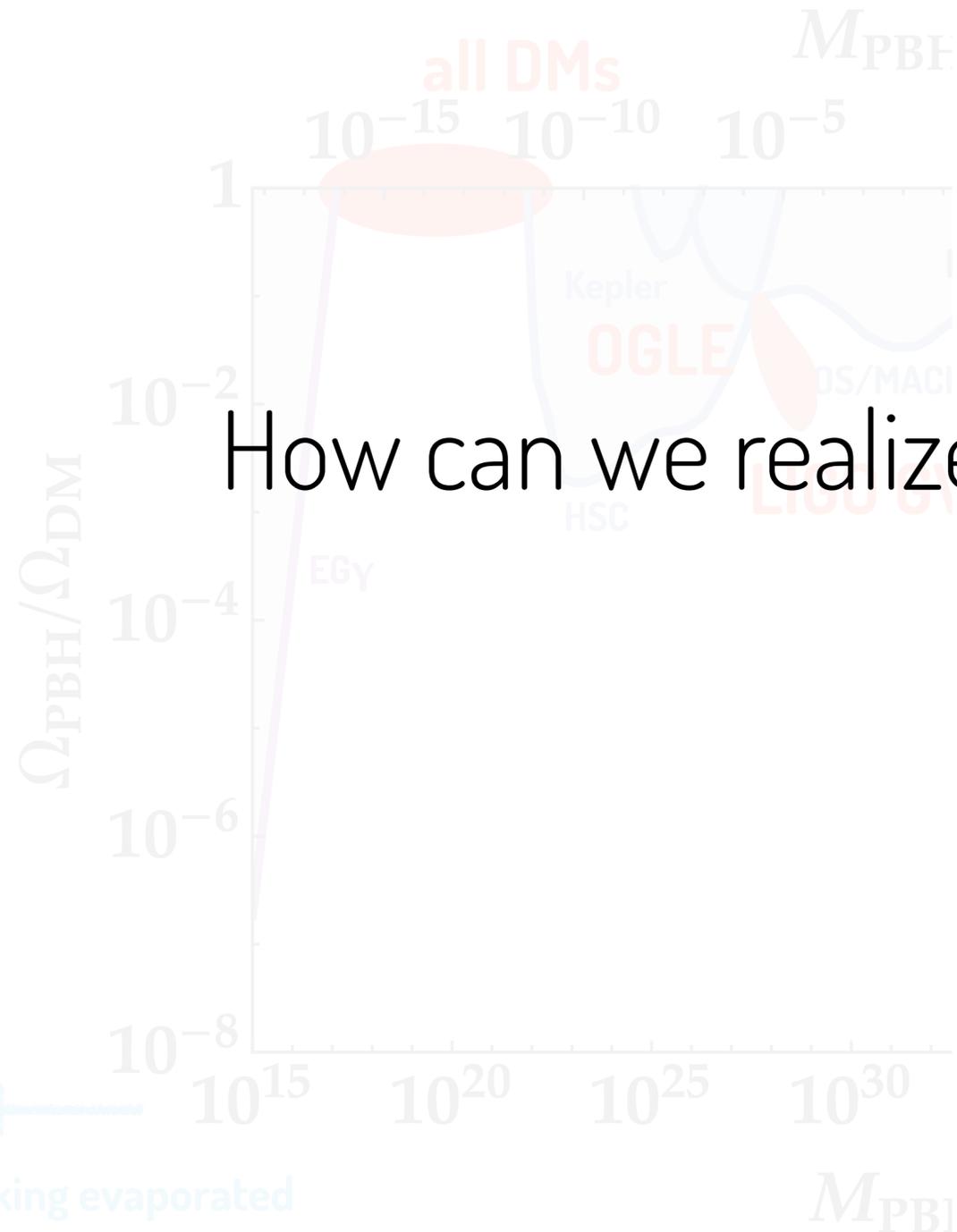
The Schwarzschild radius of a black hole is given by

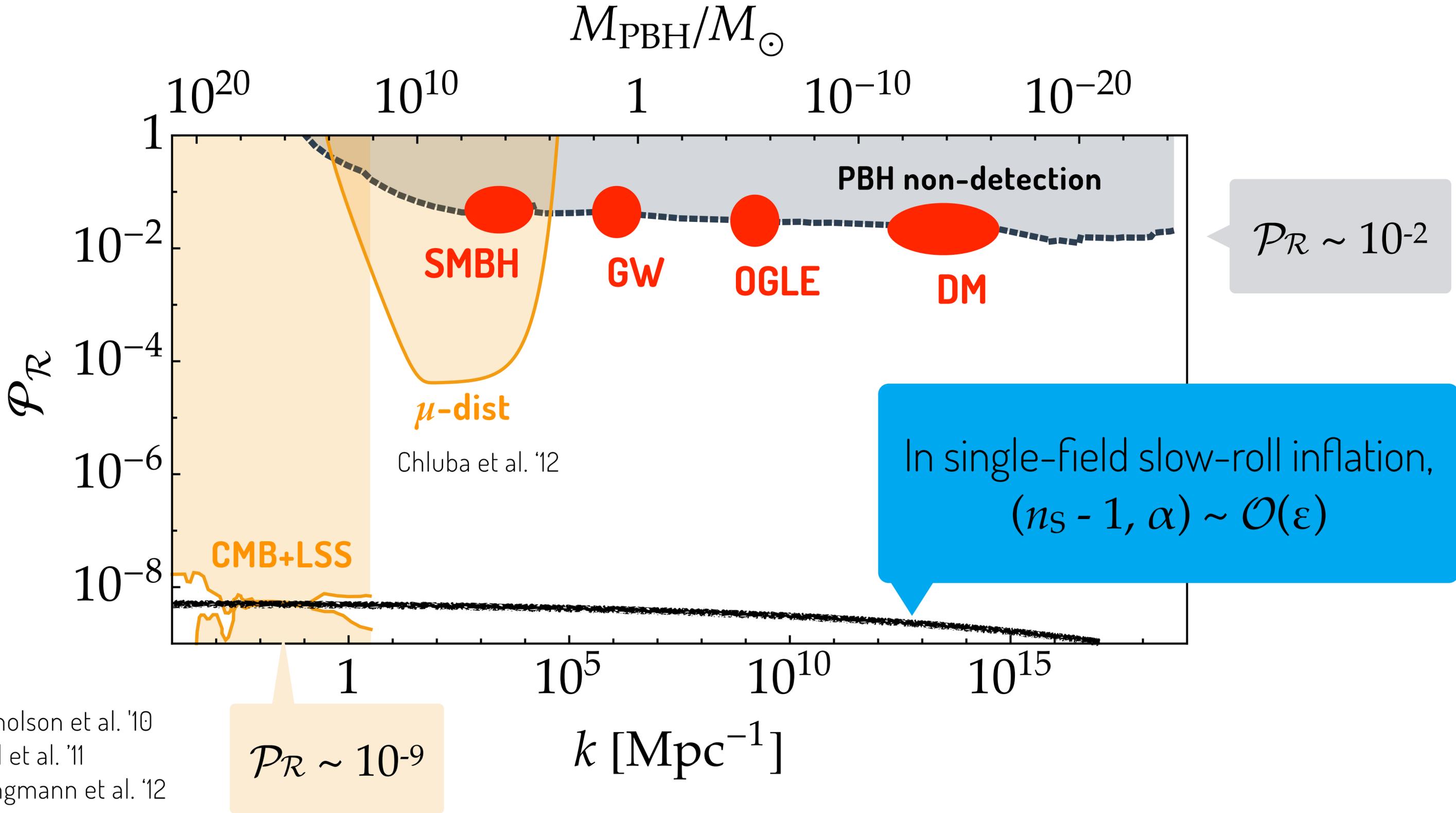
$$r_{\text{BH}} = \frac{2GM_{\text{BH}}}{c^2} \simeq 4.5\text{cm} \left(\frac{M_{\text{BH}}}{5M_\oplus} \right). \quad (15)$$

