

Gravitational Wave Signals from Multiple Hidden Sectors

Paul Archer-Smith, Dylan Linthorne, and Daniel Stolarski

Ottawa-Carleton Institute for Physics, Carleton University,
1125 Colonel By Drive, Ottawa, Ontario K1S 5B6, Canada *

We explore the possibility of detecting gravitational waves generated by 1st order phase transitions in multiple dark sectors. Nnaturalness is taken as a sample model that features multiple additional sectors, many of which undergo phase transitions that produce gravitational waves. We examine the cosmological history of this framework and determine the gravitational wave profiles generated. These profiles are checked against projections of next generation gravitational wave experiments, demonstrating that Nnaturalness can indeed produce unique gravitational wave signatures that will be probed by these future experiments.

I. INTRODUCTION

The recent experimental detection of gravitational waves [1] gives humanity a new way to observe the universe. Future experiments [2] will greatly expand the frequency range observable. Thus far, experiments have only observed recent events such as black hole mergers, but phase transitions in the early universe can leave an imprint as a *stochastic* gravitational wave background [3]. Thus searches for this background of gravitational waves can give direct information of the history of the universe before big bang nucleosynthesis.

Because gravity is universal, gravitational waves can allow us to probe hidden sectors that couple very weakly, or not at all, to the Standard Model as long they are reheated after inflation. This was first explored in [4], and there has been significant work on this idea since [5].

In this work, we explore the possibility of having multiple decoupled hidden sectors. Large numbers of hidden sectors can solve the hierarchy problem as in the Dvali Redi model [6] or in the more recently explored Nnaturalness [2] framework, or in the orbifold Higgs models (maybe? [7]). They can also be motivated by dark matter considerations (dynamical dark matter? others?).

Motivated by solutions to the hierarchy problem, we consider hidden sectors with the same particle content as the Standard Model that have all dimensionless couplings (defined at some high scale) equal to those of the Standard Model. The only parameter that varies across sectors is the dimension two Higgs mass squared parameter, m_H^2 . This simple ansatz can lead to very rich phenomenology and interesting gravitational wave spectra, but we stress that it is only a starting point for exploring the space of theories with multiple hidden sectors.

In this setup, there are two qualitatively different kinds of sectors:

- **Standard Sectors:** Those with $m_H^2 < 0$ where electroweak symmetry is broken by the vacuum expectation value (VEV) of a fundamental scalar. As

in [2], we assume that the standard sector with the smallest absolute value of m_H^2 is the Standard Model.

- **Exotic Sectors:** Those with $m_H^2 > 0$. In this case, electroweak symmetry breaking is preserved below the mass of the Higgs, and broken by the confinement of QCD [8].

Cosmological observations, particularly limits on extra relativistic degrees of freedom at the time of Big Bang Nucleosynthesis [9] and the time for the formation of the cosmic microwave background (CMB) [10], require that most of the energy in the universe is in the Standard Model sector as we will quantify. Therefore, the hidden sectors cannot be in thermal equilibrium at any time, and the physics of reheating must dump energy preferentially in the Standard Model sector. This can be accomplished in multifield inflation models [11] and with the reheaton method [2]. We will also explore alternative parameterizations of reheating that satisfy this condition.

In all the above models, there is some energy in the hidden sectors, and these sectors undergo thermal evolution independent of the SM sector. If their initial reheating temperature is above their weak scale, the standard sectors will undergo phase transitions associated with the breaking of electroweak symmetry and with confinement of QCD. The exotic sectors will also undergo a phase transition when QCD confines and electroweak symmetry is broken simultaneously. The condition for these transitions to leave imprints on the stochastic gravitational wave spectrum is that they strongly first order phase transitions (SFOPT) [12]. This does not occur at either the electroweak or QCD phase transition in the SM, but as we will show, it does happen in some standard sectors, and in *all* exotic sectors that reheat above the QCD phase transition.

This work is organized as follows...

* PaulSmith3@email.carleton.ca

II. PARTICLE SETUP

We consider the following Lagrangian as in [2]:

$$\mathcal{L} = \sum_{i=-N/2}^{N/2} \mathcal{L}_i, \quad (1)$$

with $\mathcal{L}_0 = \mathcal{L}_{\text{SM}}$ being the Standard Model Lagrangian, and \mathcal{L}_i being a copy of the SM Lagrangian with different fields, but with all dimensionless parameters the same. Each of the Lagrangians does contain a dimension operator:

$$\mathcal{L}_i \subset - (m_H^2)_i H_i^\dagger H_i \quad (2)$$

where H_i is a Higgs field in each sector, and the mass term is parametrically given by

$$(m_H^2)_i \sim -\frac{\Lambda_H^2}{N}(2i + r), \quad (3)$$

where Λ is some high scale cutoff, N is the number of sectors, and r mass parameter in the SM in units of Λ_H^2/N . This setup solves the hierarchy problem if $r \sim \mathcal{O}(1)$ ¹ and we the Higgs masses in the different sectors as randomly distributed [2]. We have taken for simplicity that there equal numbers sectors with positive and negative m_H^2 , but this is not necessary. This N naturalness framework can be generalized: the various sectors can possess a wide range of particle content that can be freely selected by the model builder. The one exception to this is that “our” sector must consist of the Standard Model.

From the above Lagrangians, the Higgs in sectors with $i \geq 0$ will get a vev given by:

$$v^i = m_H^i / \sqrt{\lambda_i} \sqrt{\frac{2i + r}{N}} \left(\frac{\Lambda_H}{\lambda} \right), \quad (4)$$

λ_i is the quartic coefficient of the scalar potential and is the same across all sectors. These “standard sectors” feature electroweak symmetry breaking just like in the SM, however the vevs produced scale with the changing mass parameter: $v_i \sim v_{\text{SM}} \sqrt{i}$. As the masses for particles in these sectors scale with the vev, this leads to the masses of the W , Z and fermions within each sector increasing with i . The consequences of this on the confinement scale of QCD in the $i \geq 1$ sectors is further discussed in Sec. III.

