

Searching for Binary Supermassive Black Holes via Optical Spectroscopy

by Mike Eracleous

Including an introduction
that sets the stage for later
talks.

Searching for Binary Supermassive Black Holes via Optical Spectroscopy

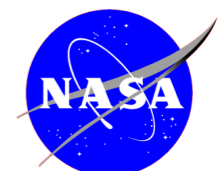
by Mike Eracleous

Including an introduction that sets the stage for later talks.

Exercise in patience and persistence

- **Jessie Runnoe (Vanderbilt), .P.I.**
Tamara Bogdanovic, (Georgia Tech)
- **Current Penn State Students:** Niana Mohammed, Mary Ogborn, Kaitlyn Szekerczes
- **Graduate Students at Other Universities:** Carolyn Drake, (Vanderbilt), Katie Futrowsky (Georgia Tech)
- **Past Undergraduates:** Gavin Mathes, Alison Pennell, Stephanie Brown, Mary Kaldor
- **Other Collaborators:** Khai Nguyen, Peter Breiding, Sarah Burke-Spolaor, Jia Liu, Dan Doan, Jules Halpern, Todd Boroson, Steinn Sigurðsson, Joe Lazio, Helene Flohic

Gravi- γ -v
11 October 2024



The stages of SBHB evolution

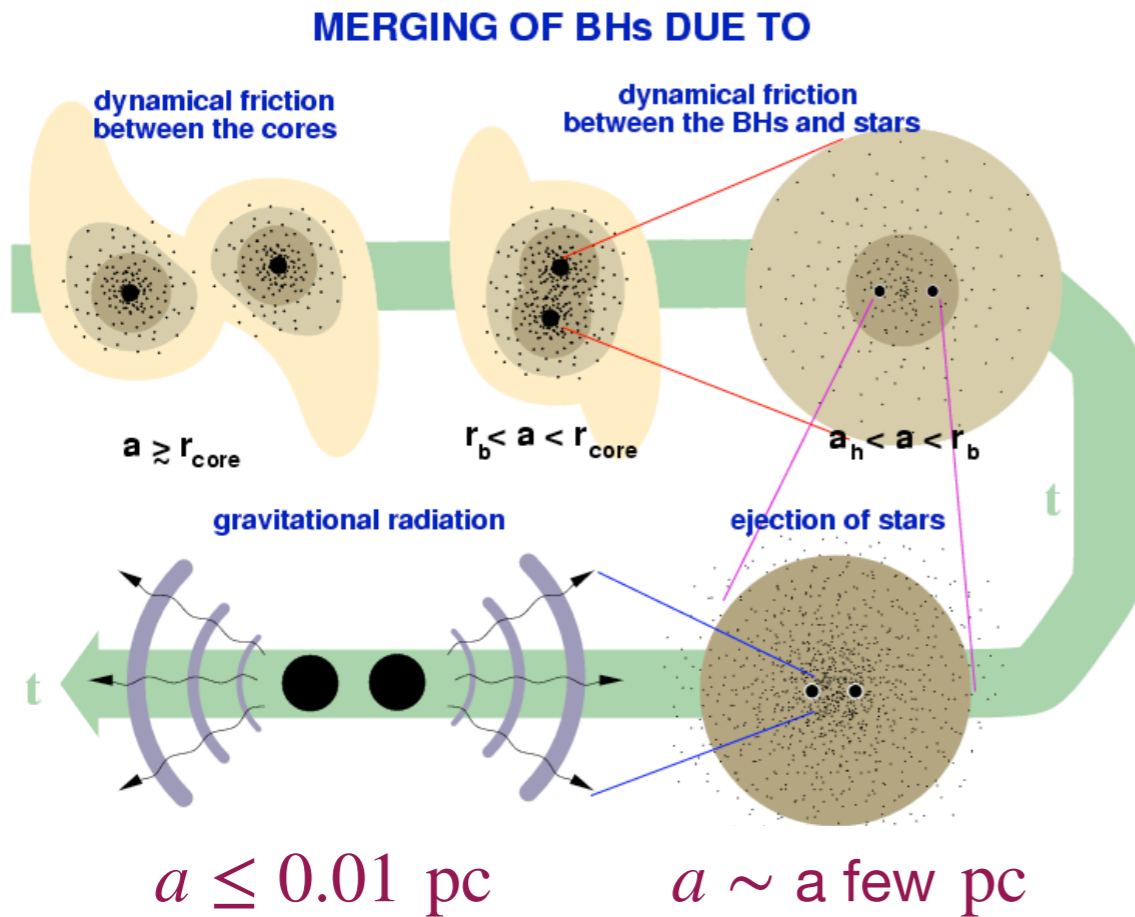
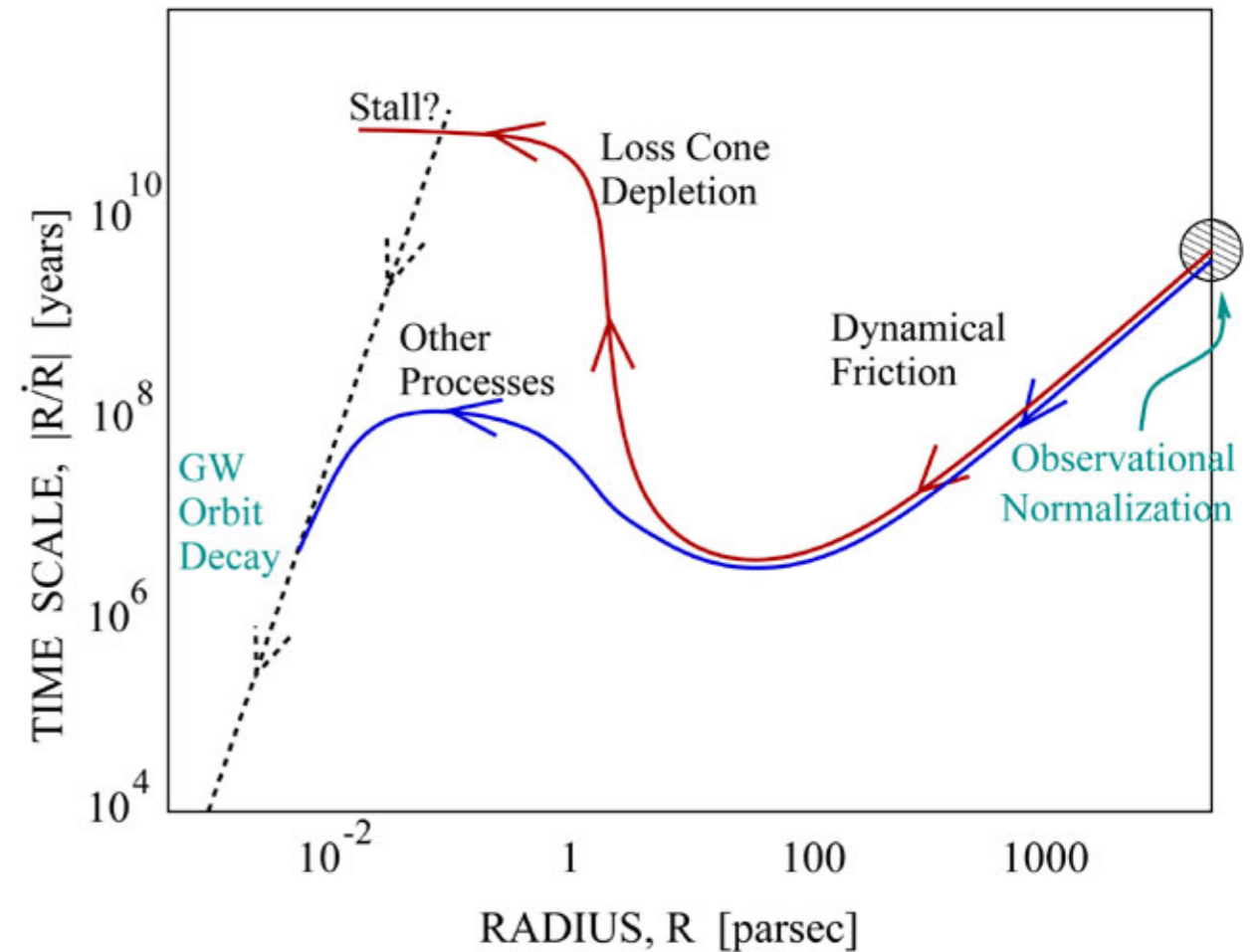


figure from Christian Zier's web site
Max-Planck-Institut für Radioastronomie



from Backer+04, Carnegie Observatories Astrophysics Series 1, 238
based on the work of Begelman+80, Nature 287, 307

SBHB evolution according to modern stellar dynamics

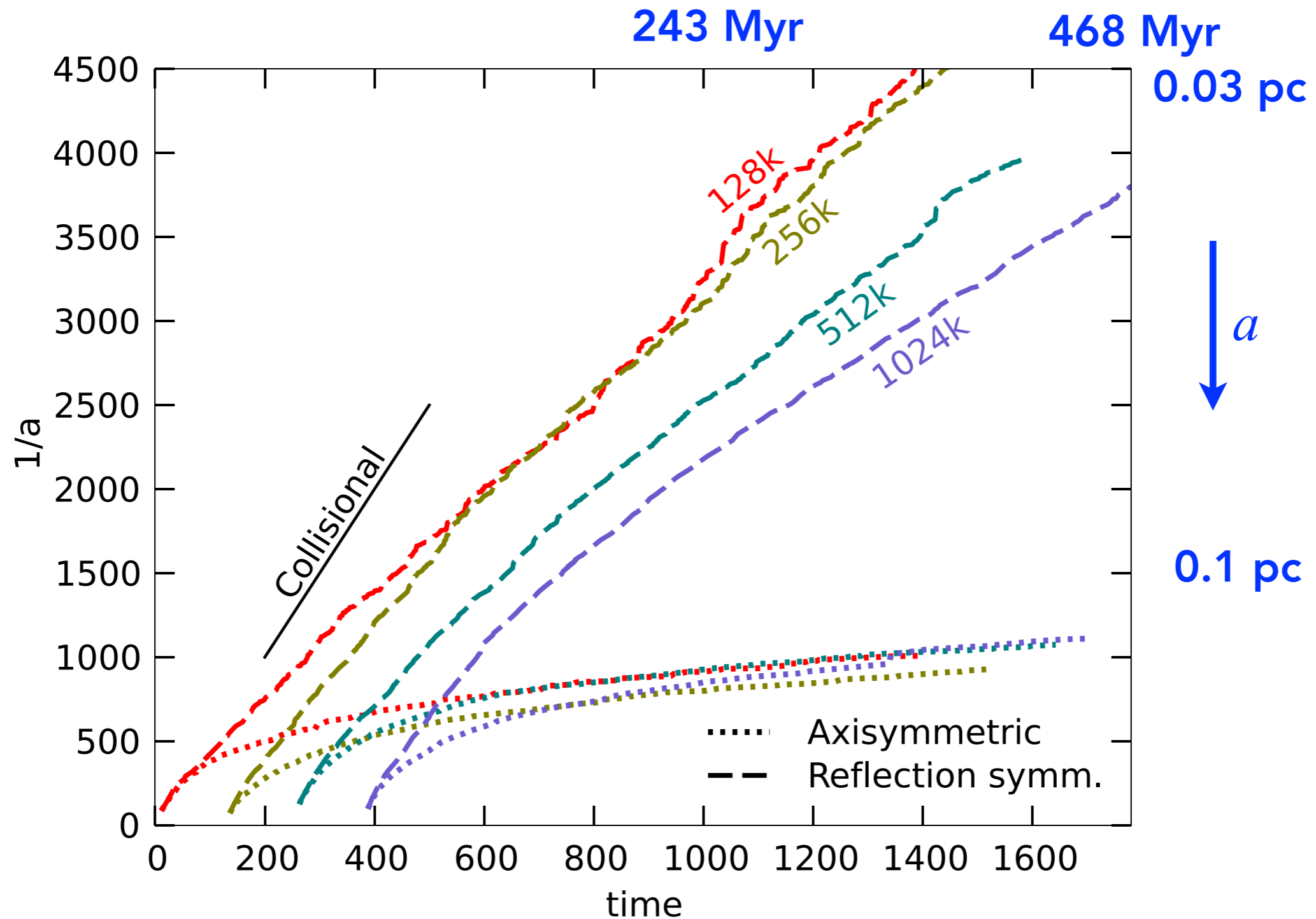
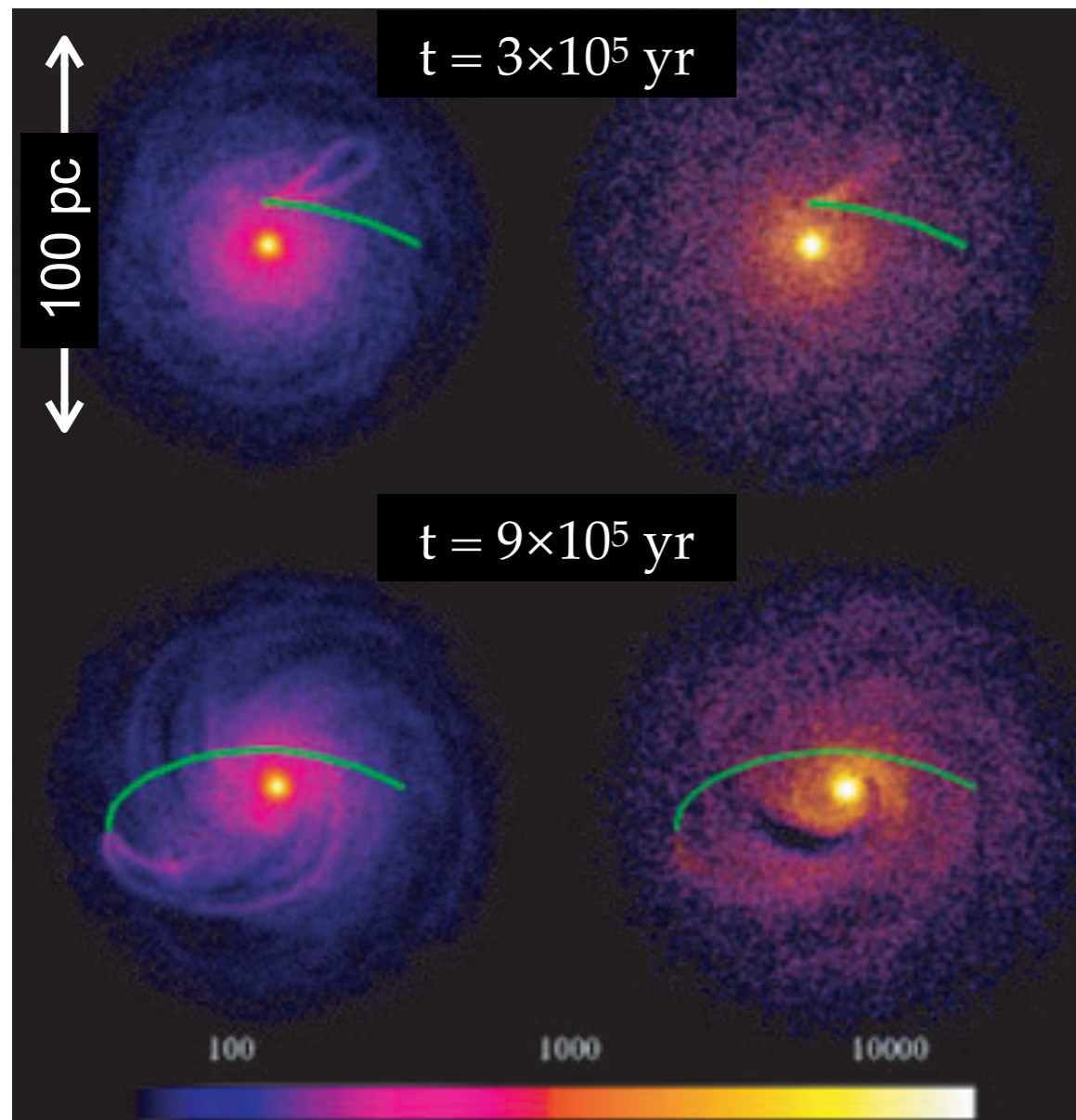


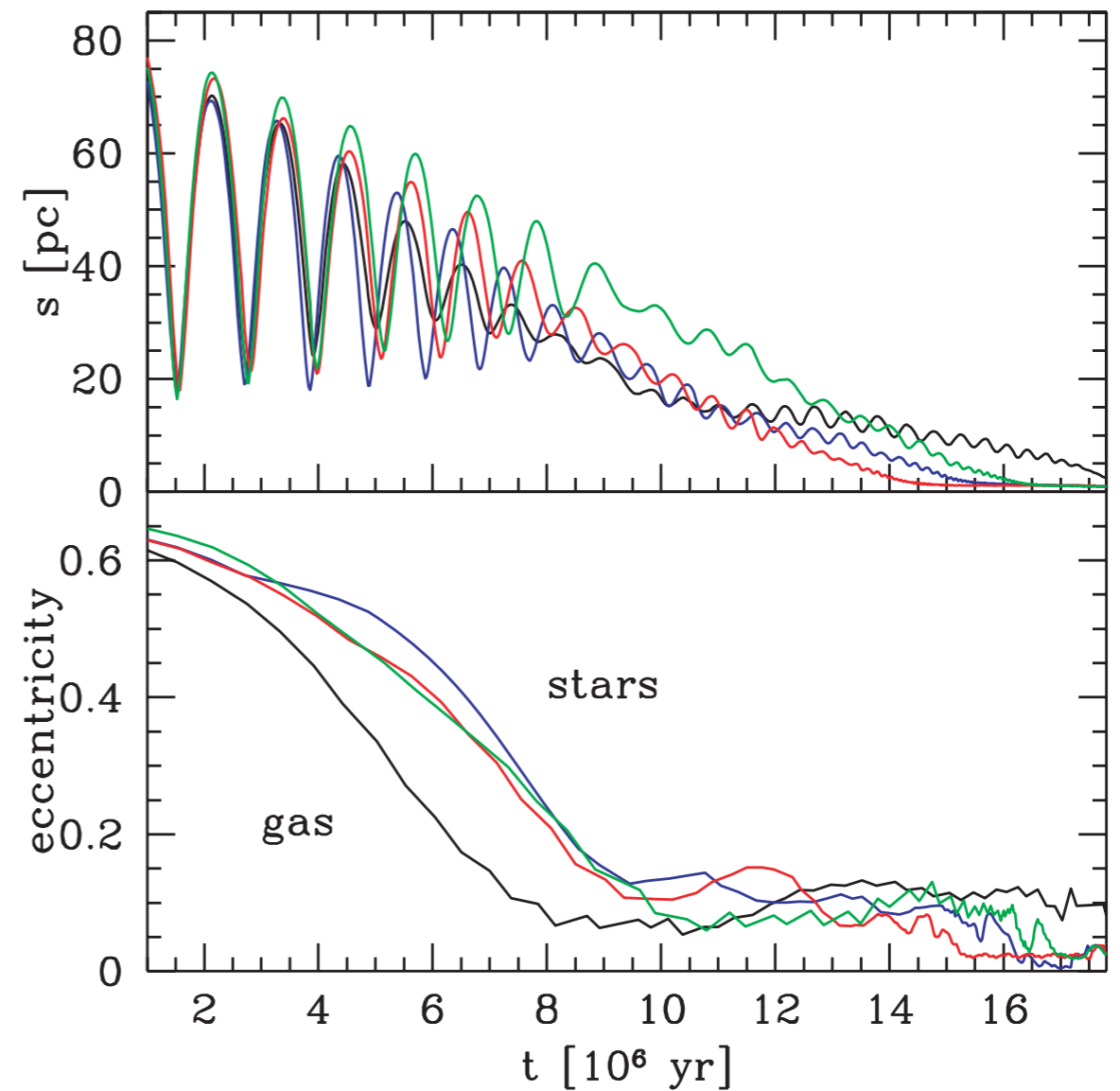
figure from Vasiliev+15, ApJ, 810, 49

SBHB evolution in a gas-rich environment



Gas density

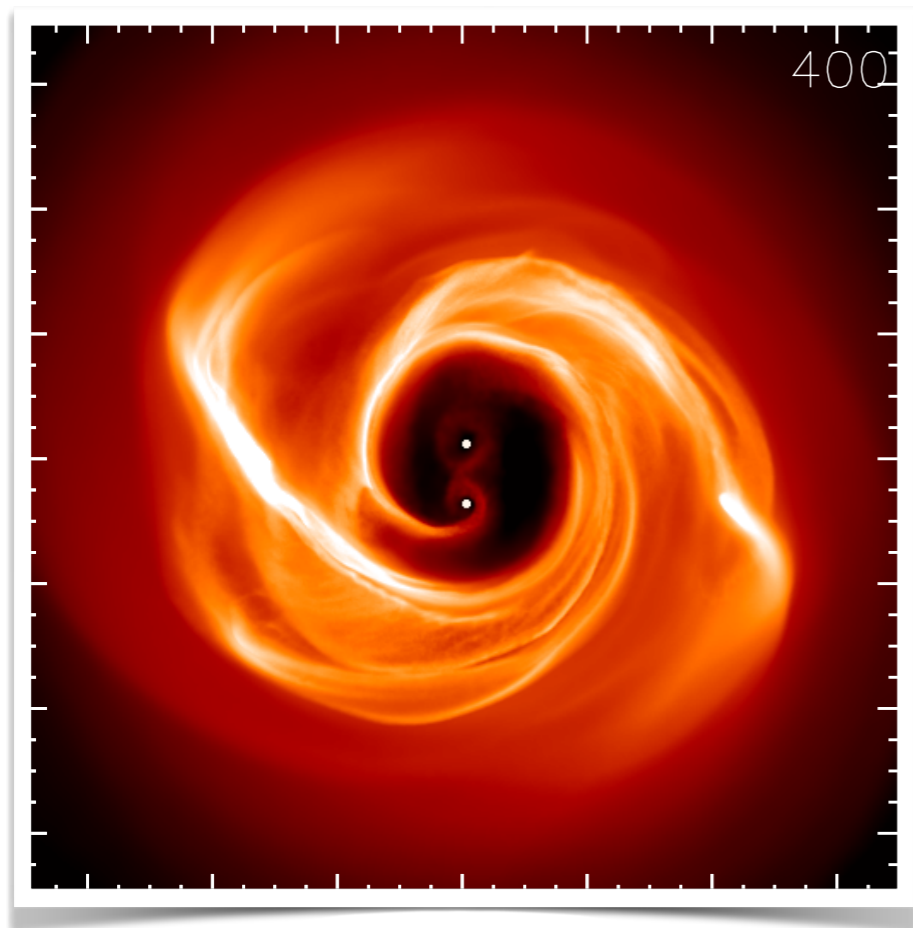
Star density



from Dottì+07, MNRAS, 379, 156

Last phase of evolution: torques from gaseous, circumbinary disk and accretion

SPH simulations
(scale free)



GRMHD simulations
(short separations)

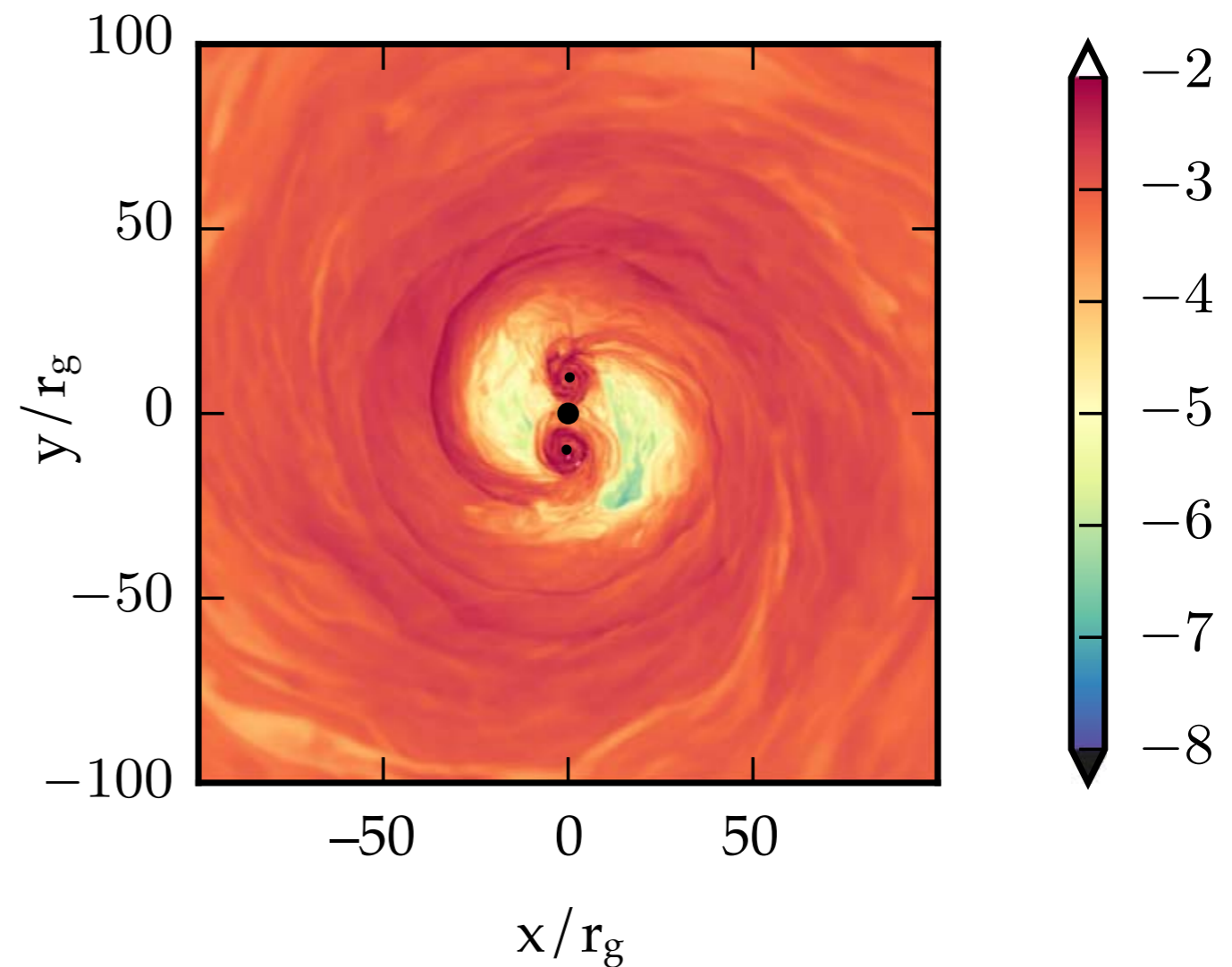
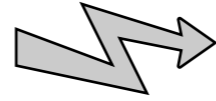


figure from Cuadra+09, MNRAS, 393, 1423

from d'Ascoli+18, ApJ, 865, 140

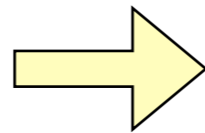
Some things we could learn from finding and studying binary supermassive black holes at $a \sim 0.1 - 10$ pc.

Do they exist? How common are they?



Validate the physical scenarios that have invoked them.

What is the distribution of orbital separations and other system properties?

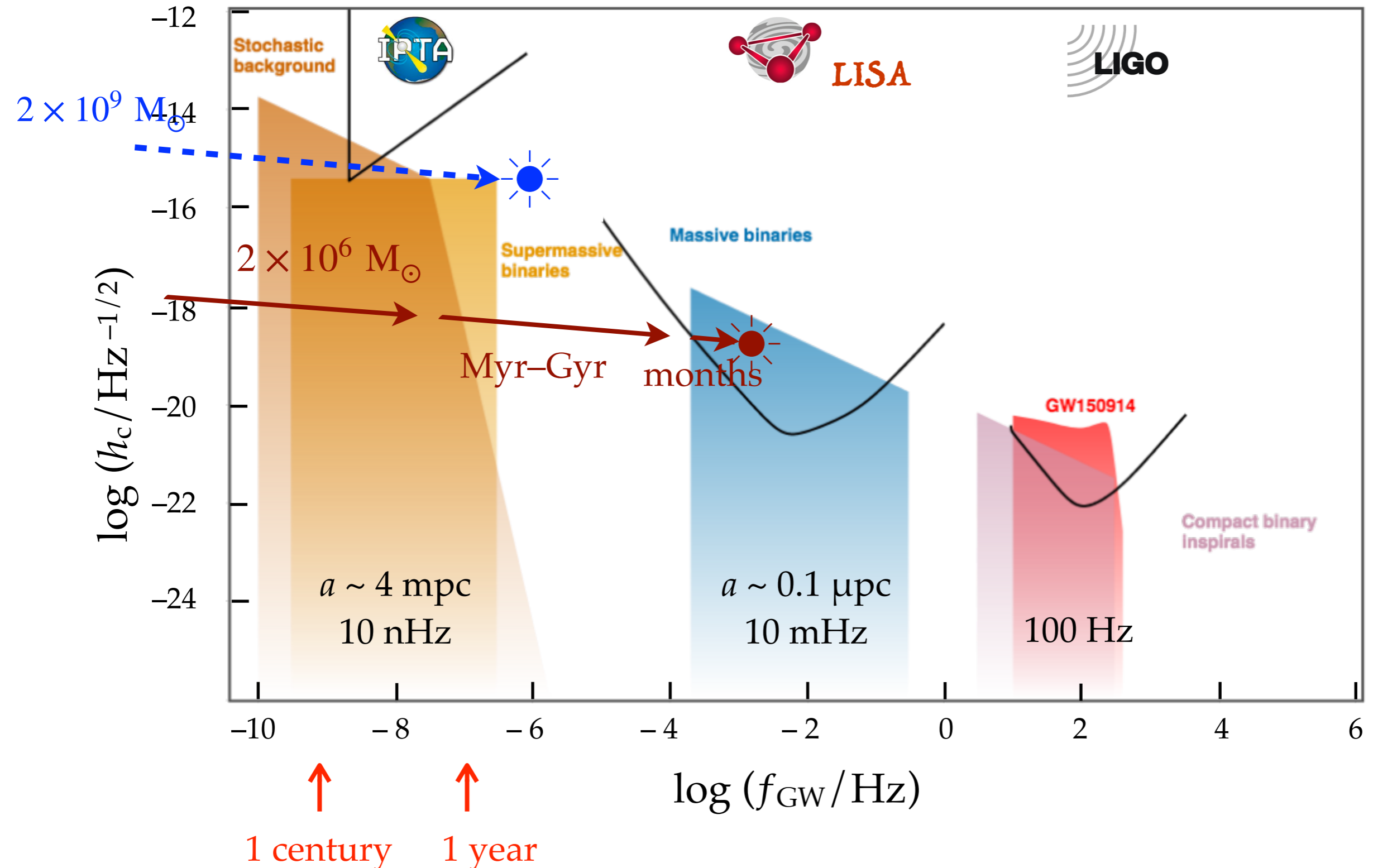


Track the earlier stages of the evolution of the binary and test models for angular momentum loss from the binary.

Host galaxies, their redshift distribution, and evolutionary state.

Identify progenitors of a big family of low-frequency (mHz) gravitational wave sources.

