Building the Strong Case for nHz Gravitational Waves with Pulsar Timing Arrays

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ICEPP Seminar | February 19, 2024



The Gravitational Wave Universe

"Traditional" Electromagnetic Astronomy





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General Relativity: 1916 mass \rightarrow curves space, space \rightarrow moves mass





Accelerating masses → gravitational waves moving at the speed of light

Spacetime is stretched and squeezed; *distances* change





Light takes longer to traverse if spacetime is stretched



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A telescope for gravitational waves



1960s: J. Weber's resonant mass detector



Indirect detection by Hulse & Taylor (PSR B1913+16 discovered 1974, Nobel Prize 1993)



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A telescope for gravitational waves





EARCH







Interacting Galaxies

Hubble Space Telescope • ACS/WFC • WFPC2



NASA, ESA, A. Evans (University of Virginia, Charlottesville/NRAO/Stony Brook University), and the Hubble Heritage (AURA/STScI)-ESA/Hubble Collaboration

STScI-PRC08-16a

Distant, young galaxies \rightarrow small and irregular Old galaxies: large and structured \rightarrow mergers





Phase 1: dynamical friction

• SMBHs feel drag from gas and stars during merger

Phase 2: hardening / environmental coupling

- Accretion disk / three-body "slingshot" interactions remove energy?
- Final parsec problem if this can't happen

Phase 3: gravitational radiation (very close)

• This is what we see



What Are the Pulsars in Pulsar Timing Arrays?



The fate of stars depends on their mass:

< 8 solar masses: white dwarfs (1.4 solar masses)

> 8 solar masses: neutron stars (up to ~3 solar masses)

> 10-30 solar masses: black holes (> 3 solar masses)



High mass stars go through the process of fusing $H \rightarrow He \rightarrow$ heavier elements \rightarrow iron; core collapse when gravity wins





Massive stars can undergo supernovae and leave behind neutron stars:

- Compact object supported by neutron degeneracy pressure
- Density: a paperclip with a neutron star's density would weigh as much as Mount Everest
- Typical NS: 1.4 M_{\odot} , r ≈ 10 km



Using a radio telescope in 1967, grad student Jocelyn Bell noticed very regular pulses of radio emission coming from a single part of the sky

Called "LGM" initially

Pulses from a spinning neutron star: the first pulsar



Pulsars

- Don't pulse (lighthouses)
- Centrifugal acceleration at the equator can't exceed gravitational acceleration:
 - Angular velocity $\Omega \equiv 2\pi/P$

$$\Omega^2 R < \frac{GM}{R^2} \longrightarrow \rho > \frac{3\pi}{GP^2}$$

Fastest < 1.4 ms → density > 10¹⁴ g cm⁻³ = atomic nuclei



HTC based on Lorimer & Kramer



Pulsars

 Assuming dipole + measurement of spin-down, can calculate spin-down luminosity, B-field, characteristic age:

$$\tau \equiv \frac{P}{2\dot{P}}$$

• Most pulsars $10^5 < age < 10^{10}$ yr (Galaxy)





Millisecond Pulsars (MSPs): Faster than a Blender



- Low B-fields (<10¹¹ G); plasma shielding during accretion
- Spun up by stellar companion (almost always binaries) \rightarrow recycling
- Not eccentric, very stable rotators











Double NS: ~17; mildly recycled, high-e orbits, good GR tests

> Grav ers center

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Observing MSPs



- Weak; need sensitivity
- Steep spectra → very low radio frequencies (< 1 GHz → ~few GHz)
 - High-frequencies, too (NICER, *Fermi*-LAT)
- Fold the data modulo the pulse period to bring out the signal





Pulsar Timing = Accounting for Every Pulse





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Pulsar Timing = Accounting for Every Pulse



Difference between measured TOA and model = <u>timing residual</u>

J1909-3744 on February 18, 2011 at 00:00:00 UTC:

P = 2.947108024810317 ± 0.00000000000000 ms

The last digit changes by 1 every 71 seconds

The sixth digit changes by 1 every 226 years

From February 18, 2011 at 00:00:00 UTC to October 22, 2022 at 00:30:00 UTC, the pulsar completed just over 125,007,769,167 rotations

