# Cosmological Tensions Lecture 1 <br> Basics of theoretical and observational cosmology 

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## The Hubble constant

## Why care about $H_{0}$ ?

- Allan Sandage, 1970: "Cosmology [is] the search for two numbers: the current rate $\left[H_{0}\right]$ and deceleration of the expansion $\left[q_{0}\right]$ "
- Adam Riess, 2019: " $H_{0}$ is the ultimate end-to-end test for $\Lambda C D M$ "



## The expanding Universe

The first Hubble diagram


Hubble, PNAS 15 (1929) 168
Redshift, comoving grid, scale factor, Hubble rate


$$
\begin{aligned}
\lambda_{\mathrm{obs}} & =\lambda_{\mathrm{emit}}(1+z) \\
\frac{1}{a} & =1+z \quad\left(a_{0} \equiv 1\right) \\
H(t) & \equiv \frac{1}{a} \frac{d a}{d t} \\
H_{0} & \equiv 100 \mathrm{hkm} / \mathrm{s} / \mathrm{Mpc}
\end{aligned}
$$

## General Relativity and the FLRW metric

Einstein equations:

$$
G_{\mu \nu}\left(+\Lambda g_{\mu \nu}\right) \equiv R_{\mu \nu}-\frac{1}{2} g_{\mu \nu} R\left(+\Lambda g_{\mu \nu}\right)=8 \pi G T_{\mu \nu}
$$

Energy-momentum tensor for a perfect fluid:

$$
T_{\nu}^{\mu}=\operatorname{diag}(-\rho, P, P, P)
$$

Ricci tensor and Ricci scalar:

$$
R_{\mu \nu} \equiv \partial_{\alpha} \Gamma_{\mu \nu}^{\alpha}-\partial_{\nu} \Gamma_{\mu \alpha}^{\alpha}+\Gamma_{\beta \alpha}^{\alpha} \Gamma_{\mu \nu}^{\beta}-\Gamma_{\beta \nu}^{\alpha} \Gamma_{\mu \alpha}^{\beta}, \quad R \equiv g^{\mu \nu} R_{\mu \nu}
$$

Christoffel symbols (NOT a tensor):

$$
\Gamma_{\alpha \beta}^{\mu} \equiv \frac{g^{\mu \nu}}{2}\left(\partial_{\beta} g_{\alpha \nu}+\partial_{\alpha} g_{\beta \nu}-\partial_{\nu} g_{\alpha \beta}\right)
$$

Friedmann-Lemaître-Robertson-Walker (FLRW) metric (with $c=1$ ):

$$
d s^{2} \equiv g_{\mu \nu} d x^{\mu} d x^{\nu}=-d t^{2}+a^{2}(t)\left[\frac{d r^{2}}{1-k r^{2}}+r^{2} d \Omega^{2}\right], \quad d \Omega^{2}=d \theta^{2}+\sin ^{2} \theta d \phi^{2}
$$

## Friedmann and continuity equations

First Friedmann equation:

$$
H^{2}=\left(\frac{1}{a} \frac{d a}{d t}\right)^{2}=\frac{8 \pi G}{3} \rho_{\mathrm{tot}}-\frac{k}{a^{2}}, \quad \rho_{\mathrm{tot}}=\rho+\rho_{\Lambda}=\rho+\frac{\Lambda}{8 \pi G}
$$

Critical density and fractional density parameters:

$$
\rho_{\text {crit }} \equiv \frac{3 H_{0}^{2}}{8 \pi G}, \quad \Omega_{i} \equiv \frac{\rho_{i, 0}}{\rho_{\text {crit }}}, \quad \Omega_{K} \equiv-\frac{k}{H_{0}^{2}} \Longrightarrow \sum_{i} \Omega_{i}=1
$$

Second Friedmann equation (acceleration equation):

$$
\frac{1}{a} \frac{d^{2} a}{d t^{2}}=-\frac{4 \pi G}{3}(\rho+3 P)
$$

Bianchi identity and continuity equation:

$$
\nabla_{\mu} G^{\mu \nu}=0 \Longrightarrow \nabla_{\mu} T^{\mu \nu}=0 \Longrightarrow \frac{d \rho}{d t}+3 H(\rho+P)=0
$$

