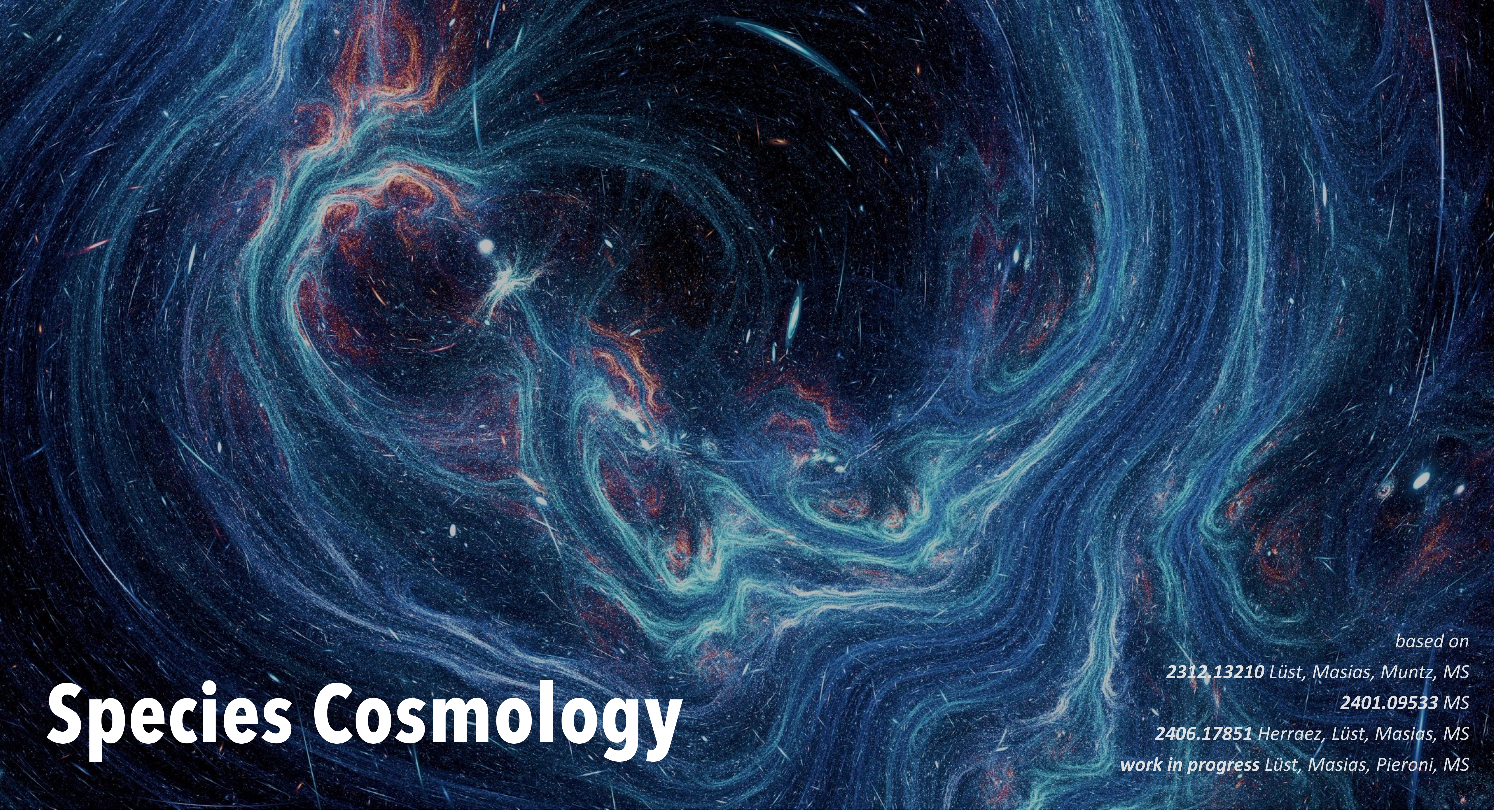


Species Cosmology

based on

2312.13210 *Lüst, Masias, Muntz, MS*

2401.09533 *MS*

2406.17851 *Herraez, Lüst, Masias, MS*

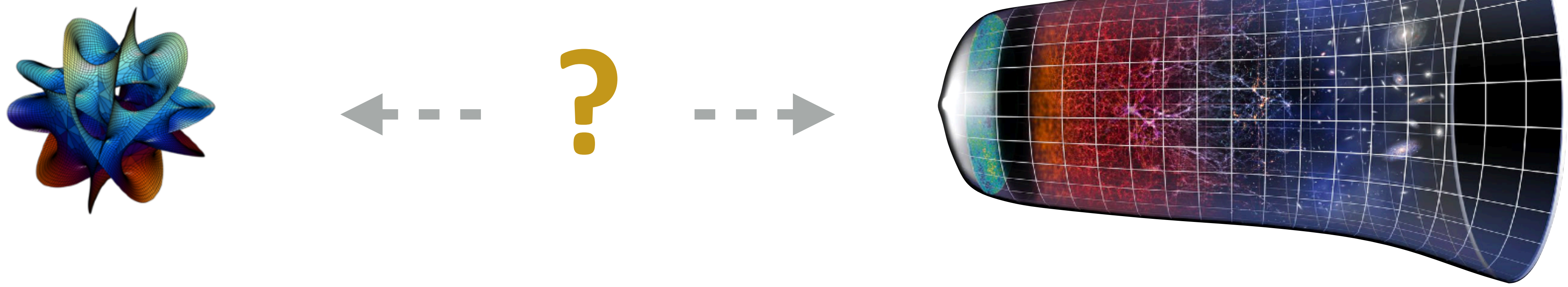
work in progress *Lüst, Masias, Pieroni, MS*

Marco Scalisi

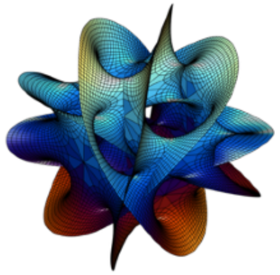
MAX-PLANCK-INSTITUT
FÜR PHYSIK

UNIVERSITÀ
degli STUDI
di CATANIA

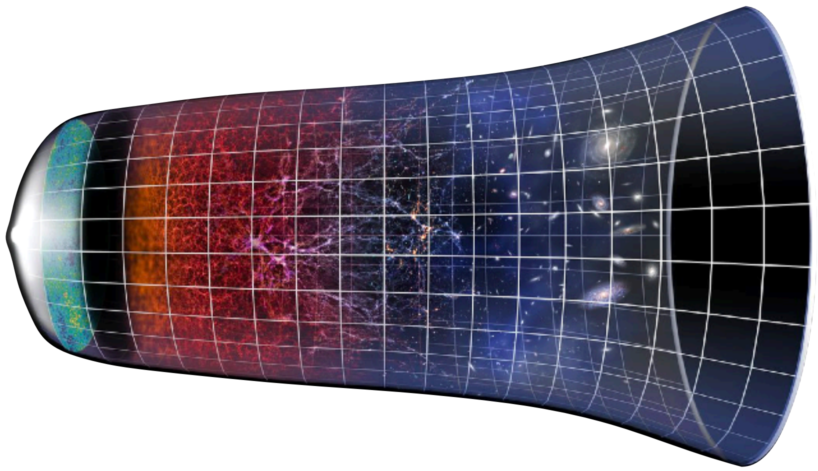
September 24th, 2024
TFI 2024, Napoli



?

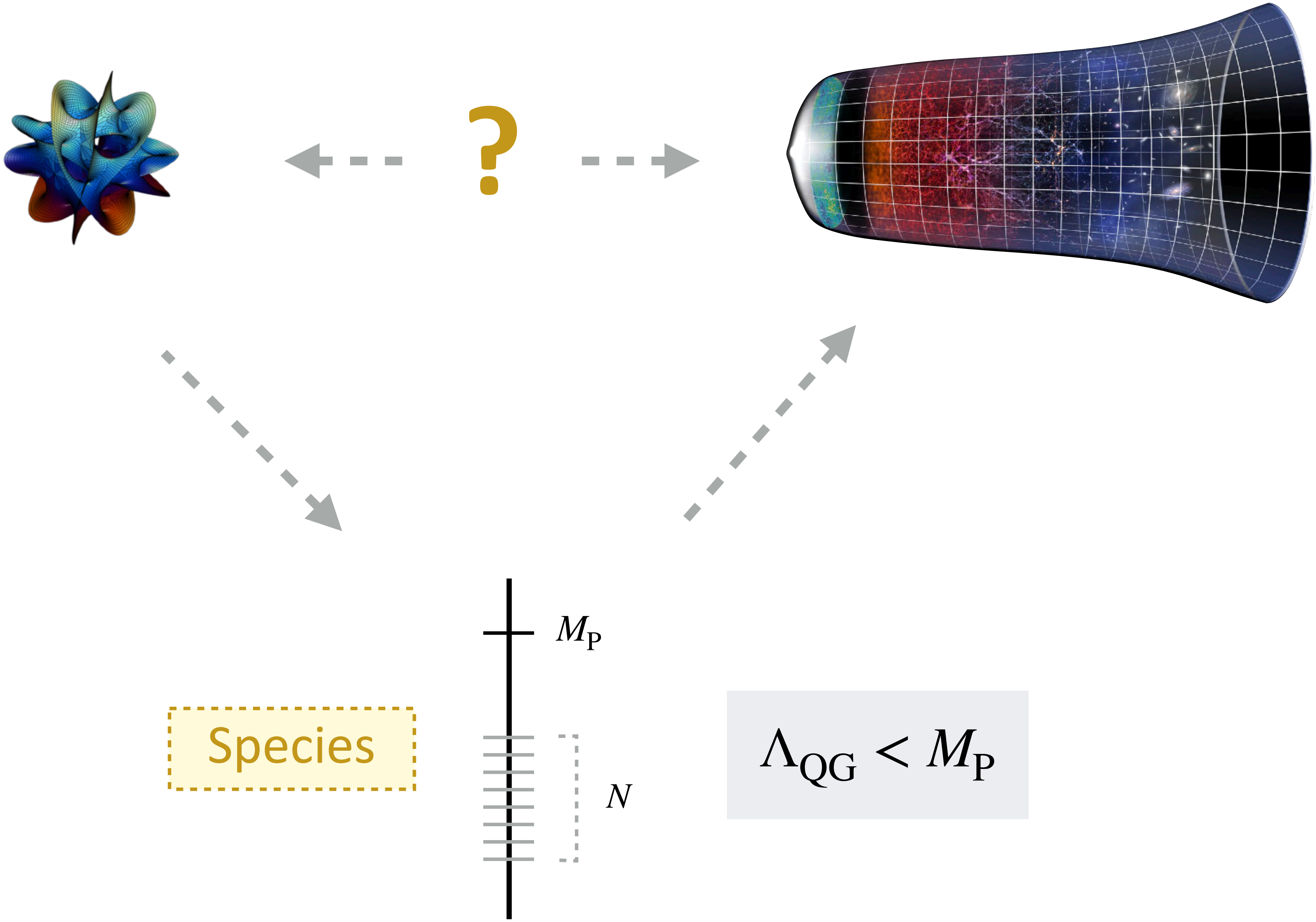


?



