

Lec #20: A Bit of CosmologyBasic ideas of General Relativity (GR)

Einstein circa 1905

Motion in arbitrary (non-inertial, accelerated) frames.

Gravity and Inertia - Why should gravity couple to inertial mass?

Law of inertia:  $\vec{F} = m_I \ddot{\vec{r}}$

Newton's universal law of Gravitation  $\vec{F}_G = G \frac{m_g^{(1)} m_g^{(2)}}{r_{12}^2}$

Compare to Coulomb  $\vec{F}_C = k \frac{q_1 q_2}{r_{12}^2}$

From experiment, we know that gravitational "charge"  $m_g$  is identical to inertial mass.

$$m_I |\ddot{\vec{r}}| = m_g \frac{G M_g^E}{R_E^2} \quad m_I = m_g$$

All objects fall with same acceleration due to gravity.  
Weak principle of equivalence

Torsion Balance (Eötvös experiment) e.g. beryllium, titanium

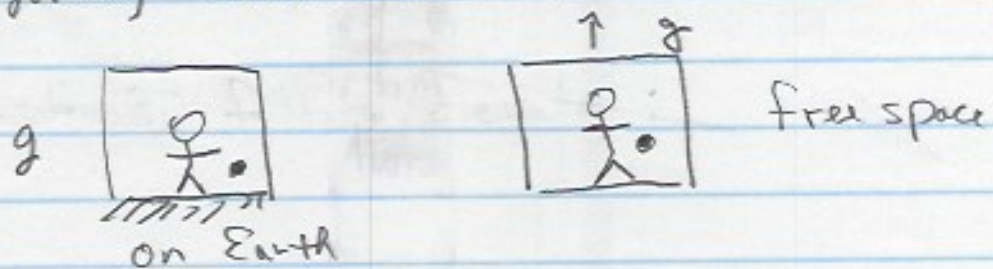
Eötvös parameter  $\eta(\text{Be-Ti}) = (0.3 \pm 18) \times 10^{-13}$  (2012)

V.W. group  $\eta = \frac{\Delta a}{(a_1 + a_2)}$

$\Delta a(\text{Be, Ti}) \approx 10^{-15} \text{ m/s}^2$

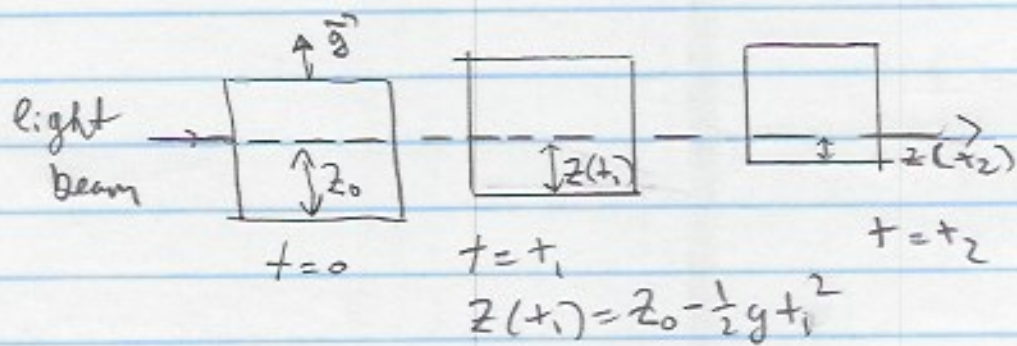


Strong Principle of Equivalence: No experiment can distinguish between a uniform gravitational field and a uniformly accelerated reference frame.



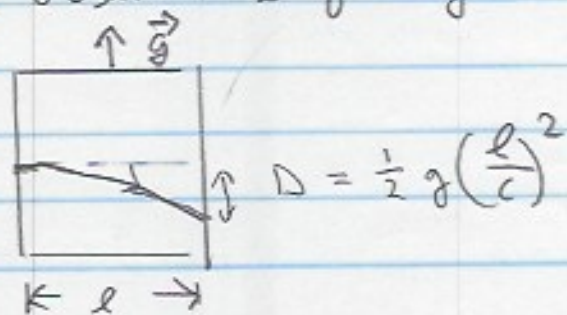
Each observer sees same acceleration of dropped ball.

Predicts: ① Bending of light by gravity

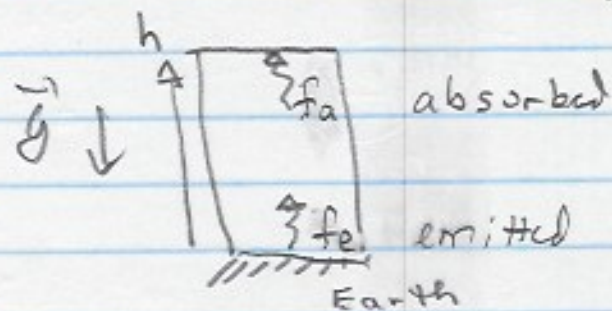


$$z(t_2) = z_0 - \frac{1}{2} g t_2^2$$

so light path observed is falling?



## ② Gravitational Red Shift



Can also be thought of as photon energy decreasing due to potential energy  
 ← gravity couples to energy in GR  
 "Apparent weight of photons"

$$E_a = E_e - \left(\frac{E_e}{c^2}\right)gh$$

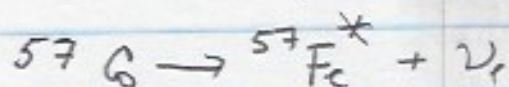
$$\frac{E_a}{E_e} = \frac{f_a}{f_e} = 1 - \frac{gh}{c^2}$$

$$\frac{\Delta f}{f_e} = \frac{f_a - f_e}{f_e} = -\frac{gh}{c^2}$$

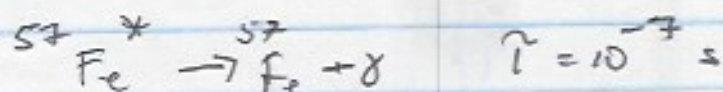
$$\text{for } l = 100 \text{ m} \quad \frac{\Delta f}{f} = \frac{(10 \text{ m/s}^2) 100 \text{ m}}{(3 \times 10^8 \text{ m/s})^2} = \underline{\underline{10^{-14}}}$$

measured by Pound & Rebka (1959) shortly after discovery of Mössbauer effect.



Mössbauer effect

K capture - inner electron  $e^- + p \rightarrow n + \nu_e$



$$\Delta = E^* - E = 14.4 \text{ keV}$$

You will show  $E_\gamma = \Delta - E$   
due to nuclear recoil.

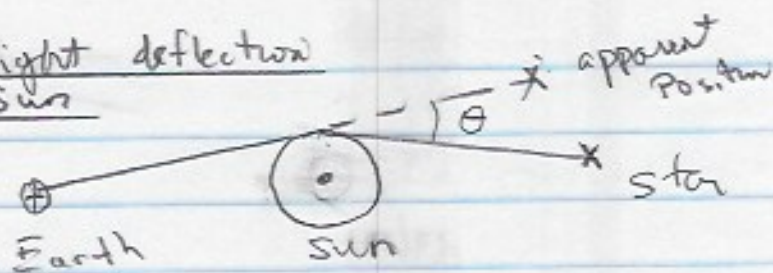
$E$  is not small compared to  
natural line width.

Mössbauer discovered that emitted  $\gamma$   
could be resonantly absorbed when  
Co nucleus was embedded in iron.

Co electroplated onto iron, then heated to  
diffuse Co into iron.  $\text{Fe}^*$  embedded in  
iron crystal lattice does not recoil.

