## Supercooled phase transitions and baryogenesis

#### Iason Baldes Based partly on the paper: - IB, Blasi, Turbang, Mariotti, Sevrin, Phys. Rev. D 104 (2021) 11, 115029, arXiv:2106.15602

CosmoChart Horizon 2020, grant agreement No. 1010/2846





#### LPTHE, 30 April 2024

- EWBG: review and status.
- Supercooled PTs.
- Baryogenesis in supercooled PTs.
- Relation to DM, PBHS?

# SM H Potential



$$\langle H 
angle = rac{1}{\sqrt{2}} \begin{pmatrix} 0 \ \phi \end{pmatrix} \qquad V(\phi) = -rac{1}{2} \mu_H^2 \phi^2 + rac{1}{4} \lambda_H \phi^4$$

#### All the parameters are known:

 $\sqrt{2}\mu_H = m_h = 125 \text{ GeV [LHC]}$   $v_{\text{EW}} = \sqrt{\frac{m_h^2}{2\lambda_H}} = 246 \text{ GeV [Muon decay]}$ 

## At finite temperature



$$V(H) \approx -\frac{1}{2}\mu_H^2 \phi^2 + \frac{1}{4}\lambda_H \phi^4 + \frac{1}{2}c_H T^2 \phi^2$$

The thermal mass coefficient is related to other SM couplings:

$$c_{H} \approx \left(\frac{\lambda_{H}}{2} + \frac{3g_{2}^{2}}{16} + \frac{g_{Y}^{2}}{16} + \frac{y_{t}^{2}}{4}\right) \approx 0.4$$

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ight) pprox 0.4$$

Remarkably: Symmetry is restored at high T and the vacuum energy is larger.

# Cosmological Puzzles





#### Image: NASA/Wikipedia

Cosmological puzzles which could be related to the EW or some BSM phase transition?

- Inflation
- Dark Energy
- Dark Matter
- Baryon Asymmetry  $\rightarrow$  Ordinary Matter Density

### The matter-antimatter asymmetry



### CMB in agreement with BBN:

$$Y_B \equiv rac{n_b - n_{ar{b}}}{s} = (0.86 \pm 0.02) imes 10^{-10}$$

### Sakharov Conditions

- B violation
- ② C and CP violation
- S Departure from thermal equilibrium (or spontaneously broken CPT)

### SM + FLRW

- (B+L) violation present in symmetric phase at  $T \gtrsim 100$  GeV from non-perturbative EW sphaleron process.
- OP violation observed in quark sector.
- 3 Can be driven by expansion.

### Electroweak baryogenesis - basic picture



Image from - Gavela, Hernandez, Orloff, Pène, Quimbay [hep-ph/9406289]

- CP violating collisions with the bubble walls lead to a chiral asymmetry.
- Sphalerons convert this to a Baryon Asymmetry.
- This is swept into the expanding bubble where sphalerons are suppressed.

## Electroweak baryogenesis - Requirements



#### Electroweak baryogenesis requires:

- A strong first order phase transition  $(\phi_n/T_n\gtrsim 1)$
- Sufficient CP violation

### However in the SM:

- The H boson mass is too large
- Quark masses are too small

Requires new EW-scale physics.

### Experimental signatures



### BSM Experimental signatures for EWBG

- Collider signals associated with V(H) modificiation.
- **2** Electric Dipole Moments associated with low scale CP violation.
- Gravitational waves from the strong FOPT?





# Singlet model

#### First order EW Phase Transition from a singlet - Choi, Volkas '93 + $\dots$



- Beniwal et al, 1702.06124

### Modification of $h^3$ coupling

$$\lambda_3 pprox rac{m_h^2}{2 v_{
m EW}} + rac{\lambda_{HS}^3 v_{
m EW}^3}{24 \pi^2 m_S^2}$$

## Collider signatures - Triple h coupling

SM:  $V(h) = \frac{1}{2}m_h^2h^2 + \lambda_H v_{\rm EW}h^3 + \frac{1}{4}\lambda_H h^4$  with  $v_{\rm EW} = \sqrt{\frac{m_h^2}{2\lambda_H}} = 246$  GeV.