Journey of a $2 \times 10^6 M_{\odot}$ supermassive binary (@ $z = 3$) through the GW frequency spectrum starting at 1 pc

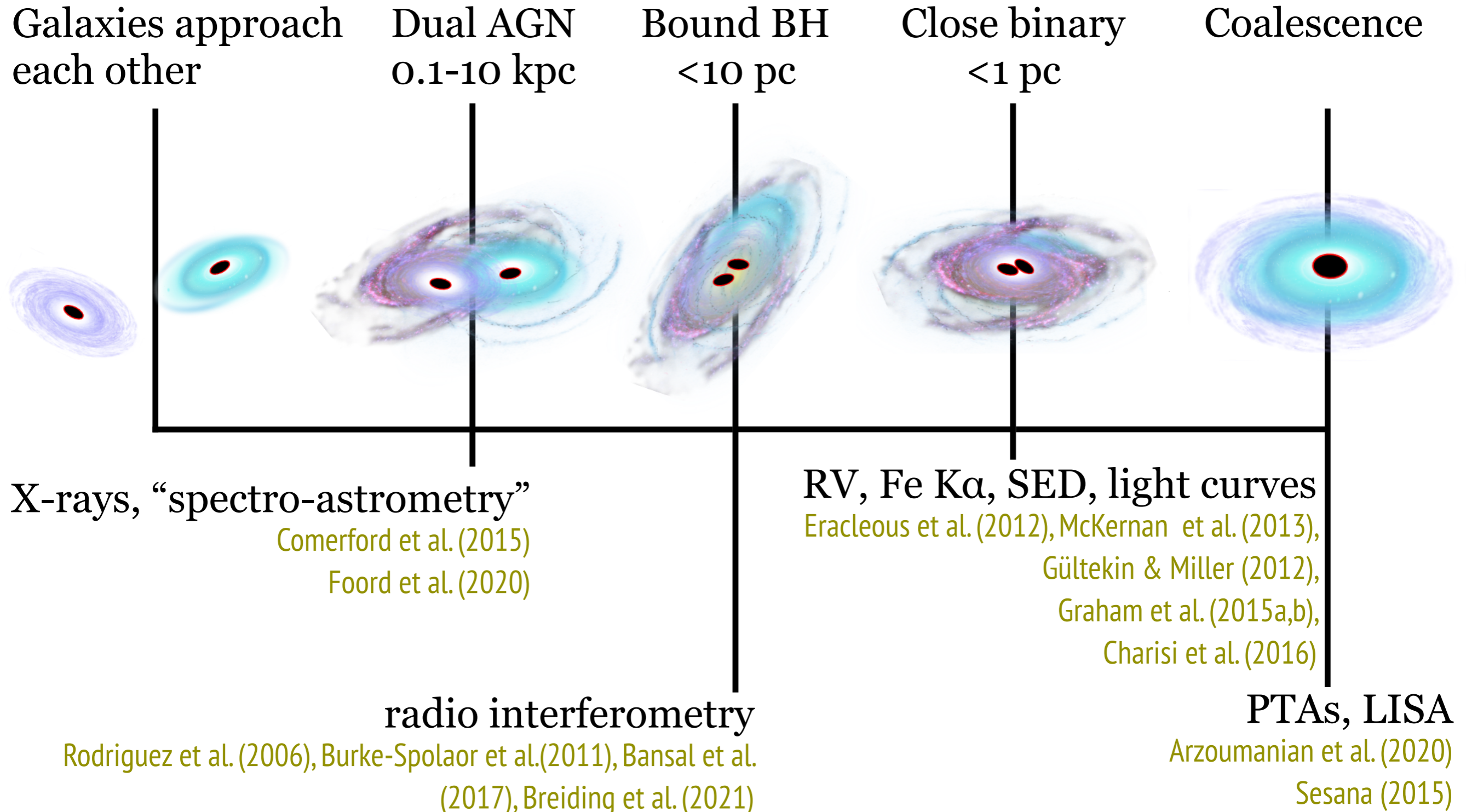


(figure made with <http://gwplotter.com/>)

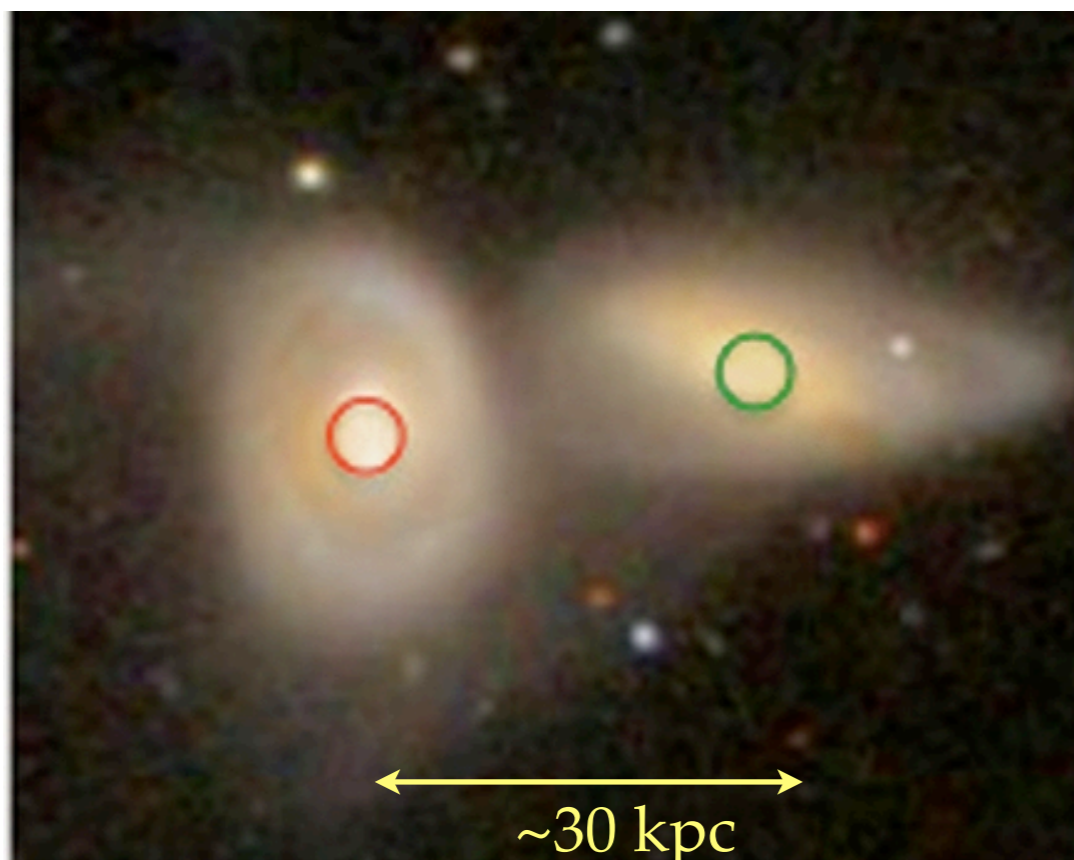
The early evolutionary phases of a (super)massive binary can be studied by electromagnetic observations.

Observing the different evolutionary phases

Slide modified from N. Mohammed

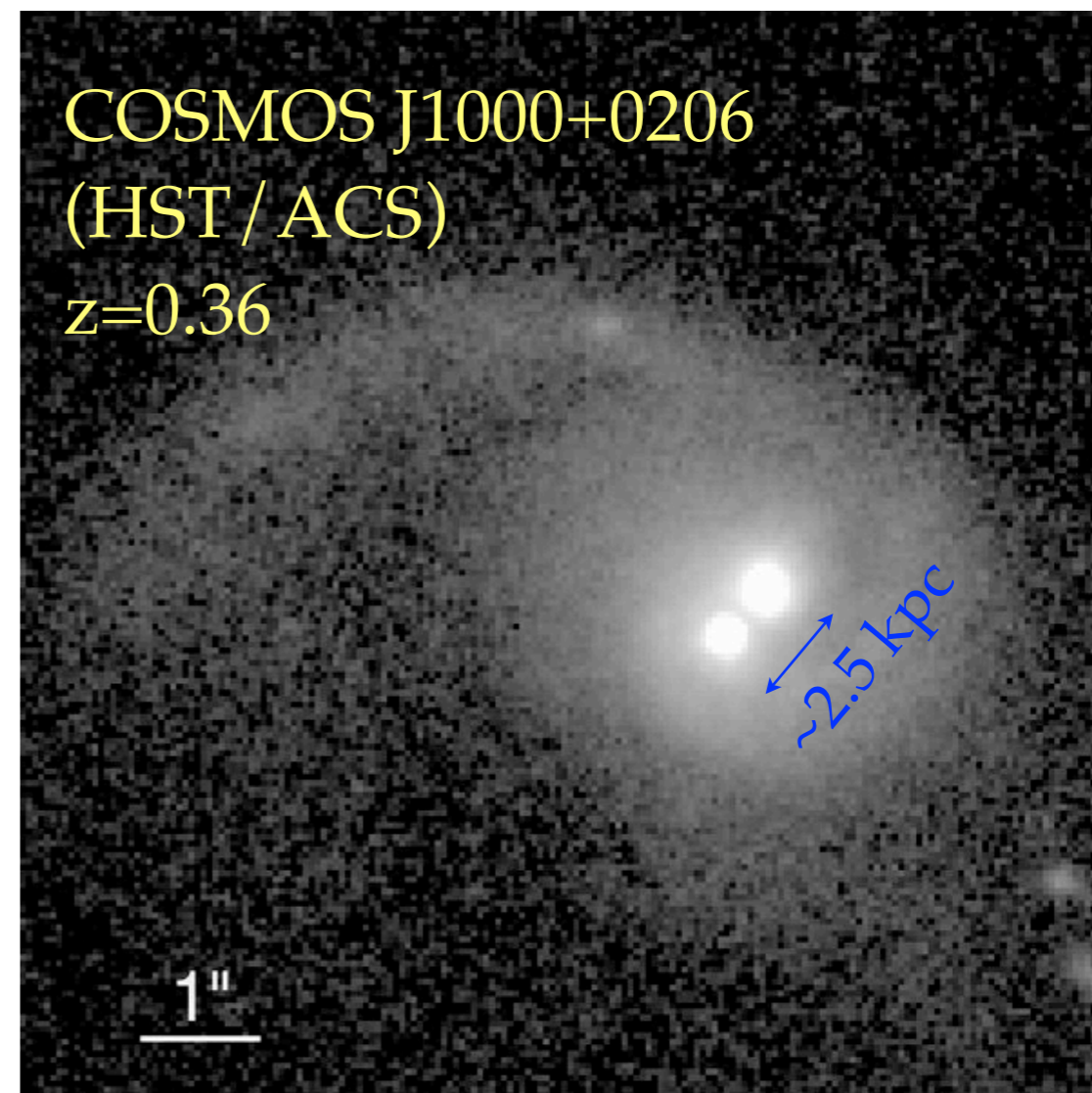


Widely separated, dual active nuclei



SDSS image of dual
AGN from BAT survey

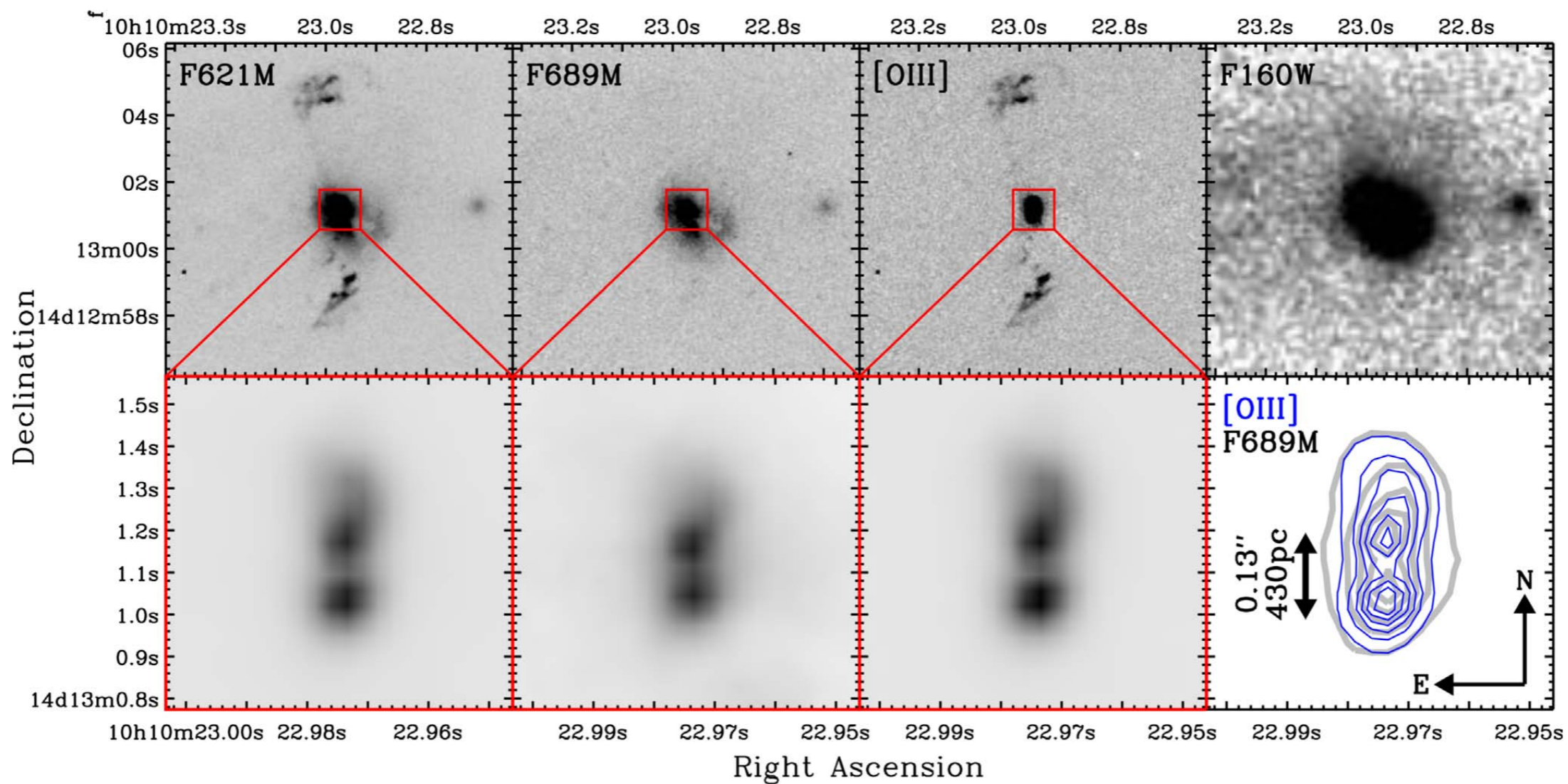
(from Koss+12, ApJL, 746, L22)



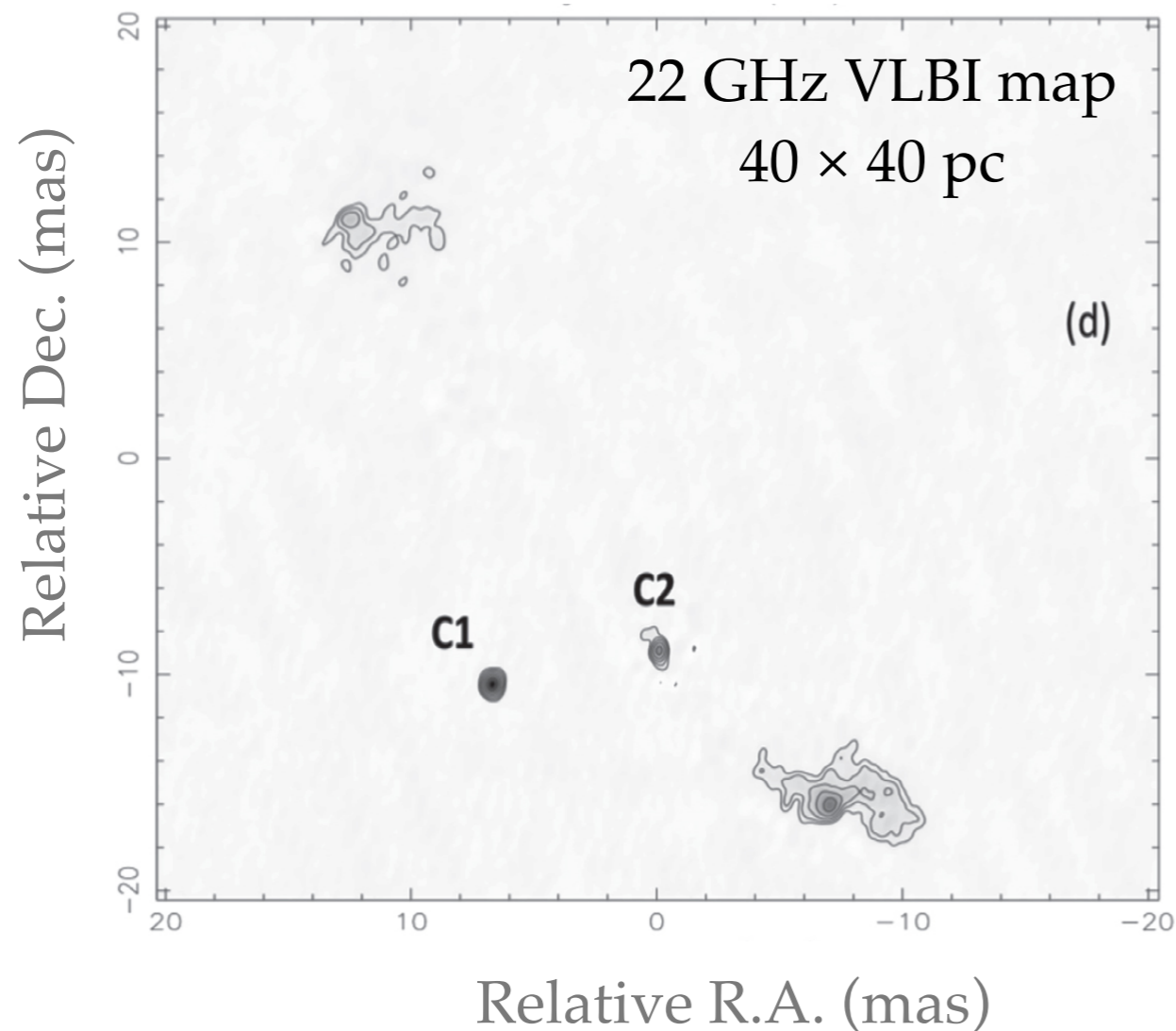
(from Comerford+09, ApJ, 702, L82)

Sub-kpc binary in SDSS J1010+1413

HST/WFC3 imaging



4C+37.11, a.k.a. CSO 0402+379



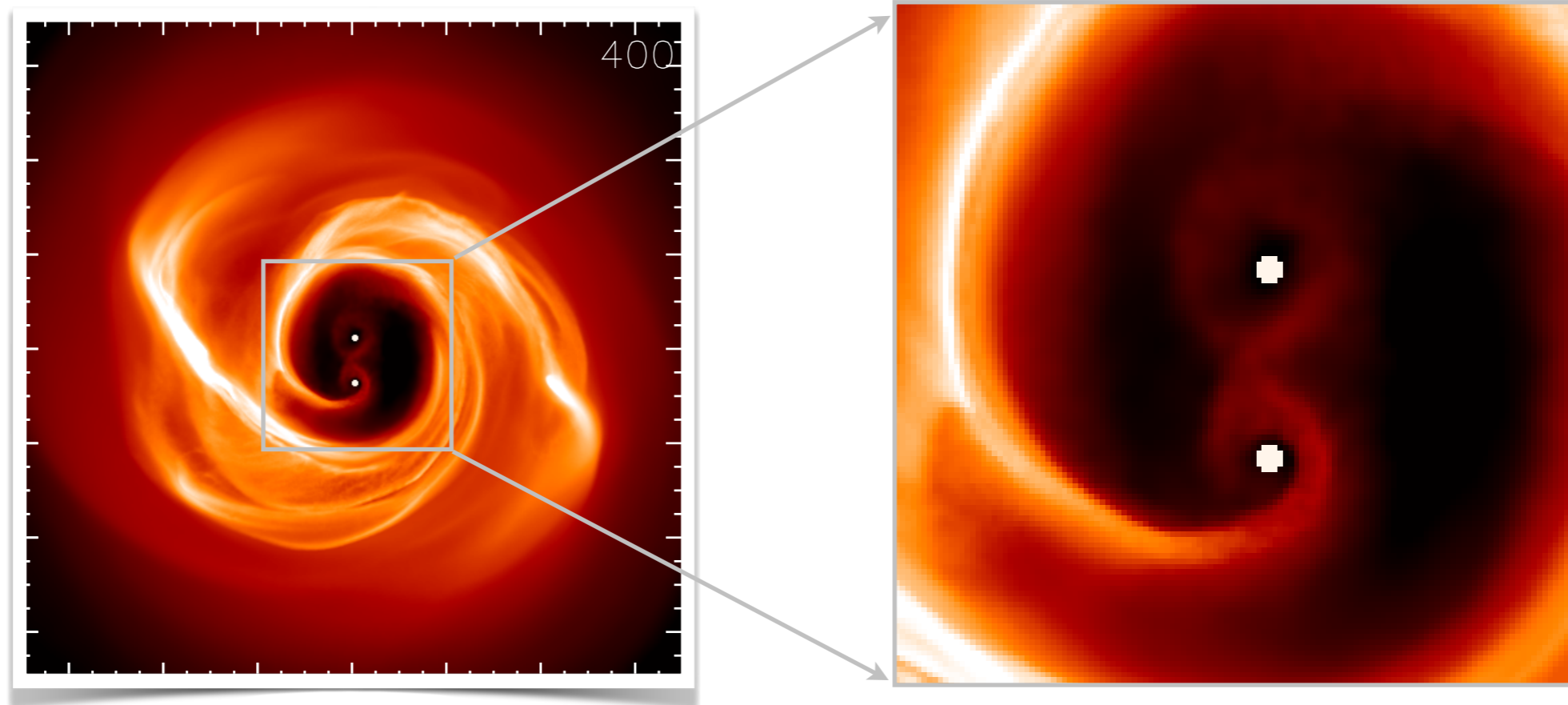
- ◆ Separation 7.3 pc @ $z = 0.055$
- ◆ Small proper motion detected in 12 years
- ◆ Infer (assuming circular orbit):
 - ◆ $P = 3 \times 10^4$ yr
 - ◆ $M = 1.5 \times 10^{10} M_{\odot}$

**Limited by angular resolution
since 1 pc \rightarrow 0.3 mas @ $z = 0.2$**

(from Bansal+17, ApJ, 843, 14)

**Possible observational signatures of the
(uncertain) final phases**

Geometry of accretion flow and possible signatures



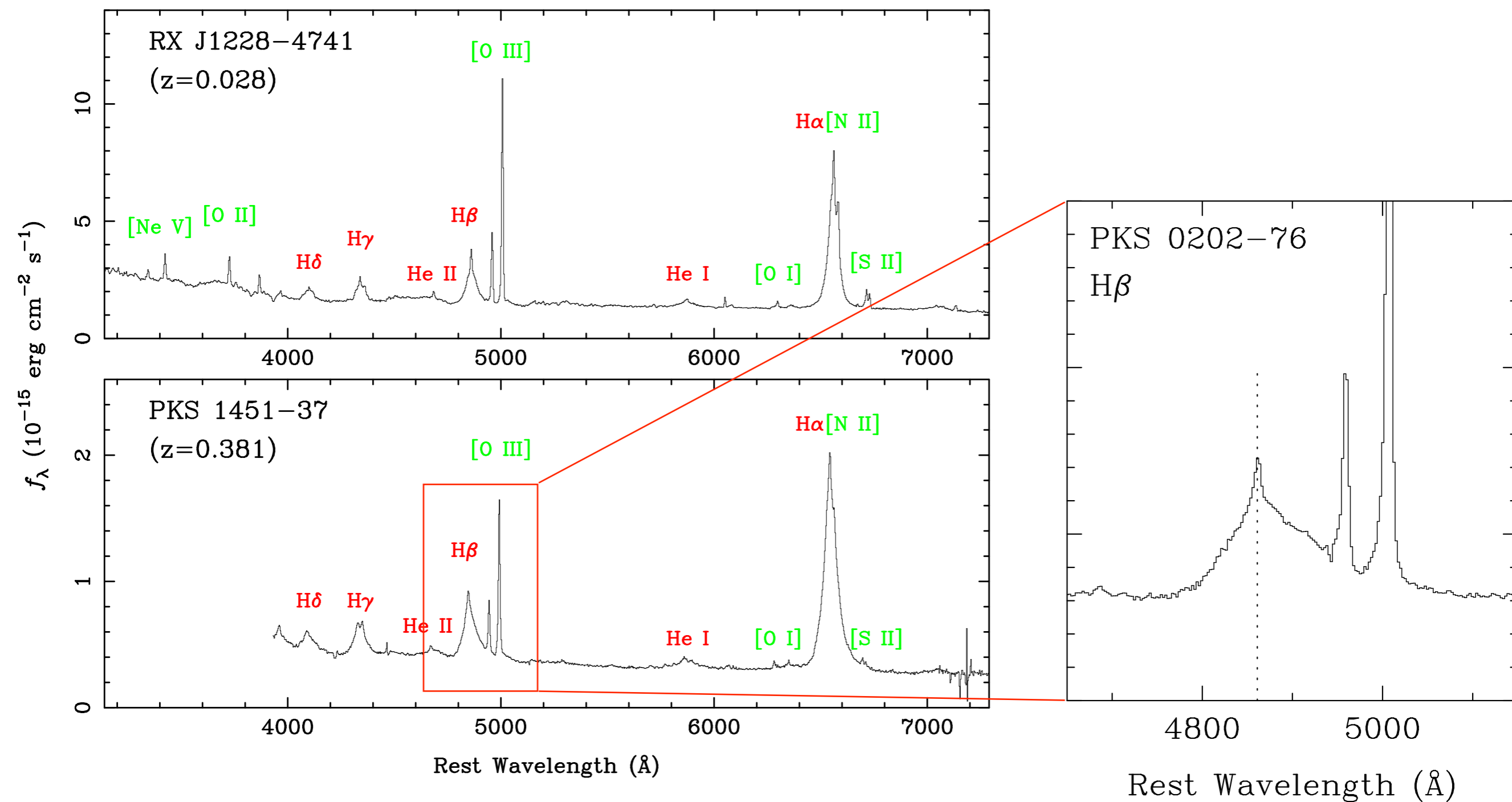
- ◆ Binary period introduces a characteristic time scale
- ◆ Gas bound to individual black holes follows them in their orbits

➔ photometric variations

➔ spectroscopic variations
(line strengths and profiles)

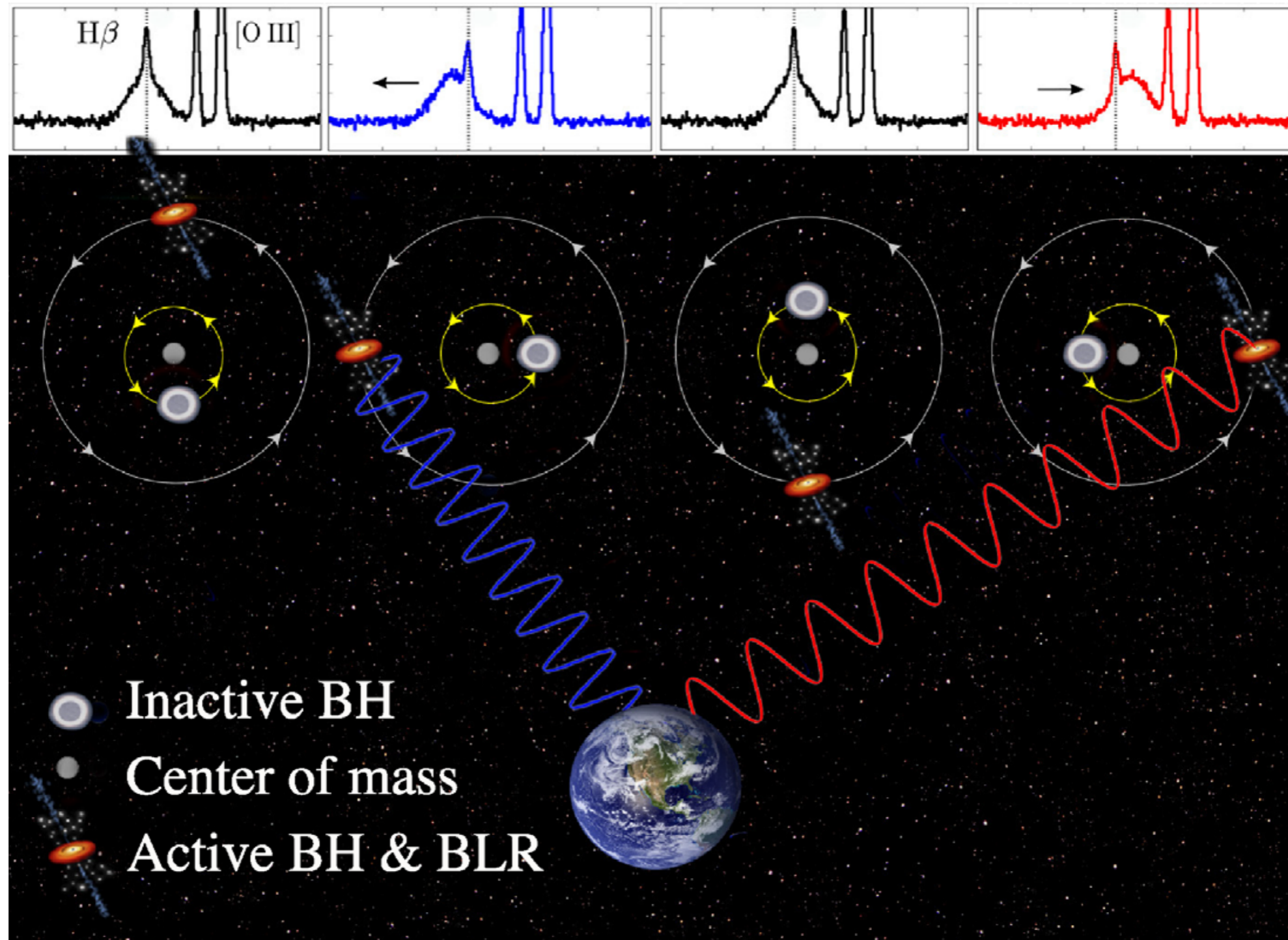
(figure from Cuadra+09, MNRAS, 393, 1423)

Examples of optical spectra of quasars

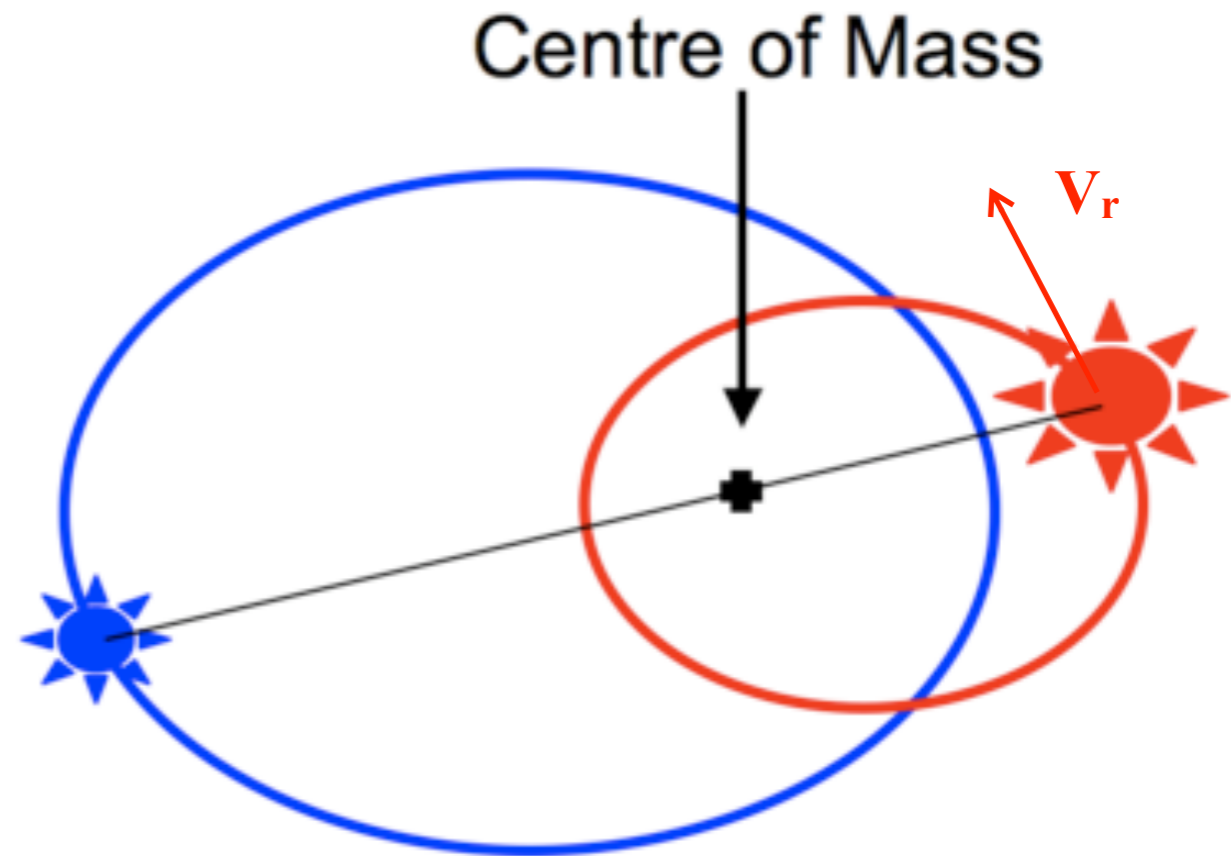
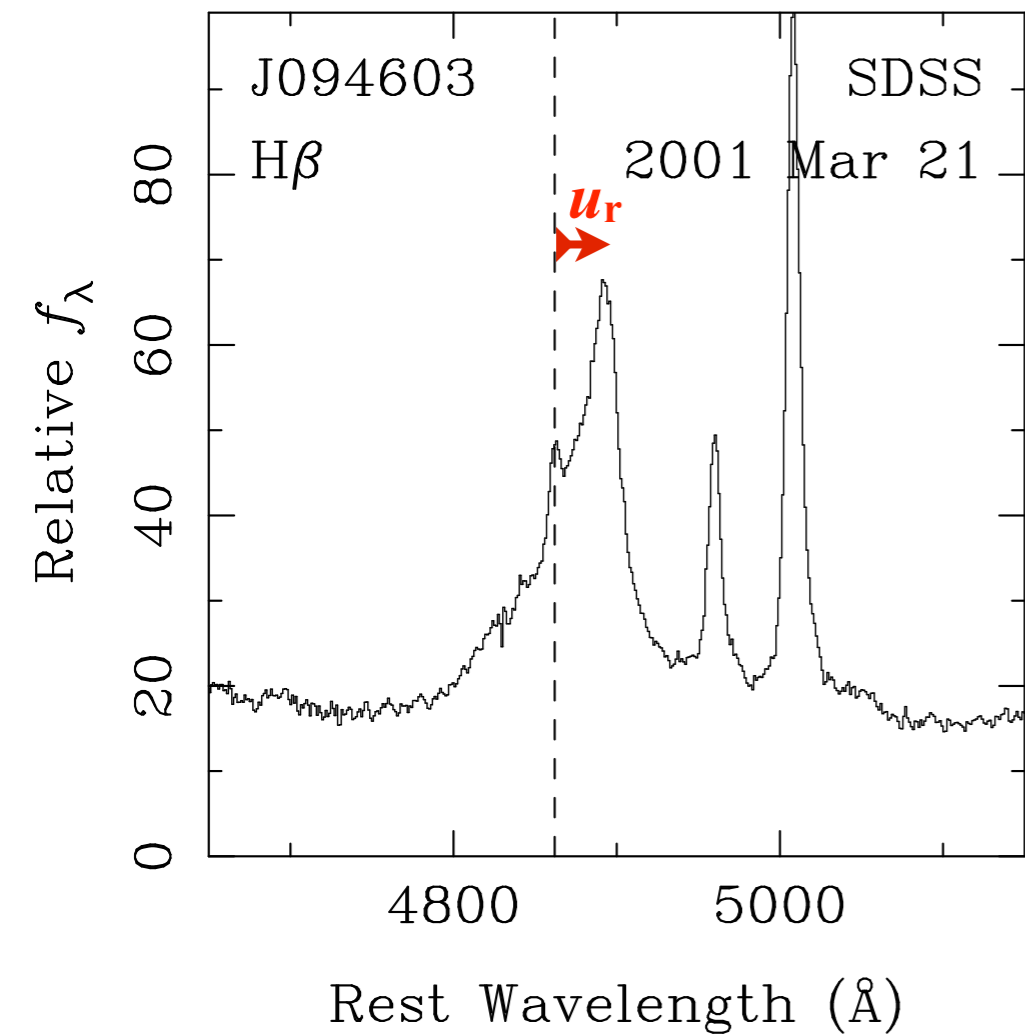