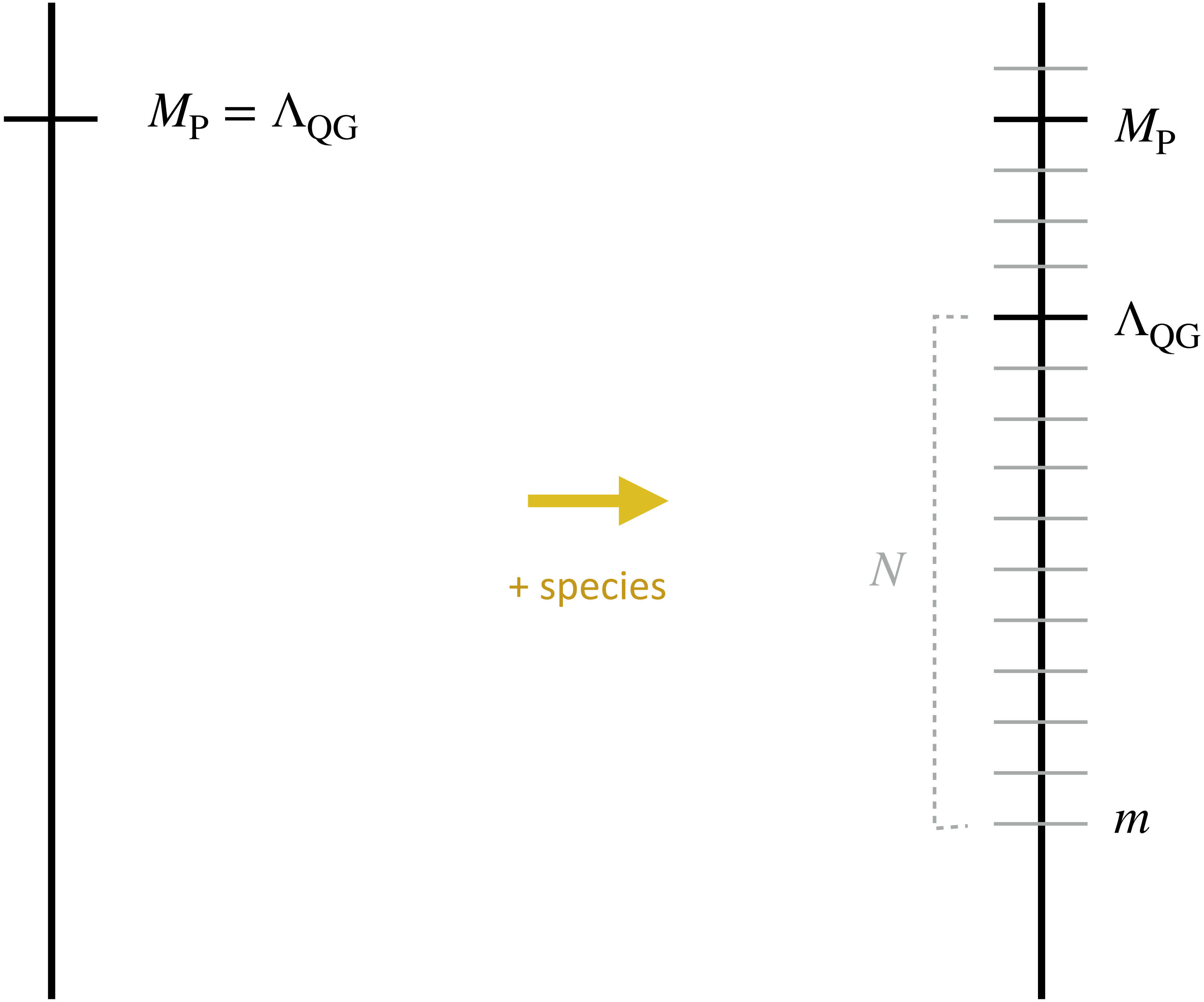
M_{P}

$H \lesssim 10^{-5}\, M_{\mathrm{P}}$



Species

$$\Lambda_{\rm QG} < M_{\rm P}$$



$M_{\rm P} = \Lambda_{\rm QG}$

+ species

$M_{\rm P}$

$\Lambda_{\rm QG}$

N

m

OUTLINE

The Species Scale

Species → Cosmology

Species ← Cosmology

Species and R^2- Inflation

The Species Scale

Species scale

Dvali, 2007

Dvali, Redi 2007

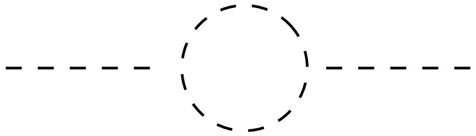
Species scale

Dvali, 2007

Dvali, Redi 2007

Perturbative argument

N light species weakly coupled to gravity



contribution to
graviton propogator

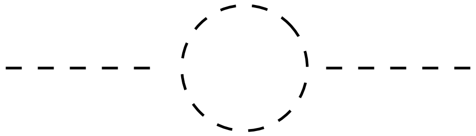
$$\pi^{-1}(p^2) = p^2\left[\underset{\substack{\uparrow \\ \text{tree level}}}{1} - \frac{N\,p^2}{120\pi\;M_{\rm P}^2}\underset{\substack{\uparrow \\ \text{1-loop}}}{\log}\left(-\frac{p^2}{\mu^2}\right)\right]$$

Species scale

Dvali, 2007
Dvali, Redi 2007

Perturbative argument

N light species weakly coupled to gravity



contribution to
graviton propogator

$$\pi^{-1}(p^2) = p^2 \left[\underset{\substack{\uparrow \\ \text{tree level}}}{1} - \frac{N\,p^2}{120\pi\,M_P^2} \underset{\substack{\uparrow \\ \text{1-loop}}}{\log} \left(-\frac{p^2}{\mu^2} \right) \right]$$

perturbation theory breaks down when
tree level = 1-loop

$$p \sim \frac{M_P}{\sqrt{N}} \equiv \Lambda_s$$

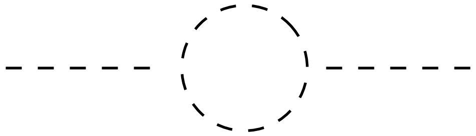
Species scale

Dvali, 2007

Dvali, Redi 2007

Perturbative argument

N light species weakly coupled to gravity



contribution to

graviton propogator

$$\pi^{-1}(p^2) = p^2\left[\underset{\substack{\uparrow\\ \text{tree level}}}{1} - \underset{\substack{\uparrow\\ \text{1-loop}}}{\frac{N\,p^2}{120\pi\;M_{\rm P}^2}\log}\left(-\frac{p^2}{\mu^2}\right)\right]$$

perturbation theory breaks down when
tree level = 1-loop

$$\boxed{p \sim \frac{M_{\rm P}}{\sqrt{N}} \equiv \Lambda_{\rm s}}$$

Non-perturbative argument

Black hole with N species

What is its **minimal radius**?

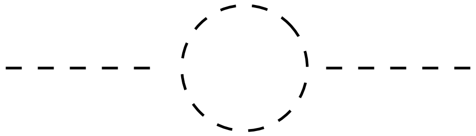
Species scale

Dvali, 2007

Dvali, Redi 2007

Perturbative argument

N light species weakly coupled to gravity



contribution to **graviton propogator**

$$\pi^{-1}(p^2) = p^2 \left[\underset{\substack{\uparrow \\ \text{tree level}}}{1} - \frac{N\,p^2}{120\pi\ M_{\rm P}^2} \underset{\substack{\uparrow \\ \text{1-loop}}}{\log} \left(-\frac{p^2}{\mu^2} \right) \right]$$

perturbation theory breaks down when tree level = 1-loop

$$\boxed{p \sim \frac{M_{\rm P}}{\sqrt{N}} \equiv \Lambda_{\rm s}}$$

Non-perturbative argument

Black hole with N species

What is its **minimal radius**?

$$R_{\rm BH} \simeq \frac{1}{M_{\rm P}}$$

corresponds to

$$S_{\rm BH} \simeq R_{\rm BH}^{d-2} M_{\rm P}^{d-2} = 1$$ ⚠

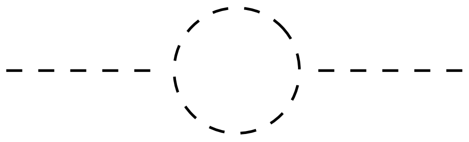
Species scale

Dvali, 2007

Dvali, Redi 2007

Perturbative argument

N light species weakly coupled to gravity



contribution to
graviton propogator

$$\pi^{-1}(p^2) = p^2\left[\underset{\substack{\uparrow \\ \text{tree level}}}{1} - \frac{N\,p^2}{120\pi\;M_{\rm P}^2}\,\underset{\substack{\uparrow \\ \text{1-loop}}}{\log}\left(-\frac{p^2}{\mu^2}\right)\right]$$

perturbation theory breaks down when
tree level = 1-loop

$$p \sim \frac{M_{\rm P}}{\sqrt{N}} \equiv \Lambda_{\rm s}$$

Non-perturbative argument

Black hole with N species

What is its **minimal radius**?

$$R_{\rm BH} \simeq \frac{1}{M_{\rm P}}$$

corresponds to

$$S_{\rm BH} \simeq R_{\rm BH}^{d-2} M_{\rm P}^{d-2} = 1$$ ⚠

↓

Conundrum resolved if

$$R_{\rm min} \simeq N^{\frac{1}{d-2}} M_{\rm P}^{-1} = \Lambda_{\rm s}^{-1}$$

Species scale

Dvali, 2007

Dvali, Redi 2007

Λ_s =

- scale at which **gravity** becomes **strongly coupled**
- scale of the **minimal size** of BH
- scale of higher curvature corrections

= Λ_{QG}

$$\boxed{\Lambda_{QG} = \frac{M_P}{N_s^{\frac{1}{d-2}}}}$$

(renormalization of the Planck mass)

Species scale

Dvali, 2007

Dvali, Redi 2007

Λ_s =

- scale at which **gravity** becomes **strongly coupled**
- scale of the **minimal size** of BH
- scale of higher curvature corrections

$= \Lambda_{QG}$

$$\boxed{\Lambda_{QG} = \frac{M_P}{N_s^{\frac{1}{d-2}}}}$$

in string theory

Kaluza-Klein modes

String oscillator modes

Lee, Lerche, Weigand 2019

At this scale

EFT has **holographic properties**

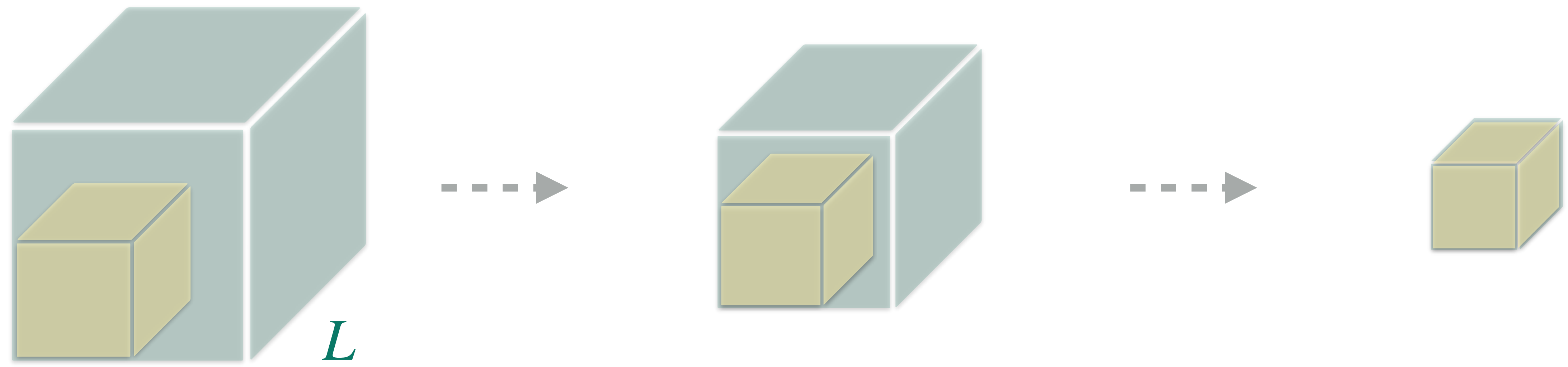
$$S \sim \Lambda_{QG}^{-(d-2)}$$

Cribiori, Lüst, Montella 2023

Herraez, Lüst, Masias, MS - ***2406.17851***

Species thermodynamics and its **origin**

*Herraez, Lüst, Masias, MS - **2406.17851***



$\Lambda_{\mathrm{UV}}^{-1} = T^{-1}$

$L \sim T^{-1} \sim \Lambda_{\mathrm{s}}^{-1}$

$$S \sim N_{\mathrm{T}}\ T^{d-1} L^{d-1}$$

$T \to \Lambda_{\mathrm{s}}$

$$S \sim \Lambda_{\mathrm{s}}^{d-2} \sim N_{\mathrm{s}}$$

$$\Lambda_{\mathrm{s}} \sim \frac{1}{L}$$

Species and the **Swampland**

Ooguri, Vafa 2007

Swampland Distance Conjecture

“Infinite scalar field variations Δ are always associated to (at least) an infinite tower of states becoming exponentially light”

$$m = m_0 \; e^{-\gamma \Delta} \qquad\qquad \Delta \to \infty$$

Species and the **Swampland**

Ooguri, Vafa 2007

Swampland Distance Conjecture

"Infinite scalar field variations Δ are always associated to (at least) an infinite tower of states becoming exponentially light"

$$m = m_0 \; e^{-\gamma\Delta} \qquad\qquad \Delta \to \infty$$

exponential drop-off of the QG cut-off

$$\Lambda_{\rm QG} = \Lambda_0 \; e^{-\lambda\Delta}$$

$\Lambda_0 \leq M_P$

original naive cut-off

Species and the **Swampland**

$$\frac{1}{\sqrt{(d-1)(d-2)}} \leq \lambda = \left| \frac{\Lambda'_{\rm QG}}{\Lambda_{\rm QG}} \right| \leq \frac{1}{\sqrt{d-2}}$$

van de Heisteeg, Vafa, Wiesner, Wu 2023
Calderón-Infante, Castellano, Herráez, Ibánez 2023

van de Heisteeg, Vafa, Wiesner, 2023
van de Heisteeg, Vafa, Wiesner, Wu 2023
*Lüst, Masias, Muntz, **MS** 2023*

