Gravitational Waves from First Order Phase Transition

Quoc-Trung Ho

In collaboration with A. Azatov, T.Opferkuch and A.Stanzione SISSA, Trieste, Italy

21st Rencontres du Vietnam: Cosmology 2025 14th August, 2025



- Previous work with A. Azatov and M. M. Khalil "Q-ball perturbations with more details: linear analysis vs lattice" has been published on PRD.
- E-print also available at 2412.13885

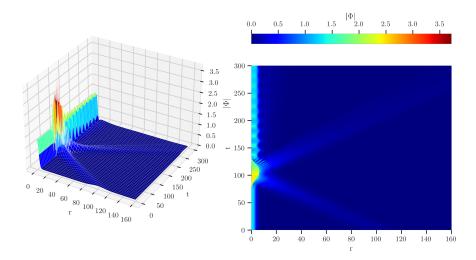


Table of Contents

Introduction

2 The Envelope and Bulk-flow approximations

3 Two bubbles system

Why study about Gravitational Wave Background (GWB)?

- Probes the earlier history of the Universe compared to e.g CMB.
- Uncovers exotic Astrophysical/Cosmological sources (phase transitions, cosmic strings, domain walls, ...)
- Active developments from both theory and experiments (e.g LISA, Einstein Telescope, NanoGrav, ...)
- ...

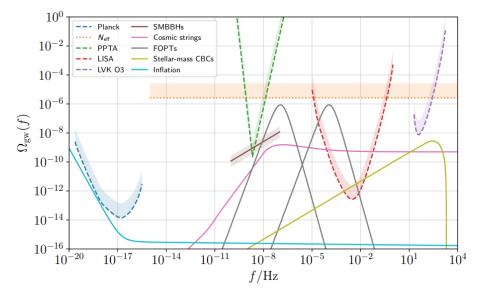
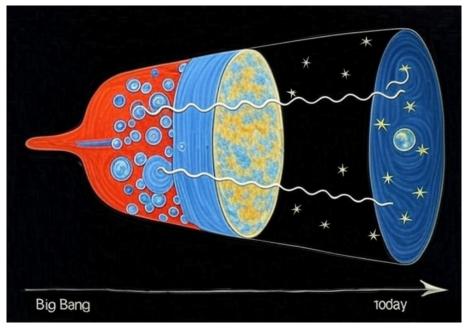


Figure 1: Overview of potential GWB signals across the frequency spectrum. Credit: [Renzini et al., 2022]



First Order Phase Transition as a source of GWs

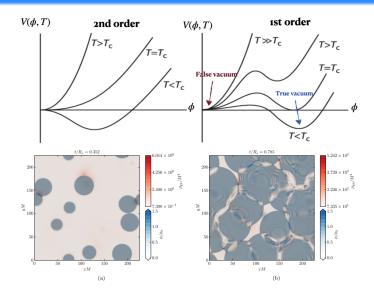


Figure 2: Credit: [Cutting, Hindmarsh, and Weir, 2018]

Approaches in computing GWs from FOPT

Lattice simulations: [Child and Giblin, 2012], [Cutting, Escartin, et al., 2021]

- Capture full effects of bubble dynamics.
- Computationally expensive.
- Simulations cannot capture thin-wall bubbles and high wall velocity.
- X Limited number of bubbles in the simulation.

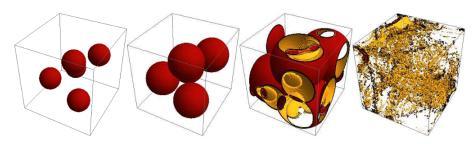


Figure 3: Lattice simulation for time evolution of 5 bubbles

2. The Envelope and Bulk-flow approximations

Weinberg's formula for GW radiation

The amount of GW energy radiated in the direction $\hat{\mathbf{k}}$

$$\frac{\mathrm{d}E_{\mathrm{GW}}}{\mathrm{d}\omega\,\mathrm{d}\Omega} = 2G\omega^2\Lambda_{ij,lm}(\hat{\mathbf{k}})T_{ij}^*(\hat{\mathbf{k}},\omega)T_{lm}(\hat{\mathbf{k}},\omega). \tag{2.1}$$

Applying this for N nucleated bubbles

$$T_{ij}(\hat{\mathbf{k}},\omega) = \frac{1}{2\pi} \int dt \, e^{i\omega t} \sum_{n=1}^{N} \int d\Omega \, dr \, e^{-i\omega \hat{\mathbf{k}} \cdot (\mathbf{x}_n + r\hat{\mathbf{x}})} \, r^2 \, T_{ij,n}(r,t). \quad (2.2)$$

Non-linearity of bubble collisions makes direct computations of T_{ij} almost impossible

 \Rightarrow Approximations.

