

YITP long-term workshop

Gravity and Cosmology 2024

January 29–March 1, 2024

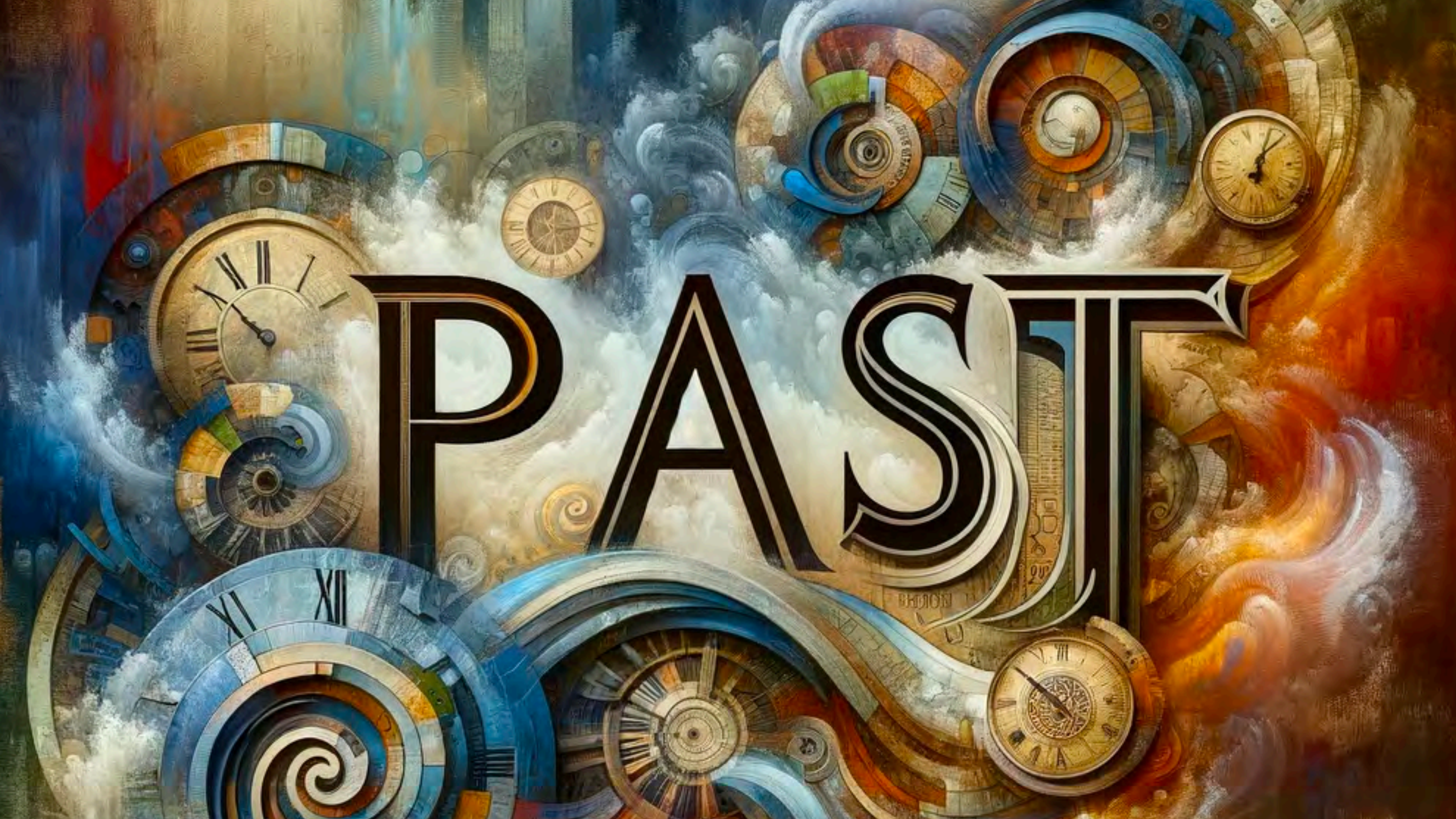
Yukawa Institute for Theoretical Physics, Kyoto University

Precision Quantum Cosmology

Past, Present, and Future

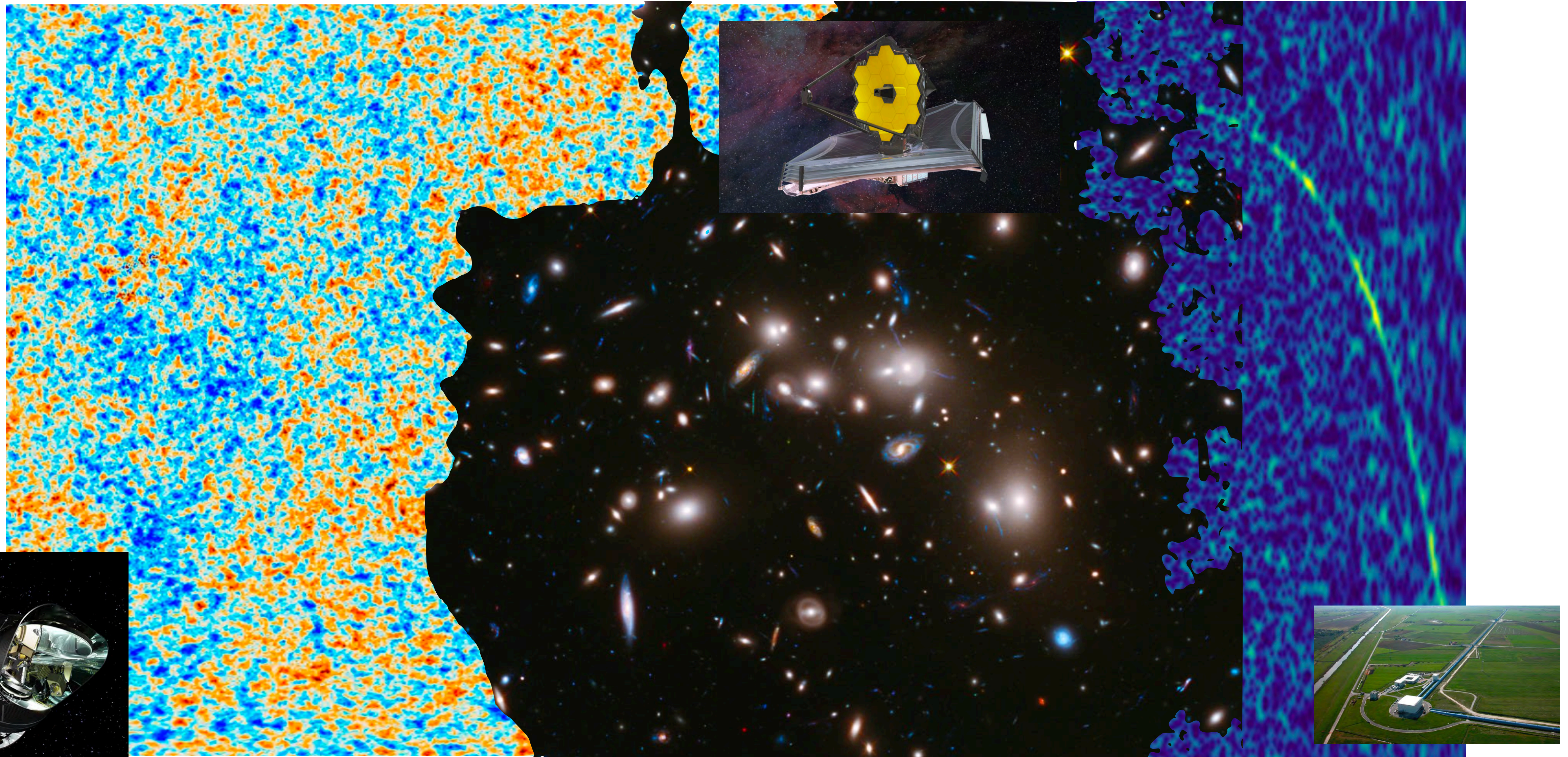
Niayesh Afshordi





PAST

Our cosmic pictures, more beautiful than ever

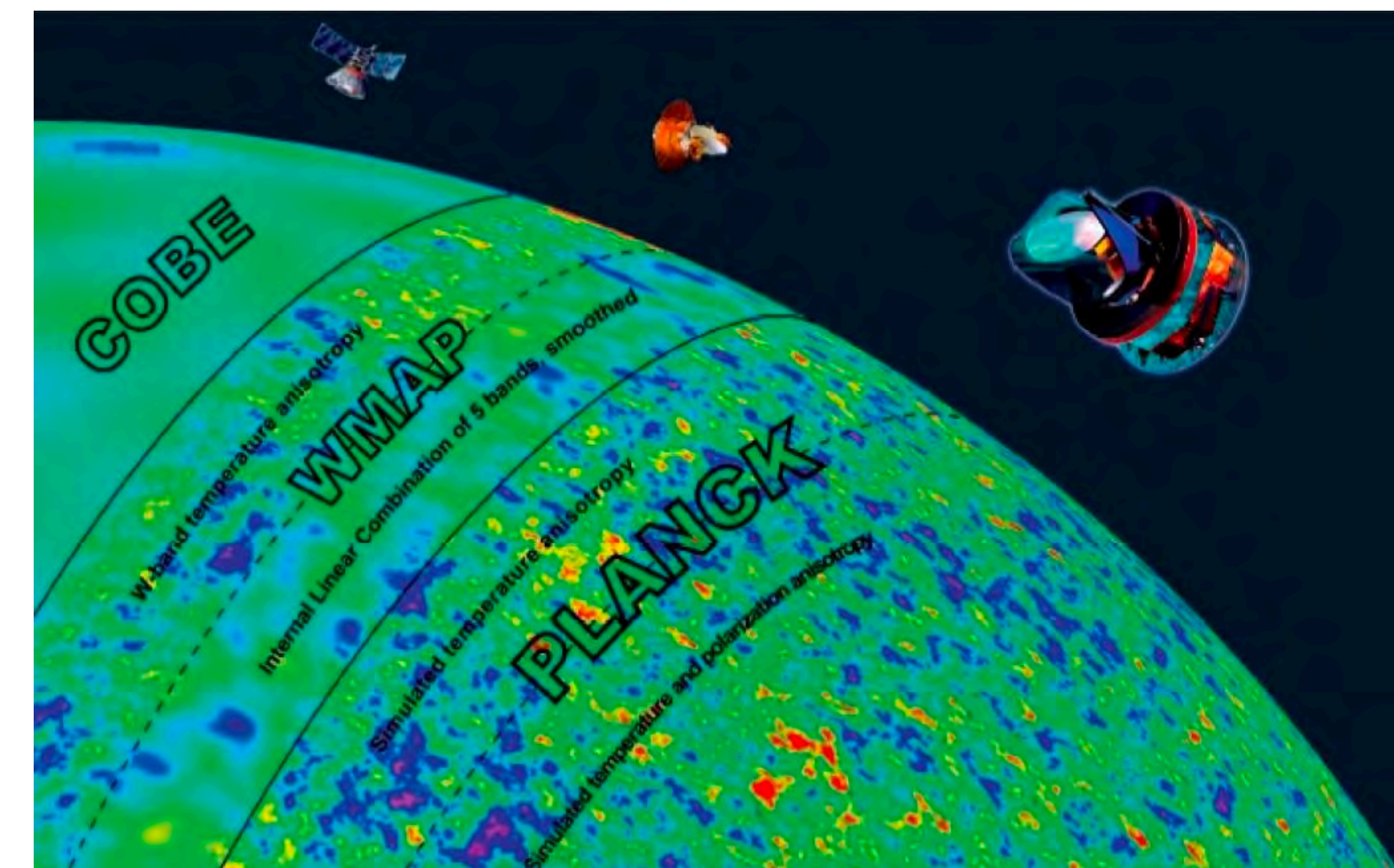
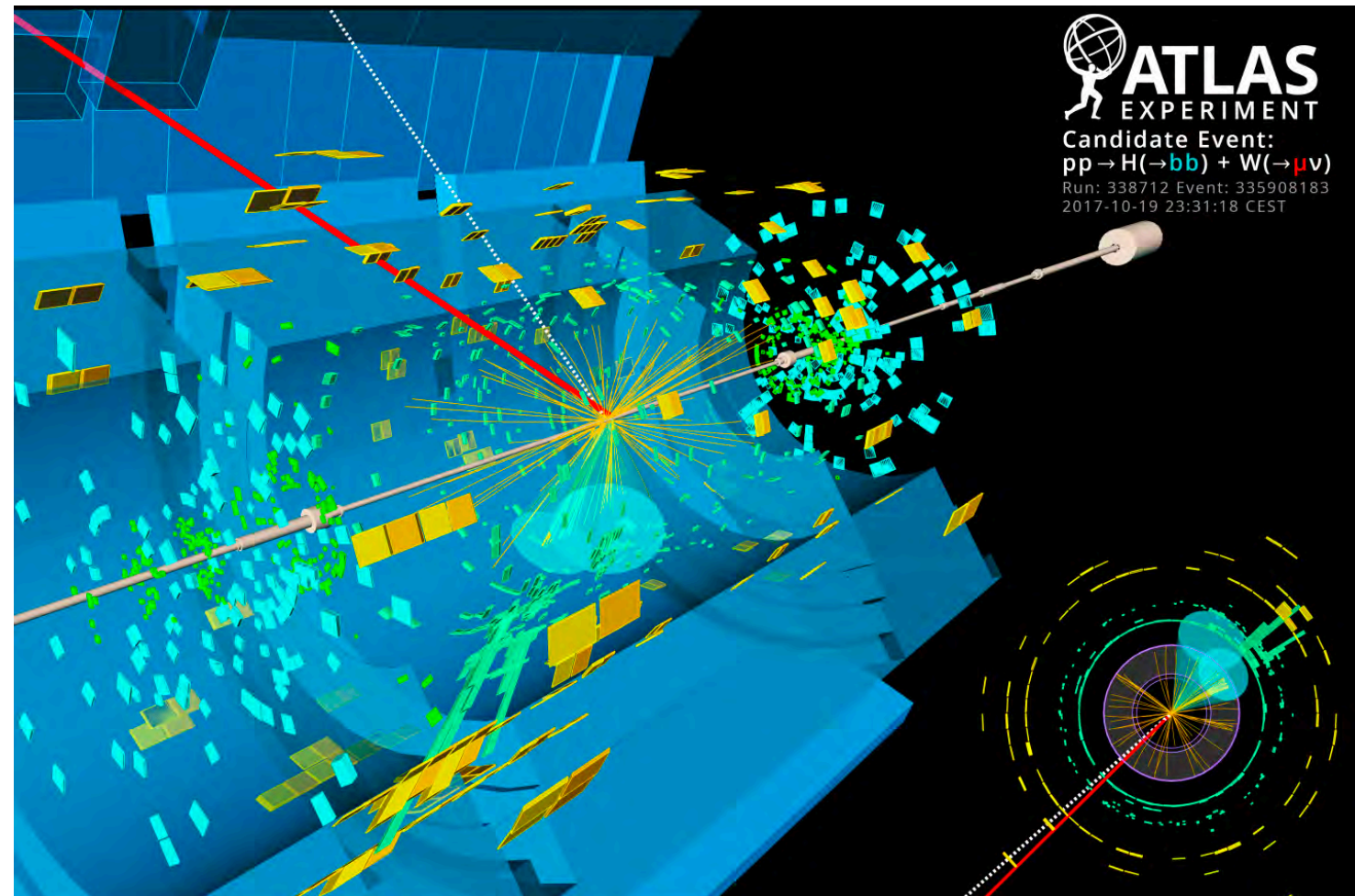
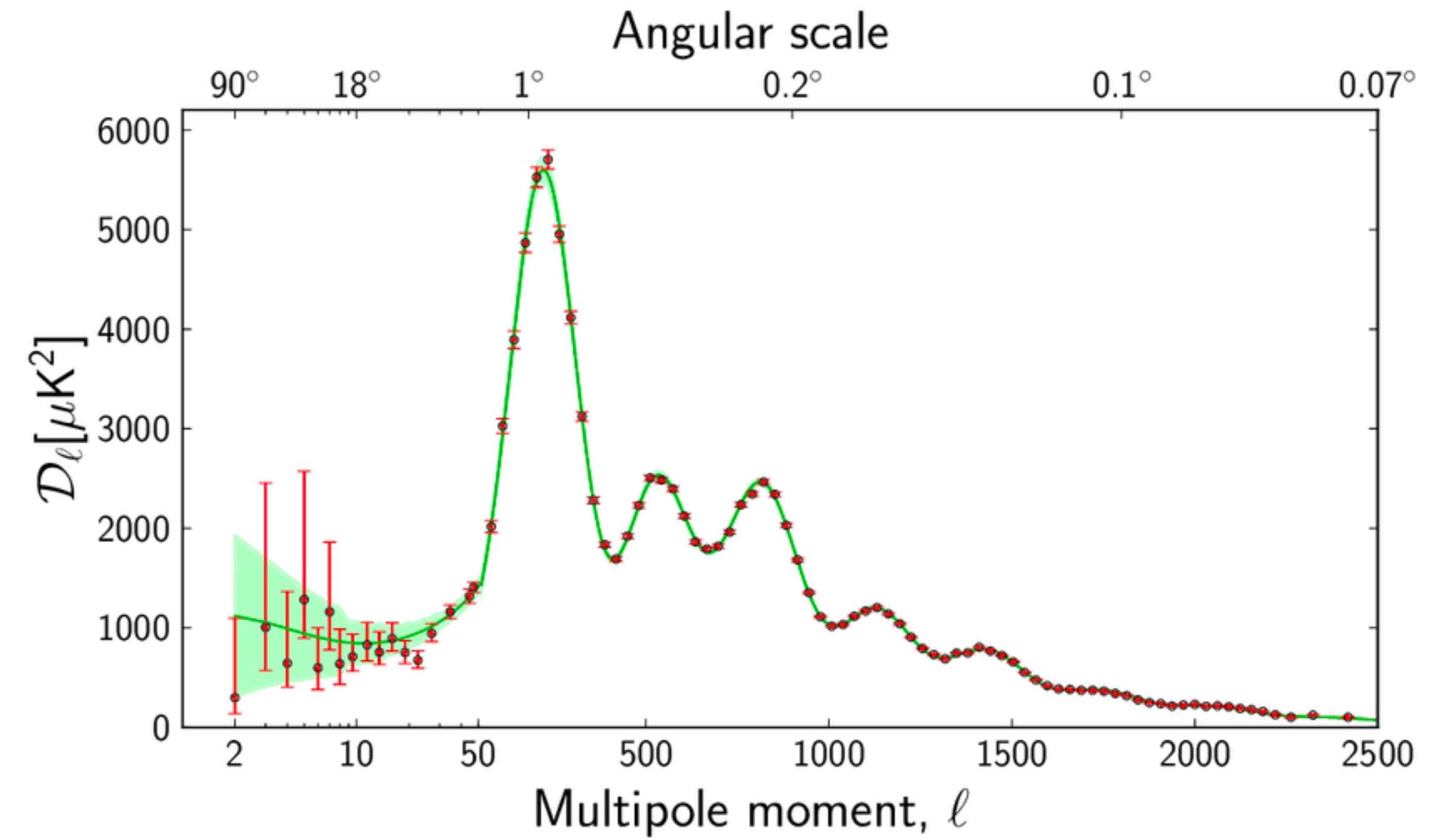
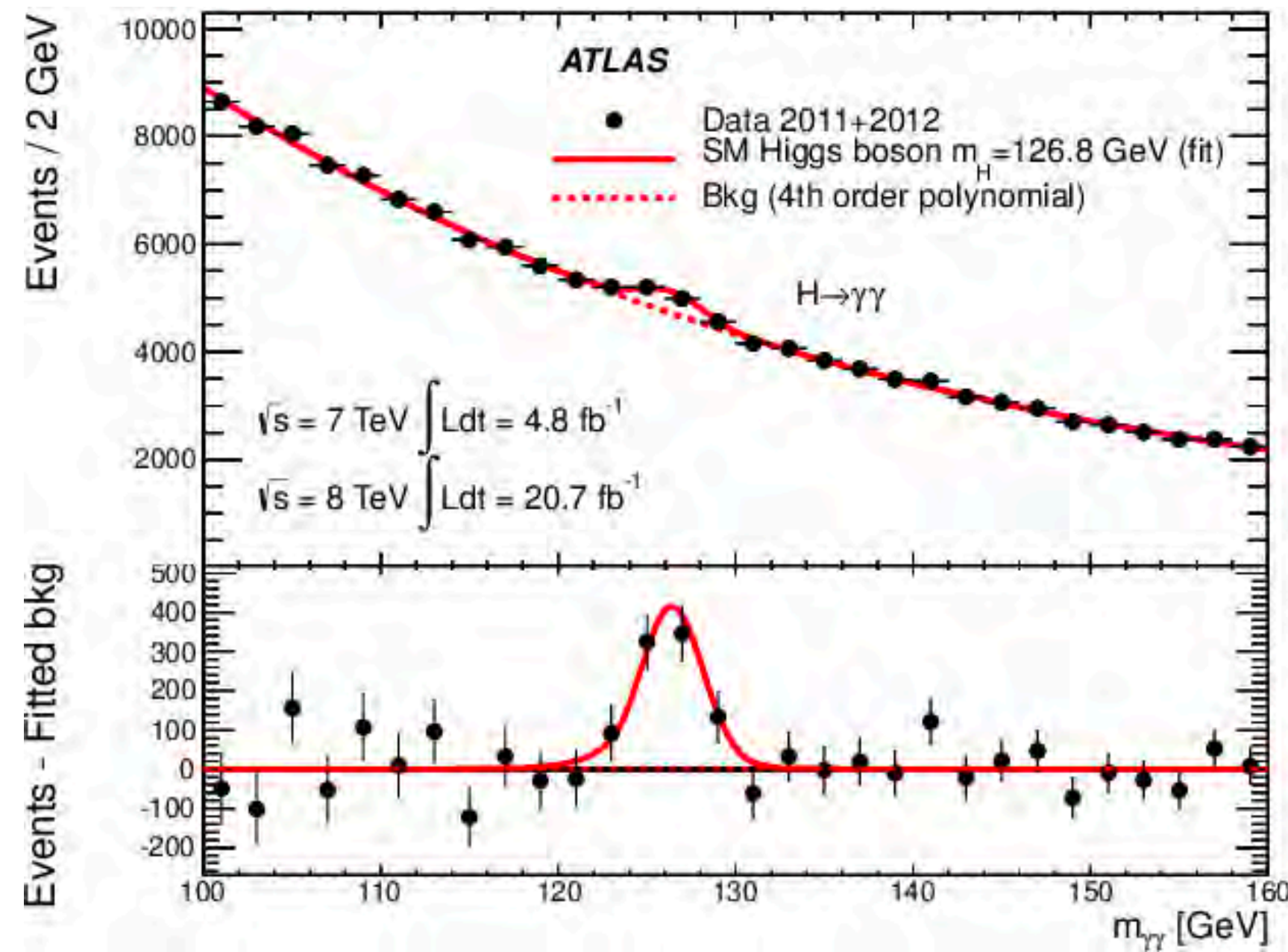


