The Higgs portal and an inflaton

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Focus points:

– direct renormalizable inflaton couplings

– preheating , reheating

– non-thermal dark matter production

– collective effects (resonances, rescattering,...)

– inflaton = dark matter ?

Based on

2105.05860 (Lebedev, Yoon)

2107.06292 (Lebedev, Smirnov, Solomko, Yoon)

+ **review** 2104.03342

Framework

General statement :

The **only** renormalizable coupling of the inflaton to the SM is

$$V_{\phi h} = \frac{1}{2}\lambda_{\phi h}\phi^2 H^\dagger H + \sigma_{\phi h}\phi H^\dagger H$$

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On general grounds, expected to drive **reheating**

Scalar dark matter *s :*

$$V_{\phi s} = \frac{1}{4}\lambda_{\phi s}\phi^2 s^2 + \frac{1}{2}\sigma_{\phi s}\phi s^2$$

NB: neglect Higgs-DM coupling

Simplified cases:

$$(a) \quad V_{\phi s} = \frac{\lambda_{\phi s}}{4}\phi^2 s^2 \quad , \quad V_{\phi h} = \frac{\sigma_{\phi h}}{2}\phi h^2 \ ,$$
$$(b) \quad V_{\phi s} = \frac{\sigma_{\phi s}}{2}\phi s^2 \quad , \quad V_{\phi h} = \frac{\sigma_{\phi h}}{2}\phi h^2 \ ,$$
$$(c) \quad V_{\phi s} = \frac{\sigma_{\phi s}}{2}\phi s^2 \quad , \quad V_{\phi h} = \frac{\lambda_{\phi h}}{4}\phi^2 h^2 \ .$$

Inflaton potential **after** inflation :

$$V_\phi = \frac{m_\phi^2}{2}\phi^2 \qquad \text{or} \qquad V_\phi = \frac{1}{4}\lambda_\phi \phi^4$$

Main challenge:

complicated collective effects

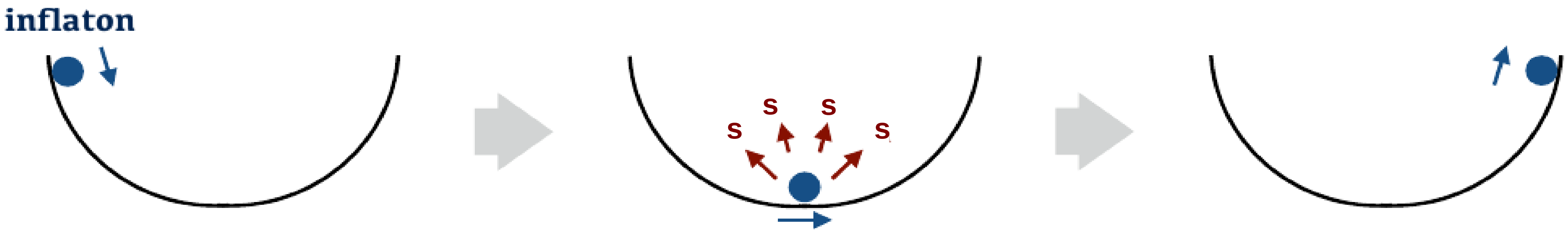
(*often invalidate perturbative description*)

Reheating + DM production in ϕ^2

$$V_{\phi s} = \frac{\lambda_{\phi s}}{4}\phi^2 s^2 \quad , \quad V_{\phi h} = \frac{\sigma_{\phi h}}{2}\phi h^2$$