Principles of the radial velocity test

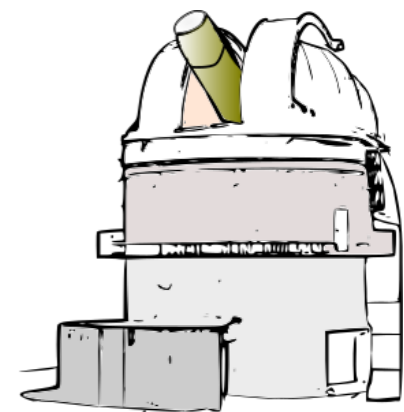
Figure from Guo+19, MNRAS, 482, 3288



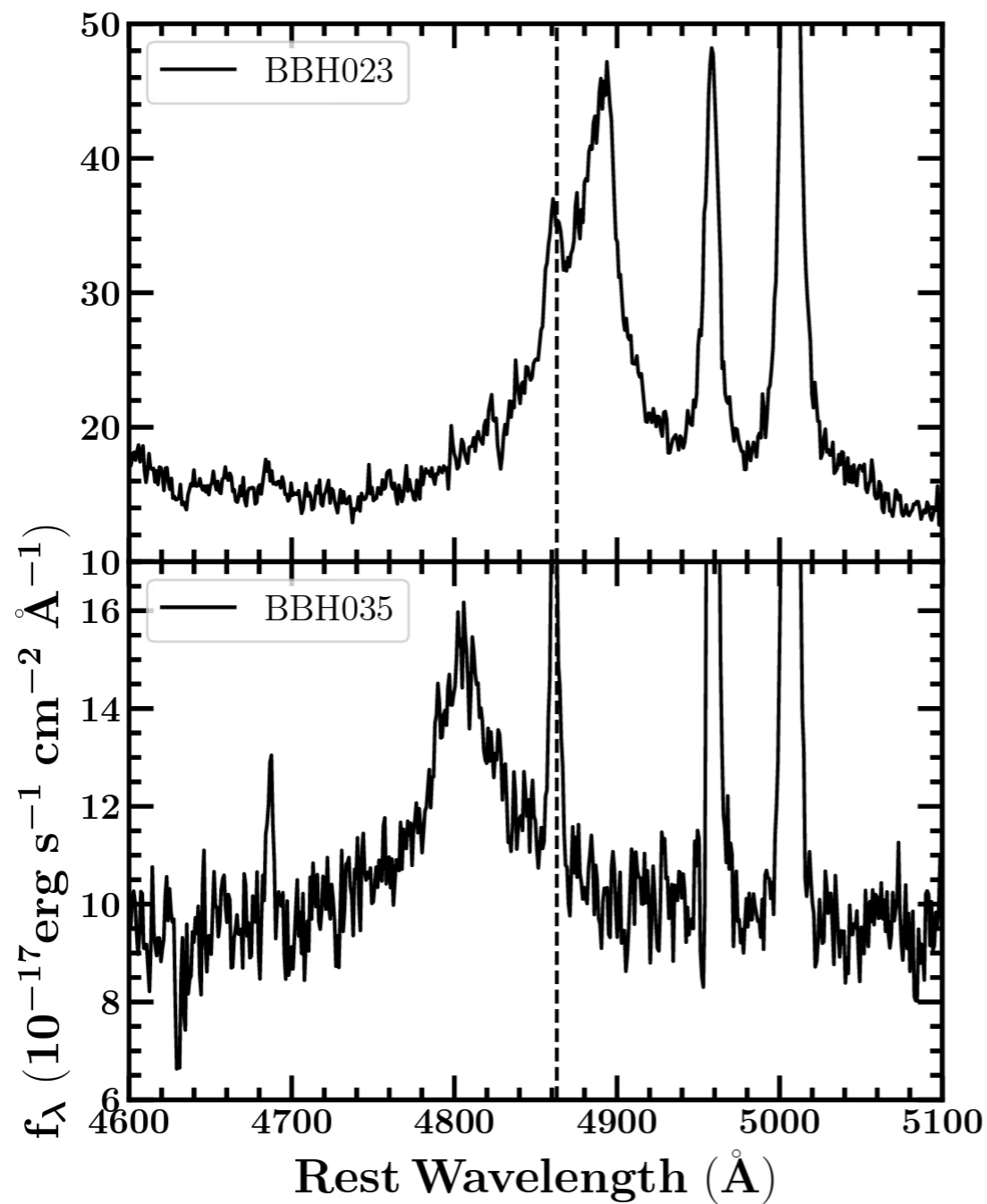
Examples of shifted line profiles



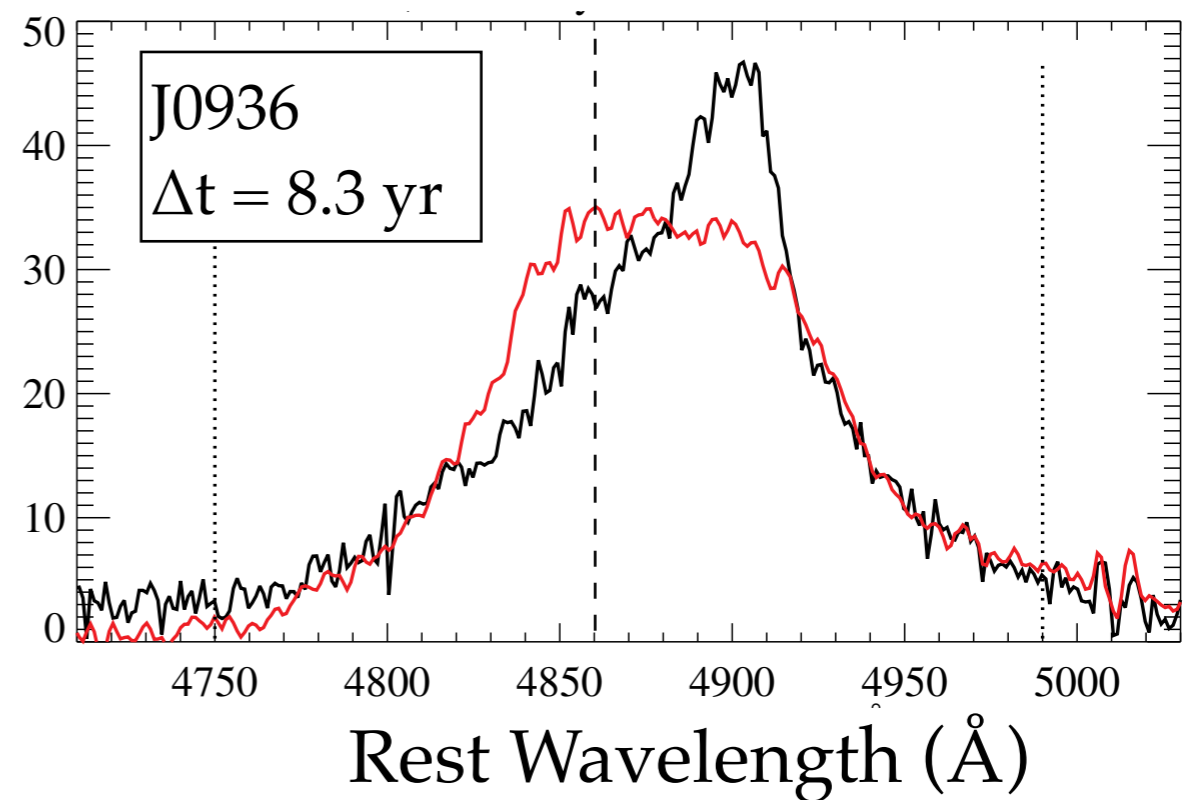
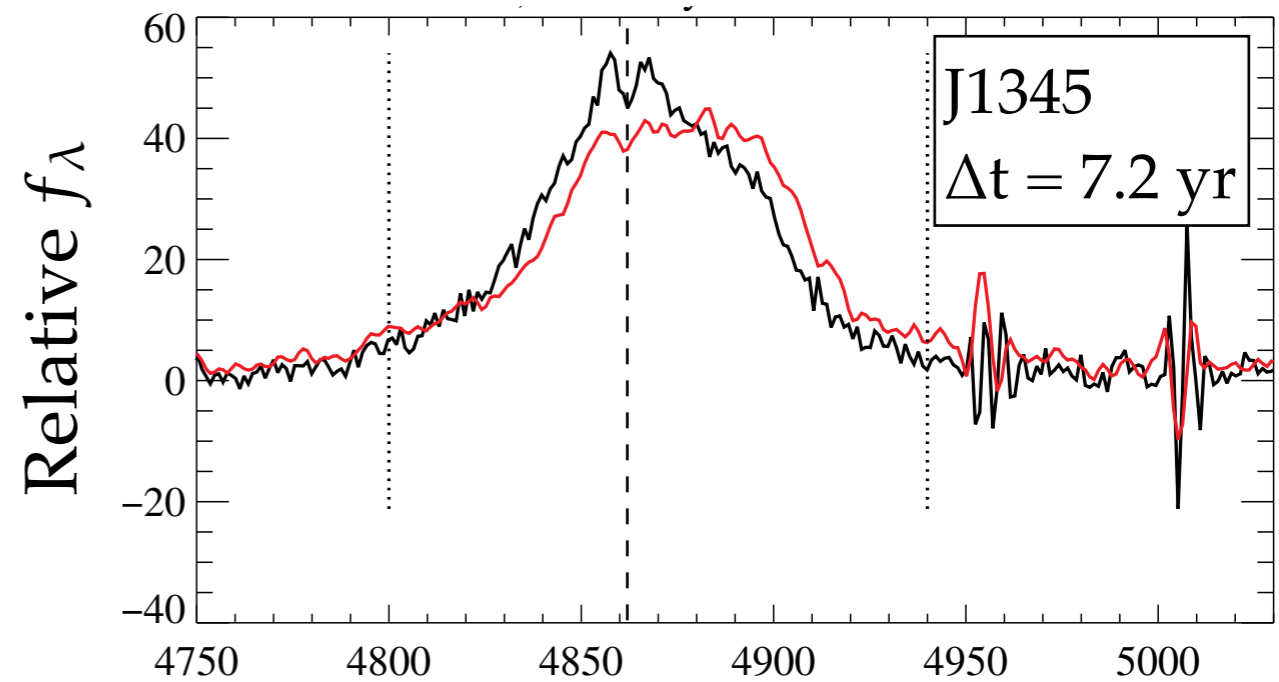
(spectrum from Eracleous+12, ApJS, 201, 23)



Examples of variations of shifted line profiles

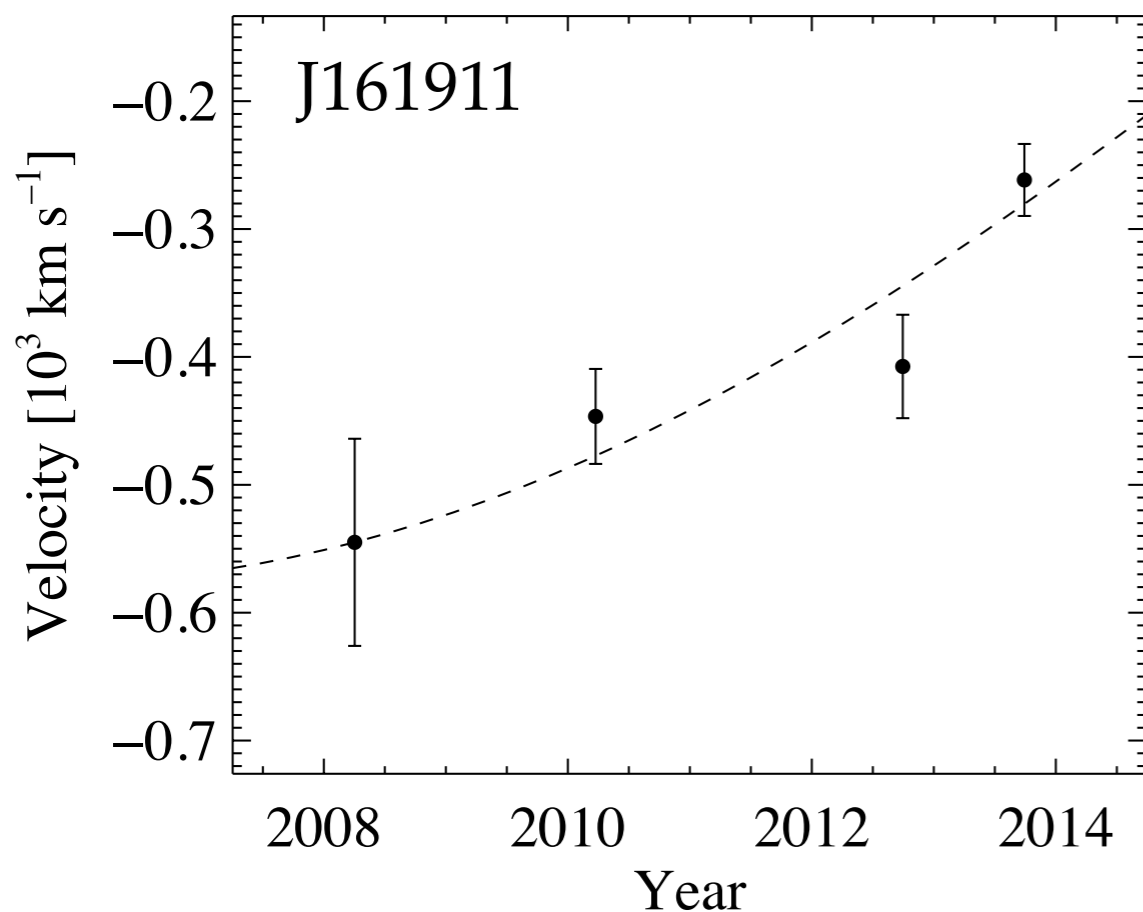


(from Eracleous+12, ApJS, 201, 23)

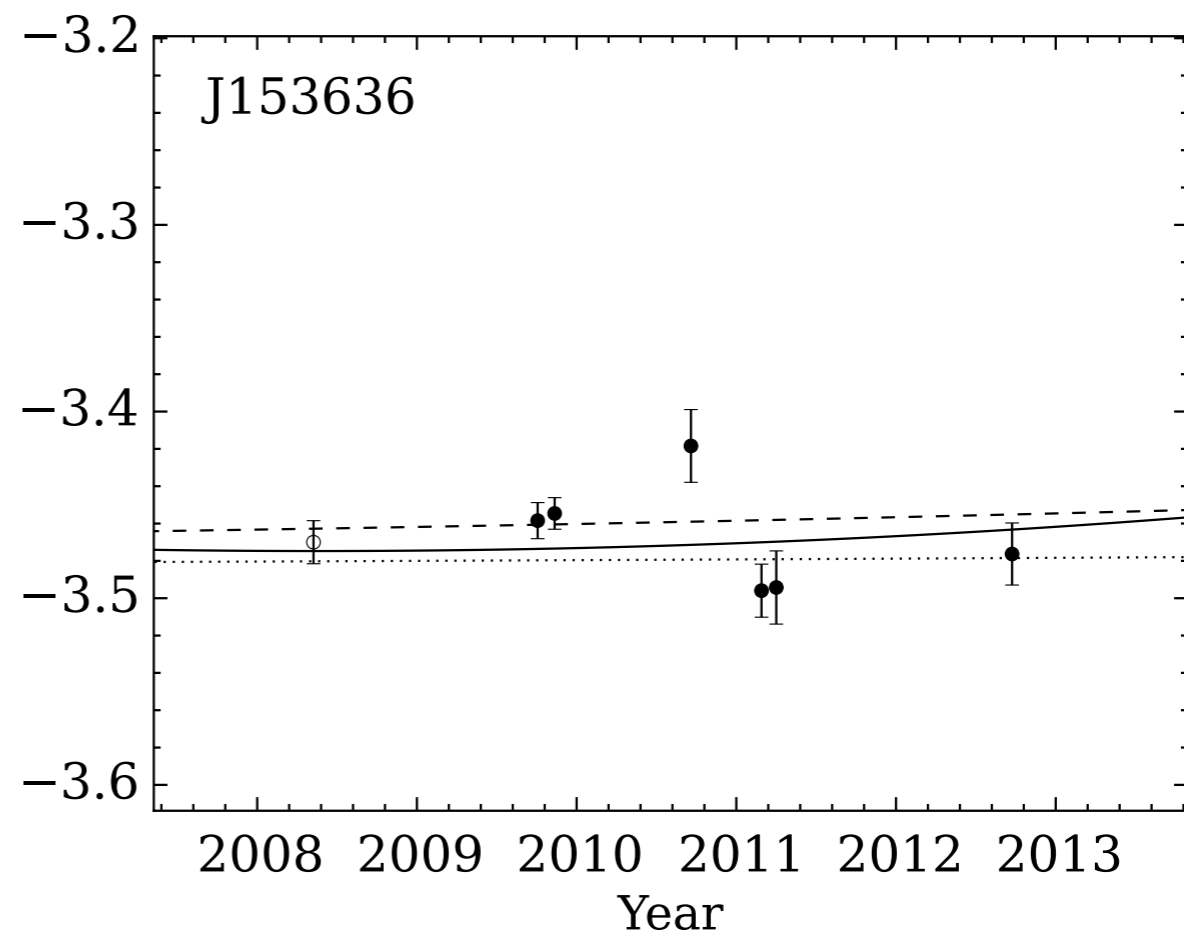


(from Liu+12, ApJ, 789, 140)

45 promising candidates from Runnoe+17 and Guo+19



Example of significant radial velocity variations



Example of radial velocity variations consistent with zero

The main limitation in most methods is ambiguity.

Ambiguity comes from incomplete understanding of the underlying physical processes that shape the observational appearance of “typical” quasars.

For every theoretical prediction of what a **binary** black hole will do, we have to be sure that a **single** black hole in a typical quasar cannot do the same thing...

Spectroscopy (work by our group)

◆ Displaced peaks of broad emission lines

❖ Observe $\Delta v \sim 1000 \text{ km s}^{-1}$ and assume $M \sim 10^8 M_{\odot}$
 $\rightarrow a \sim 0.1 \text{ pc}, P \sim 300 \text{ yr}, dv/dt \sim 20 \text{ km s}^{-1} \text{ yr}^{-1}$

❖ cf., $P \sim \text{few yr}$ from photometric methods

◆ 2–3 dozen candidates selected after long-term spectroscopic monitoring. One of them promising!

◆ but...

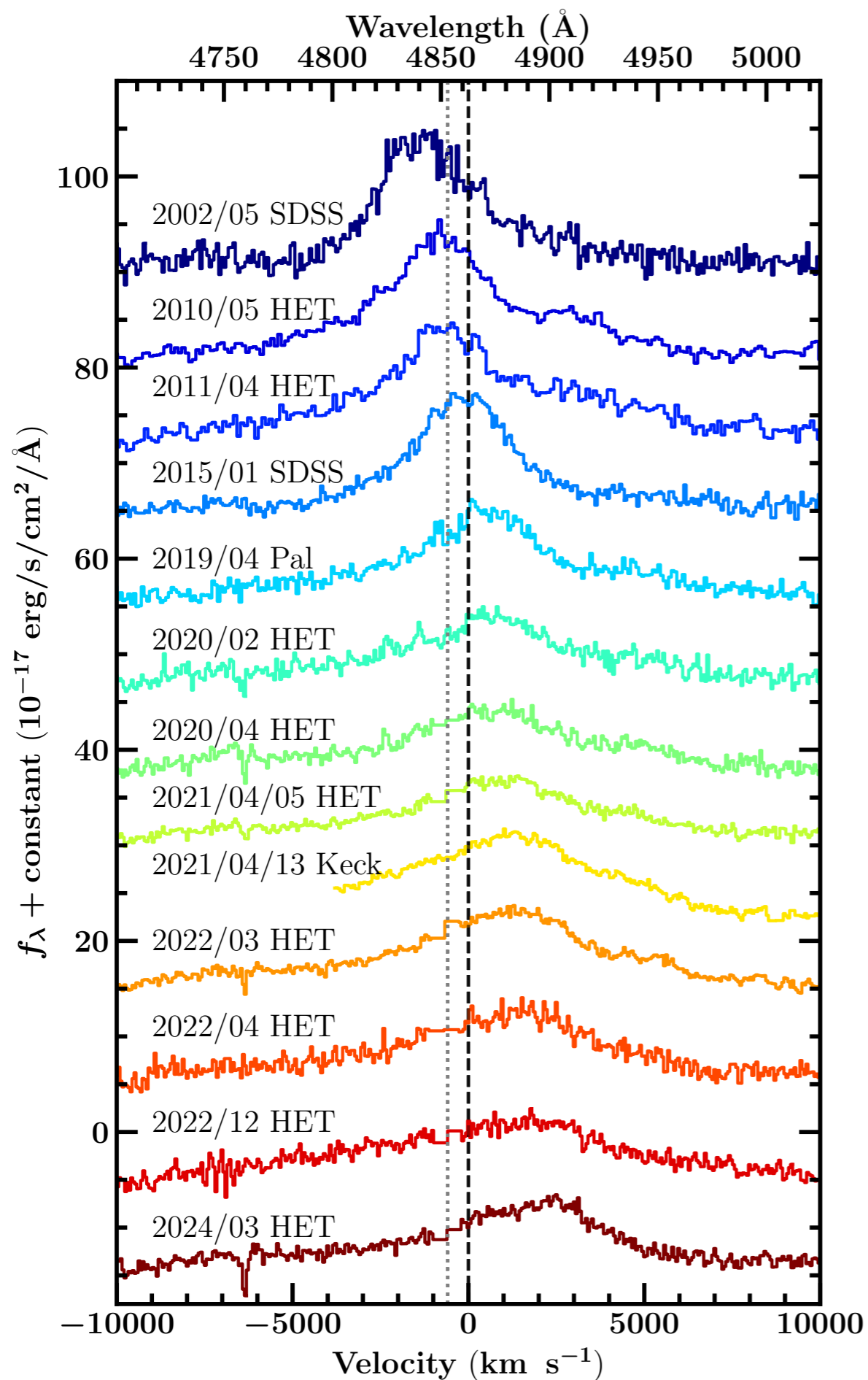
❖ Orbital periods expected to be very long, unlikely to observe complete cycle in a human lifetime

❖ Not sure if displaced lines are the signature to look for

❖ Profiles may vary on much shorter time scales than orbital period

Status of spectroscopic searches in summary

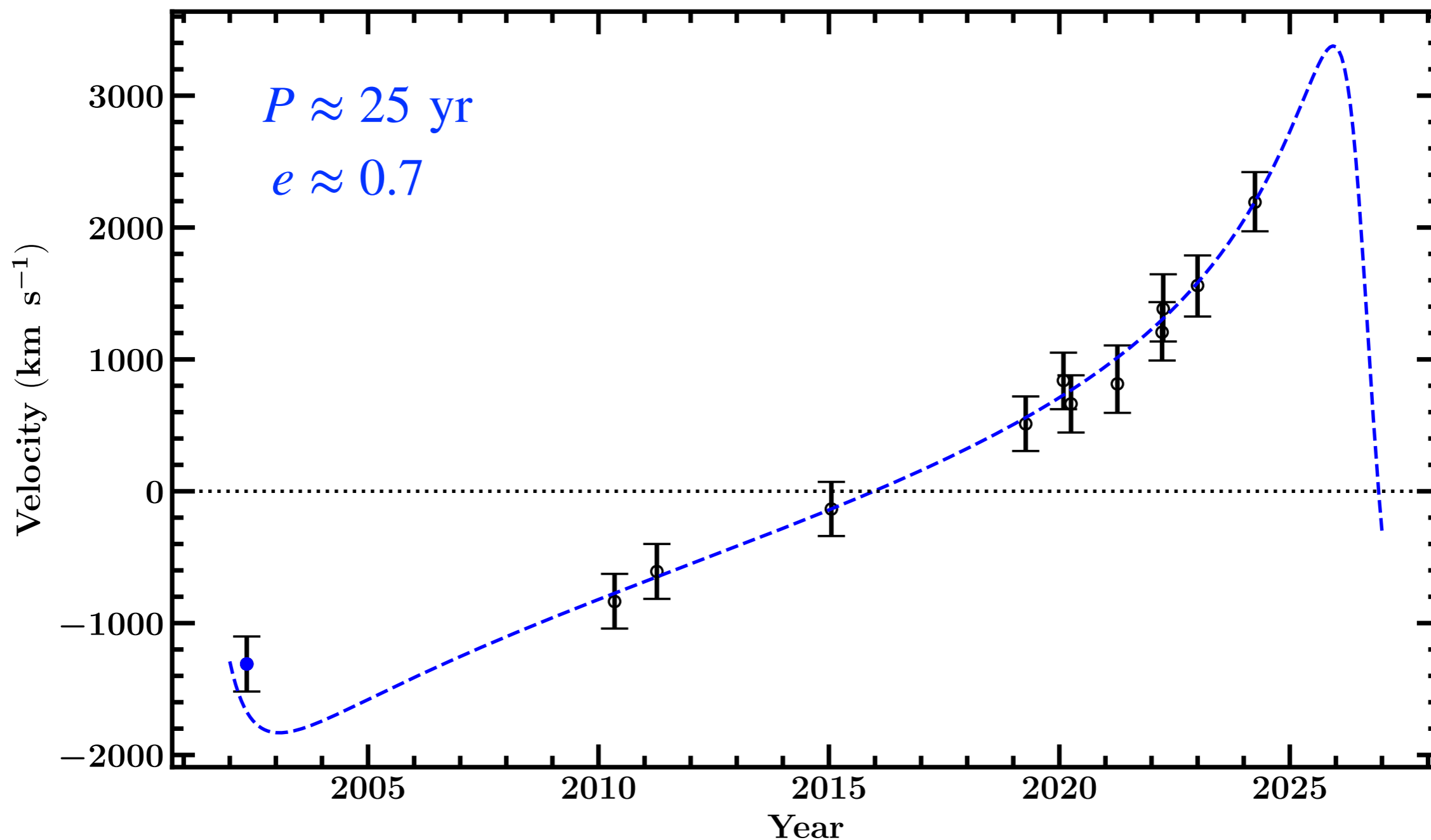
- ◆ Double-peaked emission lines not consistent with orbital motion
- ◆ Single-peaked offset lines from Runnoe+17 and Guo+19
 - ❖ Monitoring of 2–3 dozen candidates
 - ❖ Consistent with: $a \sim 0.1$ pc and $P \sim 100$ yr, $M_{\bullet} > \text{few} \times 10^7 M_{\odot}$
 - ❖ One candidate appears particularly promising at the moment
- ◆ Looking for corroborating evidence via radio observations (Breiding+21, ApJ, 914, 37)
 - ❖ VLBA imaging shows unresolved sources, $a < 20$ pc
 - ❖ Higher-frequency observations coming next to increase spacial resolution
- ◆ Comparison with gravitational wave background
 - ❖ Calibrating on the candidates selected so far we do not violate the constraints from the GW background.



The best spectroscopic
candidate so far

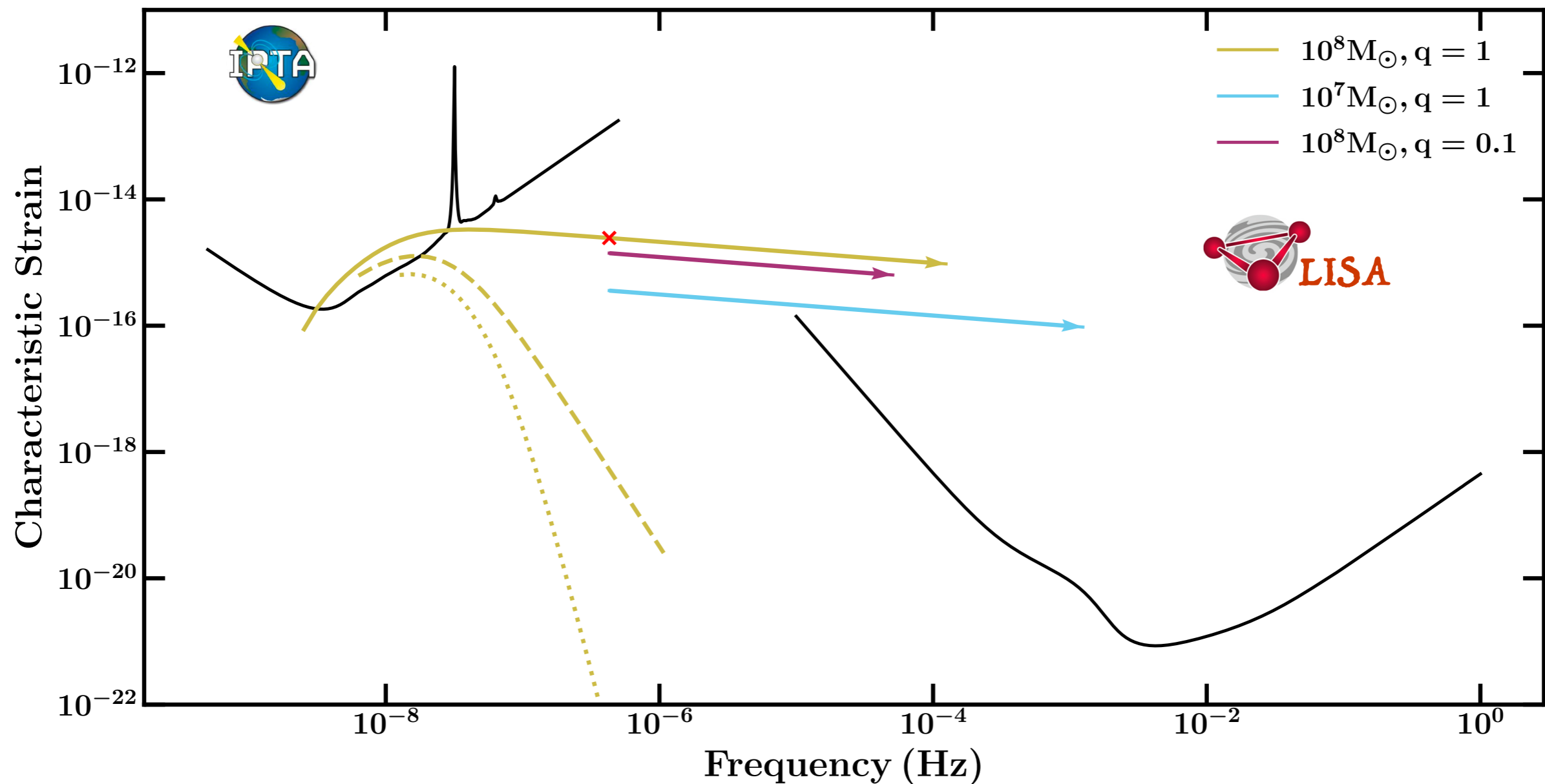
Work by Niana Mohammed
paper in preparation

Radial velocity curve and Keplerian model fit



Work by Niana Mohammed
paper in preparation

Projected evolution of J0950, assuming $e=0$, $q=1$, and $M = 10^8 M_{\odot}$



Work by Niana Mohammed
paper in preparation

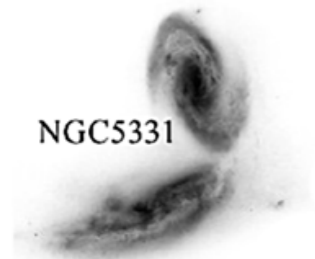
The End (of this talk)

The real action begins in 10–15 years...



