A plot of the tensor power spectrum, $\Delta_t^2(k)$ vs. no of e-folds, N for k = 1789.

Tensor power spectrum, $\Delta_t^2(k)$

No. of e-folds, N

$\Delta_t^2(k) = \frac{k^3}{2\pi^2} \frac{8|v_k|^2}{a^2}$