

Stochastic inflation and primordial black holes

Nottingham, 28 January 2022

Eemeli Tomberg, NICPB Tallinn
eemeli.tomberg@kbfi.ee

Based on 2012.06551, 2110.10684, 2111.07437, in
collaboration with D. Figueroa, S. Raatikainen, S. Räsänen

Concepts

Cosmic inflation

- Accelerating expansion of space in the early universe

Concepts

Cosmic inflation

- Accelerating expansion of space in the early universe

Cosmological perturbations

- Cosmic microwave background, ...

Concepts

Cosmic inflation

- Accelerating expansion of space in the early universe

Cosmological perturbations

- Cosmic microwave background, ...

Primordial black holes

- Dark matter candidate

Concepts

Stochastic inflation

Concepts

Stochastic inflation

- Includes non-linear effects

Concepts

Stochastic inflation

- Includes non-linear effects
- Numerical method: even more non-linearities

Part I:

Overview

Cosmic inflation

Hypothetical era in the early universe with accelerating expansion: $\ddot{a}(t) > 0$

$$ds^2 = -dt^2 + a^2(t)dx^2$$

Cosmic inflation

Hypothetical era in the early universe with accelerating expansion: $\ddot{a}(t) > 0$

$$ds^2 = -dt^2 + a^2(t)dx^2$$

Solves problems of the Big Bang model:
horizon, flatness, relic problems

Cosmic inflation

Hypothetical era in the early universe with accelerating expansion: $\ddot{a}(t) > 0$

$$ds^2 = -dt^2 + a^2(t)dx^2$$

Solves problems of the Big Bang model:
horizon, flatness, relic problems

Explains origin of cosmological perturbations

Cosmic inflation with a scalar field

$\ddot{a}(t) > 0$ accomplished by scalar field matter

$$S = \int d^4x \sqrt{-g} \left(\frac{1}{2} M_P^2 R - \frac{1}{2} (\partial_\mu \phi)^2 - V(\phi) \right)$$

Cosmic inflation with a scalar field

$\ddot{a}(t) > 0$ accomplished by scalar field matter

$$S = \int d^4x \sqrt{-g} \left(\frac{1}{2} M_P^2 R - \frac{1}{2} (\partial_\mu \phi)^2 - V(\phi) \right)$$

$$\ddot{\phi} + 3H\dot{\phi} + V'(\phi) = 0$$

$$3H^2 M_P^2 = \frac{1}{2} \dot{\phi}^2 + V(\phi), \quad H \equiv \frac{\dot{a}}{a}$$

Cosmic inflation with a scalar field

$\ddot{a}(t) > 0$ accomplished by scalar field matter

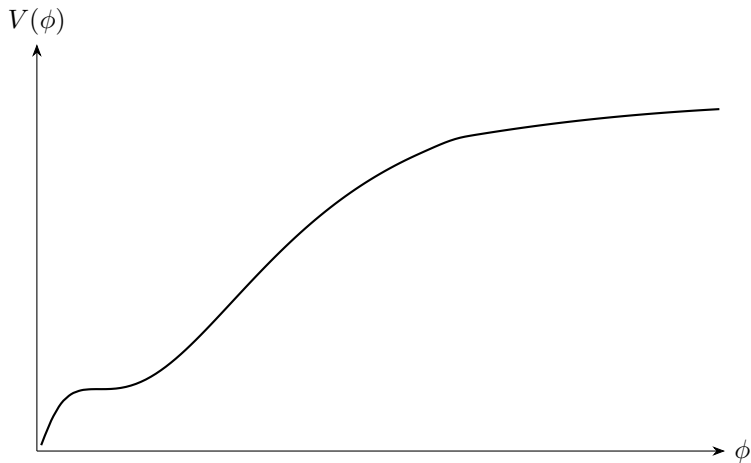
$$S = \int d^4x \sqrt{-g} \left(\frac{1}{2} M_P^2 R - \frac{1}{2} (\partial_\mu \phi)^2 - V(\phi) \right)$$

$$\ddot{\phi} + 3H\dot{\phi} + V'(\phi) = 0$$

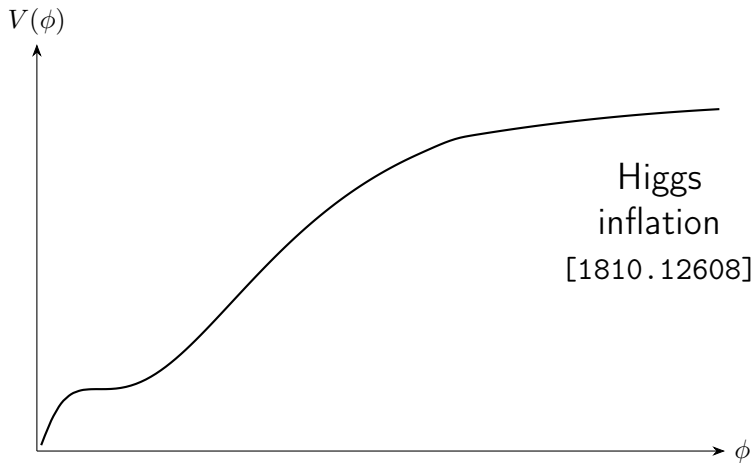
$$3H^2 M_P^2 = \frac{1}{2} \dot{\phi}^2 + V(\phi), \quad H \equiv \frac{\dot{a}}{a}$$

