

Dark energy after gravitational wave observations

Filippo Vernizzi
IPhT - CEA, CNRS, Paris-Saclay

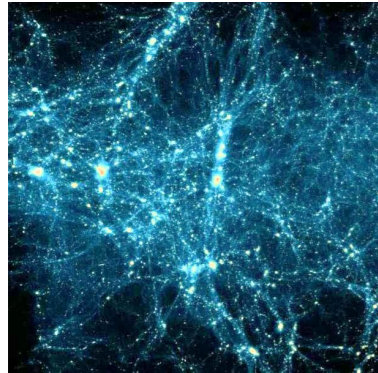
with P. Creminelli 1710.05877,
+ M. Lewandowski and G. Tambalo, 1809.03484
+ V. Yingcharoenrat, 1906.07015, 1910.14035

4 January 2021
Cosmology 2021: the Rise of Field Theory

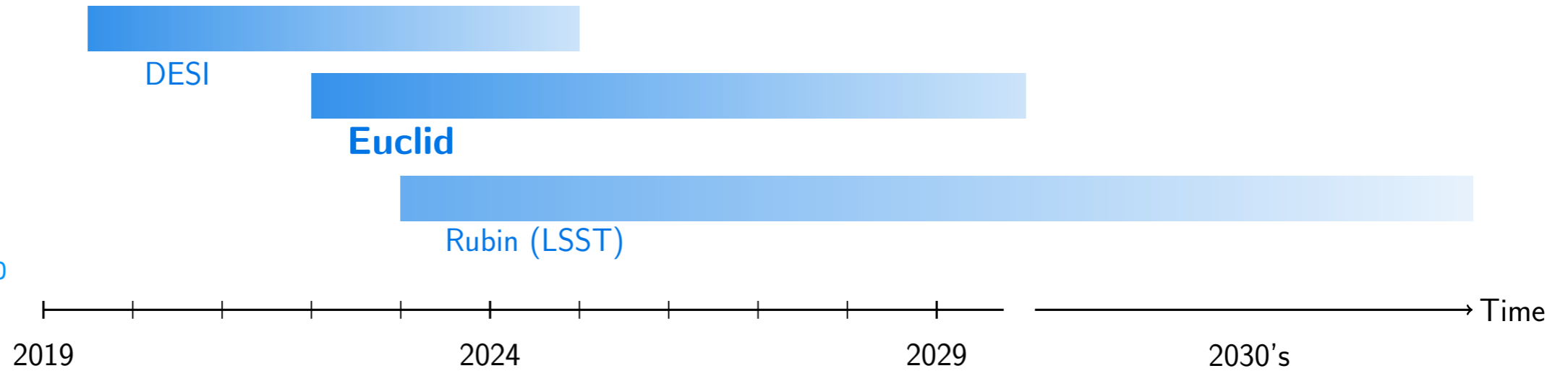
Present and future

Future is observationally bright: expected large amount of data from LSS

Test GR (& Λ CDM) on large scales, constrain deviations from GR (dark energy, modified gravity)



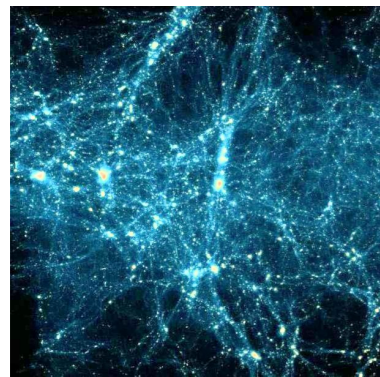
Credit Zumalacarrequi 20



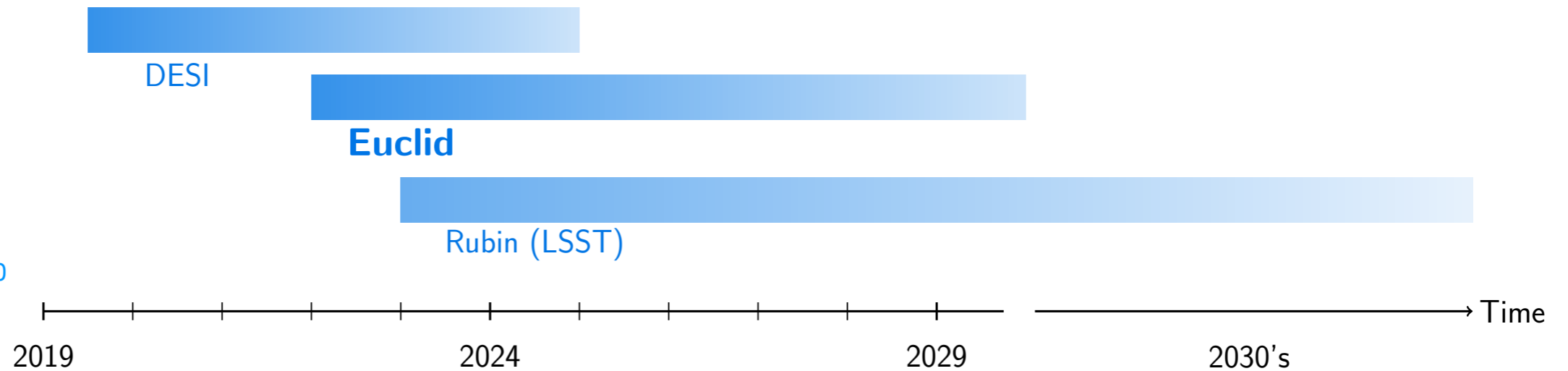
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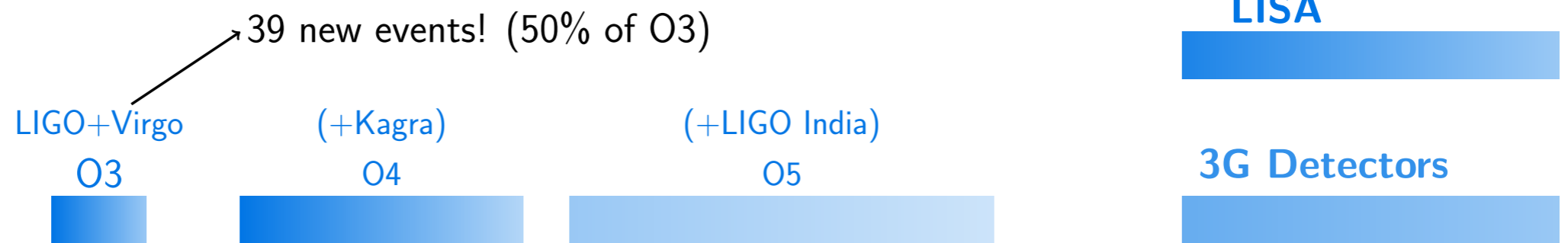
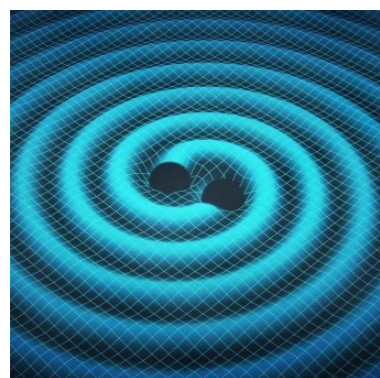
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Credit Zumalacarregui 20



Gravitational Waves: new probe of gravity. Emission and **propagation**.



Present and future

Future is observationally bright: expected large amount of data from LSS

Test GR (& Λ CDM) on large scales, constrain deviations from GR (dark energy, modified gravity)

GW observations

- severely constrain cosmological modifications of gravity
- dramatically reduce the parameter space of scalar-tensor gravity (self-accelerating and screening) and the discovery-potential of new physics in LSS surveys

Generalized scalar-tensor theories

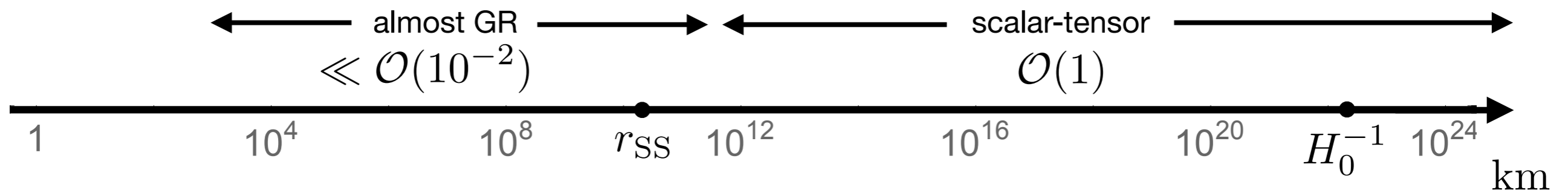
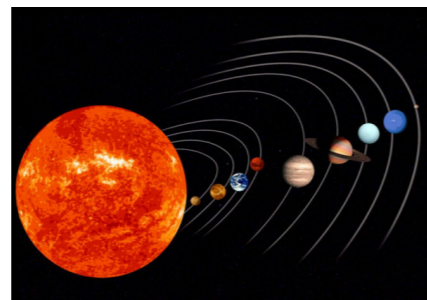
Dark energy: single scalar

$$\mathcal{L}(\phi, \nabla_{\mu}\phi)$$

Most general approach (single scalar): stable theories with higher derivatives

$$\mathcal{L}(\phi, \nabla_{\mu}\phi, \nabla_{\mu}\nabla_{\nu}\phi, \dots)$$

Self-acceleration and **screening**: large classical scalar field nonlinearities



Generalized scalar-tensor theories

Horndeski (second-order) and beyond:

Horndeski 73, Deffayet et al. '11

$$\begin{aligned}\mathcal{L} = & G_4(\phi, X)R + G_2(\phi, X) + G_3(\phi, X)\square\phi & \square\phi \equiv \phi_{;\mu}^{;\mu} & X \equiv g^{\mu\nu}\phi_{;\mu}\phi_{;\nu} \\ & - 2G_{4,X}(\phi, X)\left[(\square\phi)^2 - (\phi_{;\mu\nu})^2\right] \\ & + G_5(\phi, X)G^{\mu\nu}\phi_{;\mu\nu} + \frac{1}{3}G_{5,X}(\phi, X)\left[(\square\phi)^3 - 3\square\phi(\phi_{;\mu\nu})^2 + 2(\phi_{;\mu\nu})^3\right] \\ & - F_4(\phi, X)\epsilon^{\mu\nu\rho}_{\sigma}\epsilon^{\mu'\nu'\rho'\sigma}\phi_{;\mu}\phi_{;\mu'}\phi_{;\nu\nu'}\phi_{;\rho\rho'} \\ & - F_5(\phi, X)\epsilon^{\mu\nu\rho\sigma}\epsilon^{\mu'\nu'\rho'\sigma'}\phi_{;\mu}\phi_{;\mu'}\phi_{;\nu\nu'}\phi_{;\rho\rho'}\phi_{;\sigma\sigma'}\end{aligned}$$

Gleyzes, et al. '14

(see also Zumalacarregui, Garcia-Bellido '13,
Langlois, Noui '15 and Crisostomi et al. '16 for more general theories)

Behind Horndeski

Low energy:
$$\mathcal{L} = \sum_{n=0}^{\infty} \sum_{m=0}^3 c_{n,m}(\phi) X \left(\frac{X}{\Lambda_2^4} \right)^n \left(\frac{\partial^2 \phi}{\Lambda_3^3} \right)^m$$

2 mass scales: $\Lambda_2 \equiv (H_0 M_{\text{Pl}})^{1/2} \sim 10^{-3} \text{eV} \quad \sim \text{symmetry breaking scale}$

$$\Lambda_3 \equiv (H_0^2 M_{\text{Pl}})^{1/3} \sim 10^{-13} \text{eV} \quad \sim \text{EFT cut-off}$$

For $\Lambda_2 \rightarrow \infty$, $\Lambda_3 = \text{const}$, $c_{n,m} = \text{const}$: Galileons: $\phi \rightarrow \phi + c + b_\mu x^\mu$

Higher-order operators generated but suppressed by ∂/Λ_3 and/or $(\Lambda_3/\Lambda_2)^4$ (non-renormalization th.)

Behind Horndeski

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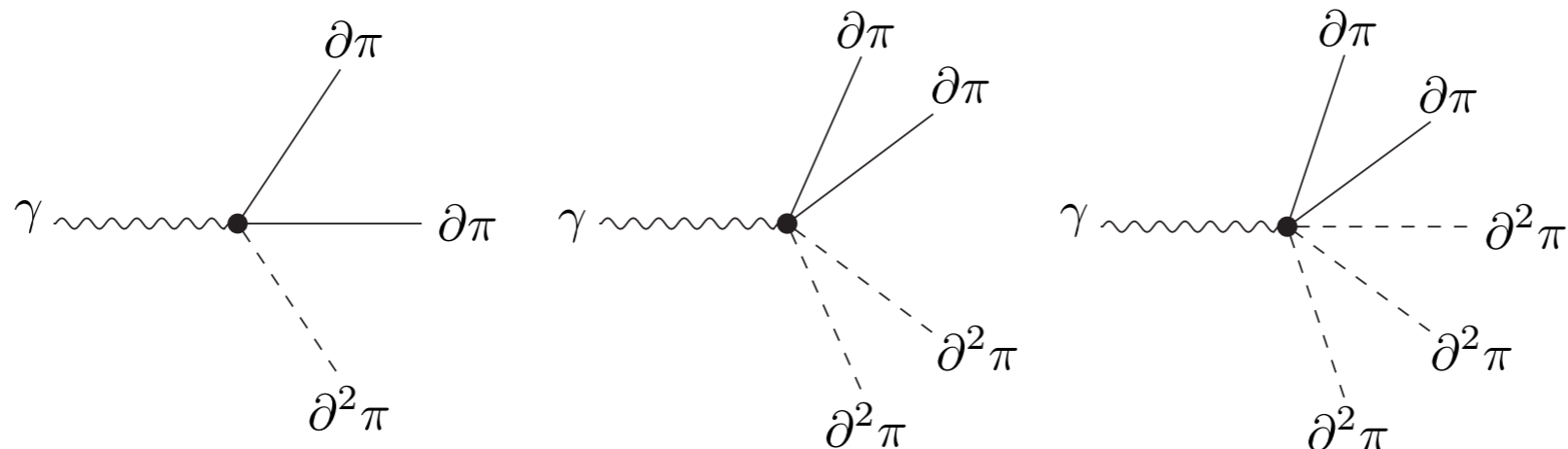
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Higher-order operators generated but suppressed by ∂/Λ_3 and/or $(\Lambda_3/\Lambda_2)^4$ (non-renormalization th.)