@Planck

@JWST

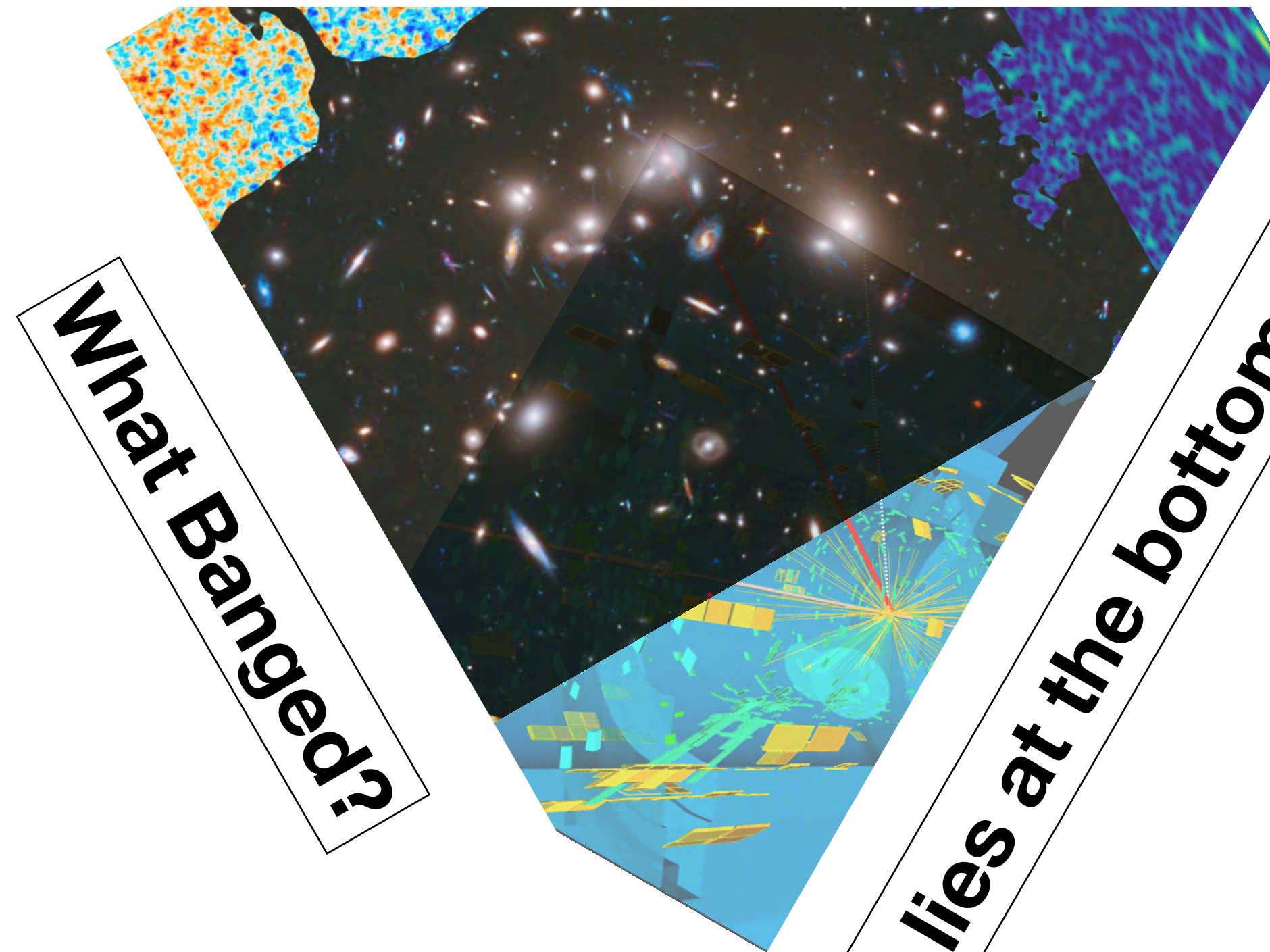
@LIGO/Virgo

and most complete, from smallest to largest scales



Yet, **the Big Picture** is surrounded by mysteries

Nature of Quantum Vacuum?

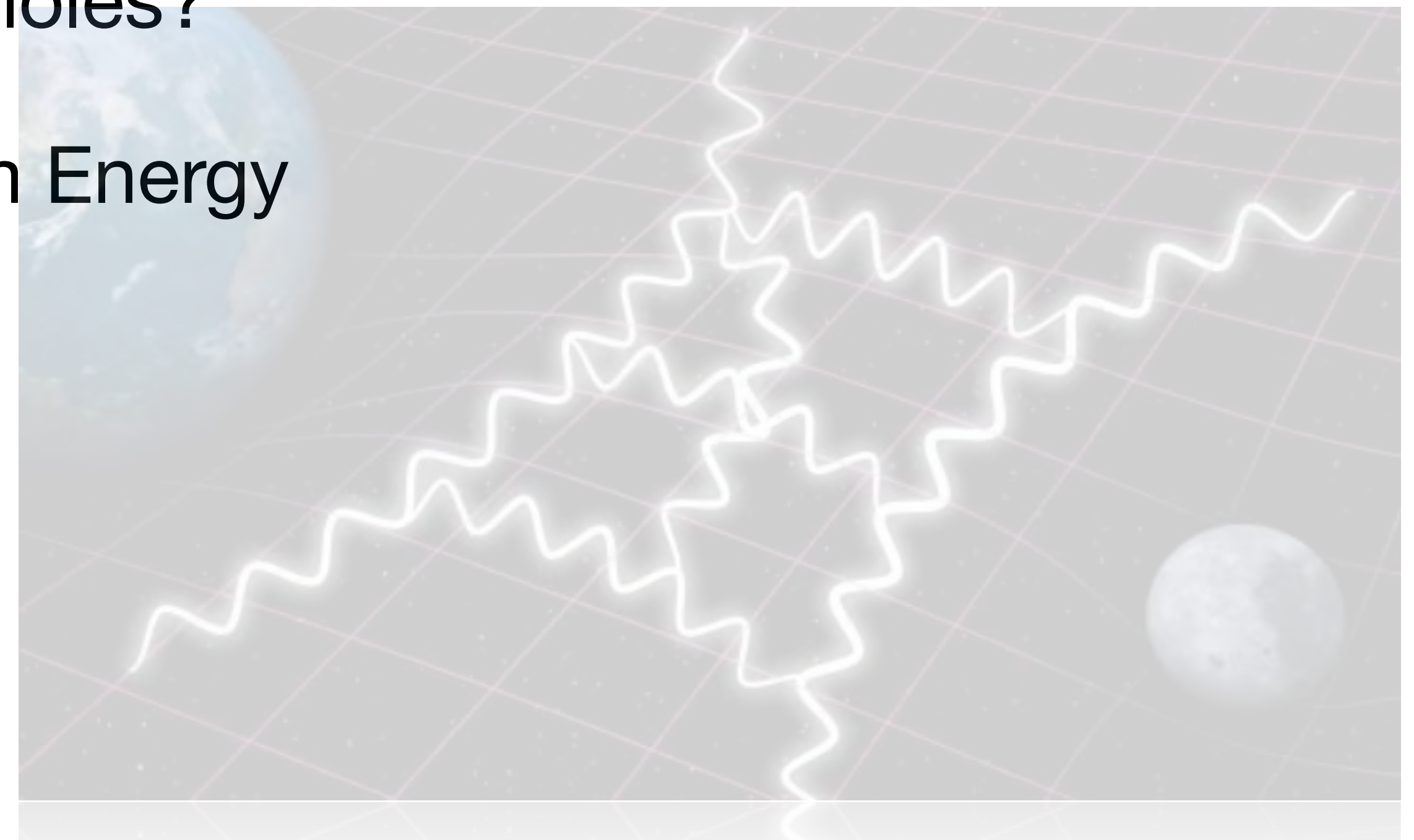


What Banged?

What lies at the bottom of Black Holes?

Chasms amongst our best theories and observations

- Quantum Mechanics + Relativity $\rightarrow \infty$
- Singularities @hearts of Big Bang and Black Holes
- Information lost in evaporation off black holes?
- Dark Energy $< 10^{-60} \times$ Quantum Vacuum Energy
- Is Standard Model “Technically Natural”?



Quantum Gravity Zoo

Too much of a good thing?

- String Theory and Holography
- Loop Quantum Gravity and Spin Foams
- Asymptotic Safety
- Causal Dynamical Triangulation
- Causal Sets
- Horava-Lifshitz gravity
- ...

Crisis of Falsifiability

- Landscape of 10^{500} vacua in string theory
- ***No signature*** of Supersymmetry, Anti-deSitter space, or extra dimensions
- No concrete testable prediction from ***any quantum gravity proposal***
- ***Inflation***, leading theory of Big Bang, can fit ***any*** data
- Is ***Theoretical Physics*** turning into ***Religious Dogma?***

Intellectual Stagnation?

The Dark Energy Crisis, and the Prospect of Intellectual Stagnation

Christopher Stubbs

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Department of Astronomy
Harvard University
stubbs@physics.harvard.edu

But...

What if:

Measurements continue to favor $w = -1$
No deeper theoretical ideas emerge
LHC gives vanilla Higgs and little else
...

Then, things look bleak. It will be difficult to extend existing techniques to the milli- w level.

The Dark Ages- scenario 3: intellectual stagnation

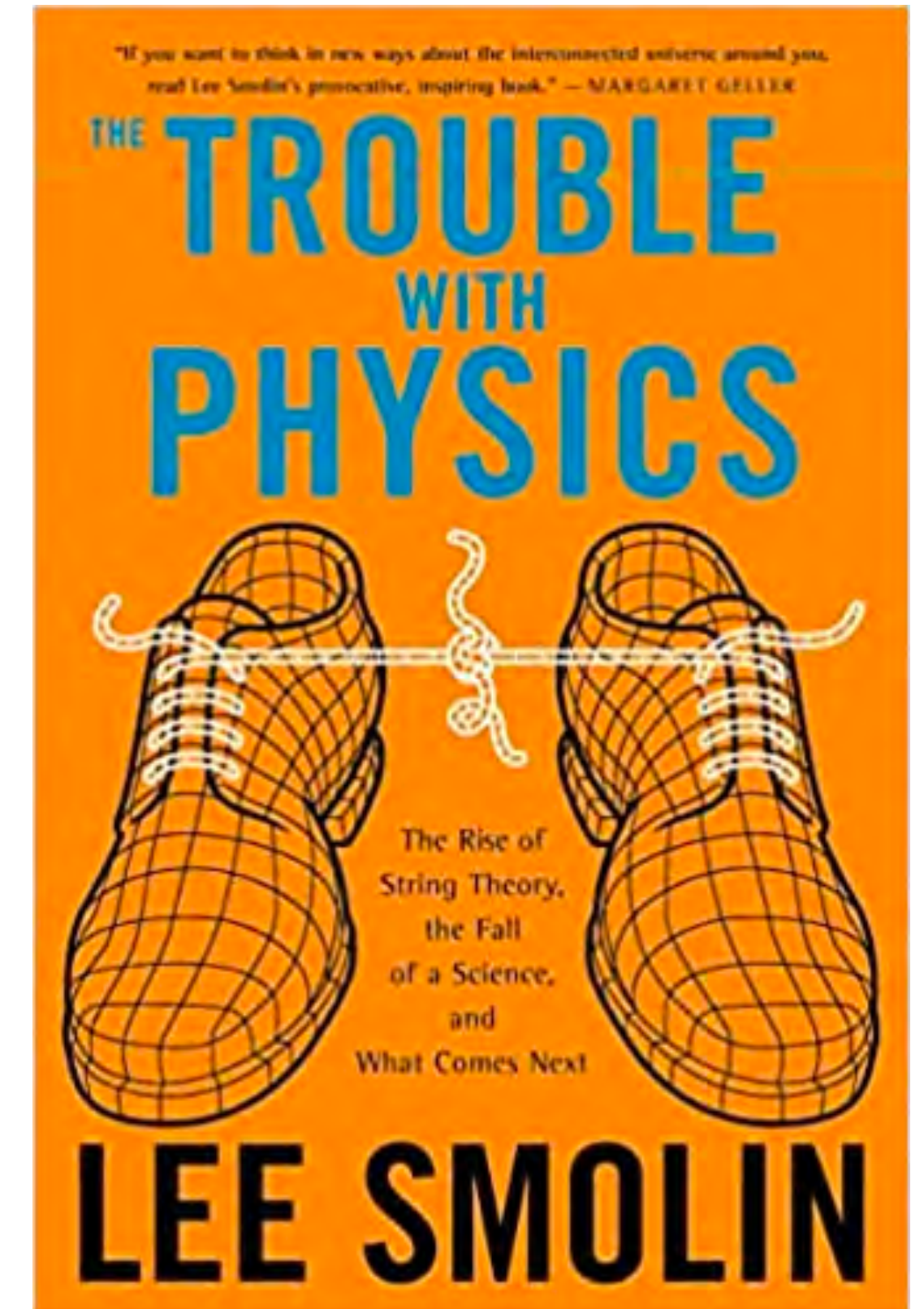
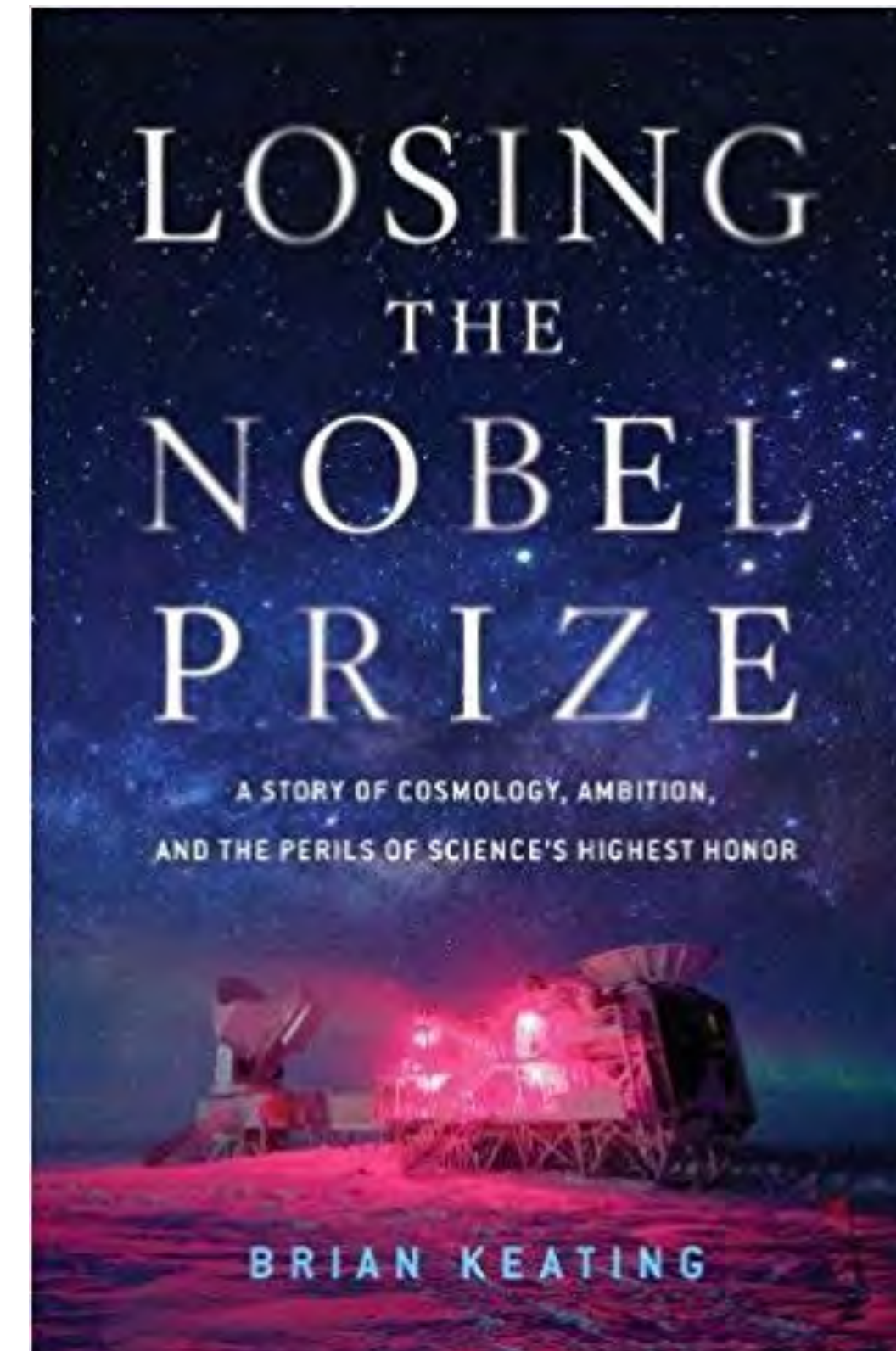
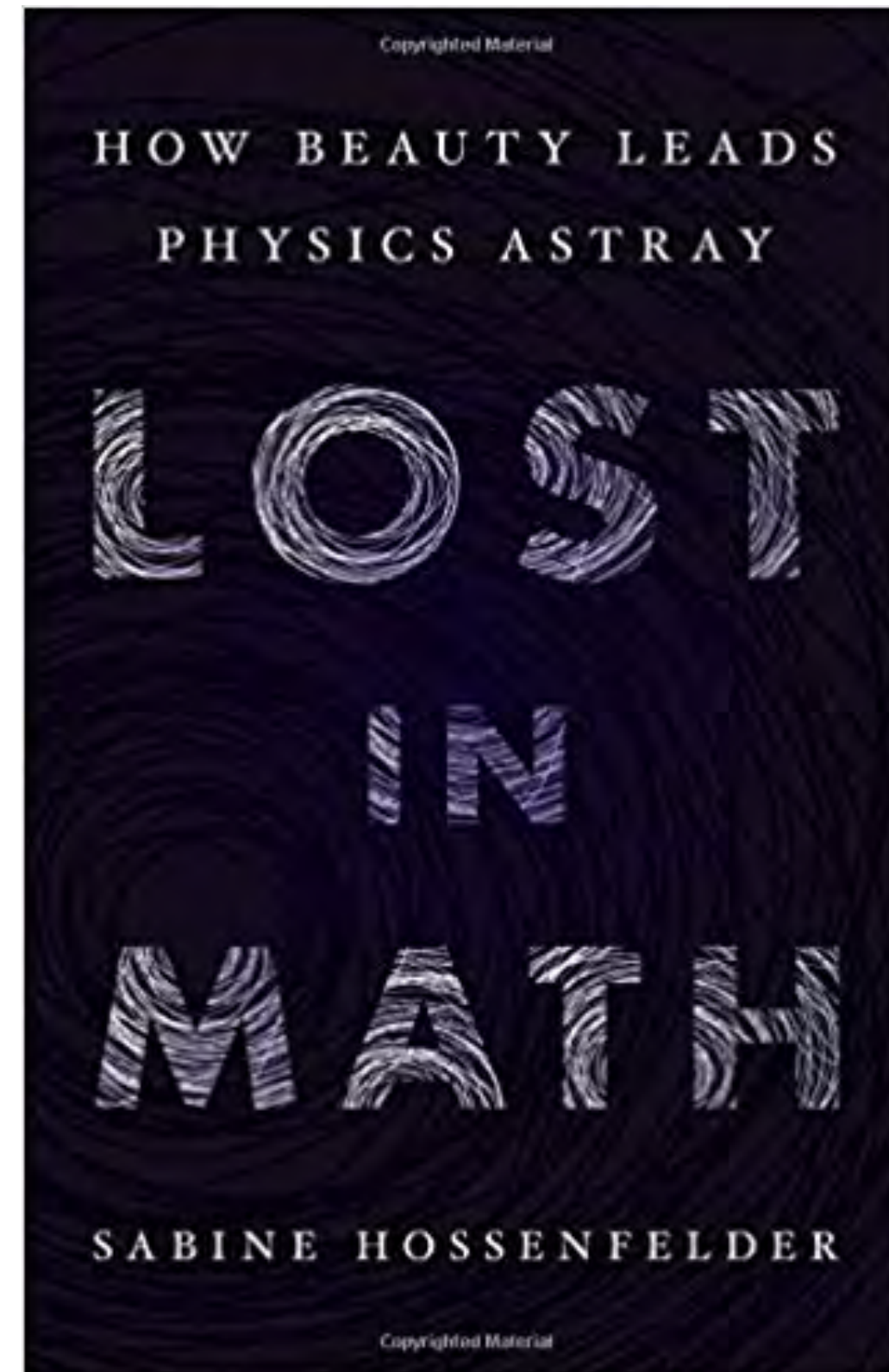
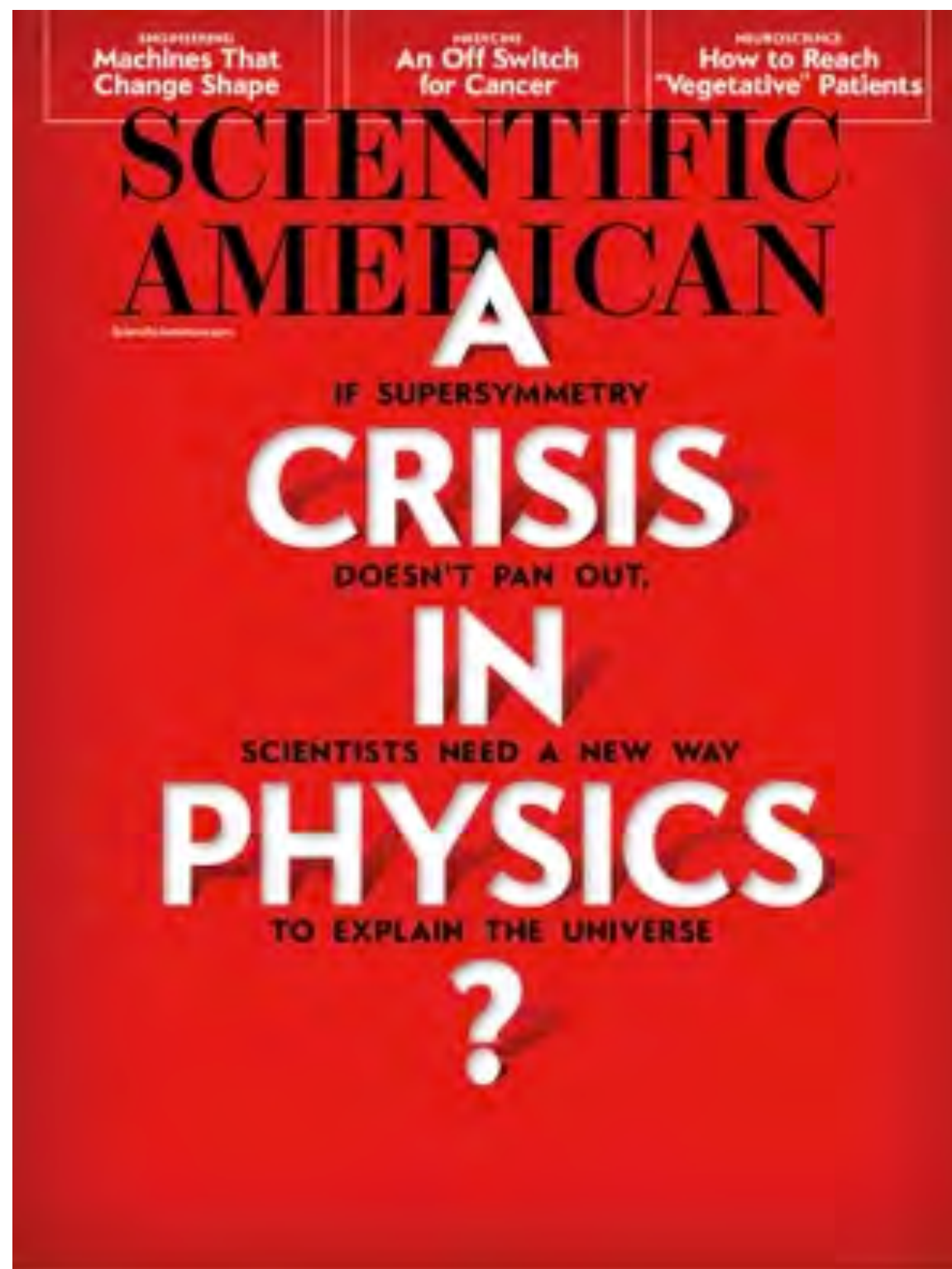
"Dark Ages" is a term referring to the ...period marked by cultural, intellectual, and economic deterioration followed by intellectual and religious intolerance, stagnation and poverty...