The remaining “exotic sectors” within this model provide a radical departure from our own. $m_H^2 > 0$ leads to no vev for the Higgs, and electroweak symmetry is only broken at very low scales due to the phase transition from free quarks to confinement at the QCD scale Λ_{QCD} [], and the masses of the W and Z are comparable

to those of QCD resonances. The mass of fundamental fermions are produced via four-fermion interactions generated after integrating out the $\text{SU}(2)$ Higgs multiplet. This leads to very light fermions:

$$m_f \sim y_f y_t \Lambda_{\text{QCD}}^3 / (m_H^2)_i \leq 100 \text{ eV}, \quad (5)$$

with y_f representing the Yukawa coupling to fermion f . As we will see, the extremely light quarks that appear in these sectors dramatically change the nature of the QCD phase transition — unlike the SM, the transition is strongly first order. Again, this is further developed in Sec. III. Crucially, this results in the production of gravitational waves. This is the physical signature we’re interested in exploring within this paper; the calculation and results are presented in Sec. V.

A. Reheating N Sectors

A key issue within N naturalness is how to predominantly gift energy density to our own sector so as to not be immediately excluded by number of effective neutrinos (N_{eff}) bounds. This is done through the introduction of a post-inflationary field called the “reheaton”. After inflation, the reheaton field possess the majority of the energy density of the Universe. Although this field can generically be either by bosonic or fermionic, we reduce our scope to a scalar reheaton ϕ . Our focus is primarily the production of gravitational waves from multiple sectors: [What does the following mean?](#) a fermion reheaton doesn’t change the scaling of the energy density of the exotic sectors and thus doesn’t affect expected gravitational wave profiles.

In order to maintain the naturalness of our SM sector, the reheaton coupling is taken to be universal to every sector’s Higgs. However, a large amount of the Universe’s energy density must ultimately be deposited in our own sector for N naturalness to avoid instant exclusion. In order to accomplish this the decay width into each sector must drop as $|m_H|$ grows. If we insist that the reheaton is a gauge singlet that is both the dominant coupling to every sector’s Higgs and lighter than the naturalness cutoff Λ_H/\sqrt{N} then we construct a model that behaves as desired.

Ultimately, after examining the gravitational wave case produced by standard N naturalness, we generalize our results to include the (rather unnatural) case where sectors are reheated “randomly” as opposed to in relation to the higgs mass parameter. This allows us to explore more general models with multiple dark sectors at a huge range of scales. For these models, the reheating mechanism remains undefined and the results of this section are completely irrelevant.

The appropriate Lagrangian for a scalar reheaton ϕ is:

$$\mathcal{L}_\phi \supset -a\phi \sum_i |H_i|^2 - \frac{1}{2} m_\phi^2 \phi^2. \quad (6)$$

¹ Constraints require r to be somewhat smaller than 1.

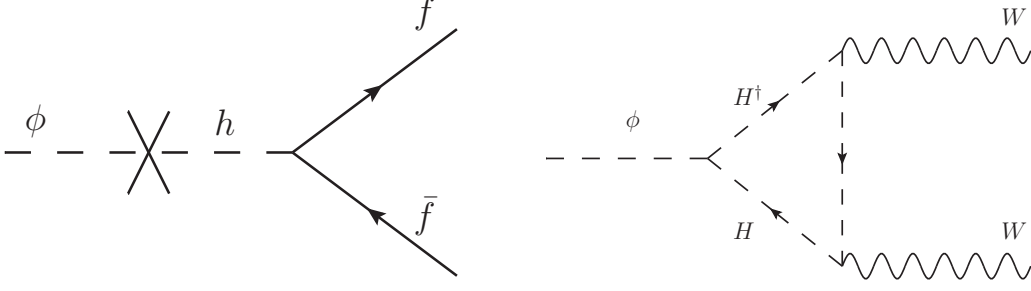


FIG. 1. Feynman diagrams for primary reheaton decays assuming $m_\phi \ll m_H$. The left decay is the primary decay for standard sectors ($\langle H \rangle \neq 0$), with f representing all possible fermions. The right decay occurs in exotic sectors ($\langle H \rangle = 0$).

Note that the cross-quartic couplings are absent, suppressed by a very small coupling. Effective Lagrangians for the two different types of sectors present in this theory can be obtained through the integrating out of the Higgs bosons in every sector:

$$\begin{aligned} \mathcal{L}_\phi^{v \neq 0} &\supset C_1 a y_q \frac{v}{m_h^2} \phi q q^c, \\ \mathcal{L}_\phi^{v=0} &\supset C_2 a \frac{g^2}{16\pi^2 m_H^2} \phi W_{\mu\nu} W^{\mu\nu}, \end{aligned} \quad (7)$$

Should the first equation go like $1/m_h$ (not squared)? It does — v scales identically to m_h with C_i representing numerical coefficients, g the weak coupling constant, and $W^{\mu\nu}$ the SU(2) field strength tensor.

Immediately from Eq. (7), we can see that the matrix element for decays into standard sectors is inversely proportional to that sectors higgs mass, $\mathcal{M}_{m_H^2 < 0} \sim 1/m_{h_i}$. The Feynman diagram for this process is presented in Fig. 1. The loop decay of $\phi \rightarrow \gamma\gamma$ is always sub-leading and can be neglected. It should be noted that as one goes to sectors with larger and larger vevs, the increasing mass of the fermions ($m_f \sim v_i \sim v_{SM}\sqrt{i}$) eventually leads to situations where the decay to two on-shell bottom or charm quarks is kinematically forbidden, $m_\phi < 2m_q$. Put an equation sketching how m_f scales with m_h . For sectors where this kinematic threshold is passed for charm quarks, contributions to cosmological observables can be safely ignored. All in all, we end up with a decay width that scales as $\Gamma_{m_H^2 < 0} \sim 1/m_h^2$. Since we can expect energy density to be proportional to the decay width, $\frac{\rho_i}{\rho_{SM}} \approx \frac{\Gamma_i}{\Gamma_{SM}}$, this indicates that energy density of standard sectors falls:

$$\rho_i \sim r_s \frac{\rho_{SM}}{i} \quad (8)$$

with r_s being the ratio of the energy density of the first additional standard sector over the energy density of our sector.