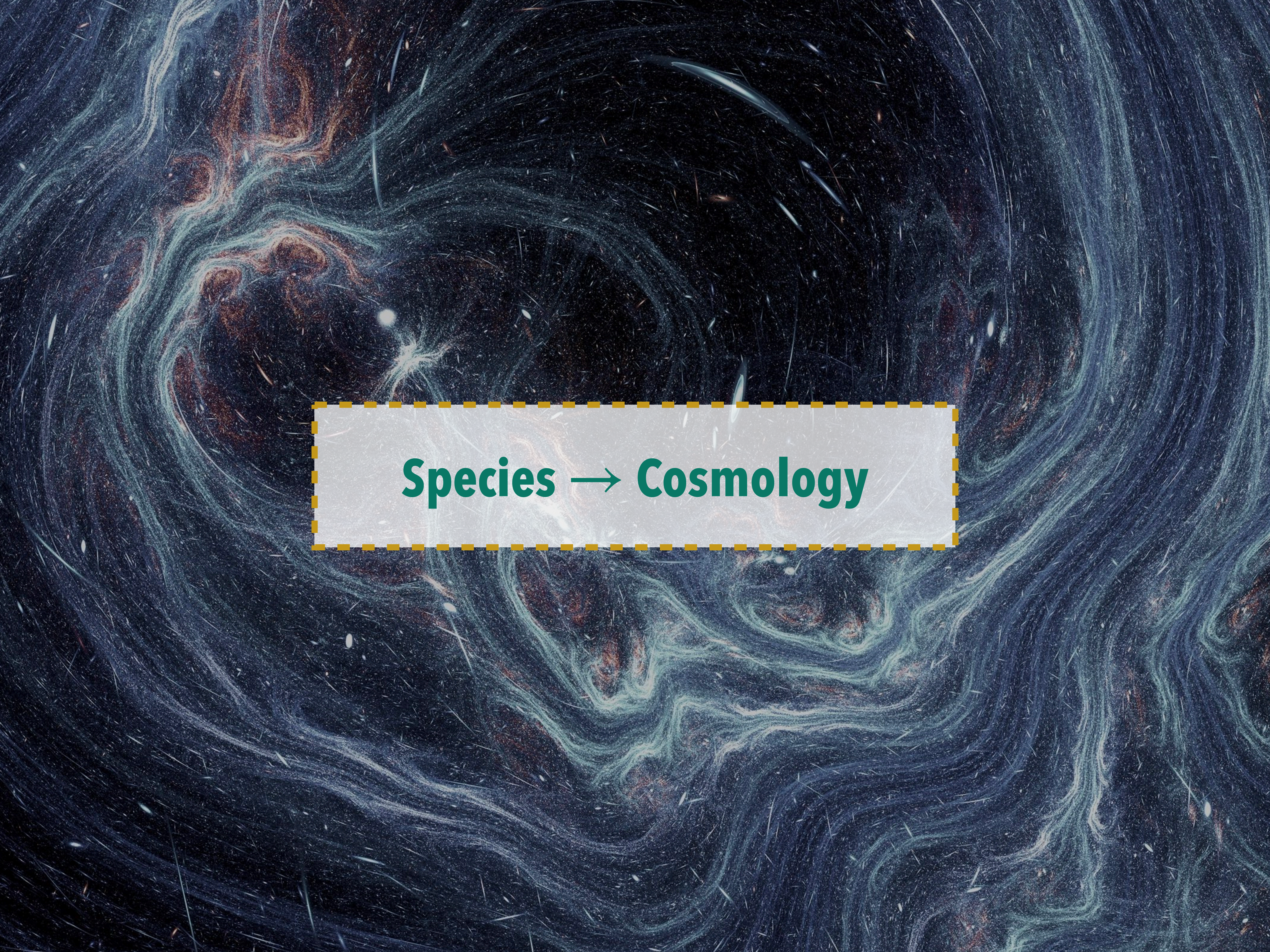
Main message

- **Towers of states** lead to a **renormalization** of the **quantum gravity cut-off**

$$\Lambda_{\rm QG} = \frac{M_{\rm P}}{N^{\frac{1}{d-2}}} < M_{\rm P}$$

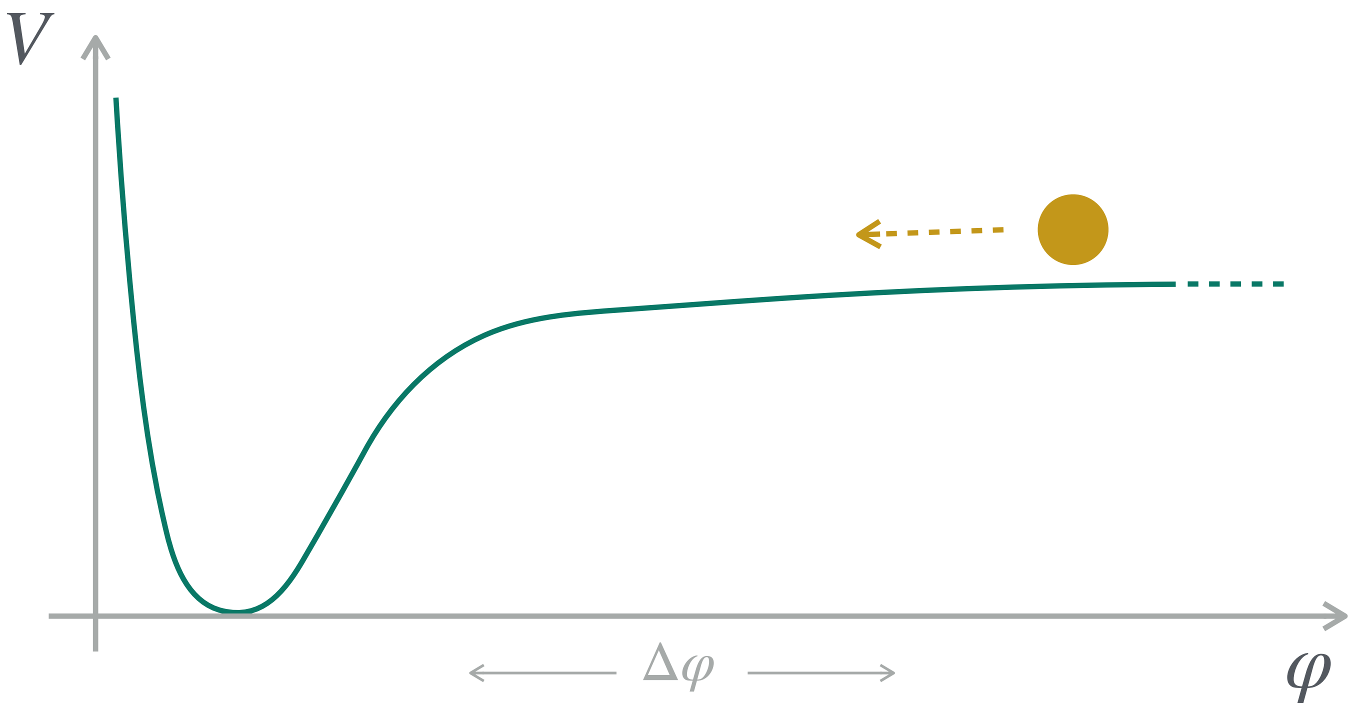
- **Distance conjecture** implies **exponential drop-off** in field space of $\Lambda_{\rm QG}$

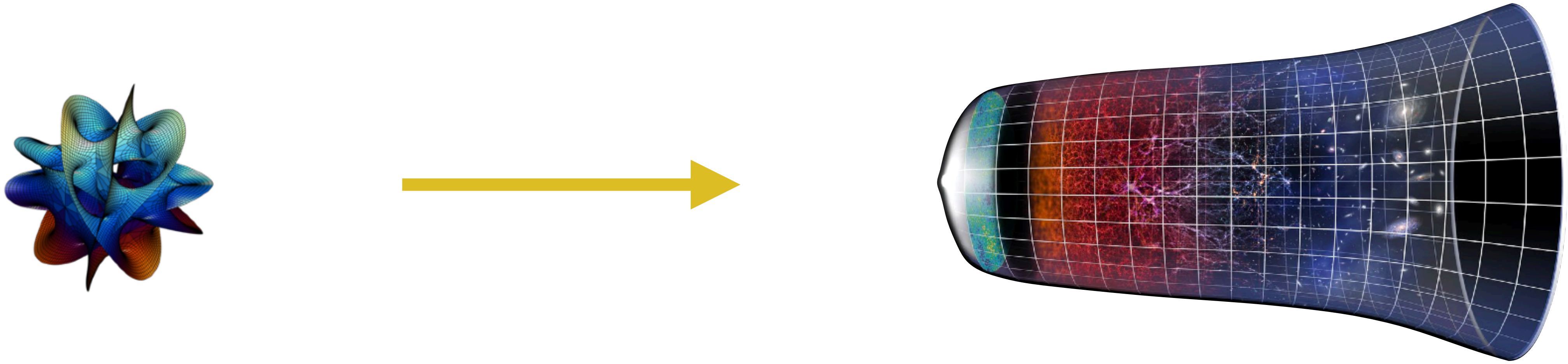
$$\Lambda_{\rm QG} \sim e^{-\lambda\Delta}$$

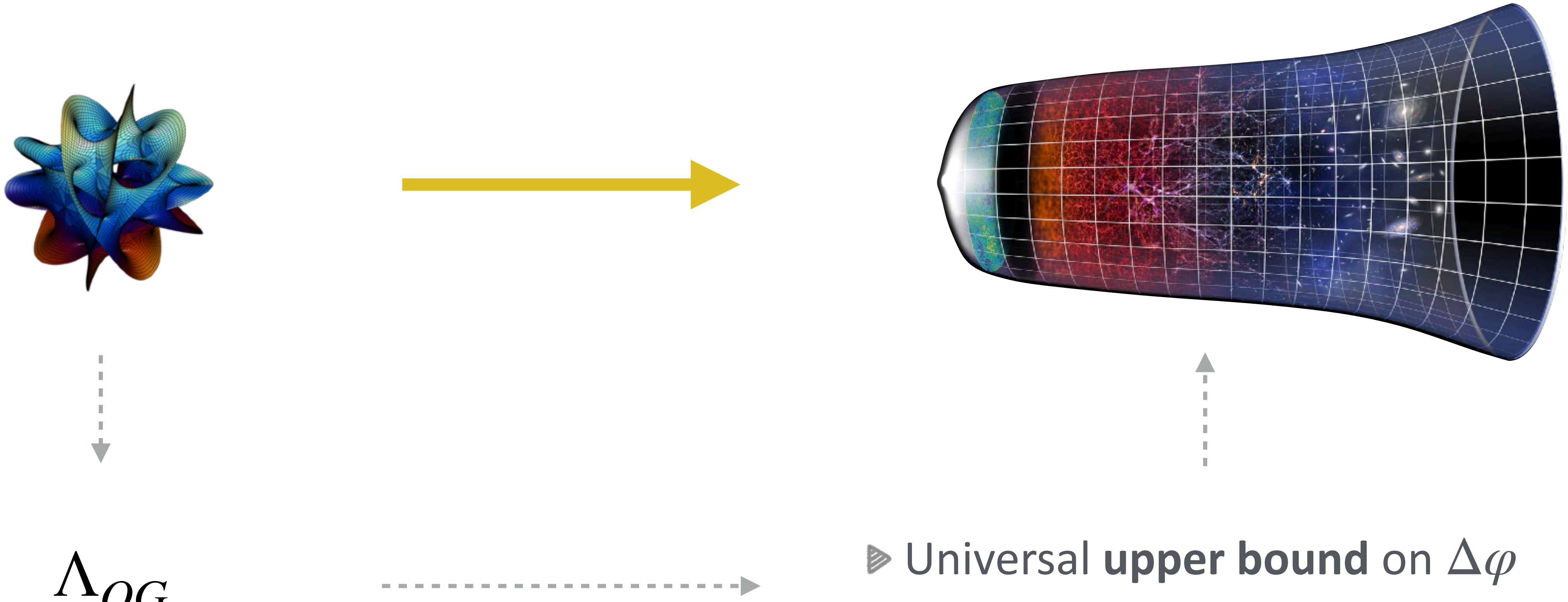


Species → Cosmology

Focus on **time-dependent** cosmic acceleration







Λ_{QG}

- Universal **upper bound** on $\Delta\varphi$
- Cosmological **species production**

Universal upper bound on scalar field range

***MS**, Valenzuela 2018*

$$H < \Lambda_{QG} \leq M_{\rm P}\, e^{-\lambda \Delta\varphi}$$

consistency of EFT

implication of the SDC

Universal upper bound on scalar field range

MS, Valenzuela 2018

see also

van de Heisteeg, Vafa, Wiesner, Wu 2023

$$H < \Lambda_{QG} \leq M_{\rm P}\, e^{-\lambda \Delta\varphi}$$

consistency of EFT

implication of the SDC

upper bound on field displacement

$$\boxed{\Delta\varphi < \frac{1}{\lambda} \log \frac{M_{\rm P}}{H}}$$

Universal upper bound on scalar field range

MS, Valenzuela 2018

see also

van de Heisteeg, Vafa, Wiesner, Wu 2023

$$H < \Lambda_{QG} \leq M_{\mathrm{P}}\, e^{-\lambda \Delta\varphi}$$

consistency of EFT

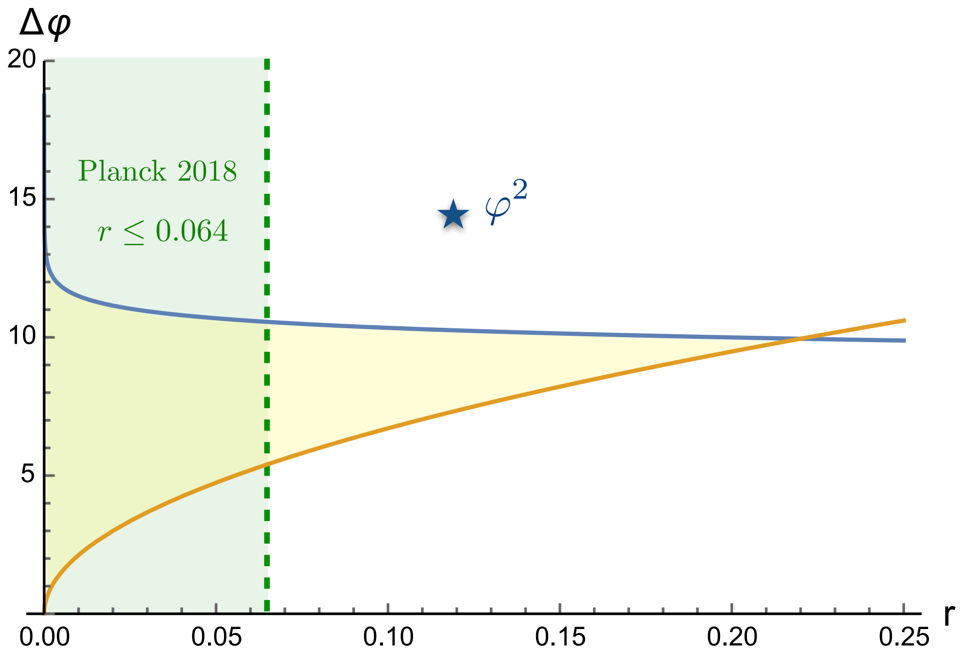
implication of the SDC

upper bound on field displacement

$$\Delta\varphi < \frac{1}{\lambda} \log \frac{M_{\mathrm{P}}}{H}$$

inflation

$$\Delta\varphi < \frac{1}{2\lambda}\left(\log \frac{\pi^2 A_s}{2} + \log r\right)$$