Pound & Rebka (1959)  $\frac{\Delta f^{\text{exp.}}}{\Delta f^{\text{theory}}} = 1.05 \pm 0.1$

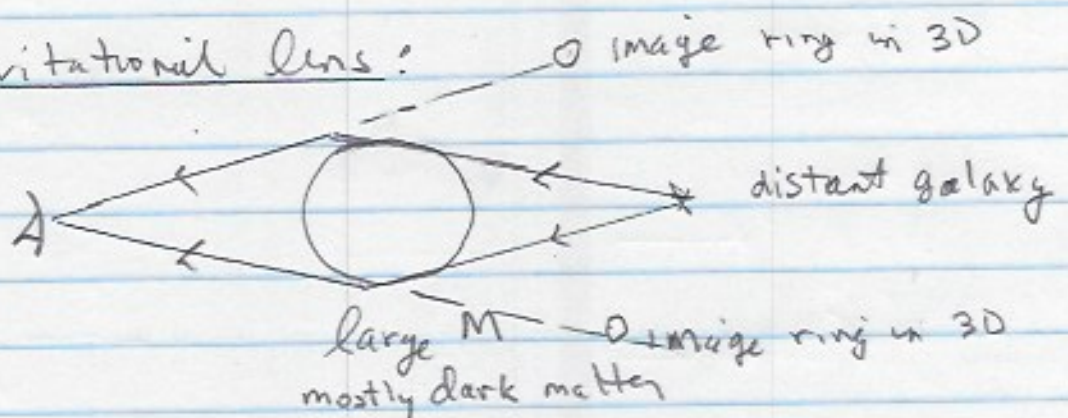


Starlight deflection  
by Sun

Eddington, Solar eclipse 1919

$$\theta = \frac{4M_{\odot}G}{R_{\odot}c^2} = 1.75'' = 1.75 \left(\frac{1}{60}\right)^2 \frac{2\pi}{360}$$

$$= 8.5 \times 10^{-6} \text{ radians}$$

Gravitational lens:

star will appear as Einstein ring.

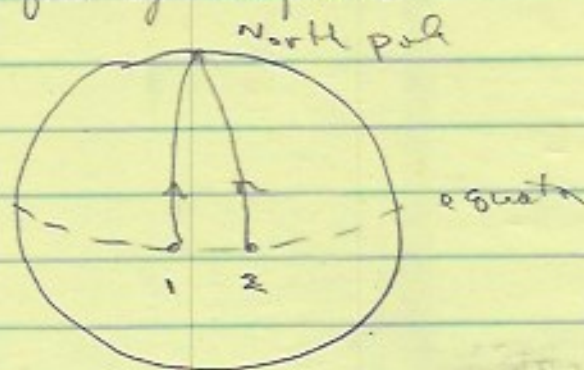
Seen with Hubble telescope.



## Force & Geometry in GR

Curvature of spacetime gives rise to "apparent" force. Particles follow straight line trajectories in curved spacetime.

A 2D analogy - Universe curved in space as the surface of a sphere.



straight lines are geodesics (great circles) intersections of plane through the center of sphere with surface of sphere. Curves 1 and 2 get closer together as they move along straight lines as if attracted by a force.

Line element on sphere of radius  $R$ :

$$(ds)^2 = (R \sin \theta d\phi)^2 + (R d\theta)^2$$

$$ds = R \left[ (\sin \theta d\phi)^2 + (d\theta)^2 \right]^{1/2}$$

$\phi$  azimuthal angle

$\theta$  polar angle



Line element in flat spacetime

$$-(ds)^2 = +(d\vec{r})^2 = \underbrace{(cdt)^2}_{\equiv (dx_0)^2} - (dx_1)^2 - (dx_2)^2 - (dx_3)^2$$

shortest distance is path of light ray

$$d\vec{r} = 0$$

Curved spacetime, path of light ray  
is "Geodesic"

$$(ds)^2 = \int_{\mu, \nu=0}^3 g_{\mu\nu}(t, \vec{x}) dx^\mu dx^\nu$$

$$\bar{x} = (t, \vec{x}) = (x^0, x^1, x^2, x^3) \quad c=1$$

$g_{\mu\nu}(t, \vec{x}) = g_{\mu\nu}(\bar{x})$  metric tensor  
metric tensor is  $4 \times 4$  matrix of  
functions of  $\bar{x}$ .



Einstein Field equations

$$G_{\mu\nu}(g_{\mu\nu}(\bar{x})) = \frac{8\pi G_N}{c^4} T_{\mu\nu}(\bar{x})$$

$G_N$  is Newton's constant

$G_{\mu\nu}, T_{\mu\nu}, g_{\mu\nu}$  are tensors transforming in a certain way under  $\bar{x} \rightarrow \bar{x}'$  coordinate change.

$G_{\mu\nu}$  describes geometry, depends on derivatives of  $g_{\mu\nu}$

$$\frac{\partial^2 g_{\alpha\beta}}{\partial x^\mu \partial x^\nu} \quad \text{e.g.} \quad \frac{\partial^2 g_{00}}{\partial x_1 \partial x_2}$$

$T_{\mu\nu}$  describes mass-energy density, called stress-energy tensor.

16 coupled second order, non-linear P.D.E. for  $g_{\mu\nu}(\bar{x})$

" geometry = mass/energy density "



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## Cosmological constant

To allow static universe, Einstein added the cosmological constant ( $\Lambda$ ) -

$$G_{\mu\nu} - g_{\mu\nu} \Lambda = \frac{8\pi G}{c^4} T_{\mu\nu}$$

dimensionally energy density

moved to right hand side of equation,  
interpreted as vacuum energy.

No reason to exclude this term by  
Symmetry of G.R. ( $g_{\mu\nu}$  is a tensor).  
In this sense, it was a mistake to leave it out.

For  $\Lambda > 0$ , acts as a cosmic scale repulsive  
force. measured to be small but not zero.

Vacuum energy in Q.F.T. diverges.

$$\langle E_{\text{vac}} \rangle = \sum_{\text{all frequencies}} \frac{1}{2} h f \rightarrow \infty$$

non-zero ground state of harmonic oscillator.

If we assume some high frequency cut-off  
 $f_c$  where Q.F.T. breaks down

$$\langle E_{\text{vac}} \rangle = \frac{U}{V} = \int \frac{d^3 p}{h^3} E = \frac{4\pi}{(hc)^3} \int_0^{hf_c} E^3 dE = \frac{4\pi}{(hc)^3} (hf_c)^4$$

$$\Lambda = 0.73 \times 10^{-29} \text{ gm/cm}^3 \sim (10^{-11} \text{ GeV})^4$$

measured

Cosmological constant problem

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Cosmology On very large scales  
universe is homogeneous and isotropic.