For the exotic sectors, Eq. (7) indicates a matrix element scaling $\mathcal{M}_{m_H^2 > 0} \sim 1/m_{H_i}^2$. As the Feynman diagram (Fig. 1) shows, the reheaton decays to exotic sectors are loop suppressed, leading to a significantly lower

energy density than the standard sectors. Both the decay width and energy density for these sectors scale as: $\Gamma_{m_H^2 > 0} \sim \rho_i \sim 1/m_H^4 \sim 1/i^2$.

As a final note, the reheating temperature of our sector, T_{RH} , What is this parameter exactly? The reheat temperature of the SM? Also, is this effect discussed in the original NNaturalness paper? Yes to both. has an upper bound on the order of the weak scale. If this bound is not observed, the SM Higgs mass would have major thermal corrections — leading to the branching ratios into other sectors being problematically large [2]. In accordance with this restriction, this project only examines reheating temperatures at or below 100 GeV.

III. DARK QCD

Due to the confining nature of QCD, the exact nature of the phase transition is often difficult to ascertain analytically and requires the study of lattice simulations. The results of these studies on the nature of QCD phase transitions is summarized in the so-called “Columbia” plot (Fig. 2). As seen in the above figure (and explicitly demonstrated through lattice studies [?]), our sector is solidly in the weak-cross over area. In order to observe the strong first order transition required for gravitational wave production, at least some of the additional sectors present must feature quarks in either the heavy quark (pure Yang-Mills) or massless limits.

In the Yang-Mills limit we see $m_{u,d,s} \rightarrow \infty$. This leads to the presence of a global Z_3 centre symmetry that is broken at high temperatures but restored low temperatures. Ultimately, this restoration results in a first order phase transition [4]. On the other end of the spectrum, “massless” quark theories ($m_q \ll \Lambda_{QCD}$ for all quarks) also contain strong phase transitions due to the breakdown of $SU(N) \times SU(N)$ chiral symmetry [5]. Both the Yang-Mills and massless limit arguments can be generalized to $SU(N \geq 3)$: coupling both with the additional restriction that we avoid the conformal window indicates that strong first order phase transitions can occur if we have $n = 0$ (pure Yang-Mills) or $3 \leq n < 4N$ (light quark limit) very light flavours.

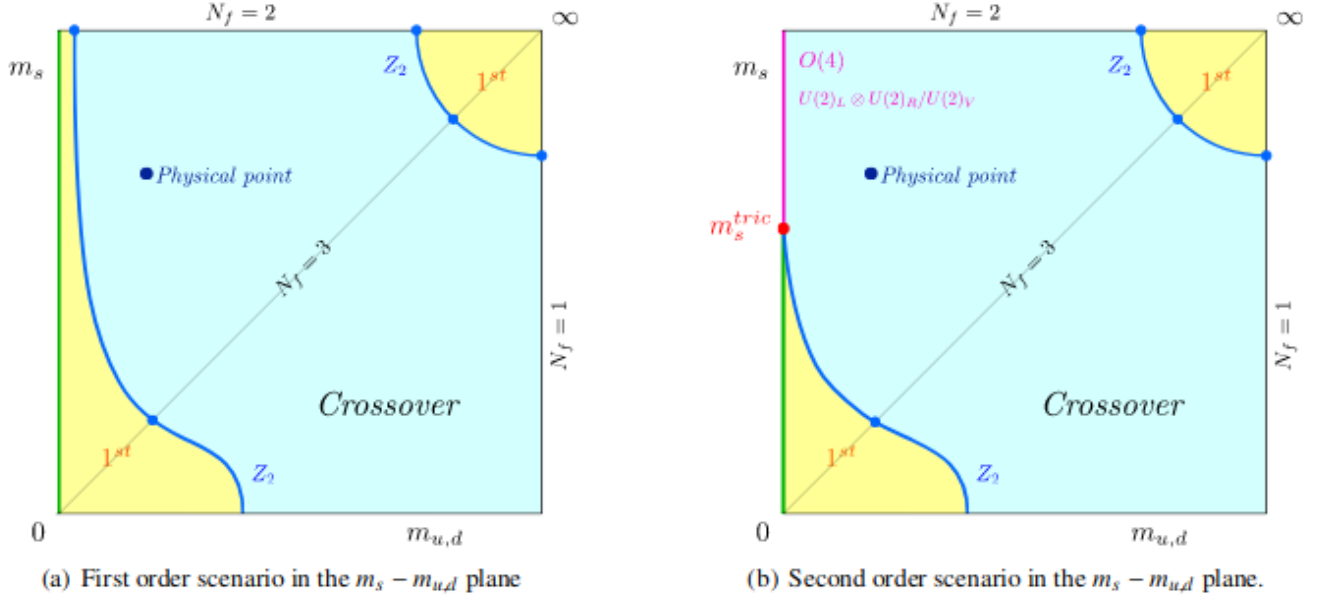


FIG. 2. Two possible scenarios for the Columbia Plot with the up and down quark mass taken to be identical. The “physical point” is the Standard Model. Plot from [3]

For N naturalness (or other mirror sector models), standard sectors with higher vevs possess more massive quarks; eventually, sectors with large enough vevs push us into the upper-right corner. Conversely, exotic sectors with zero vev feature incredibly light quarks and drop us into the bottom-left corner. In order to figure out the specifics of each sector, we follow the same procedure as [6] but generalize it to an arbitrary number of additional sectors. First, due to the parameters of each sector being taken to be identical save for the higgs mass squared (thus $v \neq v_i$, where v is the SM vev), we assume that the strong coupling of every sector is identical at some high scale. Explicitly, above the top quark mass scale $\Lambda_{QCD} = 89 \pm 5$ in \overline{MS} [7]. Since the running of the gauge coupling at scale μ is given by

$$\alpha_s(\mu) = \frac{2\pi}{11 - \frac{2n_f}{3}} \frac{1}{\ln \mu/\Lambda} \quad (9)$$

where n_f is the number of quark flavours and Λ is the confinement scale Λ_{QCD} [8].