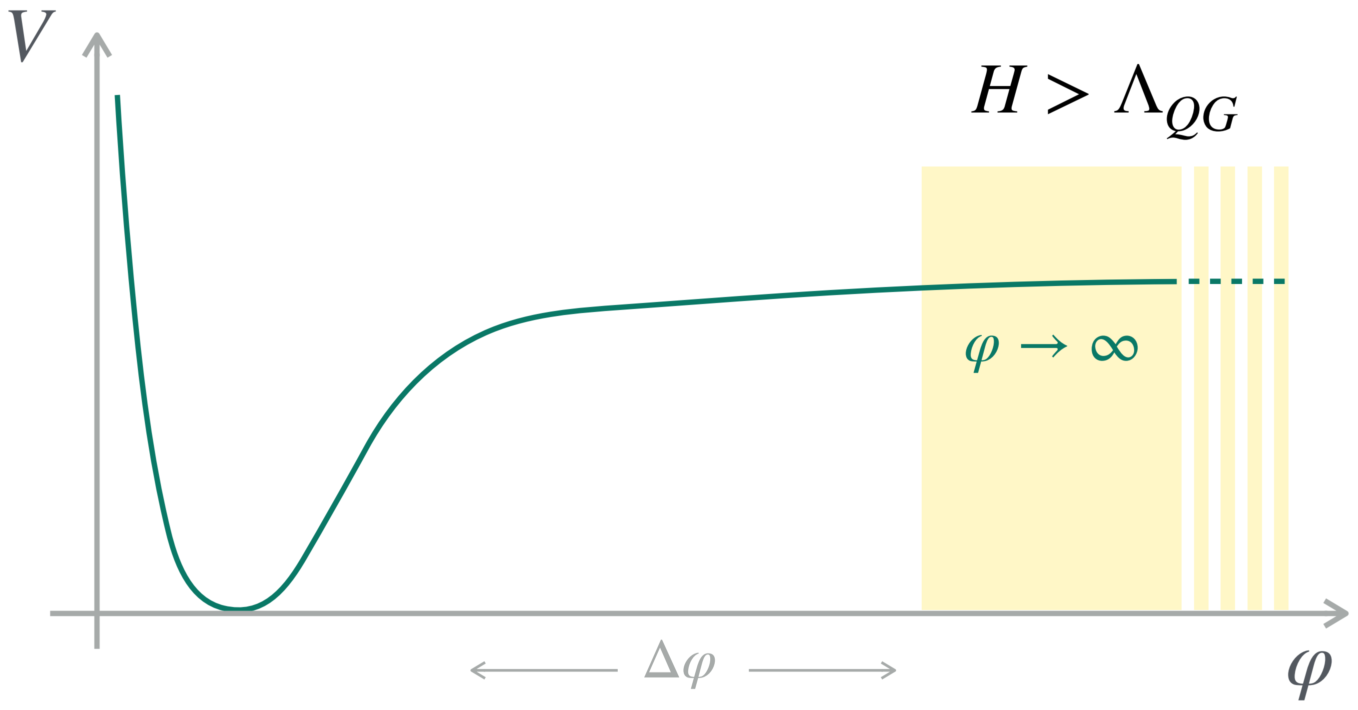


Inflationary **particle production** and the **Swampland**

Lüst, Masias, Pieroni, MS - work in progress

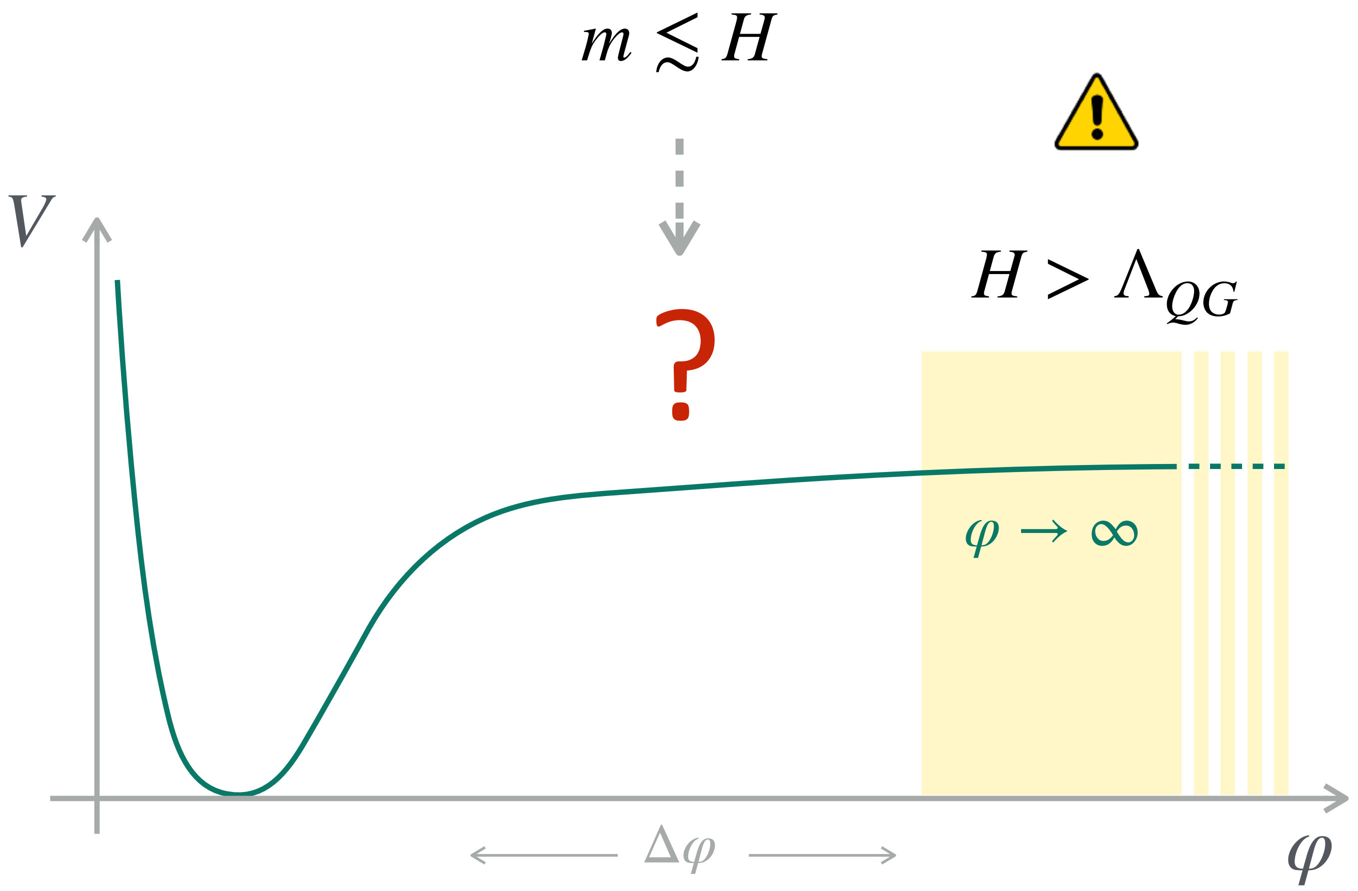
⚠

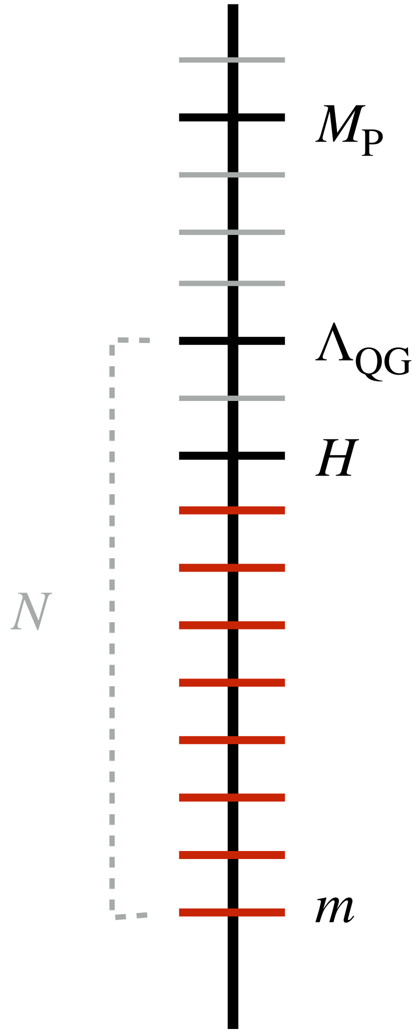
$$H > \Lambda_{QG}$$



Inflationary **particle production** and the **Swampland**

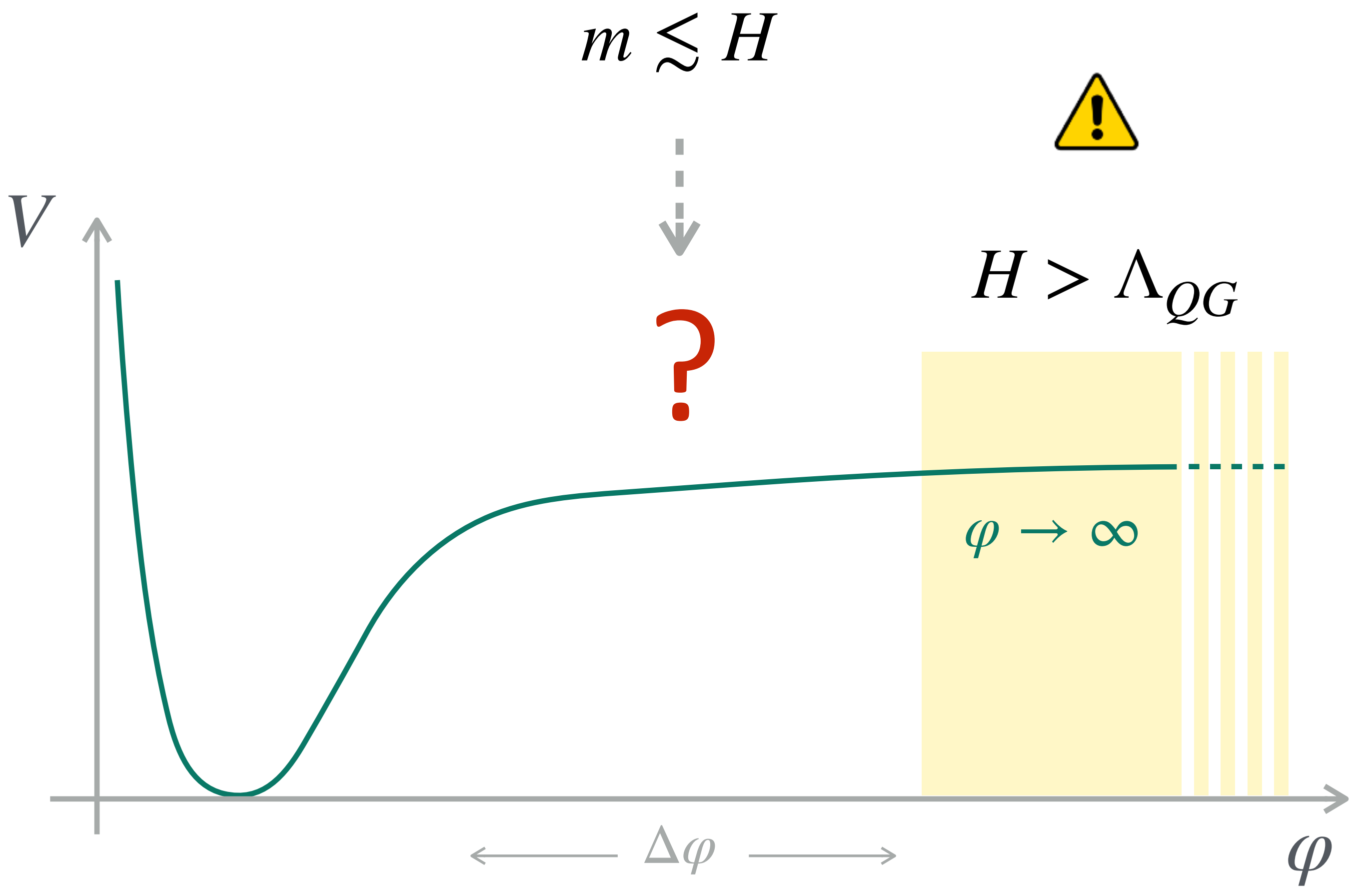
Lüst, Masias, Pieroni, MS - work in progress

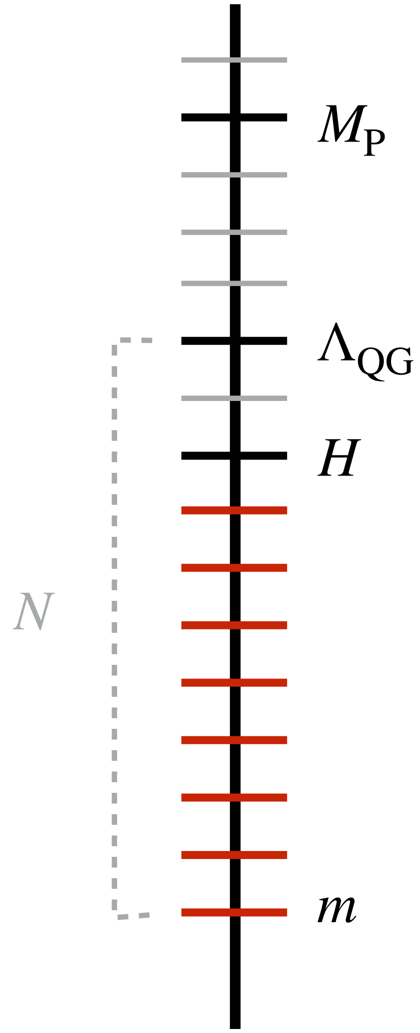




Inflationary **particle production** and the **Swampland**

Lüst, Masias, Pieroni, MS - work in progress





Species production

Inflationary **particle production** and the **Swampland**

Lüst, Masias, Pieroni, MS - work in progress

coupling between **inflaton** and other **fields**

→

production of quanta

→

injection of energy = additional friction

→

change of **observable predictions**

Inflationary **particle production** and the **Swampland**

Lüst, Masias, Pieroni, MS - work in progress

coupling between **inflaton** and other **fields** → **production of quanta** → **injection of energy = additional friction** → **change** of **observable predictions**