Galileon invariance broken by gravity. Horndeski coupling keeps approximate Galileon invariance

Pirtskhalava, Santoni, Trincherini, FV '15



Behind Horndeski

Low energy:
$$\mathcal{L} = \sum_{n=0}^{\infty} \sum_{m=0}^3 c_{n,m}(\phi) X \left(\frac{X}{\Lambda_2^4} \right)^n \left(\frac{\partial^2 \phi}{\Lambda_3^3} \right)^m$$

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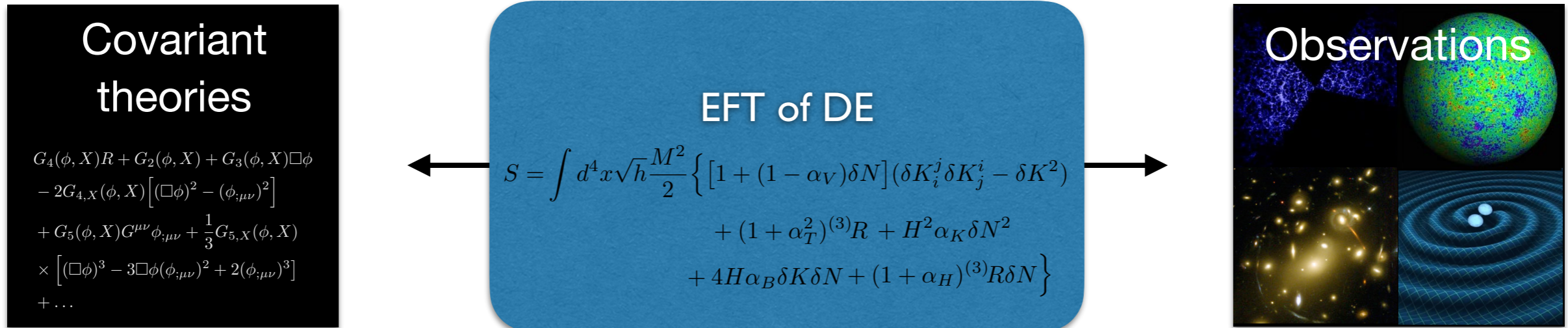
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Higher-order operators generated but suppressed by ∂/Λ_3 and/or $(\Lambda_3/\Lambda_2)^4$ (non-renormalization th.)

Same holds for beyond Horndeski theories

Santoni, Trischerini, Trombetta '18

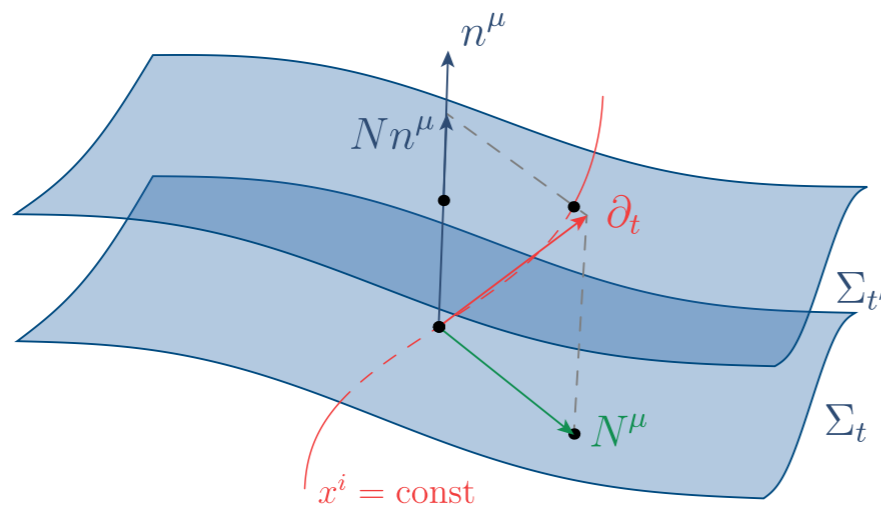
EFT of Dark Energy



Action contains all possible operators invariant under spatial diffs, ordered by number of perts and derivatives

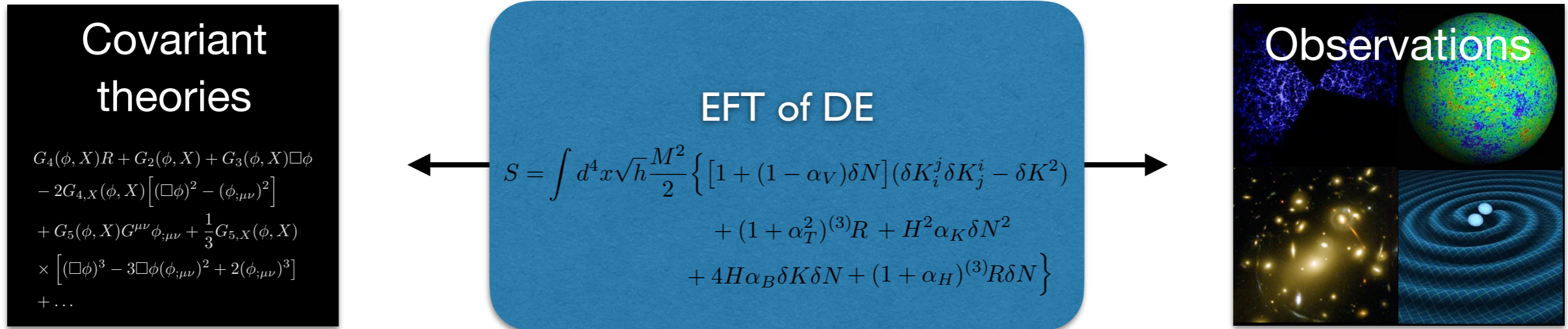
$$ds^2 = -N^2 dt^2 + h_{ij}(N^i dt + dx^i)(N^j dt + dx^j)$$

Cheung et al. '07, Gubitosi et al. '13, Gleyzes et al. '13, Bellini and Sawicki '14, ...

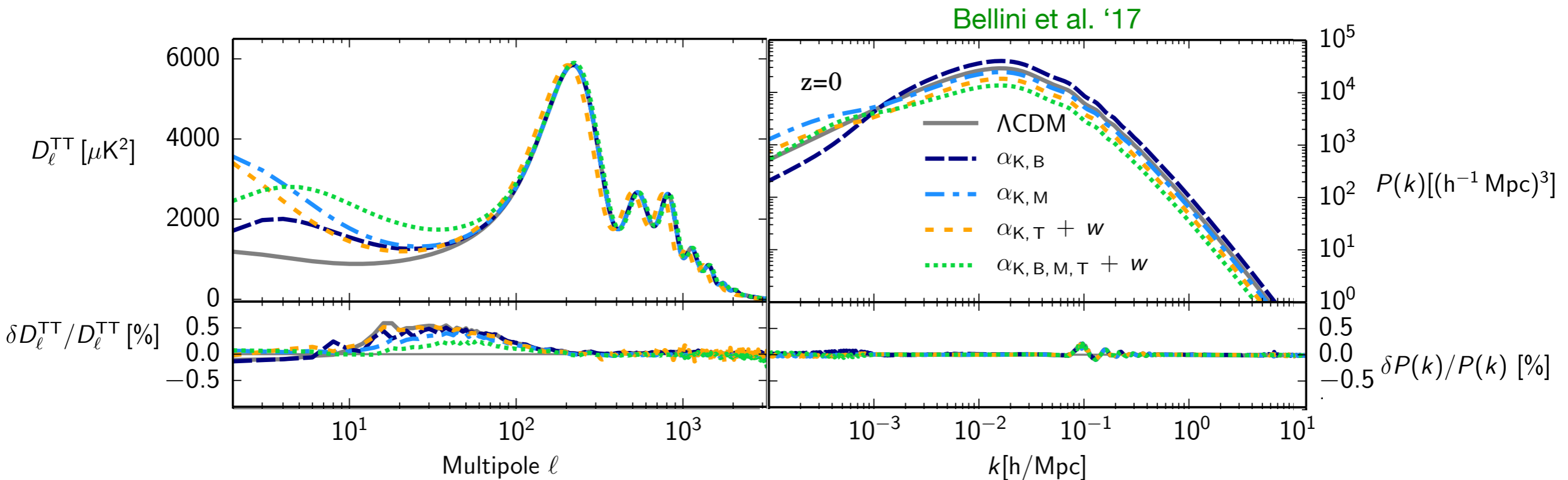


Bridge models and observations in a minimal and systematic way

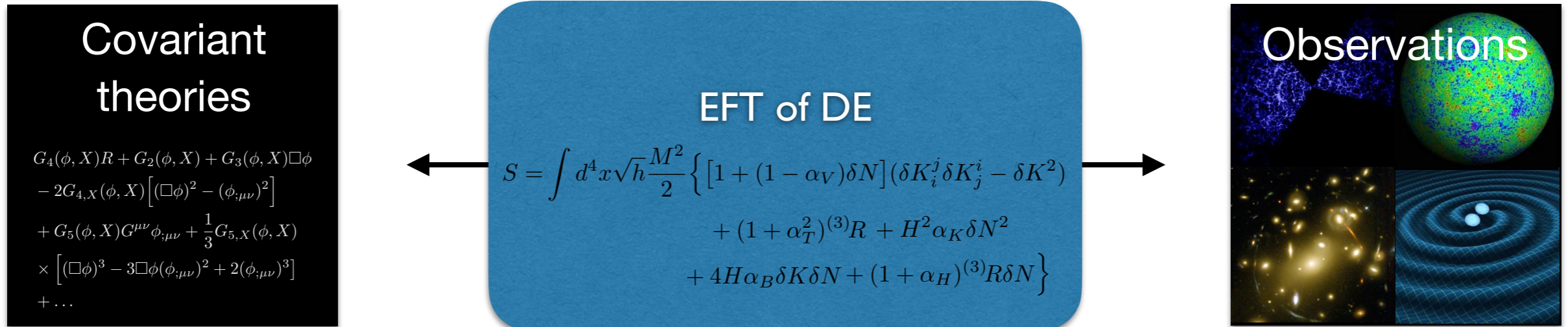
EFT of Dark Energy



Action contains all possible operators invariant under spatial diffs, ordered by number of perts and derivatives



EFT of Dark Energy



Action contains all possible operators invariant under spatial diffs, ordered by number of perts and derivatives

Future LSS observations:

$$|\alpha_i| \simeq \text{few} \times 0.01$$

Gravitational wave equation

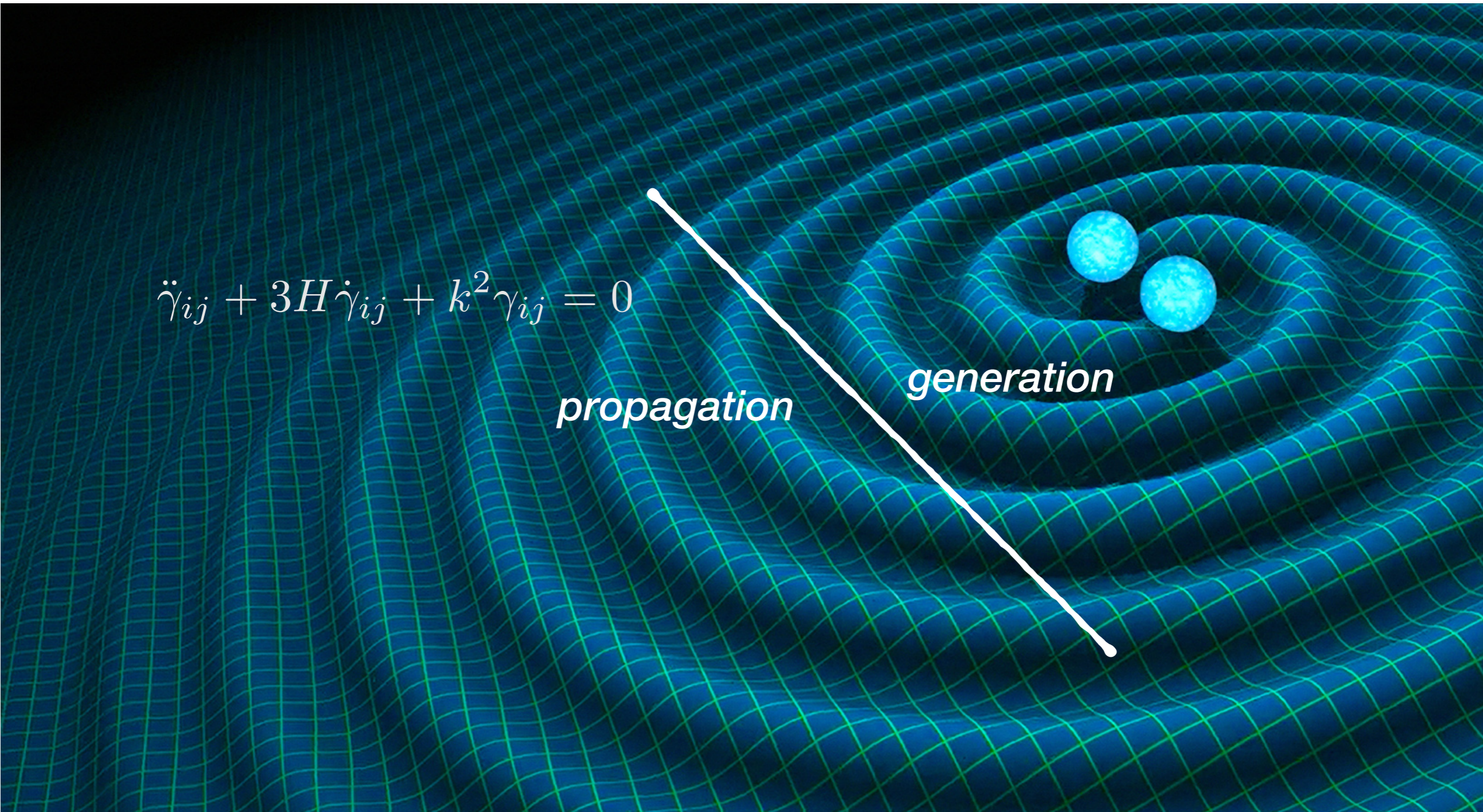
Gravitational wave equation:

$$ds^2 = -dt^2 + a^2(t) [\delta_{ij} + \gamma_{ij}] d\vec{x}^i d\vec{x}^j, \quad \gamma_{ii} = 0 = \partial_i \gamma_{ij}, \quad H = \dot{a}/a$$