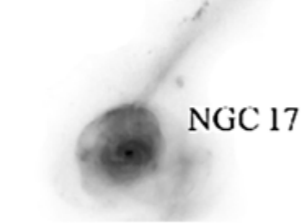
BACKUP SLIDES

Galaxy Merger



NGC 5331
Dynamical friction drives massive objects to central positions

Stellar Core Merger



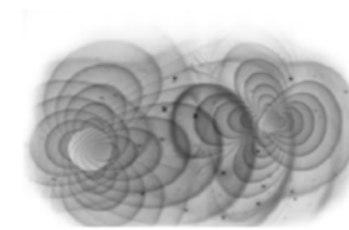
NGC 17
Dynamical friction less efficient as SMBHs form a binary.

Binary Formation



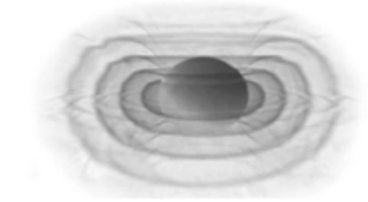
4C 37.11
Stellar and gas interactions may dominate binary inspiral?

Continuous GWs



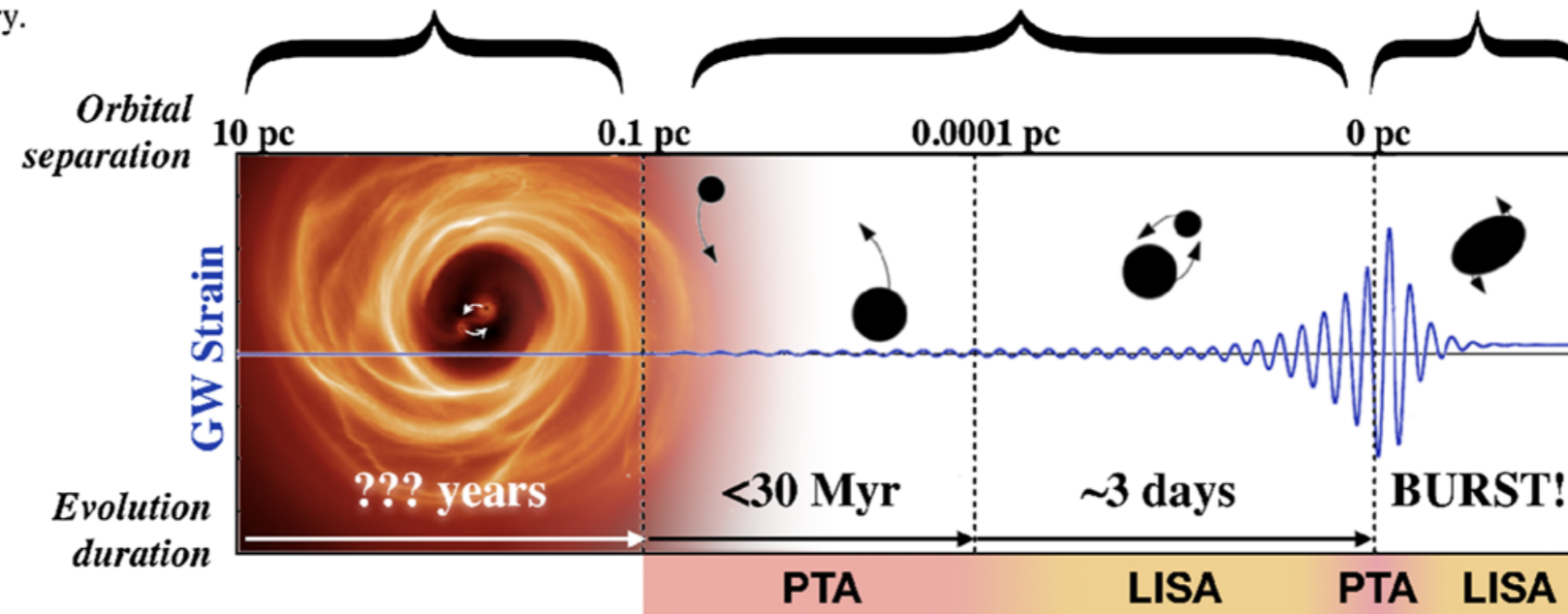
Gravitational radiation provides efficient inspiral. Circumbinary disk may track shrinking orbit.

Coalescence, Memory & Recoil



Post-coalescence system may experience gravitational recoil.

The Lifecycle of Binary Supermassive Black Holes



E.M. probes of five stages of the journey of a $2 \times (10^6 M_{\odot})$ supermassive binary from ~ 10 pc to coalescence.

	a	P_{orb}	f_{GW}	E.M. Observability
separation ↑	10 pc	2 Myr	30 fHz	resolved by radio interferometry (proper motion may be observable)
	0.1 pc	2 kyr	30 pHz	spectroscopy (emission line shifts) infra-red interferometry
evolution ↓	2 mpc	6 yr	11 nHz	<i>(f_{GW} within PTA band)</i> modulation of optical light curves attendant spectroscopic variations
	2 μ pc	1.6 hr	0.3 mHz	<i>(entering LISA band)</i> fast modulation of X-ray light curves
	0.1 μ pc	1 min	33 mHz	<i>(chirp and merger in LISA band)</i> polychromatic E.M. flare

Potential E.M. signatures of supermassive binaries at separations: $a \sim \text{pc} - \mu\text{pc}$

◆ Direct imaging via radio interferometry

Burke-Spolaor+11, MNRAS, 410, 2113; Bansal+17, ApJ, 843, 14; Kharb 217, Nat. Ast., 1, 727, Breiding+21, ApJ, 914, 37

observational
searches

◆ Radial velocity variations of broad emission lines

Runnoe+17, ApJS, 201, 23; Guo+19, MNRAS, 482, 3288; Decarli+13, MNRAS, 433, 1492; Wang+17, ApJ, 834, 129

observational
searches

◆ Infrared interferometry (shift of photocenter)

Dexter+20, ApJ, 905, 33

predictions
only

◆ Modulation of optical light curves

Graham+15, MNRAS, 453, 1562; Charisi+16, MNRAS, 463, 2145; Liu+2019, ApJ, 884, 36; Vaughan+16, MNRAS, 461, 3145

observational
searches

◆ Reverberation (various forms)

Wang+18, ApJ, 862, 171; Ji+21, ApJ, 910, 101

predictions
only

Potential E.M. signatures of supermassive binaries at separations: $a \sim \text{pc} - \mu\text{pc}$ (*continued*)

- ◆ Combination of photometric and radial velocity modulations

Bon+12, ApJ, 759, 118; Li+16, ApJ 822, 1

observational
searches

- ◆ Unusual relative intensities and profiles of broad lines

Montuori+11, MNRAS, 412, 26 and 2012, MNRAS, 425, 1633

predictions
only

- ◆ Unusual spectral energy distribution because of mini- and circumbinary disks.

Gükltekin & Miller 12, ApJ, 761, 90; Roedig+14, ApJ, 785, 115; Tang+18, MNRAS, 476, 2249

predictions
only

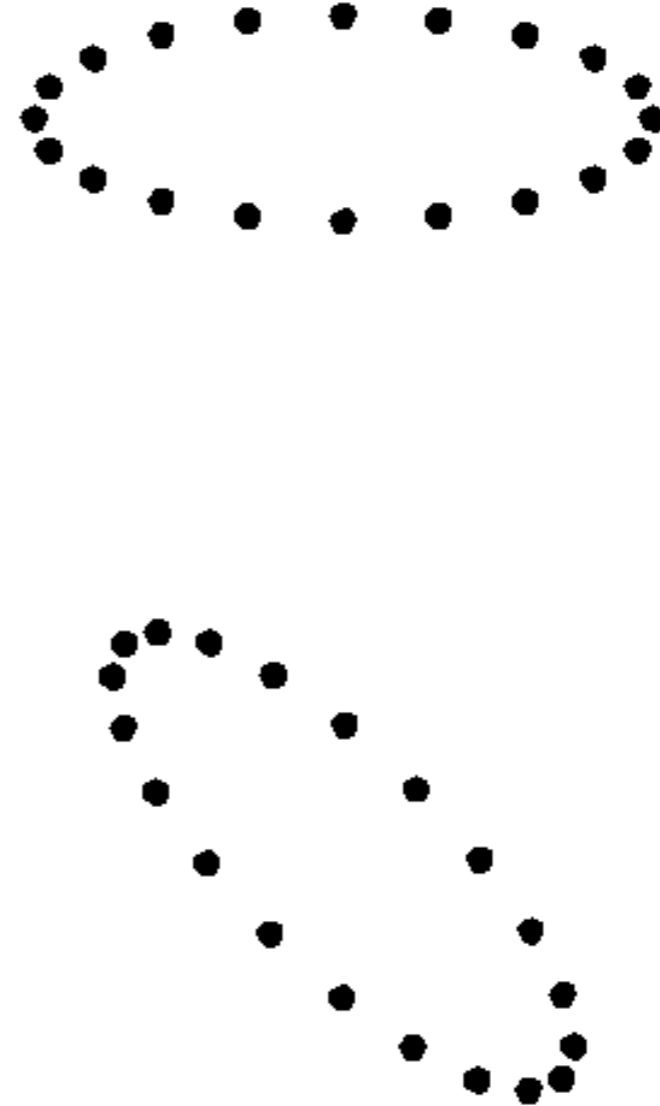
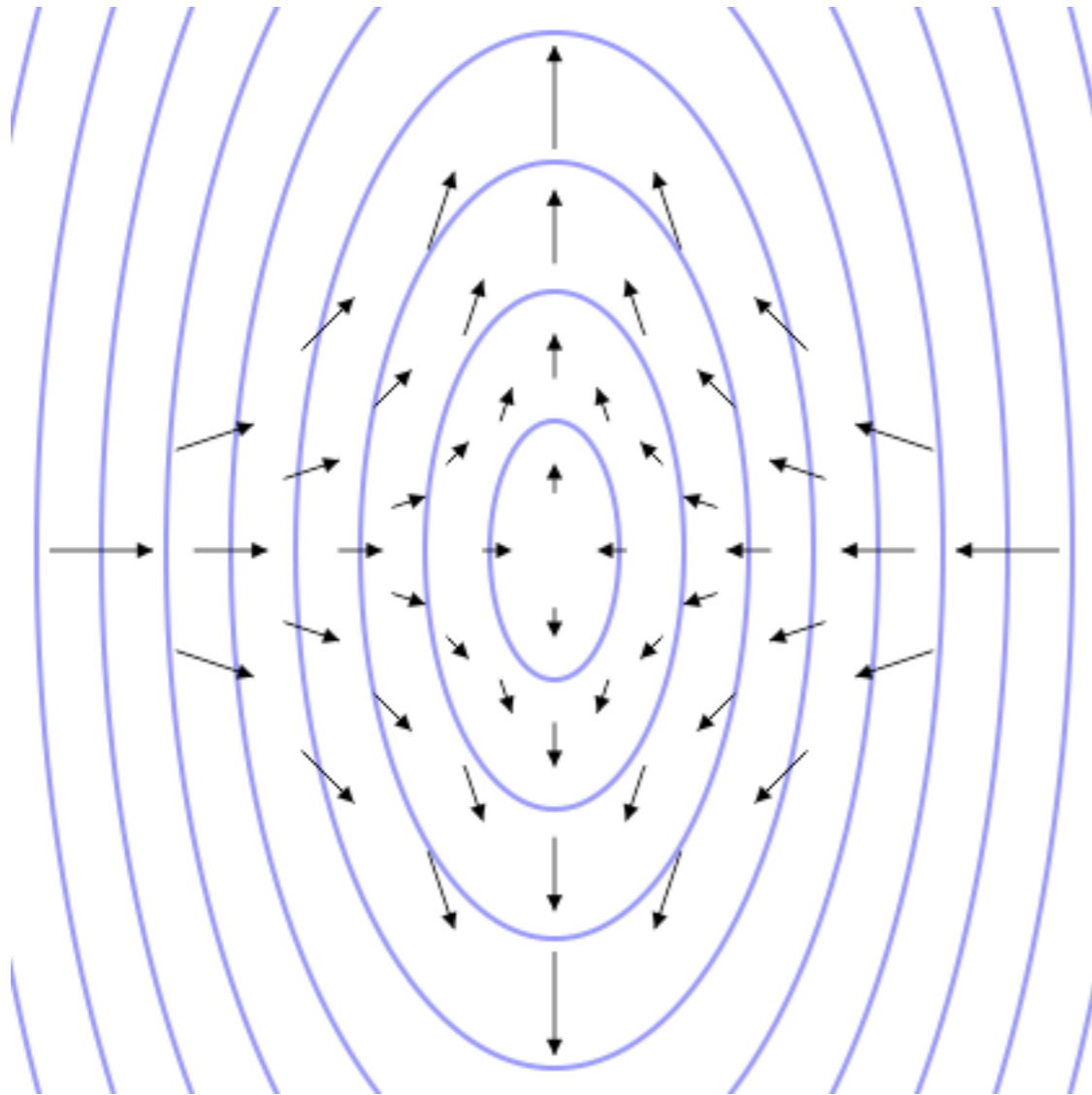
- ◆ Modulated extreme-UV / X-ray emission during late stages of inspiral and periodic shifts of X-ray emission lines.

Bode+10, ApJ, 715, 1117 and 2012, ApJ, 744, 45; McKernan+13, MNRAS, 432, 1468;
d'Ascoli+18, ApJ, 865, 140

predictions
only

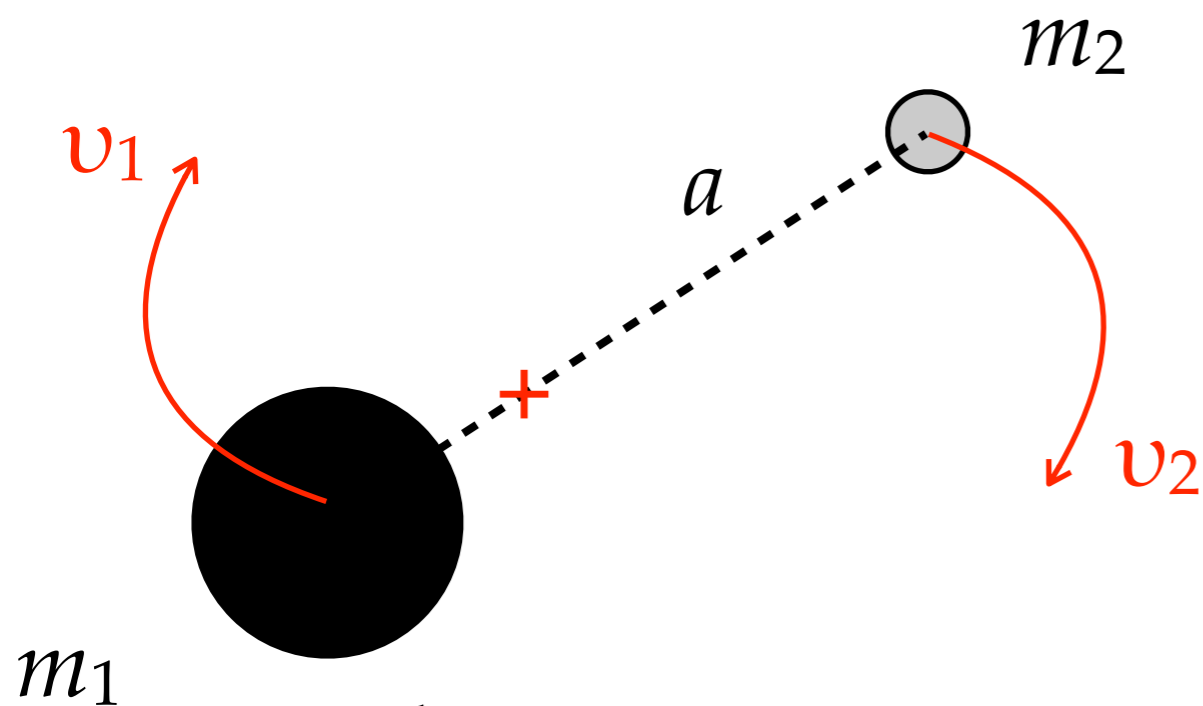
Speaking of gravitational waves...

Illustrations of Deformation (from Wikipedia)



Linearly polarized wave (face on)

The Fiducial Binary System (in a **circular** orbit)



Total mass: $M = m_1 + m_2$

Mass ratio: $q = m_2/m_1 < 1$

$$t_{\text{decay}} \sim \frac{c^5}{G^3} \frac{a^4}{M^3}$$

Gravitational Wave Frequency

$$f_{\text{GW}} = \frac{2}{P} = \frac{1}{\pi} \left(\frac{GM}{a^3} \right)^{1/2}$$

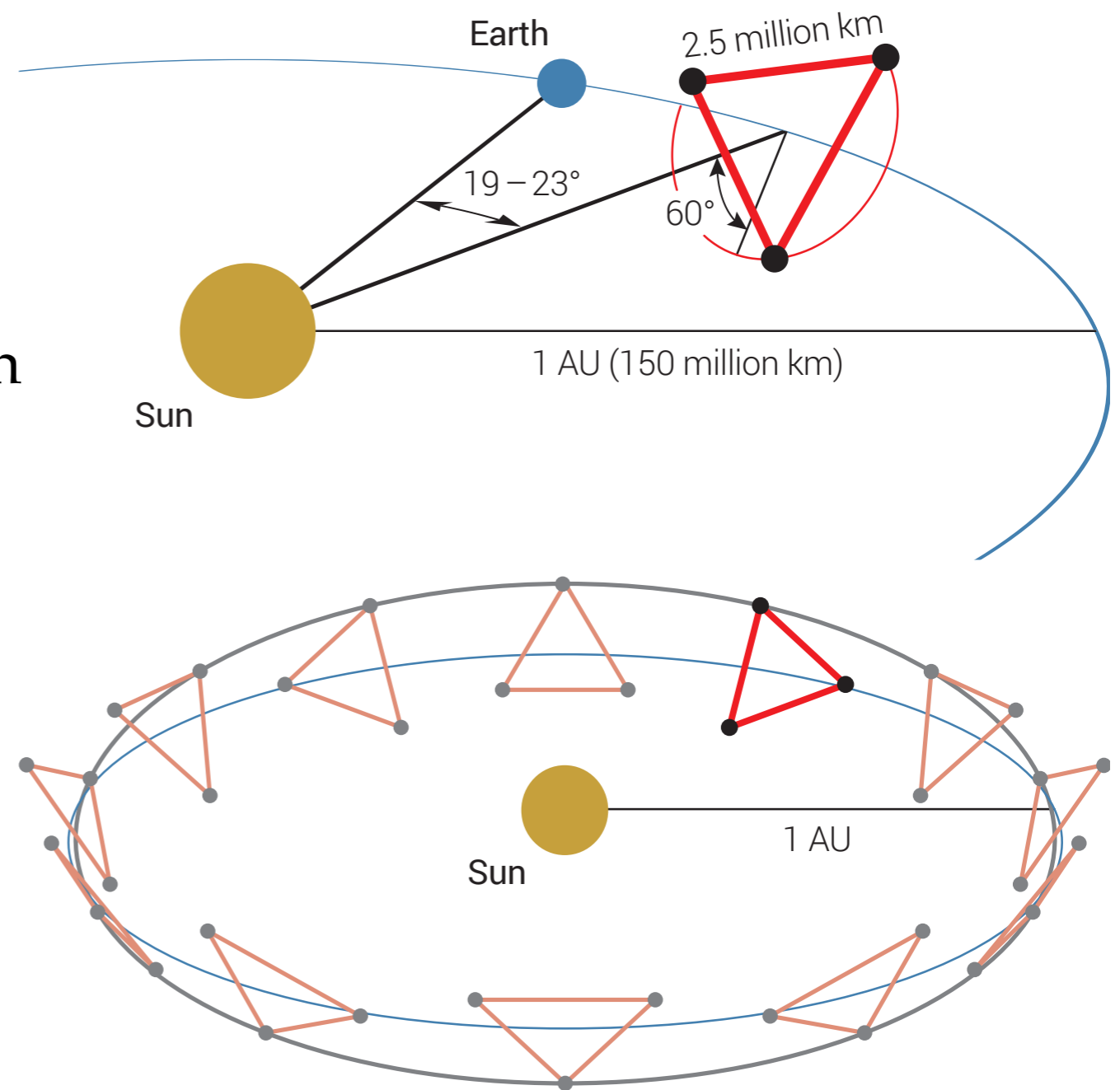
At the end of inspiral $a \rightarrow \text{ISCO}$

$$f_{\text{GW}} = 4.38 \left(\frac{M}{M_{\odot}} \right)^{-1} \text{ kHz}$$

- ◆ **LIGO**, $M \sim 60 M_{\odot} \rightarrow 73 \text{ Hz}$
- ◆ **LISA**, $M \sim 10^6 M_{\odot} \rightarrow 4 \text{ mHz}$
- ◆ **PTA**, $M \sim 10^9 M_{\odot} \rightarrow 4 \text{ } \mu\text{Hz}$

LISA mission design

- ◆ 2.5 Million km arm length (0.0167 AU)
- ◆ Earth-trailing heliocentric orbit
- ◆ Passively maintained constellation of 3 spacecraft. Stable for 5 years. Nominal mission life time 4 years
- ◆ Adopted by the ESA in 2024. Nominal launch in mid 2030s
- ◆ Positional accuracy: $> 10 \text{ arcmin}^2$
- ◆ Approximately uniform time-averaged sky sensitivity



What will LISA be able to measure and how well?

- ◆ Signal detection and parameter estimation via matched filtering
 - ◆ can infer main orbital parameters (including eccentricity)
 - ◆ can estimate BH spin if a merger is observed
 - ◆ Parameter accuracy scales with signal-to-noise ratio
 - ◆ Can exploit many cycles of a periodic/regular signal and incorporate constraints from electromagnetic observations to reduce the uncertainties
- ◆ Expected uncertainties:
 - ◆ $\delta M / M \sim 0.01\text{--}1\%$ (chirp mass)
 - ◆ $\delta D_L / D_L \sim 3\text{--}10\%$ (luminosity distance)
 - ◆ $\delta \Omega \sim 10 \text{ arcmin}^2 - 10 \text{ deg}^2$ (position)

LISA sources and science themes illustrated

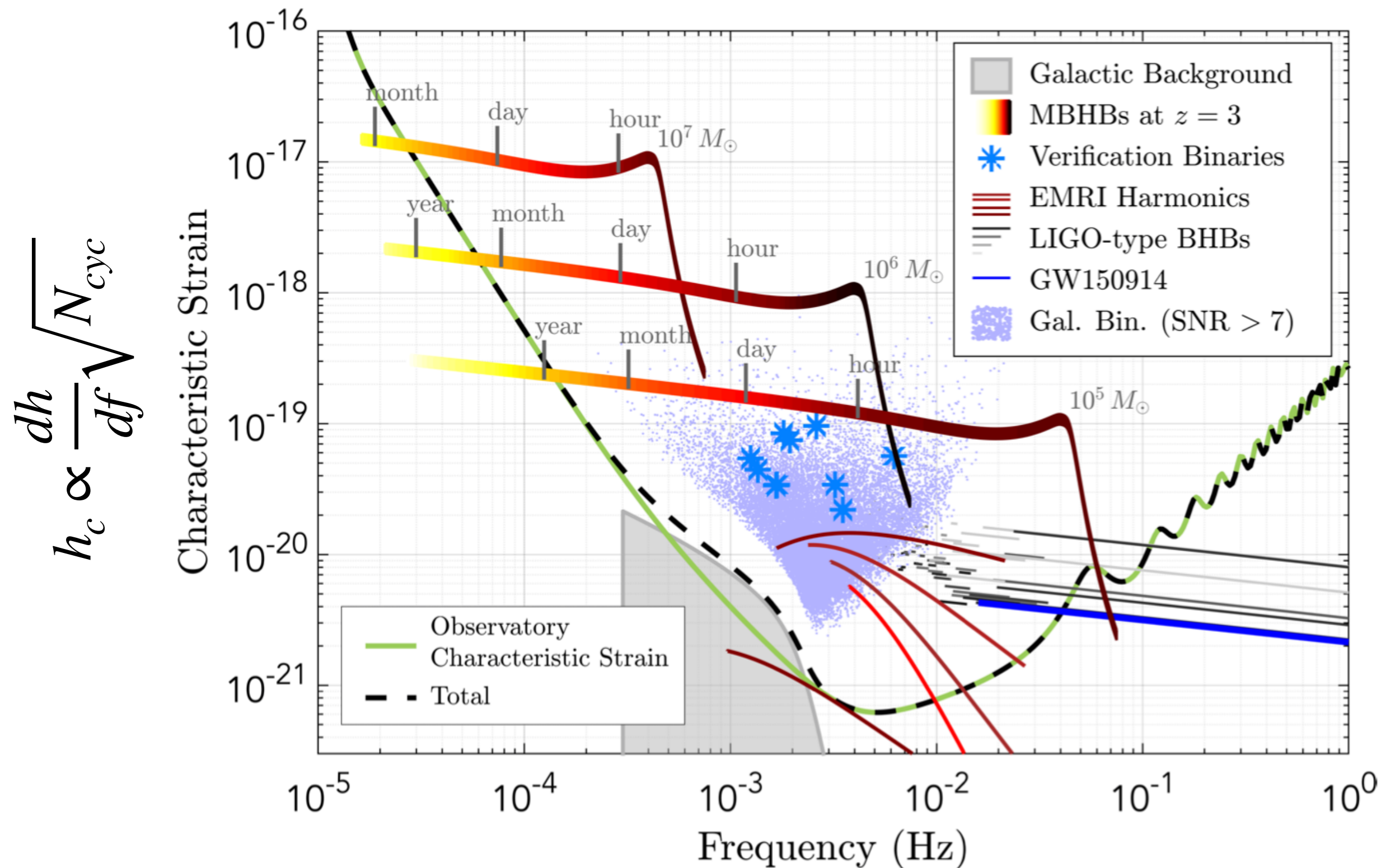
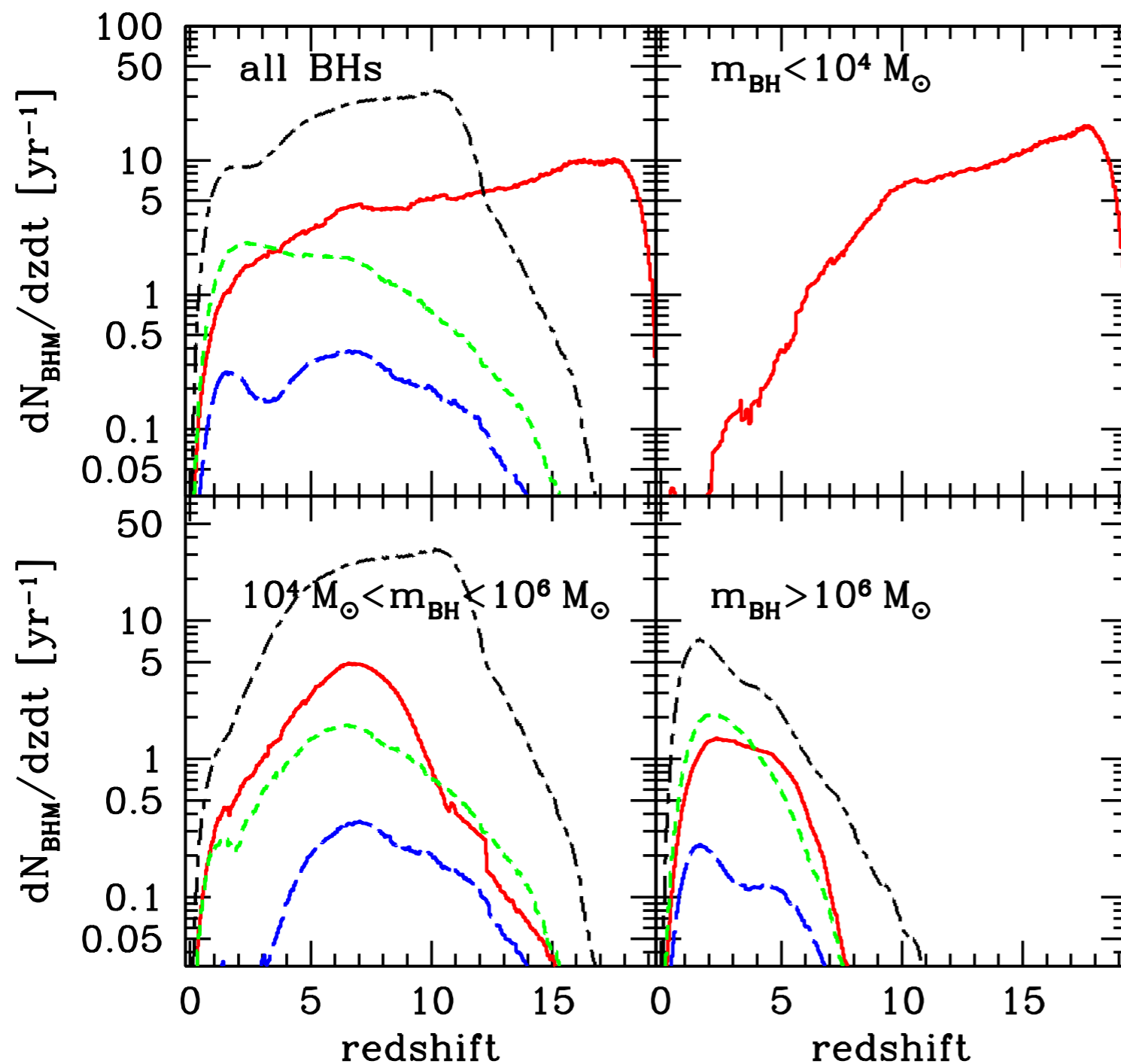


figure from LISA Proposal (K. Danzmann PI, arXiv:1702.00786)

Predicted SMBH Merger Rates (with large uncertainties)



Red: $\sim 100 M_{\odot}$ seeds from first generation of stars

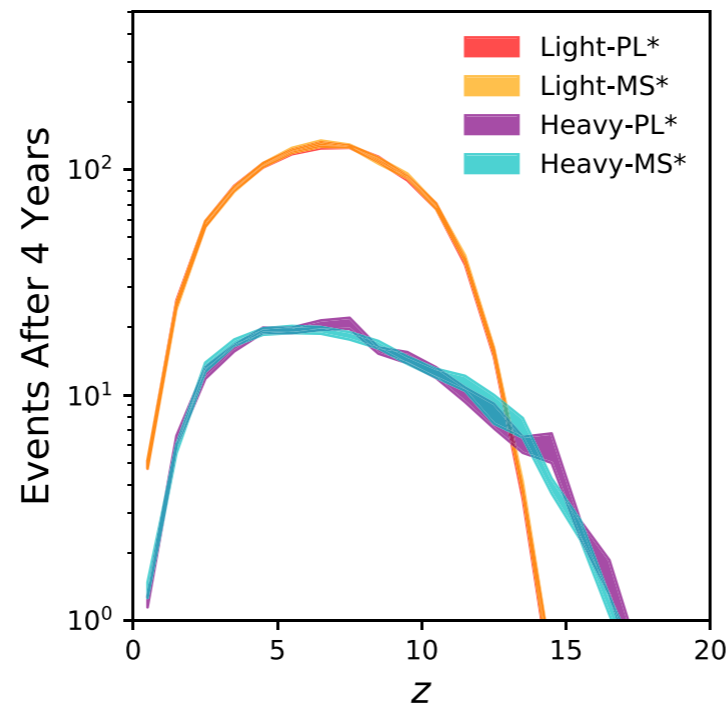
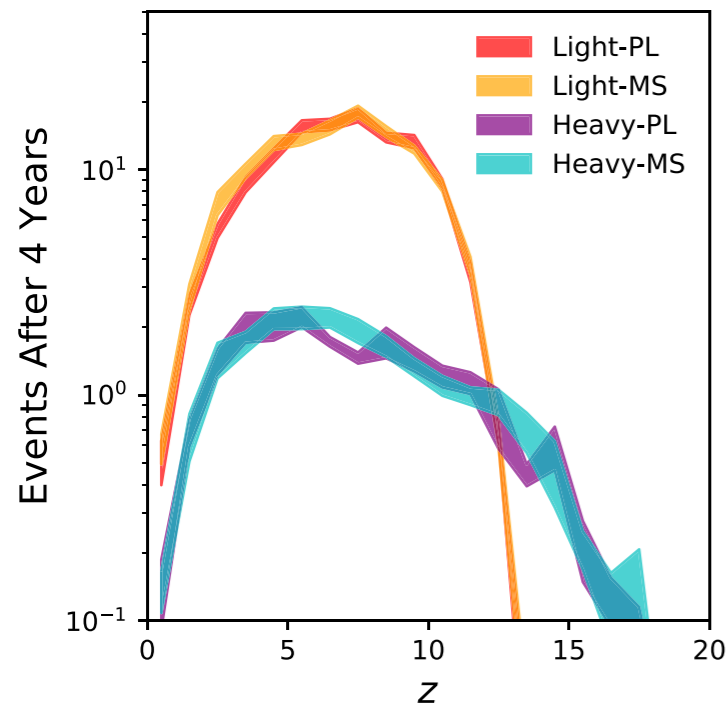
Black: $\sim 10^4 M_{\odot}$ seeds from direct collapse

Green: $\sim 10^5 M_{\odot}$ seeds from gravitational instabilities with slow cooling.