- **Inflaton-gauge** fields coupling *Anber, Sorbo 2010*

$$\mathscr{L} = -\frac{1}{2}(\partial\varphi)^2 - V(\varphi) - \varphi \; F\tilde{F}$$

- **Inflaton-scalar** fields coupling *Green, Horn, Senatore, Silverstein 2009* ***"Trapped inflation"***

$$\mathscr{L} = -\frac{1}{2}(\partial\varphi)^2 - V(\varphi) - \frac{1}{2}\sum_n \left[(\partial\chi_n)^2 - g^2(\varphi - \varphi_{0n})^2\chi_n^2\right]$$

Inflationary **particle production** and the **Swampland**

Lüst, Masias, Pieroni, MS - work in progress

$$\mathscr{L} = -\frac{1}{2}(\partial\varphi)^2 - V(\varphi) - \frac{1}{2}\sum_n \left[(\partial\chi_n)^2 - m_n^2 e^{-2\gamma\varphi}\chi_n^2\right]$$

mass of the SDC tower

$$m \sim e^{-\gamma\varphi}$$

Inflationary **particle production** and the **Swampland**

Lüst, Masias, Pieroni, MS - work in progress

$$\mathscr{L} = -\frac{1}{2}(\partial\varphi)^2 - V(\varphi) - \frac{1}{2}\sum_n \left[(\partial\chi_n)^2 - m_n^2 e^{-2\gamma\varphi}\chi_n^2\right]$$

mass of the SDC tower

$$m \sim e^{-\gamma\varphi}$$

$$\xi_n''(\tau, \vec{k}) + \left[k^2 - \frac{2-\delta_n}{\tau^2}\right]\xi_n(\tau, \vec{k}) = 0$$

with

$$\delta_n = \frac{m_n^2}{H^2}e^{-2\gamma\varphi}$$

$$\xi_n \equiv a(\tau)\chi_n$$

$$\boxed{\xi_n(\tau, \vec{k}) = \frac{\sqrt{-\pi}}{2}\exp\left[\frac{i\pi}{4}\sqrt{9-4\delta_n} + \frac{i\pi}{4}\right]\sqrt{-\tau}\, H^{(1)}_{\frac{1}{2}\sqrt{9-4\delta_n}}(-k\tau)}$$

$H^{(1)}$= *Bessel function of the 3rd kind (or Hankel function of the 1st kind)*

Inflationary **particle production** and the **Swampland**

Lüst, Masias, Pieroni, MS - work in progress

$$\mathscr{L} = -\frac{1}{2}(\partial\varphi)^2 - V(\varphi) - \frac{1}{2}\sum_n \left[(\partial\chi_n)^2 - m_n^2 e^{-2\gamma\varphi}\chi_n^2\right]$$

mass of the SDC tower

$$m \sim e^{-\gamma\varphi}$$

main result

$$\text{corrections} \propto \left(\frac{H}{\Lambda_{\mathrm{QG}}}\right)^{2+p}$$

Inflationary **particle production** and the **Swampland**

Lüst, Masias, Pieroni, MS - work in progress

$$\boxed{p = 1}$$

- **Scalar power spectrum**

$$P_\zeta(k) = P_\zeta^h + P_\zeta^s = \frac{H^4}{(2\pi)^2\ \dot{\varphi}_0^2}\left(1 + 0.0025\,\frac{H^3}{\Lambda_{QG}^3}\gamma^2\right)$$

- **Non Gaussianities**

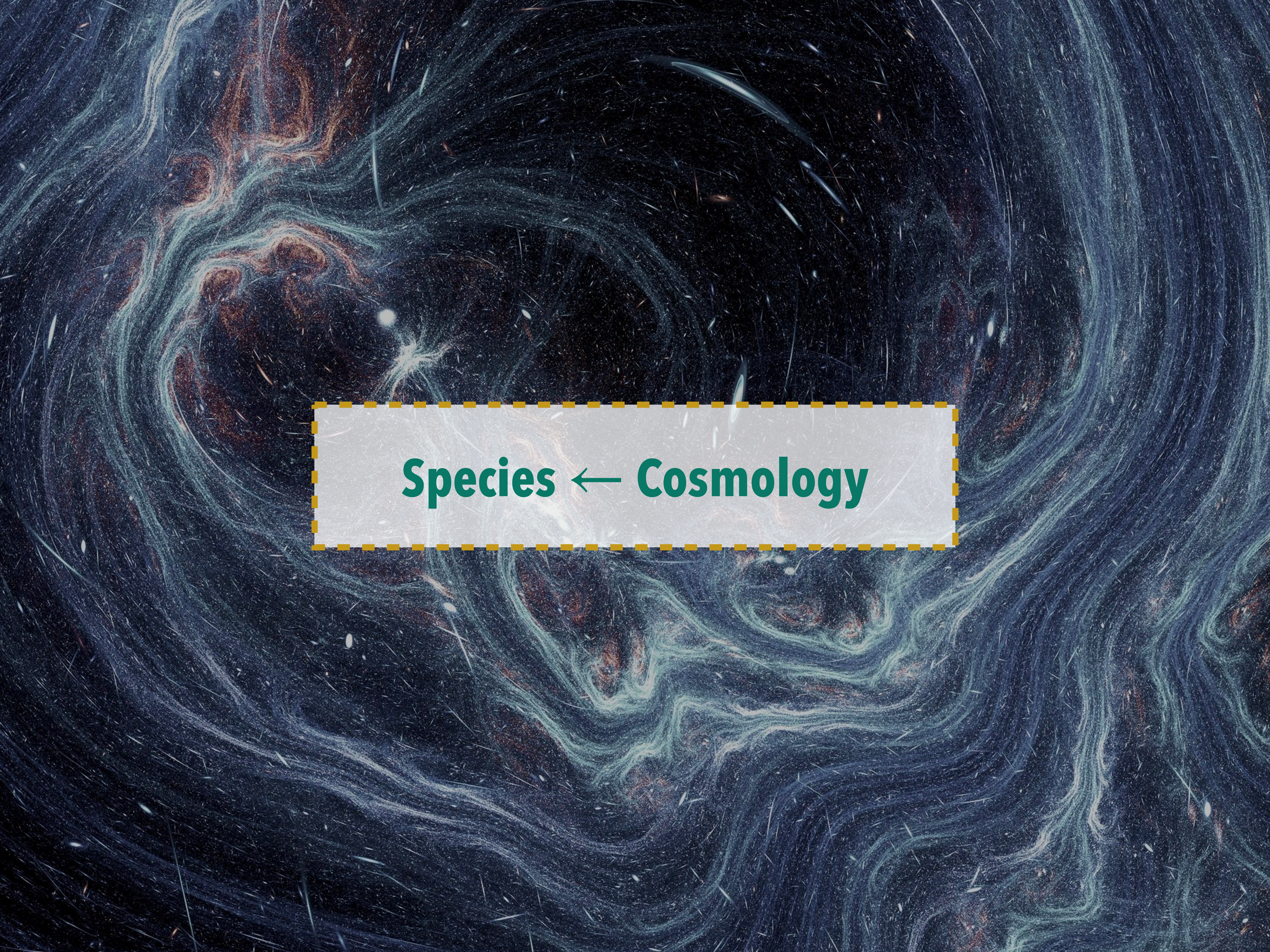
$$f_{NL,equil} \simeq 0.0007\frac{\gamma\dot{\varphi}}{H}(\gamma M_\mathrm{P})^2\left[1 + 0.0025(\gamma M_\mathrm{P})^2\left(\frac{H}{\Lambda_\mathrm{QG}}\right)^3\right]^{-2}\left(\frac{H}{\Lambda_\mathrm{QG}}\right)^3$$

- **Tensor-to-scalar ratio**

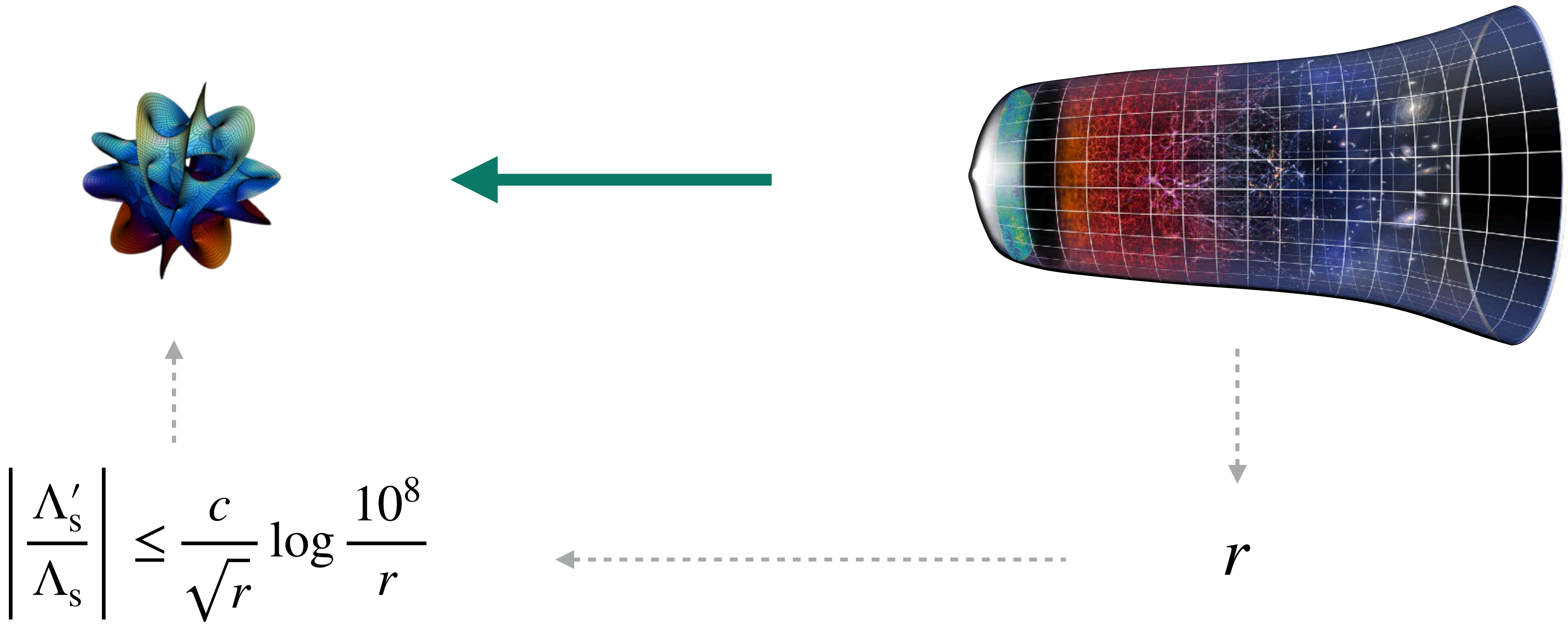
$$r = 9.2 \cdot 10^7\frac{H^2}{M_\mathrm{P}^2}\left[1 + 0.17\left(\frac{H}{\Lambda_\mathrm{QG}}\right)^3\right]$$

- **Scalar spectral tilt**

$$n_s - 1 = (-2\epsilon - \eta)\left[1 - \left(\frac{\gamma M_\mathrm{P}}{20}\right)^2\left(\frac{H}{\Lambda_{QG}}\right)^3\right] - \left(5\epsilon + \sqrt{2\epsilon}\gamma M_\mathrm{P}\right)\left(\frac{\gamma M_\mathrm{P}}{20}\right)^2\left(\frac{H}{\Lambda_{QG}}\right)^3$$



Species ← Cosmology



$$\left|\frac{\Lambda_s'}{\Lambda_s}\right| \leq \frac{c}{\sqrt{r}} \log \frac{10^8}{r}$$

r

Species scale and **primordial gravitational waves**

MS - 2401.09533

EFT consistency $$H \leq \Lambda_{\rm s} \sim e^{-\lambda\Delta\varphi}$$ Distance Conjecture

$$\downarrow$$

$$\lambda = \left|\frac{\Lambda_{\rm s}'}{\Lambda_{\rm s}}\right| \leq \frac{1}{\Delta\varphi}\log\frac{M_{\rm P}}{H}$$

$$\downarrow$$

$$\left|\frac{\Lambda_{\rm s}'}{\Lambda_{\rm s}}\right| \leq \frac{1}{2\Delta\varphi}\log\frac{10^8}{r}$$

Species scale and **primordial gravitational waves**

MS - 2401.09533

EFT consistency $H \leq \Lambda_{\rm s} \sim e^{-\lambda \Delta\varphi}$ Distance Conjecture

↓

$$\lambda = \left| \frac{\Lambda_{\rm s}'}{\Lambda_{\rm s}} \right| \leq \frac{1}{\Delta\varphi} \log \frac{M_{\rm P}}{H}$$

↓

$$\boxed{\left| \frac{\Lambda_{\rm s}'}{\Lambda_{\rm s}} \right| \leq \frac{1}{2\Delta\varphi} \log \frac{10^8}{r}}$$