$$\ddot{\gamma}_{ij} + 3H\dot{\gamma}_{ij} + k^2\gamma_{ij} = 0$$

propagation

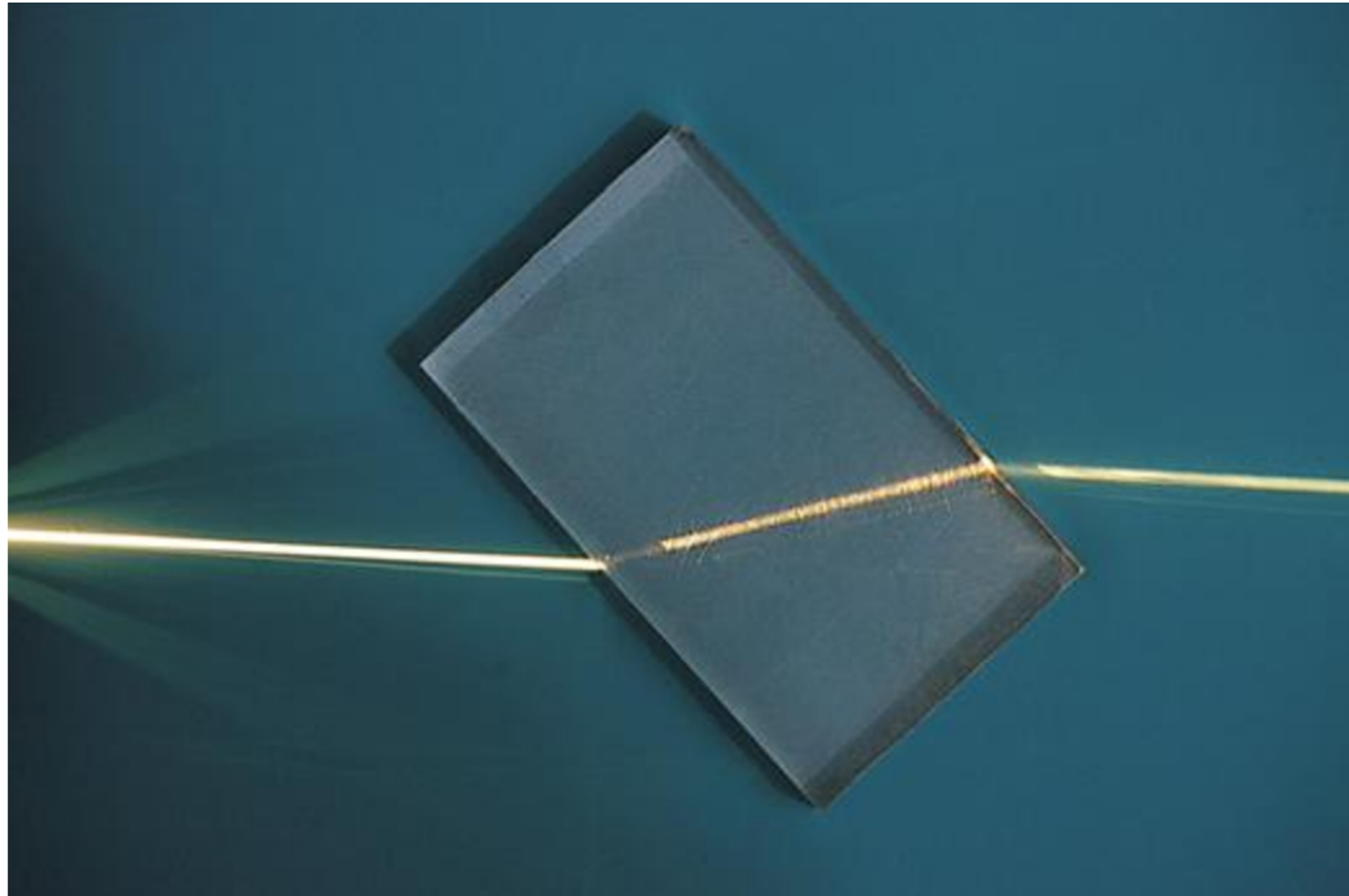
generation



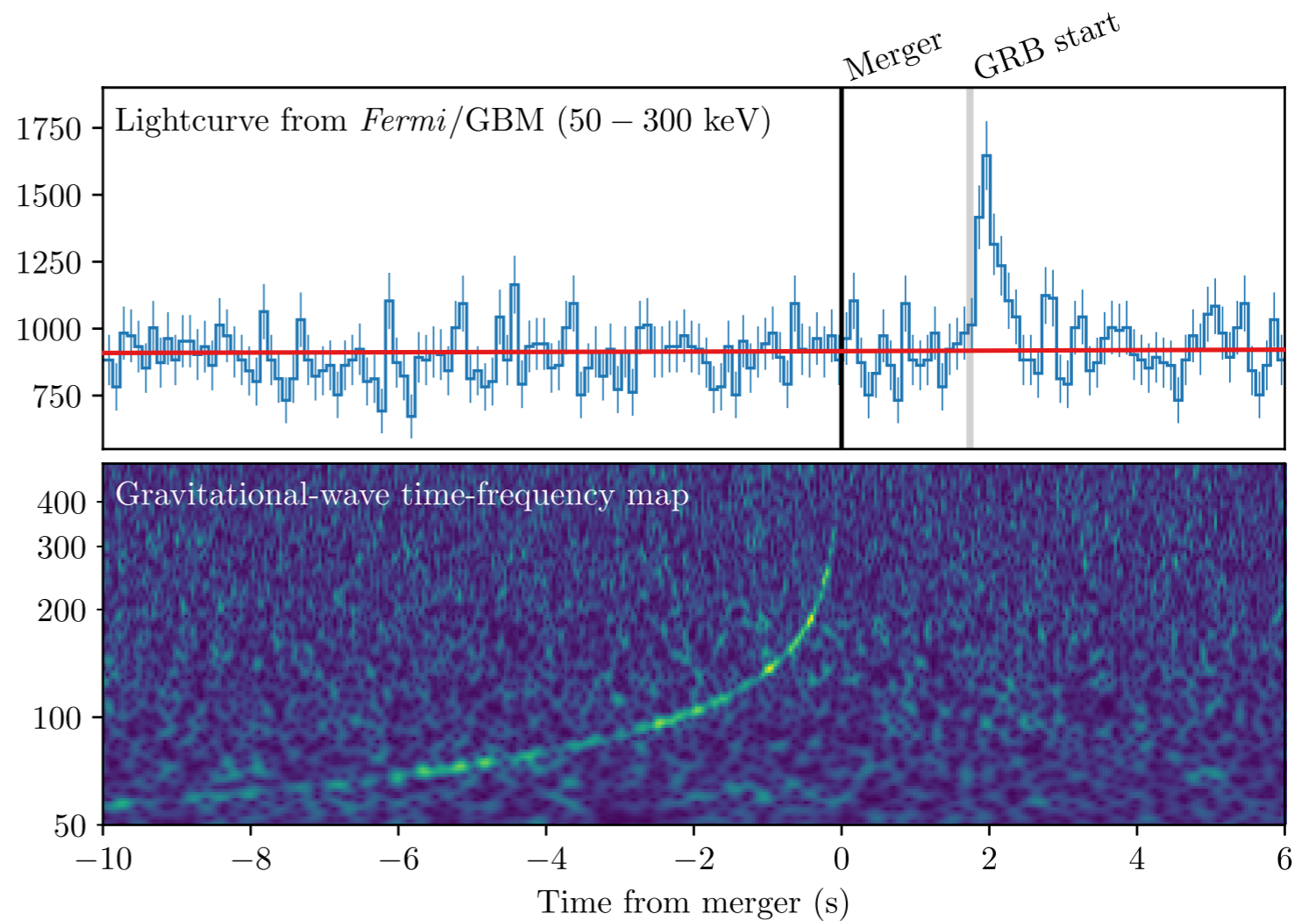
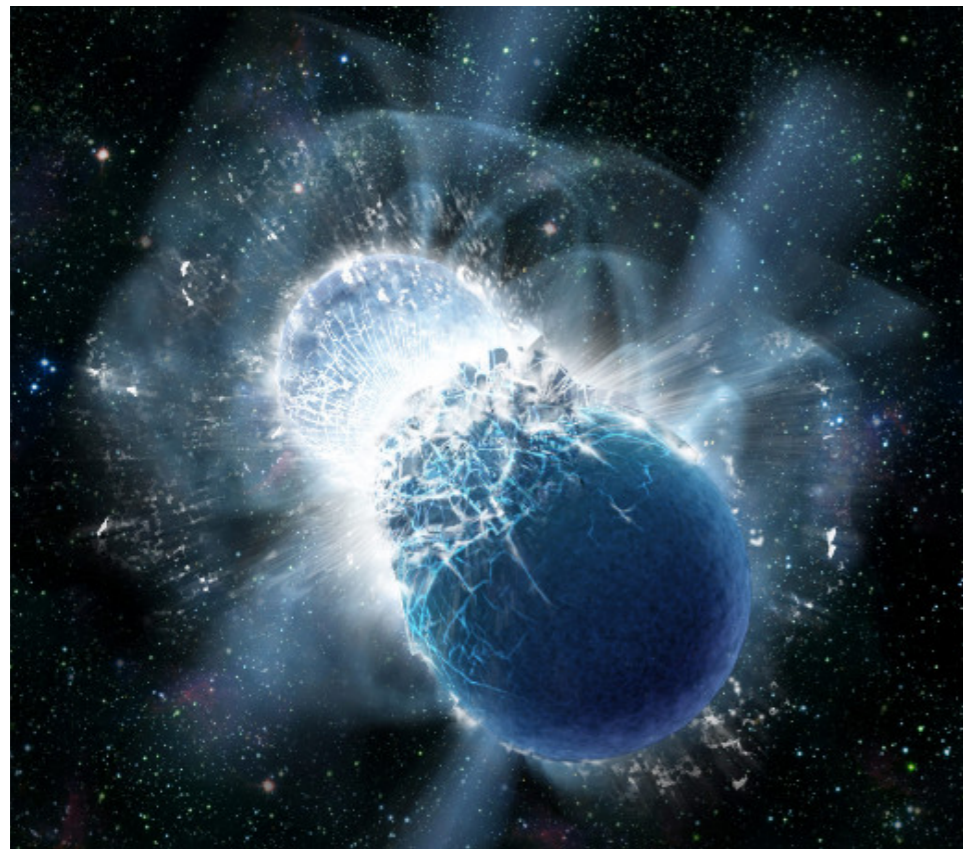
Modified speed of propagation

Spontaneously broken Lorentz invariance: **refraction**

$$\ddot{\gamma}_{ij} + 3H\dot{\gamma}_{ij} + c_T^2 k^2 \gamma_{ij} = 0$$



Multi-messenger observation

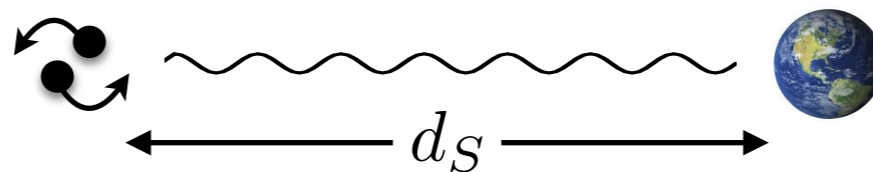


$$-3 \times 10^{-15} \leq \frac{c_T - c}{c} \leq 7 \times 10^{-16}$$

Virgo, Fermi-GBM, INTEGRAL, LIGO '17

Effect accumulates over long time

$$\frac{\Delta c}{c} \sim \frac{\Delta t}{d_S}$$



$c_T=1$ implications

$$\begin{aligned}
 \mathcal{L} = & G_4(\phi, X)R + G_2(\phi, X) + G_3(\phi, X)\square\phi & \square\phi \equiv \phi_{;\mu}^{;\mu} & X \equiv g^{\mu\nu}\phi_{;\mu}\phi_{;\nu} \\
 & - 2G_{4,X}(\phi, X)\left[(\square\phi)^2 - (\phi_{;\mu\nu})^2\right] \\
 & + G_5(\phi, X)G^{\mu\nu}\phi_{;\mu\nu} + \frac{1}{3}G_{5,X}(\phi, X)\left[(\square\phi)^3 - 3\square\phi(\phi_{;\mu\nu})^2 + 2(\phi_{;\mu\nu})^3\right] \\
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 \end{aligned}$$

$c_T=1$ implications

$$\dot{\gamma}_{ij}^2 - (\partial_k \gamma_{ij})^2$$

$$\begin{aligned} \mathcal{L} = & G_4(\phi, X)R + G_2(\phi, X) + G_3(\phi, X)\square\phi \quad \square\phi \equiv \phi_{;\mu}^{;\mu} \quad X \equiv g^{\mu\nu}\phi_{;\mu}\phi_{;\nu} \\ & - 2G_{4,X}(\phi, X) \left[(\square\phi)^2 - (\phi_{;\mu\nu})^2 \right] \\ & + G_5(\phi, X)G^{\mu\nu}\phi_{;\mu\nu} + \frac{1}{3}G_{5,X}(\phi, X) \left[(\square\phi)^3 - 3\square\phi(\phi_{;\mu\nu})^2 + 2(\phi_{;\mu\nu})^3 \right] \\ & - F_4(\phi, X)\epsilon^{\mu\nu\rho\sigma}\epsilon^{\mu'\nu'\rho'\sigma'}\phi_{;\mu}\phi_{;\mu'}\phi_{;\nu\nu'}\phi_{;\rho\rho'} \\ & - F_5(\phi, X)\epsilon^{\mu\nu\rho\sigma}\epsilon^{\mu'\nu'\rho'\sigma'}\phi_{;\mu}\phi_{;\mu'}\phi_{;\nu\nu'}\phi_{;\rho\rho'}\phi_{;\sigma\sigma'} \end{aligned}$$

$$c_T^2 - 1 \propto -2G_{4,X} - G_{5,\phi} - (H\dot{\phi} - \ddot{\phi})G_{5,X} + XF_4 - 3HX\dot{\phi}F_5$$

$c_T=1$ implications

$$\begin{aligned}
 \mathcal{L} = & G_4(\phi, X)R + G_2(\phi, X) + G_3(\phi, X)\square\phi & \square\phi \equiv \phi_{;\mu}^{;\mu} & X \equiv g^{\mu\nu}\phi_{;\mu}\phi_{;\nu} \\
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 & ~~F_5(\phi, X)\epsilon^{\mu\nu\rho\sigma}\epsilon^{\mu'\nu'\rho'\sigma'}\phi_{;\mu}\phi_{;\mu'}\phi_{;\nu\nu'}\phi_{;\rho\rho'}\phi_{;\sigma\sigma'}~~
\end{aligned}$$

$$c_T^2 - 1 \propto -2G_{4,X} - G_{5,\phi} - (H\dot{\phi} - \ddot{\phi})G_{5,X} + XF_4 - 3HX\dot{\phi}F_5$$

Most general theory compatible with $c_T=1$: $G_5 = F_5 = 0$, $XF_4 = 2G_{4,X}$

Creminelli, FV '17; Sakstein, Jain '17; Ezquiaga, Zumalacarregui '17; Baker+ '17

$$\delta c_T \sim (\Lambda_3/\Lambda_2)^4 \sim 10^{-40} \ll 10^{-15} \quad c_T=1 \text{ tuning is stable}$$