- Wikipedia

<http://pirsa.org/11040058/>

April 20, 2011

Crisis and Desperation?



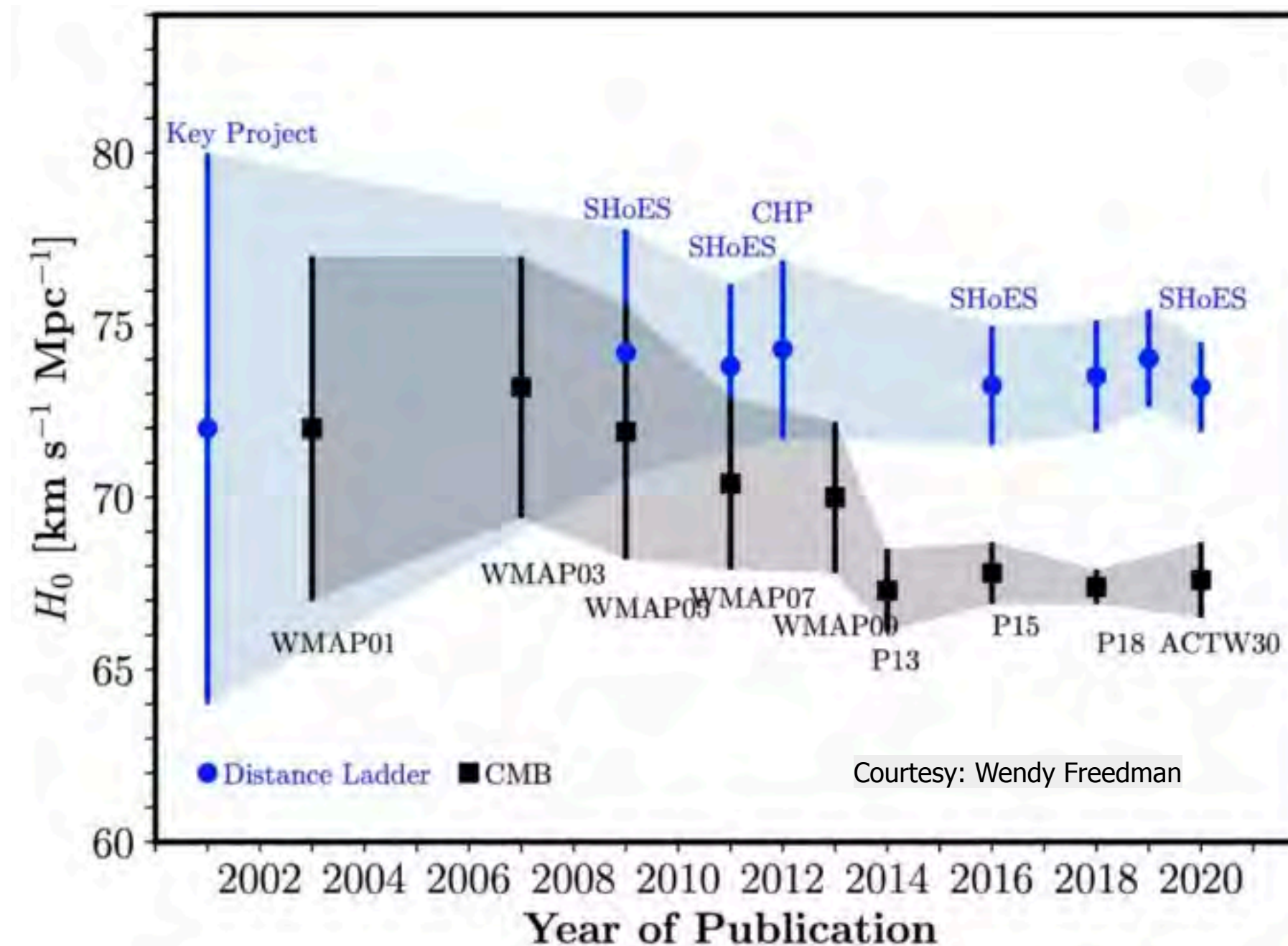
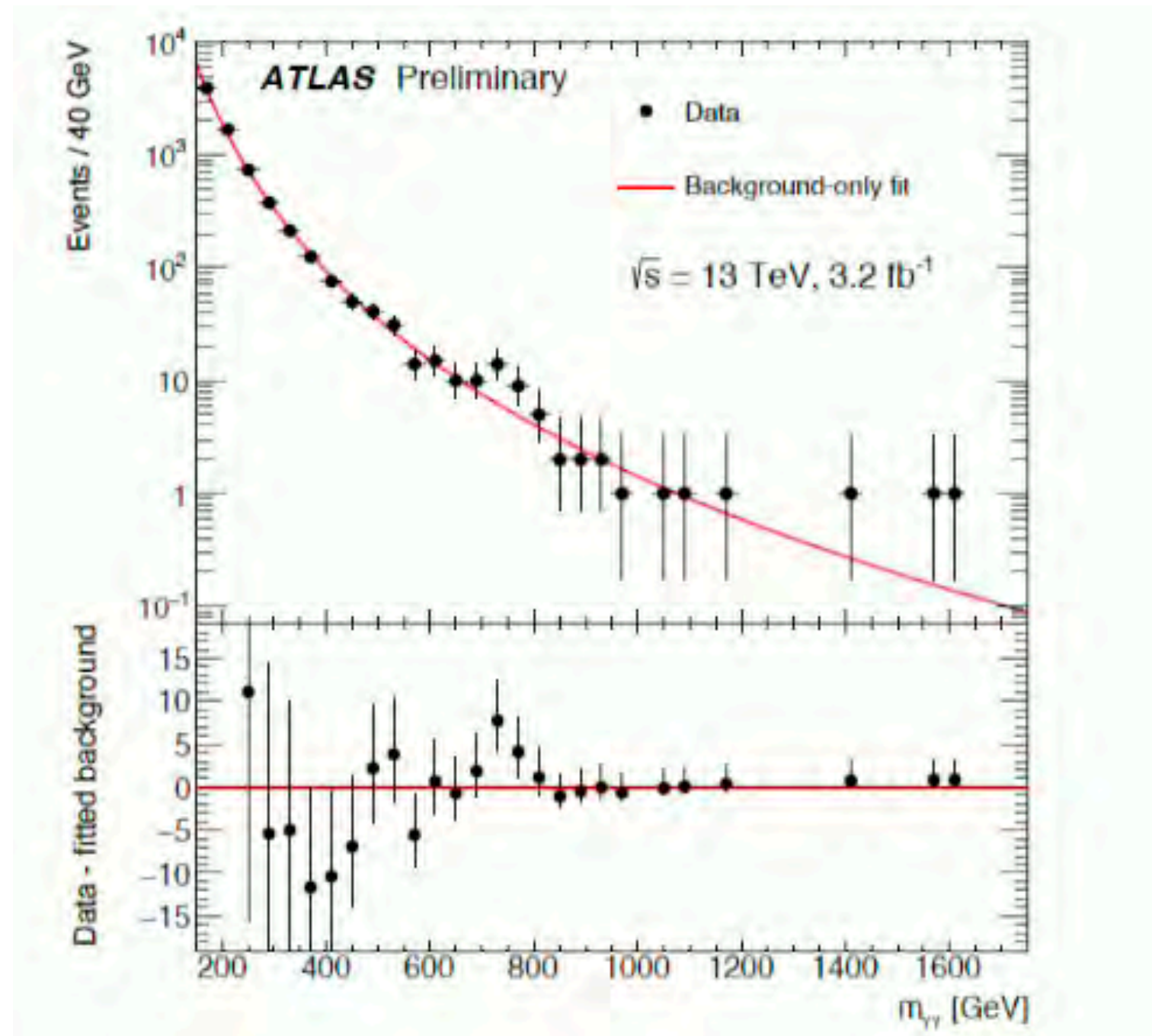
50 years in theoretical wasteland!

Anomaly-Industrial Complex

- Undeniable draw of young scientists to chase latest exciting experimental anomalies → maximize citations?
- Does this help or hinder the progress of science?



In his farewell address, President Dwight D. Eisenhower famously warned U.S. citizens about the "military-industrial complex".





DRESENT



Black Holes
Big Bang
Vacuum Energy
Lorentz Violation

PRESENT



Black Holes

Big Bang

Vacuum Energy

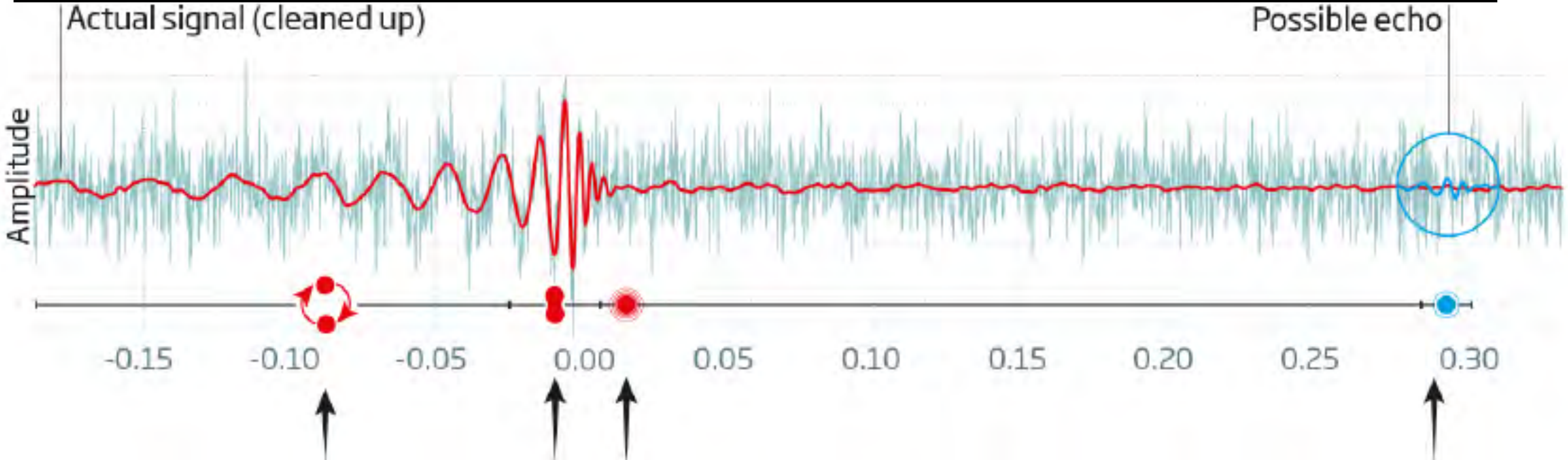
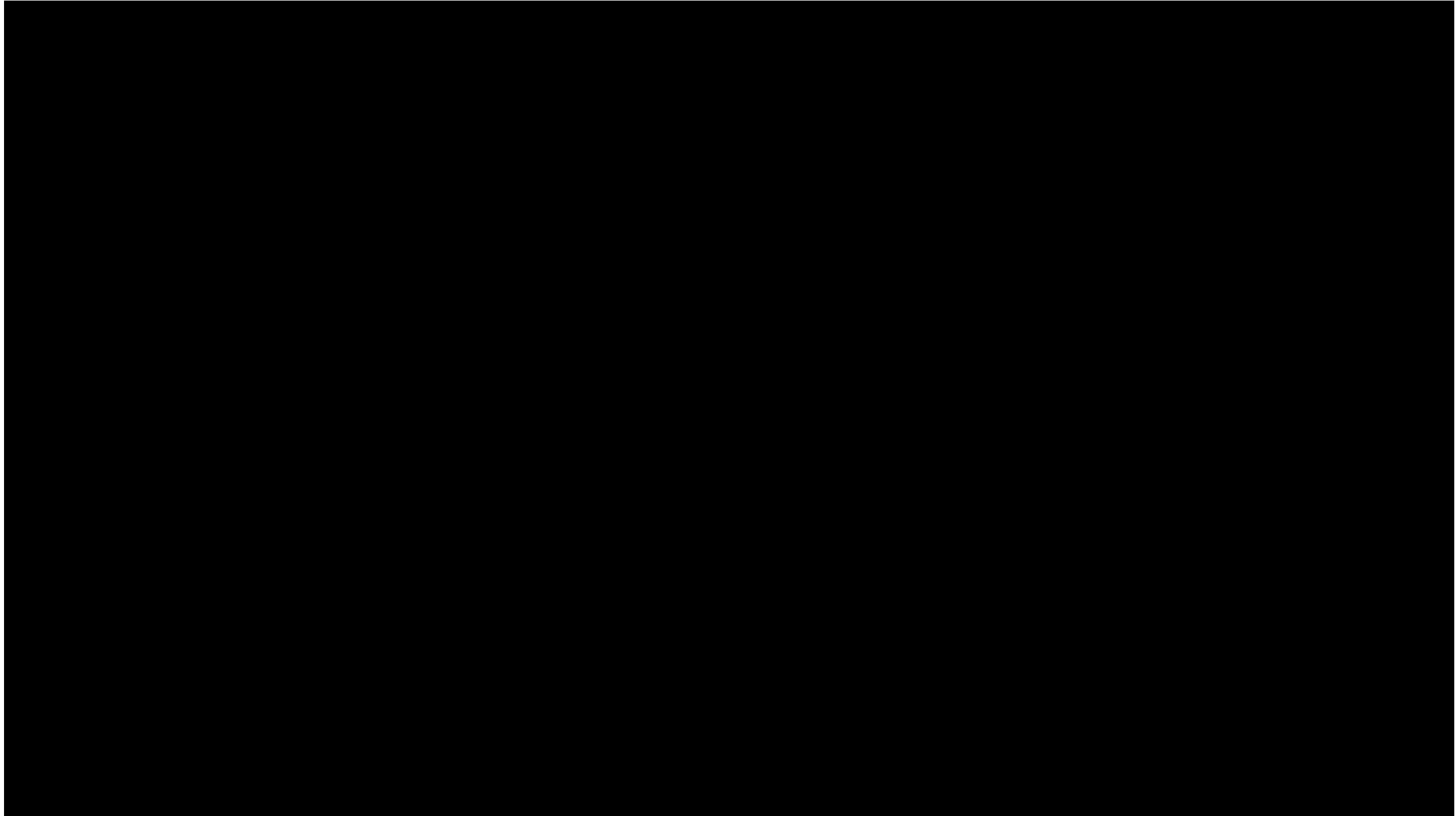
Lorentz Violation

PRESENT

Horizons vs Firewalls!

- In 2012, **Almheiri, Marolf, Polchinski, and Sully** argued Hawking evaporation, and classical horizon cannot be consistent (similar to arguments by **Mathur 2009**)
- *Their solution:* **Firewalls** instead of **Horizons!** Observers burn up as they hit them!

Gravitational Waves from firewalls?

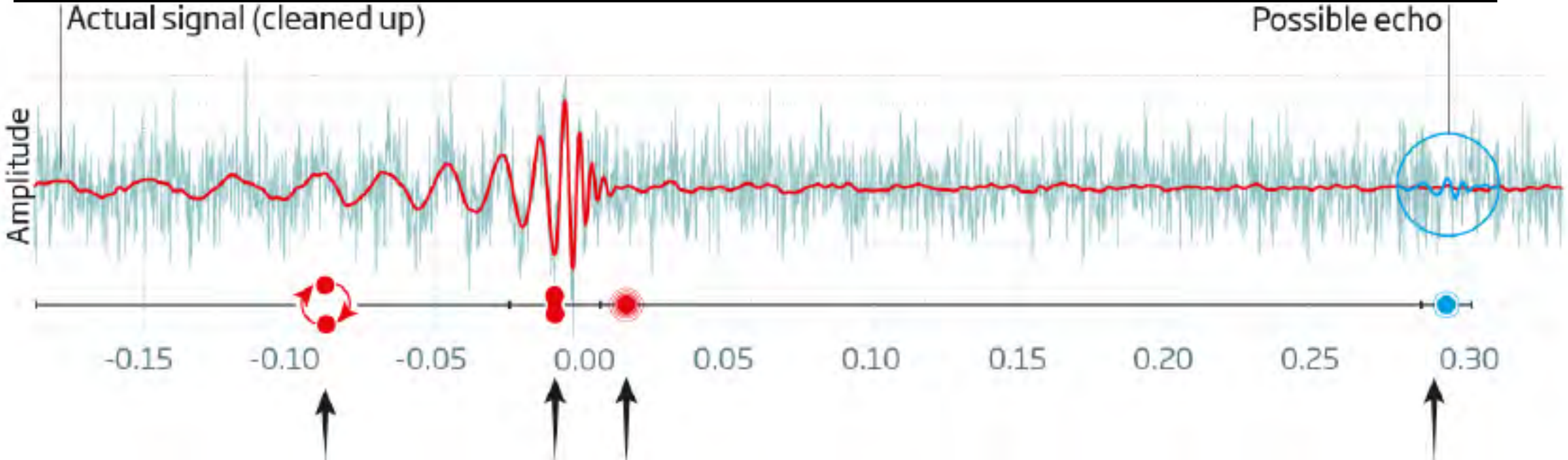
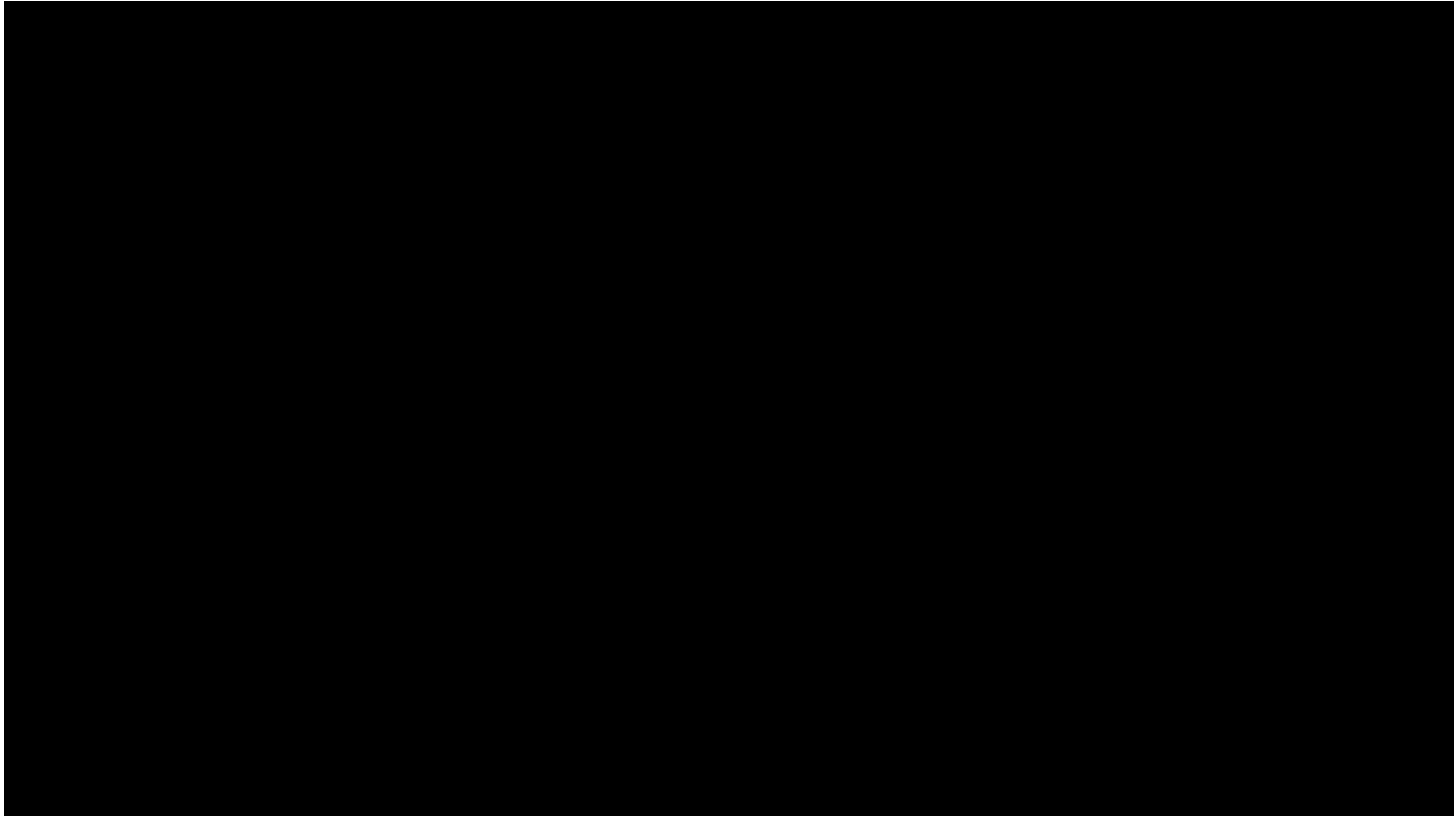


Black holes orbit one another... merge... then resonate...