early (resonant) production

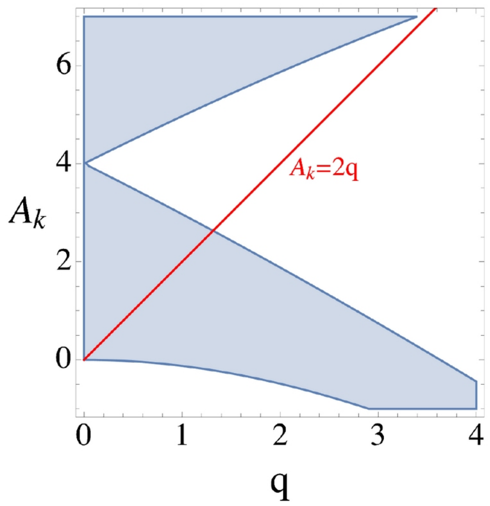
late time perturbative decay



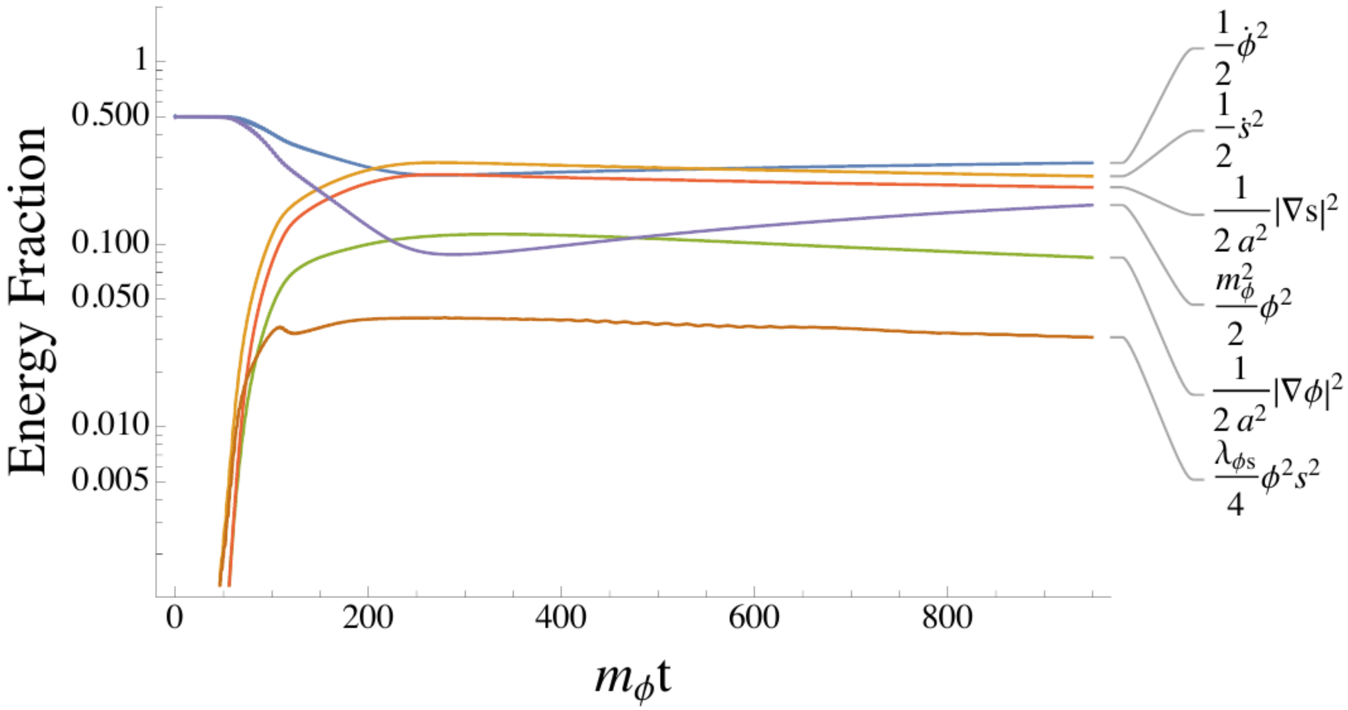
Equation of motion for the s-Fourier modes X_k (Mathieu eq.) :

$$X_k'' + (A_k + 2q\cos 4z)\,X_k = 0$$

$$q \equiv \frac{\lambda_{\phi s}\Phi^2}{2m_\phi^2} \qquad A_k \equiv \frac{4k^2}{m_\phi^2 a^2} + 2q$$



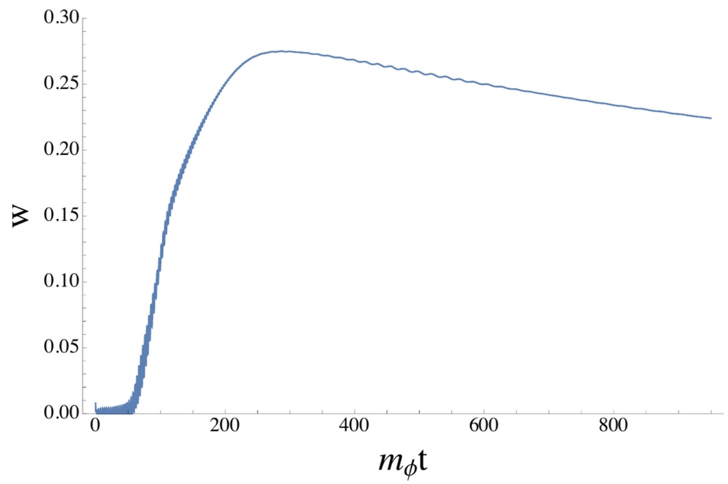
The Mathieu eq. neglects backreaction and rescattering → **lattice simulations**