Inflation happens when $V(\phi)$ dominates over $\dot{\phi}^2$

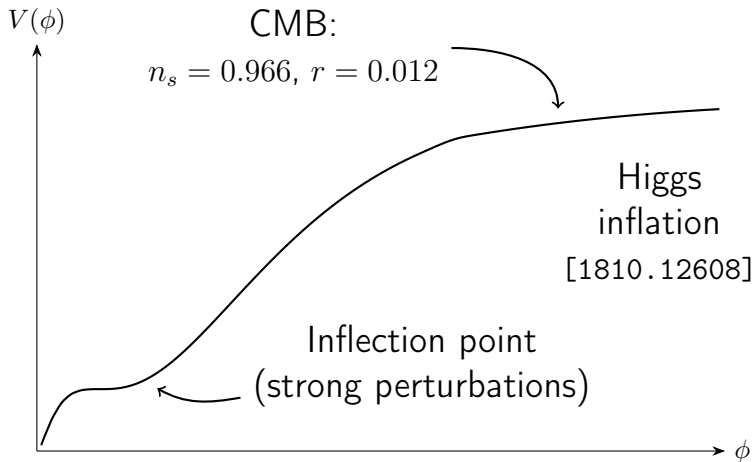
Our example model is typical



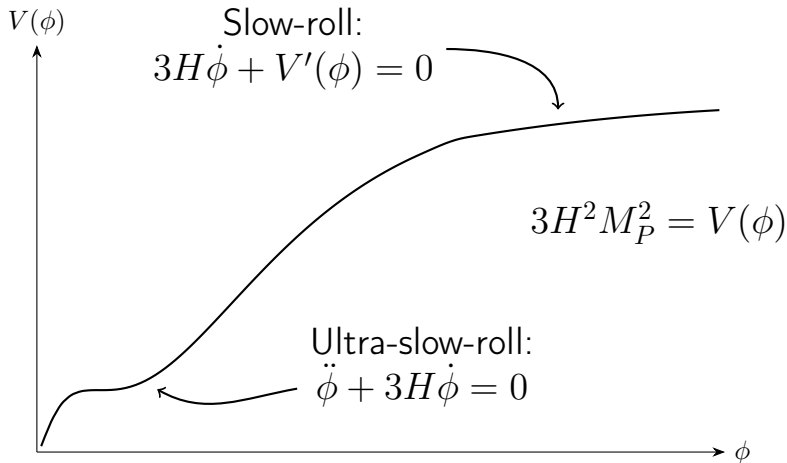
Our example model is typical



Our example model is typical



Our example model is typical



Perturbations depend on scale

Origin of perturbations: fluctuations of quantum vacuum

Perturbations depend on scale

Origin of perturbations: fluctuations of quantum vacuum

Space expands and perturbations get stretched

Perturbations depend on scale

Origin of perturbations: fluctuations of quantum vacuum

Space expands and perturbations get stretched

Perturbations (eventually) become classical and freeze after crossing Hubble horizon

Perturbations depend on scale

Origin of perturbations: fluctuations of quantum vacuum

Space expands and perturbations get stretched

Perturbations (eventually) become classical and freeze after crossing Hubble horizon

Strong perturbations from ultra-slow-roll inflation

Linear perturbation theory

Expand to linear order:

$$\delta\ddot{\phi}_{\vec{k}} + 3H\delta\dot{\phi}_{\vec{k}} + V''(\phi)\delta\phi_{\vec{k}} = 0$$

Comoving curvature perturbation and its power spectrum:

$$\mathcal{R}_{\vec{k}} = \frac{\delta\phi_{\vec{k}}H}{\dot{\phi}}, \quad \mathcal{P}_{\mathcal{R}}(k) = \frac{k^3}{2\pi^2} |\mathcal{R}_{\vec{k}}|^2$$

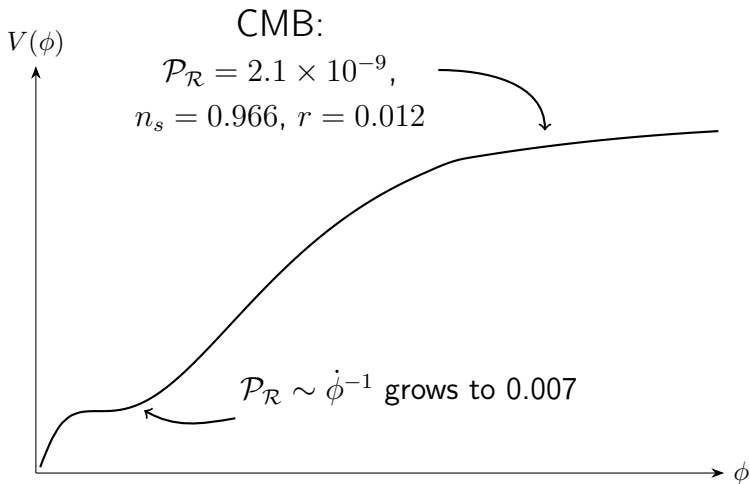
CMB observables in slow-roll

$$\mathcal{P}_{\mathcal{R}}(k) = A_s \left(\frac{k}{k_*} \right)^{n_s - 1}, \quad A_s = \frac{V}{24\pi^2 \epsilon_V},$$
$$n_s = 1 - 6\epsilon_V + 2\eta_V, \quad r = 16\epsilon_V,$$
$$\epsilon_V = \frac{M_P^2}{2} \left(\frac{V'}{V} \right)^2, \quad \eta_V = M_P^2 \frac{V''}{V}.$$

Observations (Planck):

$$k_* = 0.05 \text{Mpc}^{-1}, \quad A_s \approx 2.1 \times 10^{-9},$$
$$n_s \approx 0.96, \quad r \lesssim 0.08$$

Our example model



Must go beyond linear perturbations

Coarse-grain perturbations over super-Hubble scales

Gradient expansion: to leading order, coarse-grained perturbations follow locally (non-linear)

FLRW equations [Class.Q.Grav.9,1943(1992)]

Must go beyond linear perturbations

Coarse-grain perturbations over super-Hubble scales

Gradient expansion: to leading order, coarse-grained perturbations follow locally (non-linear)

FLRW equations [Class.Q.Grav.9,1943(1992)]

ΔN formalism: from FLRW variables to perturbation variables [astro-ph/9507001]

- Change in e-folds of expansion $\Delta N = \Delta \ln a =$ curvature perturbation \mathcal{R}

Stretching perturbations give stochastic kicks

When perturbations of a certain scale stretch to the coarse-graining scale, they get coarse-grained

Stretching perturbations give stochastic kicks

When perturbations of a certain scale stretch to the coarse-graining scale, they get coarse-grained

Result: 'kicks' to coarse-grained field.
Random due to quantum initial conditions

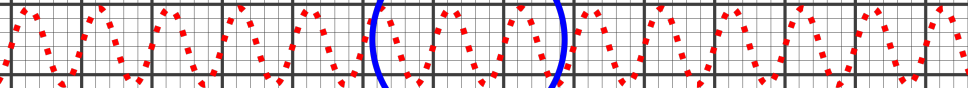
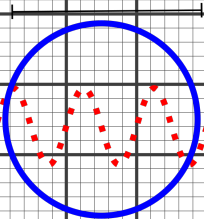
Stretching perturbations give stochastic kicks

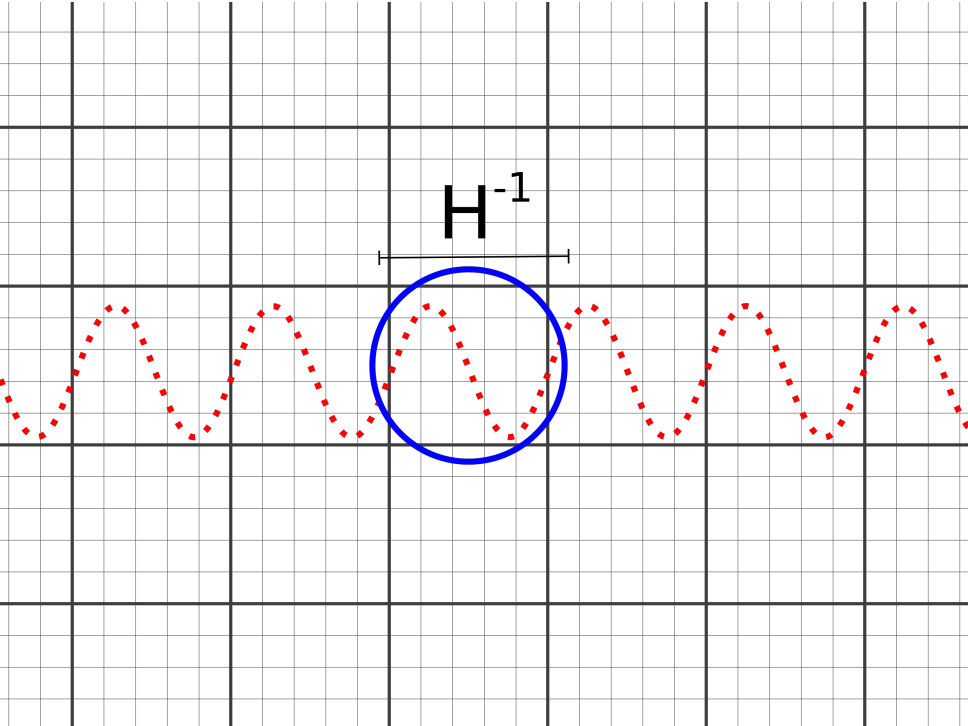
When perturbations of a certain scale stretch to the coarse-graining scale, they get coarse-grained