...and, potentially, echo

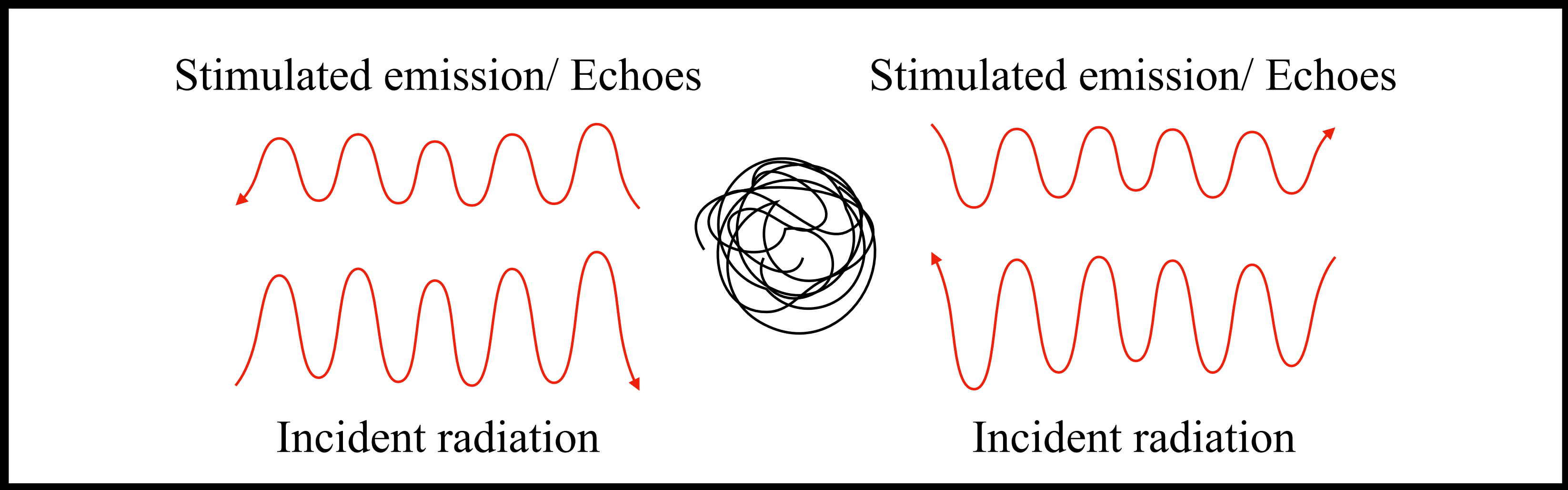
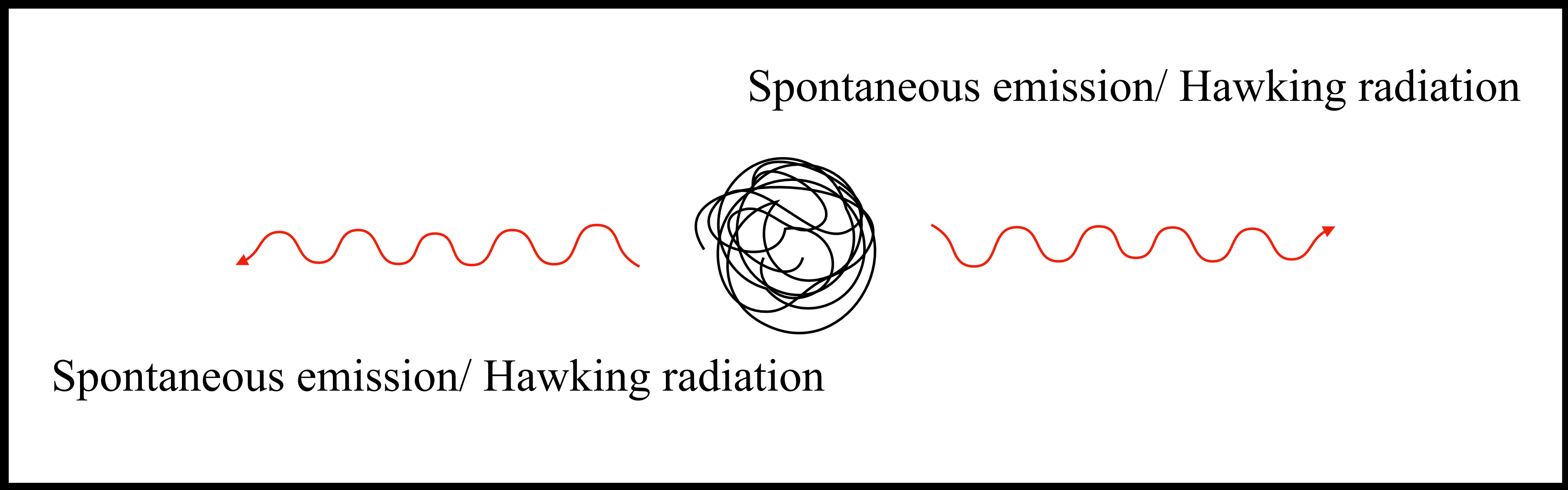
SOURCE: doi.org/bchwr; NIAYESH AFSHORDI AND JAHED ABEDI

Gravitational Waves from firewalls?



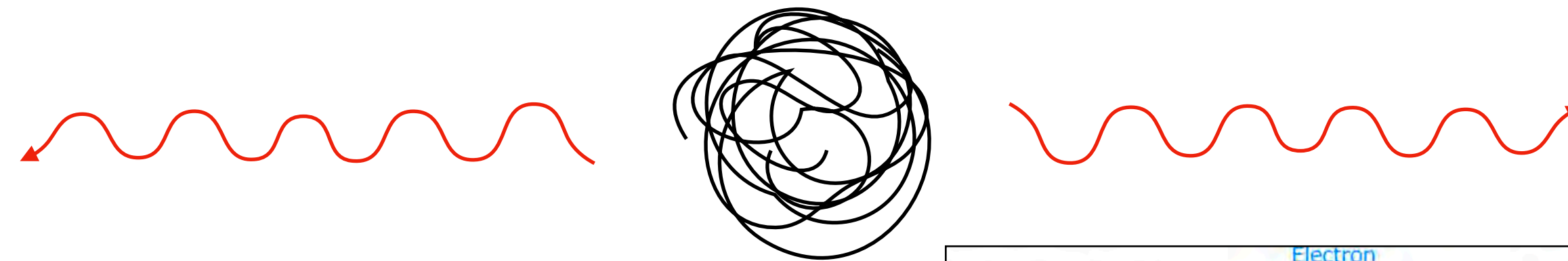
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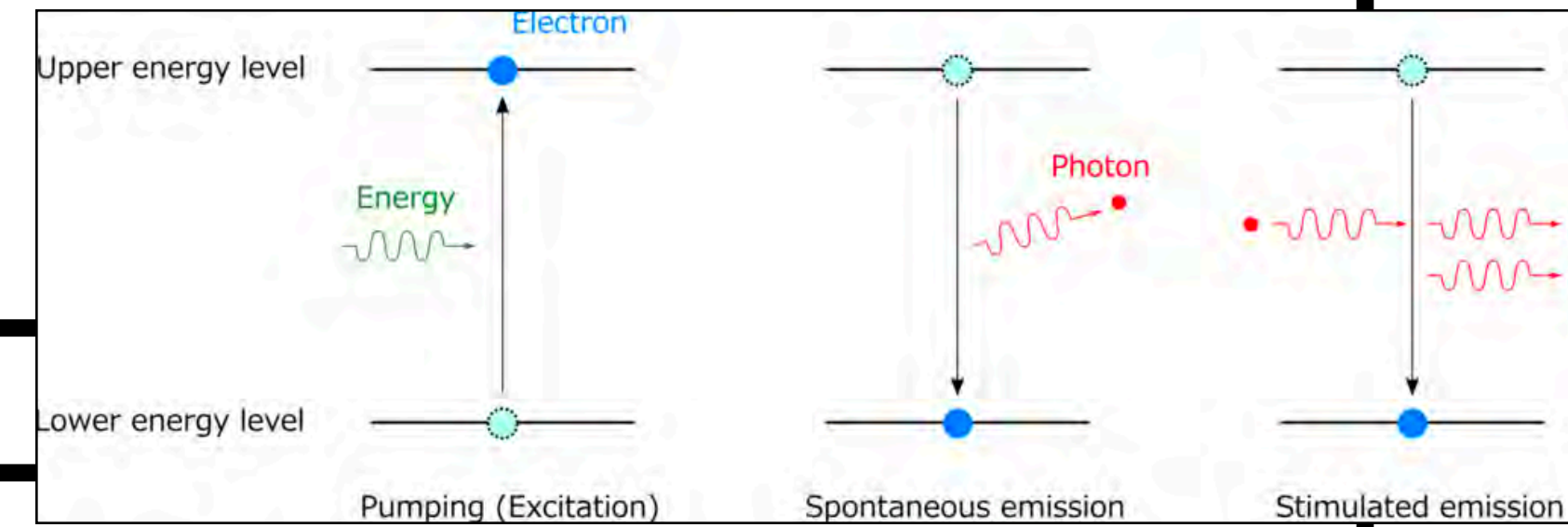


$$R = \exp\left(-\frac{\hbar\omega}{kT_H}\right)$$

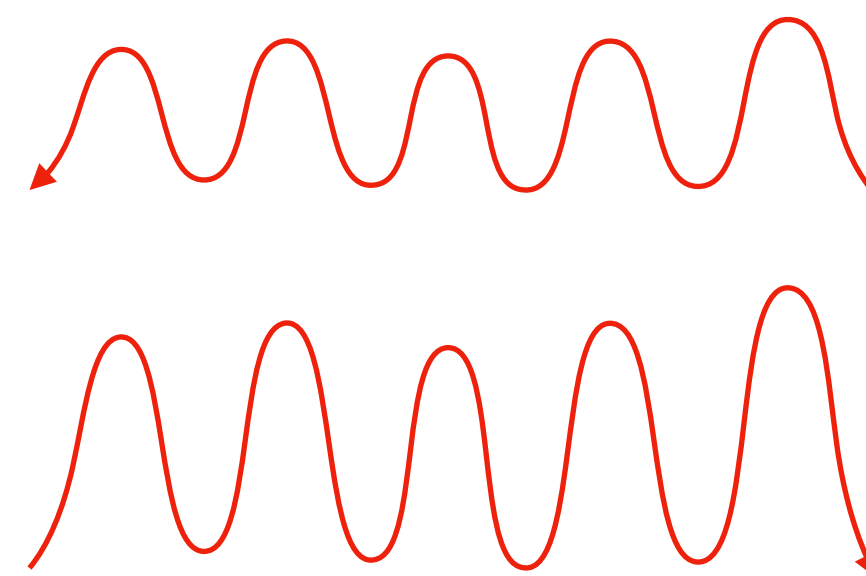
Spontaneous emission/ Hawking radiation



Spontaneous emission/ Hawking radiation

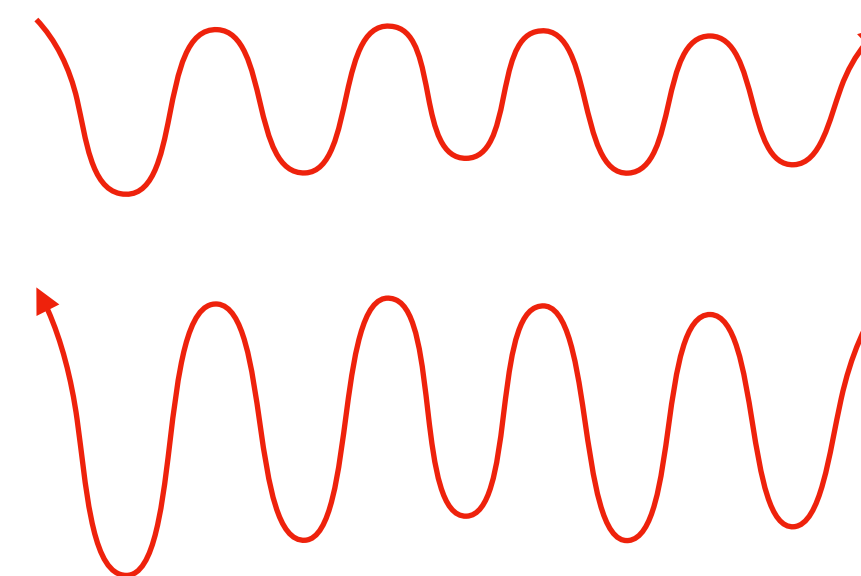


Stimulated emission/ Echoes



Incident radiation

Stimulated emission/ Echoes



Incident radiation

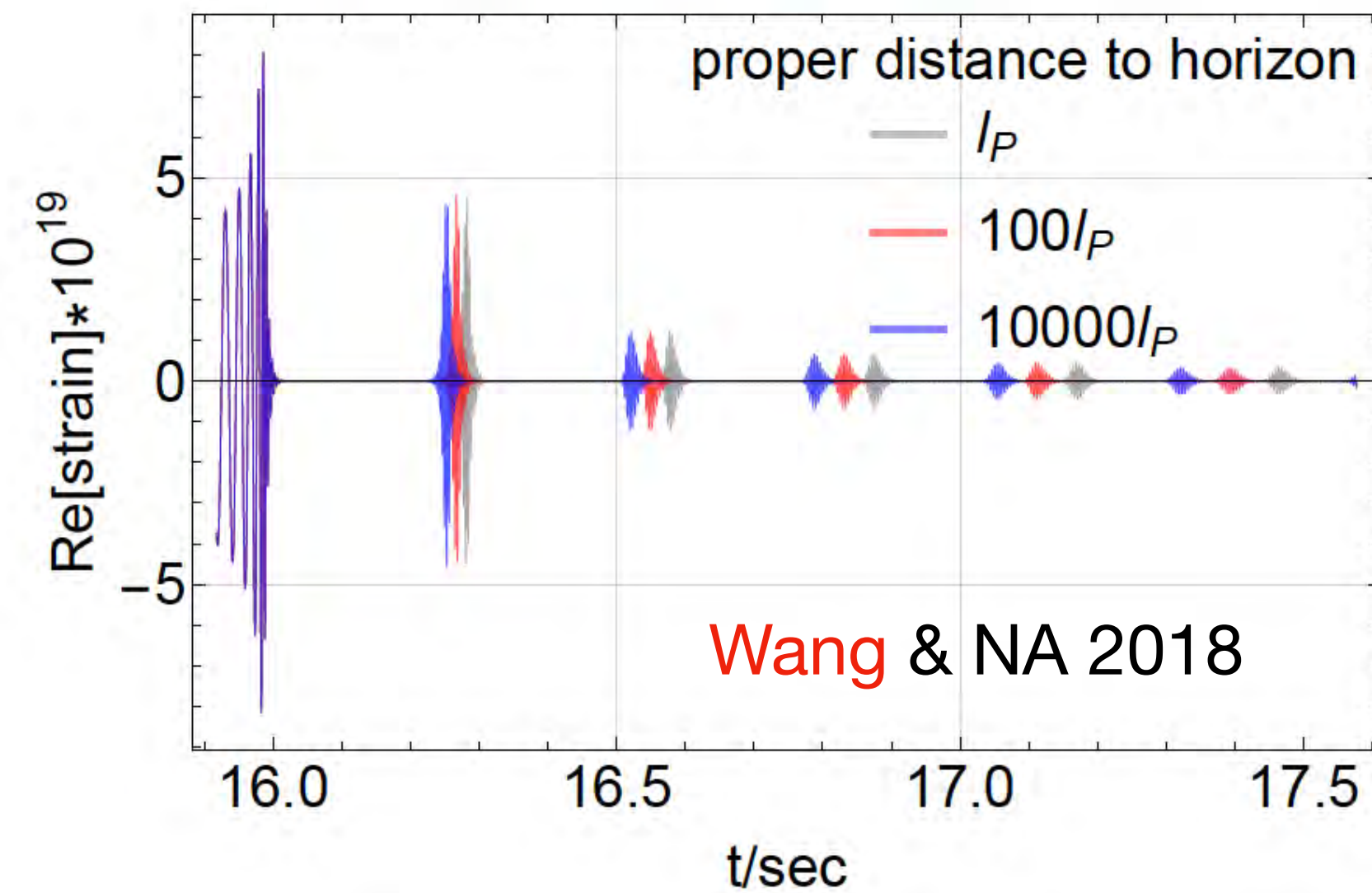
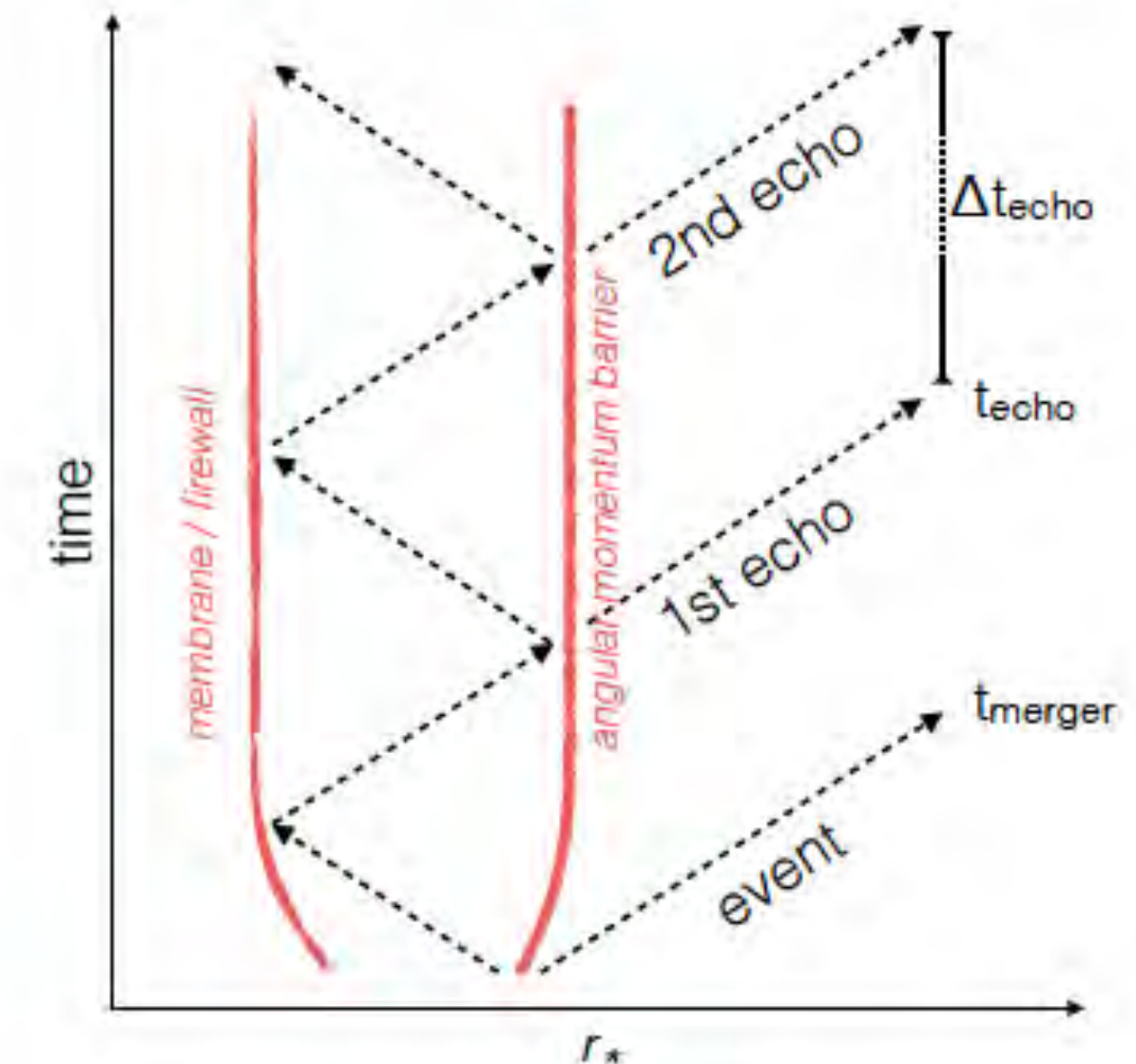
$$R = \exp\left(-\frac{\hbar\omega}{kT_H}\right)$$

From Planck to LIGO!

- Quantum effects within a Planck length of horizon
- “Echoes” in LIGO observations
(*Cardoso, Franzin & Pani 16*)

$$\Delta t_{\text{echo}} \simeq \frac{4GM_{\text{BH}}}{c^3} \left(1 + \frac{1}{\sqrt{1-a^2}} \right) \times \ln \left(\frac{GM_{\text{BH}}}{c^2 l_{\text{QG}}} \right)$$

- *Stimulated Hawking Radiation*
(*Oshita, Wang & NA 2020*)

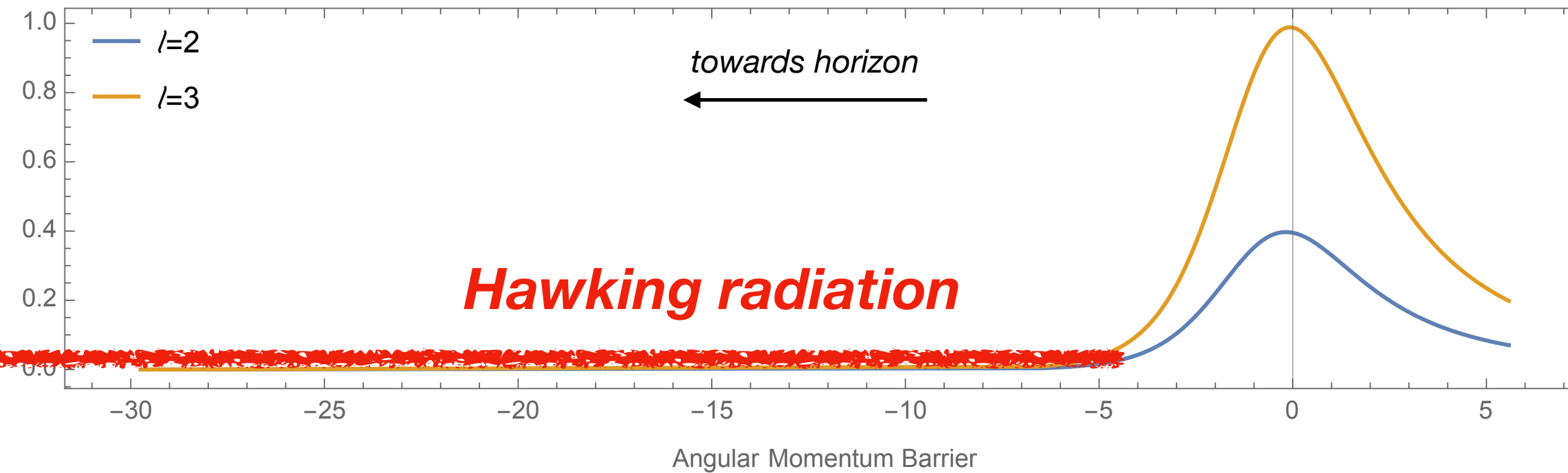


Finite Entropy of Hawking radiation

➔ Echoes *(Oshita & NA 2023)*



- Infinite Entropy & No Echoes: $t_{\text{echo}} \rightarrow \infty!$

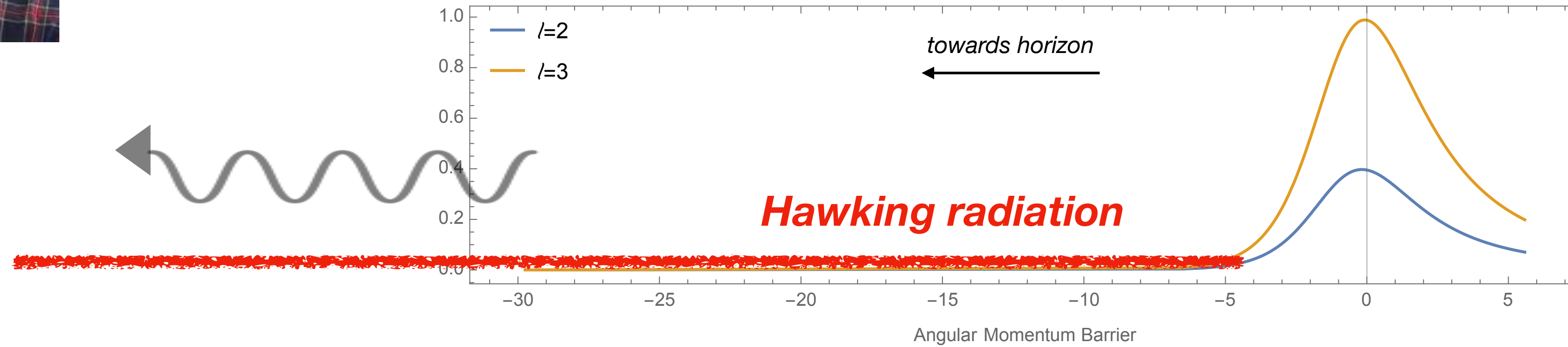


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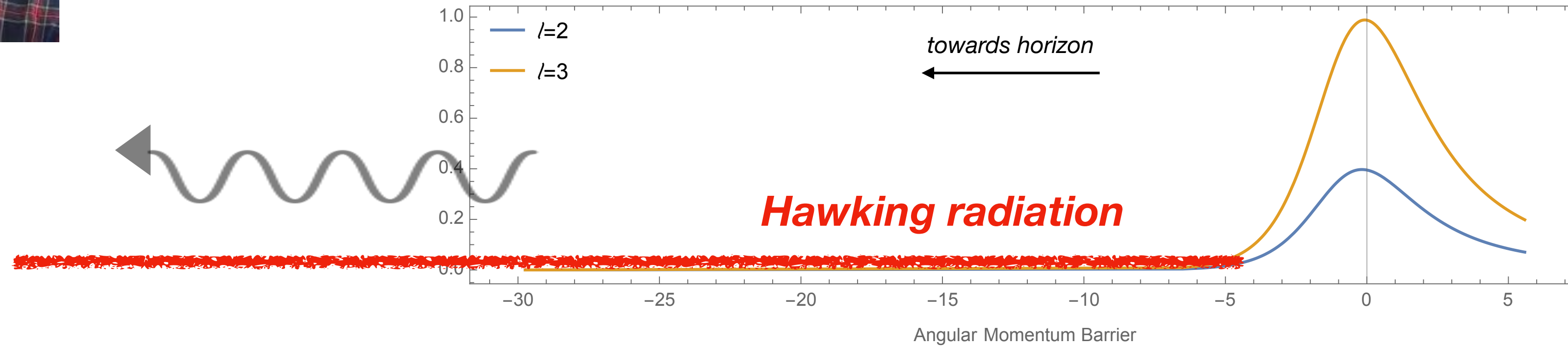