Blue: $\sim 10^5 M_{\odot}$ seeds from gravitational instabilities with rapid cooling.

(figure from Sesana+07, MNRAS, 377, 1711)

Predicted SMBH Merger Rates (with large uncertainties)

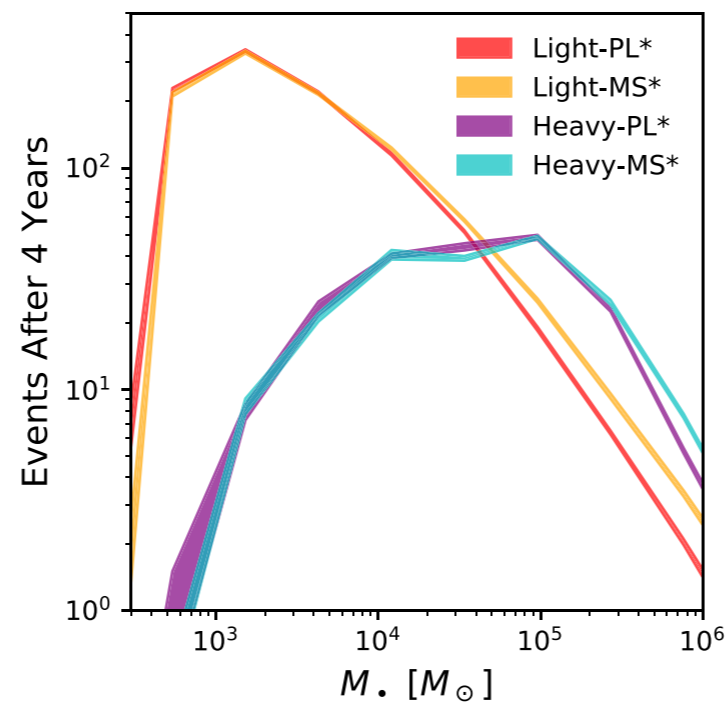
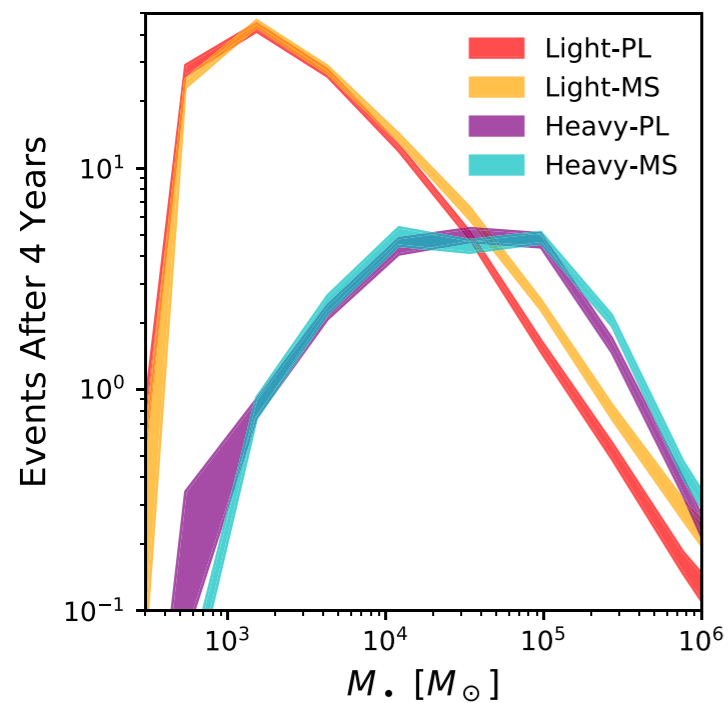


Red: ~

Orange: ~

Purple: ~

Blue: ~



Merger histories of today's massive black holes

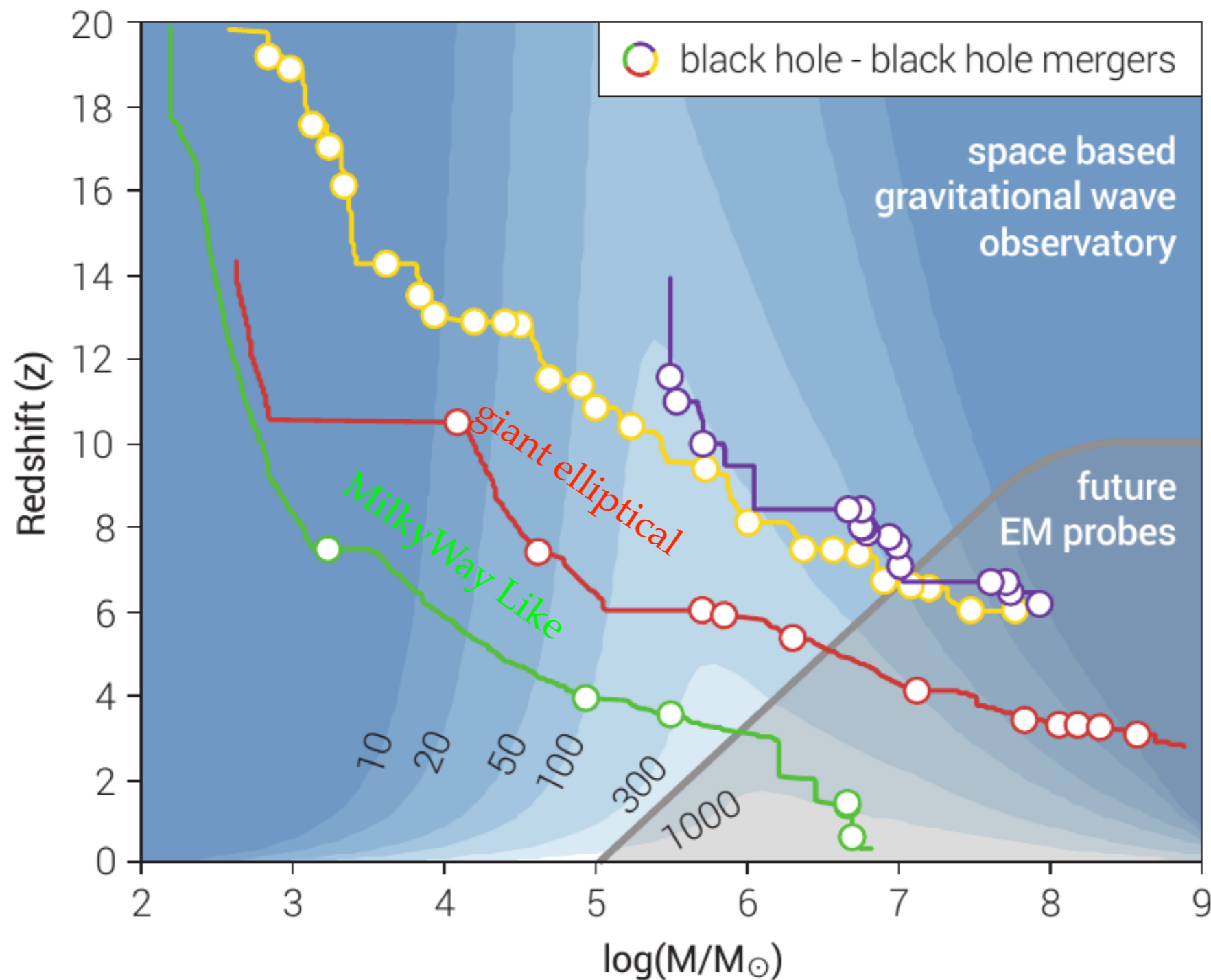
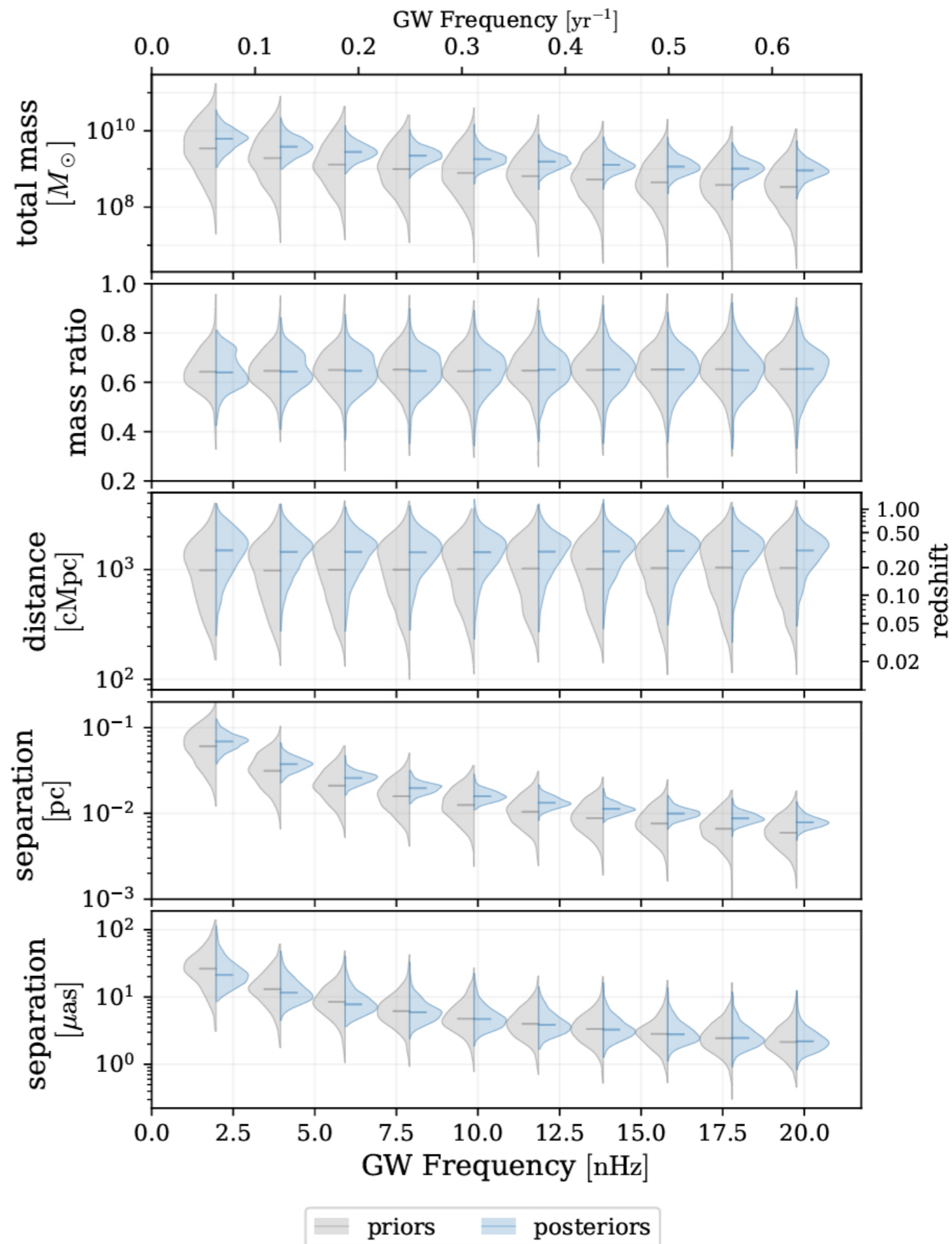


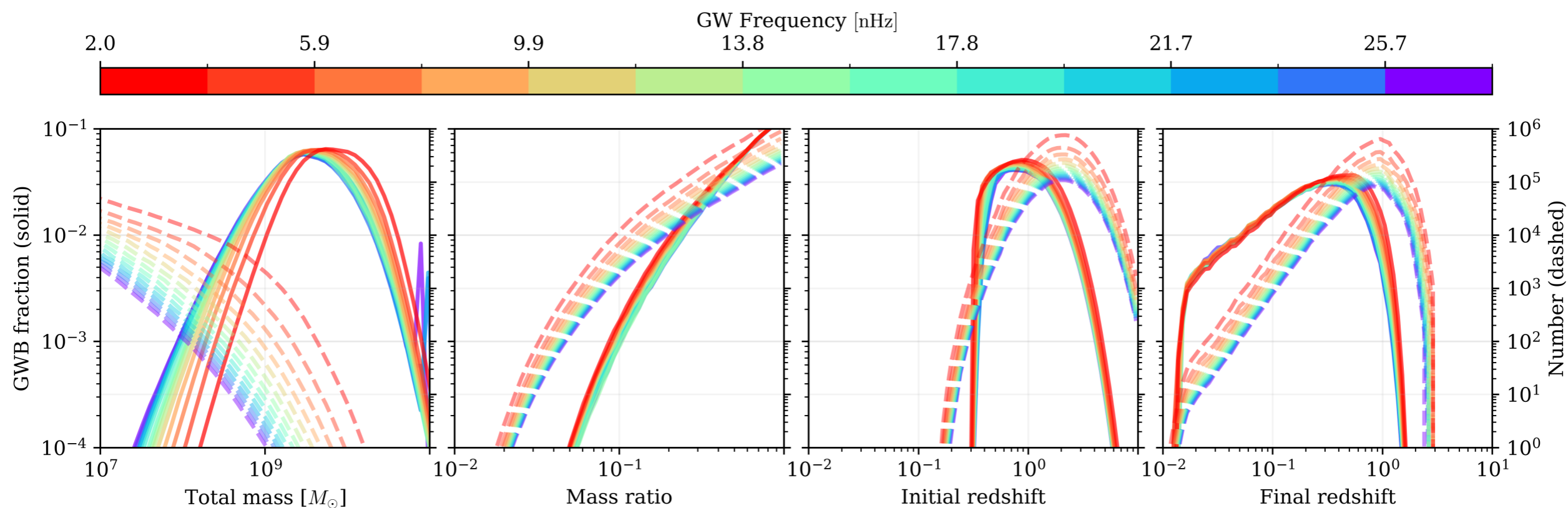
figure from "The Gravitational Universe" (eLISA Consortium, arXiv:1305.5720)

Supermassive binary population inferred from NanoGrav background

- ◆ Redshift: 0.1 – 0.5
- ◆ Mass: $10^9 - 10^{10} M_{\odot}$
- ◆ Separation: 0.1 – 0.01 pc

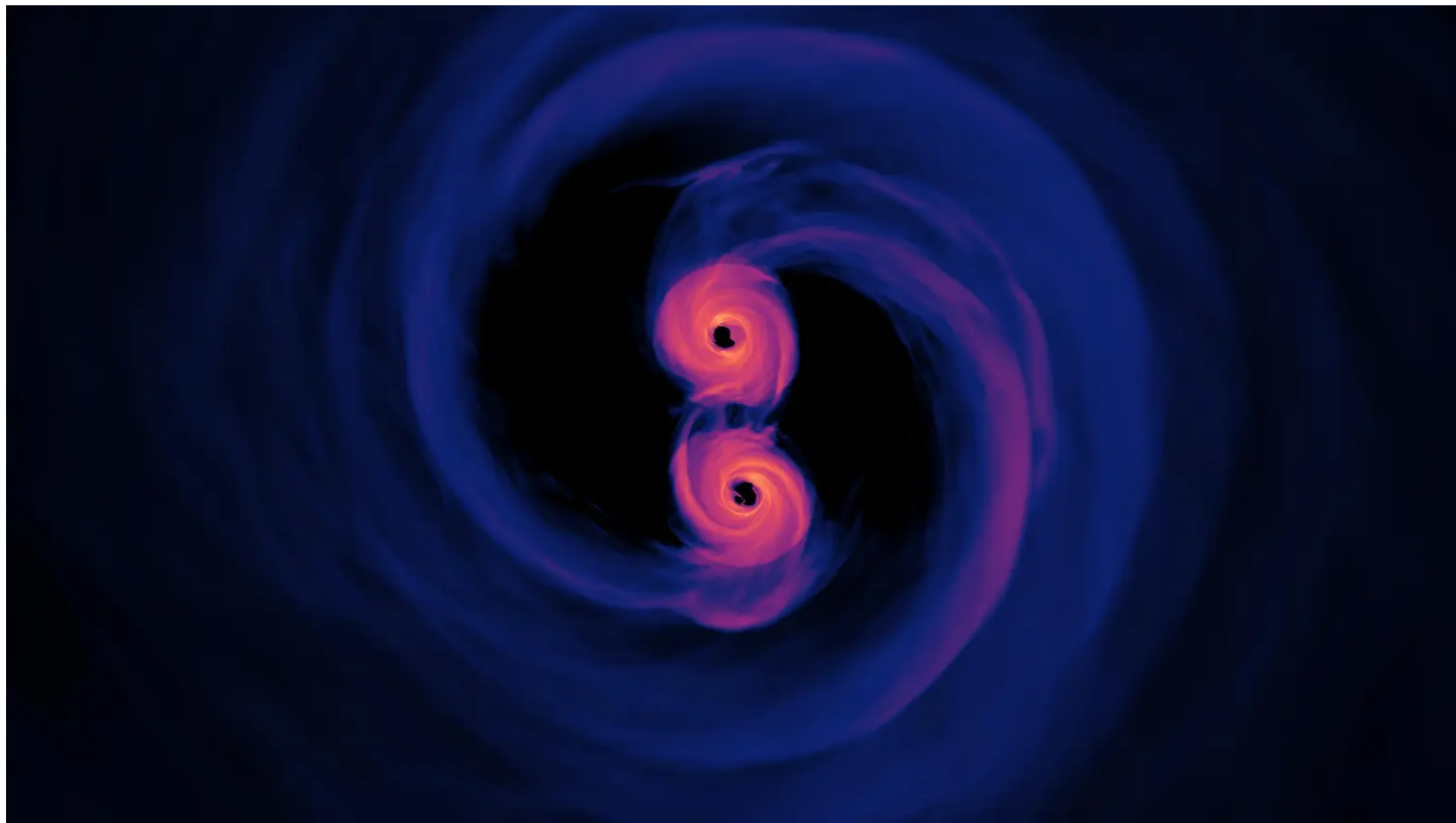


Binary properties inferred from the NanoGrav background



On the theoretical side of things...

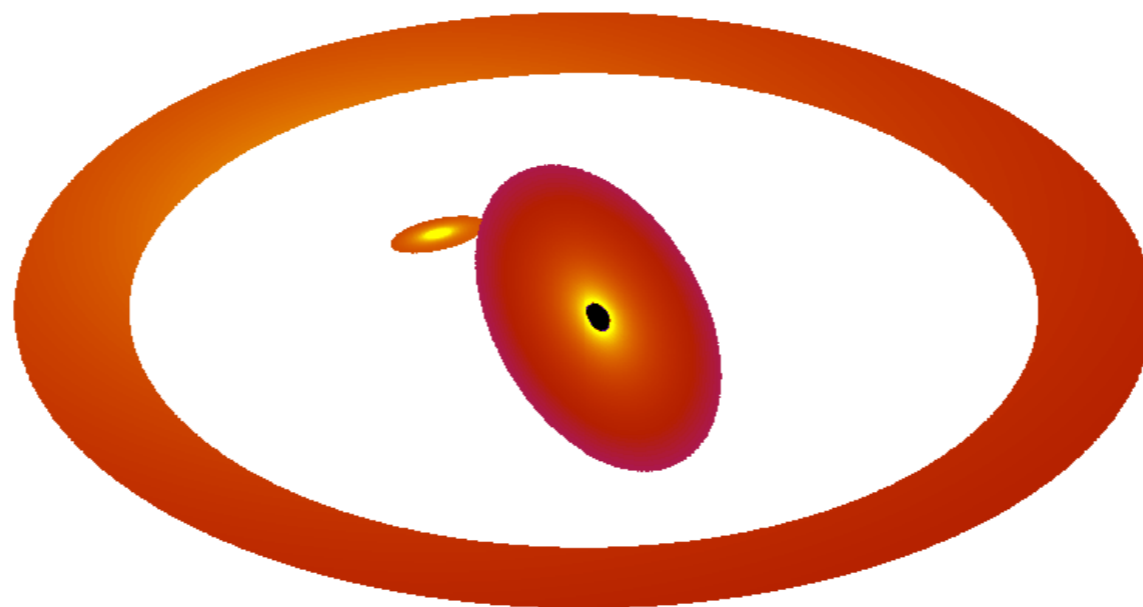
Credit: NASA's Goddard Space Flight Center/Scott Noble
simulation data by d'Ascoli et al. 2018, ApJ, 865, 140

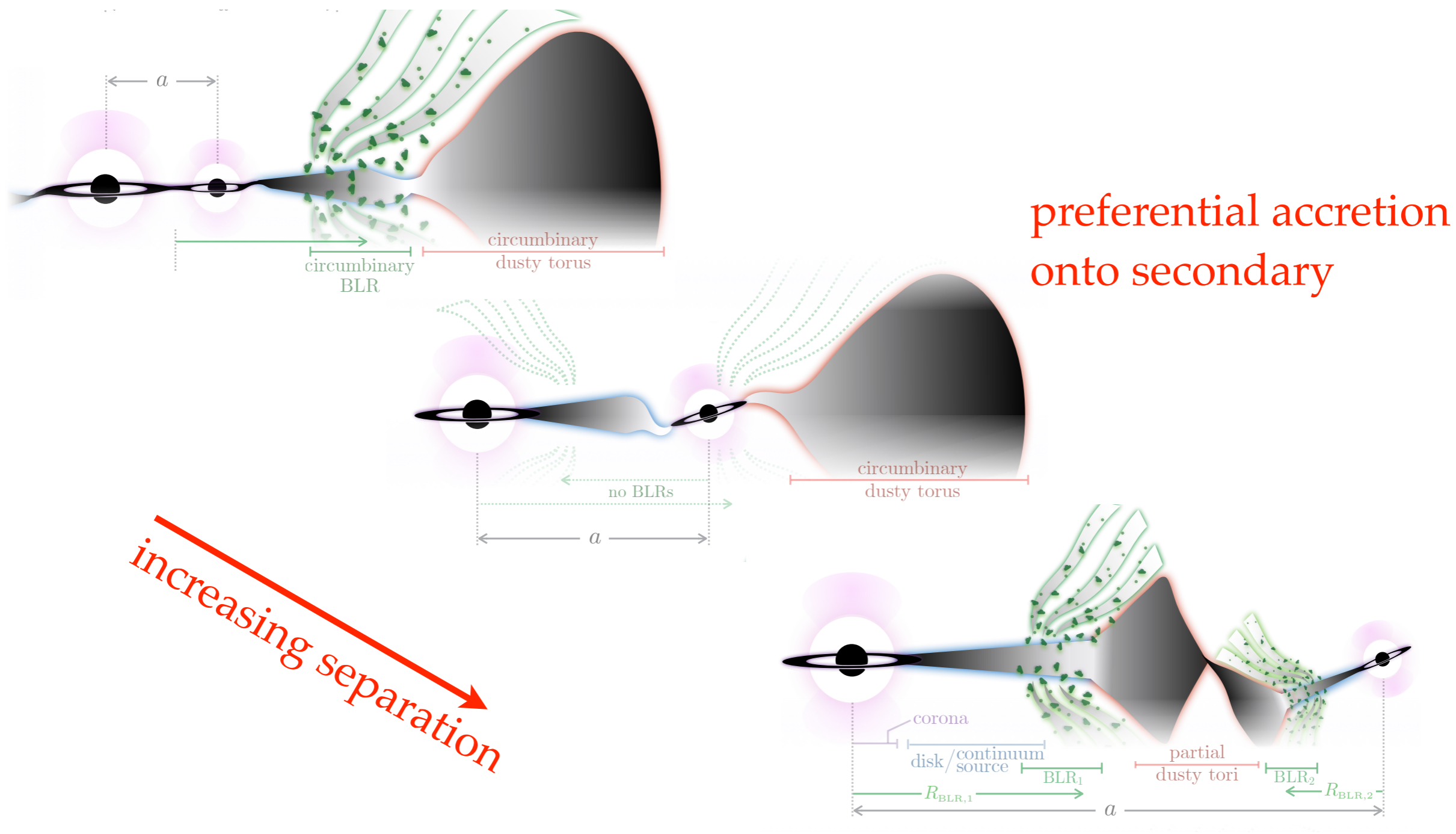


See animation at <https://svs.gsfc.nasa.gov/13043>
or <https://www.youtube.com/watch?v=i2u-7LMhwvE>

A very general geometry:
Two misaligned disks orbiting
each other.

(movie made by Khai Nguyen)





Inferences from simple models of line profiles and populations

◆ Line profiles and population properties

Nguyen & Bogdanovic 2016, *ApJ*, 828, 68; Pflugger+18, *ApJ*, 861, 69; Nguyen+19 *ApJ*, 870, 16

- ❖ Calculation of large library of synthetic line profiles.
- ❖ Development of method to find location of an observed spectrum in the parameter space of the library

Can infer basic properties of system but *cannot prove* that system is a SBHB

◆ Detectability

Kelley+21, *MNRAS*, 500, 406

- ❖ Secondary black hole most likely detectable in less than 1 in 10^4 quasars
- ❖ 1 in 200 binaries have detectable velocity offsets and ~ 1 in 3000 detectable accelerations

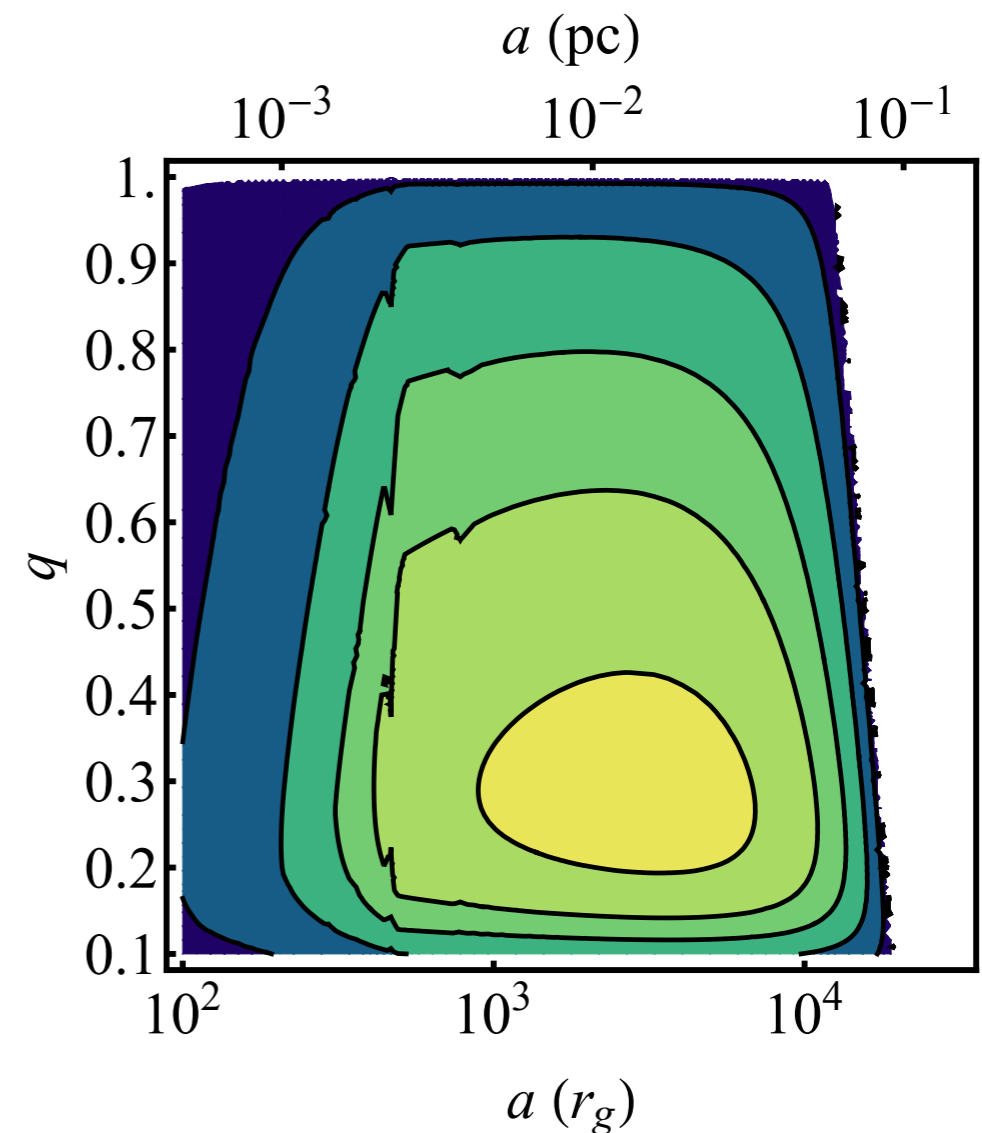


Figure from Nguyen+19 *ApJ*, 870, 16

More on observational tests

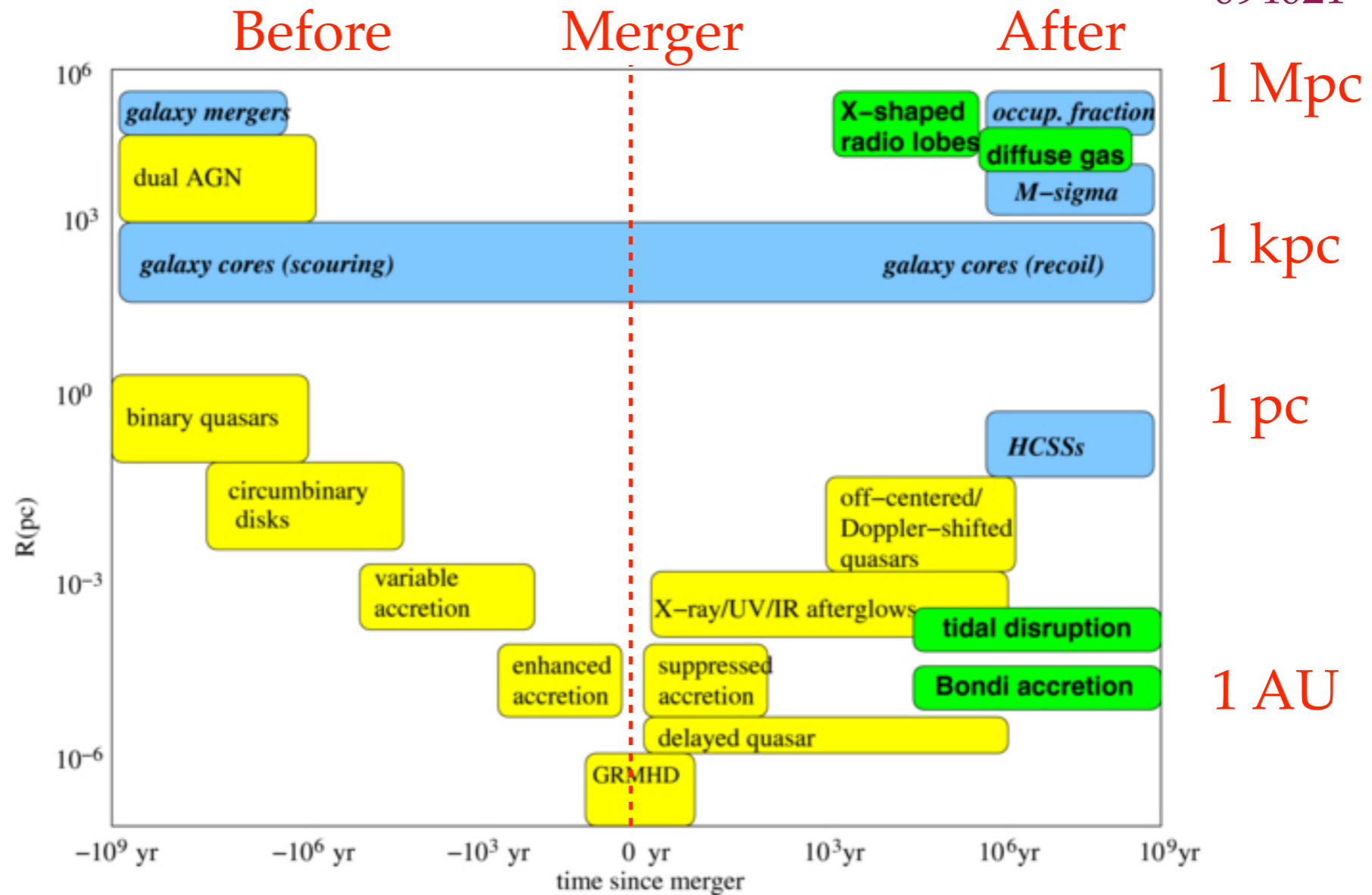
EM signatures of SMBHs on a variety of length and time scales

