

Title: Lecture - Cosmology, PHYS 621

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Collection/Series: Cosmology (Elective), PHYS 621, February 23 - March 27, 2026

Subject: Cosmology

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URL: <https://pirsa.org/26030034>

Thermal History:

interaction rate

$>$ equilibrium

$=$

H
expansion rate

$<$
non-equilibrium

$$n_{\nu} =$$

equilibrium

H
expansion
rate

$$\dot{\rho} = -3H(\rho + p)$$

$T \gtrsim 100 \text{ GeV}$, all particles relativistic

$$1 + 2 \leftrightarrow 3 + 4$$

$$\Gamma_1 = n_2 \sigma v$$

$$\Gamma_2 = n_1 \sigma v$$

$$n_1 \sim n_2$$



$$\sigma \propto \frac{1}{T^2}$$

particles relativistic

$\sigma \propto \frac{\alpha^2}{T^2}$
 $\propto T^3$

$\Gamma_{\text{ew}} \sim T^3 \times \frac{\alpha^2}{T^2} \sim \alpha^2 T$
 Strong

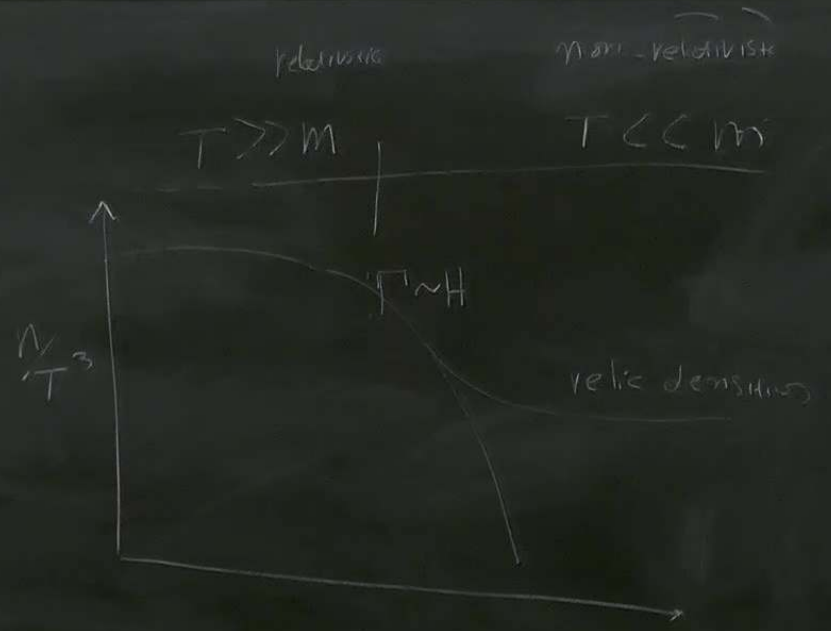
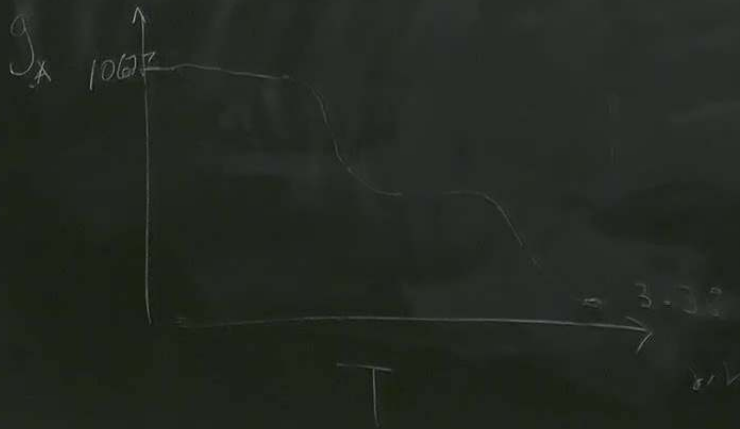
$H^2 = \frac{1}{3M_p^2} \rho \sim \frac{T^4}{3M_p^2} \quad (k_B=1)$