For any other sector i we write out the expression as:

$$\alpha_s^i(\mu) = \frac{2\pi}{11 - \frac{2n_f^i}{3}} \frac{1}{\ln \mu/\Lambda^i}, \quad (10)$$

featuring the equivalent definitions for the additional sectors. Because we’ve set the strong couplings equal at high scales, $\Lambda = \Lambda^i$ for all i at scales above the top quark mass for the heaviest sector. However, since the masses of the quarks in each sector are different, we end up with a unique running of the coupling for each sector. At every quark mass threshold for a given sector, we match the

coupling strengths above and below the threshold and determine the new Λ^i for the lower scale:

$$\alpha_s^{i(5)} = \alpha_s^{i(6)} \quad (11)$$

and thus

$$\Lambda_{(5)}^i = (m_t^i)^{2/23} (\Lambda_{(6)}^i)^{21/23}. \quad (12)$$

Suppressing the i s for cleanliness, we can arrive at similar relations at the bottom and charm thresholds

$$\begin{aligned} \Lambda_{(4)} &= (m_b)^{2/25} (\Lambda_{(5)})^{23/25}, \\ \Lambda_{(3)} &= (m_c)^{2/23} (\Lambda_{(4)})^{25/27}. \end{aligned} \quad (13)$$

These can be combined to show that

$$\Lambda_{(3)} = (m_t m_b m_c)^{2/27} (\Lambda_{(6)})^{21/27}. \quad (14)$$

This type of matching procedure can be done as many times as necessary for a given sector. The process terminates when Λ_i for a given scale is larger than the next quark mass threshold (i.e running the scale down arrives at the Λ_{QCD} phase transition before reaching the next quark mass scale).

In cosmological terms, we can envision a sector’s thermal history unfolding where as the plasma cools below each quark mass threshold, said quarks are frozen out. At a certain point, the sector arrives at the QCD phase transition and confinement occurs (provided there are light enough quarks to confine) — if this occurs when ≥ 3 quarks are at a much lower scale or all quarks have already frozen out, we get the desired phase transition.

A. Standard Sectors

As mentioned in the previous sections (see Eq. (4)), refer to a particular equation for standard sectors with increasing index i the vevs of said sectors increase $v_i \propto \sqrt{i}$. This leads to increasingly heavy particle spectra for higher sectors — eventually leading to sectors that are essentially pure Yang-Mills that featuring strong first order phase transitions. This, of course, begs the question: at what index i do said phase transitions begin?

The actual boundary of region of interest on the Columbia plot is not precisely known and further lattice simulations are required to determine exactly where in parameter space cross-over transitions end and first order transitions begin. In lieu of such studies, we parameterize our ignorance in the form of a “slop factor” κ . Assuming the up and down quarks of each sector to be of roughly the same scale, we determine what sector i features $\kappa m_u^i \approx \Lambda_{QCD}$.

Using the methods outlined in the prior section we determine Λ_{QCD} to have a relevant value of

$$\Lambda_{(2)}^i = (m_s^i m_c^i m_b^i m_t^i)^{2/29} (\Lambda_{(6)}^i)^{21/29} \quad (15)$$

at the energy scale we’re interested in. $\Lambda_{(6)}^i$ is identical for all sectors and is taken to have a standard model value of $\Lambda_{MS}^{(6)} = (89 \pm 6) \text{ MeV}$ [7] what is that value?. Rewriting Eq. (15) in terms of standard model variables,

$$\Lambda_{(2)}^i = (m_s m_c m_b m_t i^2)^{2/29} (\Lambda_{(6)})^{21/29}. \quad (16)$$

Setting this equal to some multiple of the quark mass of sector i ,

$$\kappa m_u^i = \kappa m_u \sqrt{i} = (m_s m_c m_b m_t i^2)^{2/29} (\Lambda_{(6)})^{21/29}. \quad (17)$$

This can be solved for i :

$$i = \frac{(m_s m_c m_b m_t)^{4/25} (\Lambda_{(6)})^{42/25}}{(\kappa m_u)^{58/25}}. \quad (18)$$

The critical index demonstrates that even in the most extreme cases, where first order phase transitions occur with the up quark an order of magnitude less than Λ_{QCD} , the critical index is still ~ 1000 . Looking back to the energy density scaling in Eq. (8) refer to a particular equation we see that, within the context of N naturalness, the energy density of these sectors is at most 10^{-4} why not 10^{-3} ? that of our sector. As a result, As we will show below? the gravitational waves generated by the standard large i sectors in N naturalness will not generate detectable signatures.

However, if we move away from the standard N naturalness reheating mechanism and begin exploring mirror sectors with large vevs with $\mathcal{O}(> 10\%)$ of our energy density ρ_{SM} , we can have sectors with relatively high dark QCD scales that produce detectable gravitational waves. These sectors feature no baryons and, as

such, produce runaway bubbles similar to the exotic sectors in standard N naturalness. From Eq. (15) we can determine the confinement scale of an arbitrary mirror sector — the maximum possible given a 10^{16} limit [2] Is this actually an upper value of m_H^2 at the gut scale? The more sectors added in, the lower the scale of strong gravitational coupling. With more sectors than 10^{16} , the top sectors start having vevs higher than the gravitational scale of sectors is $\sim 38 \text{ GeV}$. After imposing N_{eff} constraints (as in Sec. IV), the energy density of said sector is limited to $\sim 0.25 \rho_{SM}$. The signals of this sector and other test cases like it are explored in Sec. V.