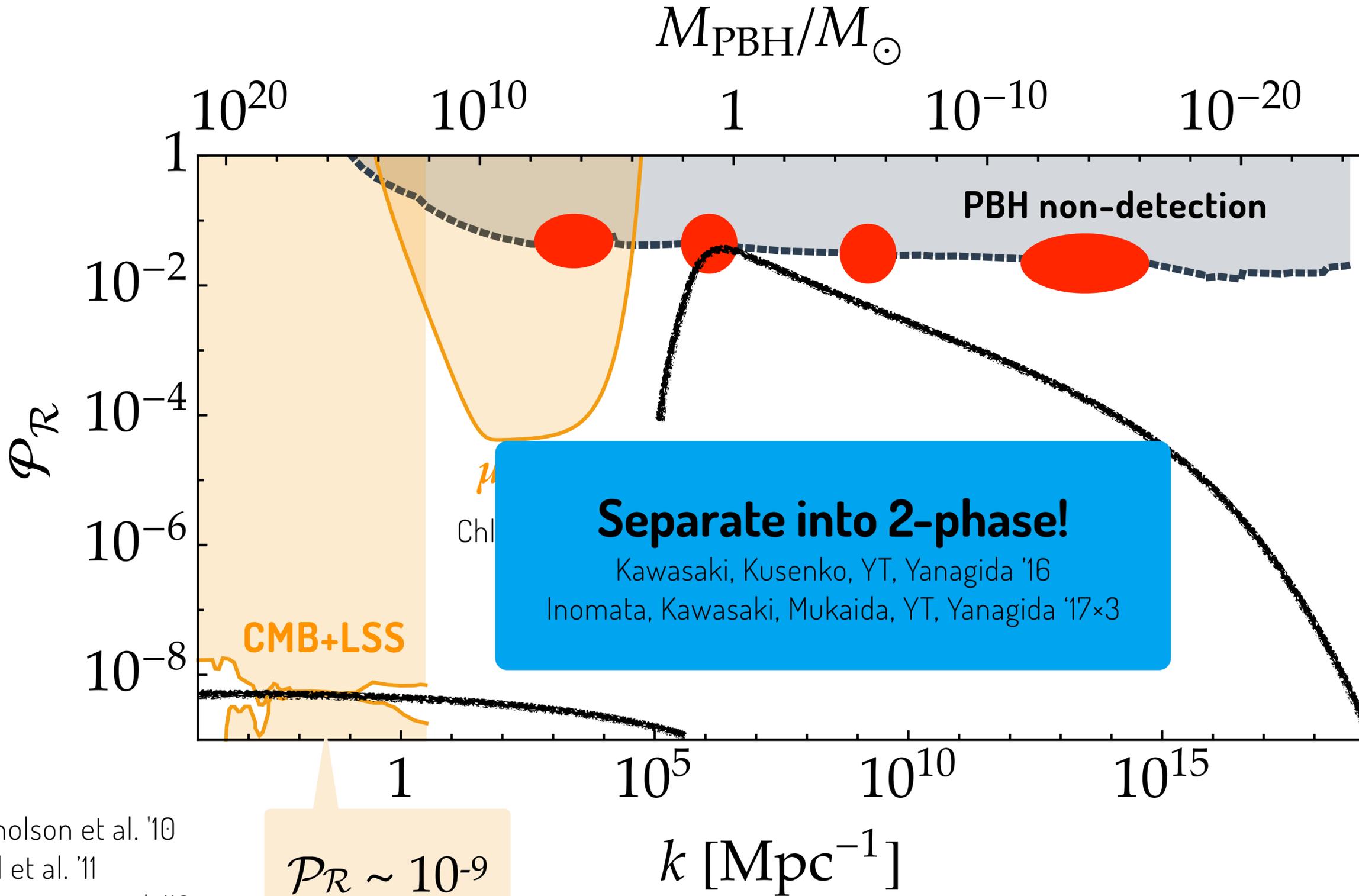
In Figure 1 we provide an exact scale image of a $5M_\oplus$ PBH. The associated DM halo however extends to the stripping radius $r_{t,9} \sim 8\text{AU}$, this would imply a DM halo which extends roughly the distance from Earth to Saturn (both in real life and relative to the image).



FIG. 1. Exact scale (1:1) illustration of a $5M_\oplus$ PBH. Note that a $10M_\oplus$ PBH is roughly the size of a ten pin bowling ball.