Figure from Schnittman

2011,

Class. Quant. Grav., **28**,

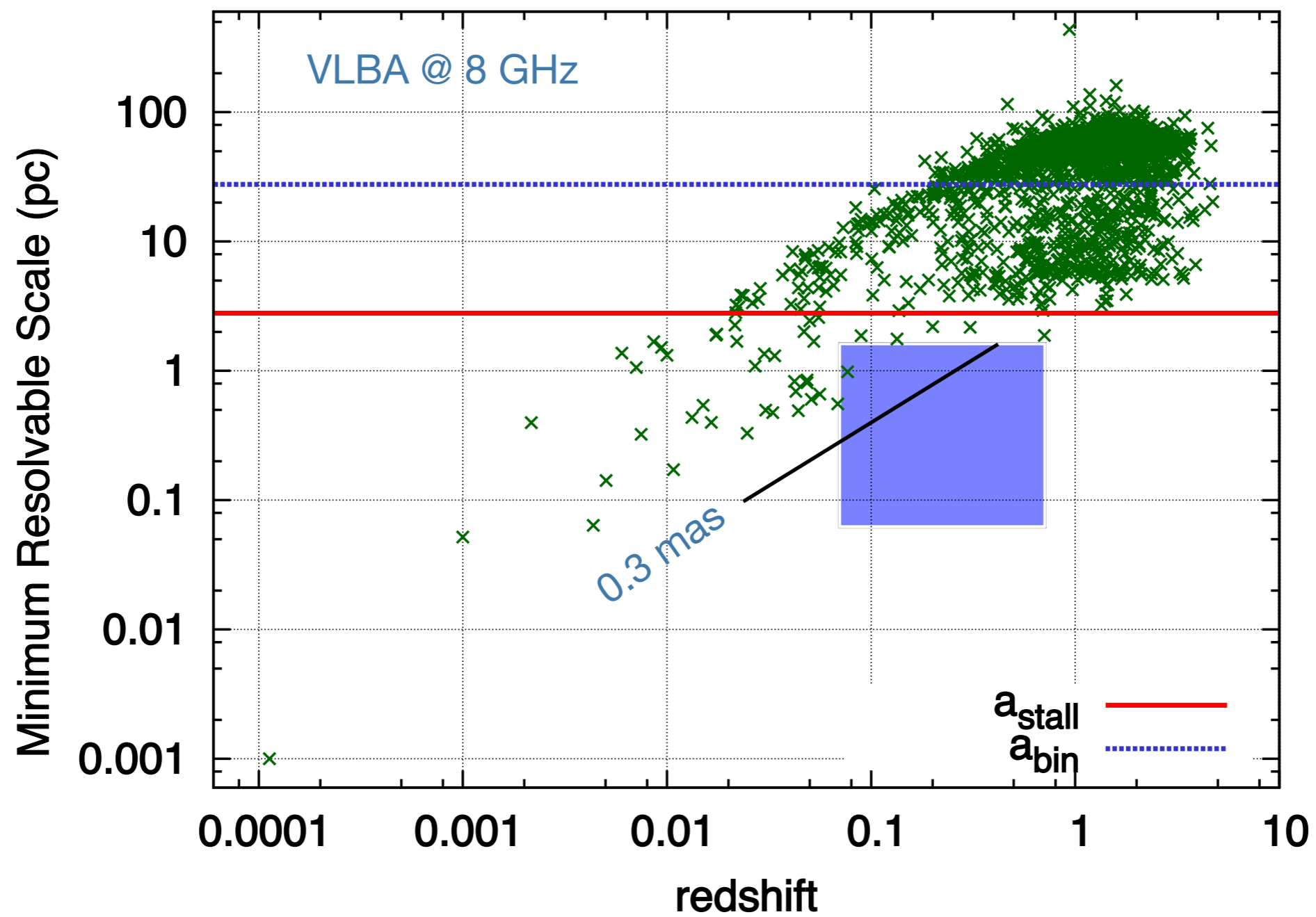
094021



Direct Imaging: requires our best instruments and optimism

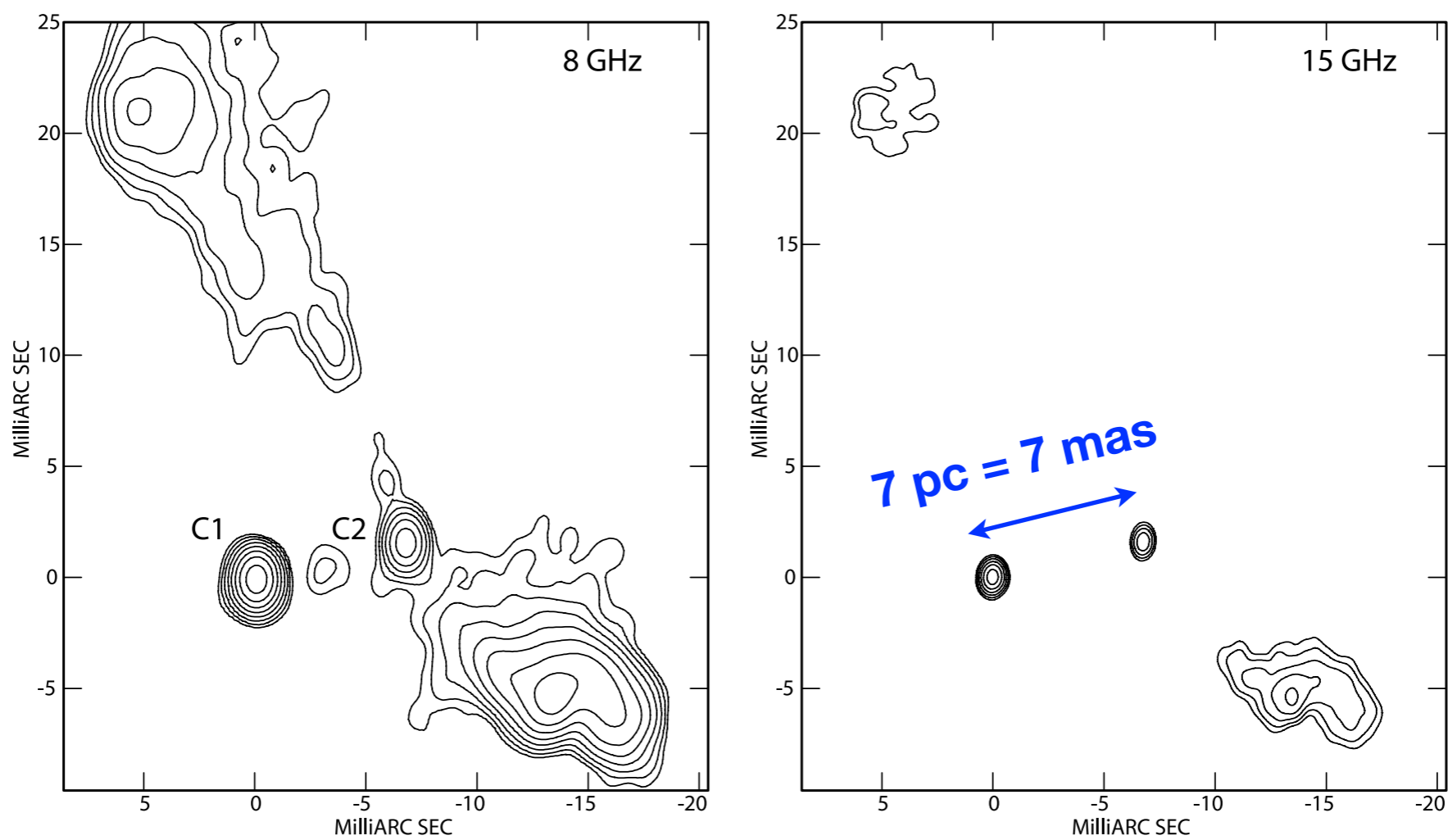
- ◆ Angular size corresponding to 1 pc
 - ❖ 10 mas @ 20 Mpc (\sim Virgo cluster)
 - ❖ 1 mas @ $z=0.05$ (Seyfert galaxies)
 - ❖ 0.23 mas @ $z=0.3$ (nearby quasars)
 - ❖ 0.13 mas @ $z=3$ (“cosmic noon”)
- ◆ Resolution attainable by our best instruments
 - ❖ Hubble Space Telescope (UV-O-IR) \rightarrow 100 mas
 - ❖ VLBA @ 3 mm \rightarrow 0.12 mas
 - ❖ GMVA @ 3 mm \rightarrow 40 μ as
 - ❖ EHT @ 1.3 mm \rightarrow 25 μ as

VLBI imaging



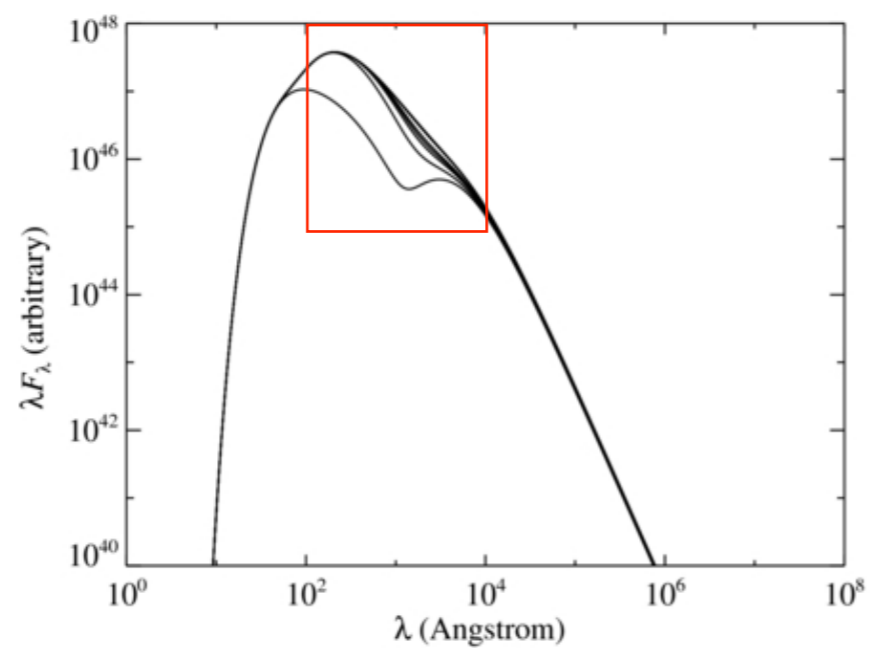
(from Burke-Spolaor 11, MNRAS, 410, 2113)

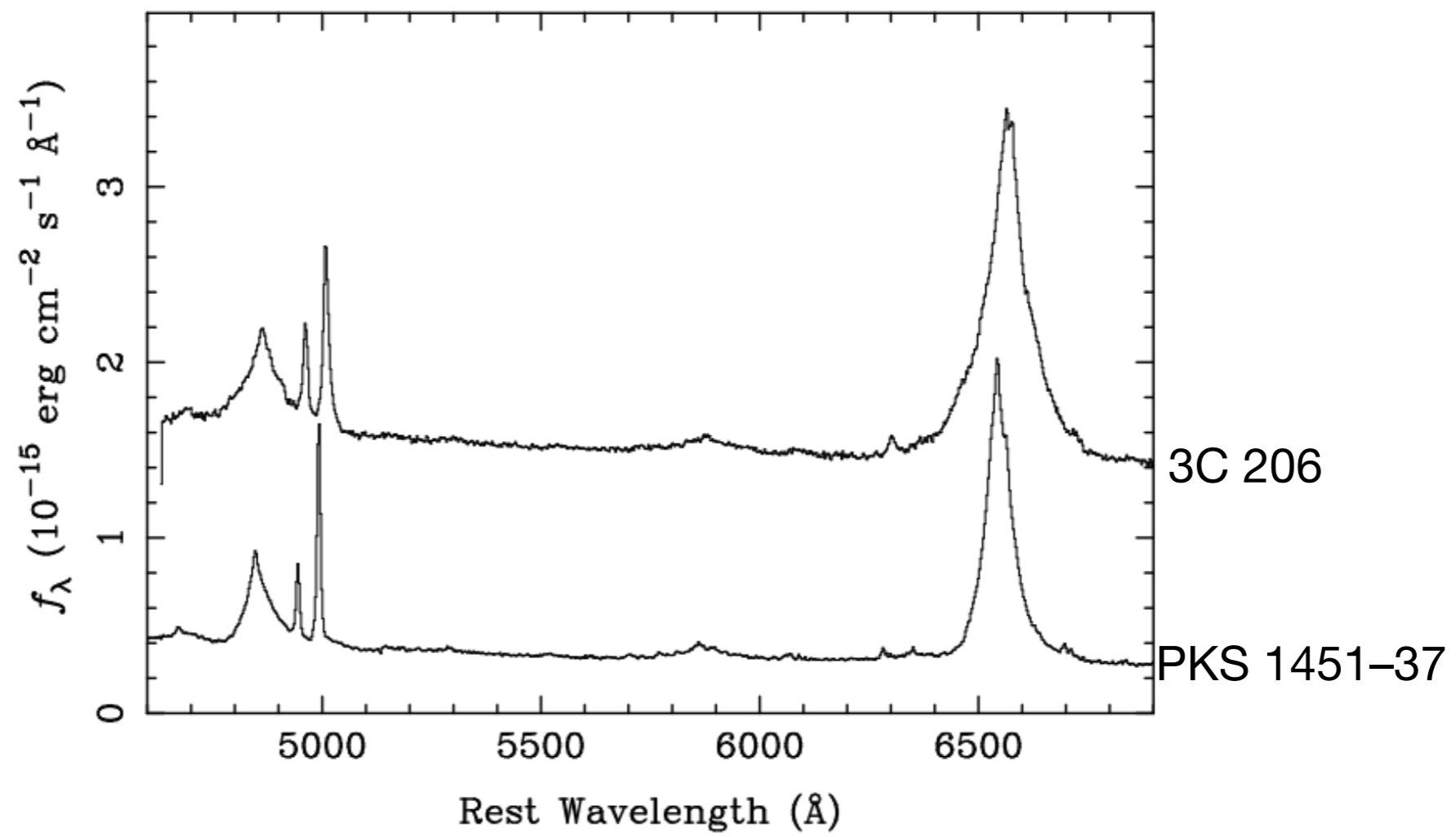
4C+37.11: Smallest known SMBH Pair

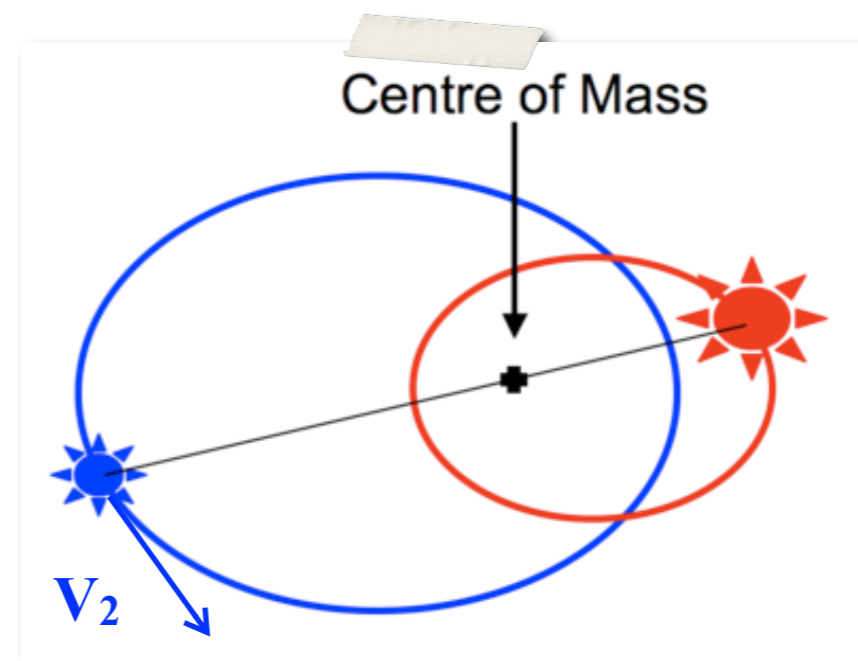
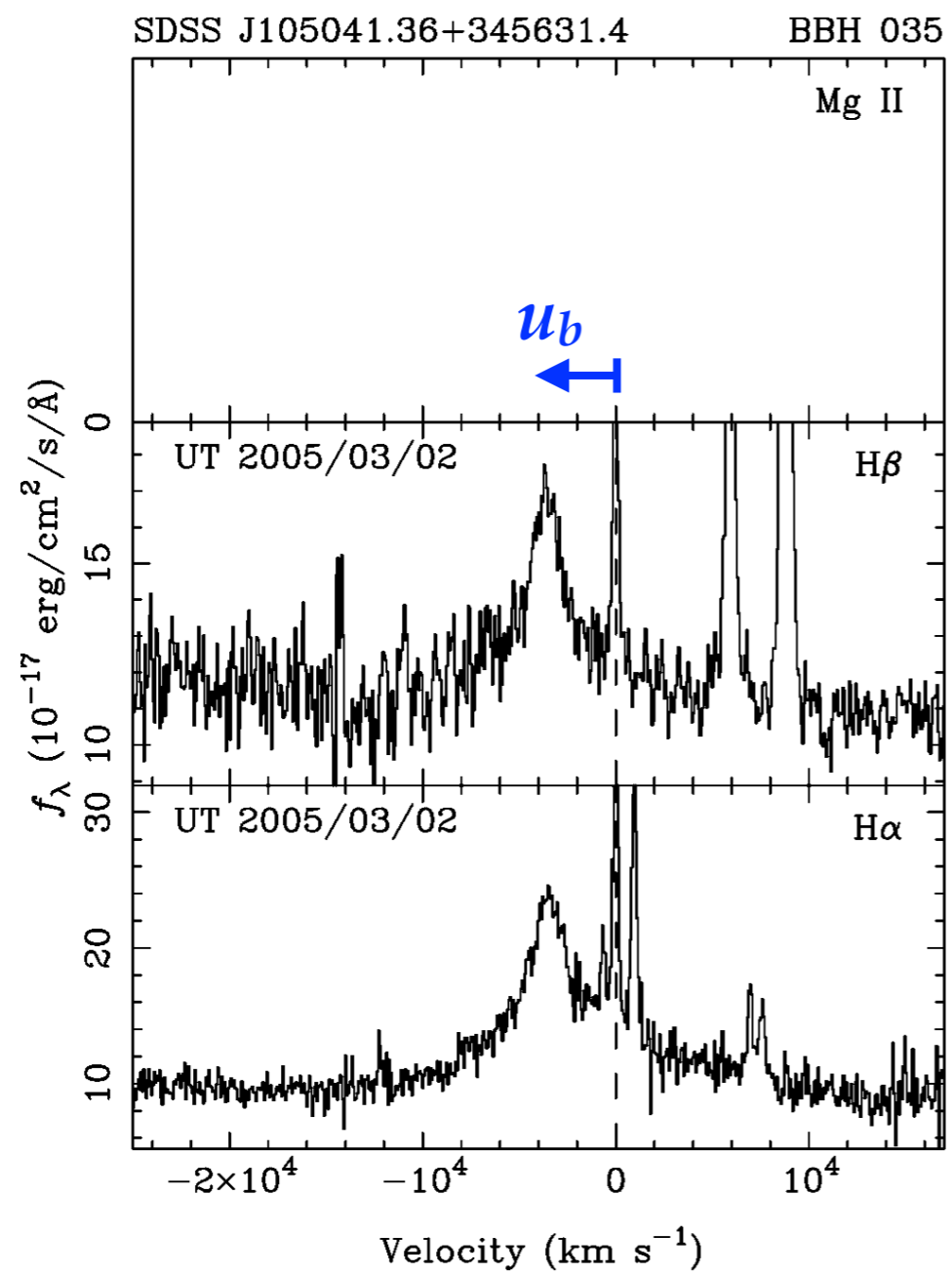


Spectral Energy Distributions of Quasars

(Gükltekin & Miller 2012, ApJ, 761, 90)

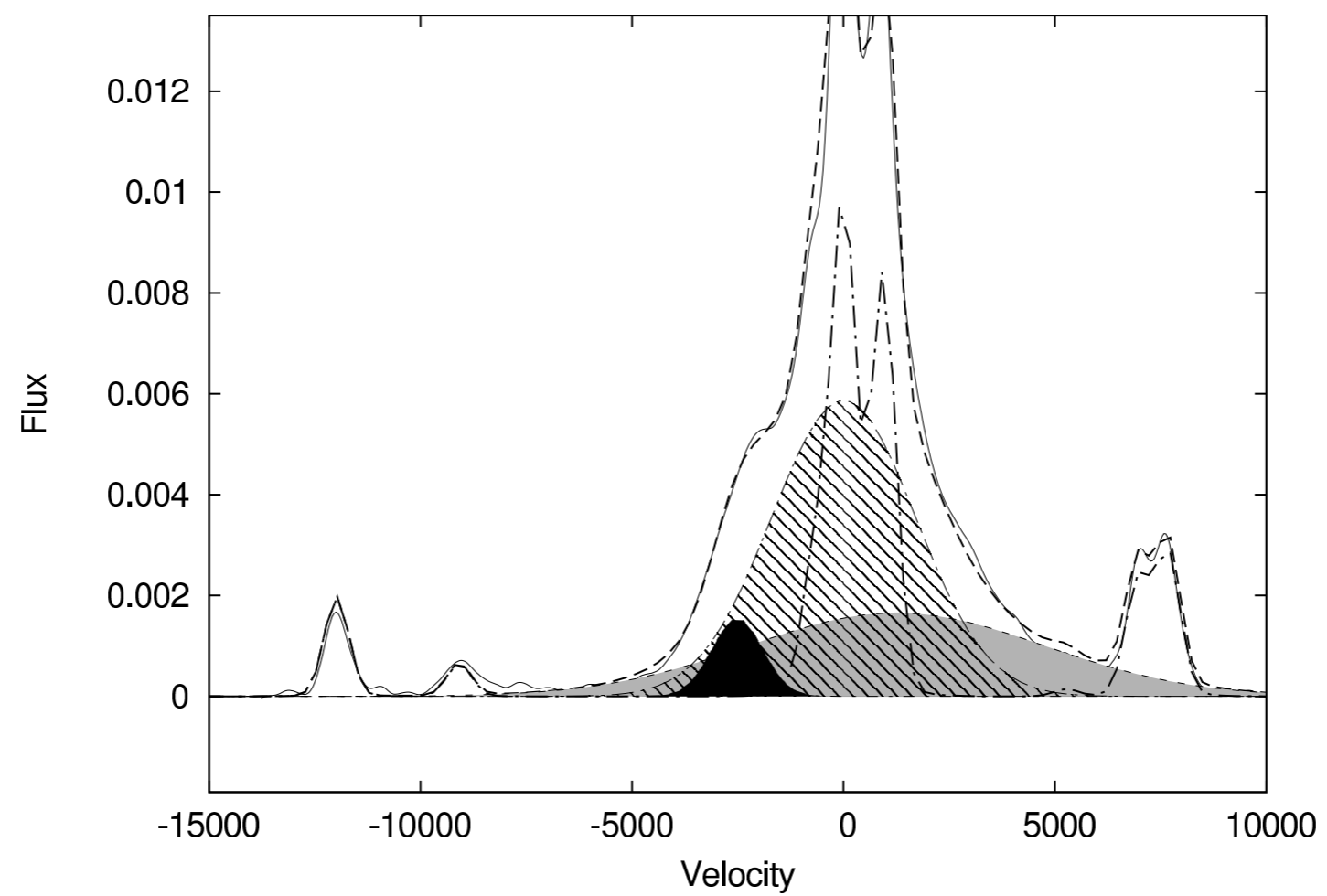




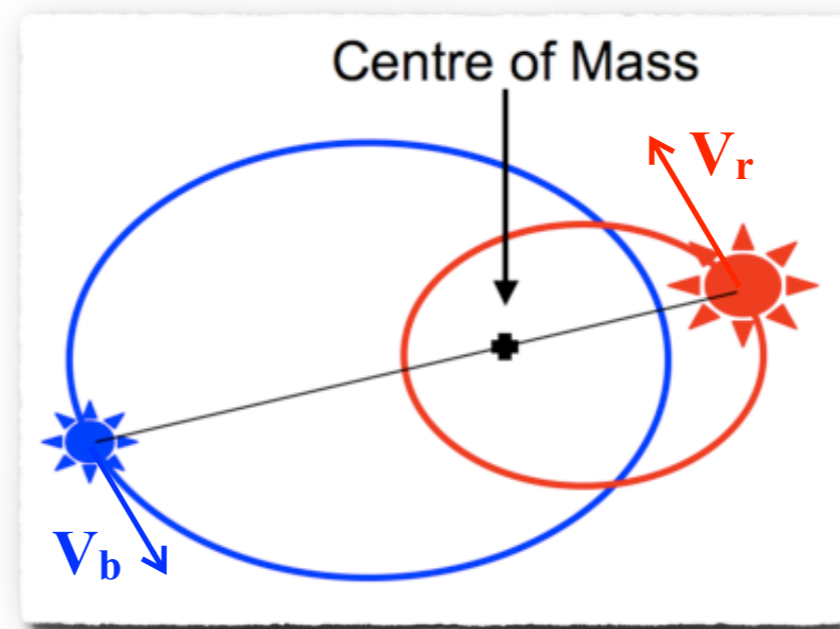
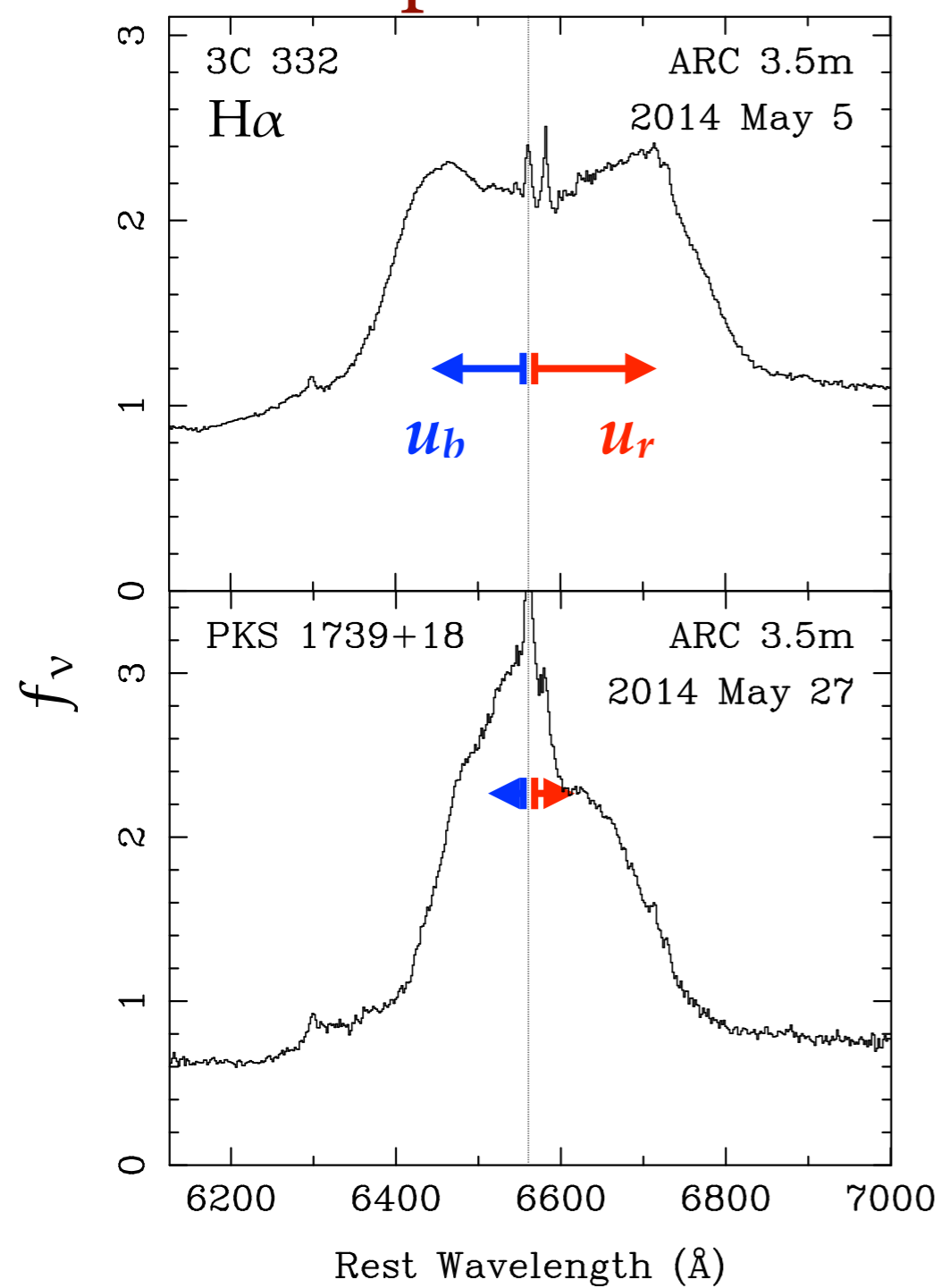


Limitations and next steps

- ◆ Continued monitoring (remedy for many problems)
 - ❖ record more cycles of photometric modulation
 - ❖ establish longer (monotonic?) trend of radial velocity curves
 - ❖ Observe bigger samples
- ◆ Better empirical characterization of the time variability of “typical” quasars: specifically radial velocity jitter, so that we know what quasars can really do.
- ◆ Better theoretical understanding of quasar broad-line regions of single quasars