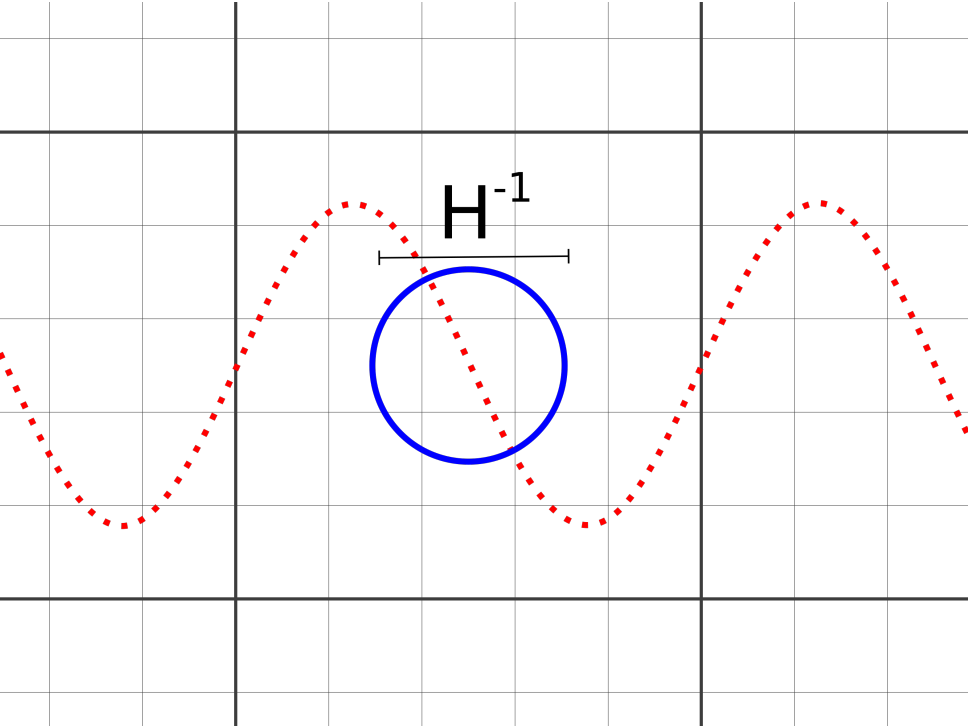
Result: 'kicks' to coarse-grained field.
Random due to quantum initial conditions

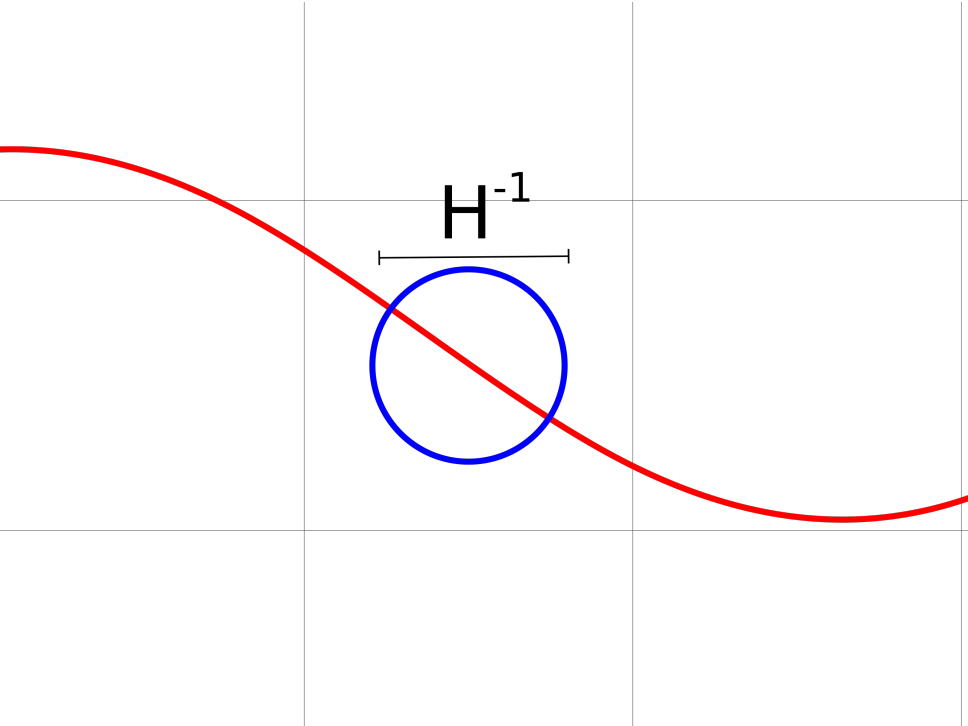
Stochastic evolution of local coarse-grained field
[Lect.Notes Phys.246,107(1986)]

H^1









PBHs form from strong perturbations

During radiation domination, perturbations re-enter Hubble radius

PBHs form from strong perturbations

During radiation domination, perturbations re-enter Hubble radius

Perturbation collapses to black hole if it exceeds threshold

[1309.4201, 1405.7023, 2011.03014]

PBHs form from strong perturbations

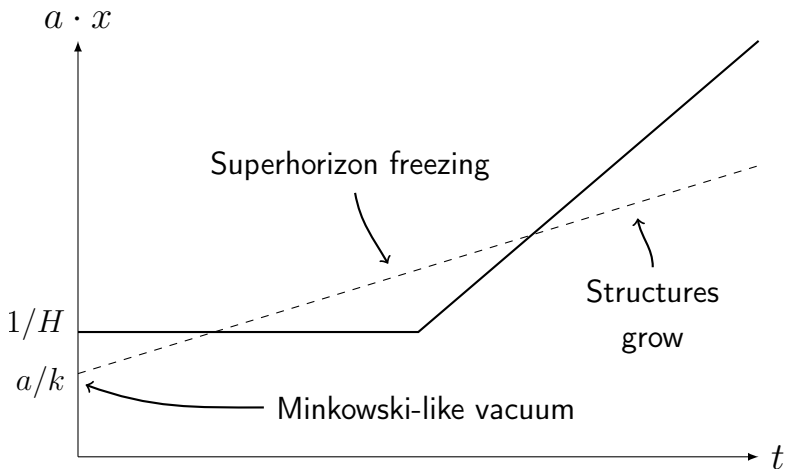
During radiation domination, perturbations re-enter Hubble radius