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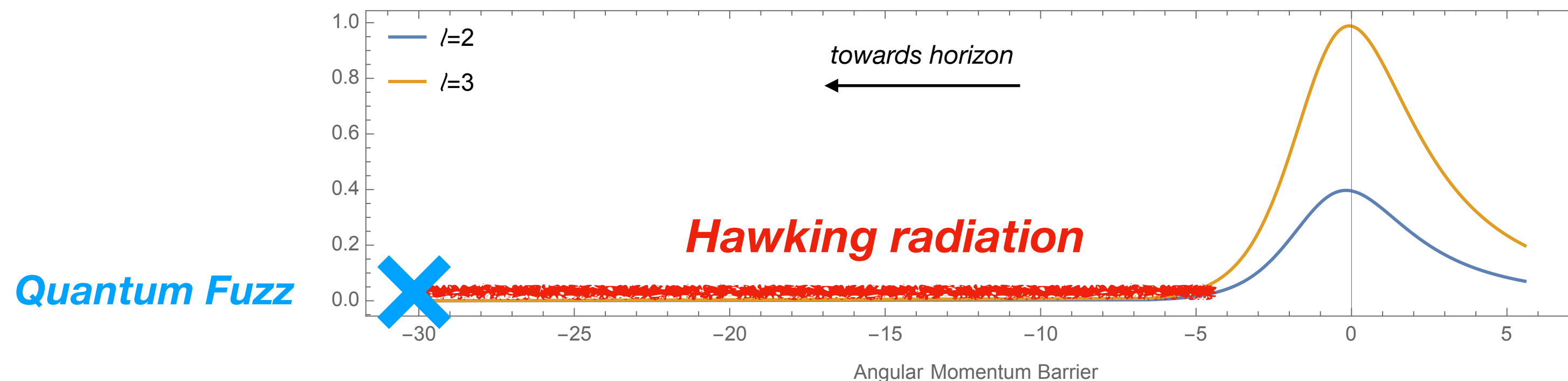
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- Finite Entropy & Echoes: $t_{\text{echo}} = \frac{\ln [\text{Entropy}/\ell(\ell + 1)]}{2\pi \times \text{Hawking Temperature}}$

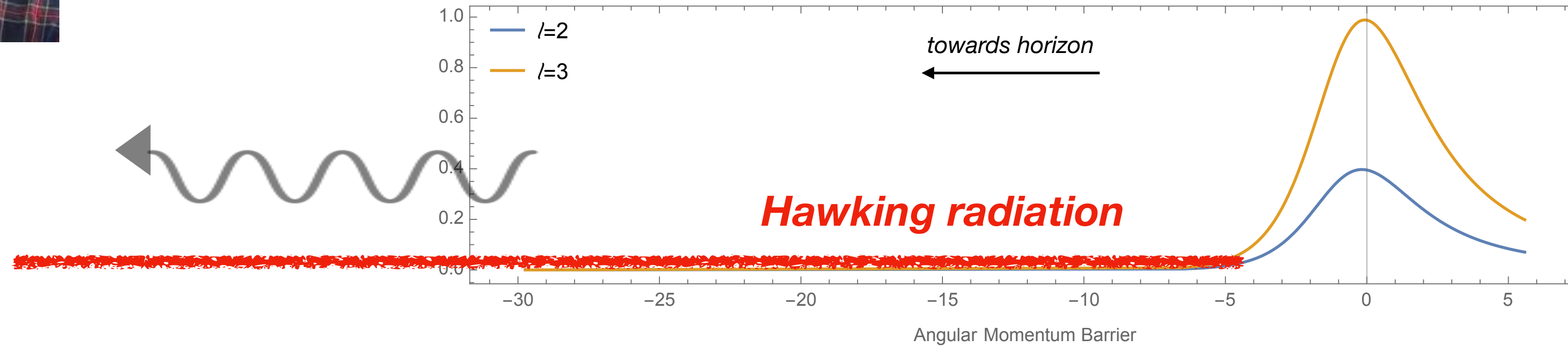


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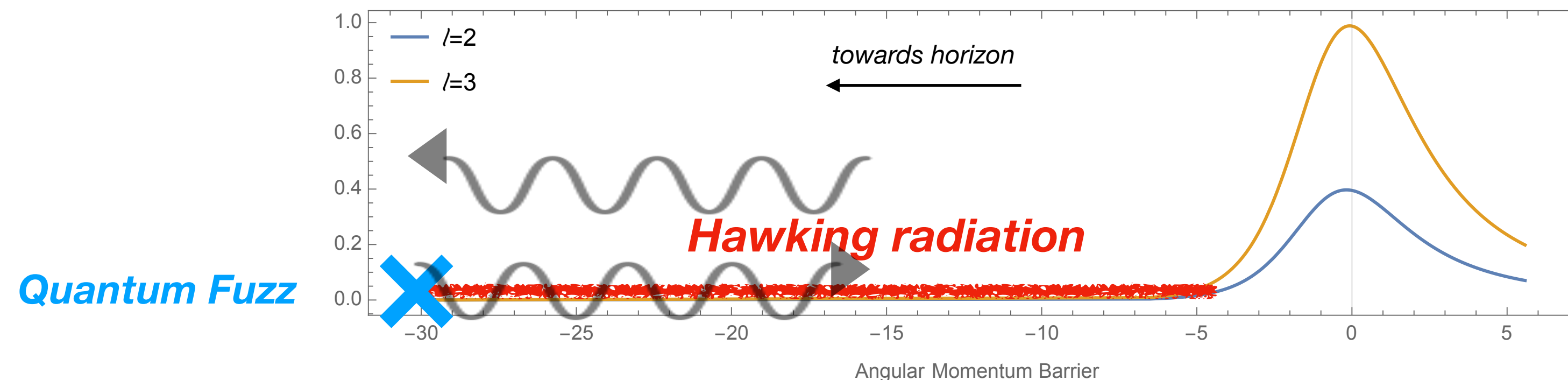
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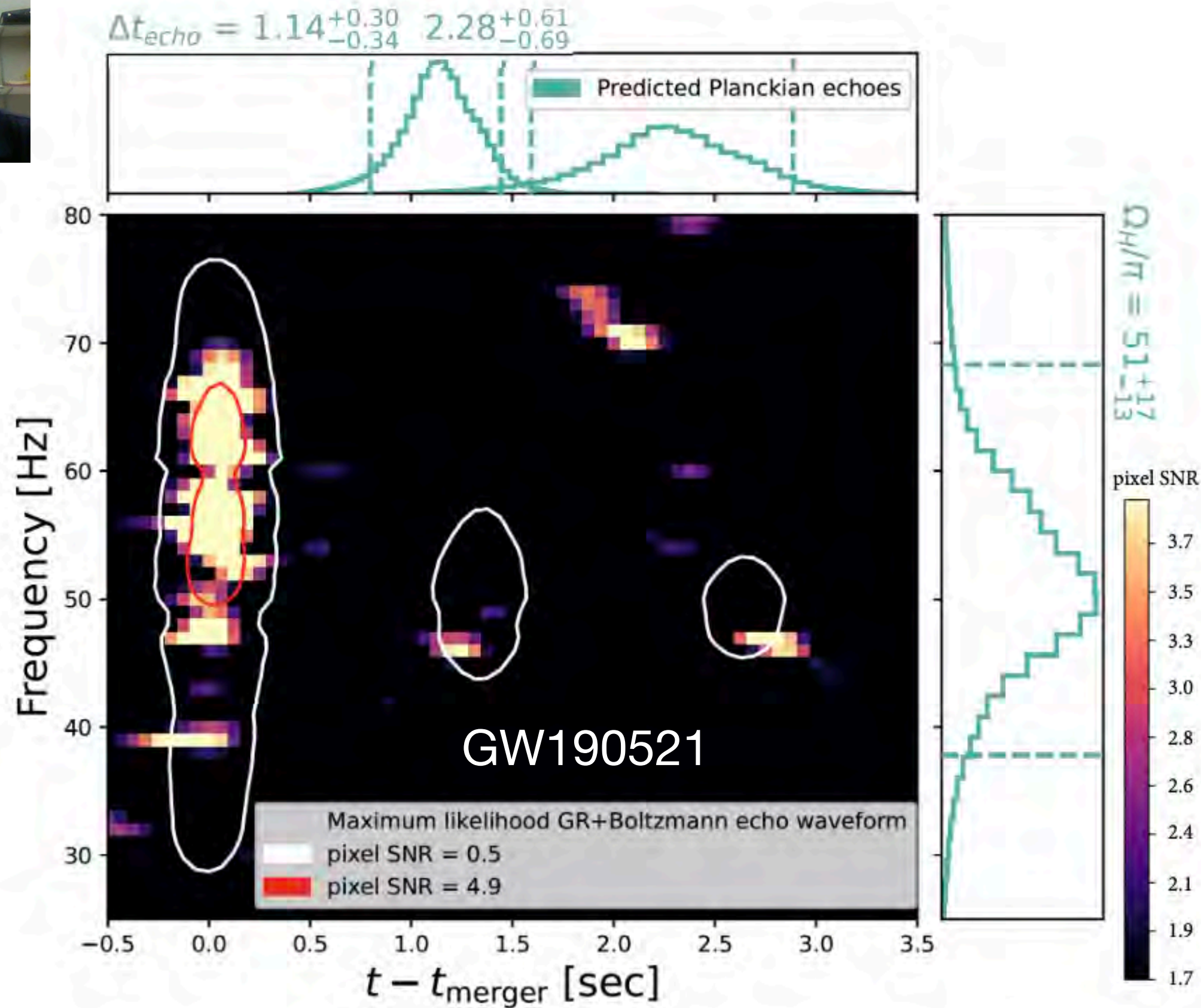


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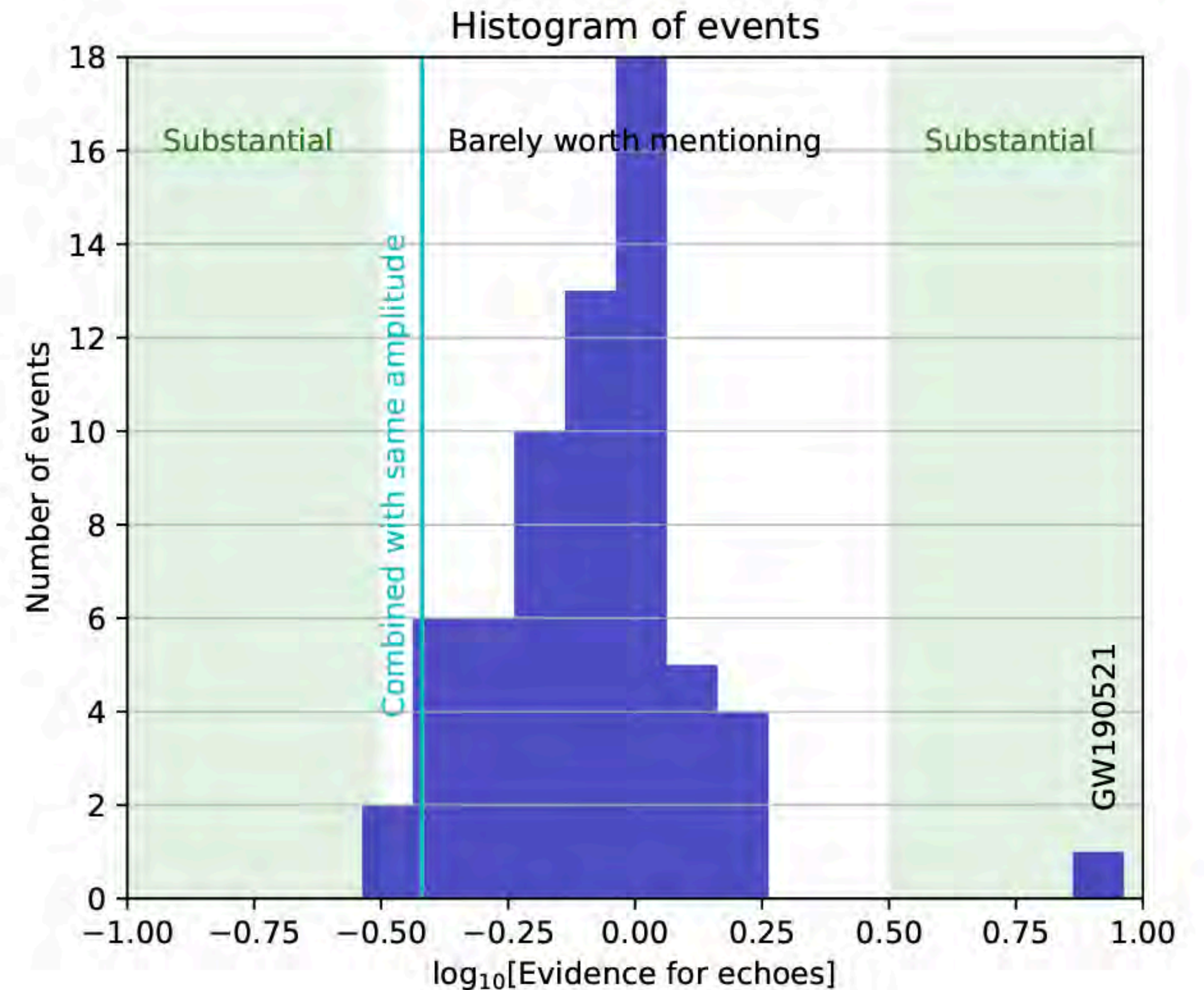


Are there echoes in LIGO data?

- Abedi, Longo & NA 2023



- Abedi 2023



Can we image Quantum Black Holes?

the case of q-metric

$$ds^2 = - \left(1 - \frac{2m}{r}\right)^{1+q} dt^2 + \left(1 - \frac{2m}{r}\right)^{-1-q} \left(\frac{r^2 - 2mr + m^2 \sin^2 \theta}{r^2 - 2mr}\right)^{-q(2+q)} dr^2 \\ + \left(1 - \frac{2m}{r}\right)^{-q} r^2 (d\theta^2 + \sin^2 \theta d\phi^2).$$

- Generalized to spinning spacetime by Toktarbay & Quevedo 2014
- Modified the mass and spin multipoles of the Kerr spacetime

$$M_0 = m + q\sigma,$$

$$M_2 = -m^3 - 3m^2 q\sigma - m(q^2 - 1)\sigma^2 - \frac{1}{3}q(q^2 - 7)\sigma^3,$$

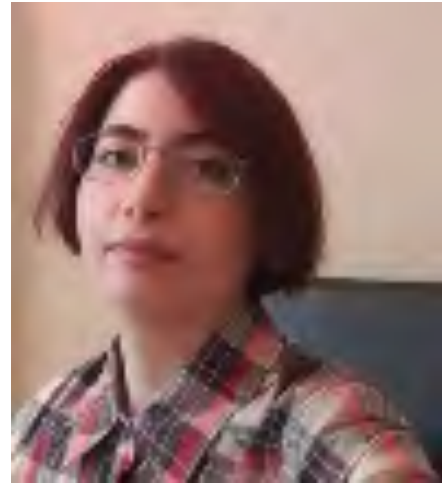
$$J_1 = a(m + 2q\sigma),$$

$$J_3 = -a [3m^3 + 12m^2 q\sigma + 3m(3q^2 - 1)\sigma^2 + 2q(q^2 - 4)\sigma^3] / 3,$$

$$\sigma = \sqrt{m^2 - a^2}$$

Imaging Quantum Black Holes?

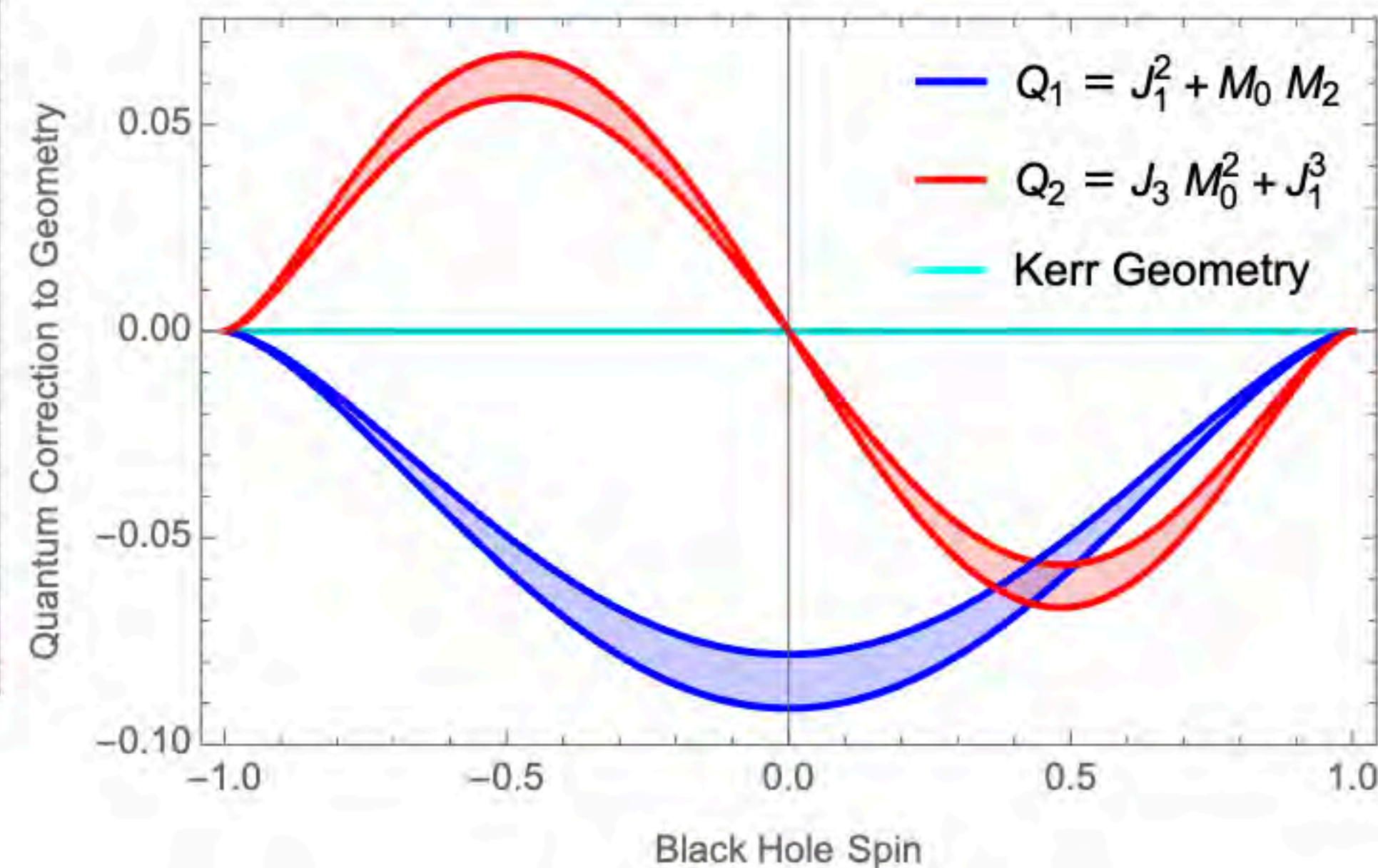
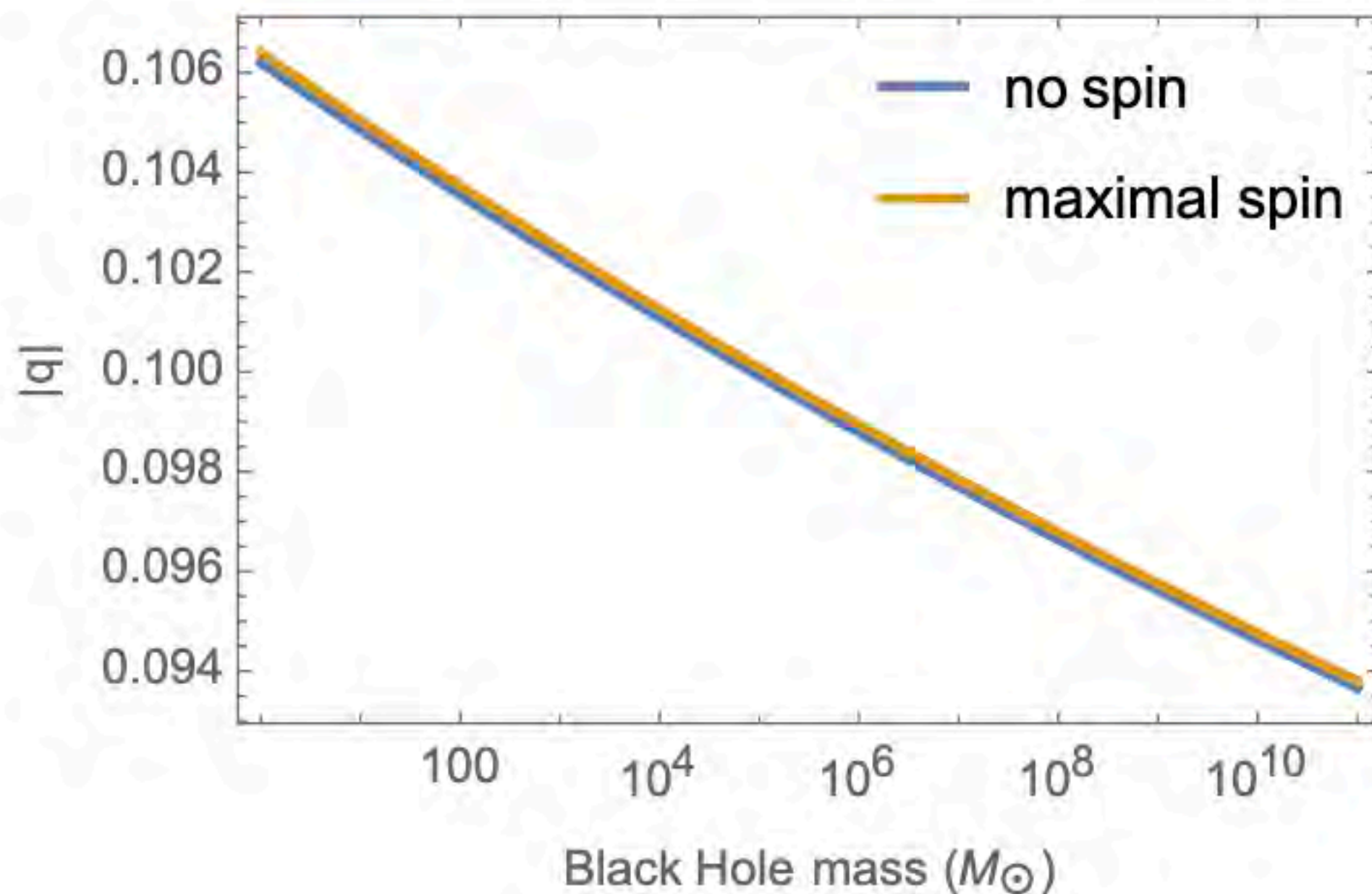
Faraji, NA, et al. (in prep.)