– the inflaton background gets destroyed by DM rescattering

– the system becomes relativistic (w ~ 1/3)

– it reaches quasi—equilibrium during preheating

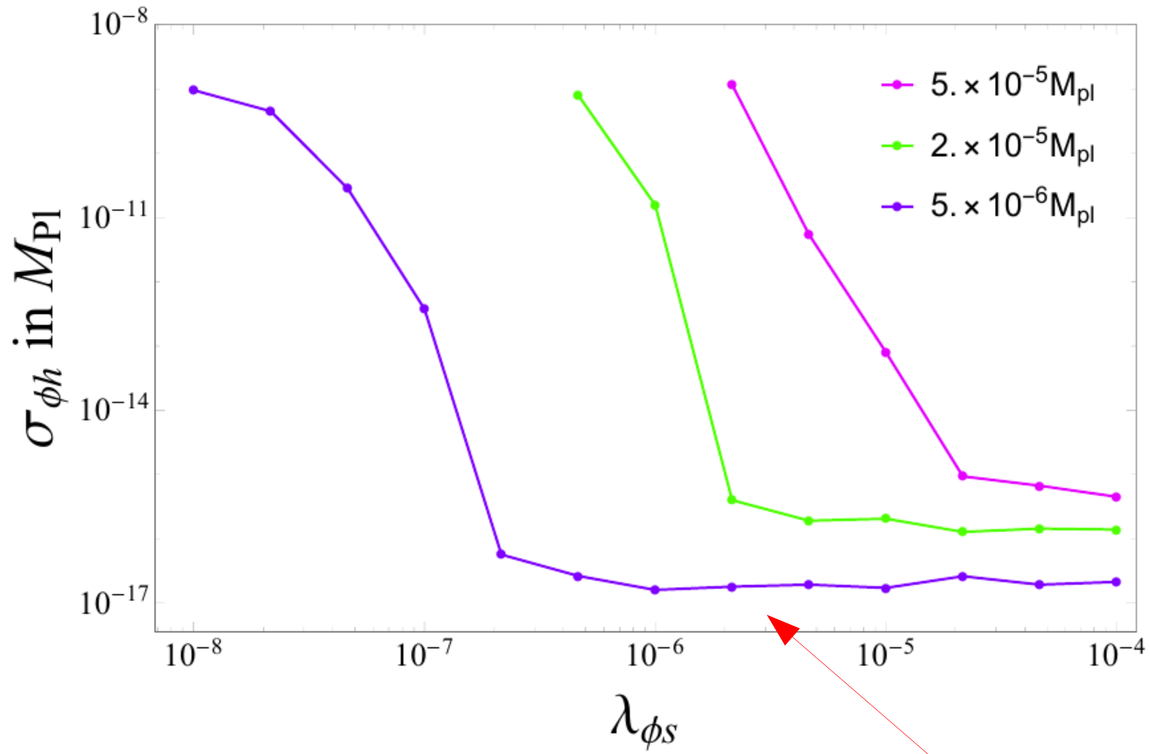


Reheating: late time perturbative inflaton decay into **hh**

$$H_R \simeq \Gamma_{\phi\to hh}\ , \quad \Gamma_{\phi\to hh} = \frac{\sigma_{\phi h}^2}{8\pi m_\phi}$$

Correct relic DM abundance:

simulations
+
perturbative
calculations



$m_s = 1\,\mathrm{GeV}$

quasi-equilibrium

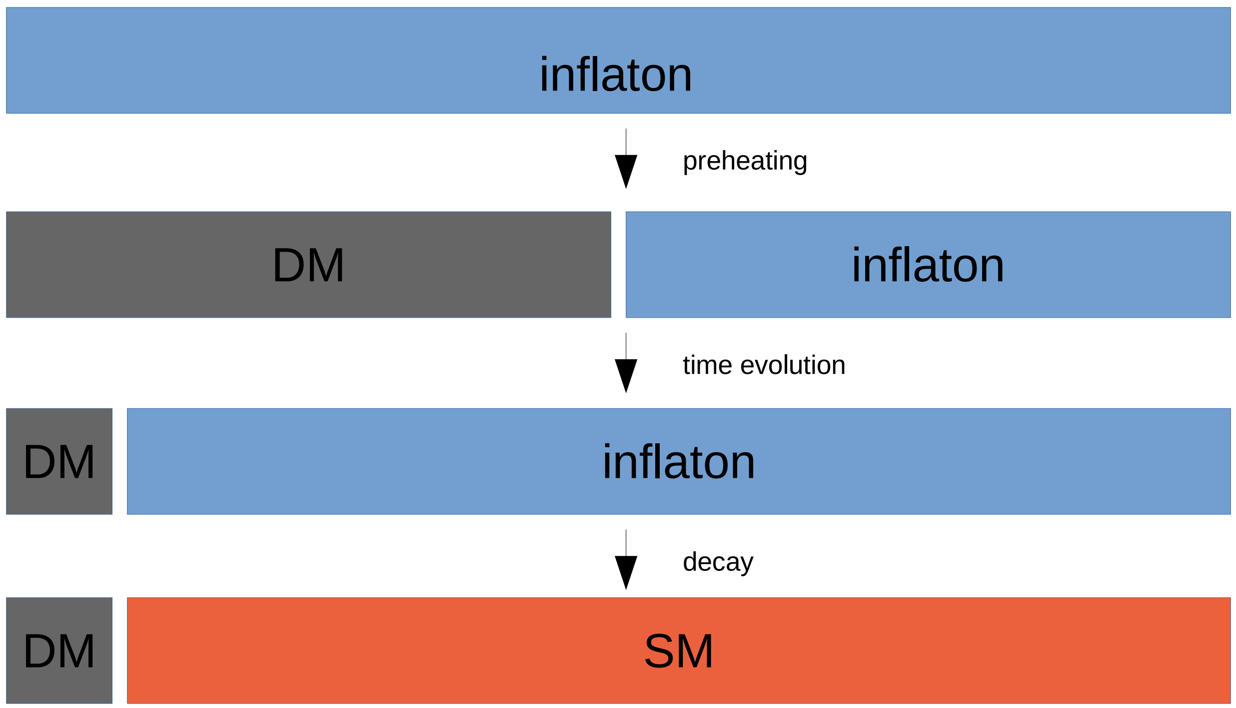
"Strong coupling" (*still very weak*):

$$Y \simeq 0.4\,\frac{\Gamma_{\phi\to hh}^{1/2}}{m_\phi}$$

Universal !

(no coupling dependence,
no initial condition dependence)

Schematically:



Reheating + DM production in ϕ^4

Inflaton EOM :

$$\ddot{\phi} + 3H\dot{\phi} + \lambda_\phi \phi^3 = 0 \quad \rightarrow \quad \phi(t) = \frac{\Phi_0}{a(t)} \, \mathrm{cn}\left(x, \frac{1}{\sqrt{2}}\right), \quad x \equiv (48\lambda_\phi)^{1/4}\sqrt{t}$$

DM momentum mode EOM (Lame eq.) :

q

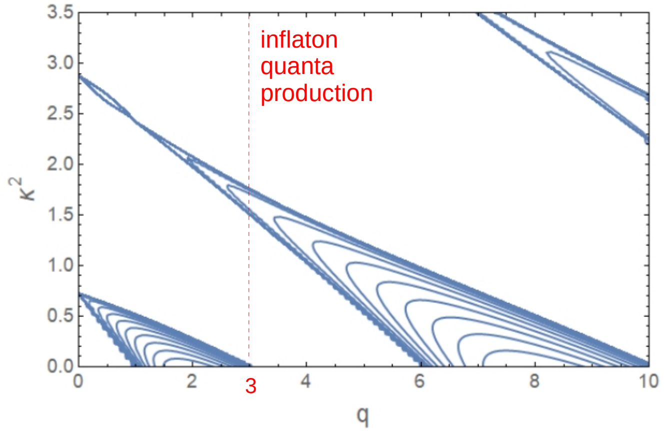
$$X_k'' + \left(\kappa^2 + \frac{\lambda_{\phi s}}{2\lambda_\phi} \mathrm{cn}\left(x, \frac{1}{\sqrt{2}}\right)\right) X_k = 0, \quad \kappa^2 \equiv \frac{k^2}{\lambda_\phi \Phi_0^2}$$

Inflaton fluctuation EOM (Lame eq. with q=3) :

$$\varphi_k'' + \left[\kappa^2 + 3\,\mathrm{cn}^2\left(x, \frac{1}{\sqrt{2}}\right)\right] \varphi_k = 0$$

New feature !