After $c_T=1$

$$\begin{aligned}\mathcal{L} = & G_4(\phi, X)R + G_2(\phi, X) + G_3(\phi, X)\square\phi \\ & - 2G_{4,X}(\phi, X)\left[(\square\phi)^2 - (\phi_{;\mu\nu})^2\right] \\ & - F_4(\phi, X)\epsilon^{\mu\nu\rho}_{\sigma}\epsilon^{\mu'\nu'\rho'\sigma}\phi_{;\mu}\phi_{;\mu'}\phi_{;\nu\nu'}\phi_{;\rho\rho'}\end{aligned}$$

$$\square\phi \equiv \phi_{;\mu}^{\mu} \quad X \equiv g^{\mu\nu}\phi_{;\mu}\phi_{;\nu}$$

$$XF_4 = 2G_{4,X}$$

Caveat

de Rham, Melville '18

EFT of cosmological scales may not apply to LIGO-Virgo scales

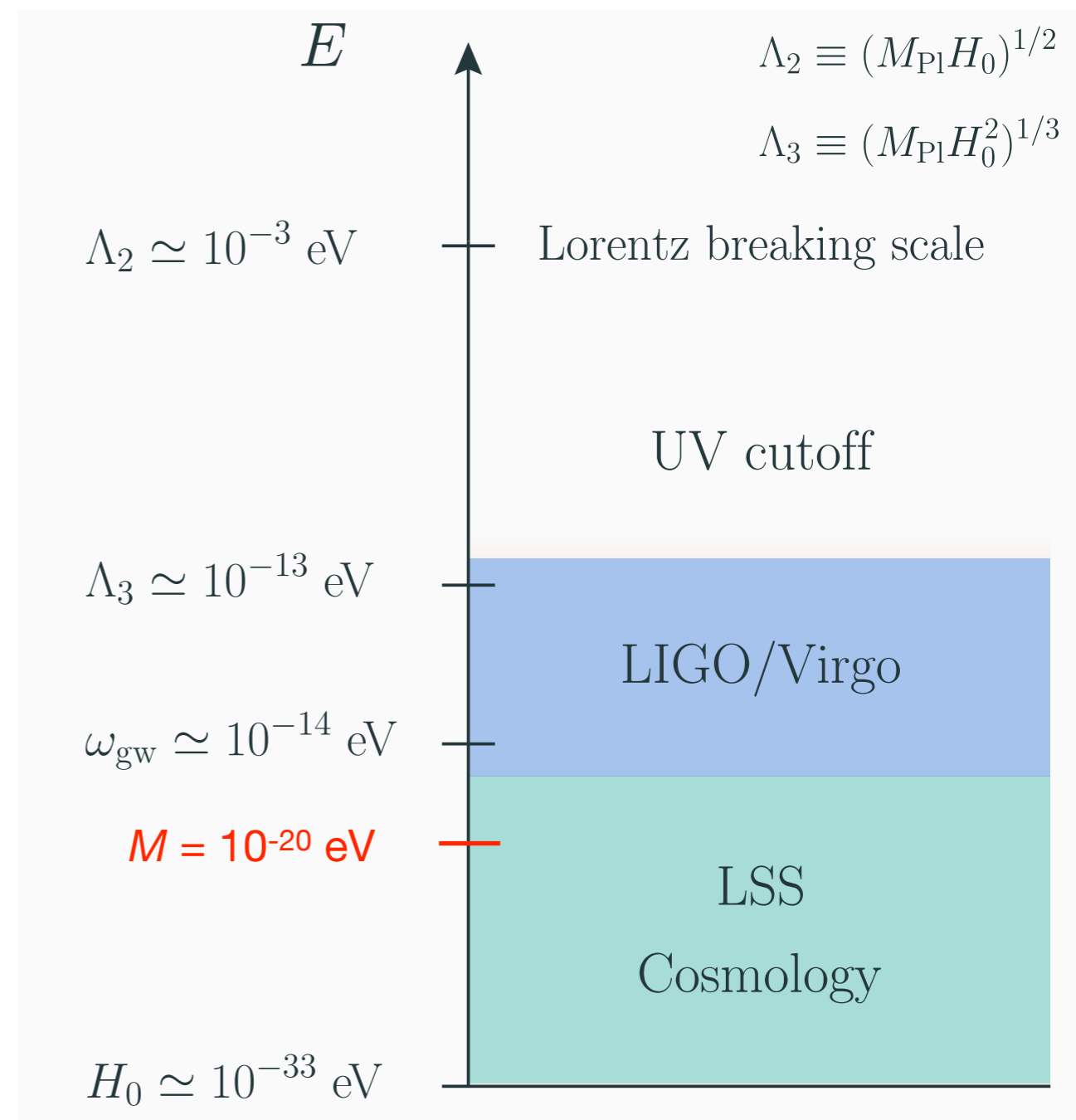
Theory may break down (new states) at a scale **parametrically** lower than cutoff Λ_3

Speed of gravity may go to 1 at “short” scales

$$\begin{aligned}\omega^2 &= c_T^2 k^2 + \frac{k^4}{M^2} + \dots \\ &= k^2 \left(1 + \mathcal{O}(M^2/k^2)\right) \quad M \ll \Lambda_3\end{aligned}$$

Naively: $M \lesssim 10^{-8} \Lambda_3 \sim (10^{11} \text{ km})^{-1}$

- How to reconcile with local tests of gravity?
- Can we say something general about UV completion? Analogous to frequency dependent refraction index: Kramers-Kronig?



After $c_T=1$

$$\begin{aligned}\mathcal{L} = & G_4(\phi, X)R + G_2(\phi, X) + G_3(\phi, X)\square\phi \\ & - 2G_{4,X}(\phi, X)\left[(\square\phi)^2 - (\phi_{;\mu\nu})^2\right] \\ & - F_4(\phi, X)\epsilon^{\mu\nu\rho}_{\sigma}\epsilon^{\mu'\nu'\rho'\sigma}\phi_{;\mu}\phi_{;\mu'}\phi_{;\nu\nu'}\phi_{;\rho\rho'}\end{aligned}$$

$$\square\phi \equiv \phi_{;\mu}^{\mu} \quad X \equiv g^{\mu\nu}\phi_{;\mu}\phi_{;\nu}$$

$$XF_4 = 2G_{4,X}$$

Can we rule out more?

$$\mathcal{L} = G_4(\phi, X)R + G_2(\phi, X) + G_3(\phi, X)\square\phi$$

$$\square\phi \equiv \phi_{;\mu}^{;\mu} \quad X \equiv g^{\mu\nu}\phi_{;\mu}\phi_{;\nu}$$

$$- 2G_{4,X}(\phi, X) \left[(\square\phi)^2 - (\phi_{;\mu\nu})^2 \right]$$

$$- F_4(\phi, X)\epsilon^{\mu\nu\rho\sigma}\epsilon^{\mu'\nu'\rho'\sigma}\phi_{;\mu}\phi_{;\mu'}\phi_{;\nu\nu'}\phi_{;\rho\rho'}$$

$$XF_4 = 2G_{4,X}$$

• *Beyond Horndeski:* $\alpha_H \equiv -\frac{X^2 F_4}{G_4}$

• *Braiding:* $\alpha_B = \frac{\dot{\phi} X G_{3,X}}{H G_4}$

Forecasted constraints from the large-scale structure

$$|\alpha_H| \lesssim 10^{-2}$$

$$|\alpha_B| \lesssim 10^{-2}$$

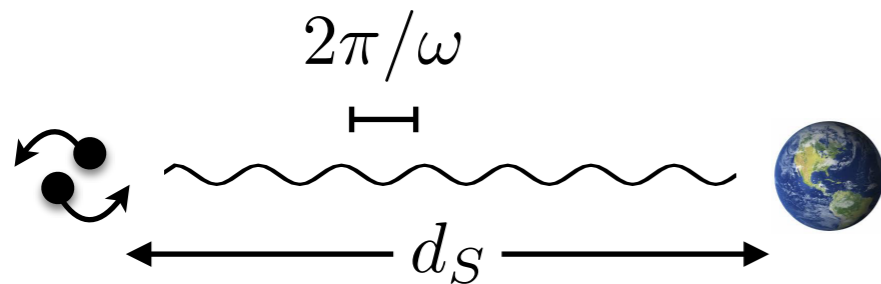
Modified gravitational wave propagation

Spontaneously broken Lorentz invariance: **absorption** and **dispersion**. Effects depend on frequency.

$$\ddot{\gamma}_{ij} + [(3 + \alpha_M)H + \Gamma(k)] \dot{\gamma}_{ij} + [c_T^2 k^2 + f(k)] \gamma_{ij} = 0$$

$$\frac{\Gamma(k)}{\omega} \lesssim \frac{1}{d_S \omega} \quad \frac{f(k)}{\omega^2} \lesssim \frac{1}{d_S \omega} \sim 10^{-18} \times \frac{2\pi \times 100 \text{ Hz}}{\omega} \frac{40 \text{ Mpc}}{d_S}$$

See e.g. Yunes, Yagi, Pretorius '16; Abbott et al. '17

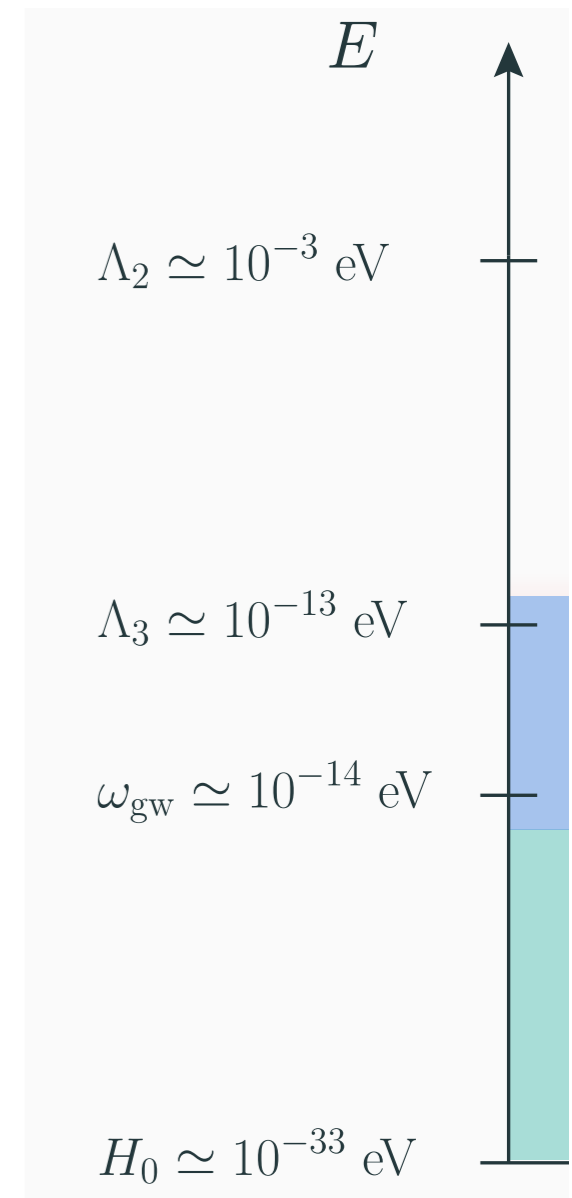
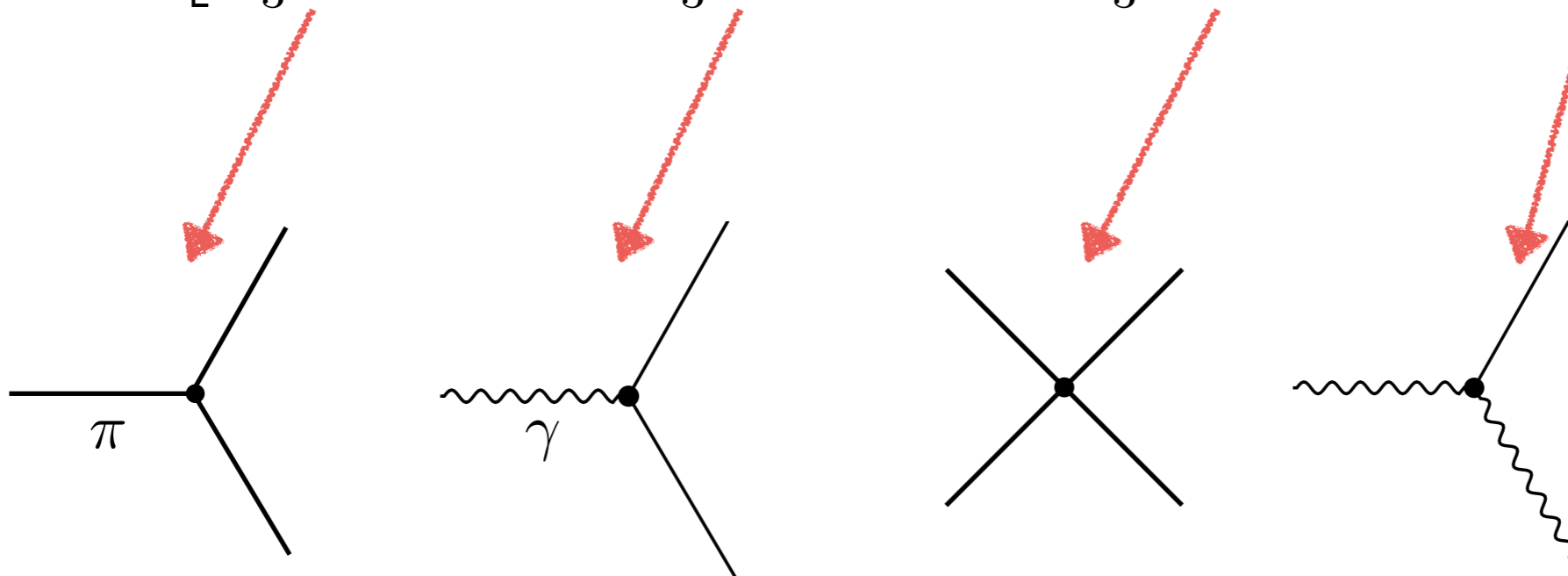


(See also Nishizawa '17; Ezquiaga & Zumalacarregui '18, '20; Dalang, Fleury, Lombriser '20)

Expanded action for α_H

$$\mathcal{L} = \frac{1}{2} (\dot{\pi}^2 - c_s^2 (\partial_k \pi)^2) + \frac{1}{4} ((\dot{\gamma}_{ij})^2 - (\partial_k \gamma_{ij})^2) \quad \pi \equiv \delta\phi/\dot{\phi}_0$$

$$+ \alpha_H \left[\frac{1}{\Lambda_3^3} \partial^2 \pi (\partial\pi)^2 + \frac{1}{\Lambda_3^3} \ddot{\gamma}_{ij} \partial_i \pi \partial_j \pi + \frac{1}{\Lambda_3^6} (\square\pi)^2 (\partial\pi)^2 + \frac{1}{\Lambda_2^2} \dot{\pi} \dot{\gamma}_{ij}^2 \right]$$