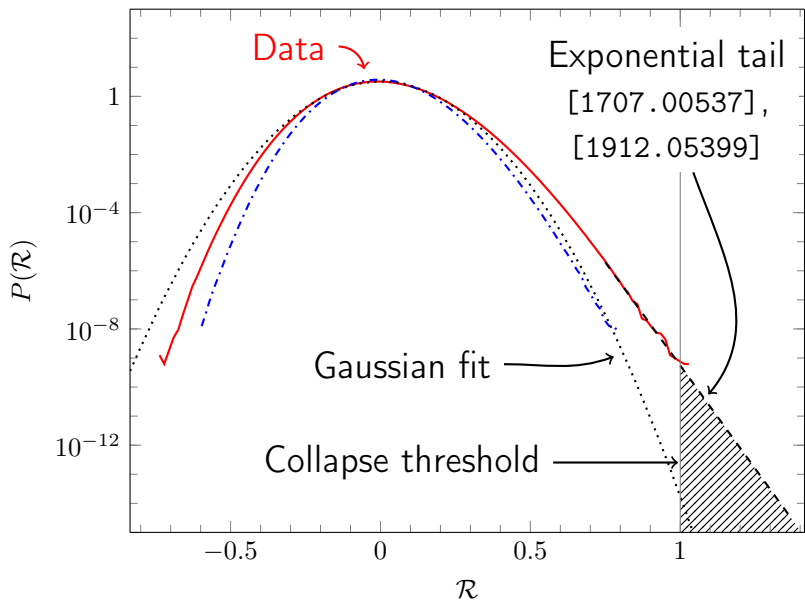
Perturbation collapses to black hole if it exceeds threshold

[1309.4201, 1405.7023, 2011.03014]

BH mass = all the mass inside one Hubble radius when the scale re-enters

Evolution of length scales





Part II:

Technical details

Dividing the field

Divide inflaton field ϕ into coarse-grained and short wavelength perturbations:

$$\phi = \underbrace{\int_{k < k_c} \frac{d^3k}{(2\pi)^{3/2}} \phi_{\vec{k}} e^{-i\vec{k}\cdot\vec{x}}}_{\bar{\phi}} + \underbrace{\int_{k > k_c} \frac{d^3k}{(2\pi)^{3/2}} \phi_{\vec{k}} e^{-i\vec{k}\cdot\vec{x}}}_{\delta\phi}$$

with coarse-graining scale $k_c = \sigma aH$, $\sigma < 1$

Dividing the field

Divide inflaton field ϕ into coarse-grained and short wavelength perturbations:

$$\phi = \underbrace{\int_{k < k_c} \frac{d^3 k}{(2\pi)^{3/2}} \phi_{\vec{k}} e^{-i\vec{k}\cdot\vec{x}}}_{\bar{\phi}} + \underbrace{\int_{k > k_c} \frac{d^3 k}{(2\pi)^{3/2}} \phi_{\vec{k}} e^{-i\vec{k}\cdot\vec{x}}}_{\delta\phi}$$

with coarse-graining scale $k_c = \sigma aH$, $\sigma < 1$

Define coarse-grained field momentum:

$$\bar{\pi} = \int_{k < k_c} \frac{d^3 k}{(2\pi)^{3/2}} \frac{\partial}{\partial N} \phi_{\vec{k}} e^{-i\vec{k}\cdot\vec{x}}$$

Coarse-graining induces noise

Time derivatives:

$$\bar{\phi}' = \bar{\pi} + \xi_{\phi}$$

$$\bar{\pi}' = \int_{k < k_c} \frac{d^3k}{(2\pi)^{3/2}} \frac{\partial^2}{\partial N^2} \phi_{\vec{k}} e^{-i\vec{k}\cdot\vec{x}} + \xi_{\pi}$$

ξ_{ϕ} , ξ_{π} are noise from drifting Fourier-modes:
random due to quantum initial conditions, with

$$\langle \xi_{\phi}^2 \rangle \sim |\phi_{k_c}|^2, \quad \langle \xi_{\pi}^2 \rangle \sim |\pi_{k_c}|^2$$

Field equations become stochastic

Full scalar field equation:

$$\partial^\mu \partial_\mu \phi - V'(\phi) = 0$$

Field equations become stochastic

Full scalar field equation:

$$\phi'' + \left(3 + \frac{H'}{H}\right)\phi' - \frac{1}{a^2 H^2} \nabla^2 \phi + \frac{V'(\phi)}{H^2} = 0$$

Field equations become stochastic

Full scalar field equation:

$$\begin{aligned} & \int \frac{d^3k}{(2\pi)^{3/2}} \frac{\partial^2}{\partial N^2} \phi_{\vec{k}} e^{-i\vec{k}\cdot\vec{x}} + \left(3 + \frac{H'}{H}\right) (\bar{\pi} + \delta\pi) \\ & - \frac{1}{a^2 H^2} \nabla^2 \bar{\phi} - \frac{1}{a^2 H^2} \nabla^2 \delta\phi \\ & + \frac{1}{H^2} \left(V'(\bar{\phi}) + \frac{1}{2} V''(\bar{\phi}) \delta\phi + \frac{1}{6} V'''(\bar{\phi}) \delta\phi^2 + \dots \right) \\ & = 0 \end{aligned}$$

Field equations become stochastic

Full scalar field equation:

$$\begin{aligned} & \int \frac{d^3k}{(2\pi)^{3/2}} \frac{\partial^2}{\partial N^2} \phi_{\vec{k}} e^{-i\vec{k}\cdot\vec{x}} + \left(3 + \frac{H'}{H}\right) (\bar{\pi} + \delta\pi) \\ & - \frac{1}{a^2 H^2} \nabla^2 \bar{\phi} - \frac{1}{a^2 H^2} \nabla^2 \delta\phi \\ & + \frac{1}{H^2} \left(V'(\bar{\phi}) + \frac{1}{2} V''(\bar{\phi}) \delta\phi + \frac{1}{6} V'''(\bar{\phi}) \delta\phi^2 + \dots \right) \\ & = 0 \end{aligned}$$

Field equations become stochastic

Full scalar field equation:

$$\bar{\pi}' + \left(3 + \frac{H'}{H}\right)\bar{\pi} + \frac{1}{H^2}V'(\bar{\phi}) = \xi_\pi$$

$$\bar{\phi}' = \bar{\pi} + \xi_\phi$$

$$\delta\phi''_{\vec{k}} + \left(3 + \frac{H'}{H}\right)\delta\phi'_{\vec{k}} + \left(\frac{k^2}{a^2H^2} + \frac{1}{H^2}V''(\bar{\phi})\right)\delta\phi_{\vec{k}} = 0$$

Field equations become stochastic

Full scalar field equation:

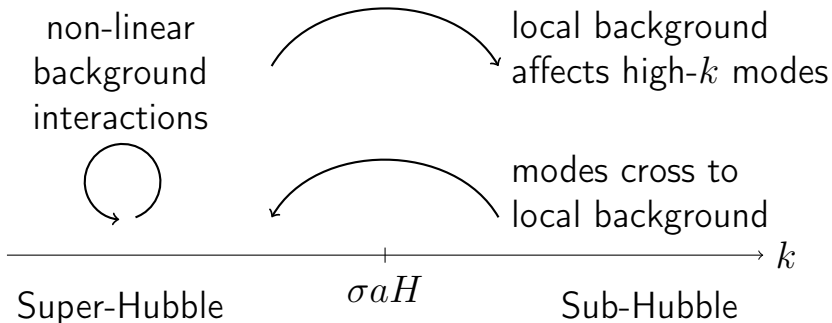
$$\bar{\pi}' + \left(3 + \frac{H'}{H}\right)\bar{\pi} + \frac{1}{H^2}V'(\bar{\phi}) = \xi_\pi$$

$$\bar{\phi}' = \bar{\pi} + \xi_\phi$$

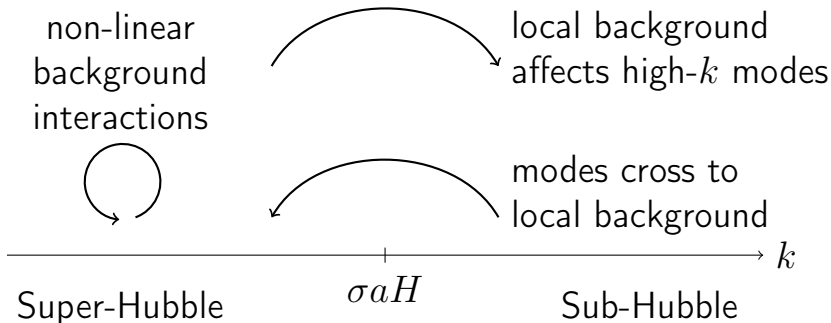
$$\delta\phi_{\vec{k}}'' + \left(3 + \frac{H'}{H}\right)\delta\phi_{\vec{k}}' + \left(\frac{k^2}{a^2H^2} + \frac{1}{H^2}V''(\bar{\phi})\right)\delta\phi_{\vec{k}} = 0$$

$$3H^2 = \frac{1}{2}\bar{\pi}^2 + V(\bar{\phi})$$

Non-linear interactions included



Non-linear interactions included



Compare to [simpler](#) approach with noise $\sim \frac{H^2}{2\pi^2}$

Perturbations start in Bunch-Davies vacuum

Perturbation initial conditions are

$$\delta\phi_{\vec{k}} = \frac{1}{a\sqrt{2k}}, \quad \delta\phi'_{\vec{k}} = -\left(1 + i\frac{k}{aH}\right)\delta\phi_{\vec{k}}$$

We follow modes from deep within the Hubble radius to coarse-graining scale to get the kicks

Discrete time steps give finite kicks

Free quantum scalar field: Gaussian statistics,
white noise,

$$\langle \xi_\phi^2 \rangle = \langle (\Delta \bar{\phi})^2 \rangle = dN \frac{k^3}{2\pi^2} \left(1 + \frac{H'}{H}\right) |\delta\phi_{\vec{k}}|^2$$

Discrete time steps give finite kicks

Free quantum scalar field: Gaussian statistics, white noise,

$$\langle \xi_\phi^2 \rangle = \langle (\Delta \bar{\phi})^2 \rangle = dN \frac{k^3}{2\pi^2} \left(1 + \frac{H'}{H}\right) |\delta\phi_{\vec{k}}|^2$$

Squeezed state: ξ_ϕ and ξ_π are highly correlated, so that $\Delta \bar{\pi} = \frac{\delta\phi'_{\vec{k}}}{\delta\phi_{\vec{k}}} \Delta \bar{\phi}$

Kicks are turned off when target
scale reached

We are interested in PBHs with a specific mass M_{PBH} ,
corresponding to a specific scale k_{PBH}

Kicks are turned off when target scale reached

We are interested in PBHs with a specific mass M_{PBH} , corresponding to a specific scale k_{PBH}

After this scale gets coarse-grained, no more kicks

Kicks are turned off when target scale reached

We are interested in PBHs with a specific mass M_{PBH} , corresponding to a specific scale k_{PBH}

After this scale gets coarse-grained, no more kicks

- Coarse-grained patch has correct size for PBH formation

Kicks are turned off when target scale reached

We are interested in PBHs with a specific mass M_{PBH} , corresponding to a specific scale k_{PBH}

After this scale gets coarse-grained, no more kicks

- Coarse-grained patch has correct size for PBH formation
- Shorter wavelengths don't contribute: they are 'smoothed over'

ALGORITHM

Track numerically evolution of coarse-grained field $\bar{\phi}$ and linear perturbations $\delta\phi$

ALGORITHM

Track numerically evolution of coarse-grained field $\bar{\phi}$ and linear perturbations $\delta\phi$

- Initial conditions: CMB scale, Bunch–Davies vacuum

ALGORITHM

Track numerically evolution of coarse-grained field $\bar{\phi}$ and linear perturbations $\delta\phi$

- Initial conditions: CMB scale, Bunch–Davies vacuum

Stochastic evolution with backreaction

ALGORITHM

Track numerically evolution of coarse-grained field $\bar{\phi}$ and linear perturbations $\delta\phi$

- Initial conditions: CMB scale, Bunch–Davies vacuum

Stochastic evolution with backreaction

Stochastic kicks end when PBH scale reached

ALGORITHM

Track numerically evolution of coarse-grained field $\bar{\phi}$ and linear perturbations $\delta\phi$

- Initial conditions: CMB scale, Bunch–Davies vacuum

Stochastic evolution with backreaction

Stochastic kicks end when PBH scale reached

Continue (without kicks) to constant- ϕ hypersurface, record N

ALGORITHM

Track numerical evolution of coarse-grained field $\bar{\phi}$ and linear perturbations $\delta\phi$

- Initial conditions: CMB scale, Bunch–Davies vacuum

Stochastic evolution with backreaction

Stochastic kicks end when PBH scale reached

Continue (without kicks) to constant- ϕ hypersurface, record N

Repeat 10^{11} times, collect statistics

Part III:

Numerical results

Want tiny initial PBH fraction

PBH fraction today:

$$\Omega_{\text{PBH}} \approx 9 \times 10^7 \gamma^{\frac{1}{2}} \beta \left(\frac{M}{M_{\odot}} \right)^{-\frac{1}{2}} \sim 0.3$$

Want tiny initial PBH fraction

PBH fraction today:

$$\Omega_{\text{PBH}} \approx 9 \times 10^7 \gamma^{\frac{1}{2}} \beta \left(\frac{M}{M_{\odot}} \right)^{-\frac{1}{2}} \sim 0.3$$

Our example: asteroid mass PBHs,

$$M_{\text{PBH}} = 10^{-14} M_{\odot}, k_{\text{PBH}} = 10^{13} \text{ Mpc}^{-1}$$

(USR ends when k_{PBH} gets coarse-grained)

Want tiny initial PBH fraction

PBH fraction today:

$$\Omega_{\text{PBH}} \approx 9 \times 10^7 \gamma^{\frac{1}{2}} \beta \left(\frac{M}{M_{\odot}} \right)^{-\frac{1}{2}} \sim 0.3$$

Our example: asteroid mass PBHs,

$$M_{\text{PBH}} = 10^{-14} M_{\odot}, k_{\text{PBH}} = 10^{13} \text{ Mpc}^{-1}$$

(USR ends when k_{PBH} gets coarse-grained)