Measuring the cubic term is long term challenge. Some, but not all, singlet models returning a strong FOPT can be excluded by HL-LHC.  $_{12.738}$ 

### Electron EDM constraint



$$rac{i}{2}d_e(ar{e}\sigma^{\mu
u}\gamma_5 e)F_{\mu
u}$$

### Rough estimate of the EDM - Glioti, Rattazzi, Vecchi, 1811.11740.

$$ert d_e ert \sim 10^{-29} \ e \operatorname{cm} \theta_{\operatorname{CP}} \left( \frac{50 \ \operatorname{TeV}}{\Lambda} 
ight)^2 \qquad 1 - \operatorname{loop}$$
  
 $ert d_e ert \sim 10^{-29} \ e \operatorname{cm} \theta_{\operatorname{CP}} \left( \frac{2.5 \ \operatorname{TeV}}{\Lambda} 
ight)^2 \qquad 2 - \operatorname{loop}$ 

### Experimental searches - EDMs



ACMEII (ThO):  $|d_e| < 1.1 imes 10^{-29} \ e \, {
m cm}$  - Nature 562, 355–360 (2018)



Colorado (HfF<sup>+</sup>):  $|d_e| < 4.1 imes 10^{-30} \ e\,{
m cm}$  - 2212.11841

# Hiding the CP violation



# $\mathcal{L} \supset \frac{1}{2} \bar{\chi} \left( \left( \eta P_R + \eta^* P_L \right) S + m_{\chi} \right) \chi + y \bar{L}_{\tau} H_2 P_R \chi + \mathrm{h.c.}$ - from [1] below.

#### One idea is to hide the CP violation in the dark sector

- "Electroweak baryogenesis from a dark sector", Cline, Kainulainen, Tucker-Smith, 1702.08909.
- "Electroweak Baryogenesis From Dark CP Violation," Carena, Quirós, Zhang, 1811.09719 and 1908.04818.
  - eEDM at 3 or 4-loops (goes against the old appeal of EWBG).

## Another option:



Large Yukawas before the EWPT as a source of CP violation - IB, Konstandin, Servant 1608.03254.

Flavour observables such as  $K - \overline{K}$  lead to severe constriants on the model.



For overview and summary of other options in EWBG/flavour see: Servant 1807.11507

### Experimental searches - GWs



From a simulation by Weir et al.



Singlet model - Cline et al. 2102.12490

Only the strongest transitions are detectable by LISA.

# But: problem if $v_{\text{wall}} \simeq 1$ (strongest transitions).

- Less of the plasma is pushed by the wall at high  $v_{\rm wall}$ .
- This suppresses the BAU.
- EWBG typically occurs in a radiation dominated background.



From: Cline, Kainulainen 2001.00568 Also see: Dorsch, Huber, Konstandin 2106.06547

### What about baryogenesis with ultra-relativistic walls?

(Common in supercooled limit).

# Supercooled Phase Transition



- Begin in radiation domination
- A scalar field becomes stuck behind a barrier
- We will be interested in supercooled phase transitions, where the universe becomes vacuum dominated (or close to it).
- Temperature evolution avoids graceful exit problem
- Bubbles accelerate and collide, reheating universe:  $\rho_{vac} \rightarrow Bubble walls \rightarrow Oscillations \rightarrow Radiation.$

# **Ballistic limit**

Processes of importance for us here:

1. Particle crossing wall.



2. Transition radiation.



3. Pair production.



# Wall velocity

### Driving pressure:

$$\mathcal{P}_{\mathrm{Driving}} = V(\phi_{\mathrm{symmetric}}) - V(\phi_{\mathrm{broken}}) = c_{\mathrm{vac}} v_{\phi}^4$$