Nicholson et al. '10
Bird et al. '11
Bringmann et al. '12

Double Inflation

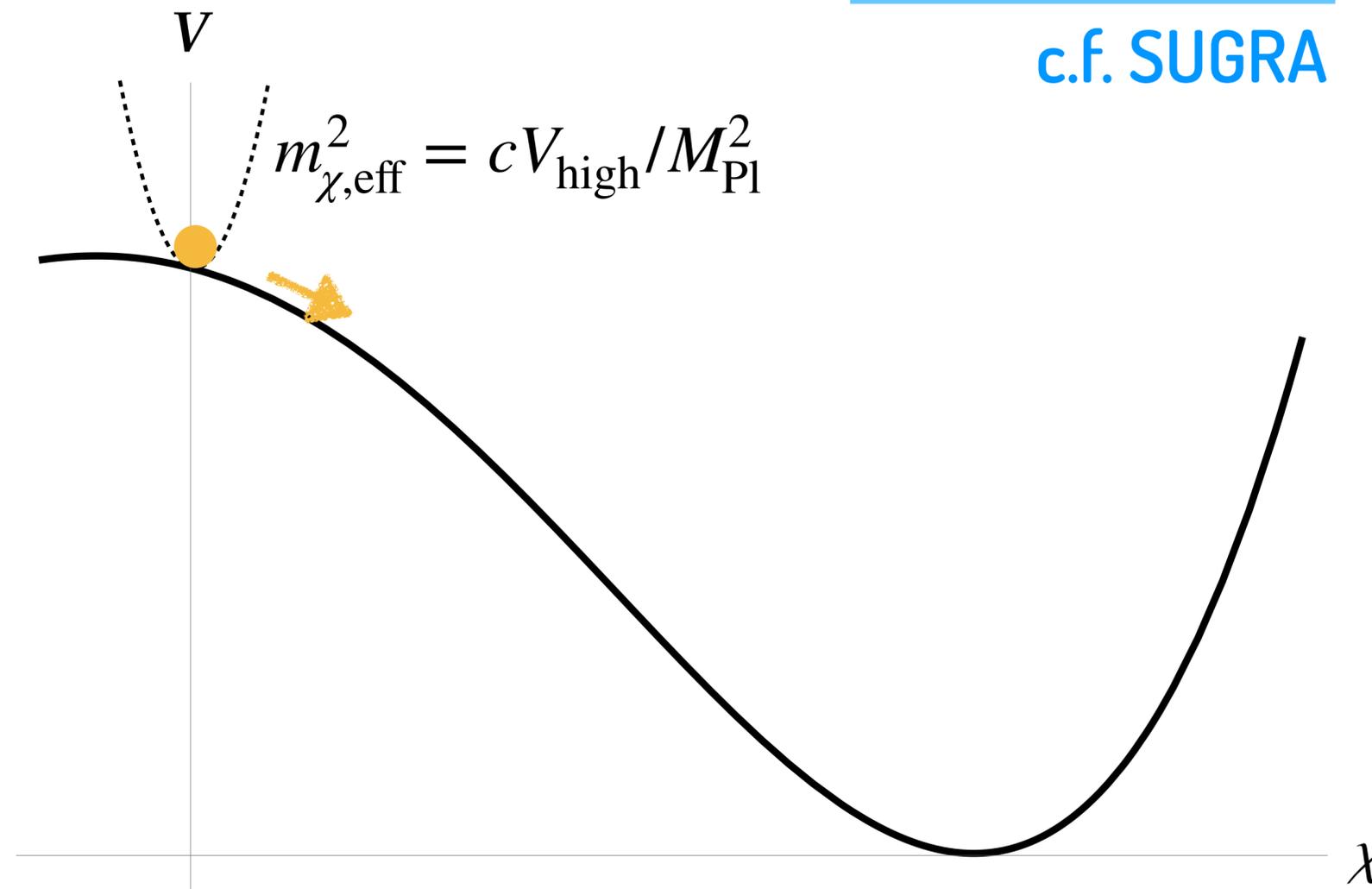
Kumekawa, Moroi, Yanagida '94

Izawa, Kawasaki, Yanagida '97

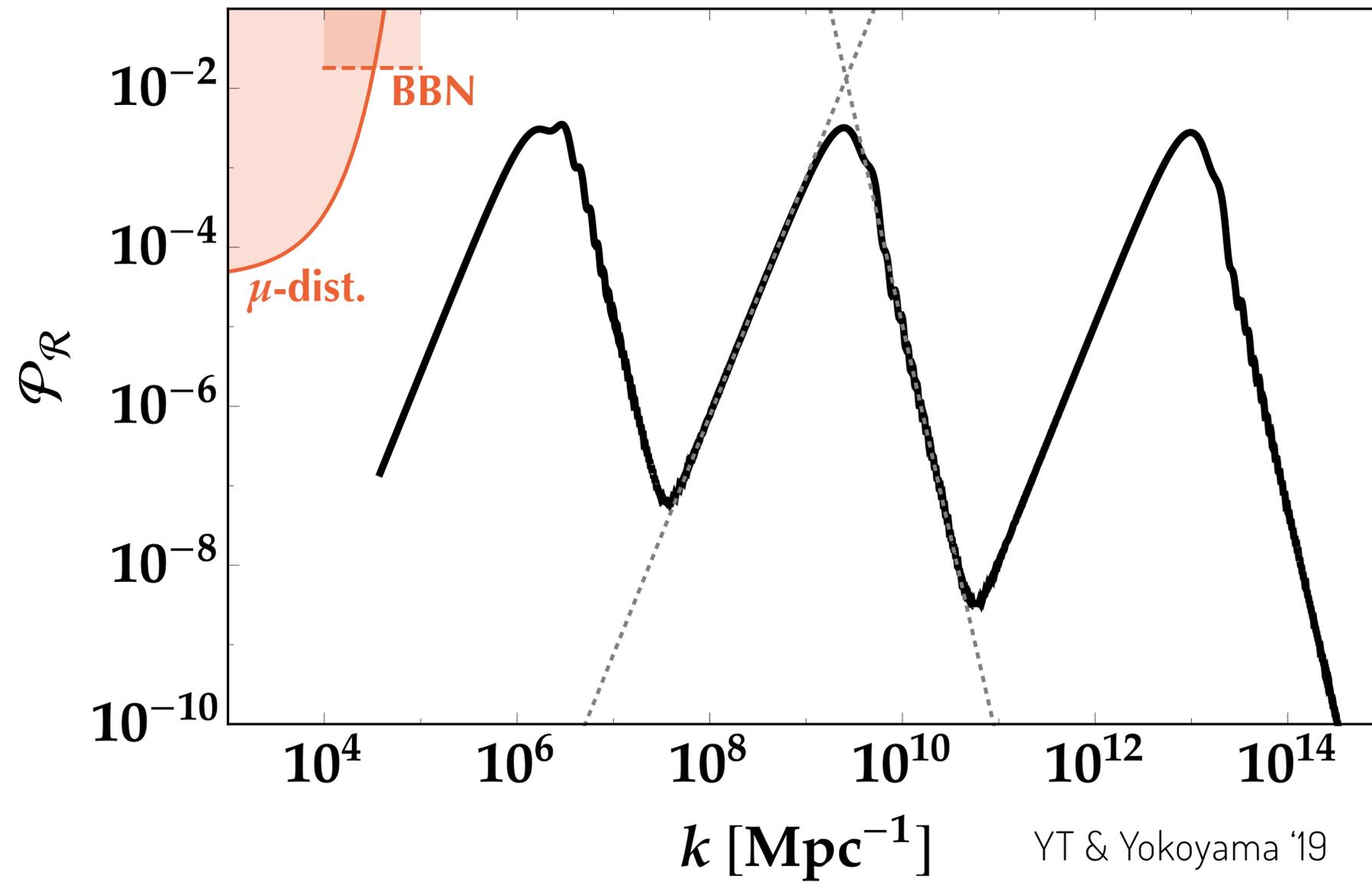
Kawasaki, Sugiyama, Yanagida '98

$$V(\phi, \chi) = V_{\text{high}}(\phi) + V_{\text{hill}}(\chi) + \frac{c}{2} V_{\text{high}}(\phi) \frac{\chi^2}{M_{\text{Pl}}^2}$$

c.f. SUGRA



Extreme case



- 4 hilltop inflation

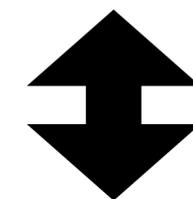
$$V_{\text{hill}} = \sum_{i=1}^4 V_{\text{hill},i}$$