Stability chart:



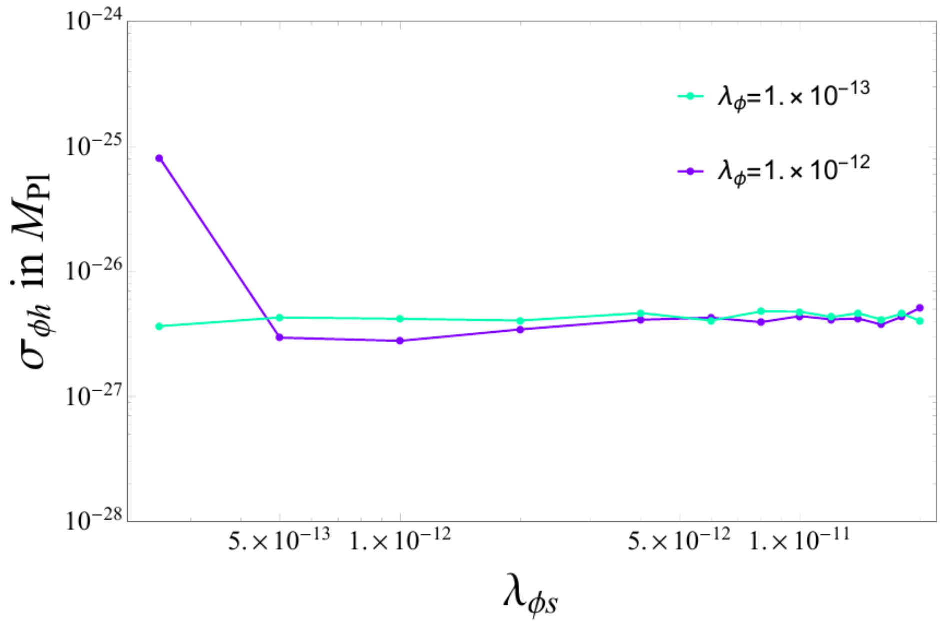
Resonant DM production at tiny couplings

as long as

$$\lambda_{\phi h} \gtrsim \lambda_\phi$$

Correct relic DM abundance:

1 eV (!)



$m_\phi = 1\,\mathrm{TeV}$

$m_s = 10\,\mathrm{keV}$

Quasi—equilibrium sets in at

$$\lambda_{\phi h} \gtrsim \lambda_\phi$$

$$Y \simeq 0.4\,\frac{\Gamma^{1/2}_{\phi\to hh}}{m_\phi}$$

(no coupling dependence,
no initial condition dependence)

Inflaton = DM ?

Minimal model :

$$\mathcal{L}_J = \sqrt{-\hat{g}}\left(-\frac{1}{2}\Omega\hat{R} + \frac{1}{2}\partial_\mu\phi\partial^\mu\phi + (D_\mu H)^\dagger D^\mu H - V(\phi, H)\right)$$

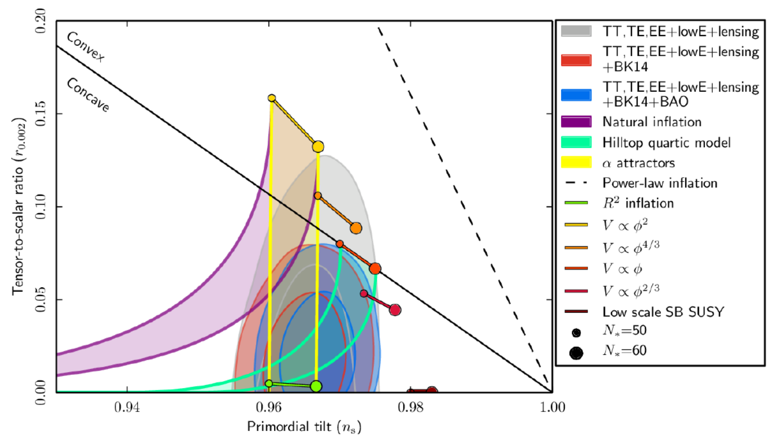
$$\Omega = 1 + \xi_h h^2 + \xi_\phi \phi^2$$

$$V(\phi, h) = \frac{1}{4}\lambda_h h^4 + \frac{1}{4}\lambda_{\phi h} h^2\phi^2 + \frac{1}{4}\lambda_\phi \phi^4 + \frac{1}{2}m_h^2 h^2 + \frac{1}{2}m_\phi^2\phi^2$$

canonically normalized inflaton

Inflation :

$$V_E = \frac{\lambda_\phi}{4\xi_\phi^2}\left(1 + \exp\left(-\frac{2\gamma\chi'}{\sqrt{6}}\right)\right)^{-2}$$



Preheating :

$$V_E = \frac{1}{4}\lambda_{\phi h} h^2\phi^2 + \frac{1}{4}\lambda_\phi \phi^4$$

Excellent fit!