The LO friction pressure in the ballistic regime is:

$$\mathcal{P}_{\mathrm{LO}} \simeq \sum_{a} \Delta(m_{a}^{2}) \int \frac{d^{3}p f_{a}^{\mathrm{eq}}}{(2\pi)^{3} 2 E_{a}} \equiv g_{a} \frac{v_{\phi}^{2} T_{n}^{2}}{24}$$

NLO friction pressure in case of gauged PTs:

$$\mathcal{P}_{\mathrm{NLO}} pprox \mathcal{O}(1) imes lpha_X \gamma_w M_V T_n^3 \log\left(rac{v_\phi}{T_n}
ight)$$

### For $\Delta \overline{V} \gg \mathcal{P}_{ m LO} + \overline{\mathcal{P}_{ m NLO}}$

$$\gamma_{
m wall} \simeq rac{1}{3} rac{R}{R_{
m nuc}} \sim rac{T_n M_{
m pl}}{v_\phi^2}$$

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### Baryogenesis sketch



### The idea - IB, Blasi, Turbang, Mariotti, Sevrin 2106.15602

- Consider a very strong phase transition for  $\phi$  with  $v_{\phi}/T_n \gg 1$ .
- We can generate some mass for another field:  $\mathcal{L} \supset \lambda \phi^2 |\Delta|^2$
- $\Delta$  out of equilibrium,  $\gamma_{\Delta} \sim M_{\Delta}/T_n$  , after crossing wall.
- $\Delta$  Decays in CPV and B L violating way.
- Note no particle diffusion in front of wall needed.

Some commonality with: Lazarides et al., PRL 56 (1986) 557.

### Very Strong Phase Transition



#### Generates Asymmetry

$$\begin{split} \frac{Y_B}{Y_B^{\text{Obs.}}} &= \epsilon_\Delta \kappa_{\text{Sph.}} \frac{Y_\Delta^{\text{MG}}}{Y_B^{\text{Obs.}}} \left(\frac{T_n}{T_{\text{RH}}}\right)^3 \\ &\approx 2.3 \times 10^5 g_\Delta \left(\frac{100}{g_*}\right) \left(\frac{\epsilon_\Delta}{1/16\pi}\right) \left(\frac{T_n}{T_{\text{RH}}}\right)^3 \end{split}$$

(Assuming no washout — to be examined carefully below)

# Detailed Model



### We consider $\Delta_i \sim (3, 1, 2/3)$ under SM gauge group.

$$\mathcal{L} \supset y_{di} \Delta_i \overline{d_R^c} d_R' + y_{ui} \Delta_i \overline{N_R} u_R^c + \text{H.c.}$$

Here N is a SM gauge singlet fermion.

### Decay is CPV

$$\epsilon_{\Delta} = \frac{1}{4\pi} \frac{2 \operatorname{Im}(y_{d1}^* y_{u1} y_{u2}^* y_{d2})}{|y_{u1}|^2 + 2|y_{d1}|^2} \frac{M_{\Delta 1}^2}{M_{\Delta 2}^2 - M_{\Delta 1}^2} \sim \frac{\operatorname{Im}[y^2]}{6\pi} \left(\frac{M_{\Delta 1}}{M_{\Delta 2}}\right)^2$$

# Wall Crossing — Do the $\Delta$ 's annihilate before decay?

The  $\Delta$  gains mass after wall crossing from a  $\lambda \phi^2 |\Delta|^2$  term. Density in their own gas frame,

$$n_\Delta pprox \left(rac{M_\Delta}{T_n}
ight) n_\Delta^{
m eq}(M_\Delta \simeq 0) \qquad {
m with} \; v_{
m rel} \sim T_n/M_\Delta \ll 1.$$

Can undergo Sommerfeld enhanced annihilations:

$$v_{
m rel}\sigma(\Delta\Delta^* o \phi\phi) \simeq rac{\pi lpha_{\phi}^2}{M_{\Delta}^2}S_0$$

Annihilations into gauge bosons somewhat slower for our parameters.