+

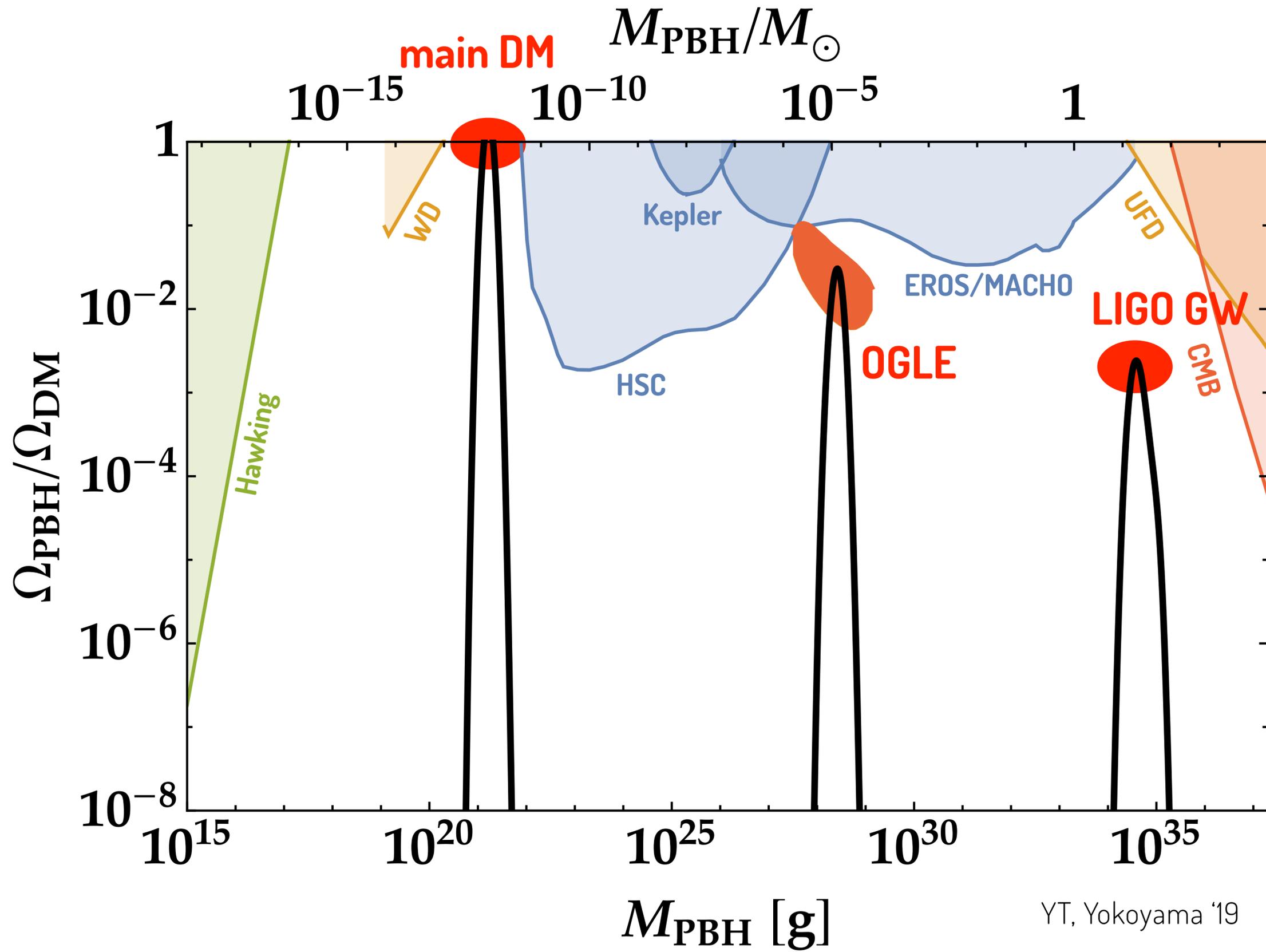
- Stabilizer

$$V_{\text{stab}} = \sum_{i \neq j} \frac{c_{ij}}{2} V_{\text{hill},i} \frac{\phi_j^2}{M_{\text{Pl}}^2}$$

not long inflation



strong scale dependence

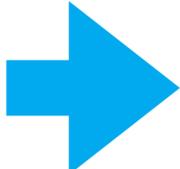


Implication to String Theory?

dS swampland conjecture Ooguri & Vafa+ '18

“dS vacua will be unstable in UV-complete theories”

$$\epsilon_V = \frac{M_{\text{Pl}}^2}{2} \left(\frac{V''}{V} \right)^2 \gtrsim \mathcal{O}(1) \quad \text{or} \quad \eta_V = M_{\text{Pl}}^2 \frac{V'''}{V} \lesssim -\mathcal{O}(1)$$

each inf. phase CANNOT continue long  enough inf. in total by multistage

* CMB scale? Kogai & YT '20



inflaton



curvaton



modulated reheating



Stochastic Inflation

Ptb. approach

coordinate so that ptb. only in Metric!

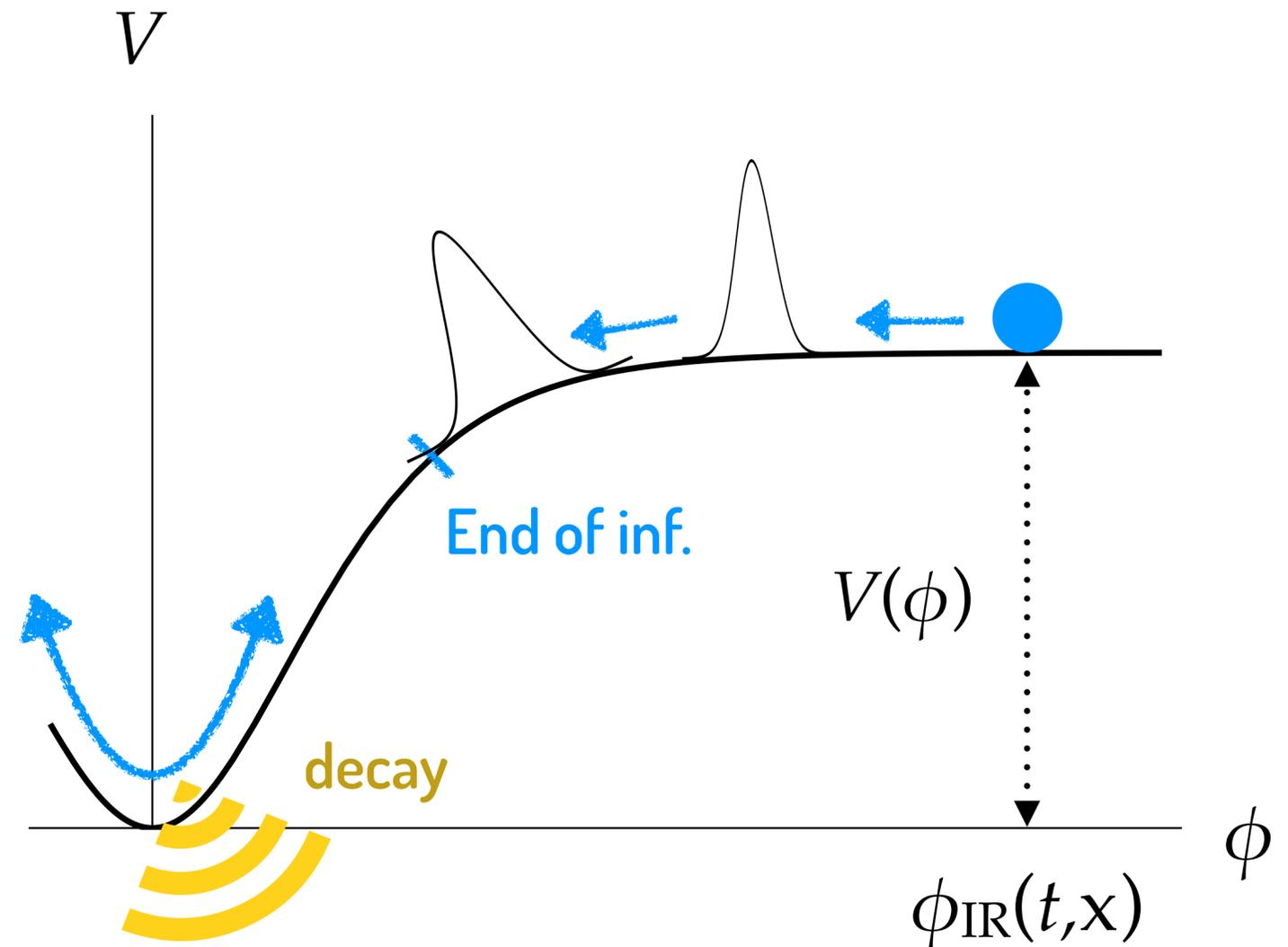
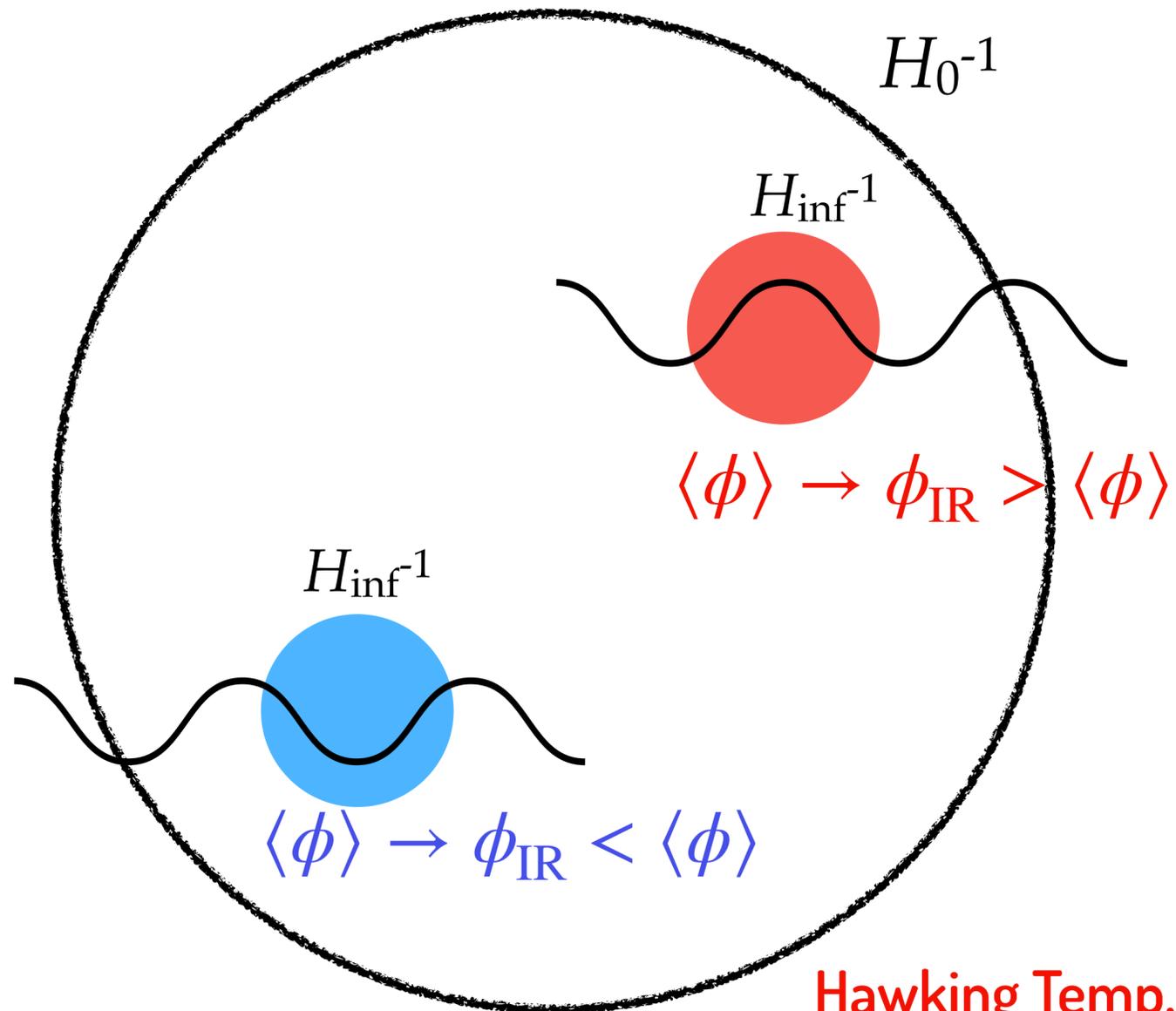
$$d^2s = - \overset{\text{auxiliary}}{\hat{\mathcal{N}}^2(t, \mathbf{x})} d^2t + a^2(t) e^{2\hat{\zeta}(t, \mathbf{x})} (\overset{\text{auxiliary}}{\hat{\beta}^i(t, \mathbf{x})} dt + dx^i)^2, \quad \phi(t, \mathbf{x}) = \phi_0(t)$$