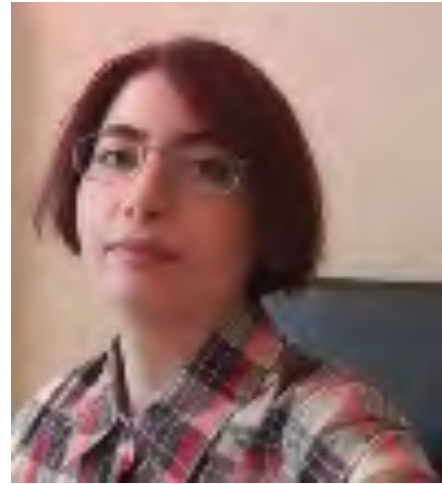


- Quantum effects violate the no-hair theorem
→ mass and spin multipoles differ from Kerr

- Example: q-metric

$$t_{\text{echo}} \lesssim \frac{\ln S}{2\pi T_H} \Rightarrow q^2 \gtrsim \frac{2}{\ln S}.$$





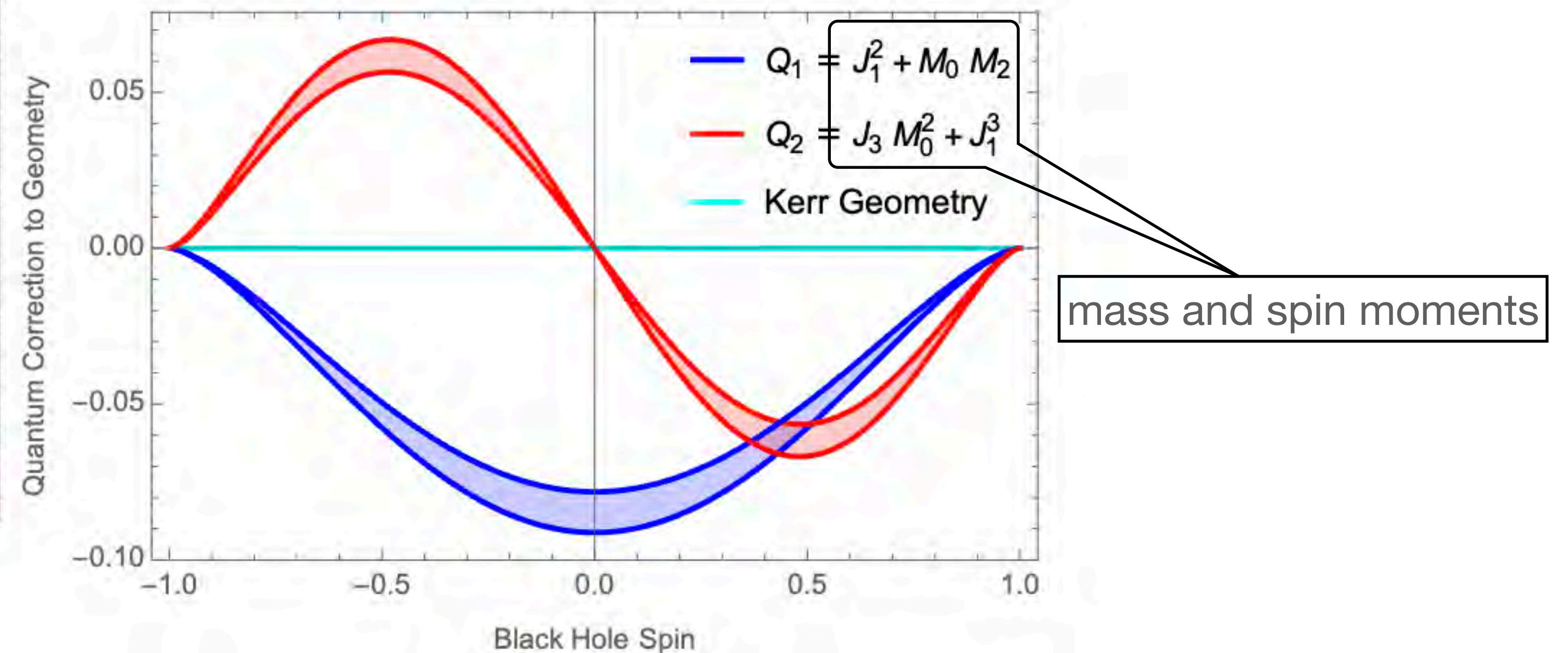
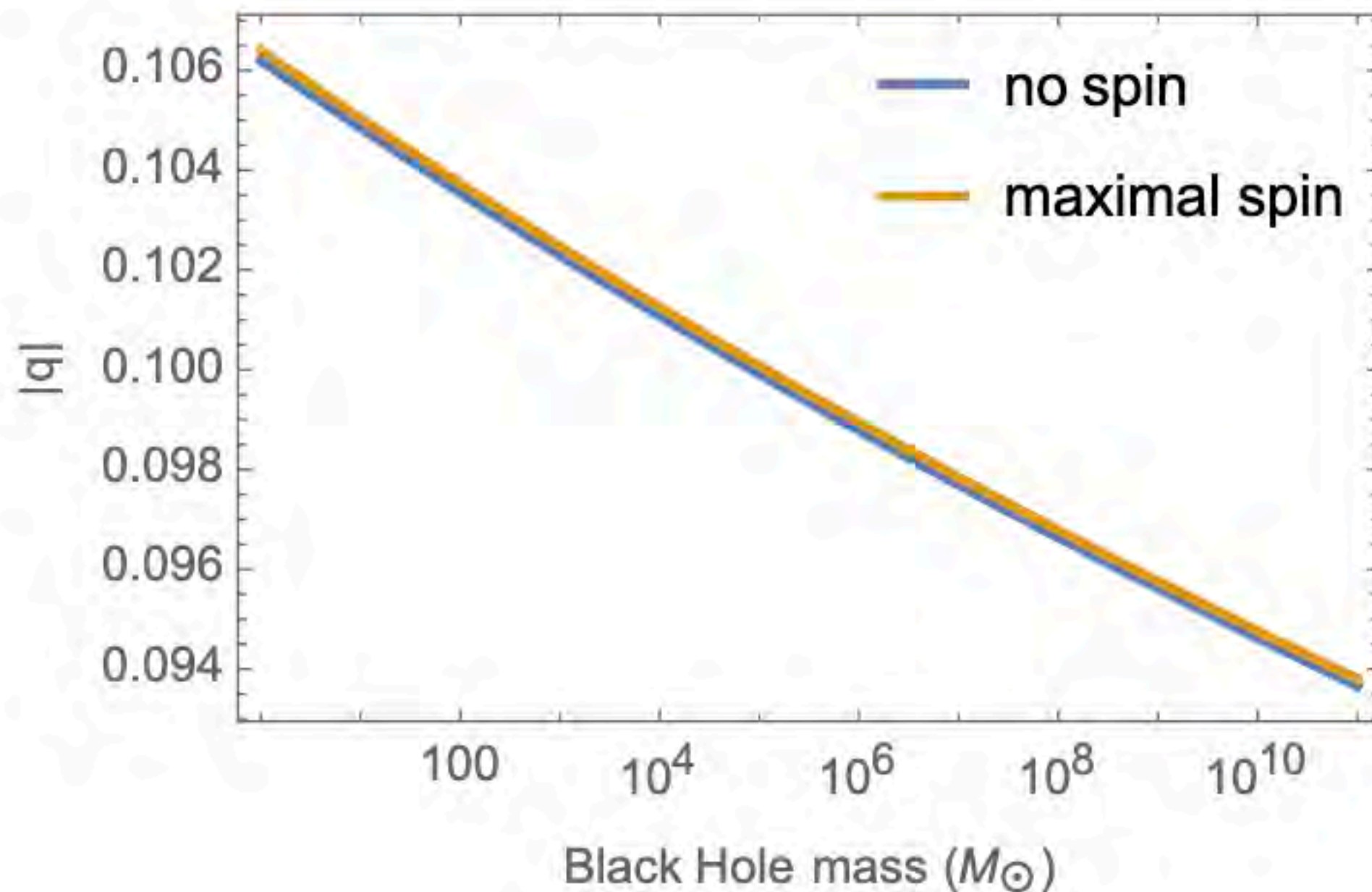
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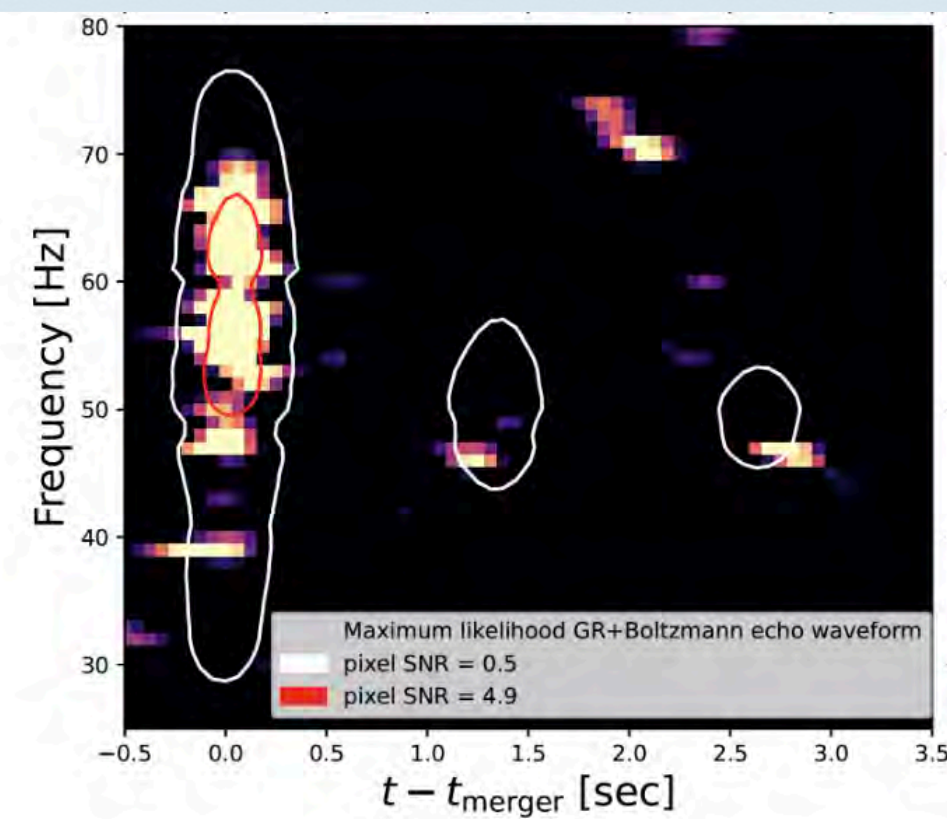
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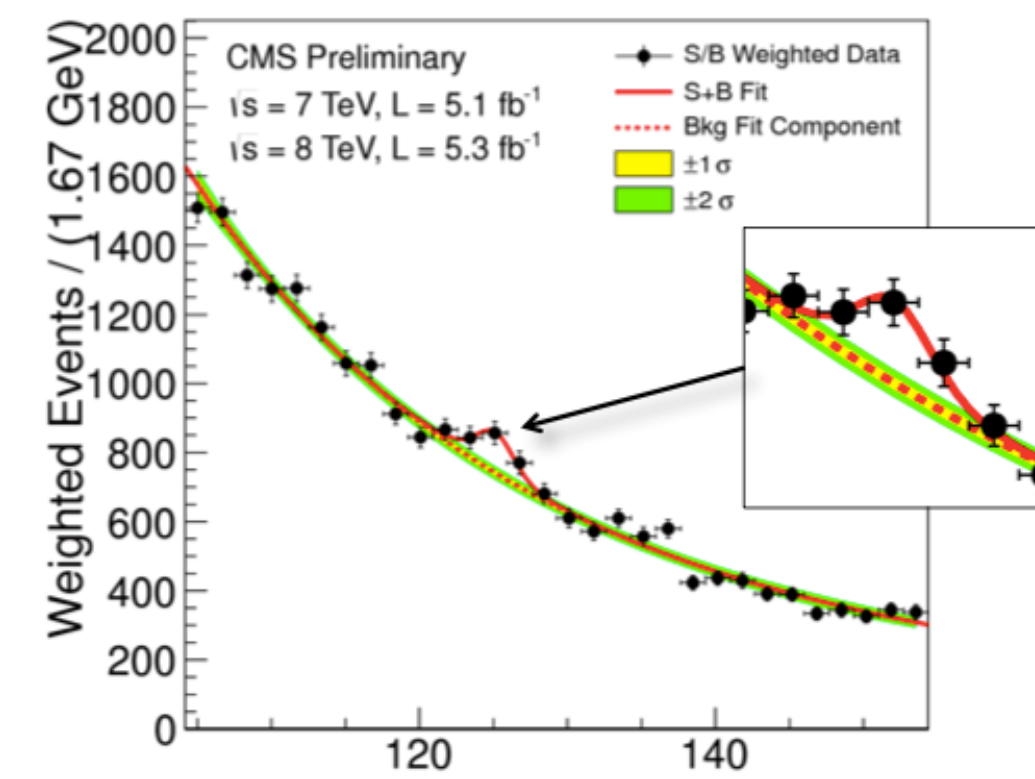




- Unitarity
- (Perturbative) Effective Field Theory
- Holographic Entropy ↔
Diffeomorphism sym.



- Unitarity
- (Perturbative) Effective Field Theory
- Gauge Symmetries of Standard Model





Black Holes

Big Bang

Vacuum Energy

Lorentz Violation

PRESENT

Wave function of the Big Bang connects

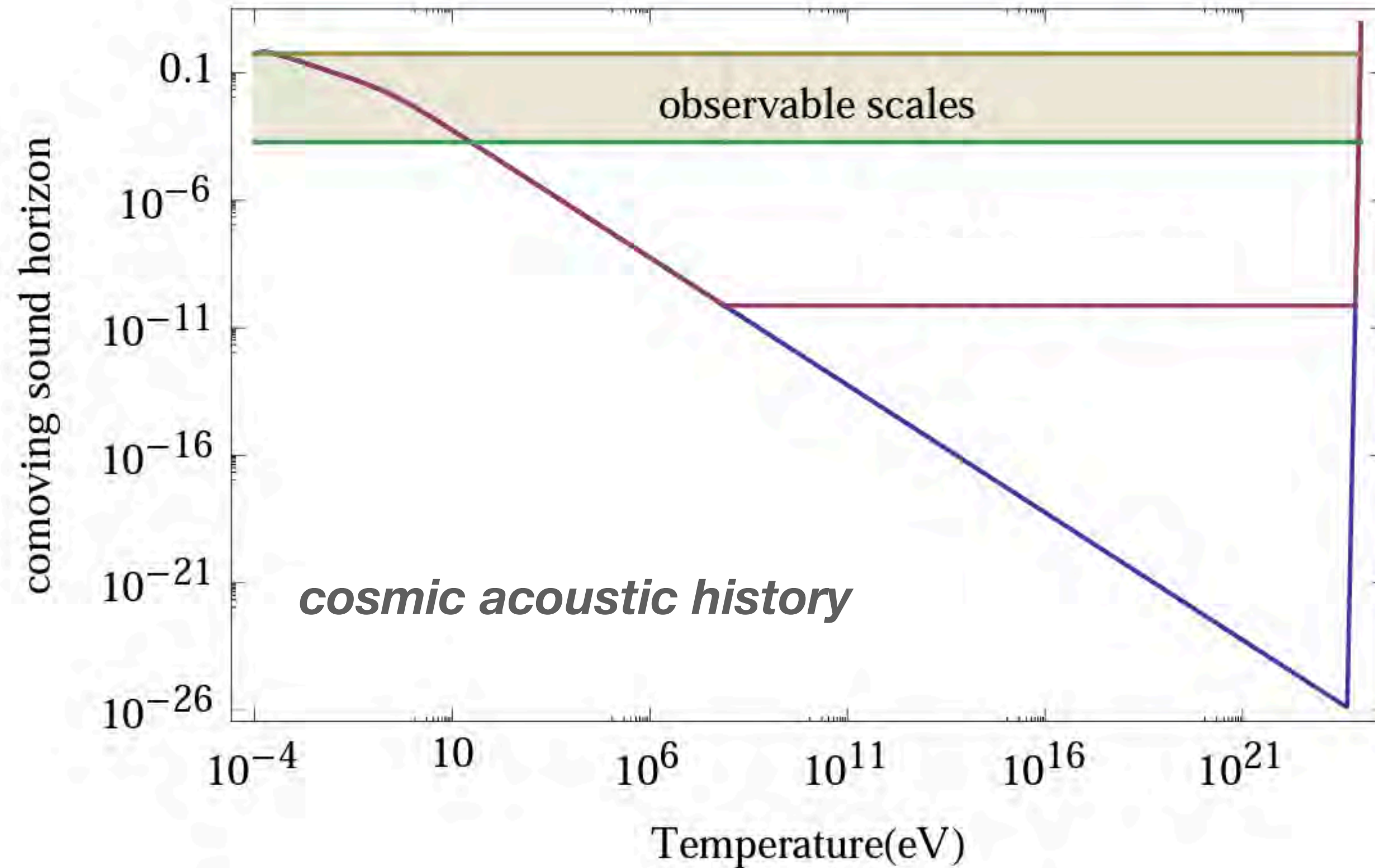
- Shape and amplitude of the primordial power spectrum (2-point function)
- Shape and amplitude of the primordial bispectrum (3-point function)
- Dark Energy/cosmological constant

Wave function of the Big Bang connects

- Shape and amplitude of the primordial power spectrum (2-point function)
- Shape and amplitude of the primordial bispectrum (3-point function)
- Dark Energy/cosmological constant

This may sound trivial, but has very non-trivial consequences!

A speedy sound at the Big Bang?



- A **fully thermal Big Bang** History (no reheating)
- Scale-invariant tensor modes (transition to Horava gravity)

$$r \equiv \frac{\mathcal{P}_T}{\mathcal{P}_\zeta} \gtrsim 1 \times 10^{-3} \left(\frac{g_*}{100} \right)^{1/3},$$

Agarwal & NA 2014

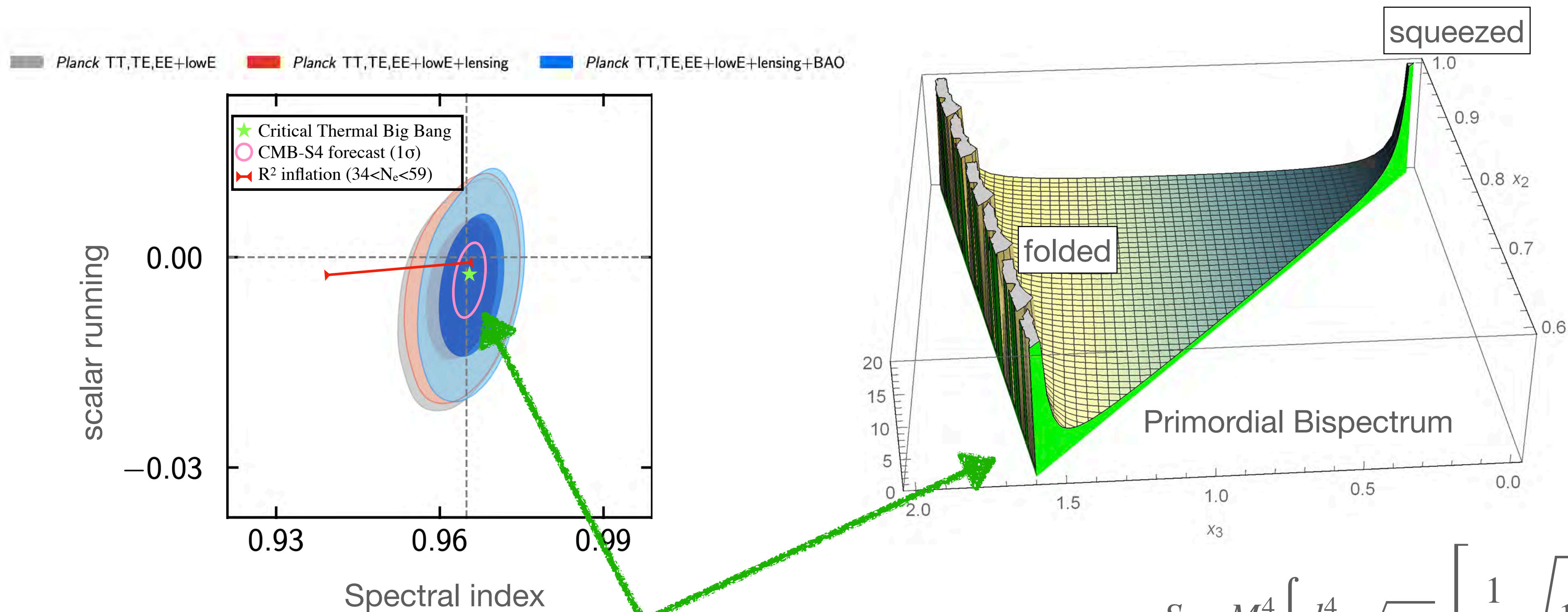
Magueijo & Pogosian 2003

Magueijo 2008

Agarwal & NA 2014

Bi-Thermal Big Bang

Most predictive model of the Early Universe! Inflation



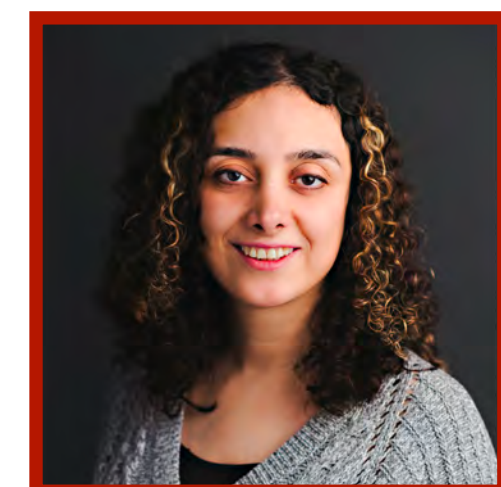
Does Quantum Gravity break the speed of light limit?