B. Exotic Sectors

In every exotic sector the fermion masses are exceptionally light: their masses are generated by dimension six operators with the Higgs integrated out as shown in Eq. (5) cite an equation from before, and are therefore all below the confinement scale. The exotic sectors all have identical one-loop running of the QCD gauge coupling, and thus all have approximately the same confinement scale given by $\Lambda_{ex} \sim 90 \text{ MeV}$. These sectors all have six light fermions, so a strong first order phase transition occurs for all exotic sectors at this temperature.

The confinement of these sectors directly leads to the production of both baryons and mesons as we have the spontaneous breaking of $SU(6) \times SU(6) \rightarrow SU(6)$ and thus 35 pseudo-Goldstone bosons. These become relevant in the calculation of gravitational wave signatures through the calculation of the critical phase transition strength, α_∞ , with α_∞ denotes the dividing line between the runaway regime ($\alpha > \alpha_\infty$) and the non-runaway regime ($\alpha < \alpha_\infty$). Explicitly [9–11],

$$\alpha_\infty = \frac{(T_h^{nuc})^2}{\rho_R} \left[\sum_{bosons} n_i \frac{\Delta m_i^2}{24} + \sum_{fermions} n_i \frac{\Delta m_i^2}{48} \right], \quad (19)$$

for particles with n_i degrees of freedom that obtain mass through the phase transition.

The masses obtained through the phase transition can be approximated through the use of a generalization of the Gell-Mann–Oakes–Renner relation Also cite Gell-Mann et al [12?],

$$m_\pi^2 = \frac{V^3}{F_\pi^2} (m_u + m_d), \quad (20)$$

where $V \sim \Lambda_{QCD}$, F_π is the pion decay constant. One expects that within a given sector $F_\pi \sim V \sim \Lambda_{QCD}$ [12] and as exotic sectors have $\Lambda_{ex} \sim 90 \text{ MeV}$ while the SM features $\Lambda_{QCD} = (332 \pm 17) \text{ MeV}$ [7] we expect at most $\mathcal{O}(1)$ difference in the $\sqrt{\frac{V^3}{F_\pi^2}}$ coefficient between sectors. So, for mesons in exotic sector i :

$$m_\pi^i \sim \sqrt{\frac{m_a^i + m_b^i}{m_a + m_b}} m_\pi. \quad (21)$$

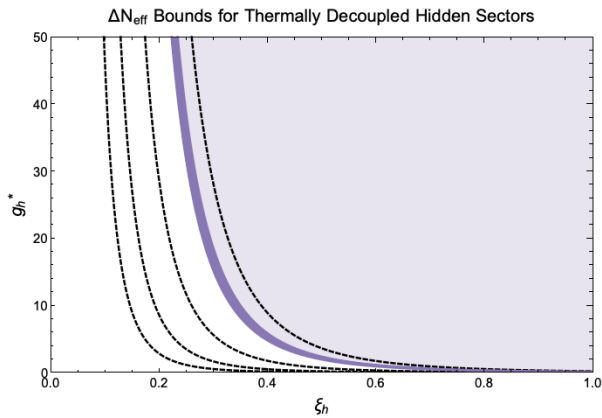


FIG. 3. ΔN_{eff} as a function of relativistic degrees of freedom in a fully decoupled hidden sector (g_h) and the temperature ratio of said sector. Contours set ΔN_{eff} to (0.01, 0.03, 0.1, 0.5) as the dashed lines, from left to right. Most stringent current N_{eff} bounds shade in purple.

Here, a and b denote the component quark flavours. It should also be noted that although free quarks cease to exist post phase transition in these exotic sectors their masses are so light that they do not contribute relevant amounts to α_∞ . What are m_a^i ? Is this the right formula, isn't V and f_π different from the SM to the i th exotic sector? Also, how do you compute Δm when you have a different set of particles inside (pions) as outside (quarks) the bubble?

Ultimately, calculating the critical phase transition strength for each sector using Eq. (19) indicates that every sector has a phase transition in the runaway regime. Thus, all exotic sectors have strong first order phase transitions that lead to runaway bubble walls.

IV. CONSTRAINTS

In general, the multi-hidden sector models explored here feature feature of huge number of (nearly) massless degrees of freedom. Dark photons, neutrinos, and the like abound in these sectors and, assuming a relatively high reheat temperature, the leptons, quarks, and baryons of these sectors are can easily be relativistic. In *Nnaturalness* this feature is realized quite dramatically: each of the thousands (or millions or billions) of sectors possess relativistic degrees of freedom. The presence of these particles can have two main effects: extra relativistic particles can alter the expansion history of the universe through changes to the energy density or hidden sectors can feature annihilations that reheat the photons or neutrinos of our sector near Big Bang Nucleosynthesis (BBN) and affect the light element abundances. The effective number of neutrino species, N_{eff} , is impacted by these contributions and, as such, is the strictest constraint that must be dealt with when studying these type of multi-phase transition models.

This is not the physics described in the previous paragraph. The SM predicts that $N_{eff}^{SM} = 3.046$ [13]. This is in good agreement with bounds from studies of the Cosmic Microwave Background (CMB) by Planck combined with baryon acoustic oscillations (BAO) measurements [14]:

$$N_{eff} = 2.99^{+0.34}_{-0.33}. \quad (22)$$

Are these 1σ ? Maybe show the 95% interval instead? These are 2σ Various different assumptions about the history of the universe can be made and different data sets can be chosen to obtain slightly different results [9] — for the purposes of this exploratory work, wading through this landscape is unnecessary.