$$S = \int d^4x \sqrt{-g} \left[\frac{1}{2} M_{\text{Pl}}^2 R - \frac{1}{2} (\partial_\mu \phi)^2 - V(\phi) \right] = S^{(0)} + S^{(2)}[\zeta] + S^{(3)}[\zeta] + \dots$$

$$\begin{aligned} \langle \zeta(t, \mathbf{x}) \zeta(t, \mathbf{y}) \rangle &= \langle 0_{\text{in}} | \zeta(t, \mathbf{x}) \zeta(t, \mathbf{y}) | 0_{\text{in}} \rangle \\ &= \left\langle \left[\bar{T} \exp \left(i \int^t H_I dt' \right) \right] \zeta^I(t, \mathbf{x}) \zeta^I(t, \mathbf{y}) \left[T \exp \left(-i \int^t H_I dt' \right) \right] \right\rangle \end{aligned}$$

Stochastic Form.

Starobinsky '86



❖ Stochastic EoM:
$$\frac{d\phi_{IR}}{dN} = -\frac{V'}{3H^2} + \frac{H}{2\pi} \xi$$

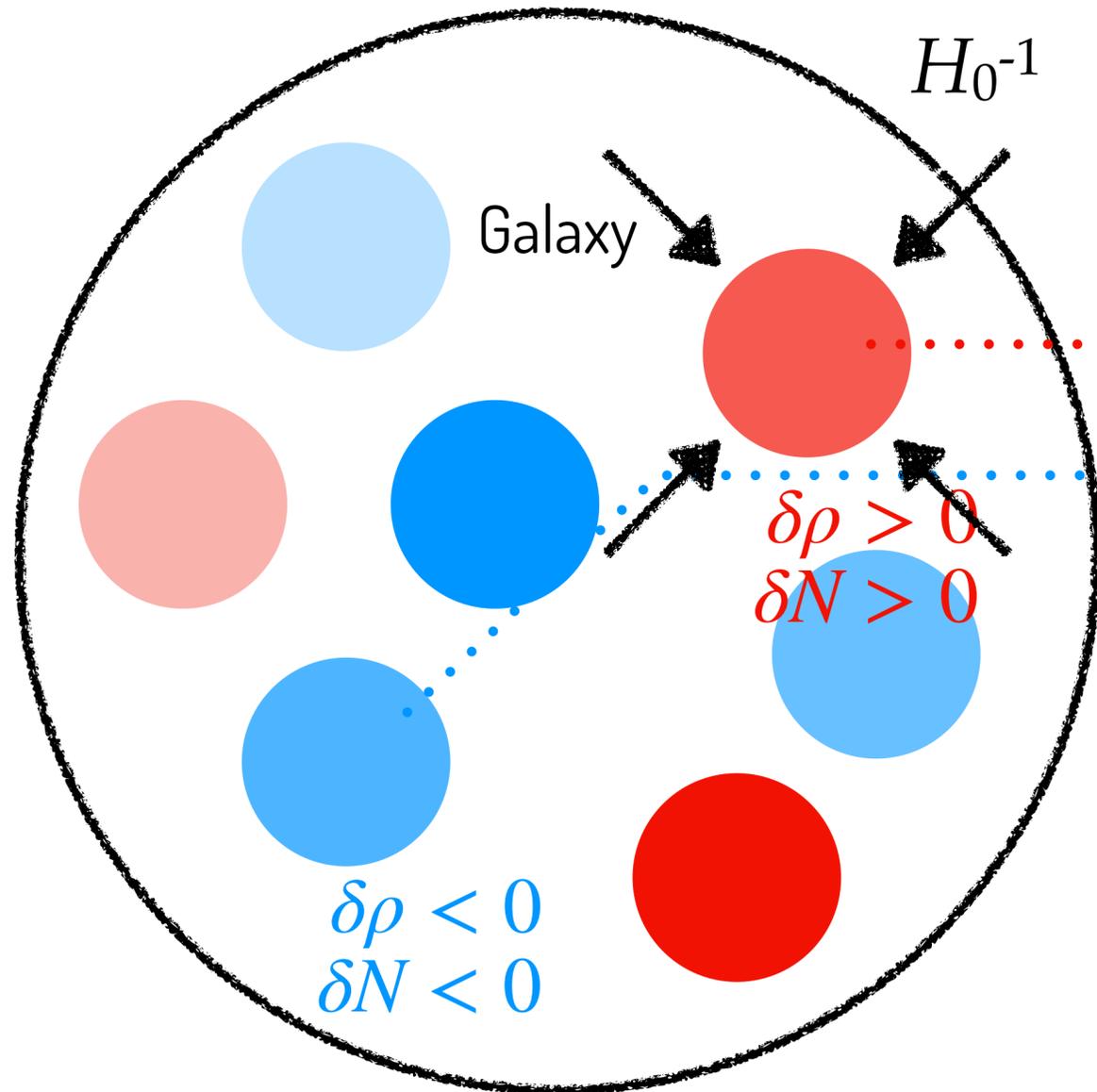
Hawking Temp.