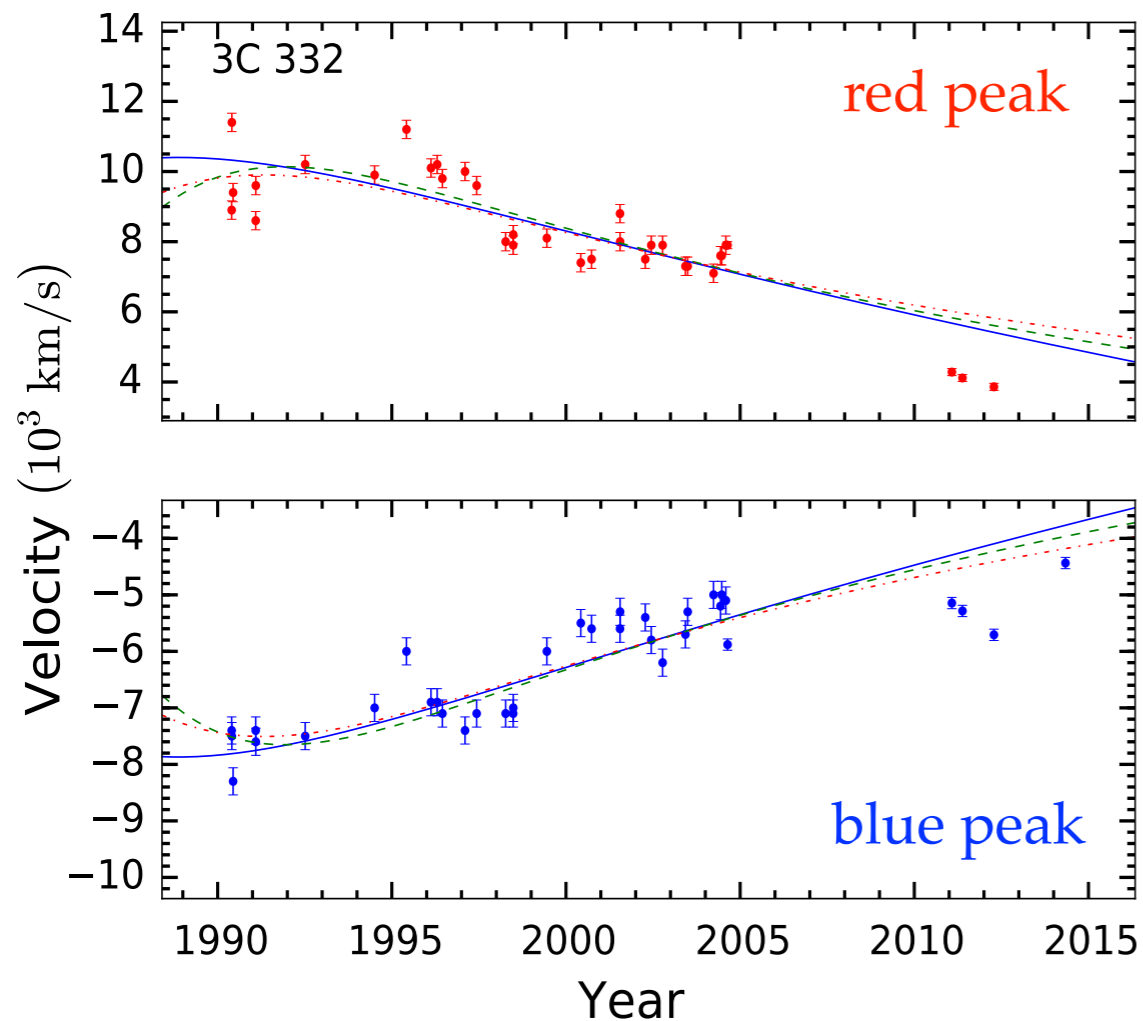


More examples of emission line profiles

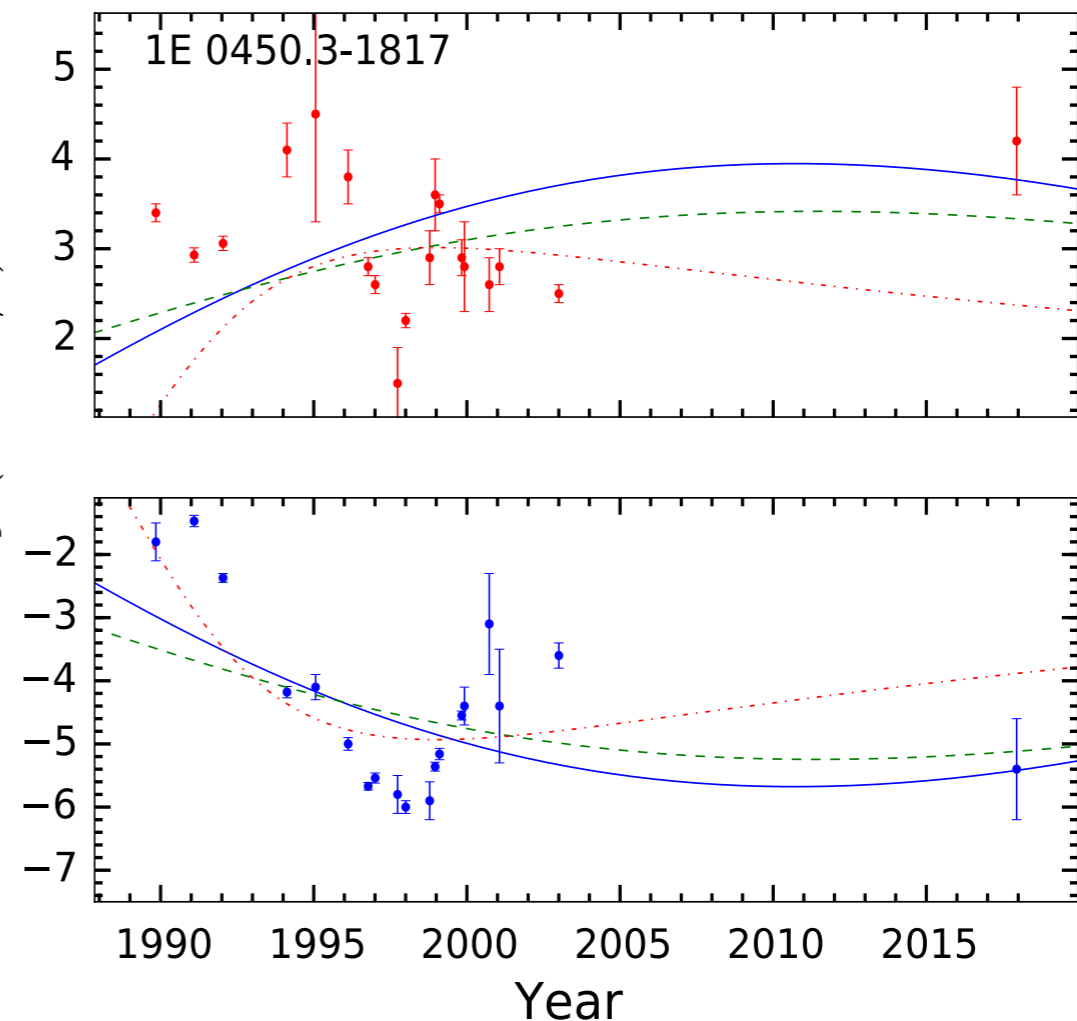


(spectra from Doan+20, MNRAS, 491, 1104)

Fits to radial velocity curves: 14 cases of double-peaked lines are inconsistent with supermassive binaries.

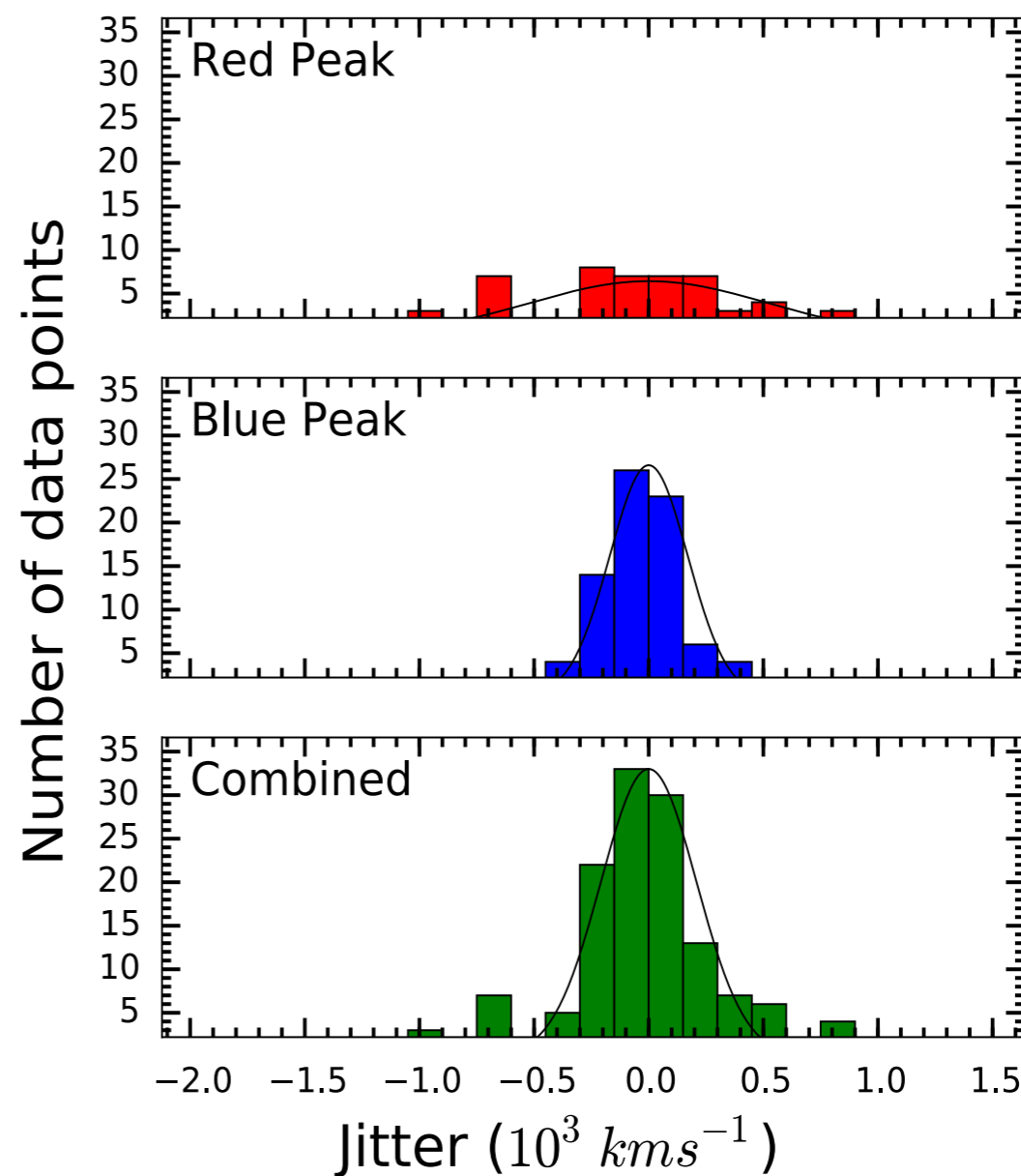
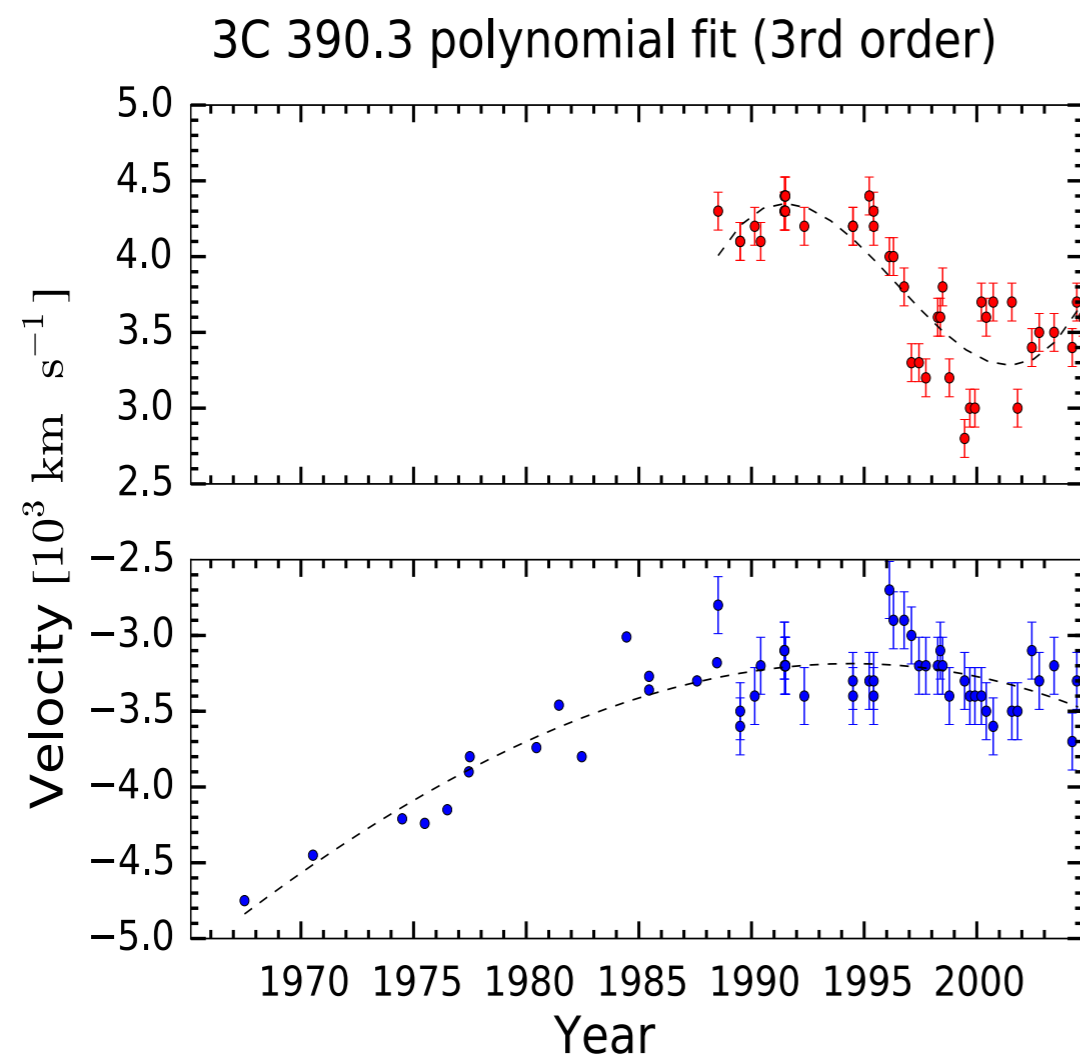


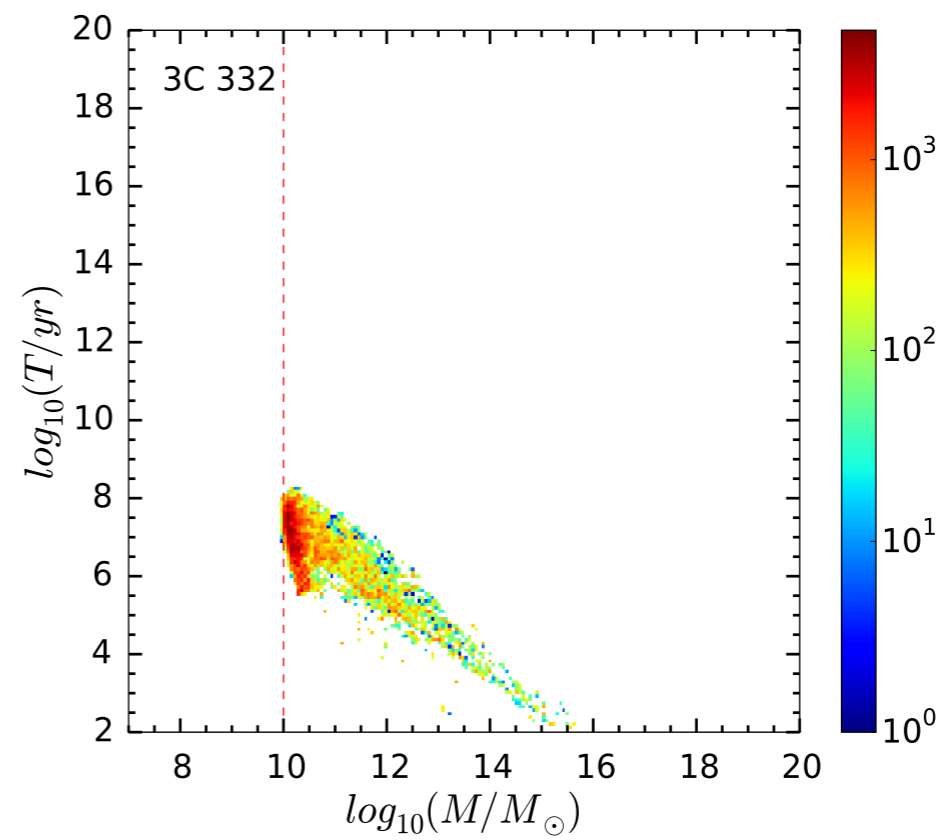
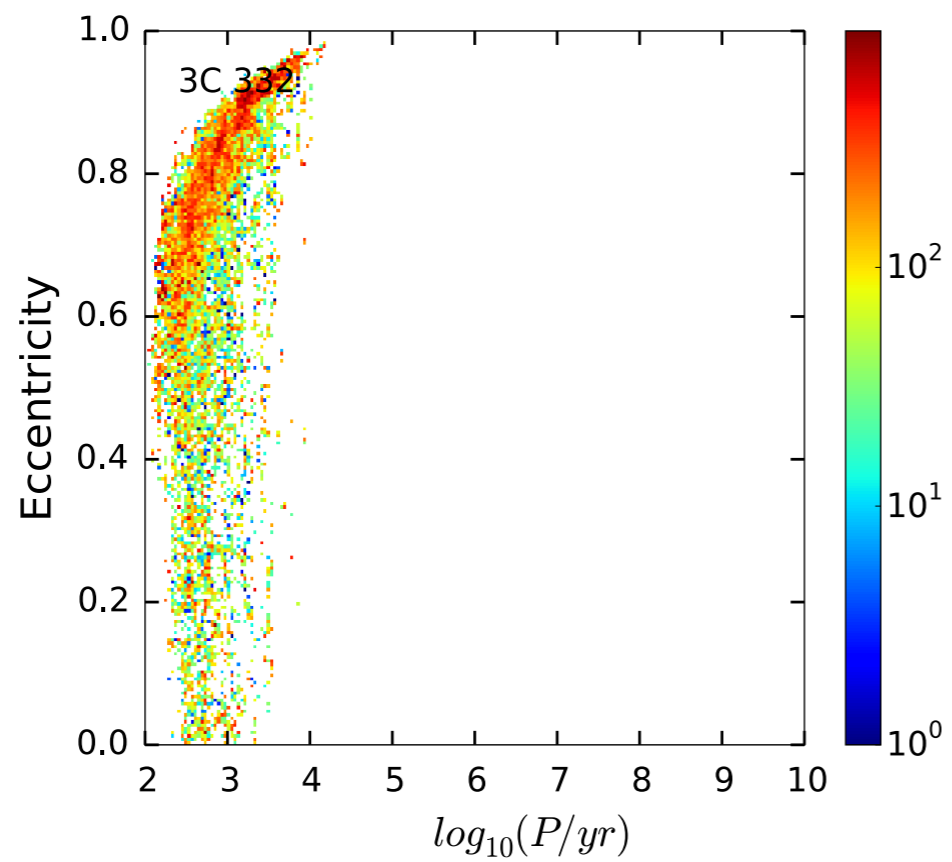
2/14 of cases:
good fits with $M > 10^{10} M_{\odot}$



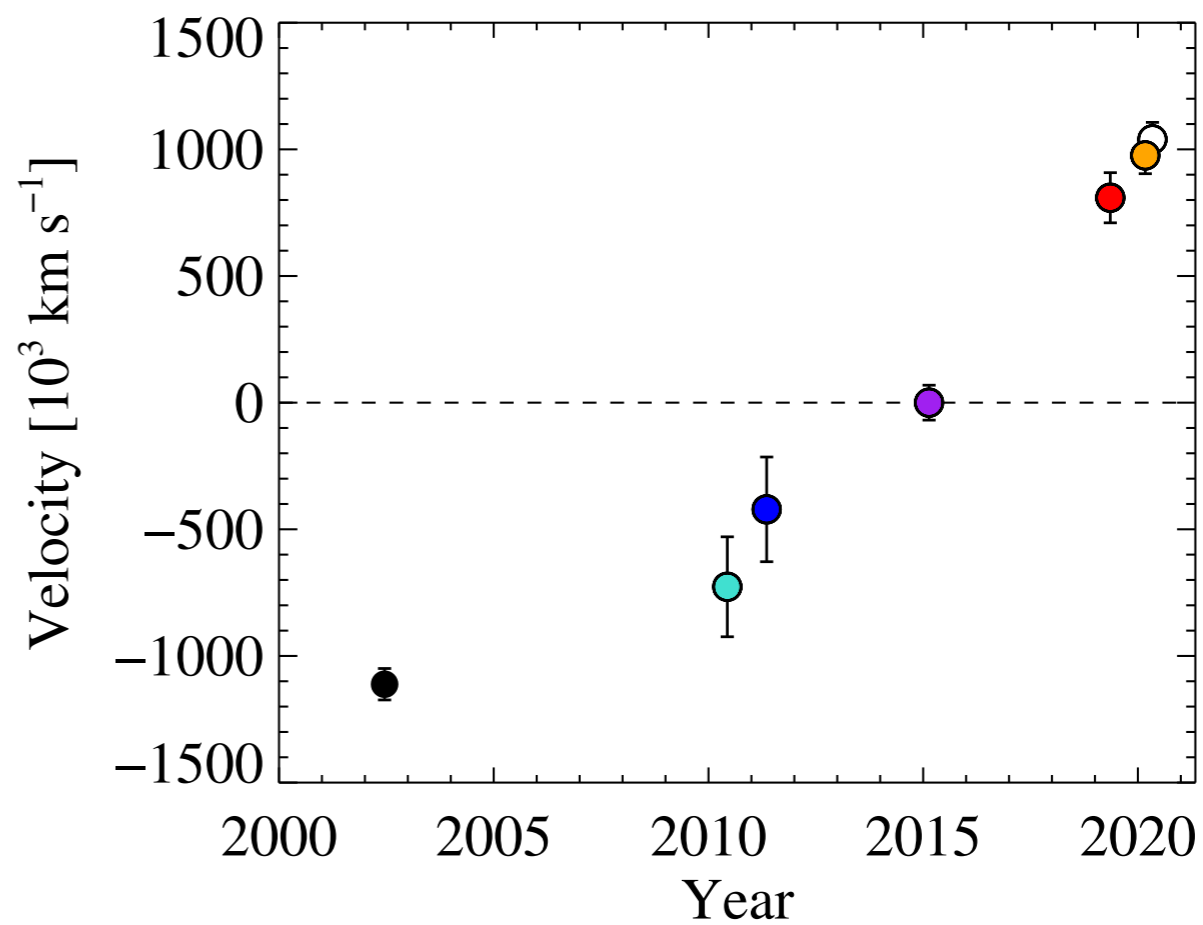
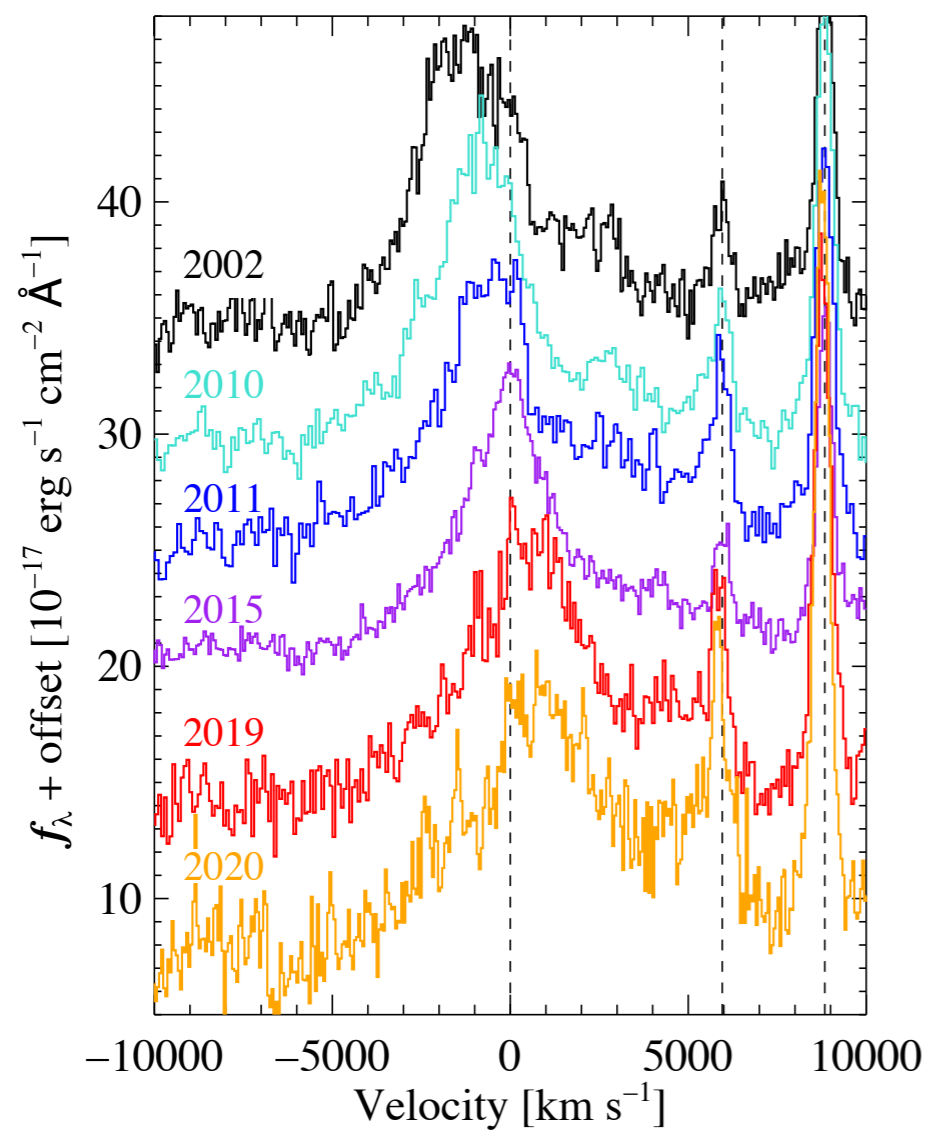
1/3 of cases:
very poor fits

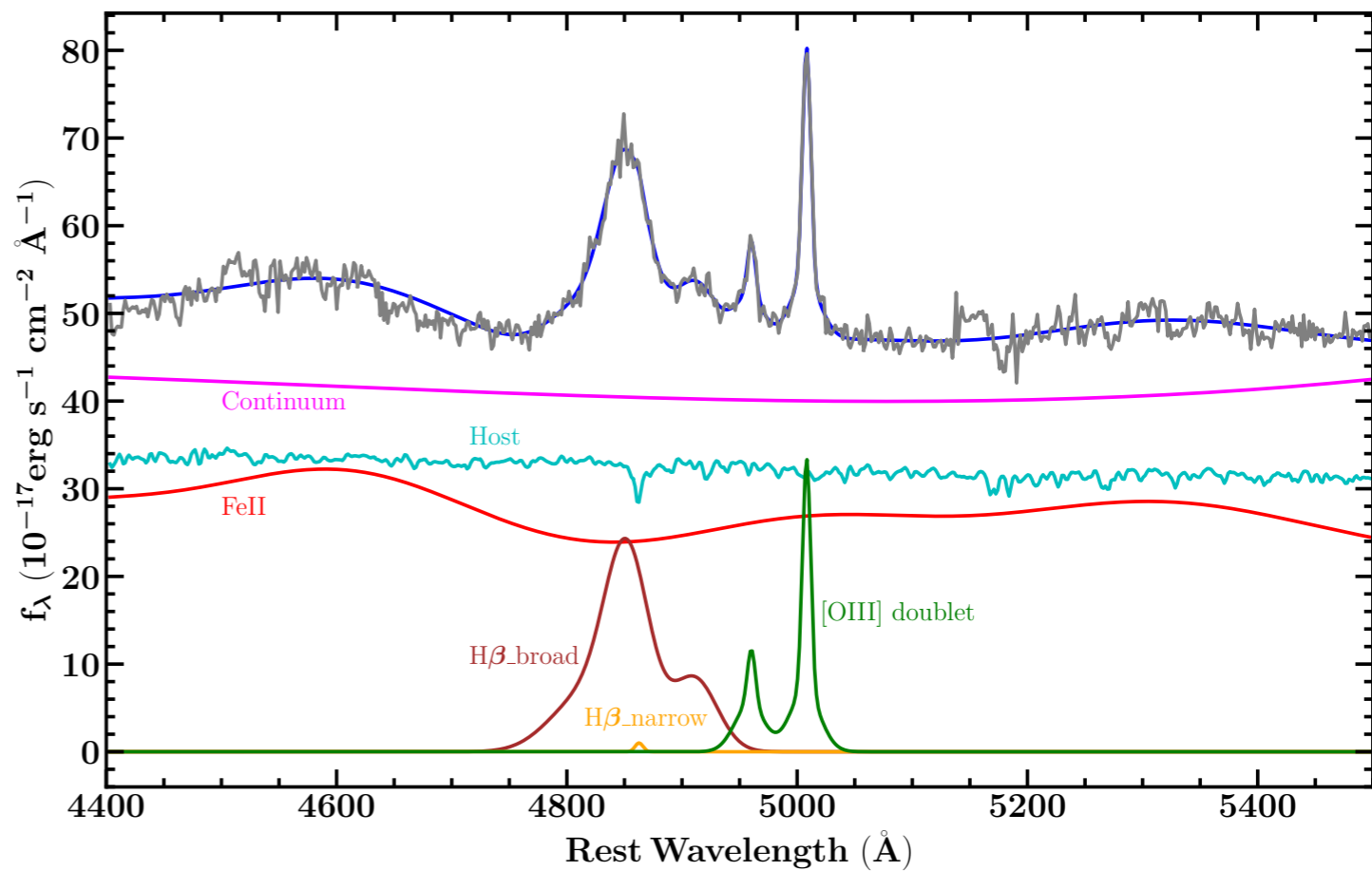
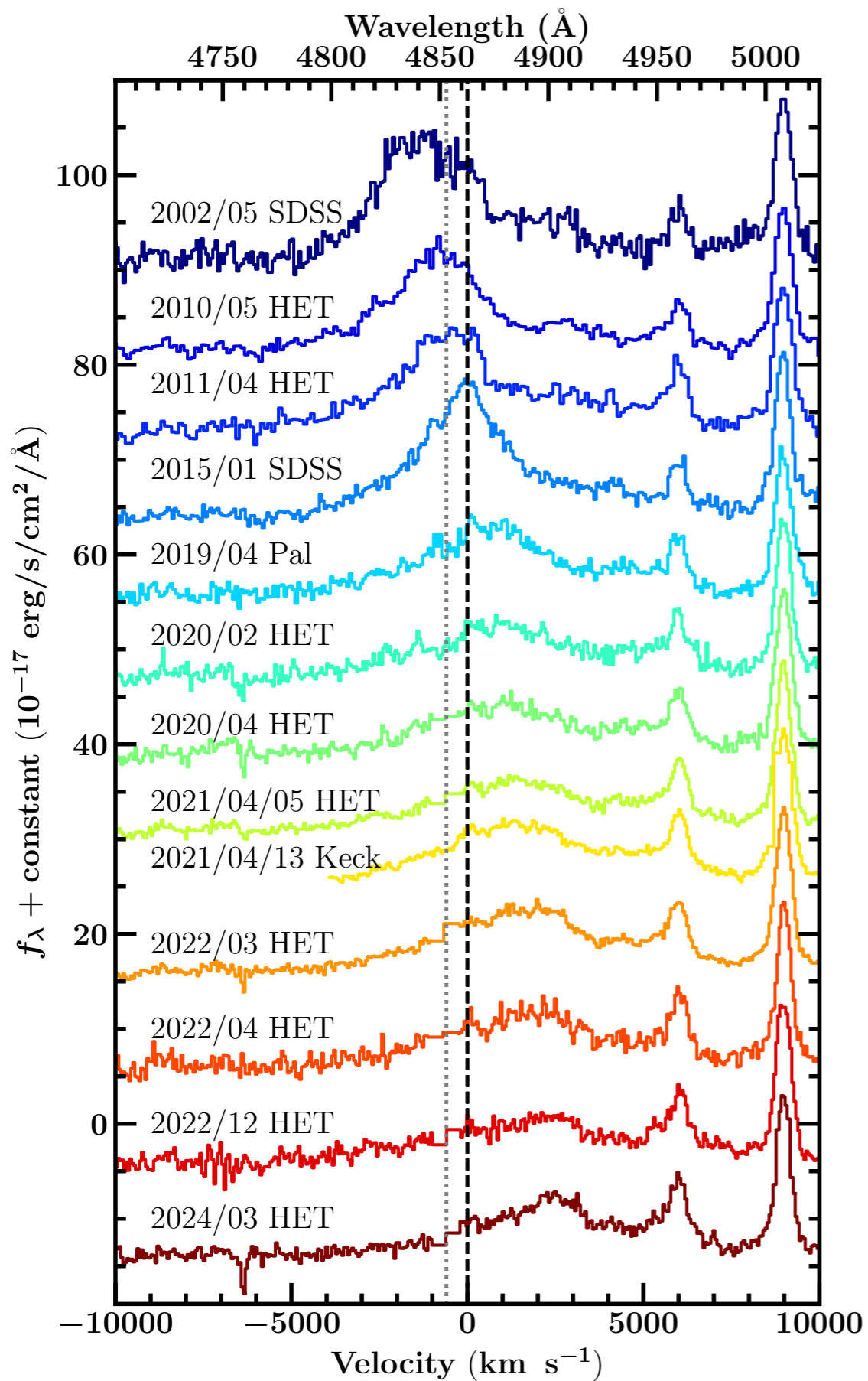
Radial Velocity Jitter: illustration of the effect