For fully decoupled sectors that never enter (or reenter) thermal equilibrium with our sector, we obtain additional contributions to N_{eff}^{SM} [9]

$$\Delta N_{eff} = \frac{4}{7} \left(\frac{11}{4} \right)^{4/3} g_h \xi_h^4. \quad (23)$$

Here, g_h represents the effective number of relativistic degrees of freedom for the hidden sector when the hidden sector has a temperature $T_h = \xi_h T_\gamma$. Contours for Eq. (23) at various temperature ratios as well as CMB bounds are plotted in Fig. 3. We take this approach and generalize it to include many additional sectors:

$$\Delta N_{eff} = \sum_i \frac{4}{7} \left(\frac{11}{4} \right)^{4/3} g_i \xi_i^4. \quad (24)$$

As Fig. 3 Why is it figure V? demonstrates, sectors with a temperature ratio above $\xi_h \sim 0.6$ with even a couple of relativistic particles are immediately excluded by CMB constraints. Accordingly, the additional sectors present in this project must be heated to a much smaller fraction of our own sector's temperature. $\xi = 0.5$ and $g = 2$ is not excluded.

A. Exotic Sector Contributions

The original *Nnaturalness* paper focused on the (stronger) N_{eff} constraints from the additional standard sectors and ignored the exotic sectors altogether [2]; in contrast, we take the opposite approach. Since we're more interested in a more general scenario with multiple dark phase transitions, we focus in on whether zero vev sectors can dodge these N_{eff} bounds. Additionally,

$$\frac{(\Delta N_{eff}^i)_{CMB}}{(\Delta N_{eff}^i)_{BBN}} \geq 1 \quad (25)$$

for any sector i [2]. Because the constraints on N_{eff} are stronger at photon decoupling than at BBN, we can focus purely on the constraints provided by the former [14].

Within the framework of SM-like particle content (save the higgs mass parameter), our exotic sectors feature at

most 106.75 effective degrees of freedom at high energies: 72 from quarks, 12 from charged leptons, 6 from neutrinos, 16 from gluons, 2 from photons, 6 from W bosons (no longitudinal modes due to a no symmetry breaking), 4 from the higgs sector (again, no symmetry breaking leads to 3 additional modes), for a total of 118 degrees of freedom. Scaling the fermionic contributions by 7/8 gives us 106.75 effective relativistic degrees of freedom. After the higgses freeze out, 4 degrees of freedom are lost; when the QCD phase transition occurs 35 bosonic degrees of freedom are gained while 72 fermionic are lost, leaving 56.75 effective degrees of freedom. Since all additional sectors are colder than our own *Aren't they always colder than our own? Yes, they are.* by the time photon decoupling occurs ($T_\gamma \sim 0.39$ eV), the pions of all of these sectors will, in accordance with Eq. (20), have a much higher mass than the sector temperature and thus will have frozen out long before — leaving at most 11.25 effective degrees of freedom per sector *From photons and neutrinos? What about ΔN_{eff} constraints from BBN? This would be a much higher (SM) temperature.*

Coupling the number of effective degrees of freedom per sector with the energy density scaling of $\sim 1/m_H^4$ found in the zero vev sectors leads to tiny temperature ratios. Assuming a reheating temperature of 100 GeV and a completely uniform distribution of sectors, the temperature of the first exotic sector is slightly more than 6% of our sector at reheating. Applying Eq. (24) to this particular situation gives us:

$$\Delta N_{eff} = \sum_i \frac{4}{7} \left(\frac{11}{4} \right)^{4/3} g_i \left(\frac{(T_{RH_{E1}}/T_{RH})}{i^2} \right)^4 \sim 10^{-4}, \quad (26)$$

with $T_{RH_{E1}}/T_{RH}$ being the ratio of the reheat temperatures of the 1st exotic sector and our own sector (0.06 in standard $N_{naturalness}$ with $r = 1$). *Where does the 0.06 come from?* This is dominated by $i = 1$, the sector with the lowest Higgs mass (and thus the most energy density) gives us a contribution of $\mathcal{O}(10^{-4})$. Evolving the sectors thermal histories forward in time to the recombination era gives us a slightly larger value, but still of order $\mathcal{O}(10^{-4})$; well under current CMB bounds.

It should be noted that modifying the exotic sectors' structure (e.g. adjusting the exotic sectors to have a lower higgs mass squared or clustering multiple hidden sectors close to the first exotic one) leads to a ΔN_{eff} contribution that is larger than the base $N_{naturalness}$ case. This increase is not excluded by current bounds, indicating a large degree of liberty in the structure and number of exotic hidden sectors.

B. High Scale Transitions

The generalization of possible reheating mechanisms mentioned in section II — where the reheating mechanism no longer depends on the higgs' mass parameter of a given sector — opens up a wide range of hidden sec-

tors for study. Specifically, this allow mirror sectors with large vevs to reheat to significant energy densities and thus produce gravitational waves with enough power to be detected. Crucially, despite this analysis being limited to mirror sectors with large higgs' masses this analysis pertains to any strong, confining phase transition at high scales.

Since N_{eff} constraints remain our strongest cosmological bounds for massive standard sectors, our starting point for exploring the limits of high transition temperatures is Eq. (24). Assuming heavy, standard sectors (with the only relativistic particles being photons and neutrinos) we can saturate the bounds of Eq. (22) and solve for the maximum energy density allowed for any number of sectors:

$$\begin{aligned} \rho_i &\sim 0.25\rho_{SM} & 1 \text{ hidden sector,} \\ \rho_i &\sim 0.17\rho_{SM} & 5 \text{ hidden sectors,} \\ \rho_i &\sim 0.14\rho_{SM} & 10 \text{ hidden sectors,} \\ \rho_i &\sim 0.08\rho_{SM} & 100 \text{ hidden sectors.} \end{aligned} \quad (27)$$

Using these restrictions, we can examine the behaviour of standard sectors with a much larger vev than our own. In terms of the $N_{naturalness}$ framework, this consisted of looking at various different sectors above the critical index, as mentioned in Sec. III. The signals for both the maximal case (10^{16} limit) and several other high transition temperatures (involving sectors $i > 10^{10}$) scenarios are shown in Sec. V. *This assumes that only photons and neutrinos are relativistic? Yes.*

V. GRAVITATIONAL WAVE SIGNALS

Sectors other than the SM can be reheated through multifield inflationary theories, Reheaton models, etc. In these models, the SM will receive the majority of the energy density while the remaining energy density will be distributed, in a model dependent way, to the various hidden sectors. If there does not exist a portal between the sectors, they will remain decoupled and evolve independently. When looking at multiple thermally decoupled hidden sectors it is convenient to define the temperature ratio [cite cold,dark,noisy]

$$\xi_i \equiv \frac{T_i}{T_\gamma} \quad (28)$$

Where T_i is the temperature of the i^{th} hidden sector, and T_γ the temperature of the standard model (assuming radiation domination).