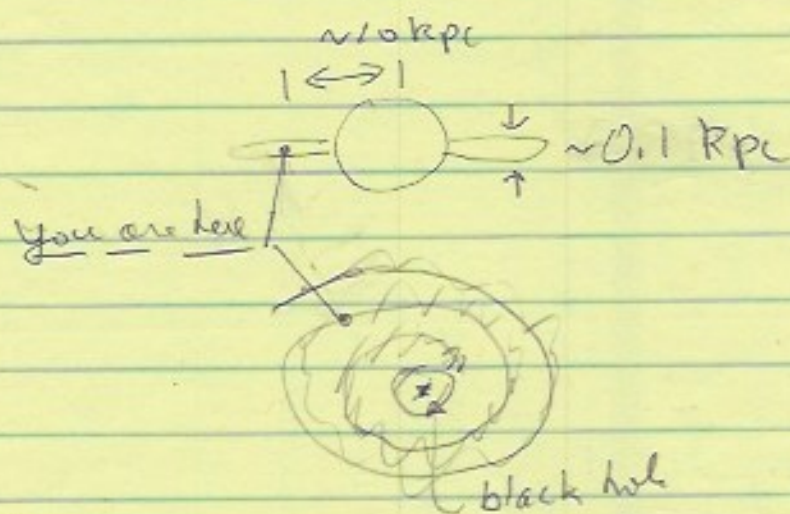
Cosmological scale  $d \sim 100 \text{ Mpc} = 10^8 \text{ pc}$  (parsec)

$\text{pc} = 3.26 \text{ ly}$ ,  $60 \text{ Mpc} \approx 10^8 \text{ ly}$  (light-year)

$1 \text{ ly} = 0.946 \times 10^{13} \text{ km}$        $1 \text{ Mpc} = 3 \times 10^{14} \text{ km}$

$\frac{\delta v}{v} \sim \frac{1}{10}$  from observation of  
peculiar velocities velocities  
of galaxies (expansion removed).

Hubble 1929 First to observe galaxies  
outside milky way



distance to Sun  $6 \times 10^{-6} \text{ pc}$   
distance to nearest star ( $10^4 \times$  distance to Pluto)  $= 1 \text{ pc}$   
nearest galaxy Andromeda  $725 \text{ kpc}$   
edge of visible universe  $3 \times 10^{10} \text{ pc}$   
 $= 300 d$



Isotropic, homogeneous universe gives

$T_{\mu\nu}$  diagonal.

$\rho \equiv$  energy density

$p \equiv -\frac{\partial E}{\partial V}$  pressure

$$T_{\mu\nu} = \begin{bmatrix} \rho & & & \\ & -p & & \\ & & -p & \\ & & & -p \end{bmatrix}$$

$\equiv$  diagonal  $(\rho, -p, -p, -p)$

with  $t_0 \equiv$  now

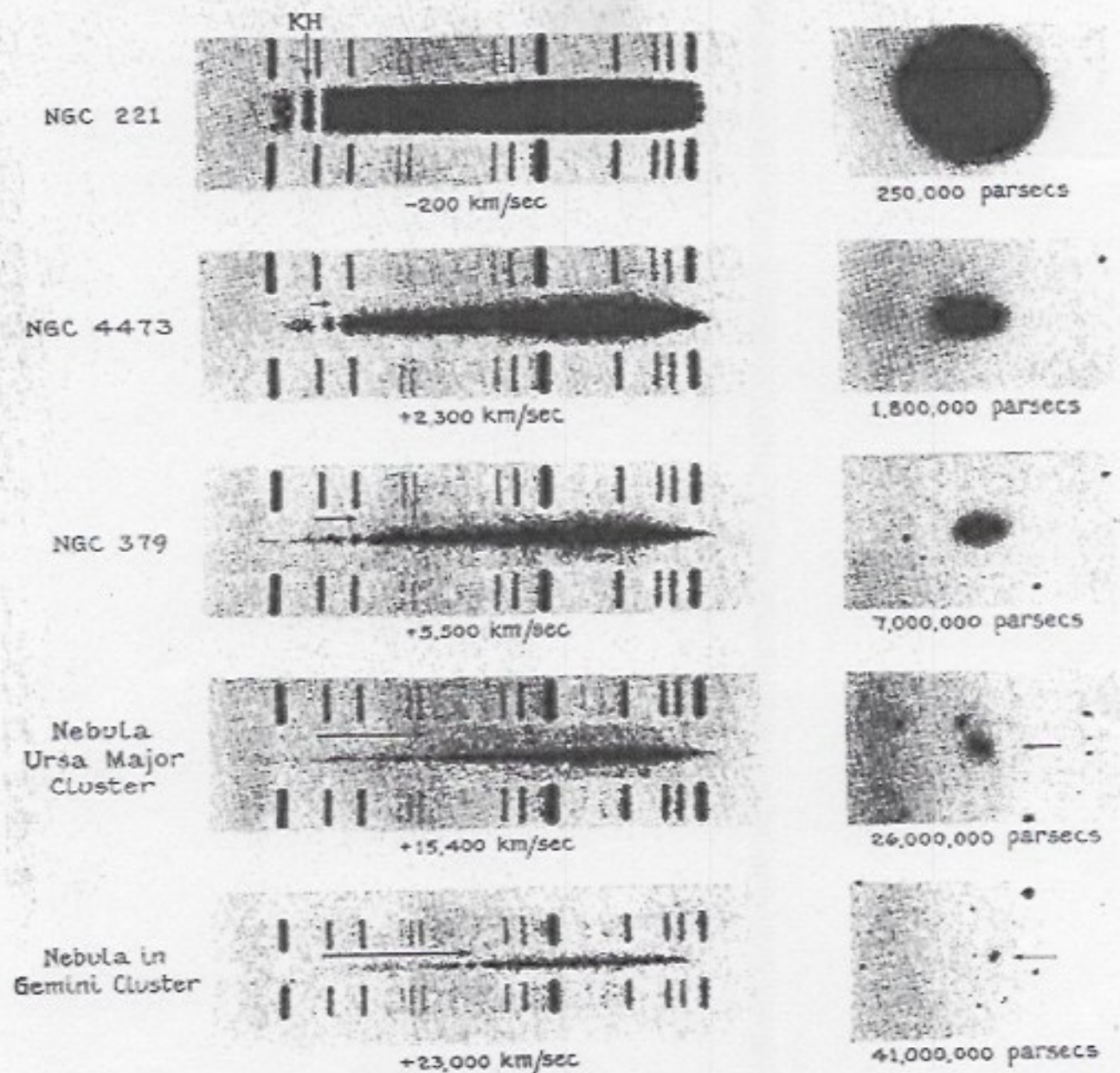
$$\rho_m(t_0) = 4.6 \times 10^{-33} \text{ g/cm}^3$$

$$= 4.6 \times 10^{-27} \text{ g/m}^3$$

$$\approx (1 \text{ proton}) / \text{m}^3$$

Expanding Universe -

Hubble discovered "distant stars" actually galaxies (1929). Measured velocity red shift.



red shift

$$z \equiv \frac{\lambda_{obs} - \lambda_{emit}}{\lambda_{emit}} = \frac{\lambda_{obs}}{\lambda_{emit}} - 1 = \frac{v_r}{c}$$

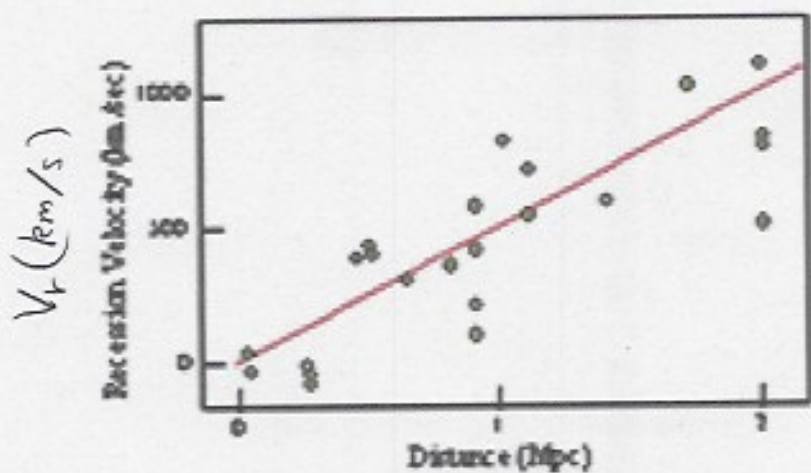
$v_r \equiv$  doppler shift recession velocity