Envelope approximation

First observation traced back to 34 years ago [Kosowsky and Turner, 1993]

$$\begin{split} \frac{\mathrm{d}E_{GW}}{\mathrm{d}\omega\,\mathrm{d}\Omega} &= 4G\Delta V^2\omega^2(|C_+|^2 + |C_-|^2),\\ C_\pm(\omega) &= \frac{1}{6\pi}\sum_{n=1}^N\int\mathrm{d}t\;e^{i\omega(t-z_n)}\,A_{n,\pm}(\omega,t),\\ A_{n,\pm}(\omega,t) &= \int_{-1}^1\mathrm{d}\zeta\;e^{-i\omega(t-t_n)\zeta}\,B_{n,\pm}(\zeta,t),\\ B_{n,\pm}(\zeta,t) &= \frac{1-\zeta^2}{2}\int_0^{2\pi}\mathrm{d}\phi\;g_\pm(\phi)\left[(t-t_n)^2\sigma(t,t_{n,c})\right]. \end{split}$$



Figure 4: Credit: [Konstandin, 2018]

- Before collision, the surface tension scales as: $\sigma \sim E_{\rm released}/A \sim \mathcal{O}(R^3)/\mathcal{O}(R^2) \sim \mathcal{O}(R)$
- After collision, the surface tension vanishes $\Rightarrow \sigma(t, t_n, t_c) = \sigma_0(t t_n)\Theta_H(t_c t)$.



Bulk-flow approximation

Next step in improving envelope approximation, first done in [Konstandin, 2018].

 \bullet After collision, the released energy and wall width remains constant, the surface tension scales as $\sigma_{\rm collided} \sim E_{\rm released}/A \sim \mathcal{O}(R^{-2})$

$$\begin{split} \sigma(t,t_n,t_c) = & \sigma_0(t-t_n)\Theta(t_c-t) \\ &+ \sigma_1\Theta(t-t_c) \left(\frac{t_c-t_n}{t-t_n}\right)^2 \end{split}$$

• With the existence of long-lasting source, one expects both the IR and UV scaling powers are affected.

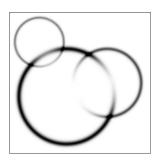


Figure 5: Credit: [Konstandin, 2018]

Envelope and Bulk-flow approximations:

- Model independent.
- Capture general features of the GW spectrum.
- Faster than simulation.
- Easy to generalize to many bubbles systems.

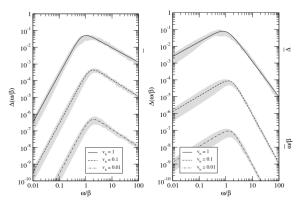


Figure 6: Envelope approximation (left) vs Bulk-flow approximation (right) for ~ 300 bubbles. Credit: [Konstandin, 2018].

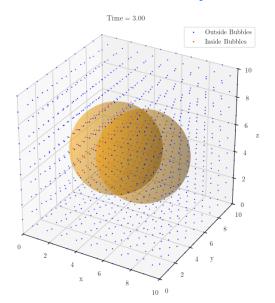
Going beyond Envelope/Bulk-flow approximations

(?) What if the energy density of collided parts scale differently? [Lewicki and Vaskonen, 2020]

• The scaling behaviors of surface tension in Envelope/Bulk-flow approximations is based on simple phenomenological argument. How to correctly extract the scaling behaviors of $\sigma(t, t_{n,c})$?

⇒ Two bubbles system!

3. Two bubbles system



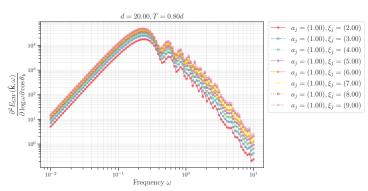
Why study this simple system?