Need initial fraction $\beta \sim 10^{-16}$

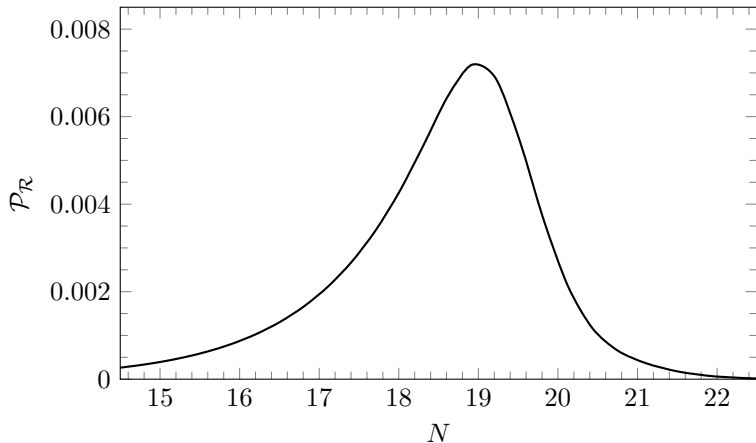
Model fitted by Gaussian approximation

With Gaussian statistics:

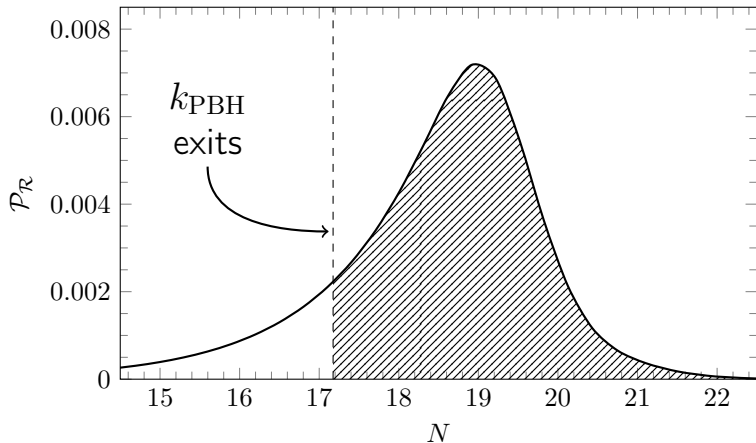
$$\sigma_{\mathcal{R}}^2 \equiv \int^{k_{\text{PBH}}} d(\ln k) \mathcal{P}_{\mathcal{R}}(k)$$

$$\beta = 2 \int_{\mathcal{R}_c}^{\infty} d\mathcal{R} \frac{1}{\sqrt{2\pi}\sigma_{\mathcal{R}}} e^{-\frac{\mathcal{R}^2}{2\sigma_{\mathcal{R}}^2}} \approx \frac{\sqrt{2}\sigma_{\mathcal{R}}}{\sqrt{\pi}\mathcal{R}_c} e^{-\frac{\mathcal{R}_c^2}{2\sigma_{\mathcal{R}}^2}}$$