Red shift due to expanding universe  
interpreted as recession velocity.

$$z_{\max} = \frac{V_r^{\max}}{c} = \frac{10^3 \text{ km/s}}{3 \times 10^5 \text{ km/s}} = 0.03$$

### Hubble's Data (1929)



slope is  
 $V_r = H_0 d$   
slope is  
Hubble Constant

$d = \text{distance Mpc}$

measured today:

$$H_0 = 100 h \text{ km/(Mpc} \cdot \text{s)} \quad \text{inverse time}$$

$$h = (0.682 \pm 0.006) \quad \text{(model dependent)}$$

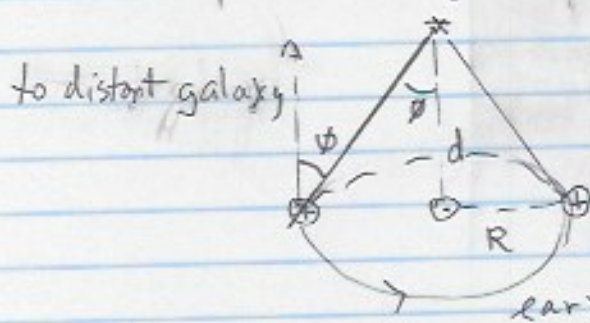
Hubble (expansion time)  $= 3 \times 10^{19}$

$$\tau_H = \frac{1}{H_0} = \frac{1}{70} \text{ s} \left( \frac{\text{Mpc}}{\text{km}} \right) = \frac{1}{0.7} 3 \times 10^{17} \text{ s} = 4 \times 10^8 \text{ s}$$

$$\tau_H = 1.4 \times 10^{10} \text{ y} = 14 \text{ billion years}$$

Distance measures

- 1) Parallax: apparent motion of stars relative to very distant galaxies ("fixed stars")



$$d = \frac{R}{\tan \phi} \approx \frac{R}{\phi}$$

example:  $\phi = 10^{-6}$  radians  $d = \frac{1.5 \times 10^8 \text{ km}}{10^{-6}} = 1.5 \times 10^{14} \text{ km}$   
 $= 4.6 \text{ pc}$

- 2) Apparent brightness ( $l$ ) of "standard candle"

$$l = \frac{L}{4\pi d^2} \quad L = \text{absolute luminosity}$$

$$\frac{l_{\text{star}}}{l_{\odot}} = \left( \frac{d_{\odot}}{d_{\text{star}}} \right)^2 = \left( \frac{6 \times 10^{-6} \text{ pc}}{10 \text{ pc}} \right)^2 = 0.36 \times 10^{-14}$$

$L$  depends on mass of star

"Main Sequence" stars  $T \sim M$   $T_{\text{emp}}$  from Wien's displacement law  
 H fusion to Helium  
 90% of stars



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(3) Cepheid variables varying in intensity with period related to  $L$

(4) type IA supernovae:  
 star accretes mass (white dwarf, star binary). When  $M \sim 1.4 M_{\odot}$   
 degeneracy pressure insufficient  $\rightarrow$  Supernovae

| method                          | max distance                               |
|---------------------------------|--|
| parallax                        | 30 P                                       |
| main sequence                   | 0.1 MPC                                    |
| ceheid                          | 4 MPC                                      |
| ( brightest galaxies<br>type IA | few $\times 10$ Gpc<br>few $\times 10$ Gpc |

not standard candle

### Cosmological Models

$$T_{uv} = \text{diagonal}(1, -P, -P, -P)$$

Constant curvature, Robertson-Walker metric:

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

$k$  is sign of curvature;  $a$  is "scale factor" \*

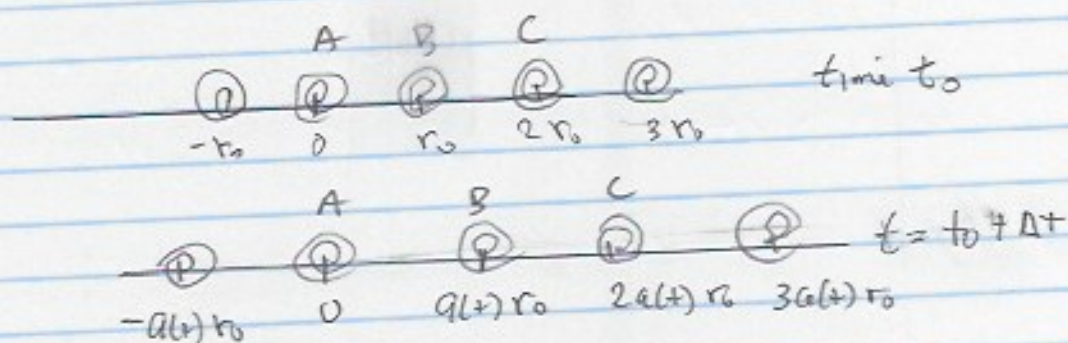
| $k$ | geometry | 2D analog | Velocity analog |
|-----|----------|-----------|-----------------|
| +1  | closed   | sphere    | $V < V_{esc}$   |
| 0   | flat     | plane     | $V = V_{esc}$   |
| -1  | open     | saddle    | $V > V_{esc}$   |

\* Velocity of object launched from earth surface



All three possibilities imply big bang.

Expanding universe analogy:  
galaxies on rubber band



$$v(t) = r_0 \dot{a}(t)$$

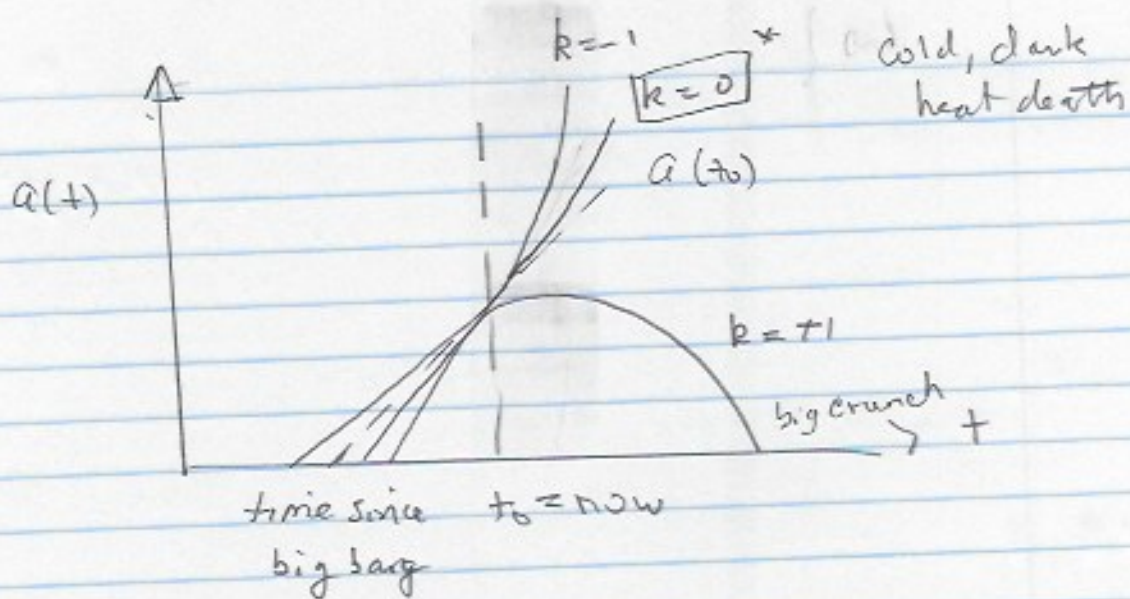
$$\frac{\Delta r_{AB}}{\Delta t} = v_{AB} = r_0 \left[ \frac{a(t+\Delta t) - a(t)}{\Delta t} \right] = r_0 \dot{a}$$

$$\frac{\Delta r_{AC}}{\Delta t} = v_{AC} = r_0 2\dot{a}$$

Apparent recession speed  $\propto$  distance

Note - big bang does not imply universe is spatially finite.