Equation of state and solution to continuity equation:

$$
w \equiv \frac{P}{\rho} \Longrightarrow \rho(a)=\rho_{0} a^{-3(1+w)}
$$

## Cosmic inventory

- (Non-relativistic) Matter: $w \approx 0 \Longrightarrow \rho_{m} \propto a^{-3}, a(t) \propto t^{\frac{2}{3}}$
$\Omega_{m} \sim 0.3, \quad \rho_{m}=\Omega_{m} \rho_{\text {crit }} a^{-3}$
* (Cold) Dark matter: $\Omega_{c} \sim 0.25, \quad \rho_{c}=\Omega_{c} \rho_{c r i t} a^{-3}$
* Baryons: $\Omega_{b} \sim 0.05, \quad \rho_{b}=\Omega_{b} \rho_{\text {crit }} a^{-3}$
- Photons: $w=1 / 3 \Longrightarrow \rho_{\gamma} \propto a^{-4}, a(t) \propto t^{\frac{1}{2}}$ $\overline{\Omega_{\gamma} \sim 5} \times 10^{-5}, \quad \rho_{\gamma}(a)=\pi^{2} / 15 T_{\gamma}(a)^{4}, \quad T_{\gamma}(a)=2.73 \mathrm{~K} / a(t)$
- (Massive) neutrinos: transition from relativistic to non-relativistic $\overline{\sum_{i} m_{\nu, i} \lesssim \mathcal{O}(0.1) \mathrm{eV}} \Longrightarrow \Omega_{\nu} \lesssim 2 \times 10^{-3}$
- Dark energy: if it is a cosmological constant, $w=-1 \Longrightarrow \rho_{\Lambda}=$ const , $a(t) \propto e^{t}$ $\overline{\Omega_{\Lambda} \sim 0.7,} \quad \rho_{\Lambda}=\Omega_{\Lambda} \rho_{\text {crit }}$ More generally can have $w \neq-1, \quad \rho_{\mathrm{DE}}=\Omega_{\mathrm{DE}} \rho_{\text {crit }} a^{-3(1+w)}$ (as long as $w<-1 / 3$ )

First Friedmann equation revisited:

$$
H(z)=H_{0} \sqrt{\Omega_{m}(1+z)^{3}+\Omega_{\gamma}(1+z)^{4}+\Omega_{\mathrm{DE}}(1+z)^{3(1+w)}+\Omega_{\nu}(z)+\Omega_{K}(1+z)^{2}}
$$



## Time evolution of the cosmic inventory



## Distances and horizons

Conformal/comoving time/horizon/distance:

$$
d \eta \equiv \frac{d t}{a(t)} \Longrightarrow \eta=\int_{0}^{t} \frac{d t^{\prime}}{a\left(t^{\prime}\right)}=\int_{z}^{\infty} \frac{d z^{\prime}}{H\left(z^{\prime}\right)}, \quad \chi(z)=\int_{0}^{z} \frac{d z^{\prime}}{H\left(z^{\prime}\right)}
$$

Comoving Hubble radius:

$$
\chi_{H} \equiv \frac{1}{a H}
$$

Two objects cannot communicate today if they are separated by $d>\chi_{H}$, but could never have communicated if they are separated by $d>\eta$

Luminosity and angular diameter distances (in a spatially flat Universe):

$$
d_{A}=\frac{s}{\theta} \Longrightarrow d_{A}(z)=\frac{\chi(z)}{1+z} \quad F=\frac{L}{4 \pi d_{L}^{2}} \Longrightarrow d_{L}(z)=(1+z) \chi(z)
$$

$d_{L}(z)=(1+z)^{2} d_{A}(z)$ (Etherington distance-duality relation)

## Things get interesting out of equilibrium...

$T \sim 0.01 \mathrm{MeV}: B B N$

$T \sim 0.1 \mathrm{eV}:$ recombination


Credits: Scott Dodelson


## Coupled Einstein-Boltzmann equations

- how (perturbations to) the metric affect (perturbations to) particle distributions $\rightarrow$ (perturbed) Boltzmann equations
- how (perturbations to) particle distributions affect (perturbations to) the metric $\rightarrow$ (perturbed) Einstein equations


Equations to perturb:

$$
\begin{aligned}
G_{\mu \nu} & =8 \pi G T_{\mu \nu} \Longrightarrow \delta G_{\mu \nu}=8 \pi G \delta T_{\mu \nu} \\
\frac{d f}{d t} & =C[f] \Longrightarrow \delta\left(\frac{d(f+\delta f)}{d t}\right)=\delta C[f+\delta f]
\end{aligned}
$$

## Perturbations

Scalar perturbations to the metric (conformal Newtonian gauge):

$$
g_{\mu \nu}=\operatorname{diag}\left[-1-2 \Psi(\mathbf{x}, t), a^{2}(t) \delta_{i j}(1+2 \Phi(\mathbf{x}, t))\right]
$$