NA, Chung & Geshnizjani 2006; NA & Magueijo 2016

Mylova, Moschou, NA, & Magueijo 2022

$$S = M^4 \int d^4x \sqrt{-g} \left[\frac{1}{\phi^2} \sqrt{1 + \frac{(\partial\phi)^2}{M^4}} - \frac{3}{4} (\ln \phi)^2 \right]$$

$$M \simeq 2.9 \times 10^{-4}$$



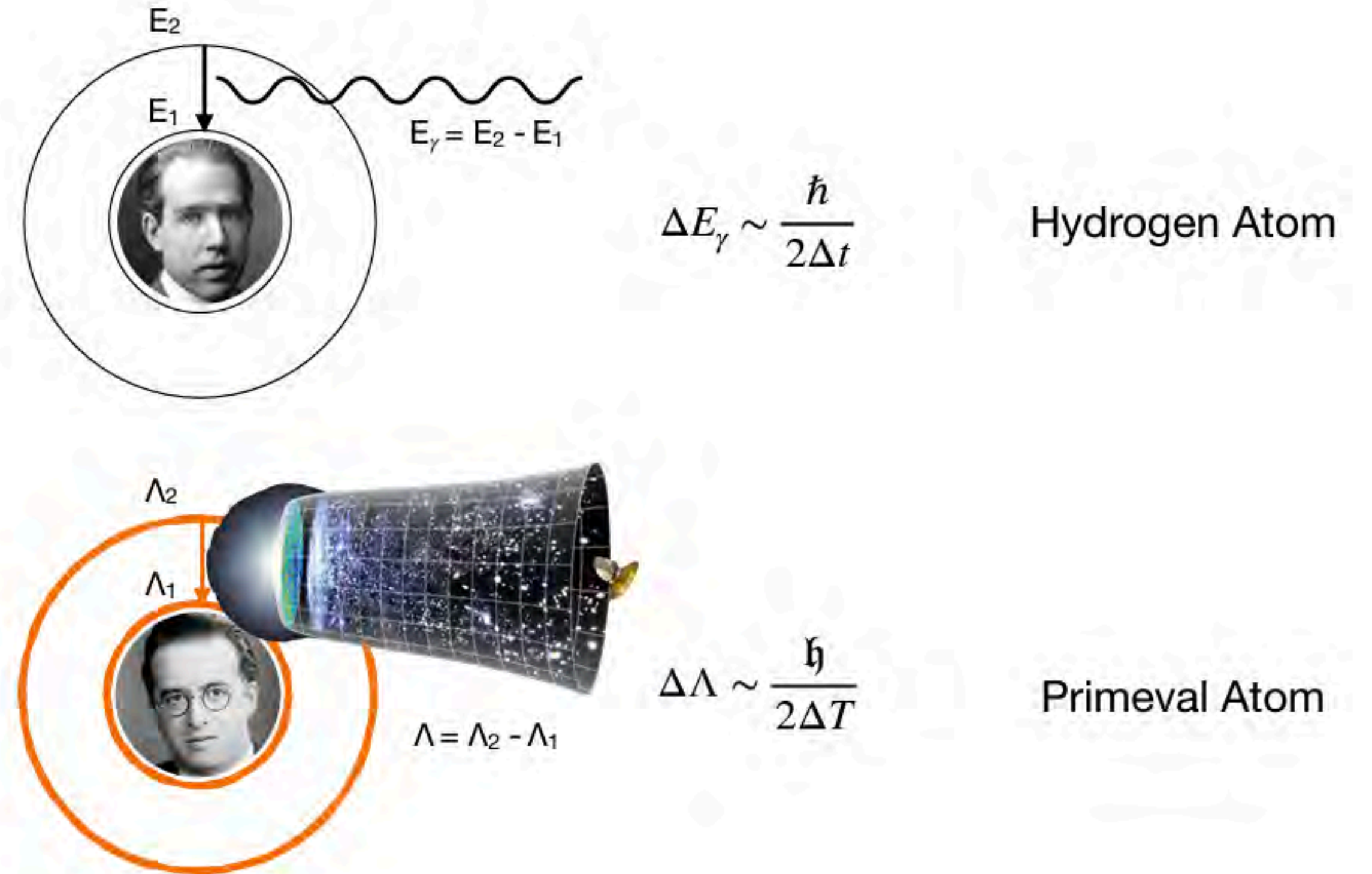
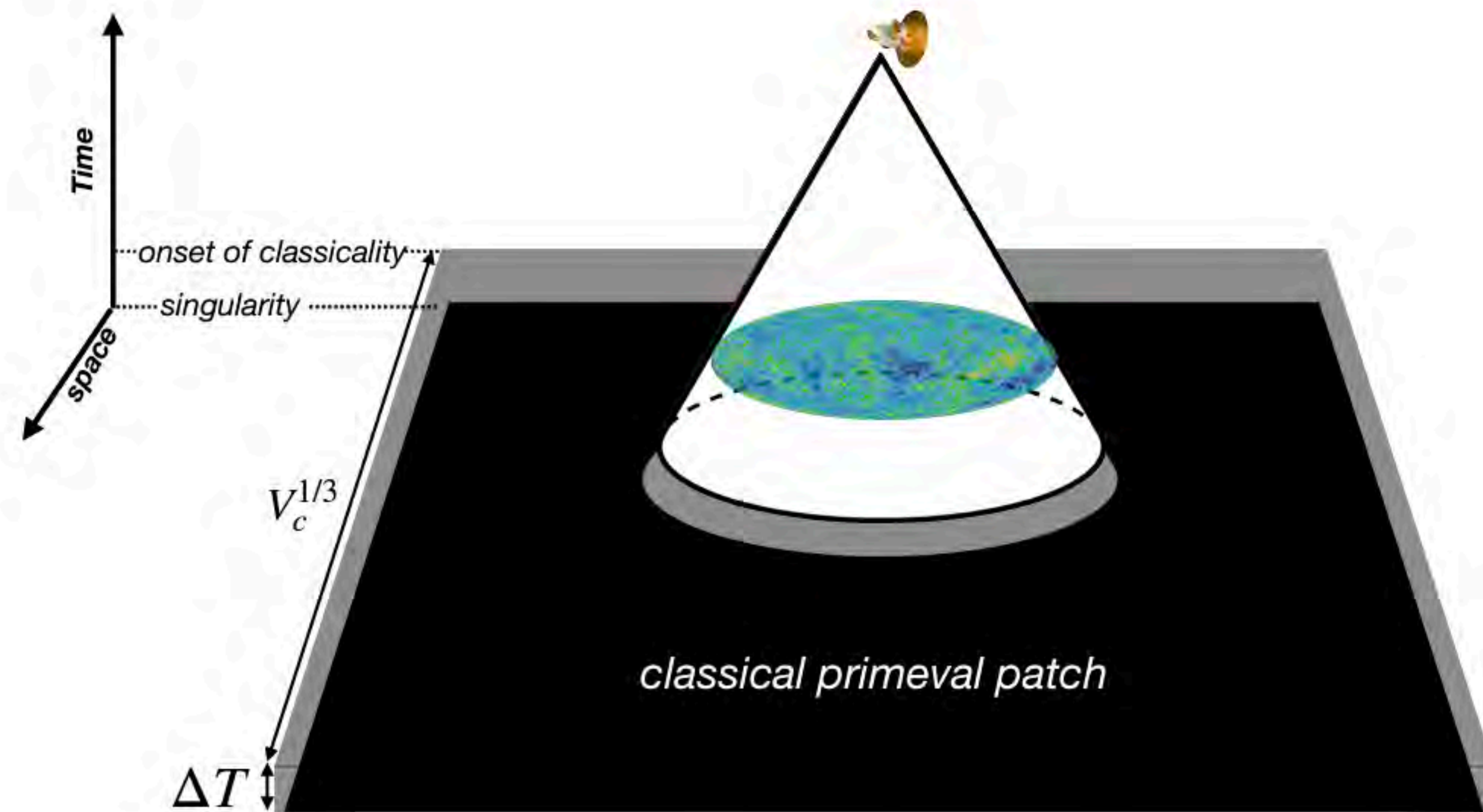


Black Holes
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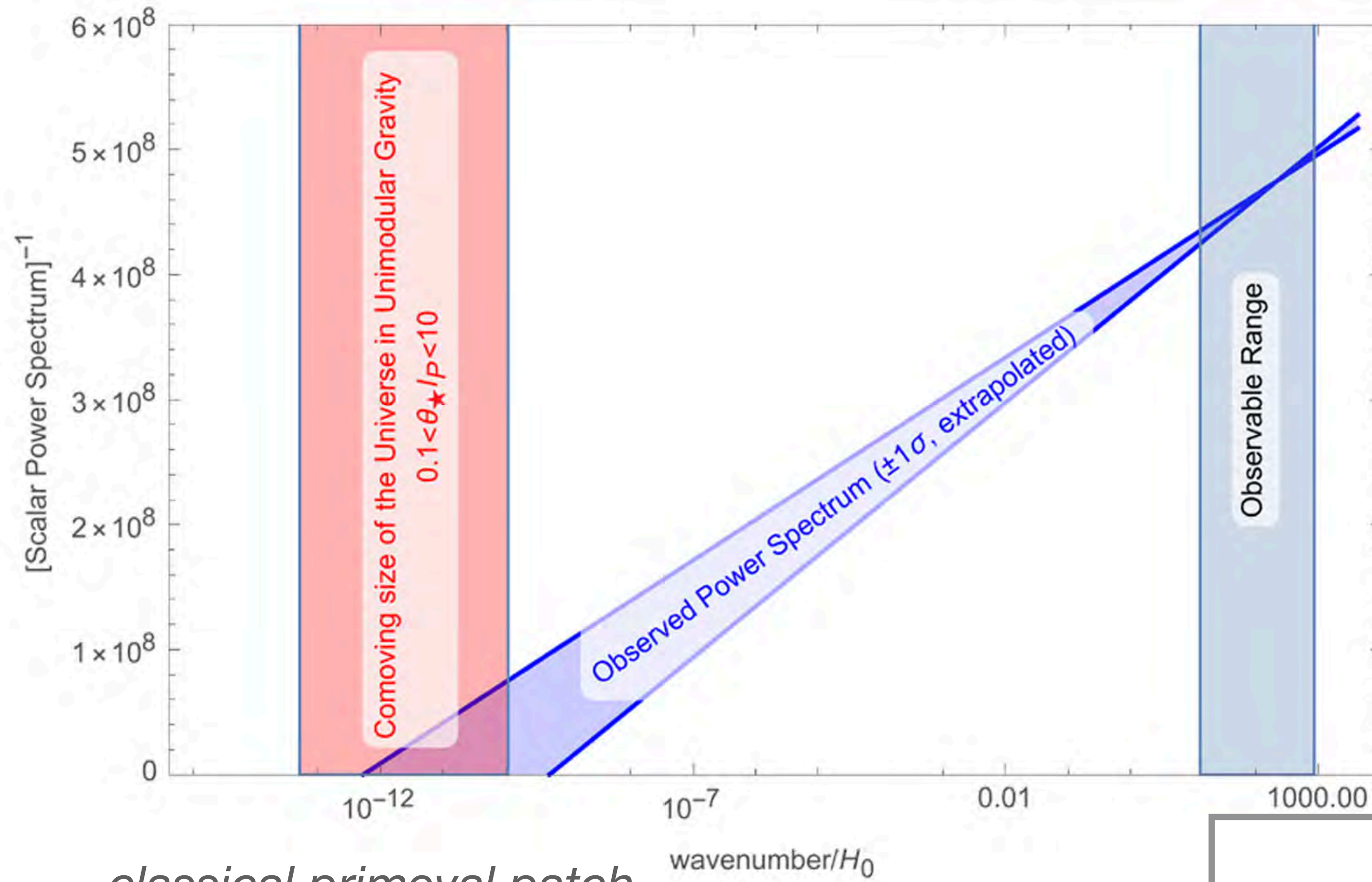
Cosmological constant from the classicality of the “Primeval Atom”

- Heisenberg Uncertainty Relation between cosmological constant, and the classical primeval patch 4-volume



$$\int a^3(t)dt = T > T_\star = \frac{l_P^2}{6V_c\Lambda_0\epsilon} > \frac{l_P^2}{6V_c\Lambda_0}$$

Quantum Cosmology ties dark energy (Λ) and early universe (n_s)



classical primeval patch

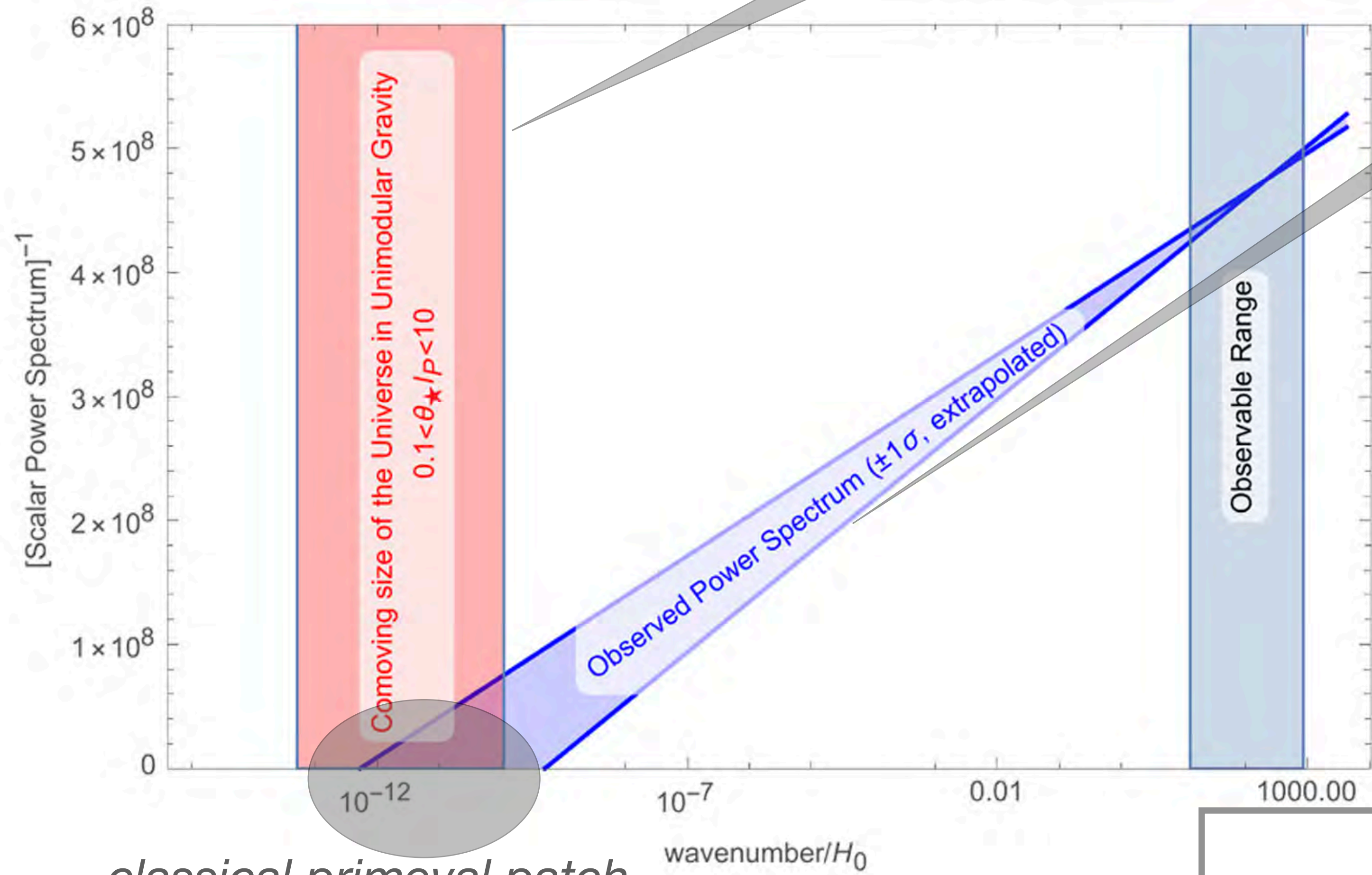
(Holographic cosmology, renormalization group)

$$P_s(k) = \frac{A_s}{1 - (n_s - 1) \ln(k/k_0)},$$

Prediction of Planckian primeval atom

$$n_s = 1 - \frac{1}{32.17 + \ln(\theta_{\star} l_P)} \simeq 0.9689 + 1.6 \times 10^{-4} \ln(\theta_{\star} l_P)$$

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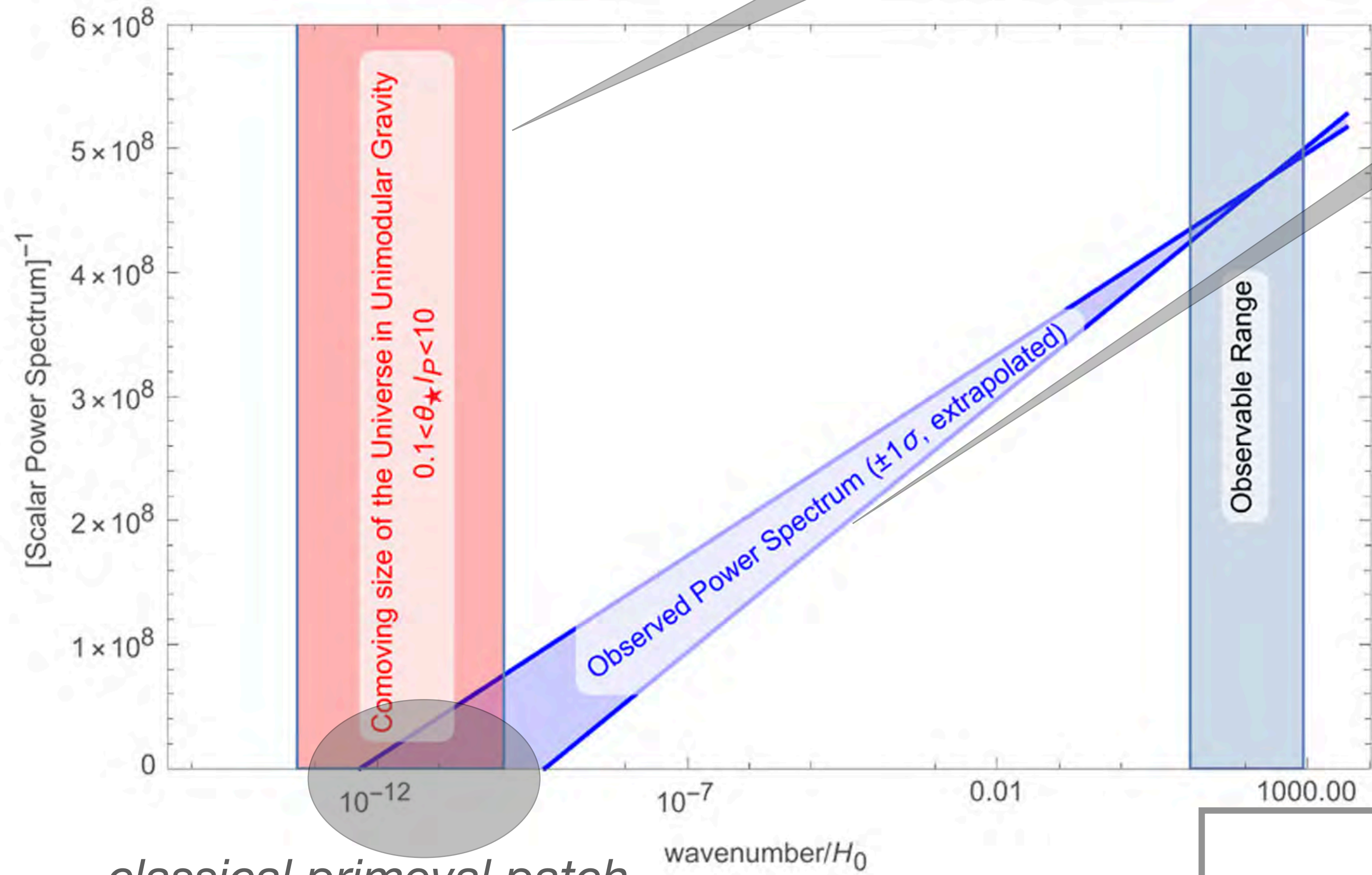
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NA & Magueijo 2022

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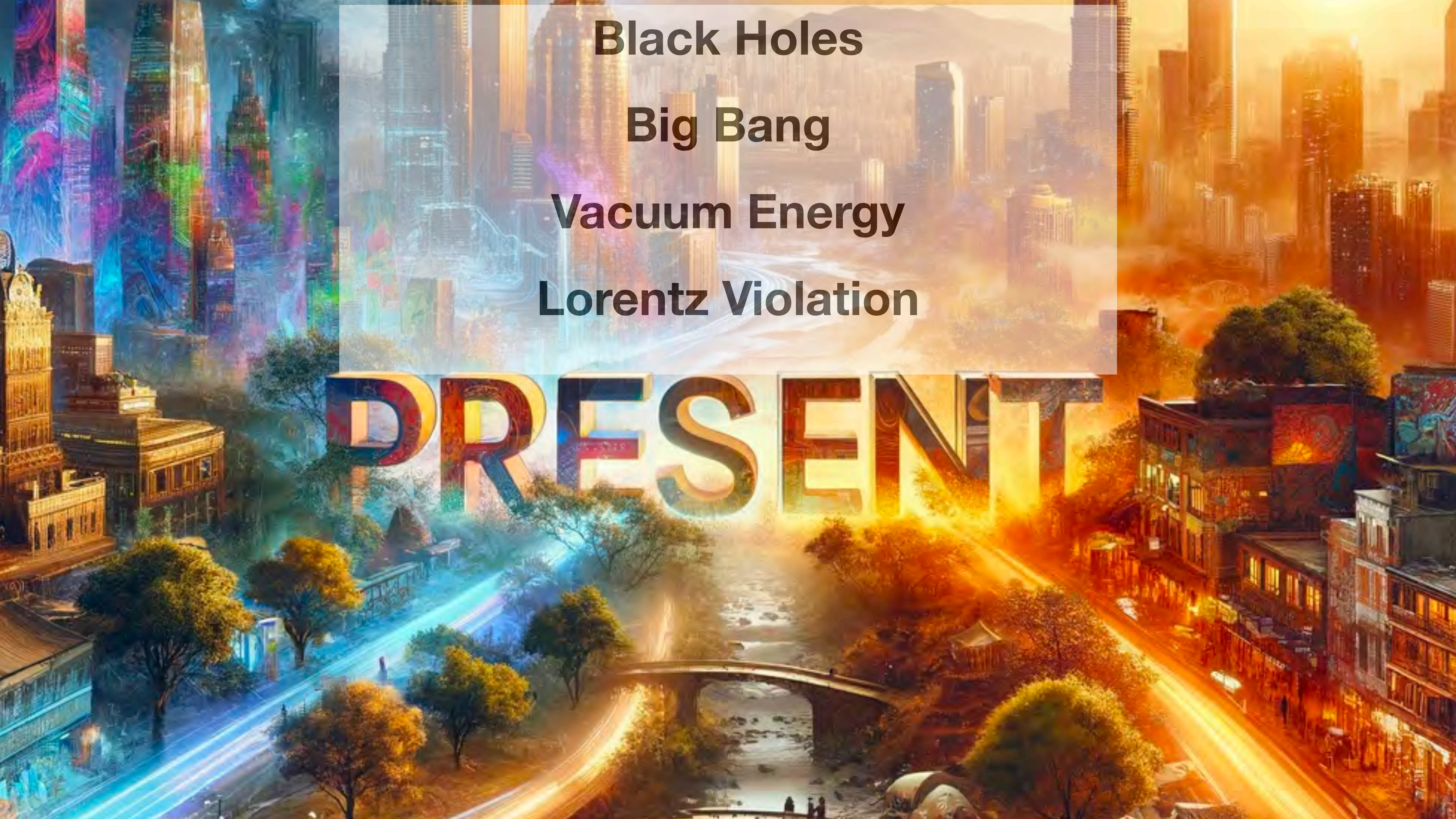
Prediction of Planckian primeval atom