$$\frac{\dot{a}}{a} = H(t) \quad \text{with } H(t_0) \equiv H_0$$

three cosmologies drawn with same  $H_0$ .

time since big bang not  $H_0^{-1}$ . Depends not only on  $k$ , but evolution of  $a(t)$  which depends on  $(S, P)$ .

red shift

$$1+z = \frac{\lambda_{\text{obs}}}{\lambda_{\text{emit}}} = \frac{a(t_0)}{a(t_e)}$$

directly measure scale factor

\* CMB observations strongly favor a spatially flat universe;  $k = 0$  and  $S_{\text{tot}} = S_{\text{crit}}$ .

$$\Omega_{\text{tot}} = S_{\text{tot}} / S_{\text{crit}} = 1$$

$$\Omega_{\text{tot}} = \Omega_B + \Omega_S + \Omega_M + \Omega_{\text{Dark}}$$

Critical density

∝ Friedmann equation

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

$$\rho = \rho_m \text{ matter} = \text{baryons} + \text{dark} \\ + \rho_r \text{ radiation} \\ + \rho_\Lambda \text{ vacuum}$$

Critical density for which  $k=0$  spatially flat universe.

$$H_0 \equiv H(t_0)$$

$$\rho_{\text{crit}} = \frac{3 H_0^2}{8\pi G} = 1.88 \times 10^{-29} h^2 \text{ g/cm}^3$$

$$h \equiv \left(\frac{H_0}{100 \text{ km/s/Mpc}}\right) = 0.674$$

$$\rho_{\text{crit}} = 0.85 \times 10^{-29} \text{ g/cm}^3 = 8.5 \times 10^{-27} \text{ kg/m}^3 \\ \approx 5 \text{ protons/m}^3$$

$$= 1.26 \times 10^{11} M_\odot / (\text{Mpc})^3$$

define  $\rho(t_0)$  relative to  $\rho_{\text{crit}}$  as  $\Omega$

$$\Omega = \Omega_m + \Omega_r + \Omega_\Lambda = 1$$

for  $k=0$  spatially flat universe



Dynamics of UniverseEinstein's equation + Robertson-Walker metric  
(homogeneity, isotropy)

$$(1) \quad H^2 = \left(\frac{\dot{a}}{a}\right)^2 = \frac{8\pi G \rho}{3} - \frac{k}{a^2} + \frac{\Lambda}{3} \quad (c=1)$$

pressure  $P = -\frac{dE}{dV}$   $E = \text{energy}$

changing variables  $\frac{dV}{dt} P = -\frac{dE}{dt}$

Volume  $V = V_0 a^3(t)$

$E = V_0 a^3(t) \rho(t)$   $V_0$  constant

$$P \frac{d}{dt}(a^3) = -\frac{d}{dt}(a^3 \rho) = -\dot{\rho} a^3 - \rho \frac{d}{dt}(a^3)$$

$$a^3 \dot{\rho} = -(\rho + P) \frac{da^3}{dt} = -(\rho + P) 3a^2 \dot{a}$$

$$(1') \quad \dot{\rho} = -(\rho + P) 3 \left(\frac{\dot{a}}{a}\right) = -(\rho + P) 3H$$

Combine (1), (1') with  $k=0$  (take time derivative of 1)

$$(2) \quad \frac{\ddot{a}}{a} = -\frac{4\pi G}{3} (\rho + 3P) + \frac{\Lambda}{3}$$

(1), (2) are Friedmann equations

Modeling the Universe

On cosmic scale, universe is composed of perfect (zero viscosity) fluids, each described by an equation of state

$$p = w \rho \quad w \text{ a constant}$$

recall ideal gas law,

$$P = \left(\frac{N}{V}\right) kT = \left(\frac{RT}{m}\right) \rho$$

Matter: galactic matter is a cosmic "dust" or pressureless gas ( $w=0$ )

$$\frac{d}{dt} (\rho_m a^3) = 0$$

$$\dot{\rho}_m a^3 + \rho_m 3 a^2 \dot{a}$$

$$\frac{\dot{\rho}_m}{\rho_m} = -3 \frac{\dot{a}}{a}$$

$$\text{use } \int \frac{\dot{x}}{x} dt = \int \frac{dx}{x} = \ln \frac{x(t)}{x(t_0)}$$

$$\ln \frac{\rho_m(t)}{\rho_m(t_0)} = \ln \left( \frac{a(t_0)}{a(t)} \right)^3$$

$$\boxed{\rho_m(t) = \rho_m(t_0) \left( \frac{a(t_0)}{a(t)} \right)^3}$$

matter

$$\boxed{w=0}$$



Radiation: relativistic matter (e.g. 21), photons

$$P_r = \frac{1}{3} \rho_r \quad \boxed{w = \frac{1}{3}}$$

$$\dot{\rho}_r = -3H(\rho_r + P_r) = -4H\rho_r$$

$$\frac{\dot{\rho}_r}{\rho_r} = -4 \left( \frac{\dot{a}}{a} \right)$$

integrate to  $\rho_r(t) = \rho_r(t_0) \left( \frac{a(t_0)}{a(t)} \right)^4$

since  $\rho_r = \frac{4}{c} \sigma T^4$   $\sigma = \text{stephen-Boltzmann constant}$

$$\frac{\dot{\rho}_r}{\rho_r} = 4 \frac{\dot{T}}{T} = -4 \frac{\dot{a}}{a}$$

$$T(t) = T(t_0) \left( \frac{a(t_0)}{a(t)} \right) \quad \boxed{T \propto \frac{1}{a}}$$