Gaussian Rand.

ρ_r : Big-Bang universe

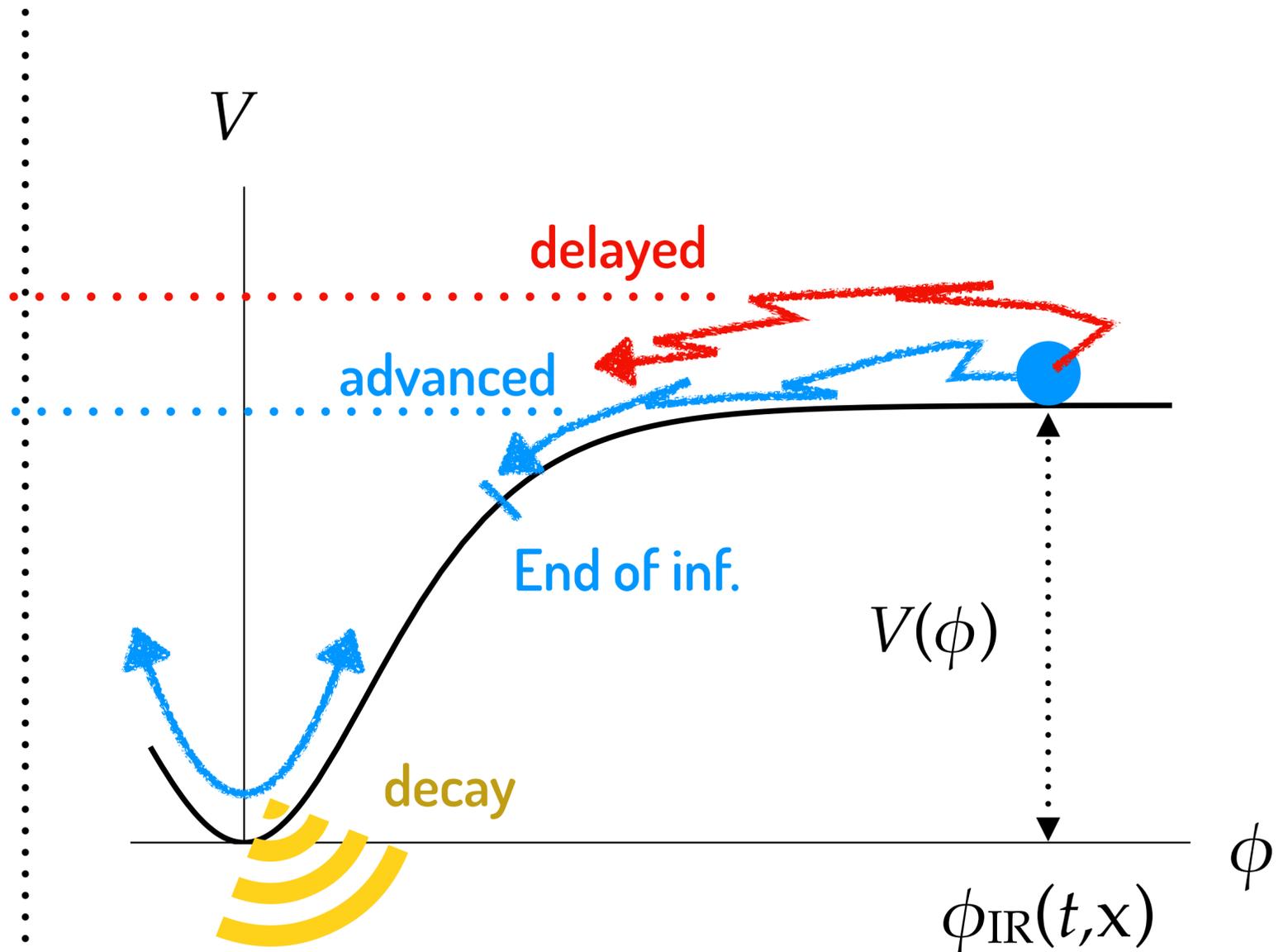
(conserved) δN Form.