$\Delta\varphi(r) =$ **?**

Species scale and **primordial gravitational waves**

MS - 2401.09533

$$\epsilon(N) = \frac{\beta}{N^p}$$

Species scale and **primordial gravitational waves**

MS - 2401.09533

$$\epsilon(N) = \frac{\beta}{N^p}$$

$p = 1$

***Monomial** potentials*

$$V(\varphi) \sim \varphi^n$$

$p = 2$

***Starobinsky-like** potentials*

$$V(\varphi) \sim \left[1 - e^{-n\varphi} + \ldots\right]$$

$1 < p < 2$

***Inverse-hilltop-like** potentials*
(brane inflation)

$$V(\varphi) \sim \left[1 - \left(\frac{\mu}{\varphi}\right)^n + \ldots\right]$$

$p > 2$

***Hilltop-like** potentials*

$$V(\varphi) \sim \left[1 - \left(\frac{\varphi}{\mu}\right)^n + \ldots\right]$$

Species scale and **primordial gravitational waves**

MS - 2401.09533

$$\epsilon(N) = \frac{\beta}{N^p}$$

$p = 1$

Monomial *potentials*

$$\left|\frac{\Lambda_s'}{\Lambda_s}\right| \lesssim \frac{1}{60\sqrt{2r}} \log\frac{10^8}{r}$$

$p = 2$

Starobinsky-like *potentials*

$$\left|\frac{\Lambda_s'}{\Lambda_s}\right| \lesssim \frac{1}{30\log(60)\sqrt{2r}} \log\frac{10^8}{r}$$

$1 < p < 2$

Inverse-hilltop-like *potentials*
(brane inflation)

$$\left|\frac{\Lambda_s'}{\Lambda_s}\right| \lesssim \frac{1}{(2+n)30\sqrt{2r}} \log\frac{10^8}{r}$$

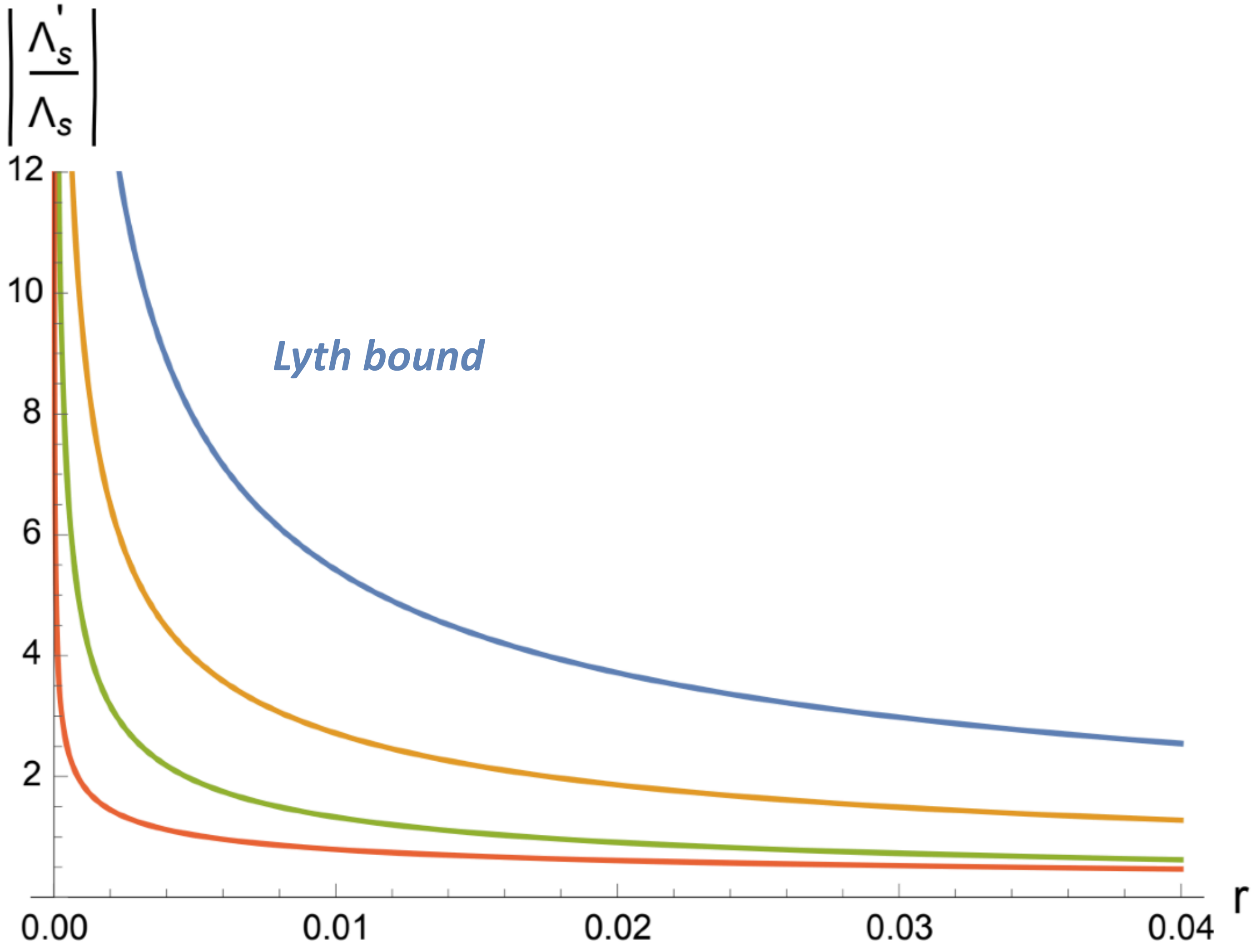
$p > 2$

Hilltop-like *potentials*

$$\left|\frac{\Lambda_s'}{\Lambda_s}\right| \lesssim 2^{\frac{4}{p}-\frac{7}{2}}\frac{p-2}{15} r^{-\frac{1}{p}} \log\frac{10^8}{r}$$

Species scale and **primordial gravitational waves**

MS - 2401.09533



$p = 1$

Monomial *potentials*

$p = 2$

Starobinsky-like *potentials*

$p = 3$

Hilltop-like *potentials*

Species scale and **primordial gravitational waves**

MS - 2401.09533

e.g.

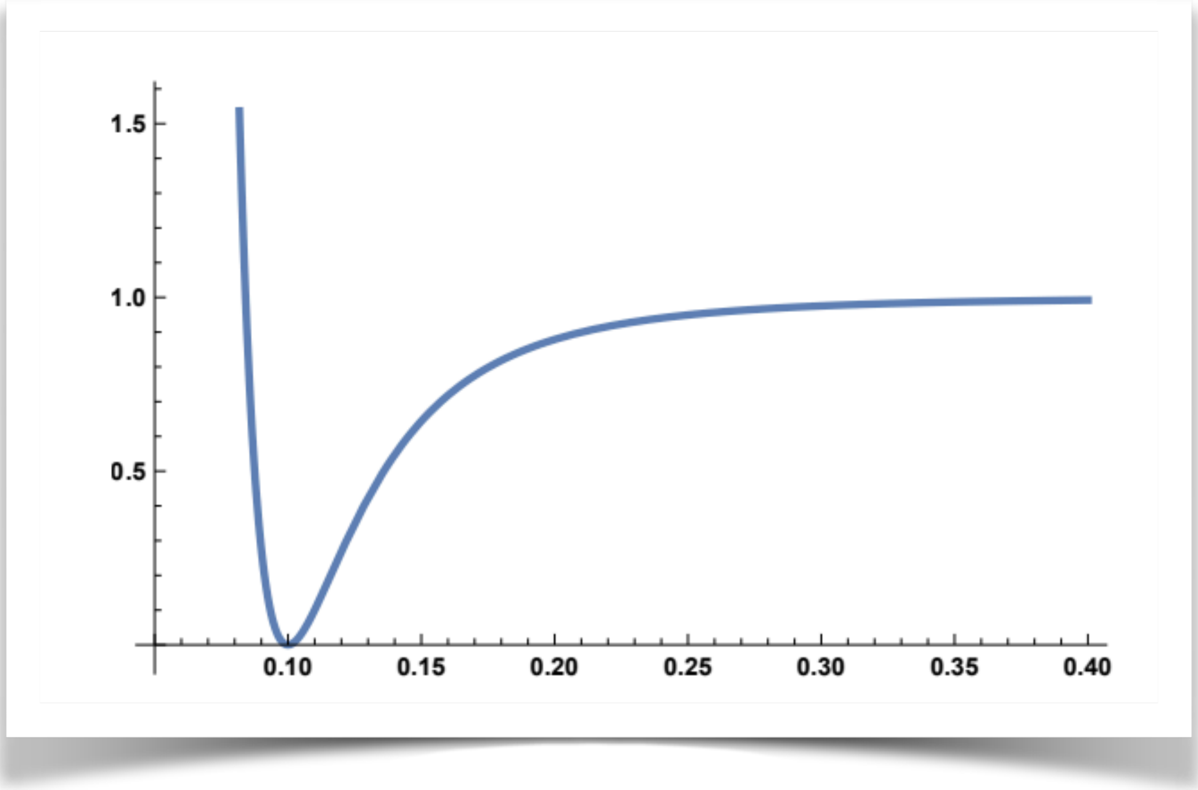
$D3 - \overline{D3}$ **inflation**

Kachru, Kallosh, Linde, Maldacena, McAllister, Trivedi 2003
Burgess, Quevedo 2022

$$V(\varphi) \sim \left[1 - \left(\frac{\mu}{\varphi}\right)^4 + \dots\right]$$

$$\left|\frac{\Lambda_s'}{\Lambda_s}\right| \lesssim 0.5$$

$(r \lesssim 0.036)$



plot taken from Burgess, Quevedo 2022

Species and R^2- **Inflation**

R^2 - **Inflation** and the **species scale**

Lüst, Masias, Muntz, ***MS*** - 2312.13210

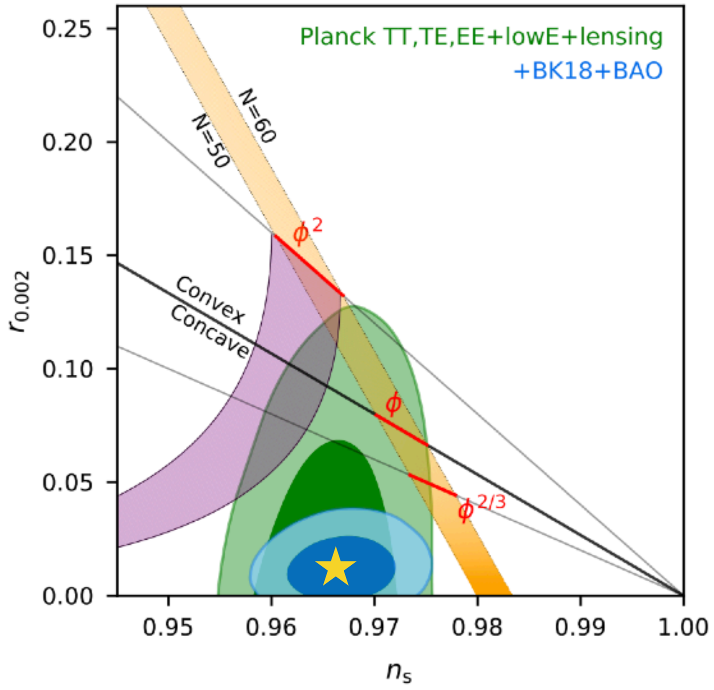
R^2 - **Inflation** and the **species scale**

*Lüst, Masias, Muntz, **MS*** - 2312.13210

$$S = \int d^4x\, \sqrt{-g}\left[\frac{M_P^2}{2}\left(R + \frac{R^2}{M^2}\right)\right]$$

Starobisky 1980

Starobisky 1984



R^2 - **Inflation** and the **species scale**

Lüst, Masias, Muntz, **MS** - 2312.13210

$$S = \int d^4x\, \sqrt{-g}\left[\frac{M_P^2}{2}\left(R + \frac{R^2}{M^2}\right)\right]$$

Starobisky 1980

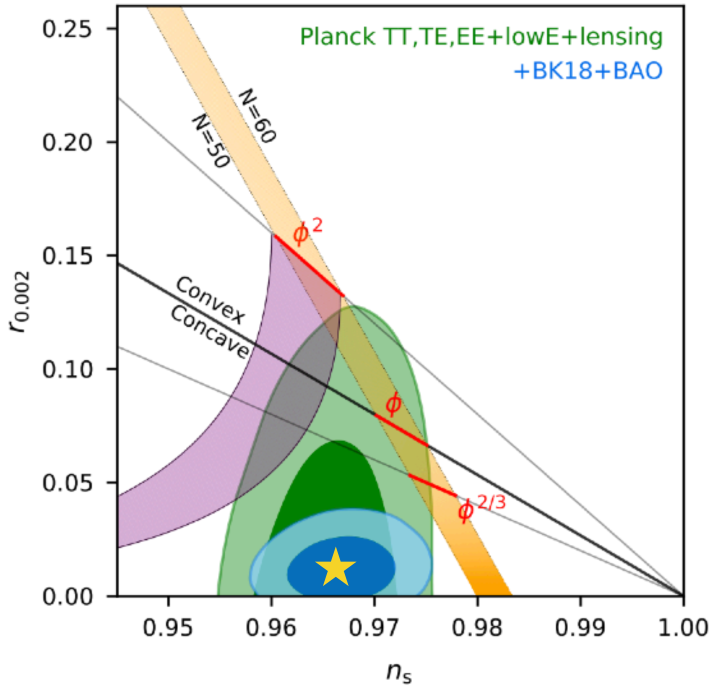
Starobisky 1984

$$M = 10^{14}\ \text{GeV}$$

fixed by **CMB observation**

$$M = ?$$

origin?