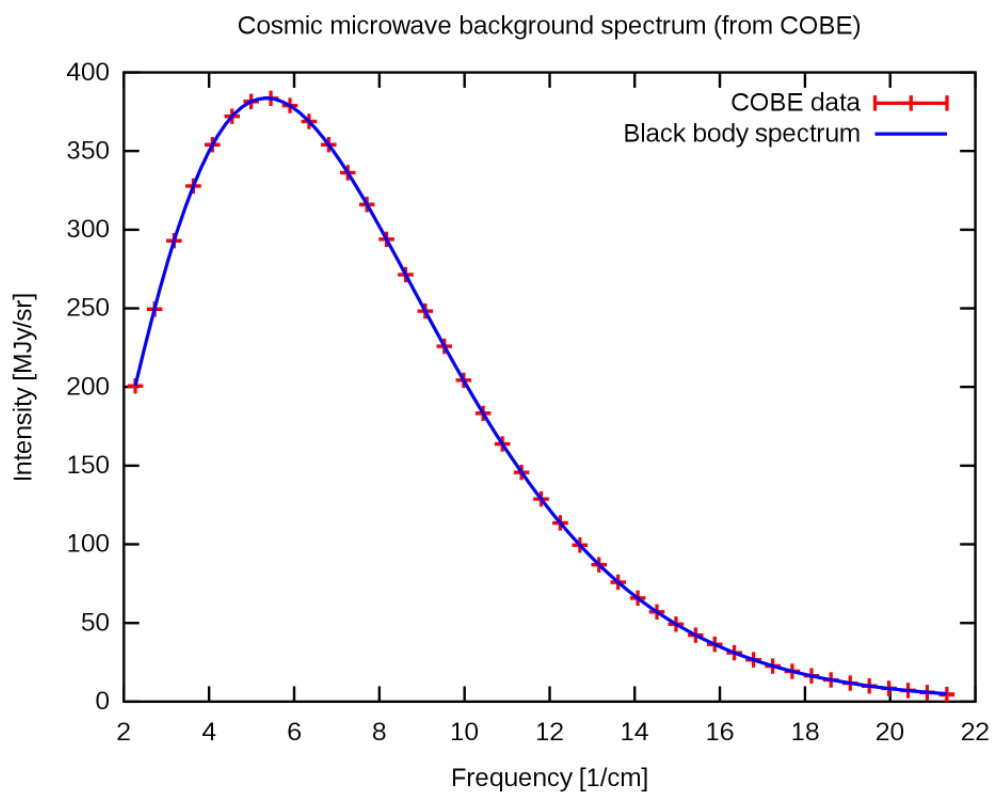
photon gas cools as universe expands

since  $\rho_m \propto \frac{1}{a^3}$  and  $\rho_r \propto \frac{1}{a^4}$

$$\frac{\rho_r(t)}{\rho_m(t)} = \frac{\rho_r(t_0)}{\rho_m(t_0)} \frac{a(t_0)}{a(t)}$$

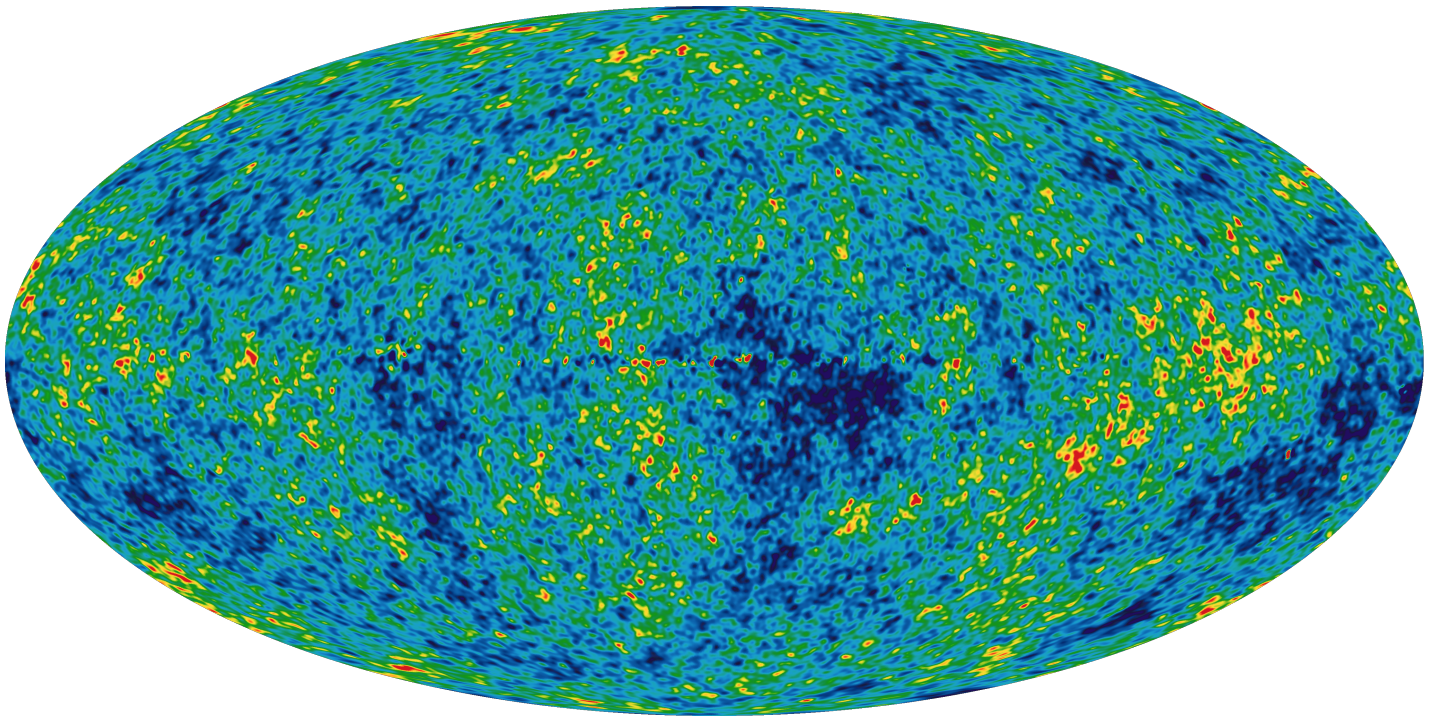
Early universe was mostly hot radiation -

Hot big bang.



Observational error bars smaller than thickness of blue line.  $T_{\text{CMB}} = 2.7260 \pm 0.0013 \text{ K}$





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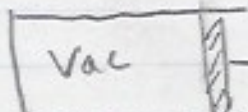
## Cosmological constant $\Lambda$

Can be interpreted physically as vacuum energy density

Friedman equations ( $k=0$ )

$$\rho_{\text{vac}} = \frac{c^4}{8\pi G} \Lambda$$

$$p_{\text{vac}} = -\rho_{\text{vac}}$$

A rectangular box labeled 'vac' with a vertical hatched bar on its right side. An arrow labeled 'F' points to the right from the hatched bar.
$$p = -\frac{dE}{dV} = -\rho_{\text{vac}}$$

A negative pressure or tension

Consider empty universe with just  $\Lambda$ .

$$\begin{aligned} \frac{\ddot{a}}{a} &= -\frac{4\pi G}{3} \left[ \rho_{\text{vac}} - 3(-\rho_{\text{vac}}) \right] = \frac{8\pi G}{3} \rho_{\text{vac}} \\ &= \frac{\Lambda}{3} \end{aligned}$$

$$\ddot{a} = \frac{\Lambda}{3} a \Rightarrow a(t) = a(t_0) e^{\Lambda t/3}$$

exponential expansion.

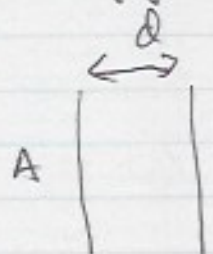
$\Lambda$  acts like a cosmic scale repulsive force.



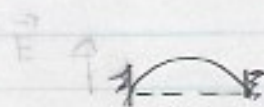
In QFT we saw that field ground state energy ( $\frac{1}{2} \hbar \omega$  per mode  $n$ ) diverges.

If we ignore gravity, we are only interested in changes in energy, so we just throw it out because it is not measurable.