Perturbed photon distribution (analogously for massless $\nu$ s with $\Theta \rightarrow \mathcal{N}$ ):

$$
f(\mathbf{x}, p, t)=\left\{\exp \left[\frac{p}{T(t)(1+\Theta(\mathbf{x}, p, t))}\right]-1\right\}^{-1}
$$

Photon temperature perturbation multipole moments:

$$
\Theta_{\ell} \equiv \frac{1}{(-i)^{\ell}} \int_{-1}^{1} \frac{d \mu}{2} \mathcal{P}_{\ell}(\mu) \Theta(\mu), \quad \mu \equiv \cos (\mathbf{k}, \hat{p})
$$

Dark matter first two moments (analogously for baryons with $\delta \rightarrow \delta_{b}, v \rightarrow v_{b}$ ):

$$
n_{\mathrm{dm}}=\int \frac{d^{3} p}{(2 \pi)^{3}} f_{\mathrm{dm}} \equiv n_{\mathrm{dm}}^{(0)}(t)[1+\delta(\mathbf{x}, t)], \quad v^{i} \equiv \frac{1}{n_{\mathrm{dm}}} \int \frac{d^{3} p}{(2 \pi)^{3}} f_{\mathrm{dm}} \frac{p \hat{p}^{i}}{E(p)}
$$

## Coupled Einstein-Boltzmann system

Same set of coupled ODEs for each $k$ (in the linear regime)

$$
\left\{\begin{array}{l}
\dot{\Theta}+i k \mu \Theta=-\dot{\Phi}-i k \mu \Psi-\dot{\tau}\left[\Theta_{0}-\Theta+\mu v_{b}-\frac{1}{2} \mathcal{P}_{2}(\mu) \Pi\right] \quad\left[\dot{\tau} \equiv-n_{e} \sigma_{T} a\right] \\
\Pi=\Theta_{2}+\Theta_{P 2}+\Theta_{P 0} \\
\dot{\Theta} P+i k \mu \Theta_{P}=-\dot{\tau}\left[-\Theta_{P}+\frac{1}{2}\left(1-\mathcal{P}_{2}(\mu)\right)\right] \\
\dot{\delta}+i k v=-3 \dot{\Phi} \\
\dot{v}+\frac{\dot{a}}{a} v=-i k \Psi \\
\dot{\delta}_{b}+i k v_{b}=-3 \dot{\Phi} \\
\dot{v}_{b}+\frac{\dot{a}}{a} v_{b}=-i k \Psi+\frac{\dot{\tau}}{R}\left(v_{b}+3 i \Theta_{1}\right) \quad\left[R \equiv 3 \rho_{b} / 4 \rho_{\gamma}\right] \\
\dot{\mathcal{N}}+i k \mu \mathcal{N}=-\dot{\Phi}-i k \mu \Psi \\
k^{2} \Phi+3 \dot{a}\left(\dot{\Phi}-\frac{\dot{a}}{a} \Psi\right)=4 \pi G a^{2}\left(\rho_{c} \delta+\rho_{b} \delta_{b}+4 \rho_{\gamma} \Theta_{0}+4 \rho_{\nu} \mathcal{N}_{0}\right) \\
k^{2}(\Phi+\Psi)=-32 \pi G a^{2}\left(\rho_{\gamma} \Theta_{2}+\rho_{\nu} \mathcal{N}_{2}\right) \\
\ddot{h}_{\alpha}+2 \frac{\dot{a}}{a} \dot{h}_{\alpha}+k^{2} h_{\alpha}=0 \quad[\alpha=+, x]
\end{array}\right.
$$

Initial conditions:

$$
\left\{\begin{array}{l}
\Phi\left(k, \eta_{i}\right)=-\Psi\left(k, \eta_{i}\right)=2 \Theta_{0}\left(k, \eta_{i}\right)=2 \mathcal{N}_{0}\left(k, \eta_{i}\right)=\Phi_{p}(k) \\
\delta\left(k, \eta_{i}\right)=\delta_{b}\left(k, \eta_{i}\right)=\frac{3}{2} \Phi_{p}(k) \\
\Theta_{1}\left(k, \eta_{i}\right)=\mathcal{N}_{1}\left(k, \eta_{i}\right)=\frac{i v\left(k, \eta_{i}\right)}{3}=\frac{i v_{b}\left(k, \eta_{i}\right)}{3}=-\frac{k \Phi_{p}}{6 a H}
\end{array}\right.
$$