### B violating decay before annihilation for

$$y \gtrsim rac{\lambda^{3/2}}{\pi} \sqrt{rac{g_{\Delta}\zeta(3)}{432}} \sqrt{rac{T_n}{M_{\Delta}}}$$

Similarly safe from bound states:  $[\Delta \Delta^*]_{\text{Bound}} \rightarrow \phi \phi, gg, YY$ , provided  $y \gtrsim 10^{-3}$ .

# Thermal Washout



After reheating we have washout via off-shell  $\Delta$ 's:

 $\Gamma_{
m WO} pprox rac{y^4 \, T_{
m RH}^5}{8 \pi M_\Delta^4}$ 

And washout via on-shell  $\Delta$ 's (inverse decays):

$$T_{
m ID} pprox rac{3y^2}{16\pi} M_\Delta \left(rac{M_\Delta}{T_{
m RH}}
ight)^{3/2} {
m Exp} \left[-rac{M_\Delta}{T_{
m RH}}
ight]$$

For sufficiently large  $T_{\rm RH}$  or small y these are safely smaller than  $H\sim T_{\rm RH}^2/M_{\rm Pl}.$ 

# Summary

### Putting everything together



Can avoid washout for large  $M_{\Delta}$  or for small  $\Lambda_{\rm vac} \equiv c_{\rm vac} v_{\phi}^4$ .

# Example Potential — GW signal



Simplest realisation for the potential

$$V_0(\phi,\Delta) = rac{\lambda_\phi}{4} \phi^4 + rac{\lambda}{2} \phi^2 \Delta^2 + rac{\lambda_\Delta}{4} \Delta^4.$$

The scale invariance is broken by the running of the couplings.

$$\beta_{\lambda_{\phi}} = \frac{1}{16\pi^2} \left( 3\lambda^2 + 18\lambda_{\phi}^2 \right).$$

Returns desired bulk parameters for  $\lambda \sim 1$  and  $v_{\phi} \gtrsim 10^{13}$  GeV.

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# Another option: Azatov/Vanvlasslear Mechanism



Consider now a similar PT, but starting with

- $\mathcal{L} \supset \frac{1}{2}\lambda\phi^2|\Delta|^2 + M_{\Delta}^2|\Delta|^2$ . Now with  $M_{\Delta}^2 \gg \lambda v_{\phi}^2$ .
- Assume  $n_{\Delta}$  negligible in unbroken phase for  $M_{\Delta} \gg T_n$ .
- Azatov/Vanvlasselaer [2010.02590]: pair production across wall

$$P(\phi o \Delta \Delta^*) pprox rac{g_\Delta \lambda^2 v_\phi^2}{96 \pi^2 M_\Delta^2}$$

No Boltzmann suppression in anti-adiabatic regime  $\gamma_w > M_{\Delta}^2/(v_{\phi}T_n)!$ 

## Azatov/Vanvlasslear Option — Summary



 $Y_B$  analysis very similar, except need for larger  $\gamma_w$ , and some suppression from  $P(\phi \rightarrow \Delta \Delta^*) \ll 1$ ,  $M_\Delta \gg v_\phi \gg T_{\rm RH}$  hierarchy can mean less washout.

### Follow up studies - Mass gain mechanism



- $U(1)_{B-L}$  leptogenesis Peisi Huang, Ke-Pan Xie 2206.04691
- Resonant leptogenesis Dasgupta et al. 2206.07032

Larger range of GW signals possible.