Noise in MSPs





- White noise (short timescales):
 - Radiometer noise
 - Pulse jitter (shape changes between pulses)
- Red noise (long periods):
 - Achromatic red noise = spin / timing noise
 - Due to irregularities in pulsar rotation
 - Chromatic red noise
 - **D**M variations v^{-2}



MSP Timing Example: The NS EOS

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MSP Timing Example: the NS EOS

We're doing ok here with many-body calculations based on chiral EFT, lab experiments









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Five Keplerian parameters describe classical delay in binaries and can be measured:

- Projected semimajor axis: $x \equiv a \sin(i) / c$
- Longitude of periastron: ω
- Time of periastron passage: T_0
- Orbital period: $P_{\rm b}$
- Orbital eccentricity: e

$$f(m_p, m_c) = \frac{4\pi^2}{G} \frac{(a \sin i)^3}{P_b^2} = \frac{(m_c \sin i)^3}{(m_p + m_c)^2}$$



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- Still don't have $m_c, m_p, i \rightarrow can't$ determine masses individually
- Break by measuring post-Keplerian parameters (only possible in a subset of systems):
 - Rate of periastron advance ω and Einstein delay γ (eccentric)
 - Orbital period decay \dot{P}_{b} (long timing baseline)
 - Shapiro delay parameters *r*, *s*



Notable PK measurements:

- B1913+16, the Hulse-Taylor DNS (1975):
 - Compact, eccentric (3 PK; GW energy loss)
- J0737-3039, the double pulsar (Burgay et al. 2003):
 - Most compact, highly inclined; seven measured parameters including M/R
 - Consistent independent of PK choice







- Shapiro delay occurs at superior conjunction in edge-on binary systems
- "Range" and "shape" PK parameters are directly measurable:

$$r=T_{\odot}m_2$$

$$s = x \left(rac{P_{
m b}}{2\pi}
ight)^{-2/3} \ T_{\odot}^{-1/3} \ M^{2/3} \ m_2^{-1}$$



The Relativistic Shapiro Delay for J0740+6620



Long-term **PTA timing** + phase-targeted campaigns:

- Demorest et al. 2010 (J1614-2230):
 0 1.97 ± 0.04 M_o, 1.928 ± 0.017 M_o (Fonseca et al. 2016)
- First ~2 M_{\odot} NS rules out softer EoS

Cromartie et al. 2020 / Fonseca et al. 2021:

- J0740+6620: m_p ~2.14 \pm 0.09 M_{\odot} (then the most massive NS; Cromartie et al. 2020)
- Higher mass → also in tension with "exotic" theories (quark matter, hyperons, meson condensates, etc.)


MSP Timing Example: Shapiro Delay



NICER + NANOGrav + XMM (0740):

- Riley et al. 2021:
 - R = 11.29 (+1.20, -0.81) km
- Miller et al. 2021:

• R = 11.51 (+1.87, -1.13) km

- These analyses significantly constrain the EoS (Raaijmakers et al. 2021; PP model = piecewise polytropic based on 3 density transitions, CS = speed of sound)
- NICER provides constraints for NS pressure at ~2x saturation density



Pulsar Timing Arrays

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Pulsar Timing Arrays (PTAs)

- 1st goal: detect the stochastic background of nHz gravitational waves (GWs) from SMBBHs
- GWs cause perturbations in spacetime → pulsar "time of arrival" deviations
- Pulsar-Earth baseline pair response is described by the Hellings and Downs curve
- Later: continuous waves & exotic signals



Gravitational Wave Correlation Pattern





Interpreting GWB Results

<u>GW strain:</u>

$$h_c(f) = A_{\rm GWB} \left(\frac{f}{f_{\rm yr}}\right)^{\alpha}$$

Circular, GW-only emission: $\alpha = -2/3$ (Phinney 2001) $\rightarrow \gamma = 13/3$

