$$\Lambda = \frac{1}{\sqrt{g_b}} = \frac{P}{kT}$$

$$\frac{dP}{dt} = \frac{QP}{k_BT_b^2}$$

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$$\frac{dp}{p} = \frac{Q}{k_B T_b^2} dT \Rightarrow ln(\frac{p}{p_0}) = \frac{Q}{k_B} \left(\frac{1}{273405} - \frac{1}{293405} \right)$$