## Follow up studies



- Inclusion of thermal leptogenesis processes. Finds PT reduces washout for  $M_N\gtrsim 10^7$  GeV. Chun et al., 2305.10759
- Flavoured leptogenesis Zhao, Wu, 2403.18630

### Realization in supercooled confinement



- Dichtl, Nava, Pascoli, Sala, 2312.09282

### Supercooled PTs can also:

- Set the DM abundance
  - e.g. Hambye et al., 1805.01473, IB et al., 2110.13926
- Or produce PBHs
  - e.g. Liu, et al., arXiv:2106.05637

In both cases the PTs are typically very strong  $\rightarrow$  significant entropy production.

# Dilution effect

Example of dilution factor after the PT:



- B dilution in  $U(1)_{\rm B-L}$  model for PBH production - IB, M.O. Olea-Romacho, 2307.11639

Entropy production precludes our baryogenesis mechanism  $\rightarrow$  baryogenesis should take place sometime after the PT.

# Ultra-relativistic particle shells - more generally

Channel		Multiplicity $\mathcal{N}$ per incoming particle	$\begin{array}{l} \text{Momentum of} \\ \text{shell particles} \\ (p_c \text{ or } p_{\text{X}}) \end{array}$	$\bar{L}_b = (L_b^2 - \frac{1}{p_X^2})^{\frac{1}{2}}$ $(L_b = \text{effective}$ shell thickness)
Leading-order interaction (LO): $a \rightarrow a$ Particles acquiring a mass [43, 50]		1	$\Delta m^2/T_n$	$\frac{R_c}{2(\Delta m/T_n)^2}$
$ \begin{array}{l} \mbox{Gauge interaction } \alpha_{\rm D} \ll 4\pi: \\ \mbox{Bremsstrahlung radiation} \\ a \rightarrow bc \\ [44-47] \mbox{ and App. A.1} \end{array} $	transmitted	$2\frac{\alpha_{\rm D}}{\pi}L_mL_E$	$\gamma_{\mathrm{w}}  m_{c,h}$	$\frac{R_c}{2\gamma_w^2}$
	reflected	$\frac{\alpha_{\rm D}}{\pi}L_m^2$		
Gauge interaction $\alpha_{\rm D} \simeq 4\pi$ : Hadronization [23]	string fragmentation ejected quarks	$-\frac{\alpha_{\rm D}}{\pi}L_E$	$\gamma_{ m w}  v_{\phi}$	$\frac{R_c}{2\gamma_w^2}$
Scalar interaction $\lambda \phi^4/4!$ : Scalar Bremsstrahlung $a \rightarrow bc$ App. A.3	transmitted	$\lambda^2 v_\phi^2/192\pi^2 m_{c,h}^2$	$\gamma_{\rm w}  m_{c,h}^2 / E_a$	$\frac{R_c}{2\gamma_w^2}$
	reflected	$\lambda^2 v_\phi^2/32\pi^2 E_a^2$	$\gamma_{\rm w} m_{c,h}$	
Heavier particle production $\lambda \phi^2 X^2/4$ (Azatov-Vanvlasselaer mechanism $\phi \to XX$ ) $M_X \gg v_{\phi}$ [45]		$ \begin{array}{c} \lambda^2 v_{\phi}^2 / 192\pi^2 M_X^2 \times \\ \Theta \left( \gamma_{\rm w} - M_X^2 / T_n v_{\phi} \right) \end{array} $	$M_X^2/T_n$	$\frac{R_c}{2(M_X/T_n)^2}$

Shell properties and free streaming conditions - IB, Dichtl, Gouttenoire, Sala, 2403.05615 Particle production from shell collisions - IB, Dichtl, Gouttenoire, Sala, 2306.15555

- Early Universe PTs: No guarantee, but provide fruitful BSM physics.
- Offer unique links to realizations of baryogenesis, dark matter or primordial black holes.
- Related phenomenology: Ultra-heavy DM in indirect/direct detection, GWs (improved predictions...) well worth studying
- Questions of particle-physics/QFT: shell free-streaming, particle production at/from bubble walls also well worth studying.

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Thanks.

