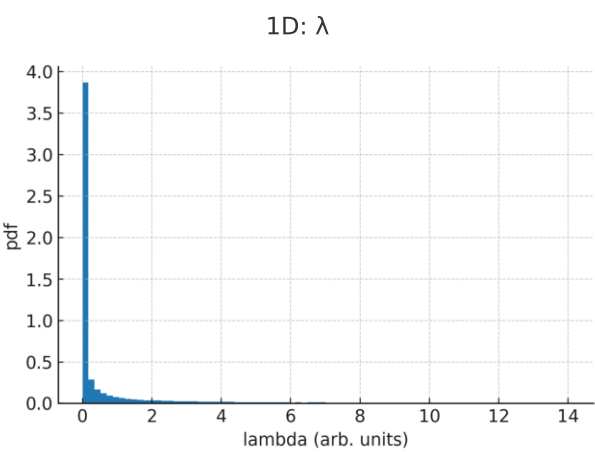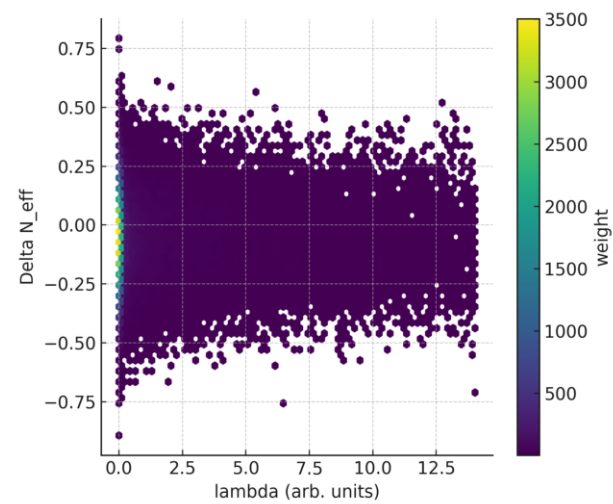Methods (brief): We convert the official NANOGrav 15-yr KDE free-spectrum to CSV, construct a simple likelihood in (λ, ΔN_eff) with a Planck-2018 prior, and obtain posteriors via grid sampling. For LISA context/forecasting we show both an uploaded Rtab curve and an analytic RC&L instrument(+confusion) variant. Late-time consistency is ensured by the ρ≪λ limit (PPN/binary pulsars).

Posterior: λ vs ΔN_eff

1D: λ

PTA→LISA instrument vs instrument+confusion

PTA → LISA sensitivity (instrument vs instrument+confusion)

- - - LISA instrument-only (RCL2019 approx)
—— LISA instrument+confusion (4-yr approx)
—— LISA instrument+confusion (10-yr approx)
⊹ PTA (NANOGrav 15yr KDE→CSV)