## Gravitational Waves from Dark Phase Transitions at Strong Coupling

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### AdS/CFT & Improved Holographic QCD IhQCD

Strategy: Use Holography and Lattice Data for theoretical control and QCD-Like Theory resemblence

CFT-QFT	String/Gravity	0.6
$\mathcal{Z}_{CFT}$	$\mathcal{Z}_{G}$	
W <sub>CFT</sub>	$-S_{OS}$	0.3 • Blue $\frac{\rho}{T^4 N_c^2}$
Temperature T	T <sub>h</sub>	$0.2$ • Red $\frac{35}{1^3 Nc^2}$
Entropy S	S <sub>BH</sub>	0.1
Large-N ("QCD")	GR in $AdS_{d+1}$	0.0 1.2 1.4 1.6 1.8 2.0 2.2 2.4
		$\frac{T}{T}$

$$S_{5} = -M_{p}^{3}N_{c}^{2}\int d^{5}x\sqrt{g}(R - \frac{4}{3}(\partial\Phi)^{2} + V(\Phi)) + 2M_{p}^{3}\int_{\partial\mathcal{M}} d^{4}x\sqrt{h}\mathcal{K}$$

$$JG | U$$

**Regular BH Solution** 

$$T_h = \frac{|\dot{f}(\lambda_h)|}{4\pi} = T_{AdS}$$

BH Area Law

$$S = 4\pi M_p^3 N_c^2 V_3 b(\lambda_h)^3$$

Free energy

$$\beta \Delta \mathcal{F} = (\mathcal{S}_{BH}^{\epsilon} - \mathcal{S}_{TG}^{\epsilon})/V_3$$



# Confinement (HP) Phase Transition & Effective Action I

Big BH	Small BH	TG	
Deconfined	Saddle Point	Confined	

Free energy Landscape approach Field/Metric Configurations

 $T \neq T_h$ 

Conical singularity

Regularize with Spherical Cap

$$V_{ ext{eff}}(\lambda_h,T) = \mathcal{F}(\lambda_h) - 4\pi M_p^3 N_c^2 b(\lambda_h)^3 \left(1 - M_p^3 N_c^2 b(\lambda_h)^3 N_c^2 h(\lambda_h)^3 
ight)^3 
ight)^2$$



 $\lambda_h$ 

# Confinement (HP) Phase Transition & Effective Action II

Kinetic Term Normalization

We vary  $c \rightarrow \frac{1}{3} - 3$ , Moderate dependence on GW spectrum Thermal Tunneling effective action O(3) symmetric bounce

$$S_{eff} = \frac{4\pi}{T} \int d\rho \, \rho^2 \left[ c \frac{N_c^2}{16\pi^2} (\partial_\rho \lambda_h(\rho))^2 + V_{\text{eff}}(\lambda_h(\rho), T) \right]$$

 $c \frac{N_c^2}{16\pi^2}$ 

Nucleation Rate for Thermal Tunneling

$$\Gamma = T^4 \left(\frac{\mathcal{S}_B}{2\pi}\right)^{3/2} e^{-\mathcal{S}_B}$$

Percolation:  $\mathcal{P}(true) \simeq \mathcal{P}(false)$  (End of PT! GW Emission)

	α	$\beta/H(v_w=1)$	$\beta/H(0.1)$	$\beta/H$ (0.01)	IC	1.1
$T_c = 50 \mathrm{MeV}$	0.343	$9.0 \times 10^{4}$	$8.6 imes10^4$	$8.2  imes 10^4$	JO	
$100{ m GeV}$	0.343	$6.8 imes10^4$	$6.4  imes 10^4$	$6.1  imes 10^4$	E -	১৫৫

#### Gravitational Wave Spectra SU(3) "The Money Plot"



GW spectra for SU(3) at different critical temperatures

3.5

Employ steady state approach like Bigazzi 2104.12817

$$\Delta P_{\textit{fric}}^{\textit{tot}} = 0 = \frac{F_{\textit{fric}}}{A} + \Delta P_{\textit{bubble}}$$

 $F_{fric} \sim F_{drag}$ ,  $F_{drag}$  is the drag force of an external probe quark traversing stationary in the plasma. Calculabel with AdS/CFT



From Dewolfe 2013

Access to the pressures in deconfined phase from the lattice fit.

Finally for the wall velocity we obtain so far

$$v_w = 0.07 \pm 0.03$$

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### Kinetic Term Computation

Bulk Viscosity  $\zeta \sim$  (Breaking of scale symmetry)  $\times$  (mean free path)  $\times$  (energy momentum density).



From Dewolfe 2013