Backup slides

### In contrast: Leptogenesis



#### Leptogenesis

- Very minimal. Tied to  $M_N\gtrsim 10^9$  GeV in the vanilla scenario.
- This introduces a calculable hierarchy problem.
- Scale can be lowered, while remaining rather minimal. Price: degeneracies or other complications.
- Typically only indirect tests:  $m_{\nu}$  and  $0\nu\beta\beta$ .

### Textbook Argument for Baryogenesis

- In a symmetric universe  $n_b/s = n_{ar{b}}/s pprox 10^{-20}$
- The post-inflation causal volume is too small for baryons/antibaryons to be sufficiently separated
- $n_b/s = n_{\bar{b}}/s \approx 10^{-10}$  would be reached at  $T \approx 40$  MeV when  $M_{H^{-3}} \approx 10^{-7} M_{\odot}$
- Need a mechanism to generate the asymmetry

### Electroweak phase transition - Lattice Studies



- Csikor, Fodor, Heitger, hep-ph/9809291,



D'Onofrio, Rummukainen 1508.07161

SM with  $m_h = 125$  GeV predicts a crossover. Nevertheless, only the minimum (VEV) of the potential, and the 2nd derivative there  $(m_h)$ , is known if we allow for BSM physics.

The SM scalar potential can be modified.

## Require a modification of the SM Scalar potential

Successful electroweak baryogenesis requires suppressed washout:

$$\frac{\Gamma_{\rm sph}}{V} \sim 10^{1 \div 4} \left(\frac{\alpha_W T}{4\pi}\right)^4 \left(\frac{2M_W(\phi)}{\alpha_W T}\right)^7 \operatorname{Exp}\left[-\frac{3.2M_W(\phi)}{\alpha_W T}\right] \Rightarrow \frac{\phi_n}{T_n} \gtrsim 1$$



$$V(\Phi) = m^2 |\Phi|^2 + \lambda |\Phi|^4 + rac{1}{f^2} |\Phi|^6$$

### Other options:

- Singlet models/tree level barriers
- Multi-step transitions
- Thermal barriers from bosonic loops

## CPV and The Baryonic Yield



Image from 1706.08534 - Bruggisser, Konstandin, Servant

Diffusion equation

$$\partial_z n_B = \frac{3}{2} v_w^{-1} \Gamma_{ws} \left( N_c \mu_L T^2 - \mathcal{A} n_B \right), \qquad \Gamma_{ws} = 10^{-6} T \exp(-a\phi(z)/T)$$
$$n_B = \frac{n_B(-\infty)}{2} = \frac{135 N_c}{2} \int_{-\infty}^{+\infty} dz \, \Gamma_{ws} \mu_L \, e^{-\frac{3}{2}\mathcal{A} \frac{1}{v_w} \int_{-\infty}^z dz_0 \Gamma_{ws}}$$

$$\eta_B = \frac{d}{s} = \frac{d}{4\pi^2 v_w g_* T} \int_{-\infty} dz \, I_{ws} \, \mu_L \, e^{-2v v_w J_{-\infty} dz}$$

$$\eta_B \sim rac{\Gamma_{ws}\mu_L L_w}{g_*T} \sim rac{10^{-8}\mu_L}{T} \quad {
m for} \quad L_w \sim rac{1}{T}$$

## EDMs - Situation 2013-2018

### ACME: $|d_e| < 8.7 \times 10^{-29} \ e \, {\rm cm}$ (2013) $|d_e| < 9.4 \times 10^{-29} \ e \, {\rm cm}$ (2017)



- 💶 1611.05874 Dorsch, Huber, Konstandin, No
- I707.02306 Egana-Ugrinovic
- 🗿 1710.04061 de Vries, Postma, van de Vis, White

Severe constraint on EWBG!

# LHC constraints - Limit on Mixing





 $heta \lesssim \mathcal{O}(0.1)$ 

## But: problem if $v_{\rm wall} \simeq 1$ .

- Less of the plasma is pushed by the wall at high  $v_{\rm wall}$ .
- This suppresses the BAU.
- EWBG typically occurs in a radiation dominated background.