Note: $4 \Theta_{0} " \sim$ " $\delta_{\gamma}, 4 \mathcal{N}_{0} " \sim " \delta_{\nu},-3 i \Theta_{1} " \sim$ " $v_{\gamma},-3 i \mathcal{N}_{1} " \sim " v_{\nu}$

## Comoving wavelengths versus comoving horizon

At any given time there is a mode of increasingly large wavelength entering the horizon



Credits: Scott Dodelson (left); Daniel Baumann (right)

Horizon problem: why is the CMB so uniform even on the largest scales?
Flatness problem: why is the Universe so close to being spatially flat ( $\Omega_{K}=0$ is an unstable fixed point in FLRW)?

## Inflation

Period of accelerated expansion in the early Universe makes $1 / \mathrm{aH}$ shrink, $\eta$ picks up most of its contributions at early times, and Universe is naturally "flattened"



[^0]
## Outcomes of inflation

Most of inflation's expected outcomes are seen in data: ${ }^{\dagger}$

- Close to spatially flat Universe
- Nearly scale-invariant fluctuations $P_{\Phi}(k) \sim k^{-3} \quad \checkmark^{\star}$
- Nearly Gaussian fluctuations
- Mostly adiabatic fluctuations
- Phase coherence (inflation excites "cosine mode") $\checkmark$
- Coherent superhorizon fluctuations (especially $\ell<100$ TE)
- Primordial, nearly scale-invariant, nearly Gaussian tensor modes
${ }^{*} \Delta^{2}(k) \propto k^{3} P(k)=k^{n_{s}-1}$, with $n_{s} \sim 0.96$
†This is not to say inflation doesn't have problems, some would actually say quite the opposite...


## Understanding inhomogeneities

We cannot predict exact realization of inhomogeneities, but we can predict their statistics $\Longrightarrow$ Goal: solve for $\Phi$ and $\delta$, ultimately care about $P_{\delta}(k)$


## Baryon Acoustic Oscillations

$$
r_{s}=\int_{0}^{t_{\star}} d t \frac{c_{s}(t)}{a(t)}=\int_{z_{\star}}^{\infty} d z \frac{c_{s}(z)}{H(z)} \simeq \mathcal{O}(150) \mathrm{Mpc}
$$








Eisenstein, Seo \& White, ApJ 664 (2007) 660

## Matter power spectrum

Important features:

- Equality turn-around
- BAOs
- Overall normalization $\propto 1 / \Omega_{m}$



## Understanding anisotropies

We cannot predict exact realization of anisotropies, but we can predict their statistics $\Longrightarrow$ Goal: solve for $\Theta$, ultimately care about $C_{\ell}$

$\Theta(\hat{n})=\sum_{\ell} \sum_{m} a_{\ell m} Y_{\ell m}(\hat{n}) \Longrightarrow\left\langle a_{\ell m}\right\rangle=0, \quad\left\langle a_{\ell m} a_{\ell^{\prime} m^{\prime}}^{\star}\right\rangle=\delta_{\ell m} \delta_{\ell^{\prime} m^{\prime}} C_{\ell}$

## Physical meaning of the CMB power spectrum

$\ell \sim \pi / \theta$ : inverse angular scale
$C_{\ell}$ : indication of how much $T$ fluctuates with respect to the average in patches associated with given angular size


## CMB temperature anisotropy power spectrum



Credits: Tonale Winter school organizers


Physical effects:

- SW
- Acoustic oscillations
- Damping
- Even-odd peak modulation (baryons)
- Secondary anisotropies (ISW, lensing)


## Baryon Acoustic Oscillations beyond the CMB

BAO feature can also be detected statistically in the late-time clustering of large-scale structure tracers


## What can we measure from BAO?



Eisenstein et al., ApJ 633 (2005) 560 (left); Tegmark et al., PRD 74 (2006) 123507 (right)

$$
\begin{aligned}
\theta_{\mathrm{BAO}}\left(z_{\text {eff }}\right) & =\frac{r_{s}}{d\left(z_{\text {eff }}\right)} \\
d\left(z_{\text {eff }}\right) & =\left\{d_{A}\left(z_{\text {eff }}\right), d_{H}\left(z_{\text {eff }}\right)=\frac{c}{H\left(z_{\text {eff }}\right)}, d_{\nu}\left(z_{\text {eff }}\right)=\left[\left(1+z_{\text {eff }}\right)^{2} d_{A}^{2}\left(z_{\text {eff }}\right) \frac{c z_{\text {eff }}}{H\left(z_{\text {eff }}\right)}\right]^{\frac{1}{3}}\right\}_{23 / 32}
\end{aligned}
$$