$H \sim \frac{T^2}{M_p}$

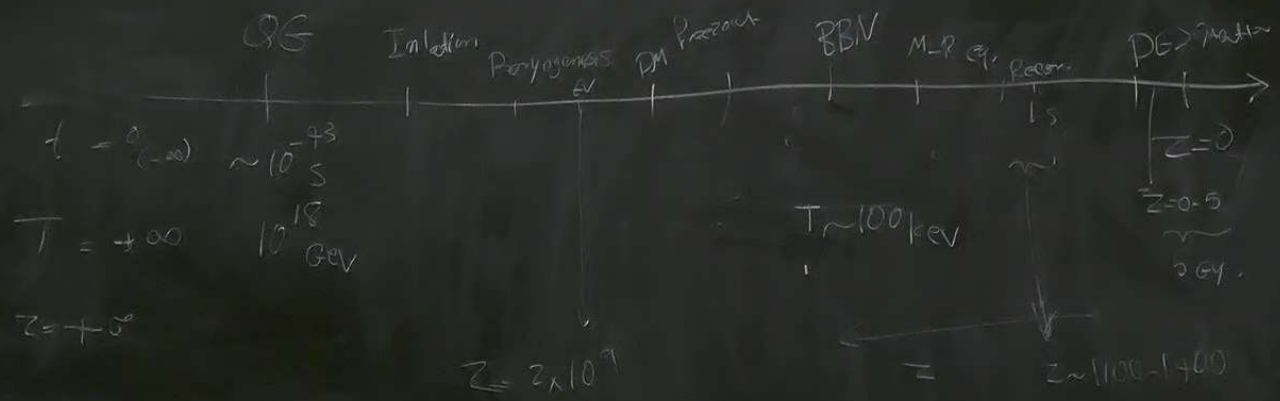
$\Gamma_{\text{H}} \sim \alpha^2 \frac{M_p}{T} \sim \frac{10^{16} \text{ GeV}}{T}$

eq. $100 \text{ GeV} < T < 10^{16} \text{ GeV}$

$$\rho_r = \frac{\pi^2}{30} g_x(T) T^4$$



$$100 \text{ GeV} < T < 10^{11} \text{ GeV}$$



$$\Delta x \Delta p > h$$

$$(\Delta x \Delta p)_{m,n}^3 = h^3$$

$$N = \text{phase space \# states} = \frac{VP}{h^3}$$

(\vec{x}, \vec{p})

$$n_p = \frac{N}{P} = \frac{V}{h^3} = \frac{L^3}{h^3}$$

$$n_{p5} = \frac{N}{PV} = \frac{1}{h^3}$$

g - internal D.O.F.

density of states: $\frac{g}{h^3} \frac{1}{\tau} = \frac{g}{(2\pi)^3}$
 $h = \frac{h}{2\pi} = 1$



$$n = \frac{g}{(2\pi)^3} \int_P f(p) d^3 p$$

distribution function $f(\vec{x}, \vec{p}, t) = f(p)$

$$\int d^3 x d^3 p f(p) E(\vec{p}, \vec{x}, t)$$

\downarrow
 $|p|$

$$P = \frac{g}{(2\pi)^3} \int d^3 p f(p) E(p)$$

density of states: $\frac{g}{h^3} = \frac{g}{(2\pi)^3}$
 $h = \frac{h}{2\pi} = 1$

distribution function $f(\vec{x}, \vec{p}, t) = f(p)$

$\int dx^3 dp^3 f(\vec{x}, \vec{p}, t) E(\vec{p}, \vec{x}, t)$
 \downarrow
 $|p|$



$\mathcal{F} = \frac{g}{(2\pi)^3} \int dp^3 f(p) E(p)$

$\mathcal{P} = \frac{g}{(2\pi)^3} \int dp^3 f(p) \frac{p^2}{3 E(p)}$

$E = \sqrt{m^2 + p^2}$

$$f(p) = \frac{1}{e^{\frac{(E - \mu)}{T}} \pm 1}$$

+ fermions - bosons

Fermi-Dirac

Bose-Einstein

$$E(p, m)$$

$T(t)$ temperature

$\mu(t)$ chemical potential



$$\mu_1 + \mu_2 = \mu_3 + \mu_4$$



$$\mu_X = -\mu_{\bar{X}}$$

$$T \ll m$$

$$f(p) \approx e^{-\frac{(E-m)/T}{T}}$$

M-B. distribution

$$\frac{M}{T} \ll 1 \Rightarrow M \approx 0$$

$$d^3P = 4\pi p^2 dp$$

$$h = \frac{g}{2\pi^2} \int dp p^2 \frac{1}{e^{\frac{\sqrt{p^2 + m^2}}{T}} \pm 1}$$

$$p = \text{ // } \text{ // } \text{ // } \quad \sqrt{p^2 + m^2}$$

$$\chi = \frac{m}{T} \quad \xi = \frac{p}{T}$$

$$N = \frac{g T^3}{2\pi^2} J_{\pm}(\chi)$$

$$p = \frac{g T^2}{2\pi^2} J_{\pm}(\chi)$$