Starobinsky '85



$$\zeta = \delta N, \quad N = \int^t H dt'$$

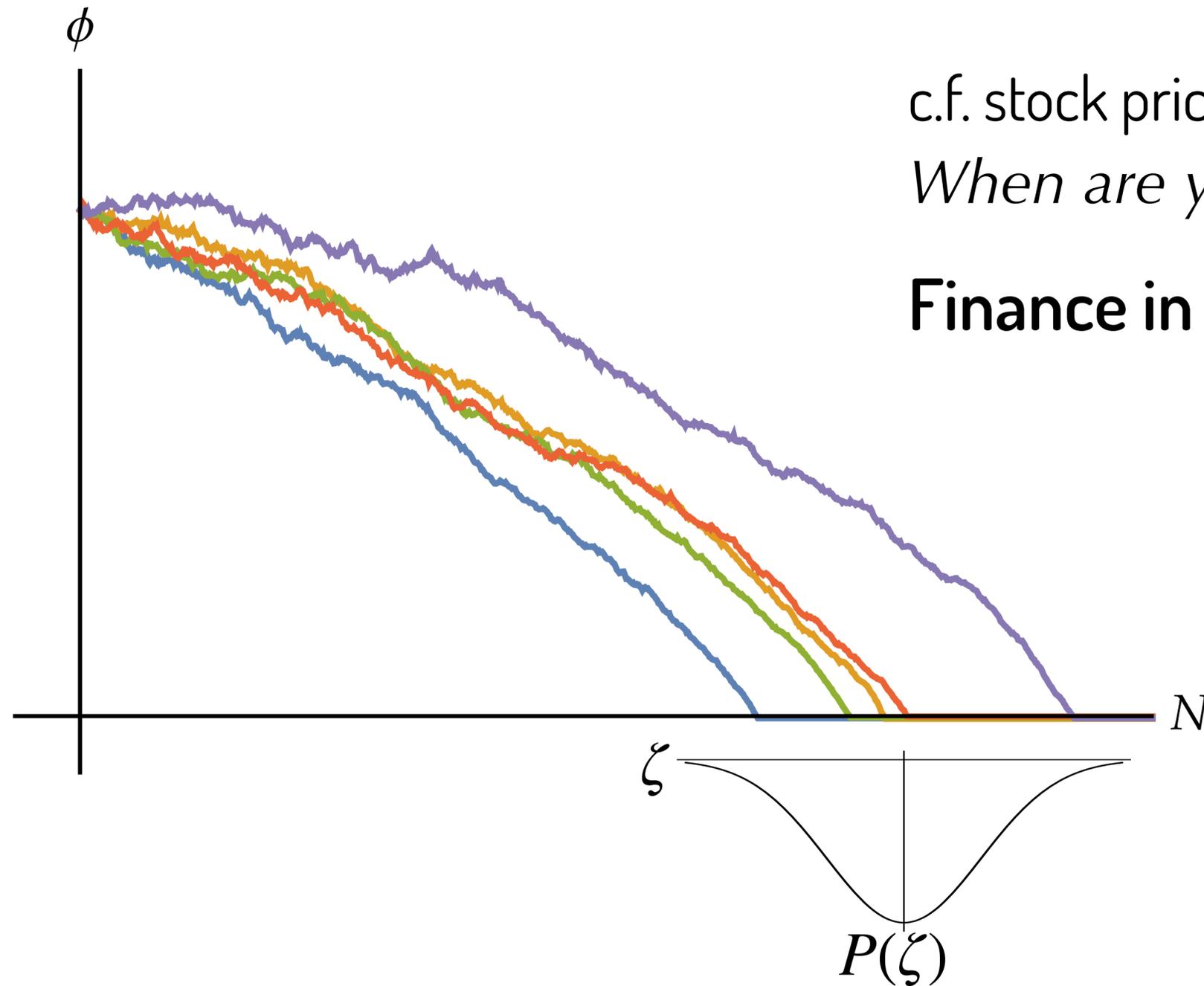
Lyth, Malik, Sasaki '05



ρ_r : Big-Bang universe

Stochastic δN

Fujita, Kawasaki, YT, Takesako '13
Vennin & Starobinsky '15

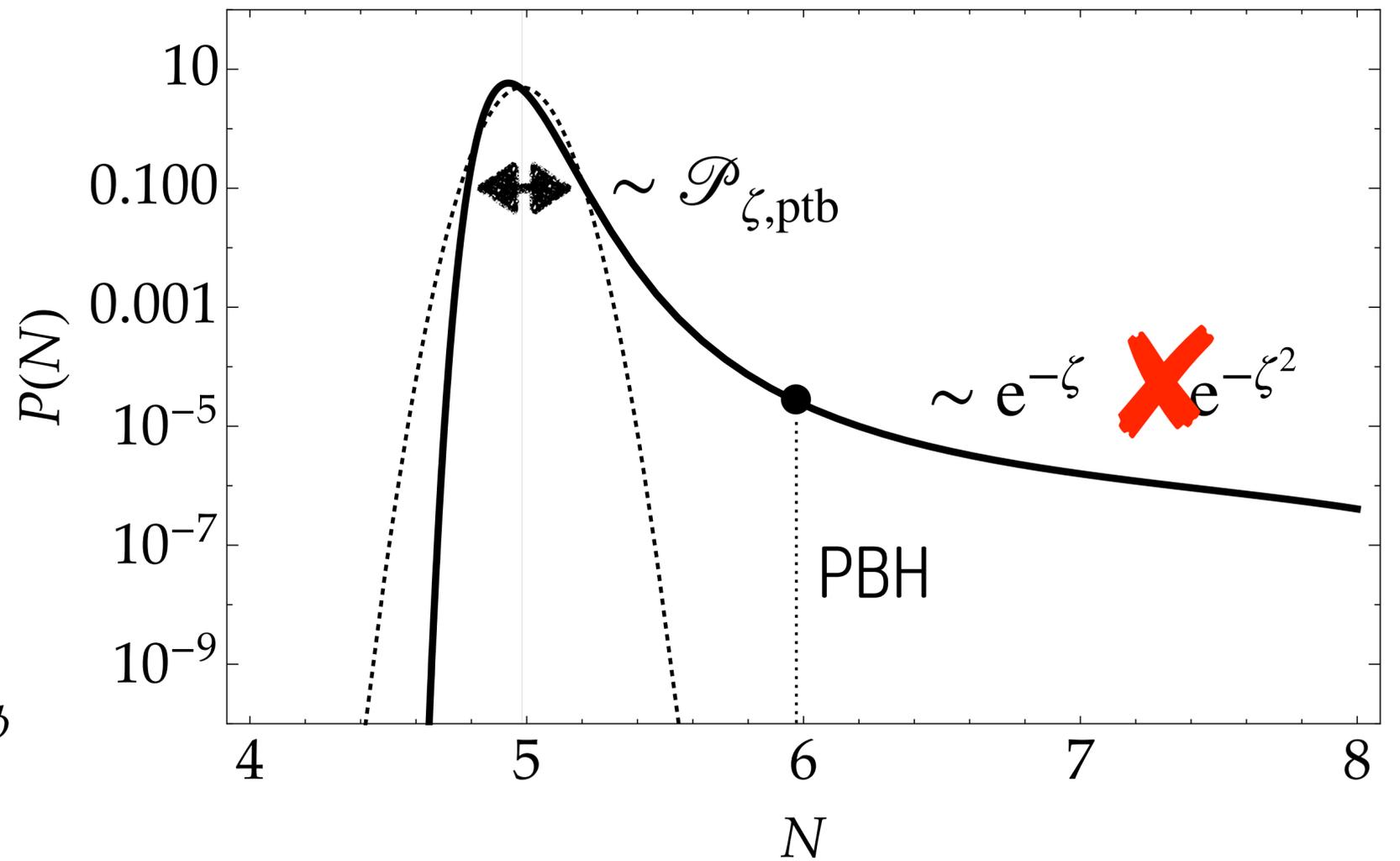
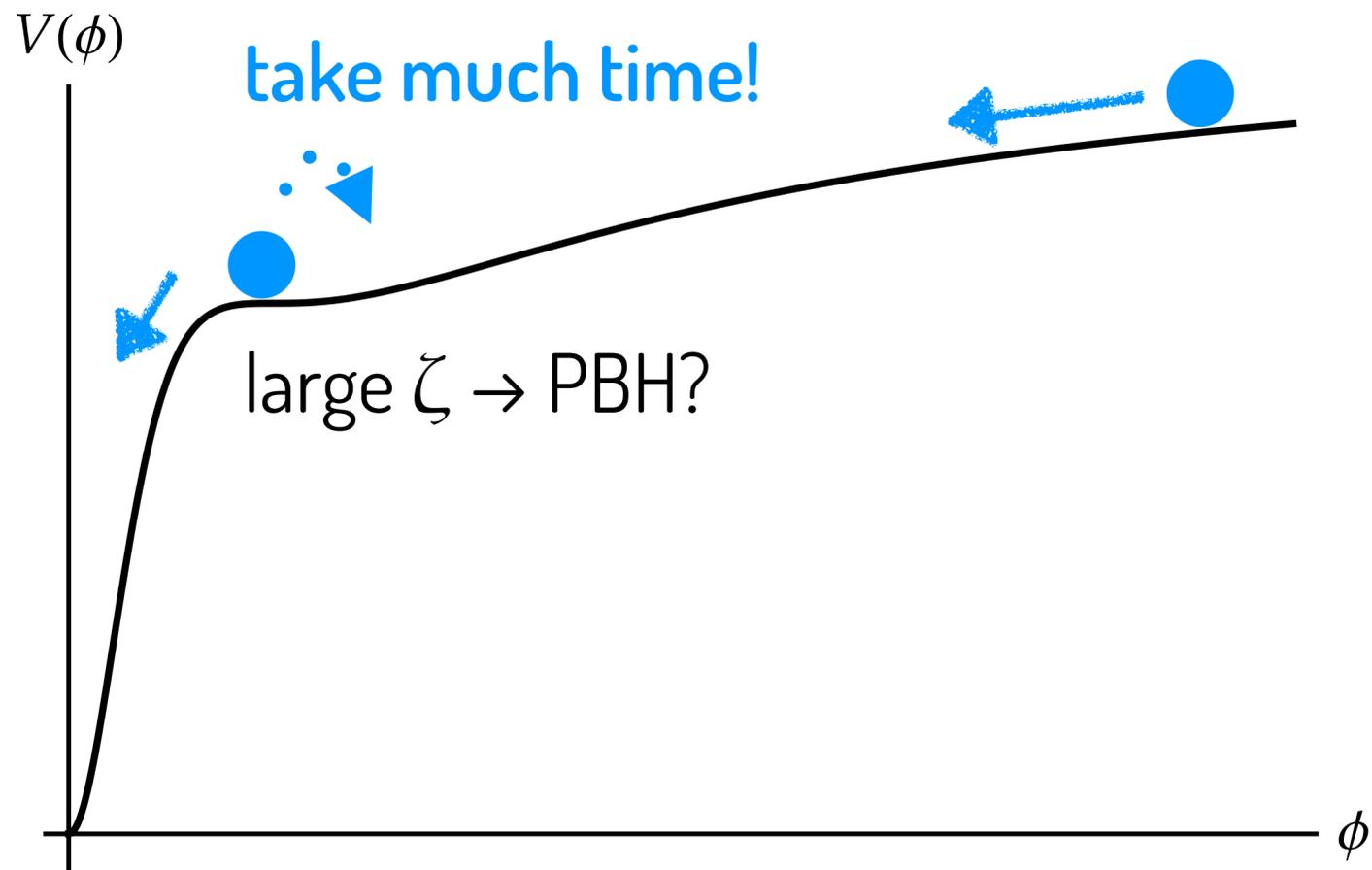