## Standard rulers and standard candles

BAO are an example of standard ruler: once calibrated through $r_{s}$, they are an absolute distance (and therefore expansion rate) indicator


## Type la Supernovae as standard candles

$$
\mu(z)=5 \log _{10}\left[\frac{d_{L}(z)}{10 \mathrm{pc}}\right]=m_{B}-M_{B}
$$

Credits: NASA, Adriana Manrique Gutierrez, Aaron E. Lepsch \& Scott Wiessinger
If $M_{B}$ is not known, high- $z$ (cosmographic) SNela are a relative distance indicator sensitive to unnormalized expansion rate $E(z) \equiv H(z) / H_{0}$

## Planck power spectra





## Current BAO and cosmographic SNela measurements

State-of-the-art: eBOSS BAO measurements and PantheonPlus sample of cosmographic SNela (with or without distance ladder calibration from SH0ES, more in Lecture 2)


eBOSS collaboration, PRD 103 (2021) 083533 (left); Scolnic et al., ApJ 938 (2022) 110 (right)

## The $\Lambda$ CDM model

Von Neumann revisited: "With 4 parameters I can fit an elephant, with 5 I can make him wiggle his trunk, and with 6 I can fit Planck data"

- $\omega_{b}=\Omega_{b} h^{2}$
- $\omega_{c}=\Omega_{c} h^{2}$
- $\theta_{s}=r_{s} / d_{A}\left(z_{\star}\right)$
- $\tau$
- $A_{s}$
- $n_{s}$

Other parameters: $w=-1, w_{a}=0, \Omega_{K}=0, N_{\text {eff }}=3.044, M_{\nu}=0.06 \mathrm{eV}$, $\alpha_{s} \equiv d n_{s} / d \ln k=0, \beta_{s} \equiv d^{2} n_{s} / d(\ln k)^{2}=0, A_{\text {lens }}=1, Y_{p}=Y_{p}\left(\omega_{b}\right)$

| Parameter | Plik best fit | Plik [1] | CamSpec [2] | $([2]-[1]) / \sigma_{1}$ | Combined |
| :--- | :---: | :---: | :---: | :---: | :---: |
| $\Omega_{\mathrm{b}} h^{2} \ldots \ldots \ldots \ldots \ldots$ | 0.022383 | $0.02237 \pm 0.00015$ | $0.02229 \pm 0.00015$ | -0.5 | $0.02233 \pm 0.00015$ |
| $\Omega_{\mathrm{v}} h^{2} \ldots \ldots \ldots \ldots$ | 0.12011 | $0.1200 \pm 0.0012$ | $0.1197 \pm 0.0012$ | -0.3 | $0.1198 \pm 0.0012$ |
| $100 e_{\mathrm{MC}} \ldots \ldots \ldots \ldots$ | 1.040909 | $1.04092 \pm 0.00031$ | $1.04087 \pm 0.00031$ | -0.2 | $1.04089 \pm 0.00031$ |
| $\tau \ldots \ldots \ldots \ldots$ | 0.0543 | $0.0544 \pm 0.0073$ | $0.0536_{-0.0009}^{+0.007}$ | -0.1 | $0.0540 \pm 0.0074$ |
| $\ln \left(10^{10} A_{\mathrm{s}}\right) \ldots \ldots \ldots \ldots$ | 3.0448 | $3.044 \pm 0.014$ | $3.041 \pm 0.015$ | -0.3 | $3.043 \pm 0.014$ |
| $n_{\mathrm{s}} \ldots \ldots \ldots \ldots$ | 0.96605 | $0.9649 \pm 0.0042$ | $0.9656 \pm 0.0042$ | +0.2 | $0.9652 \pm 0.0042$ |

## Impact of cosmological parameters on $P(k)$






## Impact of cosmological parameters on $C_{\ell}$



## Geometrical degeneracy

Geometrical degeneracy (CMB observations alone)


How far away? d How tall? h
But I only know $\theta \approx h / d$ !

Breaking the geometrical degeneracy (CMB plus late-time observations)


Answers:
Roughly 7m away (luckily!)
Roughly 3m tall (really?)

## Next lecture

6 December, 9:00-9:50

## Measuring the Hubble constant The Hubble tension

Distance ladder, inverse distance ladder, calibrators, tensions, and so on!


[^0]:    Credits: Daniel Baumann