Cross-power spectral density:

$$S_{ab}(f) = \Gamma_{ab} \frac{A_{\rm GWB}^2}{12\pi^2} \left(\frac{f}{f_{\rm yr}}\right)^{-\gamma} f_{\rm yr}^{-3}$$

Γ = overlap reduction function quadrupolar: Hellings & Downs (1983) dipolar / monopolar: SSE, clock errors



Turnover in PL = astrophysics, characterize once HD correlations are detected

Amplitude \rightarrow rates



Intermission with a video



NANOGrav & the IPTA

NANOGrav



- North American Nanohertz Observatory for Gravitational Waves (est. 2007)
- NSF Physics Frontiers Center (PFC)
- >80 institutions, >180 scientists
- Green Bank Telescope (GBT), Very Large Array (VLA), Canadian Hydrogen Intensity Mapping Experiment (CHIME), Arecibo









The (Current) NANOGrav Observing Program

After the loss of Arecibo (half of our sensitivity), we restructured:



- **GBT monthly:** almost 80 pulsars (600 hr/yr; 18 dual-band, 53 L-only)
- VLA monthly: 15 pulsars at S-band (2-4 GHz, 120 hr/yr)
 - All but 1 overlap w/GBT source list
- CHIME daily: 53 pulsars at 400-800 MHz
 - All overlap w/GBT source list













Individual pulsars

47 MSPs, WB data set, common red noise process (Arzoumanian et al. 2020)

- 68 MSPs
- Narrowband and wideband
- Use of new timing software, pipeline
- ~16 years of data
- VLA data, J0437-4715
- End of Arecibo and GBT's GUPPI backend

12.5-Yr 11-Yr 9-Yr 5-Yr 2145 - 075643 - 1224J1455-3330 J1744-1134

10610-2100 10605+3757 11843-1113 11811-2405 11802-2124

15-Year Data Set

PINT & the pint_pal Pipeline

- **PINT** ("**PINT** is not **TEMP03**") **github.com/nanograv/PINT**
- Luo et al. 2021

Why a pipeline?

- Many pulsars! $N_{
 m PSR}T^{1/2}\sigma^{-3/13}$
 - We want 200 MSPs; currently ~80
- New techniques, instruments, data combination: reliant on PINT and WB timing
- Transparency, accessibility to scientists (including students) and the public
- github.com/nanograv/pint_pal





Science Results

The NANOGrav 11 & 12.5-Year GWB

11-Year data set (Arzoumanian et al. 2018): A GWB upper limit: $< 1.45 \times 10^{-15}$ at a frequency of f = 1 yr⁻¹

- Vallisneri et al. 2020 (BayesEphem) to deal with Jupiter orbital elements; no longer an issue in our analyses (Juno!)
- Position of observatory wrt Solar System Barycenter ~few cm (<ns)
- This correction is important for timing delay measurements
- Corrected 11-year SSE ~ 1.94 × 10⁻¹⁵
- Corrected for uniform prior on IRN amplitude ~ 2.4 × 10⁻¹⁵
- Astrophysics over-interpreted



The NANOGrav 11 & 12.5-Year GWB

12.5-Year data set (Arzoumanian et al. 2020): First CURN (power law with common amplitude and spectral index across pulsars) detection, but no significant HD correlations (median amplitude **1.92 × 10**⁻¹⁵)





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15-Year Results – June 2023

- NANOGrav and the IPTA simultaneously released their GWB search papers
- NANOGrav special issue in ApJL has many papers! Take a look :) See <u>https://nanograv.org/15yr/Summary</u> for summaries of the papers mentioned here
- We'll go over the data set, GWB search, astrophysics, and BSM conclusions





The NANOGrav 15yr Data Set: Observations and Timing of 68 Millisecond Pulsars

NB & WB data, synergistic science (e.g. NS masses):

- J0740+6620: slight decrease but NANOGrav m_p not state of the art
- J1614-2230: slight m_p increase, addition of RN?
- Possible high-mass sources including J1630+3734
- 5 borderline m_p measurements in new GBT campaign





