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¹See [?] and [?] for reviews of metric and Palatini Higgs inflation, respectively.

²Note that even if there were no such coupling at tree level, it would be generated by quantum corrections [?].

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³See [?] for a review of various inflationary models and their compatibility with measurements.

⁴Also in the metric theory of gravity, there are proposals to increase Λ without introducing new degrees of freedom [? ?]. They rely on higher-dimensional operators. The perturbative cutoff in the theory studied in [?] was further discussed in [? ?].

 $^{^5{\}rm For~earlier}$ studies of preheating in metric Higgs inflation see [? ?].

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⁶See also [???] for early studies of quantum effects in Higgs inflation.

Other aspects of quantum effects in Palatini Higgs inflation have been considered in [???].

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⁸Also in the metric scenario, Eq. (??) can be integrated exactly, giving χ as a function of h [?].

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$$\epsilon = \frac{M_P^2}{2} \left(\frac{\mathrm{d}U/\mathrm{d}\chi}{U} \right)^2 , \qquad \eta = M_P^2 \frac{\mathrm{d}^2 U/\mathrm{d}^2 \chi}{U} , \qquad (2.1)$$

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⁹Because of its smaller preheating temperature, Palatini Higgs inflation is favorable for QCD axion models in which the Peccei-Quinn symmetry is broken before the end of inflation [?].

¹⁰We obtain this result by evaluating the value of y_t at the energy scale $M_P/\sqrt{10^7}$, starting from its low-energy value $y_t^{\text{low}} = 0.92354$; see the discussion below Eq. (??).

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$$column1 \operatorname{Tr} \ln \left(column1 \not \partial column1 \right)$$

$$column1 \frac{y_t^4}{64\pi^2} \left(\frac{2}{\bar{\epsilon}} column1 \ln \frac{y_t^2 F^2}{2\mu^2} column1 \frac{3}{2} \right) column1 column1 \tag{3.1}$$

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¹¹We assume that new heavy particles, if they exist at all, have no impact on inflation beyond changing the β-functions. We also ignore all quadratic divergences associated with these particles (see [? ? ?]).

¹²One can obtain this result by expressing the one-loop contribution to the vertex function in terms of the physical coupling, which is defined in the momentum dependent subtraction scheme at the scale μ and thus accounts for decoupling of heavy degrees of freedom for $\mu \ll m$.

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¹³In our approach, we exclude higher-dimensional operators that do not respect the approximate shift symmetry $\chi \to \chi$ +const of the potential $U(\chi)$. Adding those can easily make inflation impossible (or change inflationary predictions) [? ?]. In contrast, quantum corrections that are generated by the theory itself are small [?].

¹⁴We thank Fedor Bezrukov for kindly providing us with a script to do so. The script computes the running of the Standard Model couplings in the $\overline{\rm MS}$ -scheme. It uses two-loop matching of physical and $\overline{\rm MS}$ parameters [?] and three-loop RG evolution of coupling constants [?] (see also [???]). As an input, we use $\alpha_s(M_Z)=0.1181$ and $m_h=125.1\,{\rm GeV}$. The influence of ξ on the running is negligible [?], and we do not consider it.

¹⁵In fact, one should impose the slightly stricter criterion of avoiding eternal inflation because otherwise the classical treatment is not valid. Since it will turn out in the numerical analysis that $dU/d\chi$ never comes

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close to 0, this distinction is inessential.

¹⁶This bound only refers to inflation on the plateau. Other scenarios, such as hilltop inflation, can allow for smaller values of ξ ; see [? ?].

¹⁷A lower bound on ξ has already been discussed in a different setup in [?]. There, no connection was made to low-energy data of the Standard Model, i.e., λ_0 , b and q were treated as free parameters. Moreover, only positive values of λ_0 were considered. This led to $\xi_{\rm min} \approx 6 \cdot 10^6$ [?].

¹⁸It is an interesting numerical coincidence that $\delta\lambda$, the magnitude of which is essentially given by a loop factor, and values of λ that can support inflation are of the same order of magnitude.

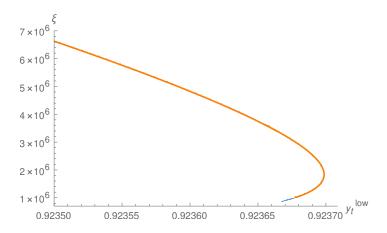


Figure 1: caption capt

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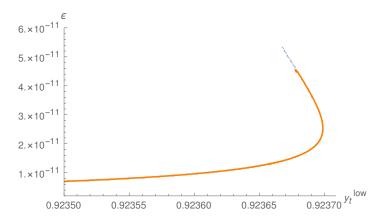


Figure 2: caption capt

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²⁰We use Mathematica [?] for the numerical analysis.