Results:

(1) non—thermal: ***too much DM***

Initially the Universe is totally DARK ➡ need efficient SM production ➡ $\lambda_{\phi h} \gtrsim \lambda_\phi$

no resonant Higgs production

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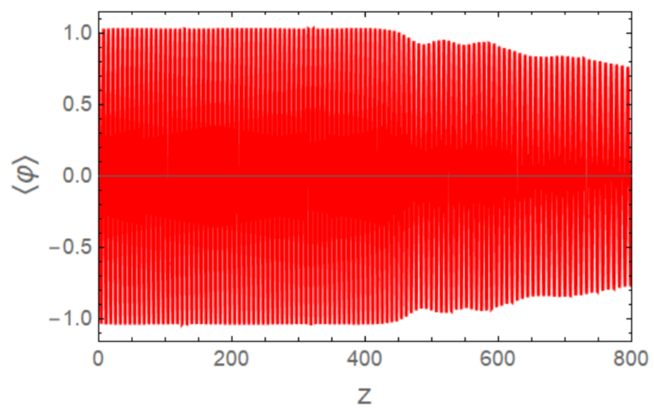
inflaton fluctuation production

$$\varphi_k'' + \left[\kappa^2 + 3\,\mathrm{cn}^2\left(x, \frac{1}{\sqrt{2}}\right)\right] \varphi_k = 0$$

zero mode converts into fluctuations



suppressed SM matter production

resonant Higgs production

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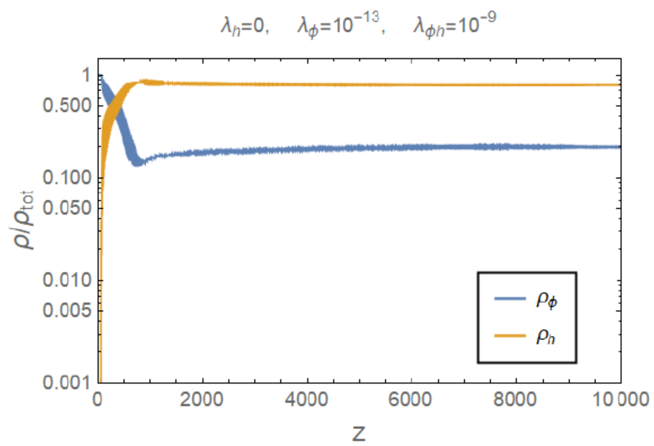
quasi--equilibrium

$$X_k'' + \left(\kappa^2 + \frac{\lambda_{\phi s}}{2\lambda_\phi}\mathrm{cn}\left(x, \frac{1}{\sqrt{2}}\right)\right) X_k = 0$$



Higgs—inflaton quasi--equilibrium

$Y_{DM} > 10^{-3}$

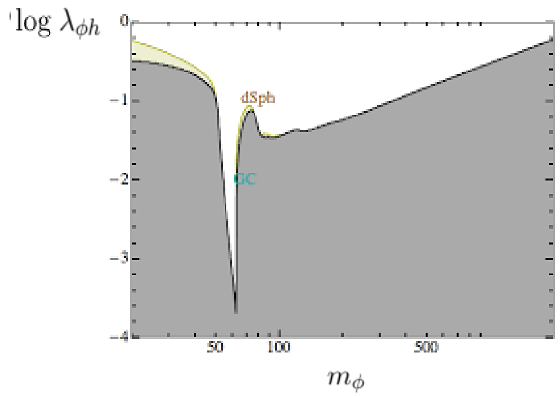
Dark Universe

(2) thermal: ***possible***

“singlet scalar DM” freeze--out

$$\lambda_{\phi h}(1\,\mathrm{TeV}) \gtrsim 0.25$$

large loop correction to inflaton potential
(loss of unitarity)



Exception:

Higgs resonance

$$m_\phi \simeq m_{h_0}/2$$

$$\lambda_{\phi h} \gtrsim 10^{-4}$$

thermal inflaton DM

(in a very narrow mass range)

CONCLUSION

– *collective effects are essential*

– *quasi-equilibrium in the inflaton-DM system*

– *breakdown of perturbative approach*

– *minimal inflaton DM model: thermal DM, tuned inflaton mass*