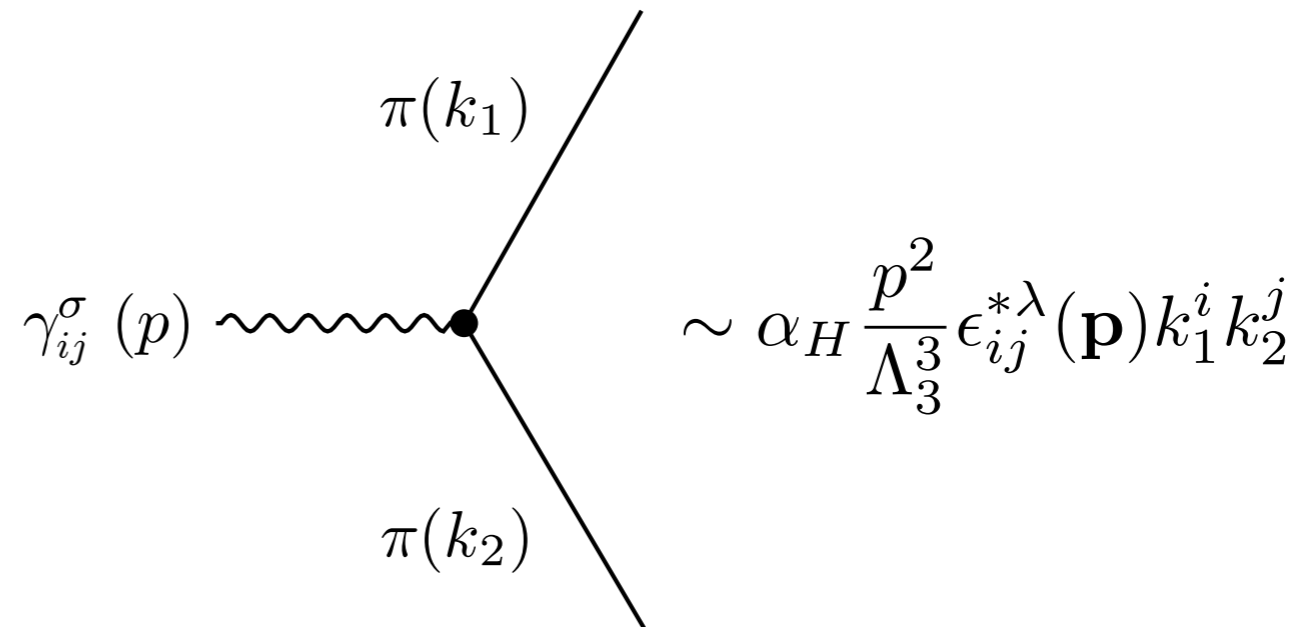


Graviton decay into dark energy

Creminelli, Lewandowski, Tambalo, FV '18

$$\mathcal{L}_{\gamma\pi\pi} = \frac{\alpha_H}{\Lambda_3^3} \ddot{\gamma}_{ij}^c \partial_i \pi_c \partial_j \pi_c$$

$$\Lambda_3 \equiv (M_{\text{Pl}} H_0^2)^{1/3}$$

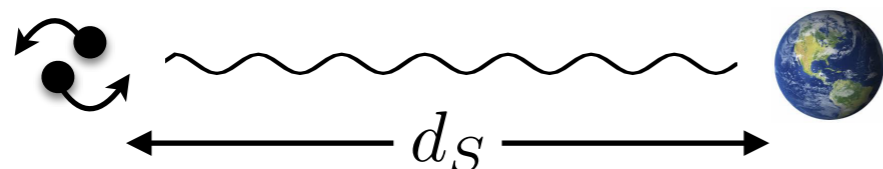


GW decay into scalar fluctuations π . Analogous to light absorption into a material.

Decay allowed for $c_s < 1$ (c_s = sound speed of π fluctuations; assume $c_T=1$)

$$\Gamma \simeq \left(\frac{\alpha_H}{\Lambda_3^3} \right)^2 \frac{\omega_{\text{gw}}^7 (1 - c_s^2)^2}{c_s^7} \quad \text{decay rate}$$

$$d_S \Gamma < 1 \quad \Rightarrow \quad \alpha_H < 10^{-10}$$



irrelevant for LSS observations $\alpha_H \lesssim 10^{-2}$

(unless $c_s=1$ with great precision)

Coherent decay

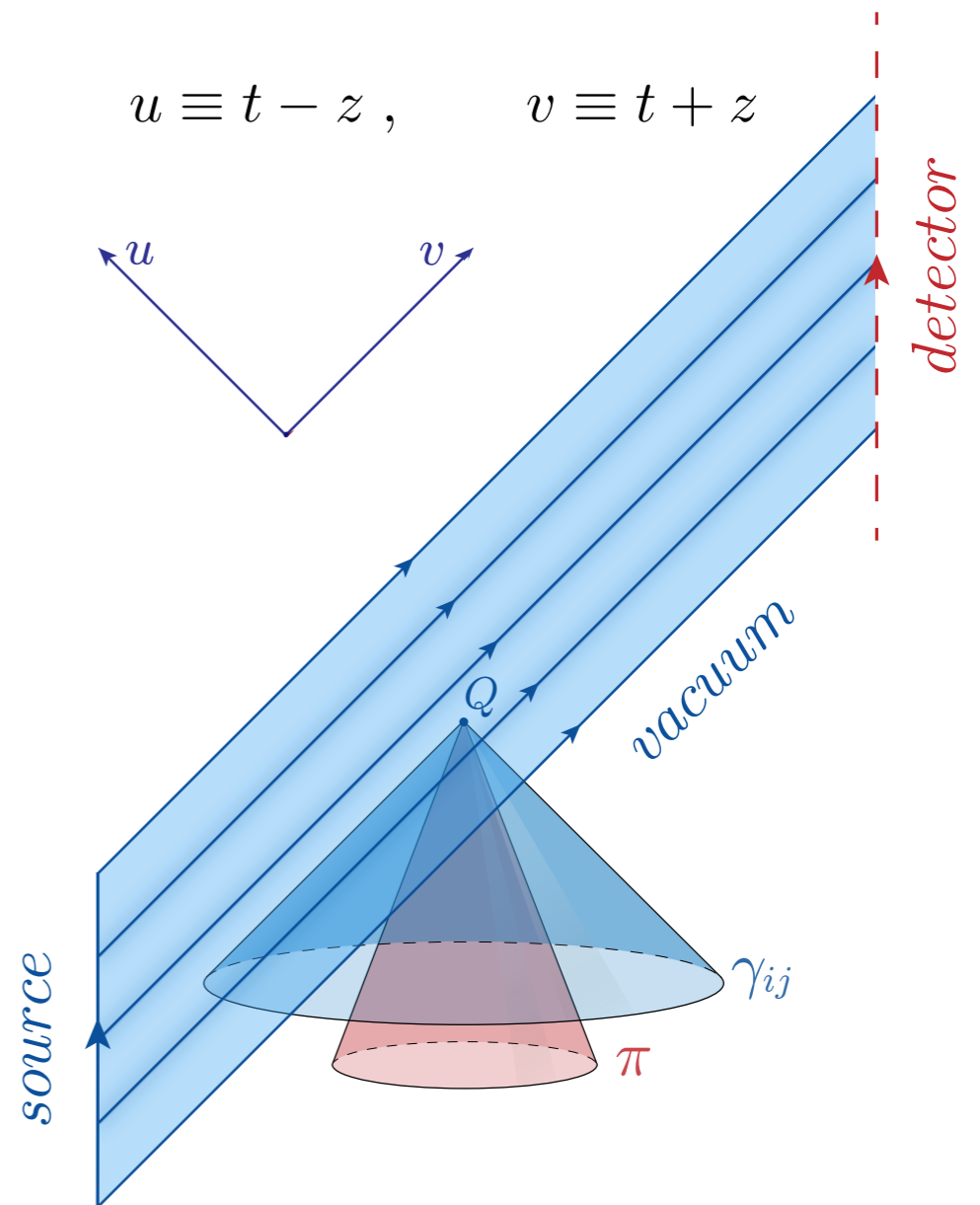
Creminelli, Tambalo, FV, Yingcharoenrat, '19

Decay enhanced by the large occupation number of the GWs ~ preheating

Classical wave: $\gamma_{ij} = M_{\text{Pl}} h_0^+ \cos(\omega u) \epsilon_{ij}^+$, $\beta = \frac{|\alpha_H|}{\alpha c_s^2} \left(\frac{\omega}{H}\right)^2 h_0^+$

Oscillator with changing frequency:

$$\ddot{\pi} - c_s^2 \left[\nabla^2 + \beta \cos(\omega u) \epsilon_{ij}^+ \partial_i \partial_j \right] \pi = 0$$



Coherent decay

Creminelli, Tambalo, FV, Yingcharoenrat, '19

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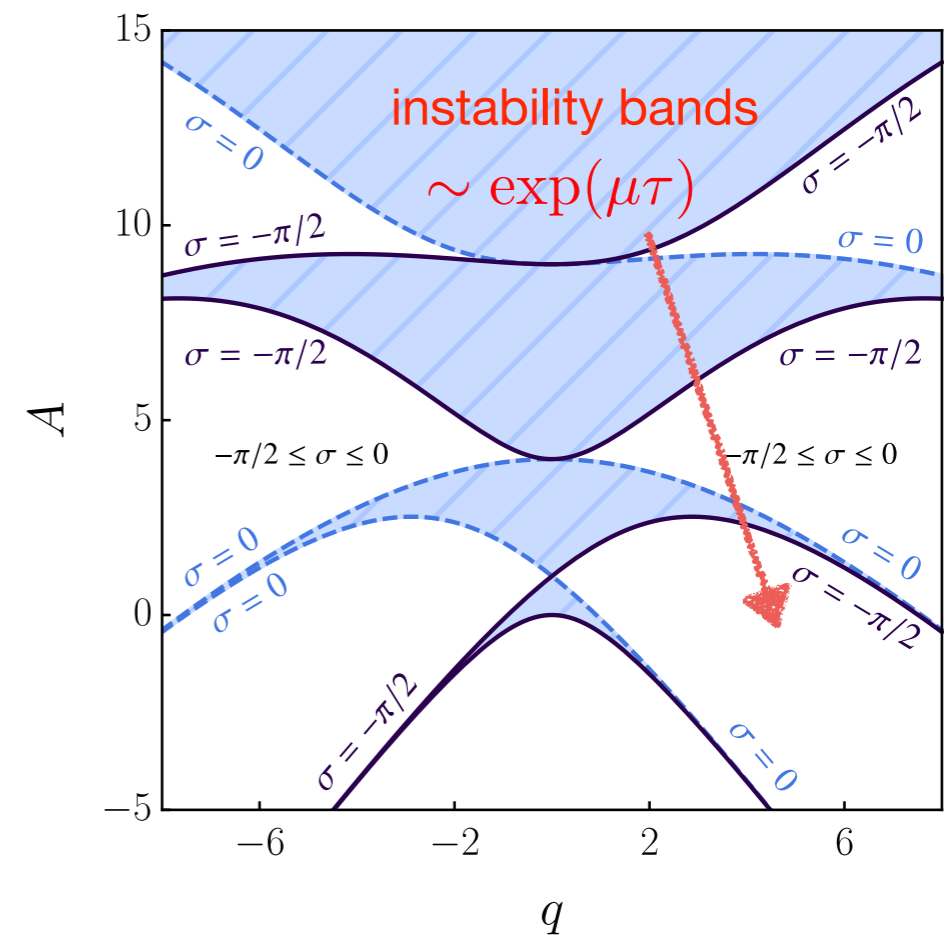
Oscillator with changing frequency:

$$\ddot{\pi} - c_s^2 \left[\nabla^2 + \beta \cos(\omega u) \epsilon_{ij}^+ \partial_i \partial_j \right] \pi = 0$$

Each Fourier mode satisfies a Mathieu equation
 \Rightarrow **parametric resonance**.

$$\frac{d^2 \pi_{\vec{k}}}{d\tau^2} + (A_{\vec{k}} - 2q_{\vec{k}} \cos(2\tau)) \pi_{\vec{k}} = 0$$

Resonant modes grow exponentially: $\pi_{\vec{k}} \sim e^{\mu_{\vec{k}} \tau}$

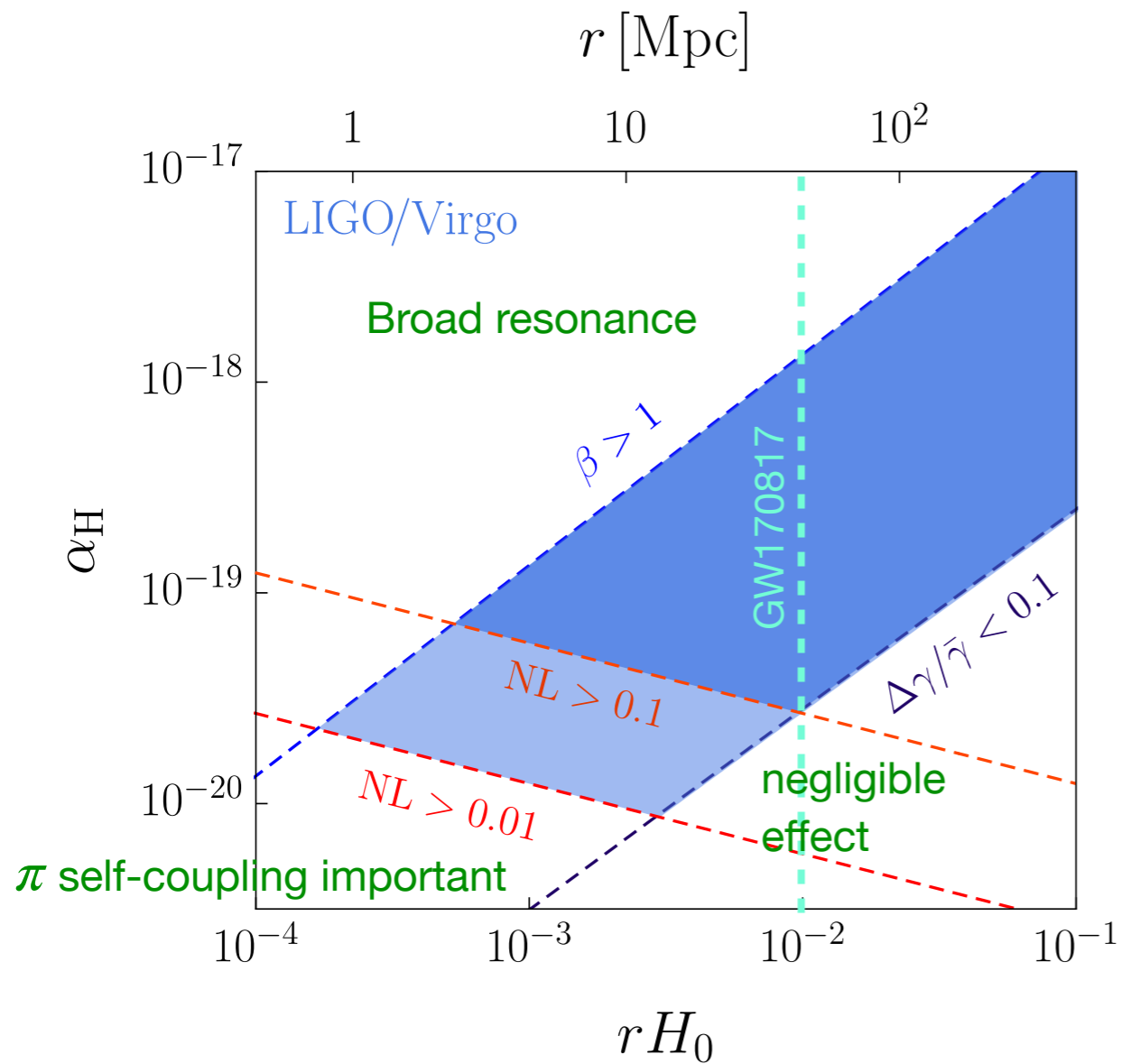


Narrow resonance $\beta \ll 1$: $\mu \sim \beta/4 \Rightarrow \rho_{\pi} \propto e^{\beta \omega u/4} \Rightarrow \Delta \gamma_{ij} \propto v \gamma_0 e^{\beta \omega u/4} \epsilon_{ij}^+$