The NANOGrav 15yr Data Set: Observations and Timing of 68 Millisecond Pulsars





Physics Frontiers Center



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The NANOGrav 15yr Data Set: Evidence for a Gravitational-Wave Background

- 67 pulsars in the 15 yr data set (>3 yr); total time span of 16.03 yr
- Common-spectrum stochastic signal gains greater significance (BF~10¹²)
- First compelling **evidence** of Hellings–Downs correlations, using both Bayesian and frequentist detection statistics
 - False-alarm probabilities of $p = 10^{-3}$ and $p = 5 \times 10^{-5}$ to 1.9×10^{-4} (**3-4** σ)
- HD significance increases up to 5 freq bins; essentially consistent with a power law

"How do you know you're not wrong?"



The NANOGrav 15yr Data Set: Bayesian Limits on Gravitational Waves from Individual Supermassive Black Hole Binaries

The NANOGrav 15yr Data Set: Search for Anisotropy in the Gravitational-Wave Background No serious candidates, but able to put 95% upper limit on CW amplitude (8x10⁻¹⁵ at 6 nHz, the most sensitive frequency)

- Do not find *strong* evidence of anisotropy on either large or small angular scales
- IPTA DR3, continued observing
- Evidence of anisotropy would support GWB from SMBBHs (many BSM = isotropic)



The NANOGrav 15yr Data Set: Constraints on Supermassive Black Hole Binaries from the Gravitational Wave Background

- 15-year results consistent with many models of SMBBH evolution, but still consistent with signal coming from SMBBHs - cannot guarantee, though
- Low-frequency part of spectrum hints that interactions with stars and gas of host might be necessary for evolution (spectral turnover at low freqs)
- GW amplitude higher than expected from most models
 more frequent or more massive mergers
- Signal dominated by most massive, high-mass-ratio inspirals
- Typical redshifts z = 0.15 0.9
- Separations of 0.1 0.01 parsec





Open questions: matter-antimatter asymmetry, dark matter / dark energy, neutrino masses, etc. **PTAs might help!** Many BSM theories predict GWs in the nHz band

- These GWs: analogous to the CMB but way before recombination = *very* early universe
- Afzal et al. 2023 covers: cosmic inflation, scalar-induced GWs, first-order phase transitions, cosmic strings, and domain walls
- NG BSM paper considers if the signal is due to a BSM theory or maybe due to a **combination** of SMBHs and BSM effects





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All models considered are consistent with the observed GWB, except stable cosmic strings from field theory (and deterministic models like fuzzy DM)

Many combined SMBH/BSM models also get good results, with BF ~10-100

One reason for high BF is that the actual GWB signal doesn't agree perfectly with the model used in the BSM paper!

"We stress that Bayes factors for additional models beyond the SMBHB interpretation are highly dependent on the range of priors with which these models are introduced. Thus, one should not assign too much meaning to the exact numerical values of the Bayes factors reported in this work."



Their SMBH models use only circular binaries, GW-driven emission at <1pc; tension between holodeck and NG15



Inflation

Explains homogeneity of universe on cosmological scales, seeds for formation of structure

Inflation \rightarrow amplifies tensor perturbations = stochastic GWs

Model-independent analysis (no microphysics); IGW is 4 params

IGW fits a bit better than SMBHB (BF~8.8) – IGW has more freedom!

Gray regions disfavored

Lots of interesting regions of parameter space; unclear if it's possible to explicitly pick out microscopic models





Scalar-induced GWs

Primordial scalar power spectrum measured by CMB observations; extrapolate to short scales, and you get very little (red-tilted power spectrum)

Different if you have different inflationary model: stage of inflation close to an inflection point in the scalar potential \rightarrow amplifies scalar perturbations

Large first order scalar perturbations \rightarrow second order tensor perturbations (coupled)





Scalar-induced GWs

SIGWs actually fit better than even IGWs (SIGW deviates from a power law and provides better fit across all of NG's GW freq sensitivity range)

Adding SMBHs also doesn't help here

Large region of space (above teal line) that overpredicts primordial black hole formation – lots of debate





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Cosmological phase transitions