- first order phase transitions (strength, scale, origin) Right after reheating, the temperatures of the respective sectors are high leading to restoration of a given sector's symmetry. An example being the SM's $SU(3) \times SU(2) \times U(1)$ symmetry being restored as the scalar potential's vev becomes global minimum. As the

sectors cool down their scalar potentials may change, producing a new global vev at which the symmetry will break by an induced phase transition. Depending on the characteristics of the symmetry breaking, the phase transition may be strongly first ordered (SFOPT).

Once the temperature reaches the critical temperature the SFOPT will occur, at which bubbles of the new phase will start to nucleate. These bubbles will expand, eventually colliding and merging until the entire sector is within the new phase. These bubbles are described by the following Euclidean action

$$S_E(T) = \frac{1}{T} \int d^3x \left[\frac{1}{2} (\nabla\phi)^2 + V(\phi, T) \right] \quad (29)$$

Where the time component has been integrated out due to finite temperature effects. The system has solutions with a $O(3)$ symmetry. We leave the thermalized potential $V(\phi, T)$ general, since an exact QCD potential at the time of the chiral phase transition is not well understood. Some authors have used the chiral effective lagrangian to calculate a low energy thermalized potential for confining $SU(N)$.

The amount of energy density dumped into the individual sectors dictates the energy budget for the PT and hence for the gravitational waves. A quantity that characterizes the strength of the PT is the ratio of the latent heat and energy density of radiation, at the time of nucleation,

$$\alpha = \frac{\epsilon}{g_* \pi^2 (T_\gamma^{nuc})^4 / 30} \quad (30)$$

What is ϵ ? Assuming that there is a negligible amount of energy being dumped back into the SM radiation bath, which would cause significant reheating of ρ_γ , the latent heat of the PT ϵ should approximately be the energy density of the hidden sector going through the PT. g_* has weak temperature dependence in a single sector, but when dealing with multiple hidden sectors, g_* gains contributions from all N sector's relativistic degrees of freedom, weighted by their respective temperature ratios (energy densities).

$$g_* = g_{*,\gamma} + \sum_{i=1}^N g_{*,i} (\xi_i)^4 \quad (31)$$

It will be seen that for models with a significant number of hidden sectors, that the lack of substantial reheating in adjacent sectors will cause their respective g_* corrections to become negligible, $g_* \approx g_{*,\gamma}$.

Gravitational waves are produced with contributions from different components of the SFOPT's evolution. The three leading order contributions to the GW power spectrum are as follows:

- **Scalar field contributions Ω_ϕ :** Caused by collisions of the bubble walls, the solutions being completely dependent on the scalar field configuration. With efficiency factor $\kappa_\phi = 1 - \alpha_\infty/\alpha$.

- **Sound wave contributions Ω_v :** Sound waves within the plasma after bubble collision will produce β/H **Define β somewhere** enhanced gravitational waves. With efficiency factor $\kappa_v \propto \alpha_\infty/\alpha$.
- **Magnetohydrodynamics contributions Ω_B :** MTG shocks within the plasma, left over from the sound wave propagation, will produce gravitational waves. With efficiency factor $\kappa_{turb} \approx 0.1\kappa_v$.

The total gravitational wave power spectrum **Is Ω really a power spectrum? Isn't just an energy density?** is a linear combination of the three contributions,

$$h^2 \Omega_{GW} \approx h^2 \Omega_\phi + h^2 \Omega_v + h^2 \Omega_{turb} \quad (32)$$

In essence, this is a linear combination of the individual spectral shapes weighted by their efficiency factors κ . As shown in section IV, the mass spectrum from the dark QCD chiral breaking sectors is such that the runaway bubble condition is satisfied ($\alpha > \alpha_\infty$). In this case, the efficiency factors for sound wave and MHD contributions tend to zero and the GWs produced are purely from bubble collisions, $h^2 \Omega_{GW} \approx h^2 \Omega_\phi$. The form of the GW power spectrum at the time of nucleation is given as,

$$h^2 \Omega_{GW} = 7.7 \times 10^{-2} \left(\frac{\kappa_\phi \alpha}{1 + \alpha} \right)^2 \left(\frac{H}{\beta} \right)^2 S(f) \quad (33)$$

Where we have assumed an optimistic bubble wall velocity of $v \sim c$ for runaway bubbles. $S(f)$ is the frequency spectrum, and a parametric form has been found through numerical simulations of bubble wall collisions.

$$S(f) = \frac{3.8 (f/f_p)^{2.8}}{1 + 2.8 (f/f_p)^{3.8}} \quad (34)$$

The peak frequency, f_p is a function of the temperature of the SM at the time of nucleation. Depending on the model, the various hidden sectors can phase transition at different scales and therefore temperatures, cause a shift in the GW spectrum's peak frequency given by,

$$f_p = 3.8 \times 10^{-8} \text{ Hz} \left(\frac{\beta}{H} \right) \left(\frac{T_\gamma}{100 \text{ GeV}} \right) \left(\frac{g_*}{100} \right)^{\frac{1}{6}} \quad (35)$$