- It captures general aspects of the full spectrum (e.g peak position, order of amplitude of the spectrum, ...).
- In lattice simulation, the symmetry of the system reduce the simulation from (3+1)D down to (1+1)D.
- In the approximations, it could be solved (semi)analytically, provide a good test bed for which case the approximations work.



Generalized Bulk-flow approximation

$$\begin{split} &\sigma(t,t_n,t_{n,c})\approx\Theta(t_{n,c}-t)\sigma_0(t-t_n)\\ &+\Theta(t-t_{n,c})\sigma_0(t_{n,c}-t_n)\left(\frac{t_{n,c}-t_n}{t-t_n}\right)^2\sum_{\xi}a_{\xi}\left(\frac{t_{n,c}-t_n}{t-t_n}\right)^{\xi} \end{split} \tag{3.1}$$



Field equations in hyperbolic coordinates

Given two patches $t^2 \ge x^2 + y^2$ and $t^2 \le x^2 + y^2$ labelled as + and -, the field equations in this coordinates become

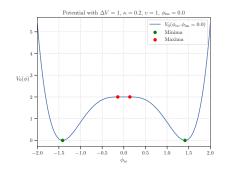
$$\pm \frac{\partial^2 \Phi_{\pm}}{\partial s^2} \pm \frac{2}{s} \frac{\partial \Phi_{\pm}}{\partial s} - \frac{\partial^2 \Phi_{\pm}}{\partial z^2} + \frac{\mathrm{d}V}{\mathrm{d}\Phi_{+}} = 0.$$
 (3.2)

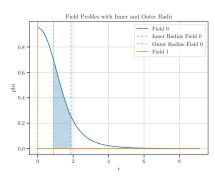
In what follows:

- Eq. (3.2) is solved on a (1+1)D lattice.
- The surface tension σ is be extracted ⇒ input of the generalized bulk-flow method to compute approximate GW spectrum.
- The stress-energy tensor is computed exactly ⇒ obtain the exact GW spectrum.

Lattice simulation results

$$\textbf{Potential:} \ \frac{V(\Phi)}{\Delta V} = 1 + \kappa \frac{|\Phi|^2}{v^2} + \frac{|\Phi|^4}{v^4} \left[(\kappa+2) \log \left(\frac{|\Phi|^2}{v^2} \right) - (\kappa+1) \right]$$





Lattice simulation results

$$\textbf{Potential:} \ \frac{V(\Phi)}{\Delta V} = 1 + \kappa \frac{|\Phi|^2}{v^2} + \frac{|\Phi|^4}{v^4} \left[(\kappa + 2) \log \left(\frac{|\Phi|^2}{v^2} \right) - (\kappa + 1) \right]$$

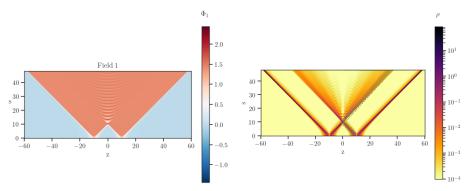


Figure 9: Field evolution (left) and its gradient energy density (right)

Fitting surface tension σ

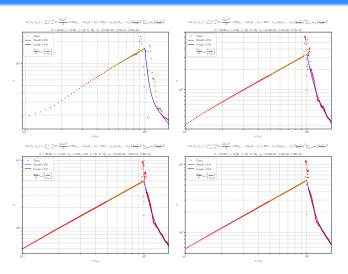
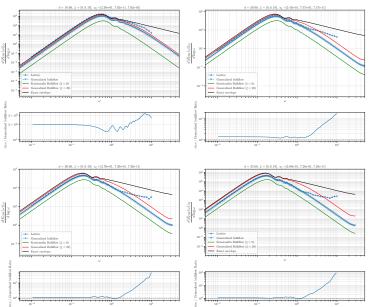


Figure 10: The surface tension for various bubble separations d, together with the fitting functions with the chosen powers $\xi \in [0, 9, 19]$.