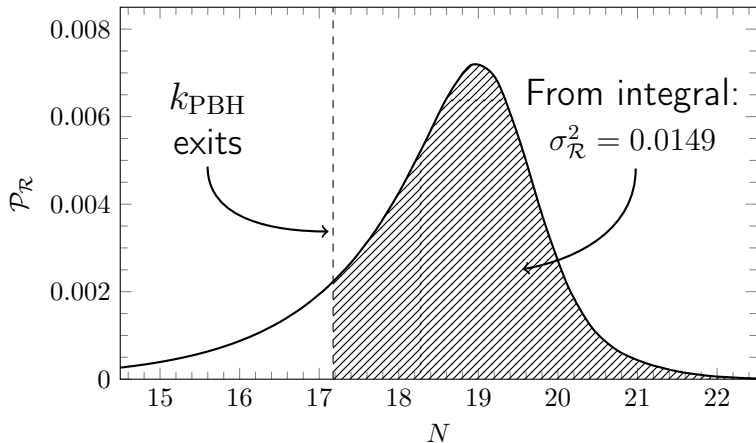
Model fitted by Gaussian approximation



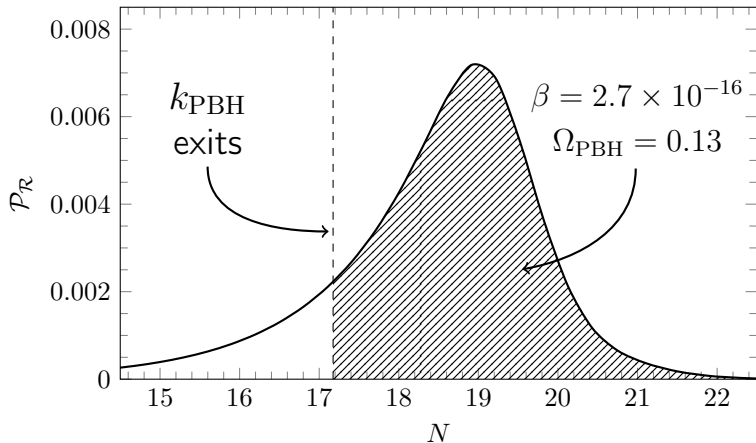
Model fitted by Gaussian approximation

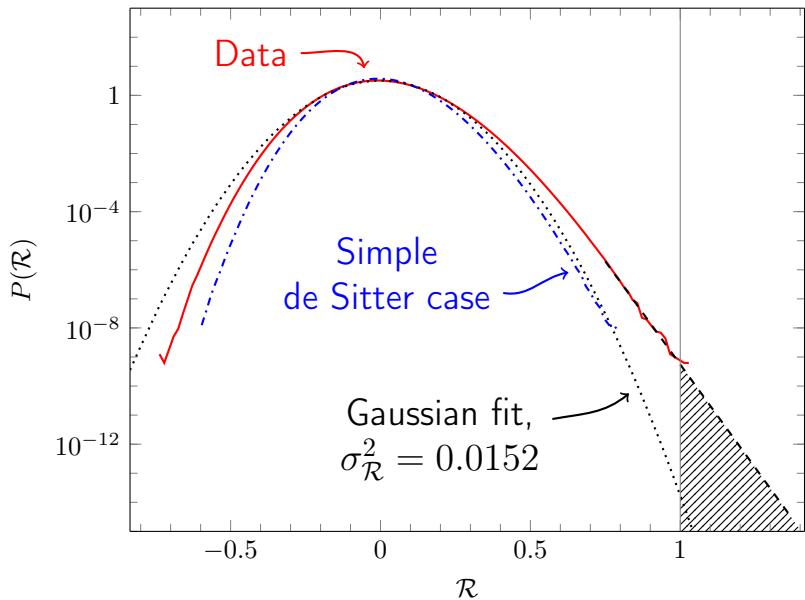


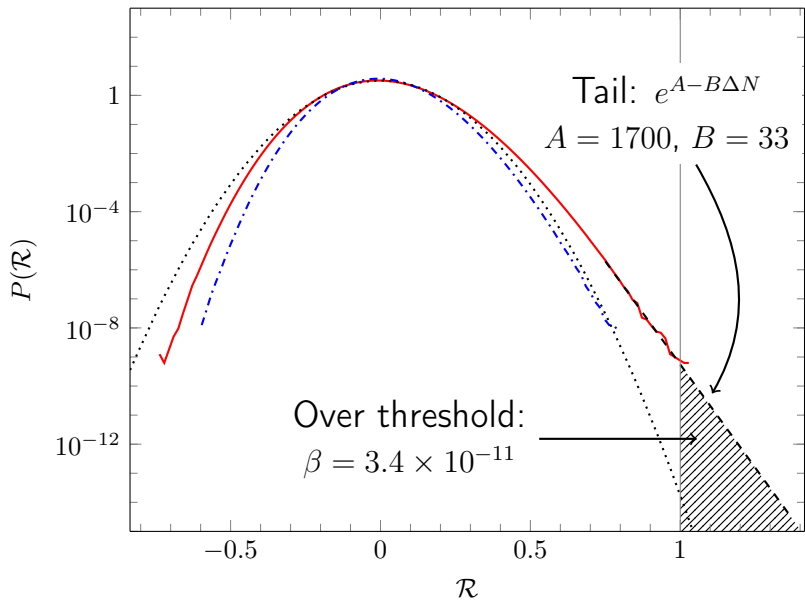
Model fitted by Gaussian approximation

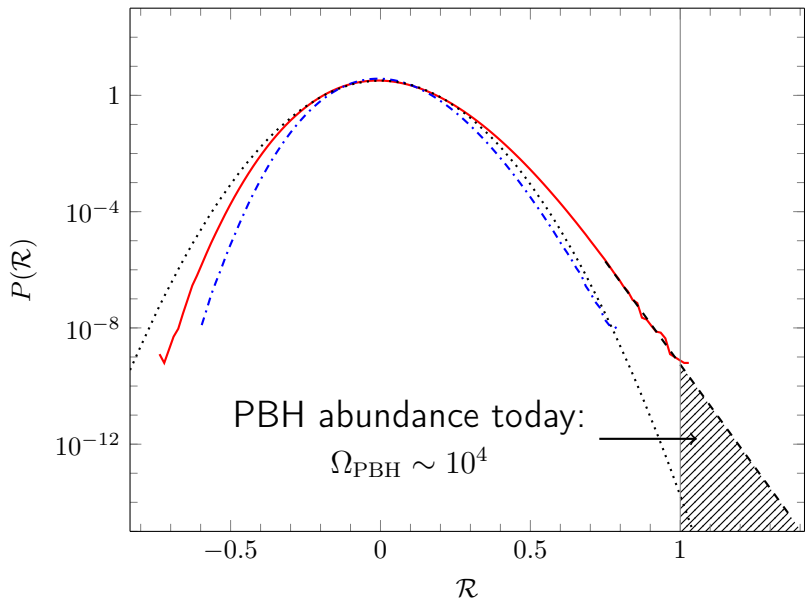


Model fitted by Gaussian approximation









...true abundance much higher

Numerics: exponential tail, with

$$\beta = 3.4 \times 10^{-11}, \quad \Omega_{\text{PBH}} = 1.6 \times 10^4$$

Larger than Gaussian result by factor 10^5 !

...true abundance much higher

Numerics: exponential tail, with

$$\beta = 3.4 \times 10^{-11}, \quad \Omega_{\text{PBH}} = 1.6 \times 10^4$$

Larger than Gaussian result by factor 10^5 !

Other sources of error: uncertainty in \mathcal{R}_c ,
window functions, different Gaussian
computation schemes, ...

Alternate setups

Performed simulations in three ways:

Alternate setups

Performed simulations in three ways:

1. **Full simulation** with modes and backreaction

Alternate setups

Performed simulations in three ways:

1. **Full simulation** with modes and backreaction
2. Modes from unperturbed background, no backreaction

Alternate setups

Performed simulations in three ways:

1. **Full simulation** with modes and backreaction
2. Modes from unperturbed background, no backreaction
3. **No modes**; noise $\sim H^2$

Alternate setups

Performed simulations in three ways:

1. **Full simulation** with modes and backreaction
2. Modes from unperturbed background, no backreaction
3. **No modes**; noise $\sim H^2$

Results: 2 is identical to 1; 3 is not.

Backreaction on modes not important;
mode evolution is!

Other scenarios

We also studied other similar potentials, tuned to produce PBHs of different masses:

Other scenarios

We also studied other similar potentials, tuned to produce PBHs of different masses:

- Solar mass: $M = 4.7M_{\odot}$,
 $\Omega_{\text{PBH}}^{\text{Gauss}} = 0.17$, $\Omega_{\text{PBH}}^{\text{data}} = 1.6$, $\Omega_{\text{PBH}}^{\text{de Sitter}} = 125$

Other scenarios

We also studied other similar potentials, tuned to produce PBHs of different masses:

- Solar mass: $M = 4.7M_{\odot}$,
 $\Omega_{\text{PBH}}^{\text{Gauss}} = 0.17$, $\Omega_{\text{PBH}}^{\text{data}} = 1.6$, $\Omega_{\text{PBH}}^{\text{de Sitter}} = 125$
- Galaxy seeds: $M = 1.8 \times 10^3 M_{\odot}$,
 $\Omega_{\text{PBH}}^{\text{Gauss}} = 1.4 \times 10^{-5}$, $\Omega_{\text{PBH}}^{\text{data}} = 0.05$, $\Omega_{\text{PBH}}^{\text{de Sitter}} = 17$

Other scenarios

We also studied other similar potentials, tuned to produce PBHs of different masses:

- Solar mass: $M = 4.7M_{\odot}$,
 $\Omega_{\text{PBH}}^{\text{Gauss}} = 0.17$, $\Omega_{\text{PBH}}^{\text{data}} = 1.6$, $\Omega_{\text{PBH}}^{\text{de Sitter}} = 125$
- Galaxy seeds: $M = 1.8 \times 10^3 M_{\odot}$,
 $\Omega_{\text{PBH}}^{\text{Gauss}} = 1.4 \times 10^{-5}$, $\Omega_{\text{PBH}}^{\text{data}} = 0.05$, $\Omega_{\text{PBH}}^{\text{de Sitter}} = 17$
- Planck mass relics: $M = 1.4 \times 10^3 \text{ kg}$,
 $\Omega_{\text{PBH}}^{\text{Gauss}} = 0.11$, $\Omega_{\text{PBH}}^{\text{data}} = 2.4 \times 10^7$, $\Omega_{\text{PBH}}^{\text{de Sitter}} = 5 \times 10^{-24}$

Future directions

Reducing numerical load

Correlations between different scales

PBH statistics from exponential tail

Conclusions

Inflation produces cosmological perturbations;
strongest collapse to black holes

Non-Gaussian tail of probability distribution
important for black hole statistics

Stochastic inflation allows us to probe this

Numerical simulations improve accuracy; mode
evolution is important, backreaction not

Thank you!

What about σ ?

Coarse-graining parameter $\sigma < 1$ is a free parameter

- Results may depend on it

What about σ ?