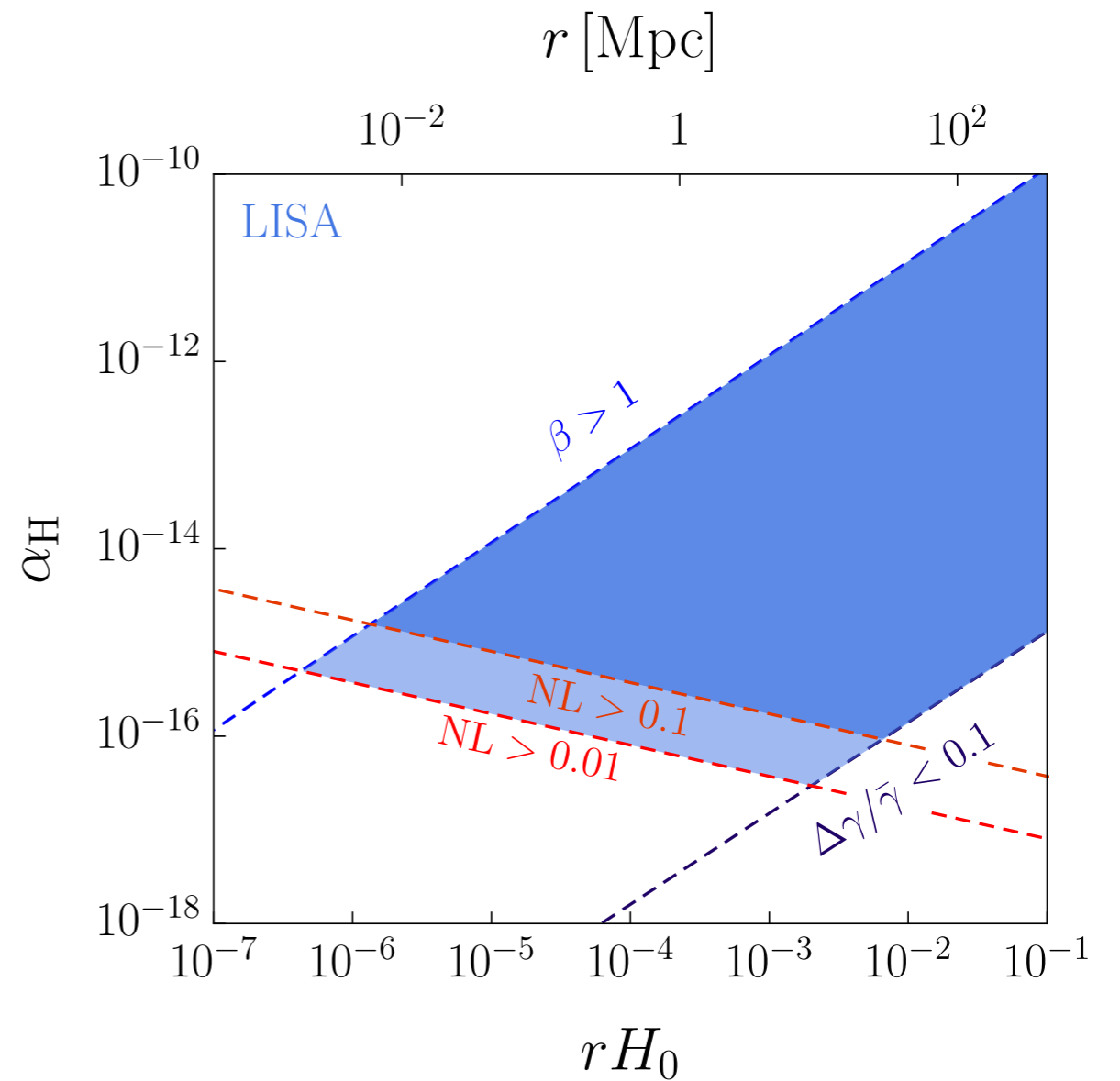
Same direction and polarization. Same frequency + higher harmonics (precursors)

GW modification

$$f = 30 \text{ Hz}, \quad M_c = 1.2 M_\odot$$



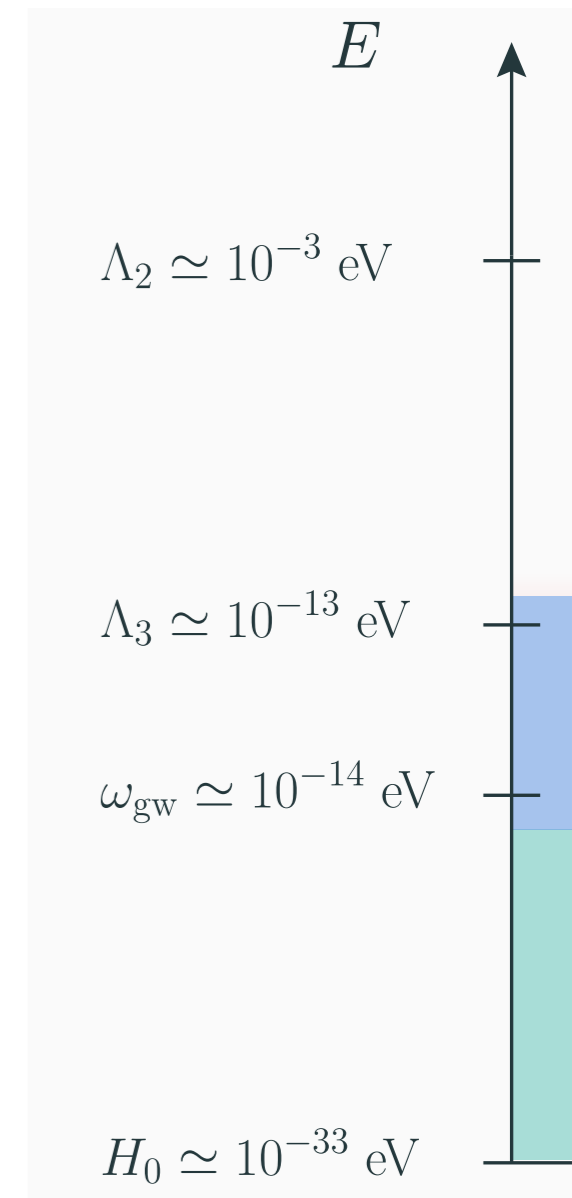
$$f = 10^{-2} \text{ Hz}, \quad M_c = 30 M_\odot$$



Expanded action for α_H

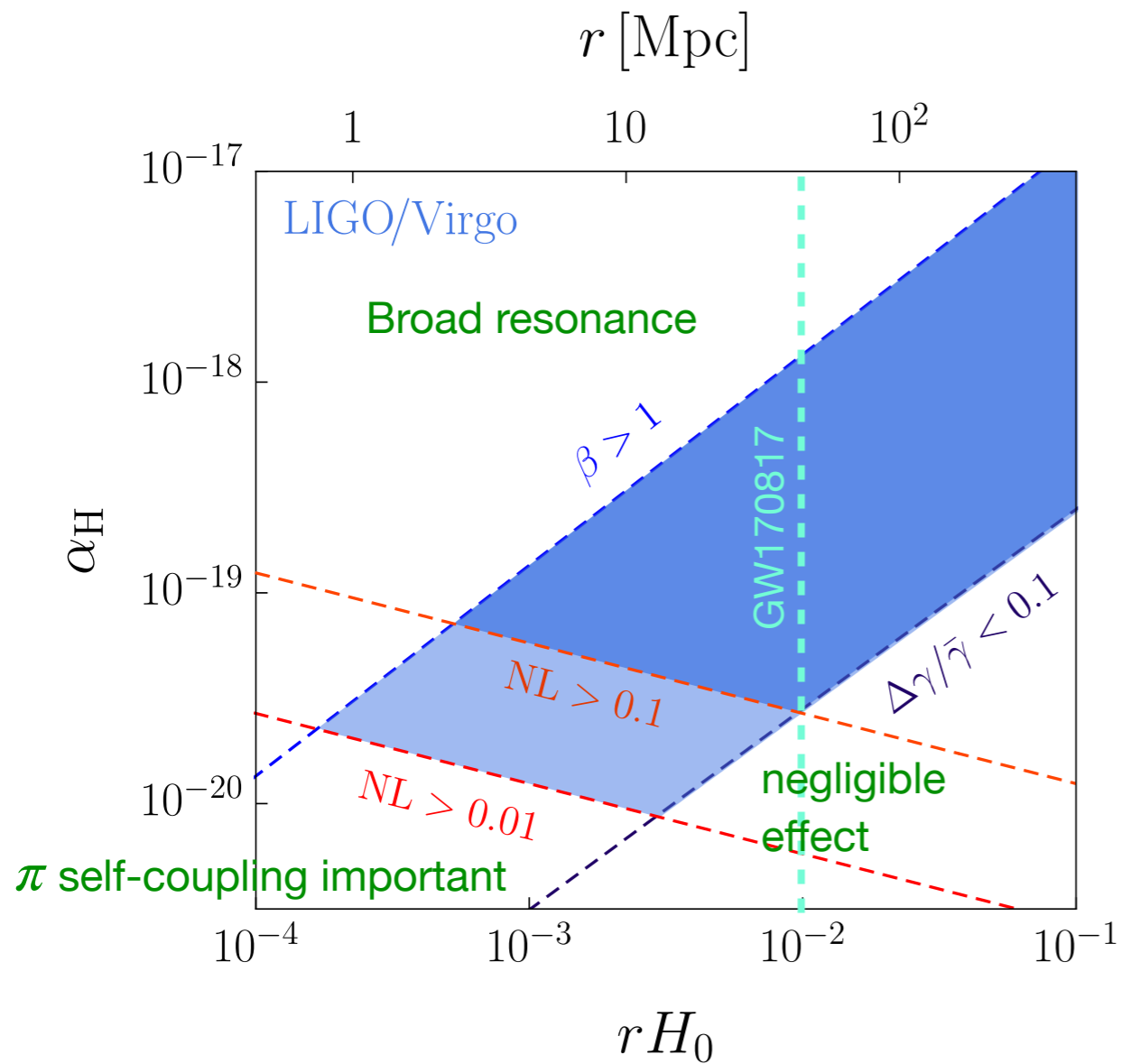
$$\mathcal{L} = \frac{1}{2} (\dot{\pi}^2 - c_s^2 (\partial_k \pi)^2) + \frac{1}{4} ((\dot{\gamma}_{ij})^2 - (\partial_k \gamma_{ij})^2) \quad \alpha_H \equiv -\frac{X^2 F_4}{G_4}$$

$$+ \alpha_H \left[\frac{1}{\Lambda_3^3} \partial^2 \pi (\partial \pi)^2 + \frac{1}{\Lambda_3^3} \ddot{\gamma}_{ij} \partial_i \pi \partial_j \pi + \frac{1}{\Lambda_3^6} (\square \pi)^2 (\partial \pi)^2 + \frac{1}{\Lambda_2^2} \dot{\pi} \dot{\gamma}_{ij}^2 \right]$$