c.f. stock price in finance

When are you expected to achieve the goal?

Finance in (Cosmic) Inflation!

Flat Inflection



c.f. Ezquiaga, Garcia-Bellido, Vennin '20

Conclusions

- ❖ Self-introduction
- ❖ Gravity is metric-affine?
- ❖ Multistage inflation?
- ❖ Stochastic approach to inflationary ptb.



Appendices

Higgs inf.

$$S = \int d^4x \sqrt{-g} \left[\frac{1}{2} (M_{\text{Pl}}^2 + \xi \phi^2) R - \frac{1}{2} (\partial_\mu \phi)^2 - \frac{\lambda}{4} \phi^4 \right]$$

- Metric

$$V(\chi) \sim \frac{\lambda M_{\text{Pl}}^4}{\xi^2} \left(1 - \exp \left(-2 \sqrt{\frac{\xi}{1 + 6\xi}} \frac{\chi}{M_{\text{Pl}}} \right) \right)$$

$\xi \rightarrow \infty$: R^2 inflation

- Metric-Affine

$$V(\chi) \sim \frac{\lambda M_{\text{Pl}}^4}{\xi^2} \left(1 - 8 \exp \left(-2 \sqrt{\xi} \frac{\chi}{M_{\text{Pl}}} \right) \right)$$

α attractor

Unitarity?

$$S \supset \frac{\xi^2}{M_{\text{Pl}}^2} \phi^2 \square \phi^2 \rightarrow \Lambda_{\text{cut}} \sim \frac{M_{\text{Pl}}}{\xi} \ll \Lambda_{\text{inf}} \sim \frac{M_{\text{Pl}}}{\sqrt{\xi}}$$

$\xi^2 R^2$ will inevitably appear

& scalaron $m_\sigma \sim M_{\text{Pl}}/\xi$ regularizes theory Ema+ '20

$$\Lambda_{\text{cut}} \sim \Lambda_{\text{inf}} \sim \frac{M_{\text{Pl}}}{\sqrt{\xi}}$$

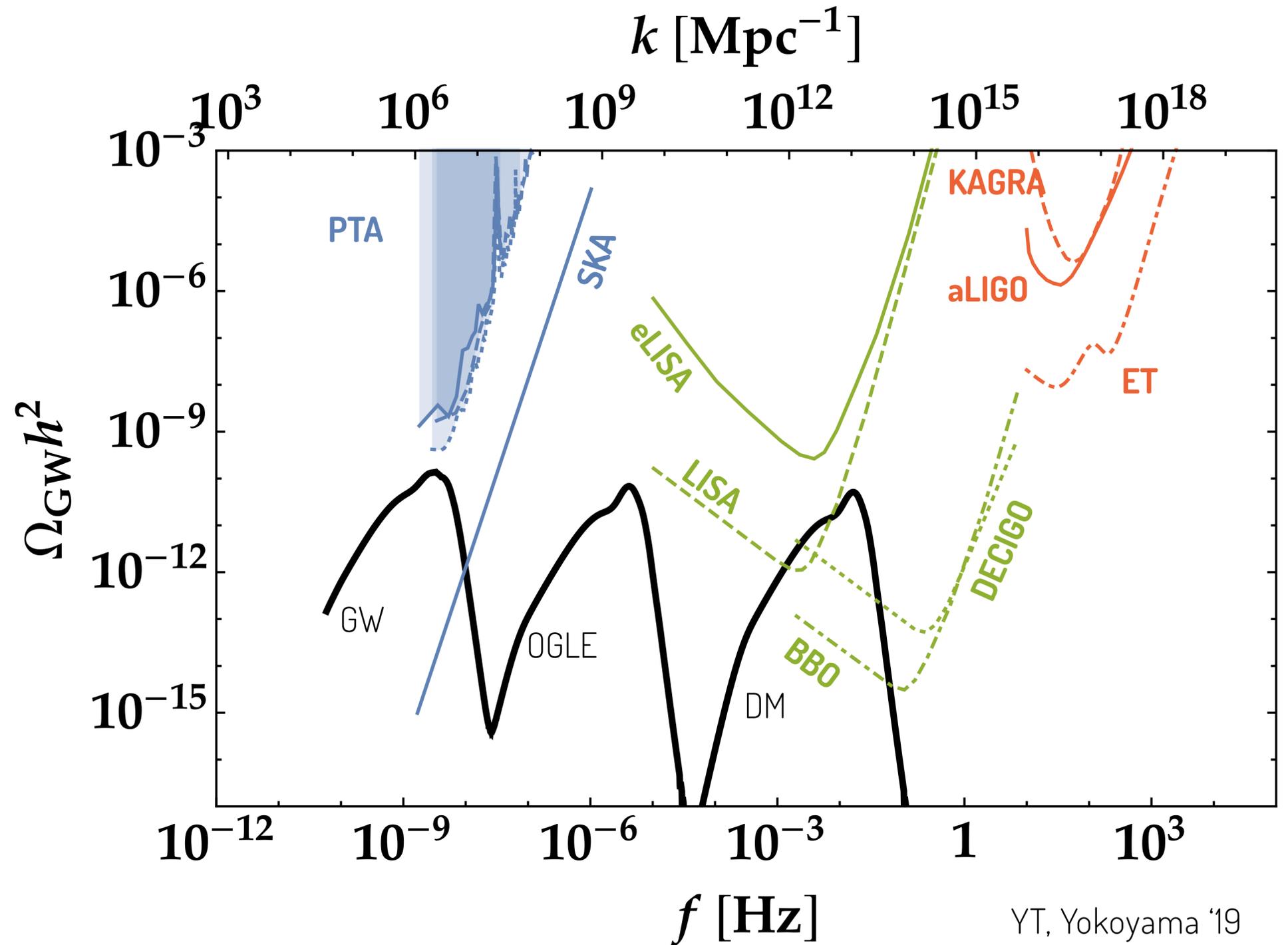
Testability

large scalar PTB.



2ndary tensor PTB.
(stochastic GWs)

$$\Omega_{\text{GW}} h^2 \sim 10^{-9} \left(\frac{\mathcal{P}_{\mathcal{R}}}{10^{-2}} \right)^2$$



YT, Yokoyama '19