Define g_* Now that the framework has been laid out for the creation of GW from a single SFOPT, we generalize to multiple sectors going under independent, coherent SFOPT. In the models presented in this paper, we consider a subset of N -hidden sectors that phase transition at a SM temperature of T_γ^i . As the GWs propagate in free space, the energy density and frequency spectrum, at the time of production $\Omega_{GW}^*(f)$, will redshift to today's value $\Omega_{GW}^0(f) = \mathcal{A} \Omega_{GW}^*((a_0/a)f)$. **Define \mathcal{A}** Assuming that the sectors are completely decoupled before and after their respective SFOPT, the total GW power

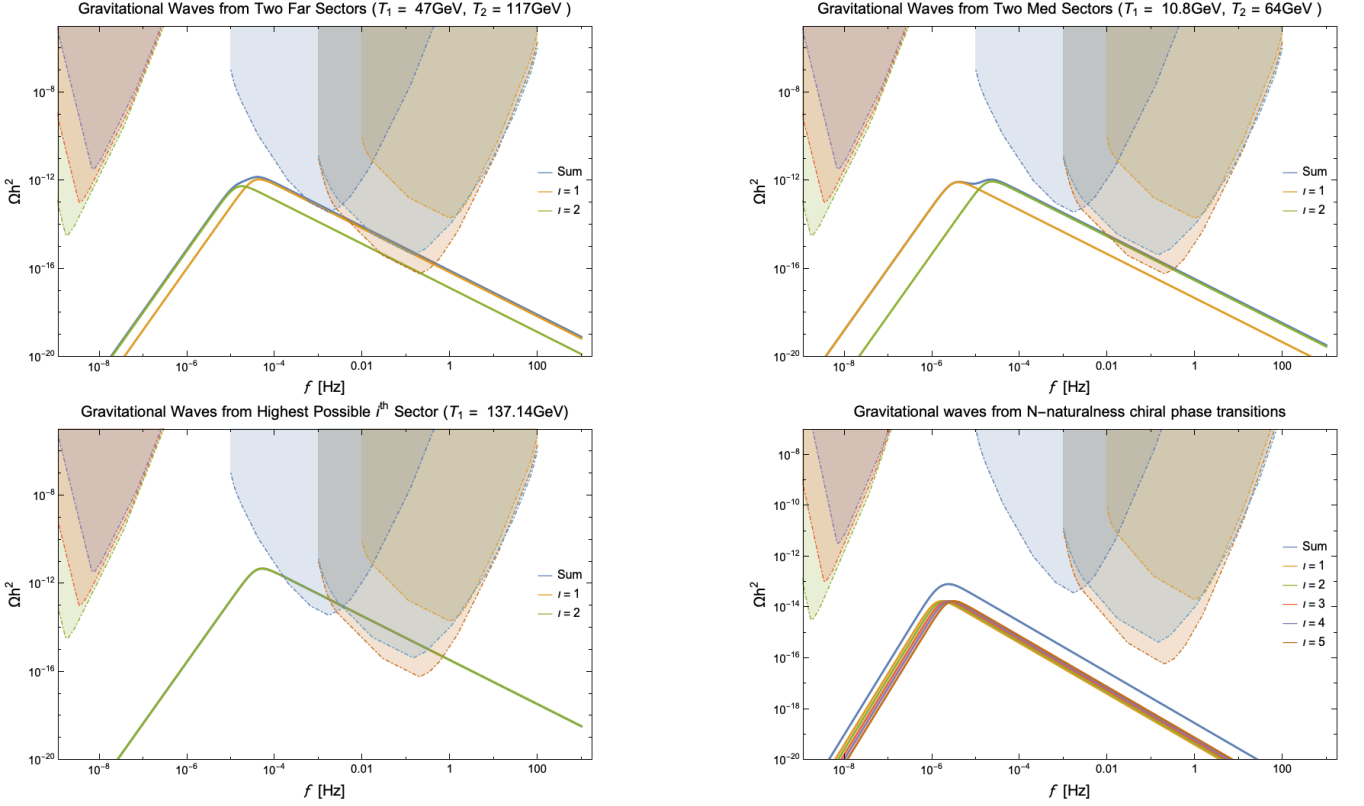


FIG. 4. Gravitational wave power spectrum for various models. The top row consists of two models with only two hidden sectors undergoing SFOPT at differing temperatures. The bottom right (left) are examples of exotic sectors, discussed in section V, with sectors reheated at $\rho \sim 0.25\rho_{SM}$ ($\rho \sim 0.17\rho_{SM}$). All contributions are assumed to be purely from bubble collisions Ω_ϕ , with $\beta/H = 10$. The shaded curves are the power law noise curves calculated from expected sensitivity curves for space-based interferometers and pulsar timing arrays; Lisa (blue), DECIGO (light blue), BBO (red), SKA 5-year (purple), SKA 10-year (orange), SKA 20-year (green)

spectrum that would be measured today is given by the coherent sum,

$$\Omega_{GW}^0 = \sum_i^N \mathcal{A}^i \Omega_{GW}^{i,*} ((a_0/a)_i f) \quad (36)$$

It is safe to assume that a subset of parameters of the SFOPT do not differ between sectors within Nnaturalness or other decoupled hidden sector models. In the case of N-copies of dark QCD-like phase transitions, the relativistic degrees of freedom, phase transition rate, the dark QCD scale, are all similar. This makes the redshifting factor, \mathcal{A}^i , independent of sector number. We can also see that the frequency dependence in the spec-

trum takes the form of f/f_p , this causes a cancellation of the redshifting factors in the ratios. As multiple sectors phase transition at different times, and therefore temperatures, the peaks will shift relative to each other, purely from the linear temperature dependence of the peak frequency $f_p \sim T_\gamma$. This is seen in figures ??, where the spectrum peaks are shifted causing a peak broadening of the convoluted spectrum. The broadening can be substantial if the hidden sectors transition between a large gap of time (temperature). Eventually, a temperature limit will be reached at which two (or multiple) peaks, if the amplitudes are comparable.

VI. CONCLUSION

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