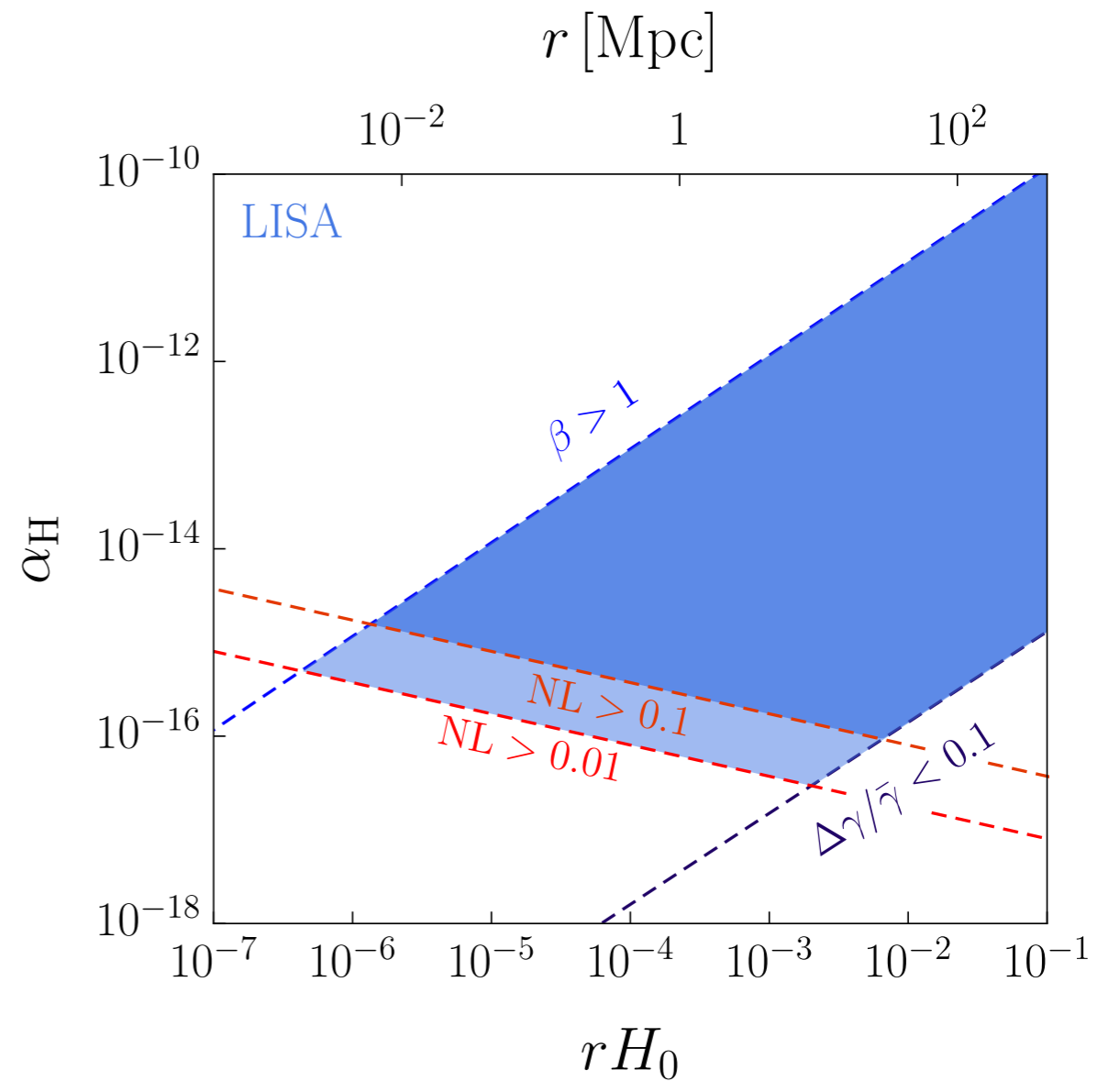


GW modification

$$f = 30 \text{ Hz}, \quad M_c = 1.2 M_\odot$$



$$f = 10^{-2} \text{ Hz}, \quad M_c = 30 M_\odot$$



Theory after no decay

$$\mathcal{L} = G_4(\phi, X)R + G_2(\phi, X) + \boxed{G_3(\phi, X)\square\phi}$$

$$- \cancel{2C_{4,X}(\phi, X) \left[(\square\phi)^2 - (\phi_{;\mu\nu})^2 \right]}$$

$$- \cancel{F_4(\phi, X) \epsilon^{\mu\nu\rho\sigma} \epsilon^{\mu'\nu'\rho'\sigma} \phi_{;\mu} \phi_{;\mu'} \phi_{;\nu\nu'} \phi_{;\rho\rho'}}$$

$$\square\phi \equiv \phi_{;\mu}^{;\mu} \quad X \equiv g^{\mu\nu} \phi_{;\mu} \phi_{;\nu}$$

• ~~Beyond Horndeski:~~ $\alpha_H \equiv \frac{X^2 F_4}{G_4}$

• Braiding: $\alpha_B = \frac{\dot{\phi} X G_{3,X}}{H G_4}$

Expanded action for α_B

$$\mathcal{L} = \frac{1}{2} (\dot{\pi}^2 - c_s^2 (\partial_k \pi)^2) + \frac{1}{4} ((\dot{\gamma}_{ij})^2 - (\partial_k \gamma_{ij})^2) \\ + \alpha_B \left[\frac{1}{\Lambda_3^3} \partial^2 \pi (\partial \pi)^2 + \frac{1}{\Lambda_2^2} \dot{\gamma}_{ij} \partial_i \pi \partial_j \pi + \frac{1}{M_{\text{Pl}}} \pi \dot{\gamma}_{ij}^2 \right]$$

Same calculation but with $\beta = \frac{|\alpha_B|}{\alpha c_s^2} \frac{\omega}{H} h_0^+$

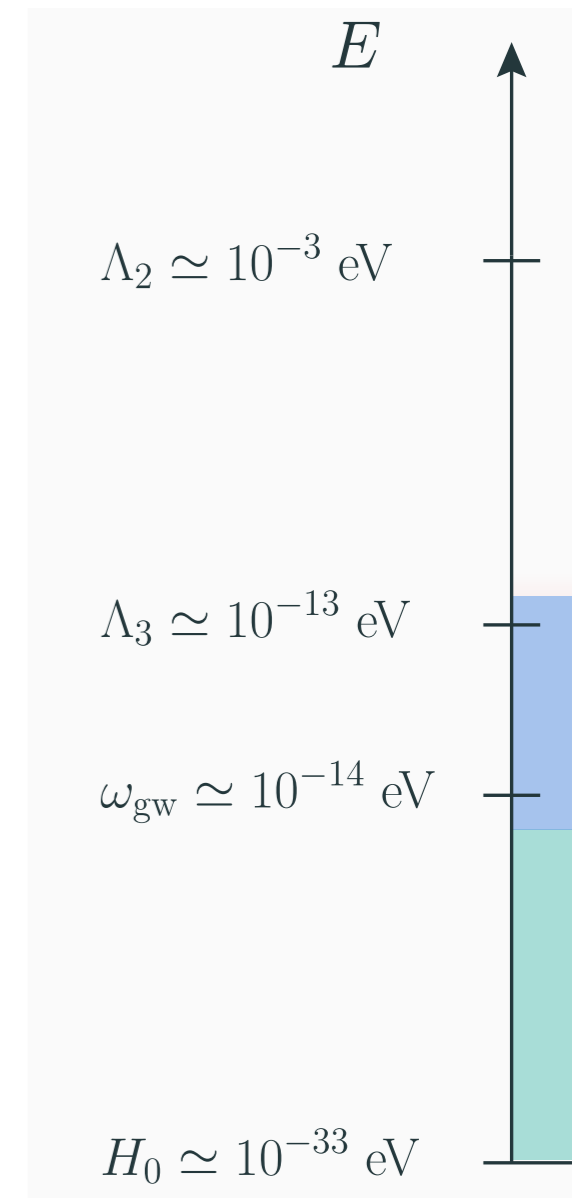
Exponential growth **quenched** by large self-couplings of π .

Kills the effect? Simulations \sim preheating

No clear constraints on α_B ...

$$\alpha_B = \frac{\dot{\phi} X G_{3,X}}{H G_4}$$

$$\Lambda_2 \equiv (H_0 M_{\text{Pl}})^{1/2}$$



Expanded action for α_B

$$\mathcal{L} = \frac{1}{2} (\dot{\pi}^2 - c_s^2 (\partial_k \pi)^2) + \frac{1}{4} ((\dot{\gamma}_{ij})^2 - (\partial_k \gamma_{ij})^2)$$

$$\alpha_B = \frac{\dot{\phi} X G_{3,X}}{H G_4}$$

$$+ \alpha_B \left[\frac{1}{\Lambda_3^3} \partial^2 \pi (\partial \pi)^2 + \frac{1}{\Lambda_2^2} \dot{\gamma}_{ij} \partial_i \pi \partial_j \pi + \frac{1}{M_{\text{Pl}}} \pi \dot{\gamma}_{ij}^2 \right]$$

The regime $\beta > 1$ seems problematic:

$$\ddot{\pi} + c_s^2 [k^2 + \beta \cos(\omega u) \epsilon_{ij}^+ k^i k^j] \pi = 0$$

$$\beta = \frac{|\alpha_B|}{\alpha c_s^2} \frac{\omega}{H} h_0^+$$

gradient instability < 0

Expanded action for α_B

$$\mathcal{L} = \frac{1}{2} (\dot{\pi}^2 - c_s^2 (\partial_k \pi)^2) + \frac{1}{4} ((\dot{\gamma}_{ij})^2 - (\partial_k \gamma_{ij})^2) \quad \alpha_B = \frac{\dot{\phi} X G_{3,X}}{H G_4}$$

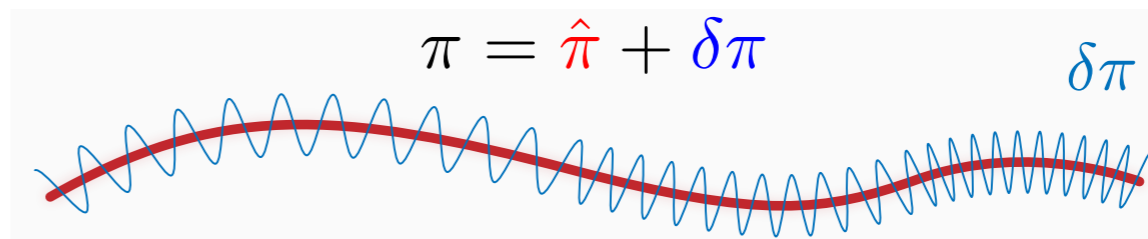
$$+ \alpha_B \left[\frac{1}{\Lambda_3^3} \partial^2 \pi (\partial \pi)^2 + \frac{1}{\Lambda_2^2} \dot{\gamma}_{ij} \partial_i \pi \partial_j \pi + \frac{1}{M_{\text{Pl}}} \pi \dot{\gamma}_{ij}^2 \right]$$

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We must check whether this is true even when we include nonlinearities

$$Z_{\mu\nu} [\hat{\pi}(x)] \partial^\mu \partial^\nu \delta\pi = 0$$



- **Gradient instabilities:** imaginary solution of $Z_{\mu\nu} k^\mu k^\nu = 0$ for k^μ
- **Ghost instabilities:** $Z_{00} < 0$

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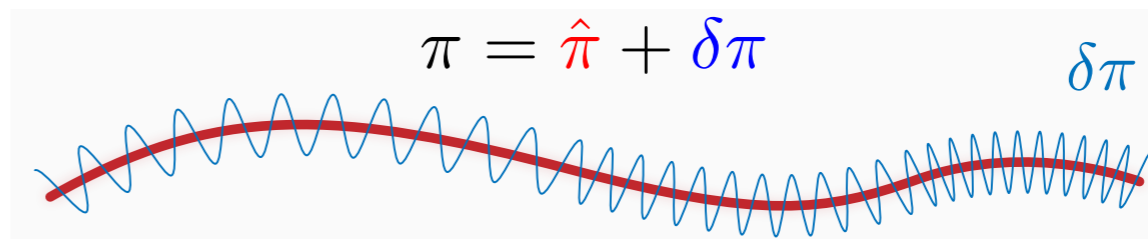
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- **Ghost instabilities:** $Z_{00} < 0$ $\beta^2 > (1 - c_s^2) c_s^{-4}$

Triggering the instability

instability parameter

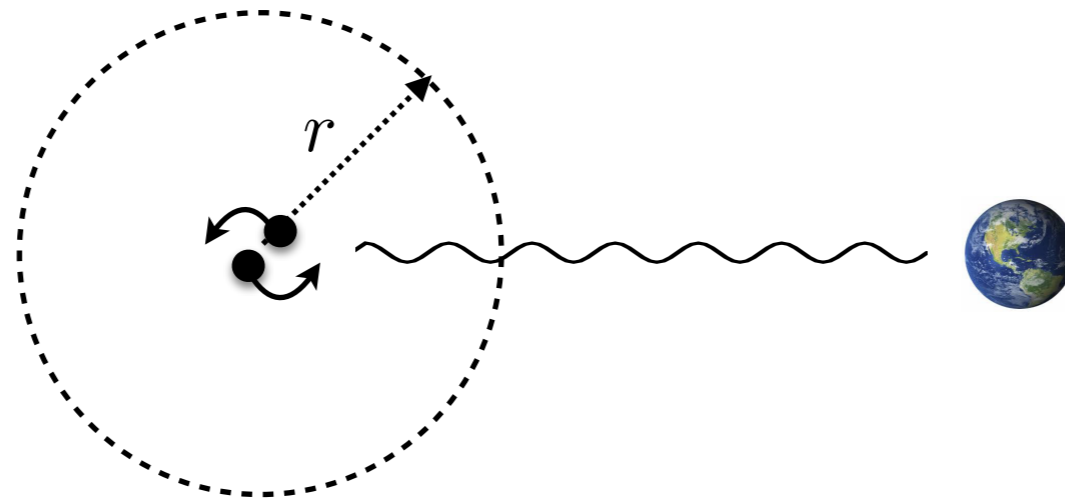
$$\beta = \frac{|\alpha_B|}{\alpha c_s^2} \frac{\omega}{H} h_0^+$$

GW amplitude

$$h_0^+ \sim \frac{1}{\sqrt{2}} \cdot \frac{4}{r} (GM_c)^{5/3} (\pi f)^{2/3}$$

condition on frequency

$$f < f_{\text{ISCO}} \simeq \frac{0.034}{\pi GM_c}$$



- $r = 1$ Mpc (stellar mass BHBs/LIGO frequencies): instability triggered around dense regions
- $r = 10$ Mpc (heavier BHBs/lower frequencies): instability triggered everywhere
(scales larger than typical screened region)

Stellar-mass BHs ($r = 1 \text{ Mpc}$)

instability parameter

$$\beta = \frac{|\alpha_B|}{\alpha c_s^2} \frac{\omega}{H} h_0^+$$

GW amplitude

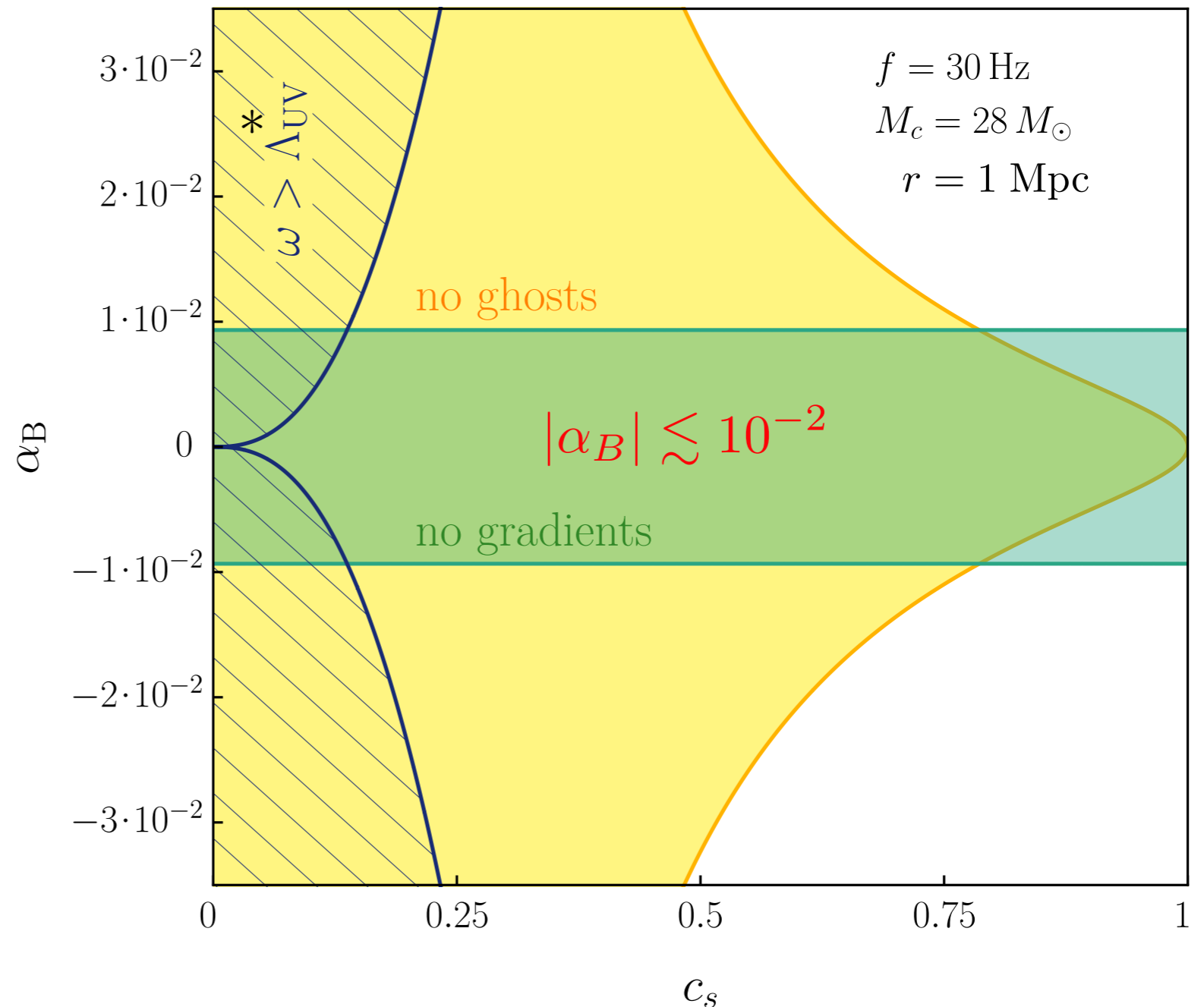
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$$f < f_{\text{ISCO}} \simeq \frac{0.034}{\pi GM_c}$$