Coarse-graining parameter $\sigma < 1$ is a free parameter

- Results may depend on it

Want to make a physically well-motivated choice

- Want a lot of non-linear interactions: large σ
- Want kicks to be classical: small σ

Demanding high squeezing sets σ

Classicality measured by squeezing of quantum state

- Squeezed state: phase space probability distribution classical
- Also, ξ_ϕ and ξ_π correlated

Demanding high squeezing sets σ

Classicality measured by squeezing of quantum state

- Squeezed state: phase space probability distribution classical
- Also, ξ_ϕ and ξ_π correlated

$$\cosh(2r_k) = a^3 \left(\frac{k}{a} |\delta\phi_k|^2 + \frac{a}{k} H^2 |\delta\phi'_k|^2 \right)$$

Our choice: $\sigma = 0.01$ ensures $\cosh(2r_k) > 100$ for all modes when they exit k_c

What about gauge issues?

$\delta\phi$ and thus kicks solved in spatially flat gauge

- Easy to solve

What about gauge issues?

$\delta\phi$ and thus kicks solved in spatially flat gauge

- Easy to solve

To have no kicks in scale factor, need uniform- N gauge

What about gauge issues?

$\delta\phi$ and thus kicks solved in spatially flat gauge

- Easy to solve

To have no kicks in scale factor, need uniform- N gauge

Tests and theory: no significant difference
[1905.06300]

Model details

$$V = \frac{\lambda(h)}{4} F(h)^4$$

$$F(h) = \frac{Ah}{\sqrt{1+B\xi(h-C)^2}}, \quad \frac{dh}{d\chi} = \frac{1+\xi h^2}{\sqrt{1+\xi h^2+6\xi^2 h^2}}$$

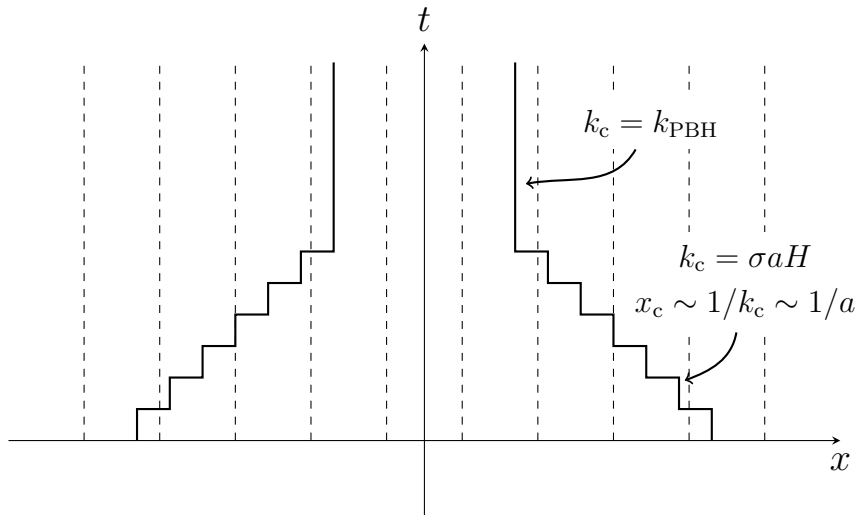
$$\xi = 38.8$$

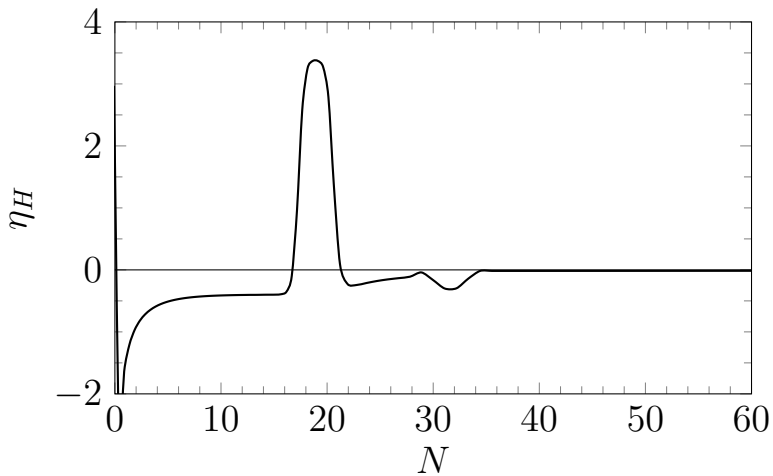
$$n_s = 0.966, \quad r = 0.012, \quad A_s = 2.1 \times 10^{-9}$$

USR between 17.2 and 20.8 e-folds

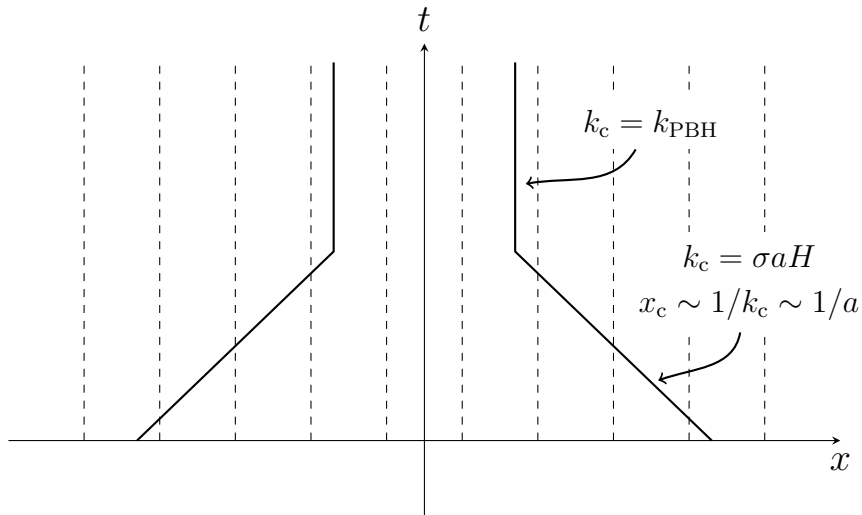
[1810.12608]

Evolution of patch size





Evolution of patch size



Algorithm 1: Evolution for each run

Set initial values for N , $\bar{\phi}$, $\bar{\pi}$. Set $k_{\text{next}} = k_*$. Set current kick coefficient to zero.

while $\bar{\phi} > \bar{\phi}_f$ **do**

Evolve N , $\bar{\phi}$, $\bar{\pi}$.

for all modes k in the simulation **do**

if $k > \sigma aH$ **then**

 Evolve $\delta\phi_{\vec{k}}$, $\delta\phi'_{\vec{k}}$.

else

 Evolve $\delta\phi_{\vec{k}}$, $\delta\phi'_{\vec{k}}$ to $k = \sigma aH$. Set the current kick coefficient from $\delta\phi_{\vec{k}}$, $\delta\phi'_{\vec{k}}$. Remove mode k from the simulation.

if $k_{\text{next}} \leq k_{\text{PBH}}$ **then**

if $k_{\text{next}} \leq \alpha aH$ **then**

 Add mode $k = k_{\text{next}}$ to the simulation. Set initial values for $\delta\phi_{\vec{k}}$, $\delta\phi'_{\vec{k}}$. Evolve $\delta\phi_{\vec{k}}$, $\delta\phi'_{\vec{k}}$ from $k = \alpha aH$. Set

$k_{\text{next}} = e^{1/32} k_{\text{next}}$.

else

if $k_{\text{next}} \leq \sigma aH$ **then**

 Set the current kick coefficient to zero.

 Add stochastic kick to $\bar{\phi}$, $\bar{\pi}$ using the current kick coefficient.