Experimentally, we can measure a change in vacuum energy - the Casimir effect



two grounded, electrically neutral conducting plates



lowest mode inside box is

$$\lambda_0 = 2d$$

$$f_0 = \frac{c}{\lambda} = \frac{c}{2d}$$

outside box, all modes exist  
as  $d$  increases, energy in box increases

$$\frac{\Delta E}{\Delta V} > 0$$

Consistent with previous argument that vacuum has a tension

So two neutral, grounded conducting plates have an attractive force

$$F = 1.3 \times 10^{-7} \frac{\text{N} \cdot (\text{cm})^2}{(\text{cm})^2} \frac{\text{A}}{d^2}$$

crucial dependence on separation

Precision

Measurement U. Mohideen et al. (2000) using AFM  
 from [hep-th/0106045](https://arxiv.org/abs/hep-th/0106045) review article

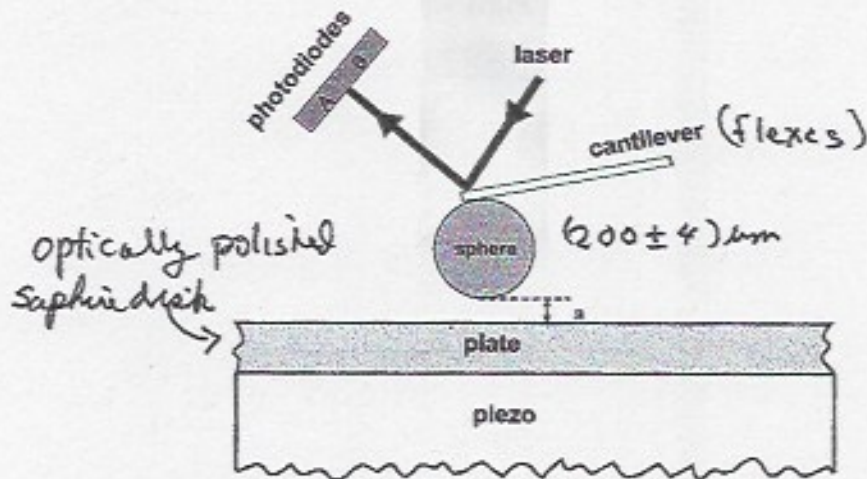


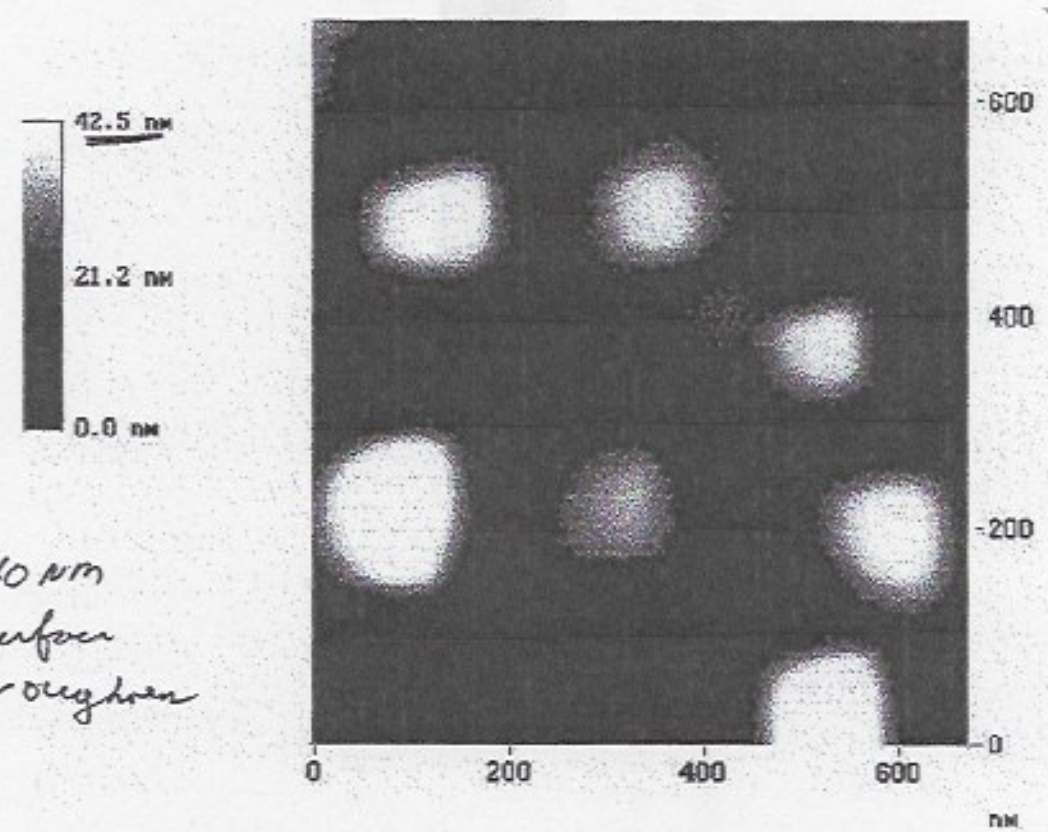
Fig. 14. Schematic diagram of the experimental setup. Application of voltage to the piezoelectric element results in the movement of the plate towards the sphere.

- Concerns:
- ① smoothness of plate
  - ② finite conductivity
  - ③ contact potential due to contact between metals with different work function
  - ④ precision measurement of separation  $a$ .

experimental arrangement: atomic force microscope  
 polystyrene sphere attached w/ Ar epoxy  
 300 nm Al thermal evaporation  
 20 nm Au/Pd coating



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~40 nm  
Surface  
roughness

Fig. 18. Typical atomic force microscope scan of the metal surface. The lighter tone corresponds to larger height as shown by the bar graph on the left.

Measure surface roughness, conductivity  
& calculate correction.

Dec 20-26

## Experimental results: Force vs separation

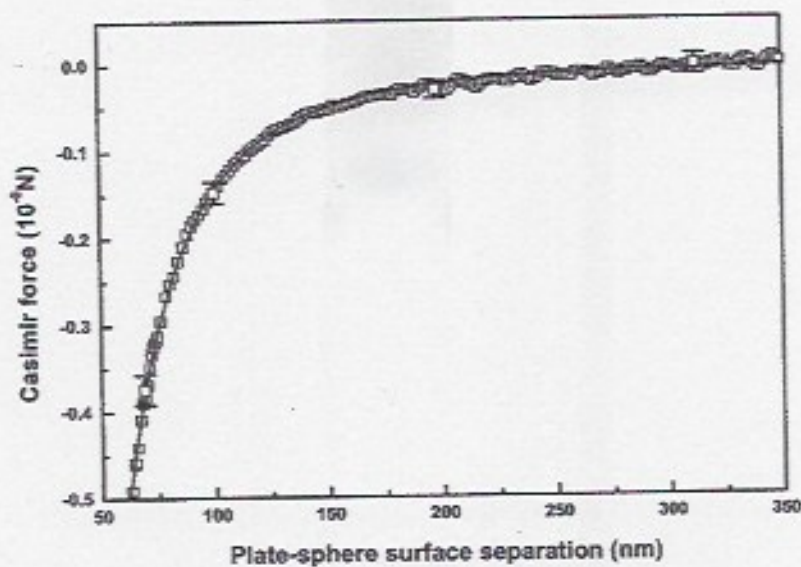
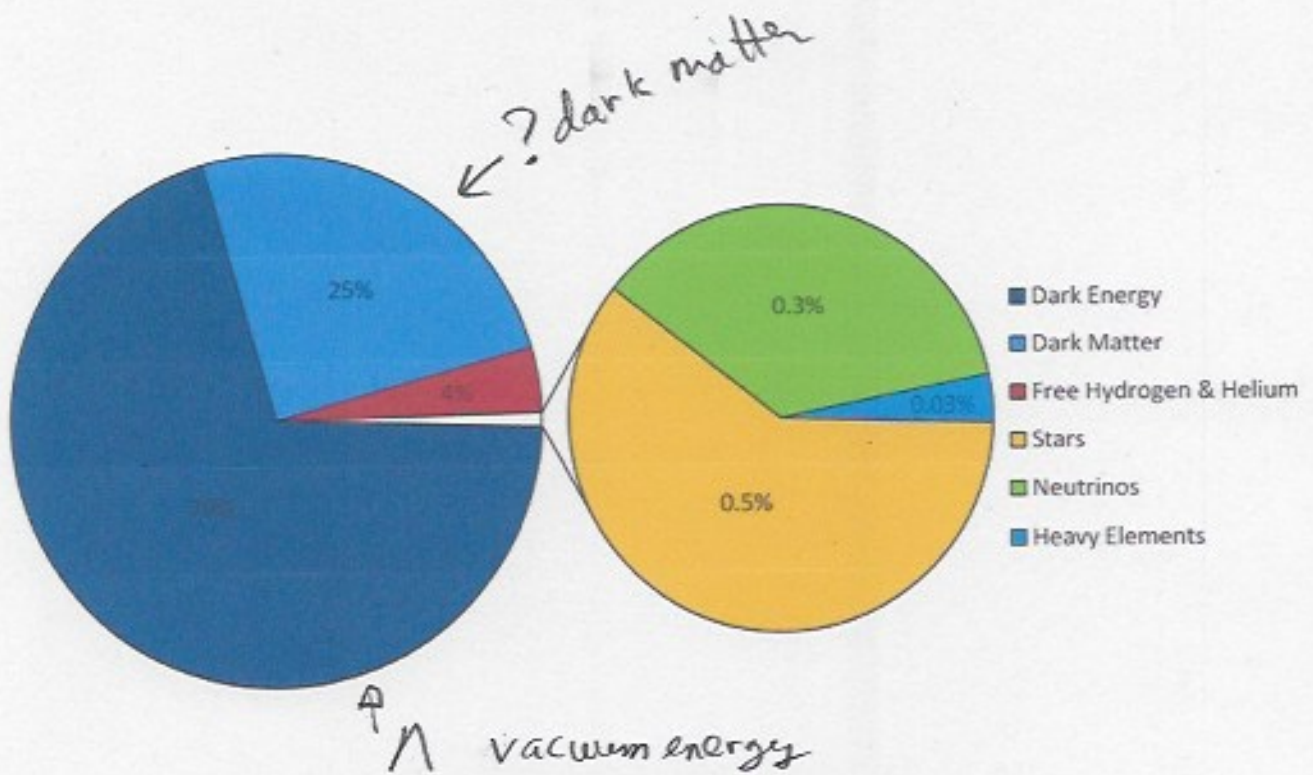