Phase transitions triggered by quantum or thermal fluctuations \rightarrow scalar field tunnel through or fluctuate over the barrier, nucleates bubbles within which the scalar field is the true vacuum configuration

If big enough, bubbles expand in the surrounding plasma which is in the false/metastable vacuum

Expansion/collision of bubbles + sound waves generated in plasma make primordial GWB

Strong and slow phase transition preferred

Also better fit than SMBH data alone, *benefits* from SMBH though (for the sound model) - adds power to low freq in GW spectrum







Cosmic strings

1D topological defects from early universe due to cosmological phase transition

Focus on strings from spontaneous breaking of a local U(1) symmetry which happens in lots of particle physics models; ordinary and metastable cosmic strings

After formation, cosmic strings enter scaling regime where energy in the network remains a constant fraction of the critical energy density: interconnect and form loops (with some tension and decay) that produce GWs

NG15 doesn't support stable strings; much of parameter space ruled out by NG15 , CMB, LVK

GW signal from *superstrings* not well understood and needs more work (but somewhat supported)



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Domain walls

2D topological defects that form when a phase transition results in the spontaneous breaking of a discrete symmetry

Each Hubble volume contains O(1) domain walls. GWs from domain walls changing/shrinking

GWB dominated by emission right before decay of the domain wall network

Decay channels: dark radiation (BF~1.6) or SM particles (BF~15)


The NANOGrav 15yr Data Set: Search for Signals from New Physics

Deterministic signals from new physics: *no statistical support in NG15*

Ultra-light/fuzzy dark matter:

Freq of ULDM signal \propto ULDM mass (NG sensitivity 10⁻²³ eV < m < 10⁻²⁰ eV); other astrophysics probes up to 10⁻¹⁹ eV

Two cool searches with scalar ULDM: periodic oscillations in fundamental constants (particle masses / couplings):

- 1. Pulsar spin fluctuations (particle mass fluctuations change moment of inertia of pulsar)
- 2. Reference clock shifts (observatory clocks are referenced to cesium atomic clocks)

DM substructures:

Structures seeded during inflation and imprinted onto DM density field

Population of PBHs could doppler shift apparent pulsar spin freq (pull of a passing PBH)

(GWB decreases sensitivity to PBH signal)

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The NANOGrav 15yr Data Set: Search for Signals from New Physics

Conclusions:

PTAs can constrain parameter space for many BSM theories

All but stable cosmic strings of FT origin can't be ruled out, some fit "better" than SMBH

Caution against thinking it supports the GWB not being astrophysical. We have to keep observing and characterizing the GWB!



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Results from our IPTA Colleagues

- PPTA: strong evidence for common red noise, some evidence for HD
- EPTA + InPTA: same, but stronger evidence for HD (depending on what data are included)
- CPTA: evidence for HD correlations but data span much shorter
- New results from MPTA coming soon
- DR3 ongoing!





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The Future

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The 20-Year(?) Data Set & Beyond

- CHIME data integration
- **GBT UWB receiver**
- IPTA DR3
- Ongoing timing of new MSPs and evaluation for NANOGrav inclusion
- A Gamma-ray Pulsar Timing Array!
- New facilities...



GBT UWB: 0.7 - 4 GHz







New Instruments & More





DSA-2000: 2000 x 5m

- Major projects:
 - NANOGrav: 25% of on-sky time; high and low-cadence: add MSPs immediately!
 - o EM follow-up
 - Entire-sky survey (x16); 3.5-arcsec
 resolution (20x deeper than
 anything else) = 1 billion radio
 sources
- ngVLA, SKA, MeerKAT, and more!



Thank you

- NANOGrav has found strong evidence of spatial correlations that signal the presence of a gravitational wave background in its 15-year data set
 - A common red noise process was detected in the 12.5-year data set
- We can't be sure it's from SMBBH inspirals; more data will help us constrain the associated astrophysics and possible BSM theories
- Other PTAs are seeing the same trends and our results support each other
- As we observe more pulsars for a longer time span, we'll be able to better constrain the spectral shape of the background

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