"Quantum loop corrections to Einstein field equation"

Starobinsky 1980

R^2 - **Inflation** and the **species scale**

*Lüst, Masias, Muntz, **MS** - 2312.13210*

$$S = \int d^4x \sqrt{-g} \left[\frac{M_P^2}{2} \left(R + \frac{R^2}{M^2} \right) \right]$$

Starobisky 1980

Starobisky 1984

$$M = 10^{14}\ \mathrm{GeV}$$

fixed by **CMB observation**

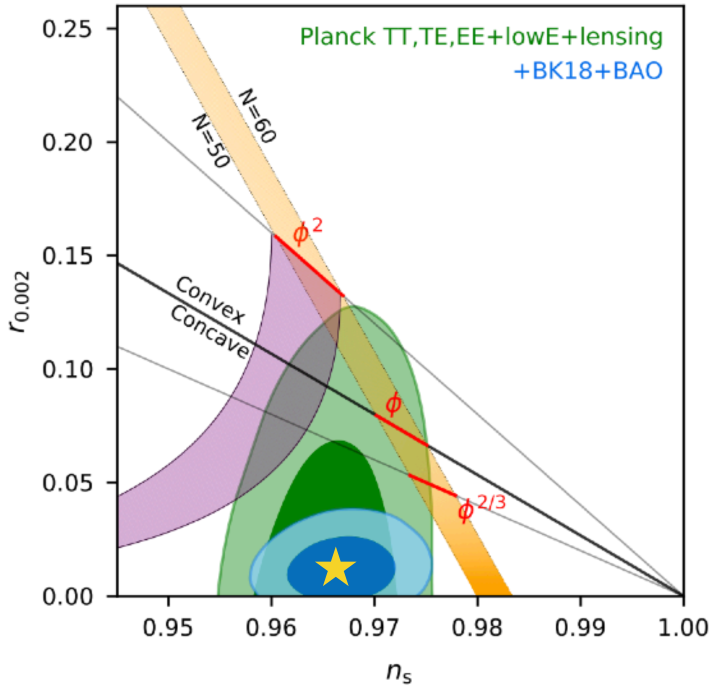
$$M = ?$$

origin?

we argue

$$\boxed{M \simeq \Lambda_s}$$

originated by **quantum effects** of **towers** of light **species**



"Quantum loop corrections to Einstein field equation"

Starobinsky 1980

R^2 - **Inflation** and the **species scale**

Lüst, Masias, Muntz, MS - 2312.13210

Consequences on inflationary EFT

- **Energy scale**

$$M \simeq \Lambda_s$$ but also $$M \simeq H$$ (in the Starobinsky model) $$\longrightarrow \boxed{\Lambda_s \simeq H}$$

boundary of the **EFT validity**

R^2 - **Inflation** and the **species scale**

Lüst, Masias, Muntz, MS - 2312.13210

Consequences on inflationary EFT

- **Energy scale**

$M \simeq \Lambda_s$ but also $M \simeq H$ $\longrightarrow$ $\boxed{\Lambda_s \simeq H}$

boundary of the **EFT validity**

- **KK modes**

$$M \simeq \Lambda_s \simeq 10^{14}\ \mathrm{GeV} \longrightarrow N_s \simeq 10^{10} \longrightarrow \boxed{m_{kk} \simeq 10^4\ \mathrm{GeV}}$$

10 orders below H

R^2 - **Inflation** and the **species scale**

Lüst, Masias, Muntz, MS - 2312.13210

Consequences on inflationary EFT

- Cosmology constrains **Species Scale decay rate**

$$\Lambda_{\rm s} = M_* \, e^{-\gamma\phi} \quad \longrightarrow \quad V(\phi) = \frac{M_*^2 \, M_P^2}{8} e^{-2\gamma\phi} \left(1 - e^{-\sqrt{\frac{2}{3}}\phi/M_P}\right)^2$$

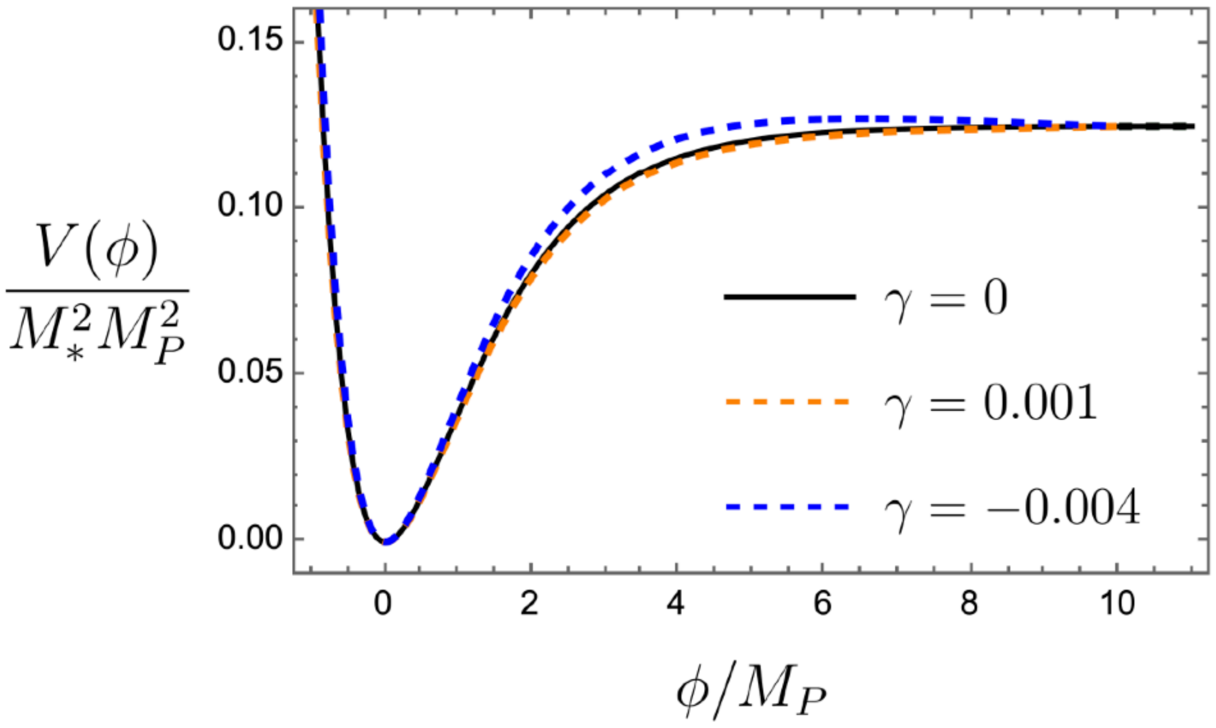
R^2 - **Inflation** and the **species scale**

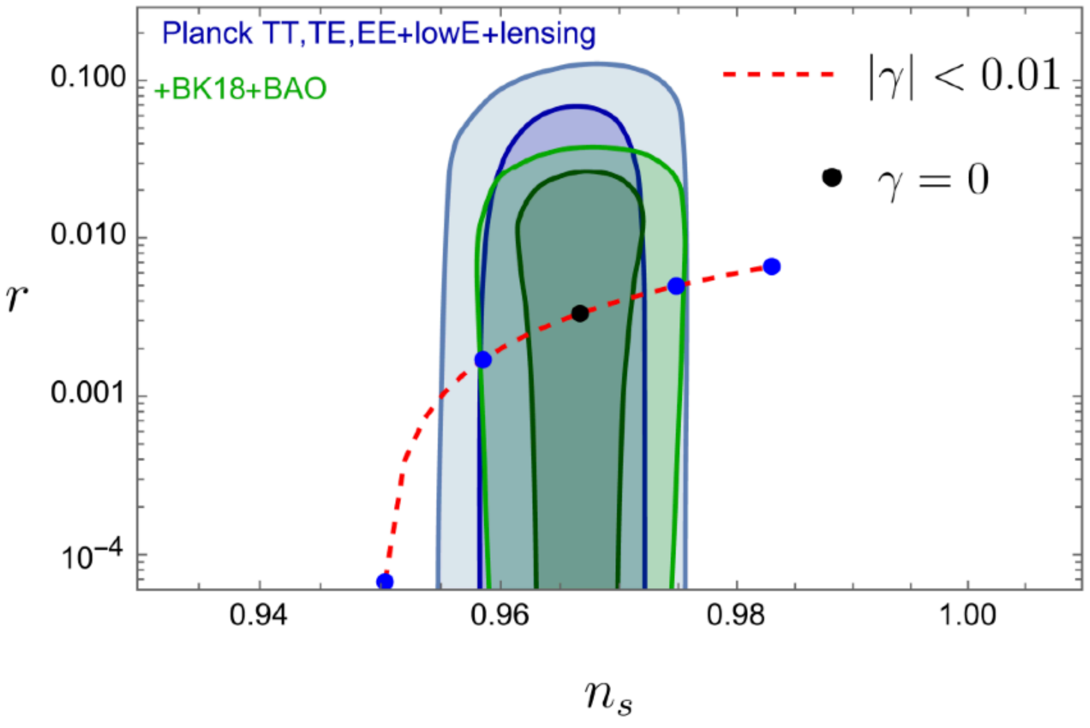
Lüst, Masias, Muntz, MS - 2312.13210

Consequences on inflationary EFT

- Cosmology constrains **Species Scale decay rate**

$$\Lambda_s = M_* \, e^{-\gamma\phi} \quad \longrightarrow \quad V(\phi) = \frac{M_*^2 \, M_P^2}{8} e^{-2\gamma\phi}\left(1 - e^{-\sqrt{\frac{2}{3}}\phi/M_P}\right)^2$$





R^2 - **Inflation** and the **species scale**

Lüst, Masias, Muntz, MS - 2312.13210

Consequences on inflationary EFT

- Cosmology constrains **Species Scale decay rate**

$$\Lambda_s = M_* \, e^{-\gamma\phi} \quad \longrightarrow \quad V(\phi) = \frac{M_*^2 \, M_P^2}{8} e^{-2\gamma\phi} \left(1 - e^{-\sqrt{\frac{2}{3}}\phi/M_P}\right)^2$$

$$n_s - 1 \simeq -\frac{2}{N_e} - 2\gamma\sqrt{\frac{2}{3}} + \mathcal{O}(\gamma^2)$$

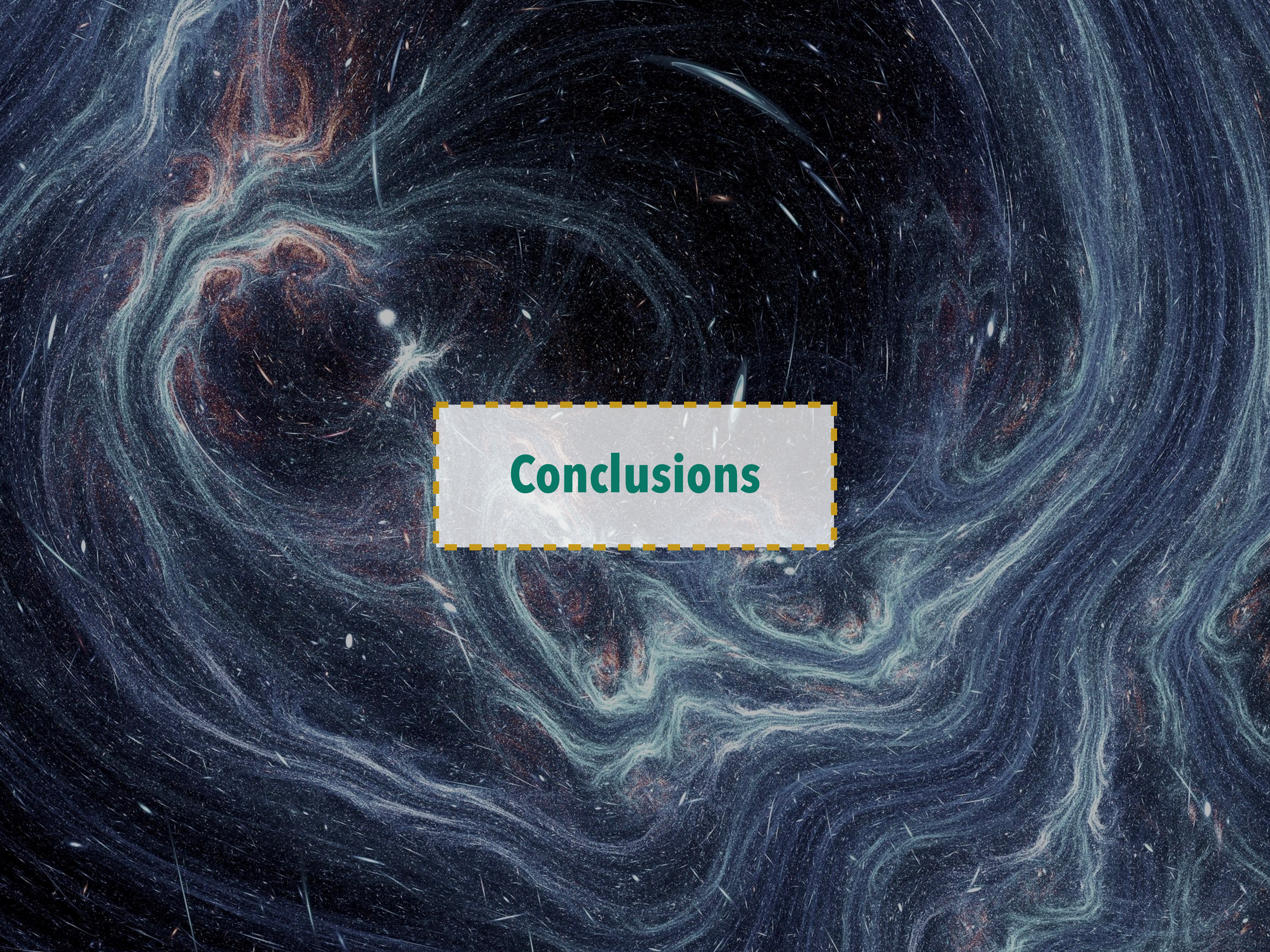
$$r \simeq \frac{12}{N_e^2} - \gamma\frac{8\sqrt{6}}{N_e} + \mathcal{O}(\gamma^2)$$