Fig. 24. The measured average Casimir force as a function of plate-sphere separation is shown as squares. For clarity only 10% of the experimental points are shown in the figure. The error bars represent the standard deviation from 30 scans. The solid line is the theoretical Casimir force with account of roughness and finite conductivity corrections.



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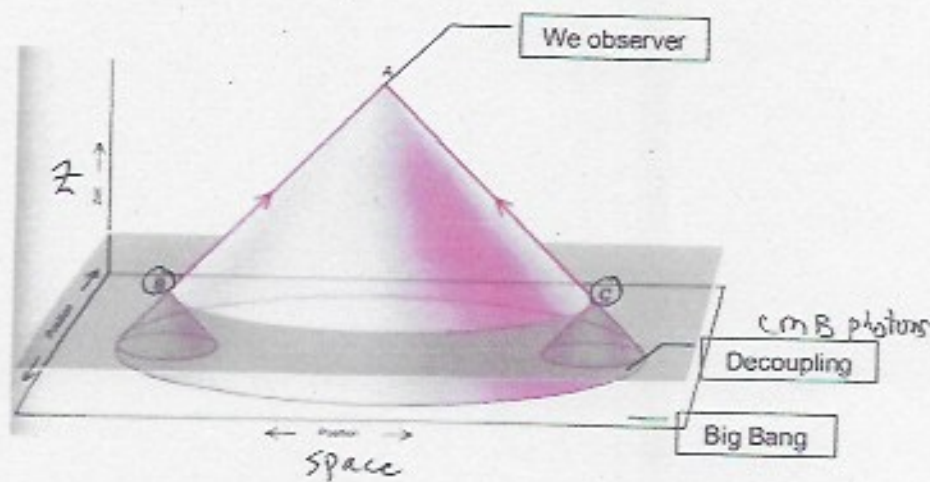
Content of universe today is precisely measured



## Inflation (Guth, 1979)

Theoretical idea motivated by

- ① absence of relic magnetic monopoles
- ② homogeneous, isotropic universe
- ③ spatially flat universe
- ④ horizon problem



patches B, C are causally disconnected  
but CMB is uniform in temperature  
to  $1/10,000$ .



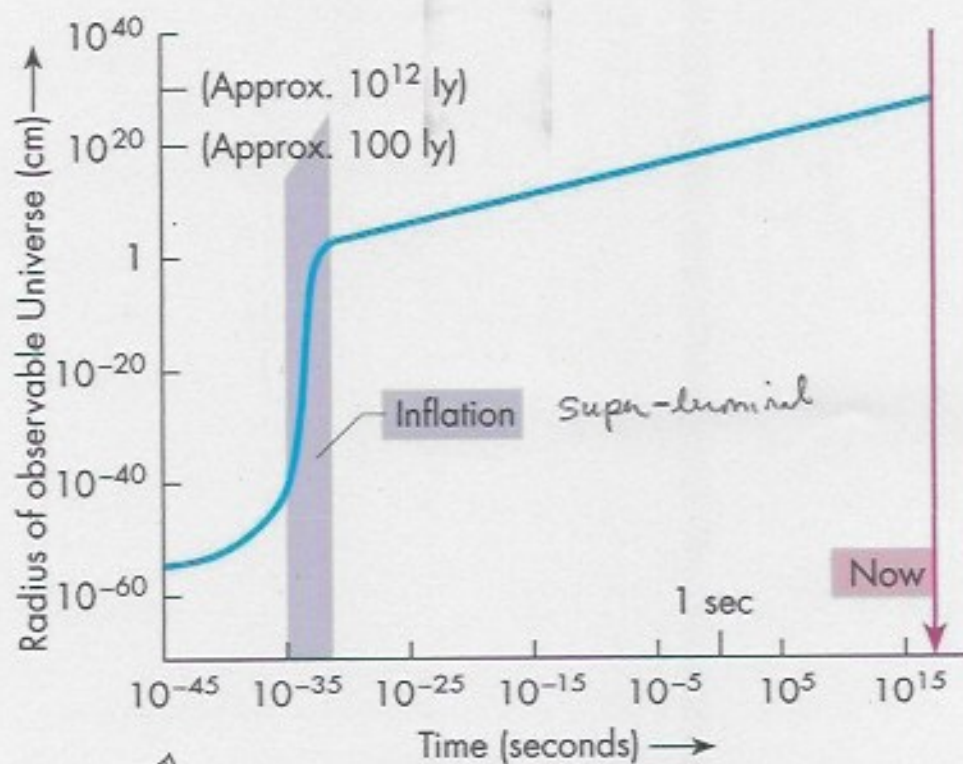
lec 20-29

Postulate bosonic field called the inflaton that has non-zero expectation value in vacuum for  $t > 10^{-36}$  s. Universe expands exponentially.

$a \rightarrow 10^{26} a$  proton  $\rightarrow$  softball size.

inflating away any inhomogeneity, curvature

Vacuum  $\rightarrow$  physical inflaton  $\rightarrow$  matter, energy  
decays



$\uparrow$   
Big Bang singularity

predictions:

- ① CMB fluctuations are scale invariant, Gaussian  
seem to be
- ② CMB "B-mode" polarization  
Big hunt is on. (talks to Prof. Barron)