• $\beta > 1$: **gradient inst.**

• $\beta^2 > (1 - c_s^2)c_s^{-4}$: **ghost inst.**



* $\Lambda_{\text{UV}} \sim \frac{\alpha^{1/2} c_s^{11/6}}{\alpha_B^{1/3}} \Lambda_3$

Triggering the instability

instability parameter

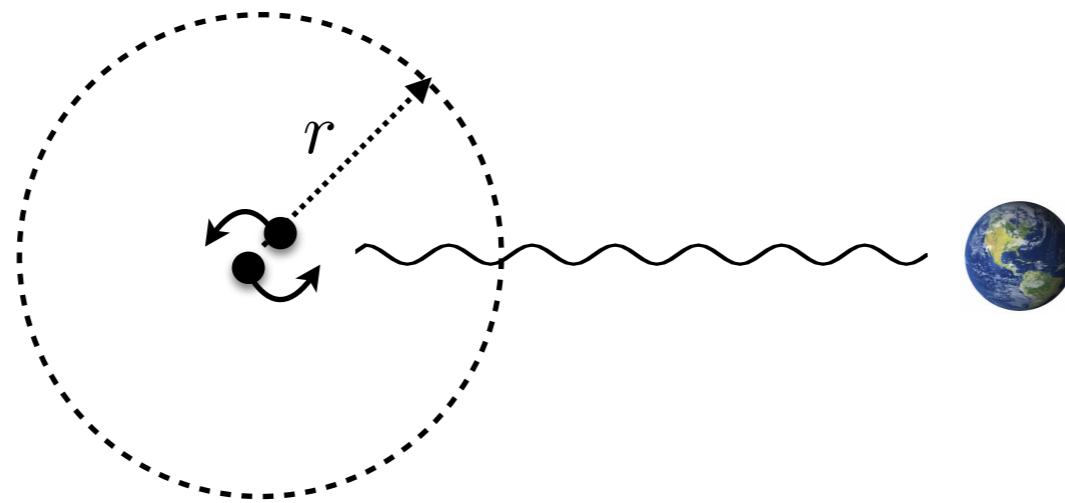
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(scales larger than typical screened region)

Gradient instability, $\beta > 1$, for α_B

instability parameter

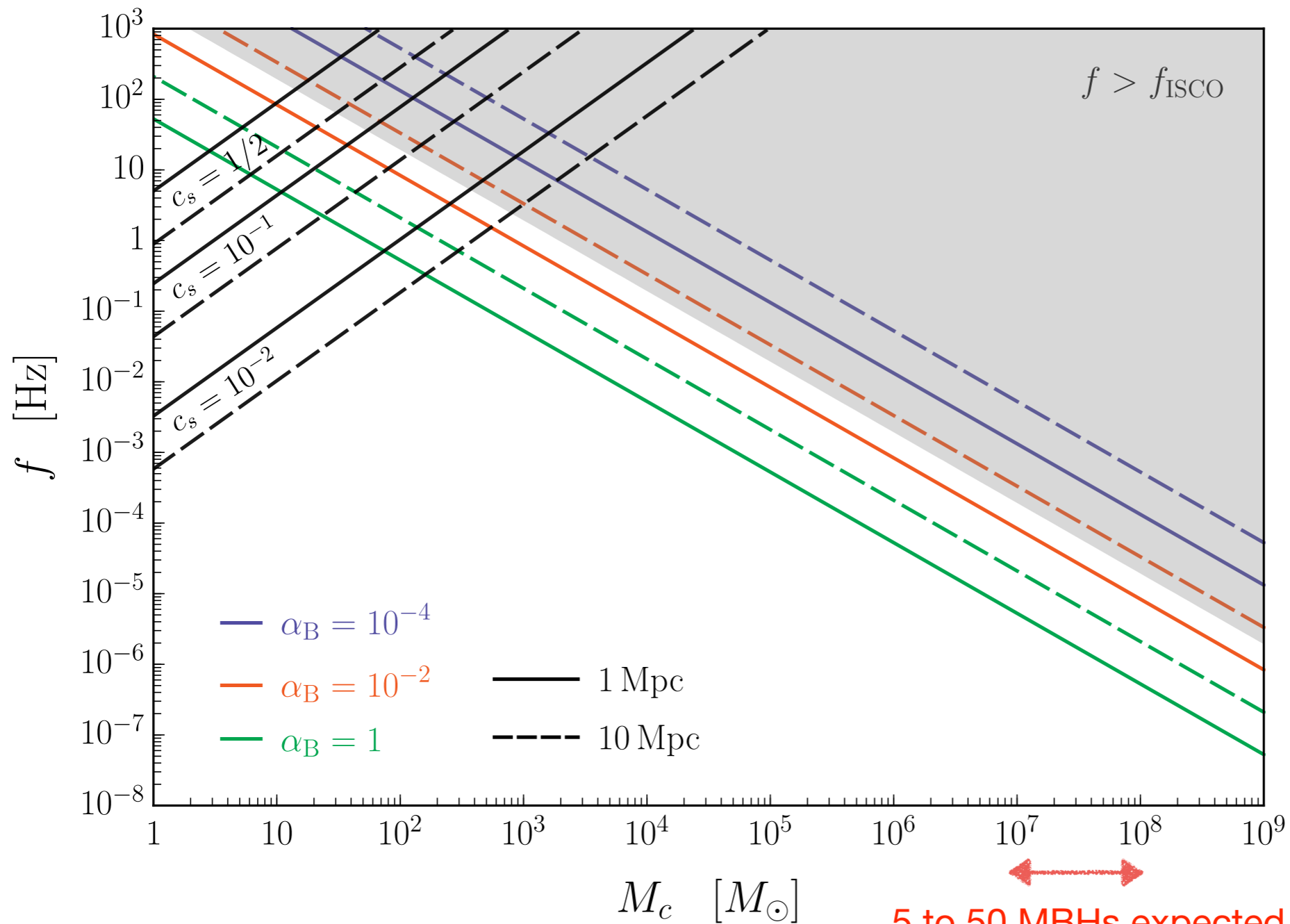
$$\beta = \frac{|\alpha_B|}{\alpha c_s^2} \frac{\omega}{H} h_0^+$$

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condition on frequency

$$f < f_{\text{ISCO}} \simeq \frac{0.034}{\pi GM_c}$$



$$|\alpha_B| \lesssim 10^{-2}$$

Population of MBHs is enough to globally trigger the instability

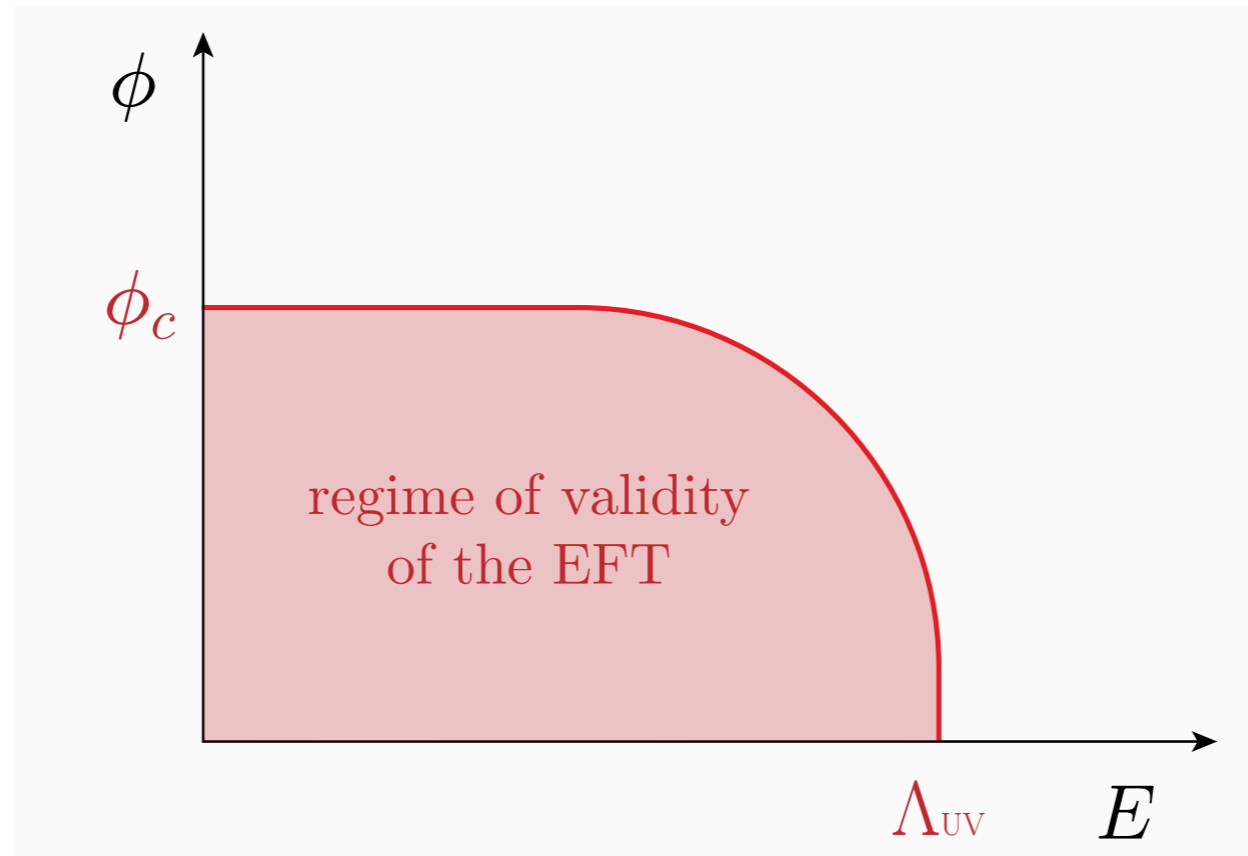
Down to 10^{10} Km

5 to 50 MBHs expected

Fate of instability

Is the instability real or artefact of EFT? Gradient and ghost instabilities can appear in the low energy EFT of stable UV complete theories

Validity of EFT modified by presence of sizeable background



Fate of instability depends on the (unknown) UV completion: no guarantee of physical effects

$$\rho_{\text{inst.}} \sim \Lambda_{UV}^4 \ll \rho_{\text{gw}} \sim \Lambda_2^4$$

To trust the EFT: $|\alpha_B| \lesssim 10^{-2}$. Interestingly close to constraints from the large-scale structure

Summary and conclusion

Gravitational waves probe modified gravity as light probes material

In many cases very effectively, more than what large-scale structure can do

$$\begin{aligned}\mathcal{L} = & G_4(\phi, X)R + G_2(\phi, X) + G_3(\phi, X)\square\phi \\ & - 2G_{4,X}(\phi, X)\left[(\square\phi)^2 - (\phi_{;\mu\nu})^2\right] \\ & + G_5(\phi, X)G^{\mu\nu}\phi_{;\mu\nu} + \frac{1}{3}G_{5,X}(\phi, X)\left[(\square\phi)^3 - 3\square\phi(\phi_{;\mu\nu})^2 + 2(\phi_{;\mu\nu})^3\right] \\ & - F_4(\phi, X)\epsilon^{\mu\nu\rho}{}_{\sigma}\epsilon^{\mu'\nu'\rho'\sigma}\phi_{;\mu}\phi_{;\mu'}\phi_{;\nu\nu'}\phi_{;\rho\rho'} \\ & - F_5(\phi, X)\epsilon^{\mu\nu\rho\sigma}\epsilon^{\mu'\nu'\rho'\sigma'}\phi_{;\mu}\phi_{;\mu'}\phi_{;\nu\nu'}\phi_{;\rho\rho'}\phi_{;\sigma\sigma'}\end{aligned}$$

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- Speed of GW: $|c_T - 1| \lesssim 10^{-15}$
- Perturbative decay and dispersion $|\alpha_H| \lesssim 10^{-10}$
- Resonant graviton decay $10^{-10} \lesssim |\alpha_H| \lesssim 10^{-20}$

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Summary and conclusion

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- Perturbative decay and dispersion $|\alpha_H| \lesssim 10^{-10}$
- Resonant graviton decay $10^{-10} \lesssim |\alpha_H| \lesssim 10^{-20}$
- Instabilities due to GW $|\alpha_B| \lesssim 10^{-2}$

$$\begin{aligned}
 \mathcal{L} = & G_4(\phi, X)R + G_2(\phi, X) + G_3(\phi, X)\Box\phi \\
 & - 2G_{4,X}(\phi, X)\left[(\Box\phi)^2 - (\phi_{;\mu\nu})^2\right] \\
 & + G_5(\phi, X)G^{\mu\nu}\phi_{;\mu\nu} + \frac{1}{3}G_{5,X}(\phi, X)\left[(\Box\phi)^3 - 3\Box\phi(\phi_{;\mu\nu})^2 + 2(\phi_{;\mu\nu})^3\right] \\
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 \end{aligned}$$