From: Cline, Kainulainen 2001.00568 Also see: Dorsch, Huber, Konstandin 2106.06547

# Collider signatures - Singlet models difficult to detect



- Correlation between T<sub>c</sub> and triple Higgs couplings g<sub>111</sub>h<sup>3</sup> in a singlet model. - Profumo, Ramsey-Musolf, Wainwright, Winslow [1407.5342]
- And/or: mixing reducing the signal strength. Currently LHC:  $\theta \lesssim O(0.1)$  compatible with singlet models of EWBG.
- And/or: direct searches for heavy singlet states.

# **Boosted Washout**

Decay products of  $\Delta$  also typically boosted, with  $E \sim M_{\Delta}^2/2T_n$  in the plasma frame.

The danger is: (B - L) violating interactions in the return to kinetic equilibrium!

Compare hard scattering  $ds\to\Delta^*\to\overline{u}\overline{N}$  to thermalisation rate for the quarks



However, N, do not have gauge interactions. Some additional interactions are needed.

## Numerical treatment of washout



## Timeline of the AV option



# Bubble collisions

### End of the phase transition

- The phase transition completes through bubble nucleation/percolation.
- The bubble collisions lead to a gravitational wave signal.

$$\Omega_{
m GW}(
u)\equiv rac{d\Omega_{
m GW}}{d\log
u}$$

#### The spectra depend on the macroscopic properties

- 1 Latent heat  $\alpha \approx \rho_{\rm vac}/\rho_{\rm rad}$ .
- **2** Inverse timescale of the transition  $\beta = -\frac{dS}{dt}$ . (Sets bubble size).
- The Hubble scale (determines redshifting).
- The wall velocity  $v_w$ . For us  $v_w \simeq 1$ .

We can calculate these quantities from microphysics and then match onto results from simulations/semi-analytic studies.  $_{14/18}$ 

## Bubble collisions



Left: envelope approximation. Right: bulk flow model. Image from Konstandin 1712.06869

#### The GW spectrum

For such supercooled PTs: seems to be captured by the *bulk flow* model.

See: Ryusuke Jinno, Masahiro Takimoto 1707.03111, Thomas Konstandin 1712.06869

## Comparison of bulk flow to simulations.



Cutting et al. 2005.13537 (also see Lewicki, Vaskonen 2007.04967)

- Amplitude scales as  $(R_*H_*)^2 \approx (H_*/\beta)^2$ .
- The peak frequency is set by the redshifted mean bubble size.
- Below the peak: region of  $\Omega_{\rm GW}(\nu) \propto \nu^{0.9}$ .  $\rightarrow$  Eventually  $\Omega_{\rm GW}(\nu) \propto \nu^3$  for superhorizon modes.
- Above the peak:  $\Omega_{\rm GW}(
  u) \propto 
  u^{-2.1}$ .
- Second peak: suppressed by  $\sim n_b/H_*^3(m_\phi/M_{\rm Pl})^2$ .

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1. Super light N. Gives Dirac leptogenesis with  $y_{\nu}\overline{l_L}HN_R$  and  $y_{\nu} \sim 10^{-12}$ .



$$\begin{split} & \Gamma(N \to \pi/K + \nu) \sim \frac{y^4 g_2^4 |V_{ud'}^* V_{u''d''}|^2 m_{d'}^2 m_{u''}^2 M_N^5}{\text{Max}[M_W^4, M_{u''}^4] \times M_\Delta^4} \\ & \mathcal{M}_\Delta \gtrsim y \times (10^{12} - 10^{13}) \text{ GeV} \end{split}$$

- 2. Massive N. Both Dirac and Majorana mass options give issues with washout.
- 3. Portal to asymmetric DM. Decay into a hidden sector  $\sigma N \bar{f}$ .