Exact vs Generalized Bulk-flow



Sensitivity of fitting coefficients w.r.t d

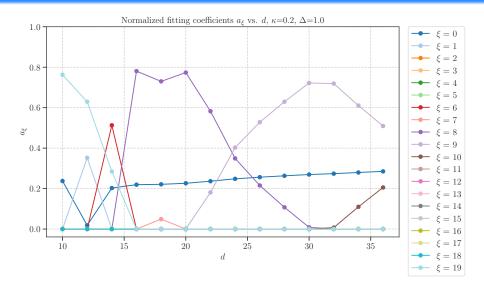


Figure 12: The sensitivity of fitting coefficients a_{ξ} for $\xi = 0 \dots 19$.

Sensitivity of fitting coefficients w.r.t d

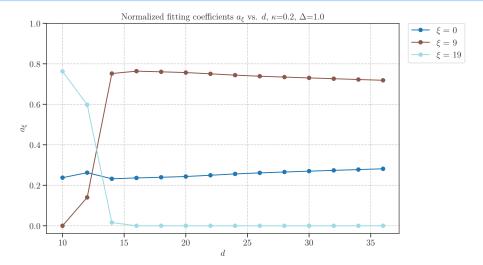


Figure 13: The sensitivity of fitting coefficients a_{ξ} with the fitting function corresponds to $\xi=0,9,19$.

Summary

What we covered:

- Two bubbles system greatly simplifies the study of GW spectrum on the lattice.
- Generalized bulk-flow approximation is a powerful to quickly and correctly extract the GW spectrum from FOPTs.

What we're still working on:

- Extend the power spectrum computation towards many bubbles system.
- When does bulk-flow approximation break down? (e.g existing of long-live trapped vacuum.)
- Is there an even better way to formulate the bulk-flow contribution? (e.g dependence on angle between colliding walls.)

References I

[1] Arianna I. Renzini et al. "Stochastic Gravitational-Wave Backgrounds: Current Detection Efforts and Future Prospects".

In: Galaxies 10.1 (2022), p. 34.

DOI: 10.3390/galaxies10010034.

arXiv: 2202.00178 [gr-qc] (cit. on p. 5).

[2] Daniel Cutting, Mark Hindmarsh, and David J. Weir.

"Gravitational waves from vacuum first-order phase transitions: from the envelope to the lattice". In: *Phys. Rev. D* 97.12 (2018), p. 123513.

DOI: 10.1103/PhysRevD.97.123513. arXiv: 1802.05712 [astro-ph.CO] (cit. on p. 7).

References II

[3] Hillary L. Child and John T. Giblin Jr.

"Gravitational radiation from first-order phase transitions".

In: jcap 2012.10, 001 (Oct. 2012), p. 001.

DOI: 10.1088/1475-7516/2012/10/001. arXiv: 1207.6408 [astro-ph.CO] (cit. on p. 8).

[4] Daniel Cutting, Elba Granados Escartin, et al. "Gravitational waves from vacuum first order phase transitions II: from thin to thick walls".

In: *Phys. Rev. D* 103.2 (2021), p. 023531.

DOI: 10.1103/PhysRevD.103.023531.

arXiv: 2005.13537 [astro-ph.CO] (cit. on p. 8).

References III

[5] Arthur Kosowsky and Michael S. Turner.

"Gravitational radiation from colliding vacuum bubbles: envelope approximation to many bubble collisions".

```
In: Phys. Rev. D 47 (1993), pp. 4372–4391.

DOI: 10.1103/PhysRevD.47.4372.

arXiv: astro-ph/9211004 (cit. on p. 11).
```

[6] Thomas Konstandin. "Gravitational radiation from a bulk flow model". In: *JCAP* 03 (2018), p. 047.

```
DOI: 10.1088/1475-7516/2018/03/047.
arXiv: 1712.06869 [astro-ph.CO] (cit. on pp. 11-13).
```

References IV

[7] Marek Lewicki and Ville Vaskonen. "Gravitational wave spectra from strongly supercooled phase transitions".

```
In: Eur. Phys. J. C 80.11 (2020), p. 1003.

DOI: 10.1140/epjc/s10052-020-08589-1.

arXiv: 2007.04967 [astro-ph.CO] (cit. on p. 14).
```

Thank you for your attention!