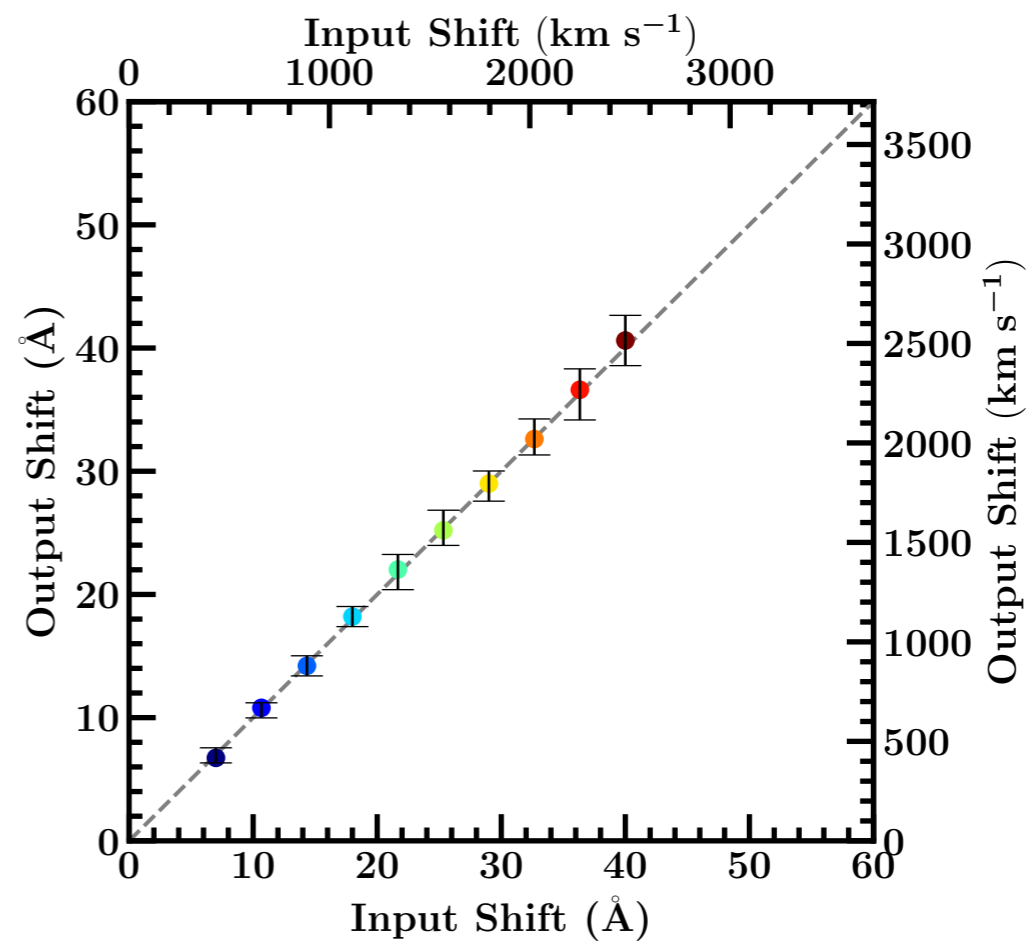
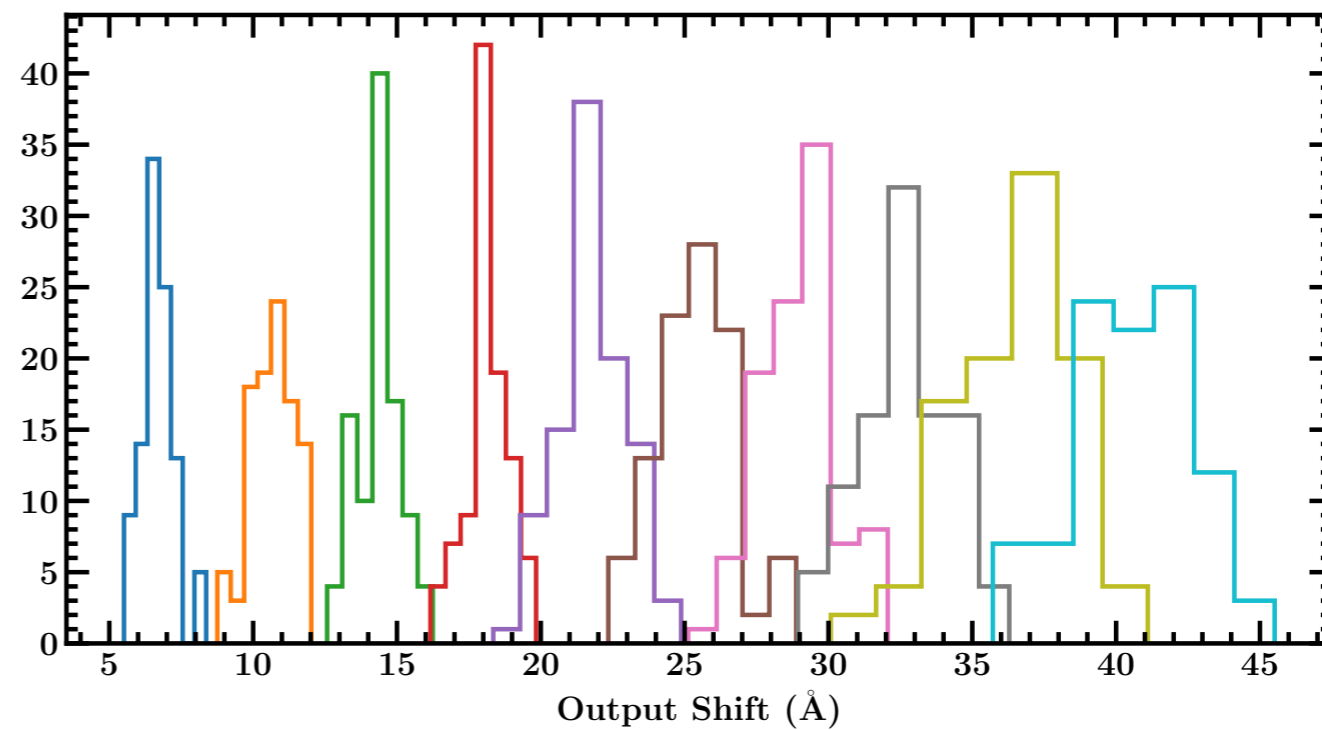
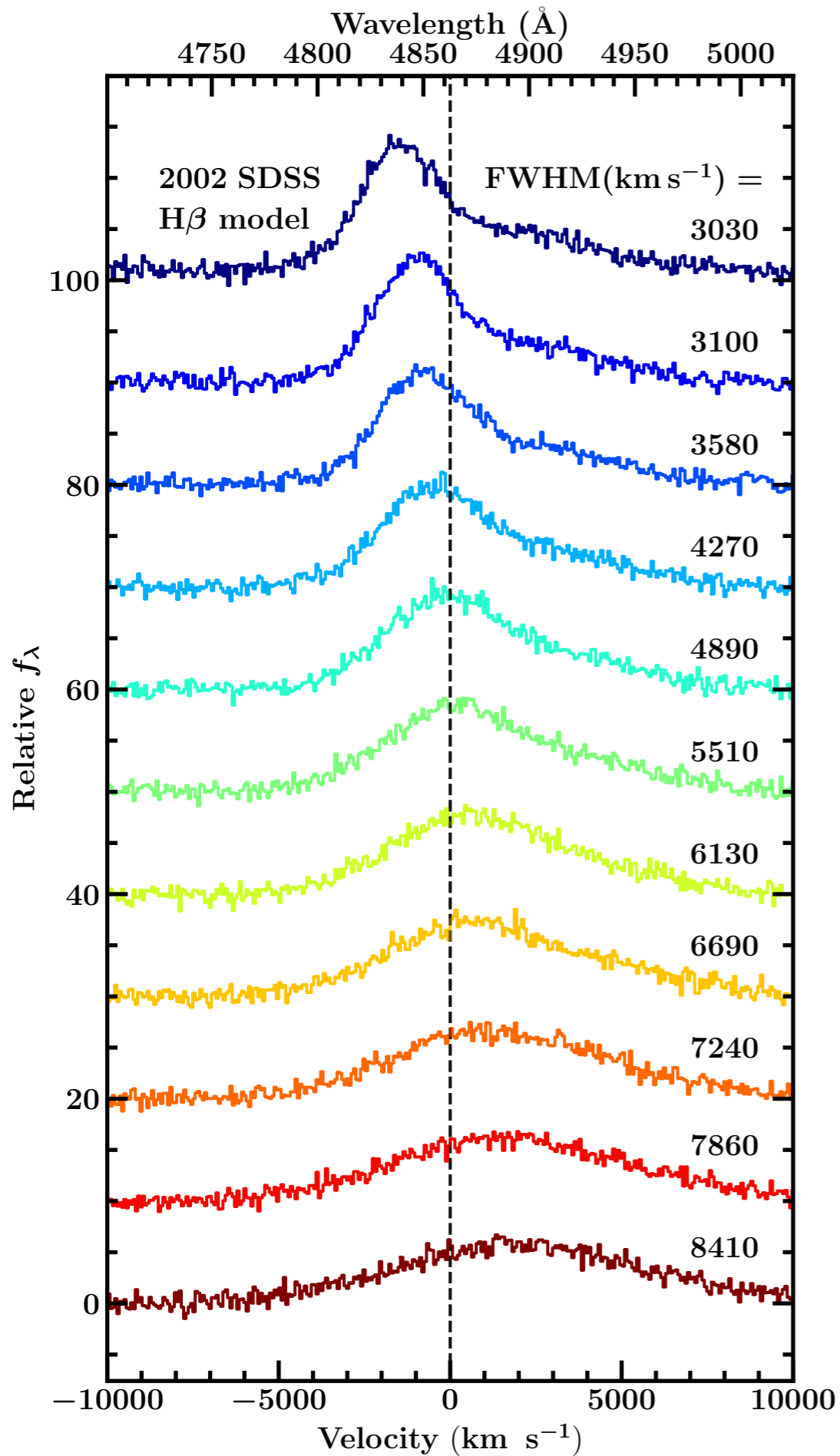


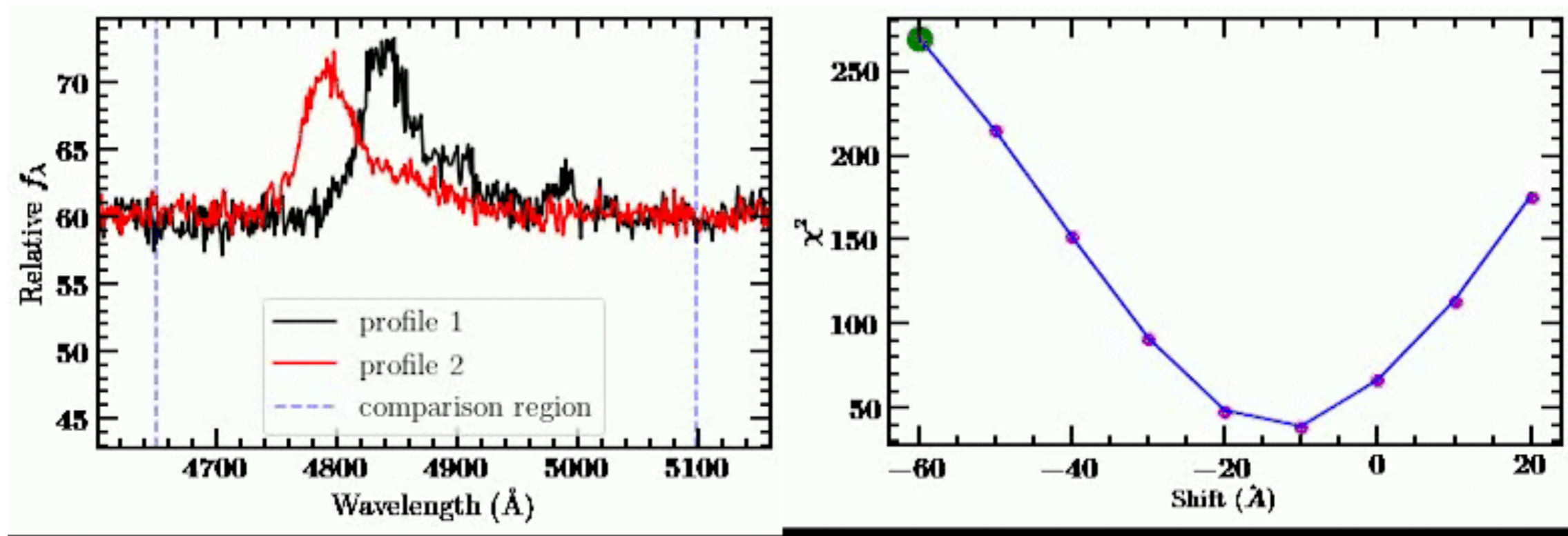


The best candidate so far, $P \sim 40$ years









Helpful constraints from the gravitational wave background

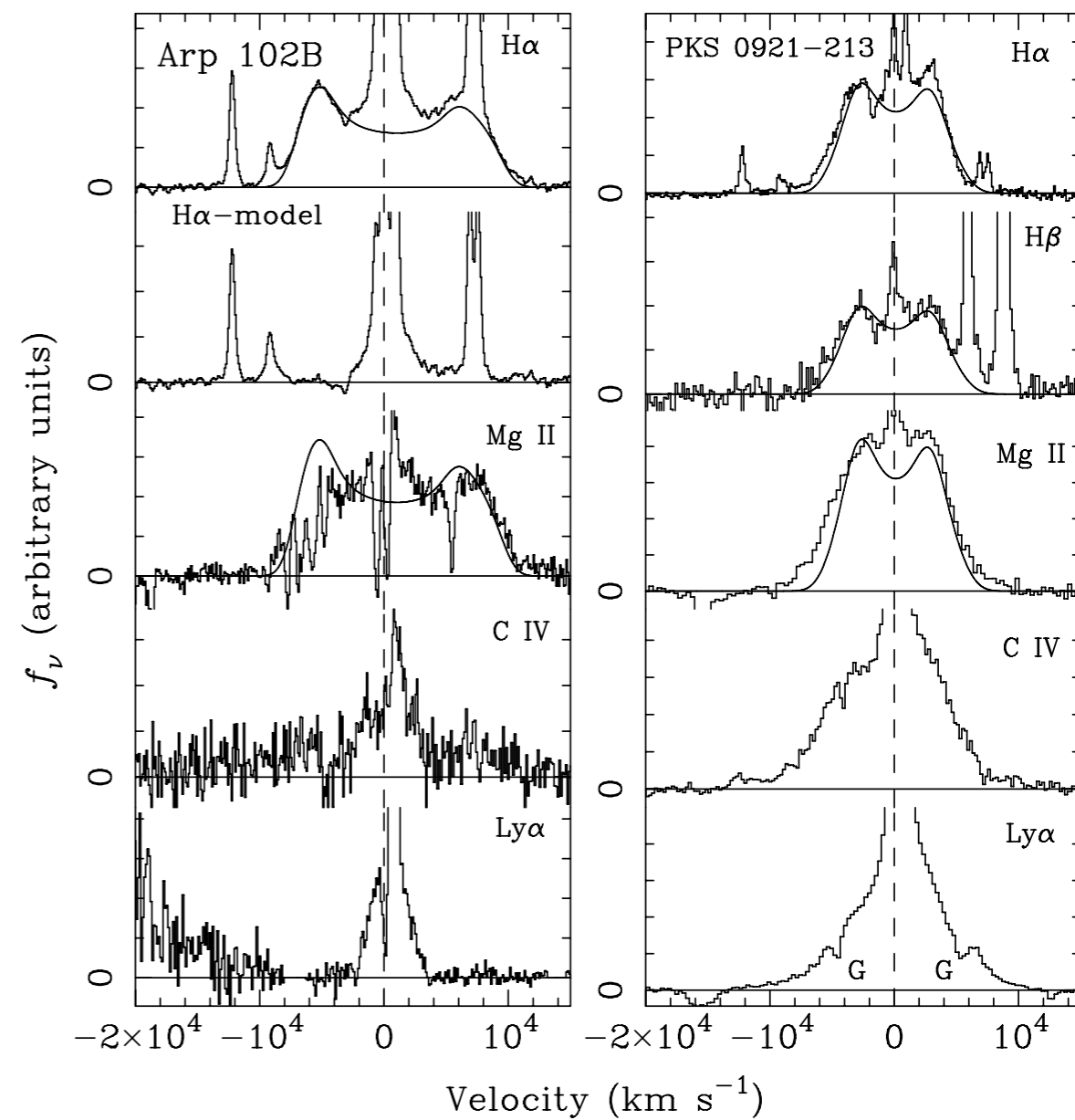
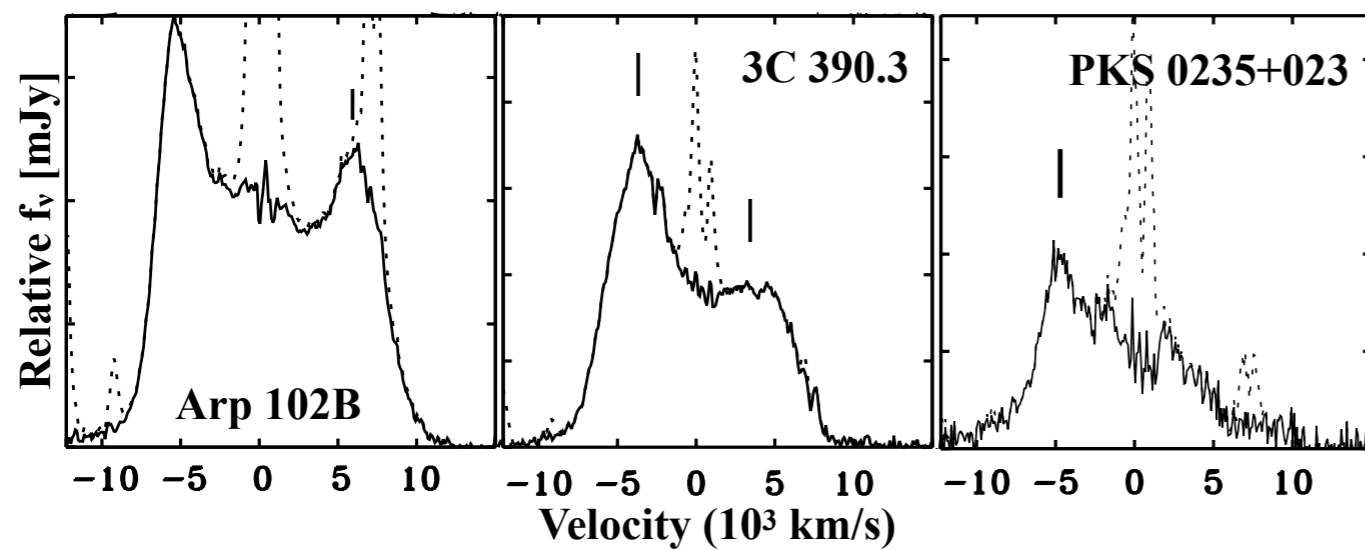
◆ The exercise

- ❖ Take the population of candidates from a given method at face value
- ❖ Extrapolate to short separations and high redshifts and predict grav. wave background
- ❖ Compare to current limits from the PTAs

◆ Results

- ❖ Shorter-period population found by photometry modulation of light curves in tension with grav. wave background ([Sesana+18, ApJ, 856, 42](#))
- ❖ Longer-period population found by spectroscopy consistent with grav. wave background ([Nguyen+20, ApJ, 900, L42](#))

UV spectroscopic test



Evolution time of the gravitational wave frequency because of orbital decay

For two point masses in a circular orbit, this is the time it takes for the GW frequency to evolve from f_i to f_f . The mass ratio is q (< 1) and the total mass is M_6 (in units of $10^6 M_\odot$).

$$T \approx 8 \times 10^4 \frac{(1+q)^2}{q} M_6^{-5/3} \left(\frac{f_i}{1 \mu\text{Hz}} \right)^{-8/3} \left[1 - \left(\frac{f_i}{f_f} \right)^{8/3} \right] \text{ years}$$

The evolution is veeeery sloooooowww....

$$\text{Orbital period: } P = \frac{332 M_8}{(1+q)^3 u_{2,3}^3} \left(\frac{\sin i}{\sin 45^\circ} \frac{|\sin \phi|}{\sin 45^\circ} \right)^3 \text{ yr}$$

$$\text{Separation: } a = \frac{0.11 M_8}{(1+q)^2 u_{2,3}^2} \left(\frac{\sin i}{\sin 45^\circ} \frac{|\sin \phi|}{\sin 45^\circ} \right)^2 \text{ pc.}$$

Instantaneous acceleration:

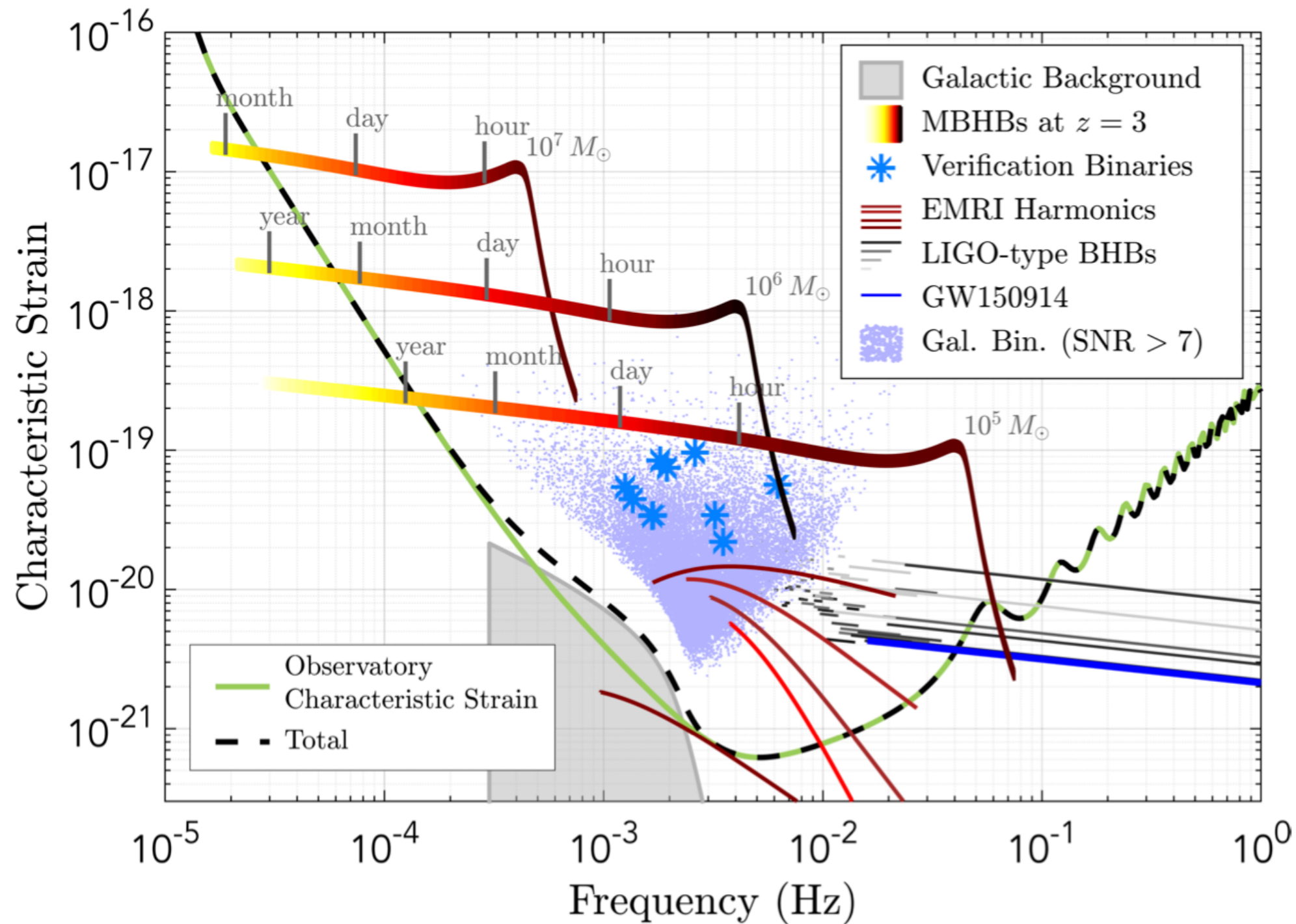
$$\begin{aligned} \left| \frac{du_2}{dt} \right| &= 2.4 \frac{u_{2,3}^4 (1+q)^3}{M_8 \sin^3 i} \left| \frac{\cos \phi}{\sin^4 \phi} \right| \text{ km/s/yr} \\ &= 19 \frac{u_{2,3}^4 (1+q)^3}{M_8} \left(\frac{\sin 45^\circ}{\sin i} \right)^3 \frac{|\cos \phi|}{\cos 45^\circ} \left(\frac{\sin 45^\circ}{\sin \phi} \right)^4 \text{ km/s/yr} \end{aligned}$$

Evolution time of the gravitational wave frequency because of orbital decay

For two point masses in a circular orbit, this is the time it takes for the GW frequency to evolve from f_i to f_f . The mass ratio is q (< 1) and the total mass is M_6 (in units of $10^6 M_\odot$).

$$T \approx 8 \times 10^4 \underbrace{\frac{(1+q)^2}{q}}_{\substack{\text{(chirp mass)}^{-5/3} \\ = 4 \text{ for } q = 1 \\ = q^{-1} \text{ for } q \ll 1}} M_6^{-5/3} \underbrace{\left(\frac{f_i}{1 \mu\text{Hz}}\right)^{-8/3}}_{\substack{\sim 10^5 \text{ middle of PTA band} \\ \sim 10^{-5} \text{ "left edge" of LISA band}}} \underbrace{\left[1 - \left(\frac{f_i}{f_f}\right)^{8/3}\right]}_{\sim 1 \text{ for } f_i/f_f \geq 2} \text{ years}$$

Types of Sources Detectable by LISA: Binary Supermassive BHs



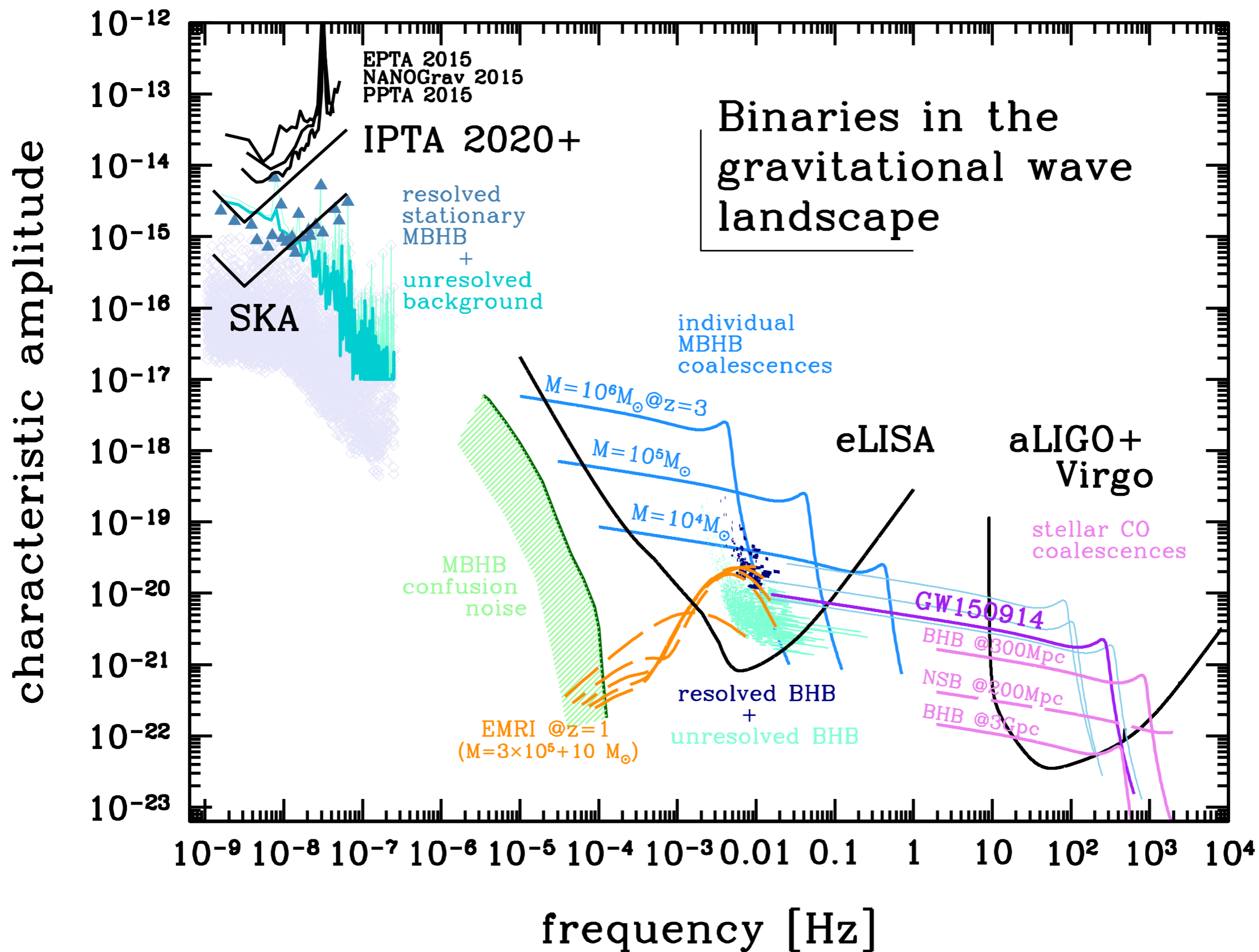


figure 33 from Colpi & Sesana 2017, "An Overview of Gravitational Waves," World Scientific ([arXiv:1610.05309](https://arxiv.org/abs/1610.05309))

mass ratio : $q \equiv \frac{m_2}{m_1} \leq 1$ and $\eta \equiv \frac{q}{(1+q)^2} \leq 0.25$

total mass : $M \equiv m_1 + m_2$

reduced mass : $\mu \equiv \frac{m_1 m_2}{m_1 + m_2} = \left[\frac{q}{(1+q)^2} \right] M = \eta M$

chirp mass : $\mathcal{M} \equiv \mu^{3/5} M^{2/5} = \left[\frac{q}{(1+q)^2} \right]^{3/5} M = \eta^{3/5} M$

$$\text{GW power : } \frac{dE}{dt} = \frac{32}{5} \frac{G^4}{c^5} \frac{\eta^2 \mathcal{M}^5}{a^4}$$

$$\text{GW strain : } h = \left(\frac{32}{5}\right)^{1/2} \frac{G^{5/3}}{c^4} \frac{\mathcal{M}^{5/3}}{d} (\pi f)^{2/3}$$

$$\text{lifetime } \tau_{GW} = \frac{5}{256} \frac{c^5}{G^3} \frac{a_0^4}{\eta M^3}$$

$$h \equiv \frac{\delta L}{L} \propto \frac{G^2}{c^4} \frac{1}{D} \frac{M^2}{r}$$

$$t_{\text{chirp}} \approx 2 \text{ hours} \frac{(1+q)^{5/3}}{q} \left(\frac{M}{10^6 M_{\odot}} \right)^{-5/3} \left(\frac{f_i}{10^{-3} \text{ Hz}} \right)^{-8/3} \left[1 - \left(\frac{f_i}{f_f} \right)^{8/3} \right]$$

$$f_{\text{tidal}} \approx 2 (G\bar{\rho})^{1/2} \sim 0.5 \left(\frac{\bar{\rho}}{10^6 \text{ g cm}^{-3}} \right)^{1/2}$$

$$f_{\text{binary}} \approx 2 \times 10^{-8} \text{ Hz} \left(\frac{M}{10^6 M_{\odot}} \right)^{1/2} \left(\frac{a}{10^{-3} \text{ pc}} \right)^{-3/2}$$

$$f_{\text{binary}} \approx 0.06 \text{ Hz} \left(\frac{M}{10^6 M_{\odot}} \right)^{-1} \left(\frac{a}{r_g} \right)^{-3/2}$$

$$h \approx 2 \times 10^{-16} \frac{q}{(1+q)^2} \left(\frac{M}{10^6 M_{\odot}} \right)^{5/3} \left(\frac{f}{10^{-3} \text{ Hz}} \right)^{2/3} \left(\frac{D_L}{100 \text{ Mpc}} \right)^{-1}$$