$$\xrightarrow{\text{CMB data}} \quad \boxed{-0.001 \leq \gamma \leq 0.004}$$

⚠

too small

$$|\gamma| \geq \frac{1}{\sqrt{(d-1)(d-2)}} = \frac{1}{\sqrt{6}}$$



Conclusions

Conclusions

species

Conclusions

1

Towers of species lead to a **renormalization** of the **quantum gravity cut-off**

$$\Lambda_{\rm QG} = \frac{M_{\rm P}}{N^{\frac{1}{d-2}}}$$

Dvali 2007

Conclusions

1

Towers of species lead to a **renormalization** of the **quantum gravity cut-off**

$$\Lambda_{\mathrm{QG}} = \frac{M_{\mathrm{P}}}{N^{\frac{1}{d-2}}}$$

Dvali 2007

2

Universal **upper bound on** the scalar **field range**

$$\Delta \lesssim - \log H$$

MS, Valenzuela 2018

MS 2019

Conclusions

1

Towers of species lead to a **renormalization** of the **quantum gravity cut-off**

$$\Lambda_{\rm QG} = \frac{M_{\rm P}}{N^{\frac{1}{d-2}}}$$

Dvali 2007

2

Universal **upper bound on** the scalar **field range**

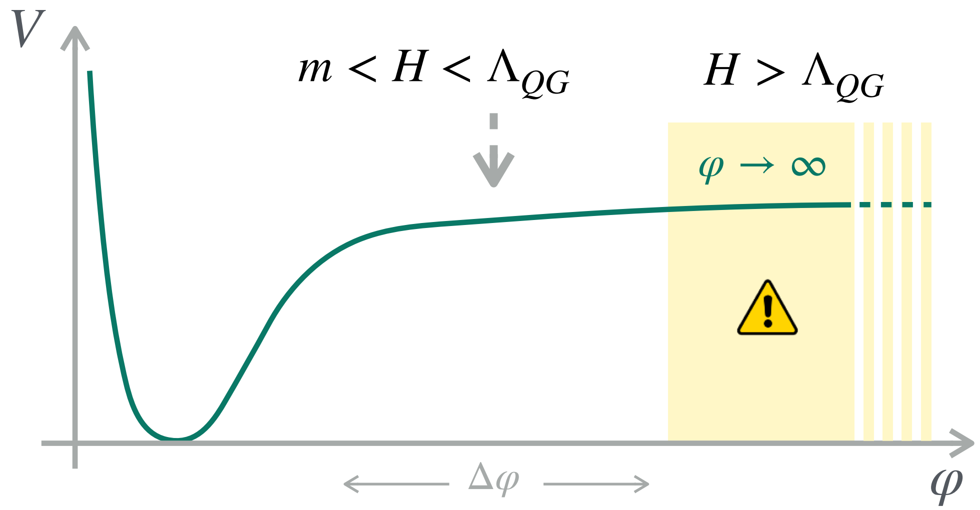
$$\Delta \lesssim -\log H$$

MS, Valenzuela 2018

MS 2019

3

Effects of species
on **inflationary observables**



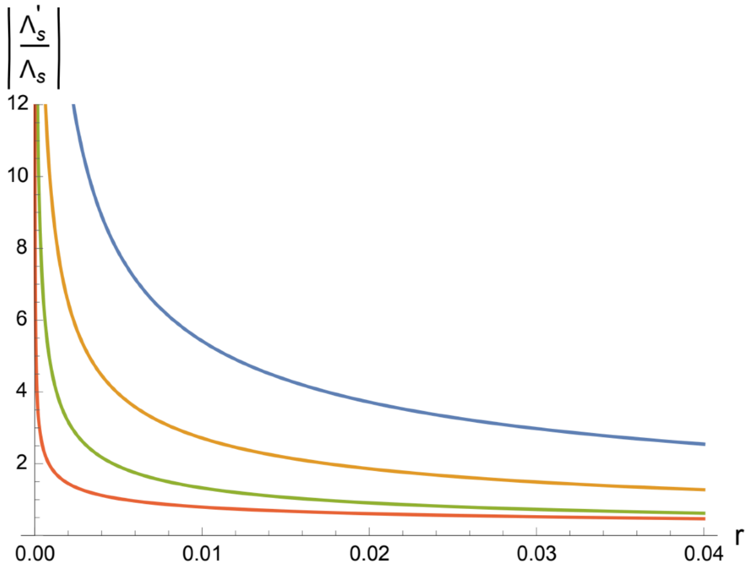
$$\delta\{n_s, r, f_{NL}\} \propto \left(\frac{H}{\Lambda_{\rm QG}}\right)^{2+p}$$

Lüst, Masias, Pieroni, MS - work in progress

Conclusions

4

Detection of **PGWs** sets **upper bound** on **decay rate of** $\Lambda_{\rm QG}$



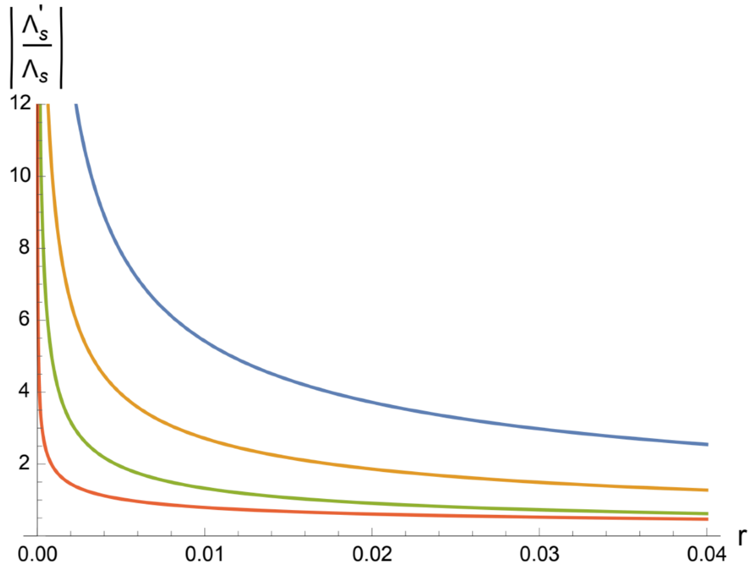
$$\left|\frac{\Lambda'_{\rm QG}}{\Lambda_{\rm QG}}\right| \lesssim \frac{c}{\sqrt{r}} \log \frac{10^8}{r}$$

MS 2024

Conclusions

4

Detection of **PGWs** sets **upper bound** on **decay rate of** $\Lambda_{\rm QG}$



$$\left|\frac{\Lambda'_{\rm QG}}{\Lambda_{\rm QG}}\right| \lesssim \frac{c}{\sqrt{r}} \log \frac{10^8}{r}$$

MS 2024

5

R^2**-inflation**

(generated by species)

in the **Swampland**

$$H \simeq \Lambda_{\rm s} \simeq 10^{14}\ {\rm GeV}$$

$$m_{\rm kk} \simeq 10^4\ {\rm GeV}$$

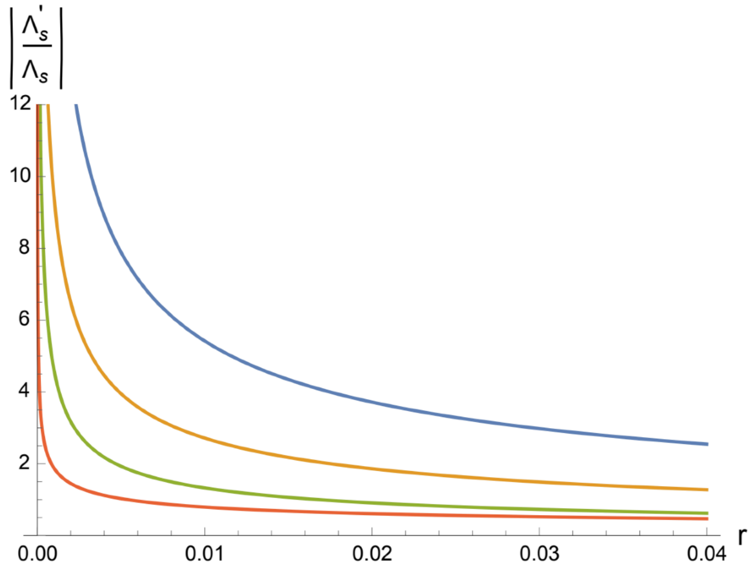
γ **too small**

Lüst, Masias, Muntz, MS - 2312.13210

Conclusions

4

Detection of **PGWs** sets **upper bound** on **decay rate of** $\Lambda_{\rm QG}$



$$\left|\frac{\Lambda_{\rm QG}'}{\Lambda_{\rm QG}}\right| \lesssim \frac{c}{\sqrt{r}} \log \frac{10^8}{r}$$

MS 2024

5

R^2**-inflation**

(generated by species)

in the **Swampland**

$$H \simeq \Lambda_{\rm s} \simeq 10^{14}\ {\rm GeV}$$

$$m_{\rm kk} \simeq 10^4\ {\rm GeV}$$

γ too **small**

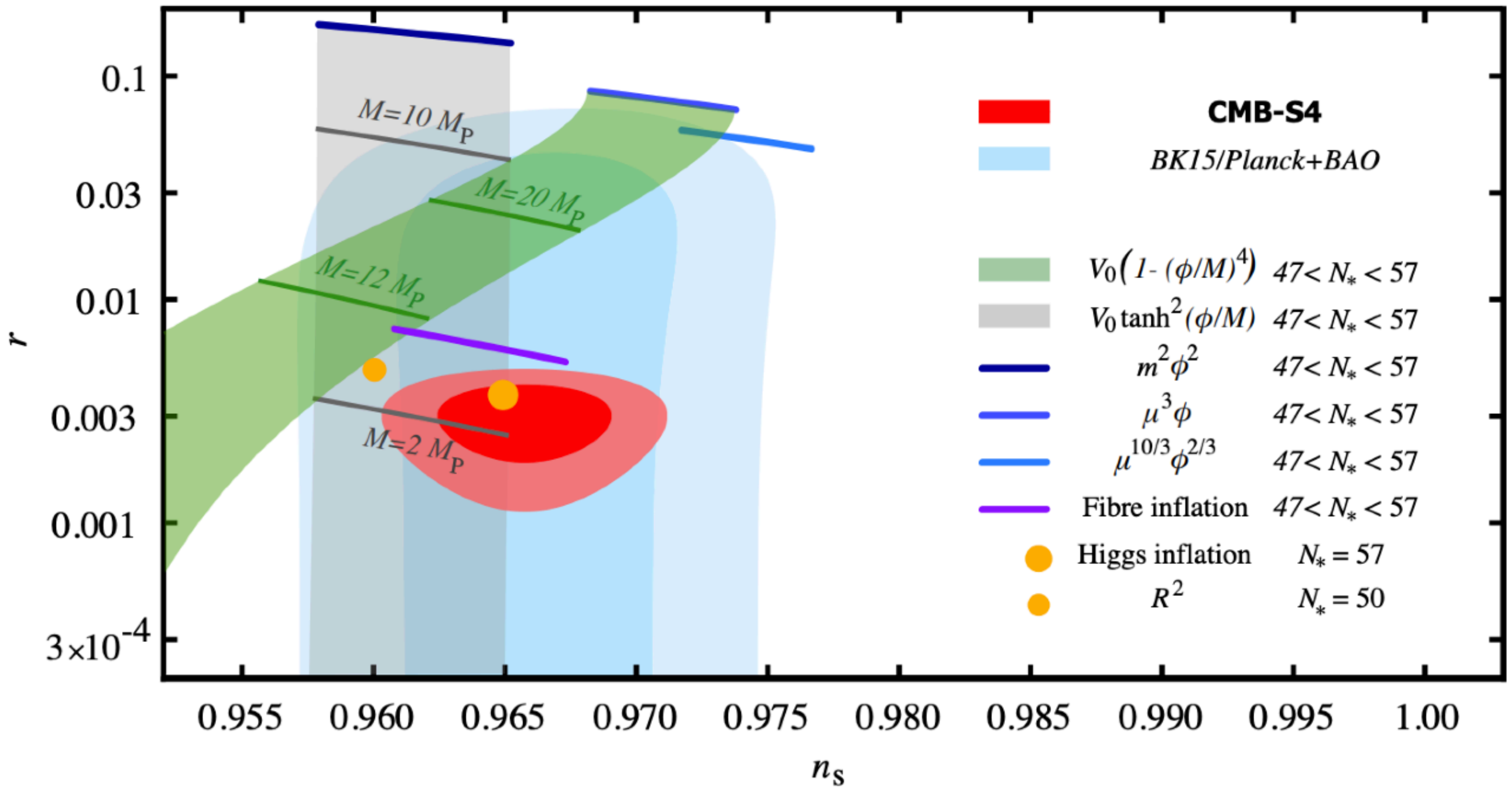
Lüst, Masias, Muntz, MS - 2312.13210

thanks!

Extra slides

Species scale and **primordial gravitational waves**

MS - 2401.09533



Lyth bound $\Delta\varphi \gtrsim \sqrt{\dfrac{r}{0.002}}$ $\dashrightarrow$ $\Delta\varphi \gtrsim M_{\rm P}$ **Super-Planckian** field range

Species scale and **primordial gravitational waves**

MS - 2401.09533

$$\Delta\varphi = \int \sqrt{2\epsilon}\ \mathrm{d}N$$