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$$n_s = 0.9649 \pm 0.0042 \quad (\text{Planck 2018})$$

Black Holes
Big Bang
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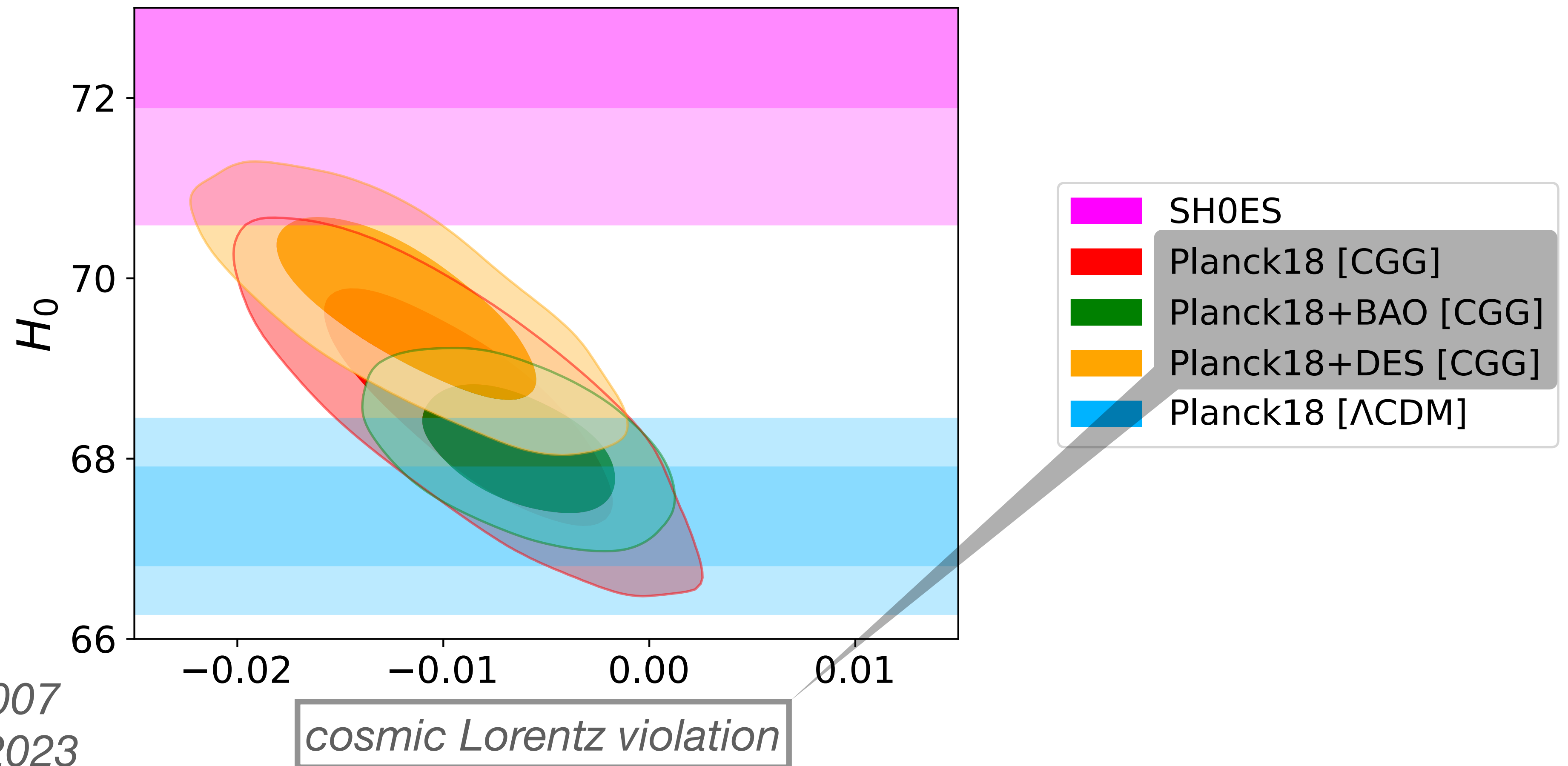


Does Quantum Gravity violate relativistic causality?

- ✓ **Quantum Gravity:** Energy \propto momentum³ makes it renormalizable (Horava 2009)
- ✓ **Black Holes:** information loss, echoes
- ✓ **Big Bang:** Cosmological horizon problem, super-horizon fluctuations
- ? **Lorentz:** accidental/emergent symmetry at low energies

Quantum Gravity and Hubble Tension: *A Cosmic Glitch in Gravity*

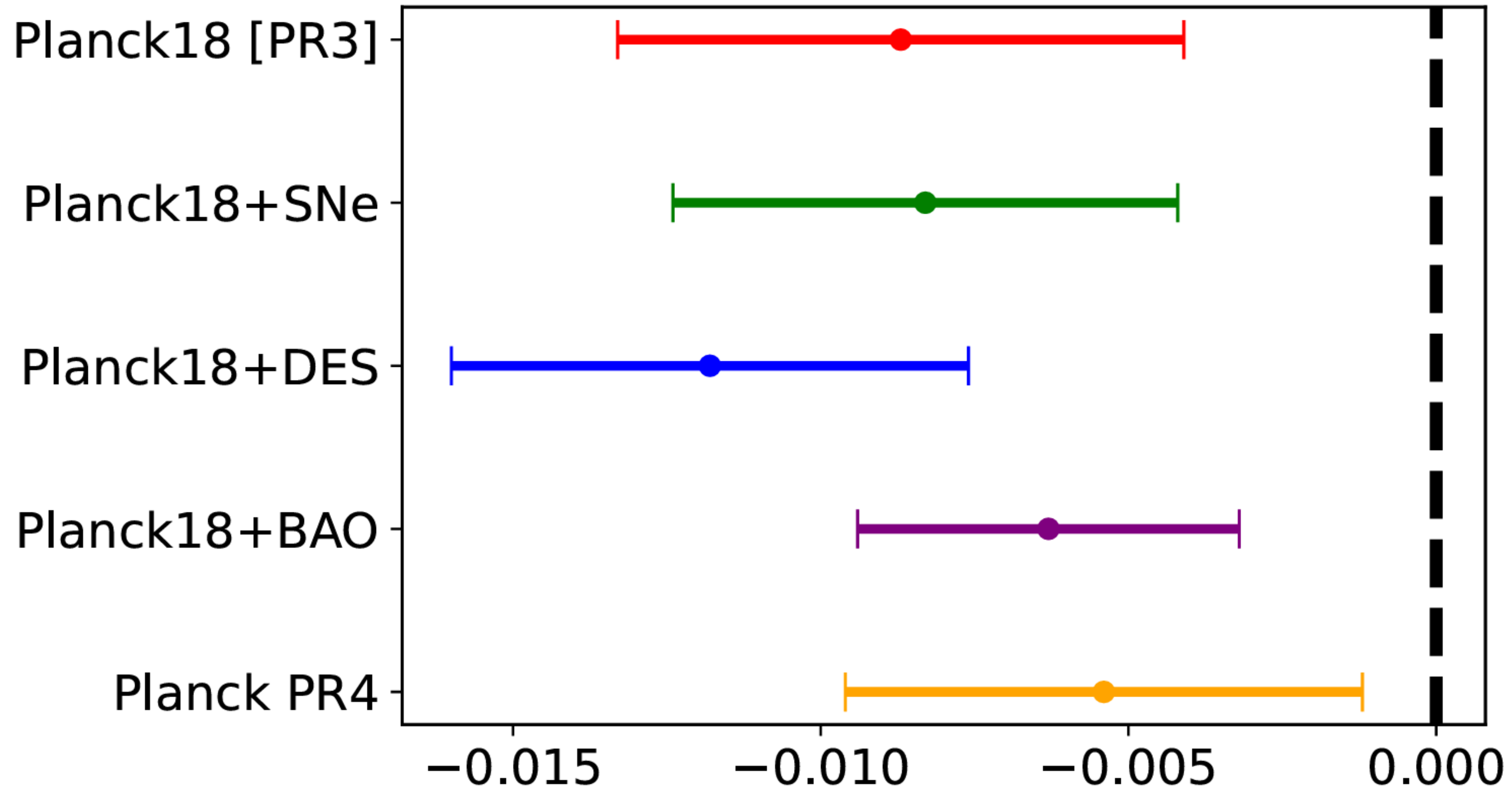
- Can Hubble tension be a signature of Lorentz violation in the theory of gravity?



Robbers, NA & Doran, 2007
Wen, Hergt, NA & Scott, 2023

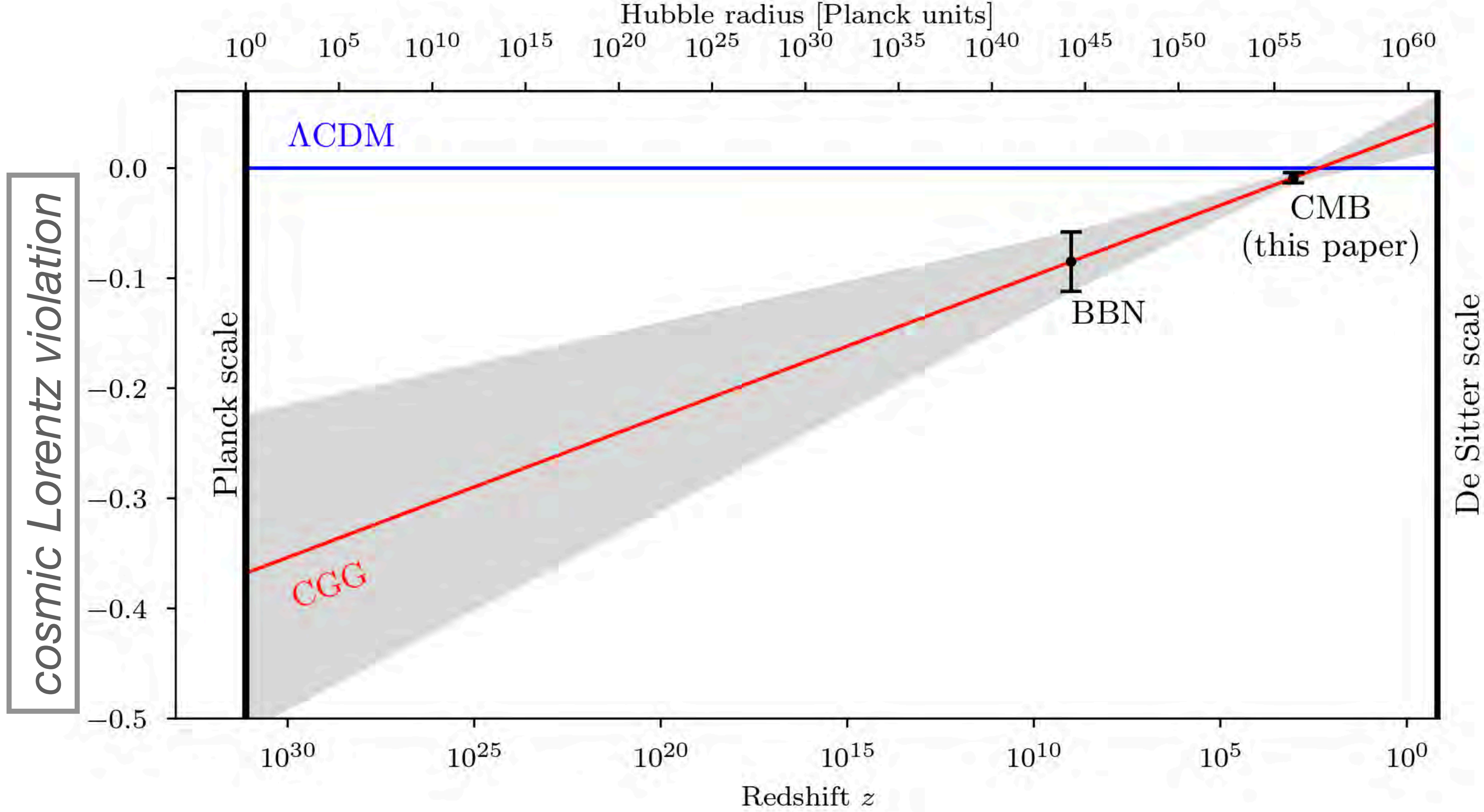
Is gravity weaker on superhorizon scales?

(Horava's little λ)



cosmic Lorentz violation

Running of Lorentz violation w/ scale?



A vibrant, futuristic digital landscape. The word "FUTURE" is written in large, glowing, neon-style letters across the center. The background is a complex, multi-layered scene. At the top, there's a large, glowing blue and purple sphere, possibly representing a planet or a data hub, surrounded by intricate, glowing circuitry and data lines. Below this, a bright, glowing horizon line separates a dark, starry space from a landscape of dark, jagged mountains. The foreground is a vast, flat expanse with a grid of glowing lines and a central path of light leading towards the horizon. The overall color palette is dominated by blues, purples, pinks, and oranges, creating a sense of high-tech wonder and digital connectivity.

FUTURE

Future is bright!

- Echoes in “numerical relativity”?
- Hybrid PPN+Teukolsky with matching (Qingwen Wang’s PhD thesis)

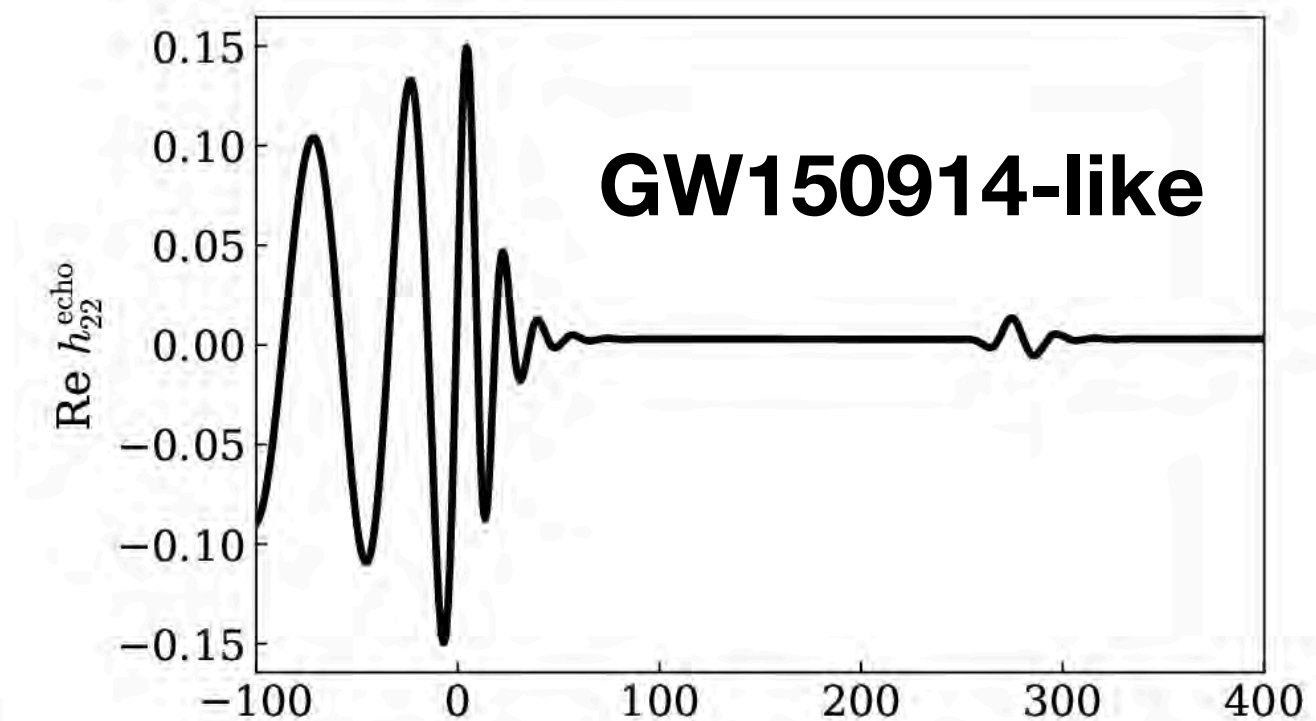
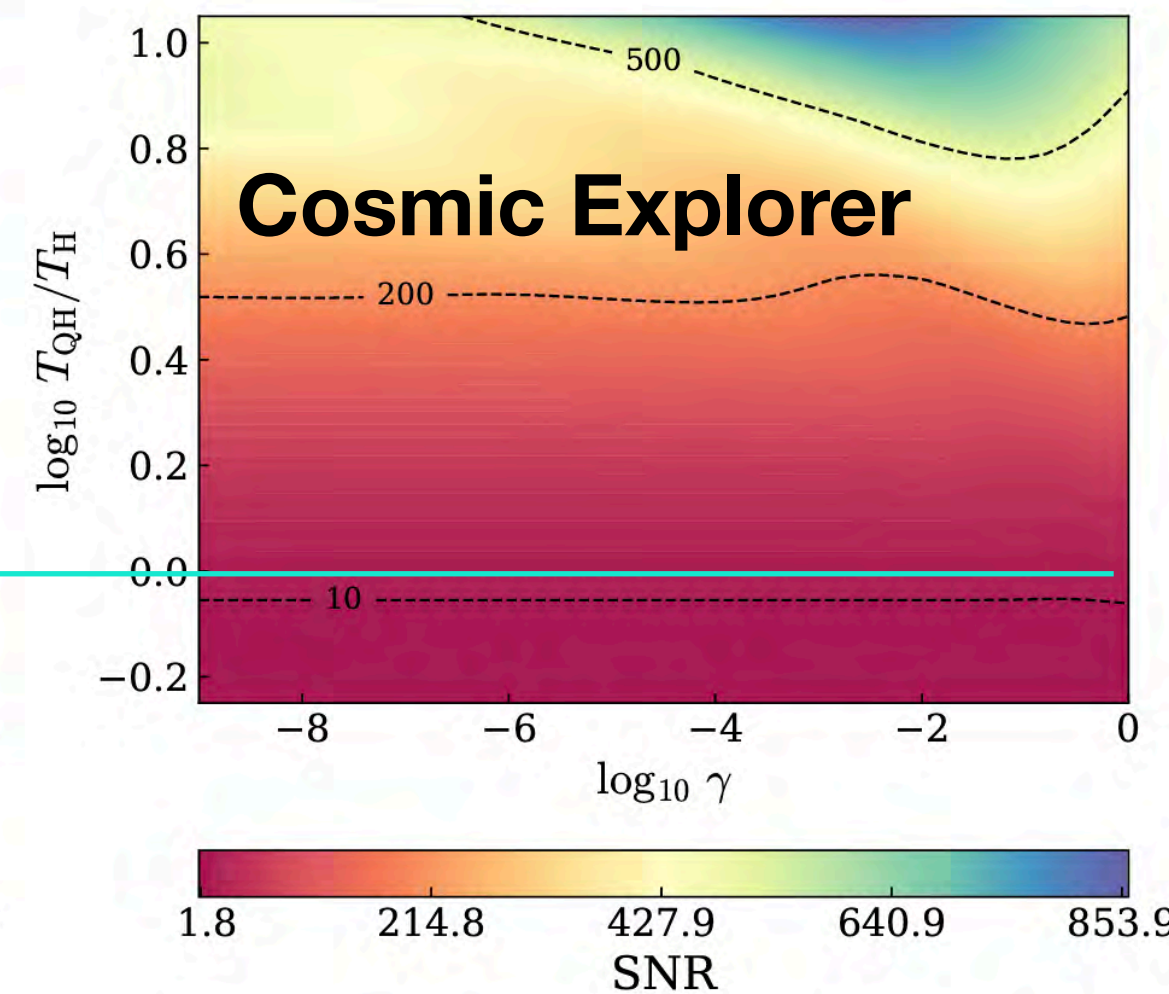
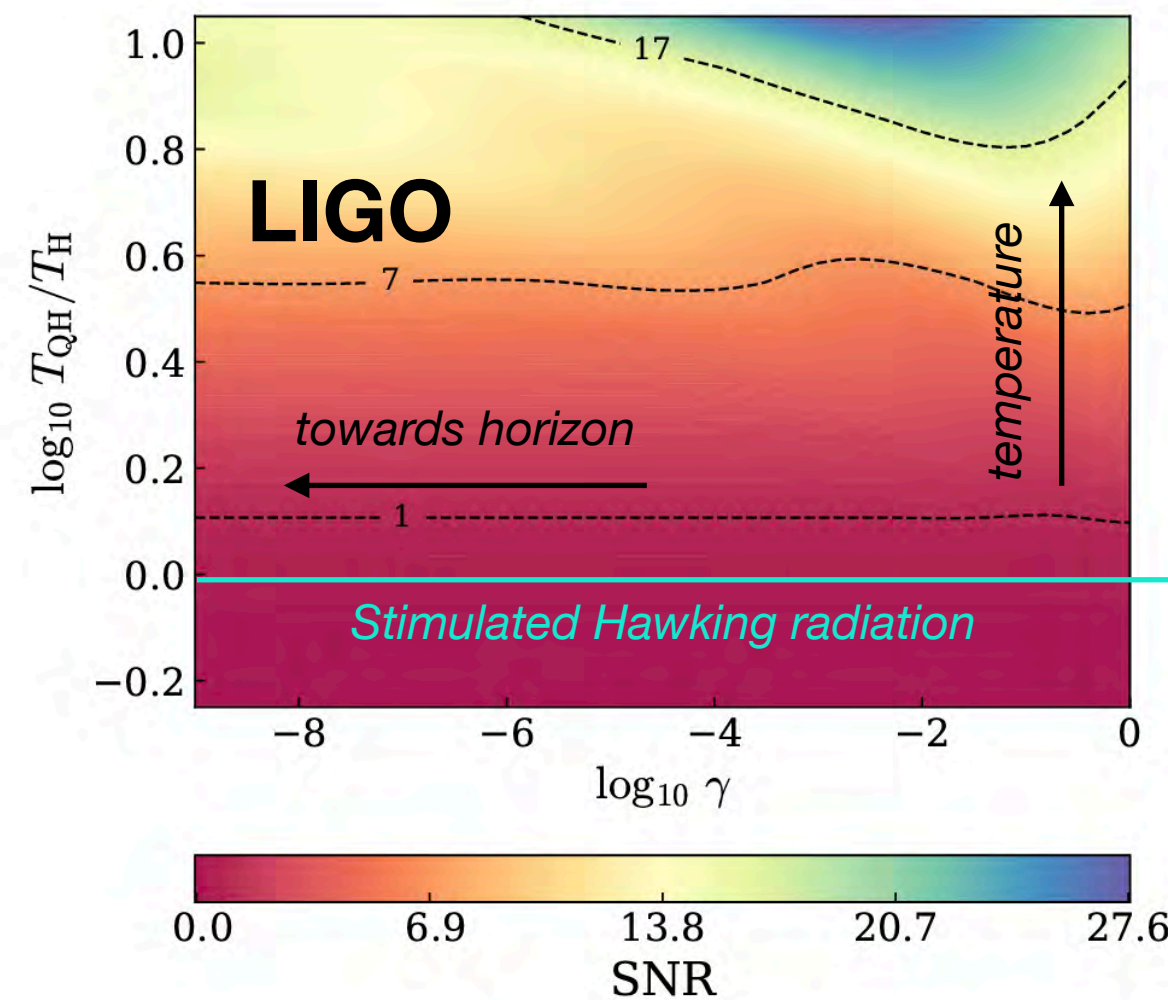
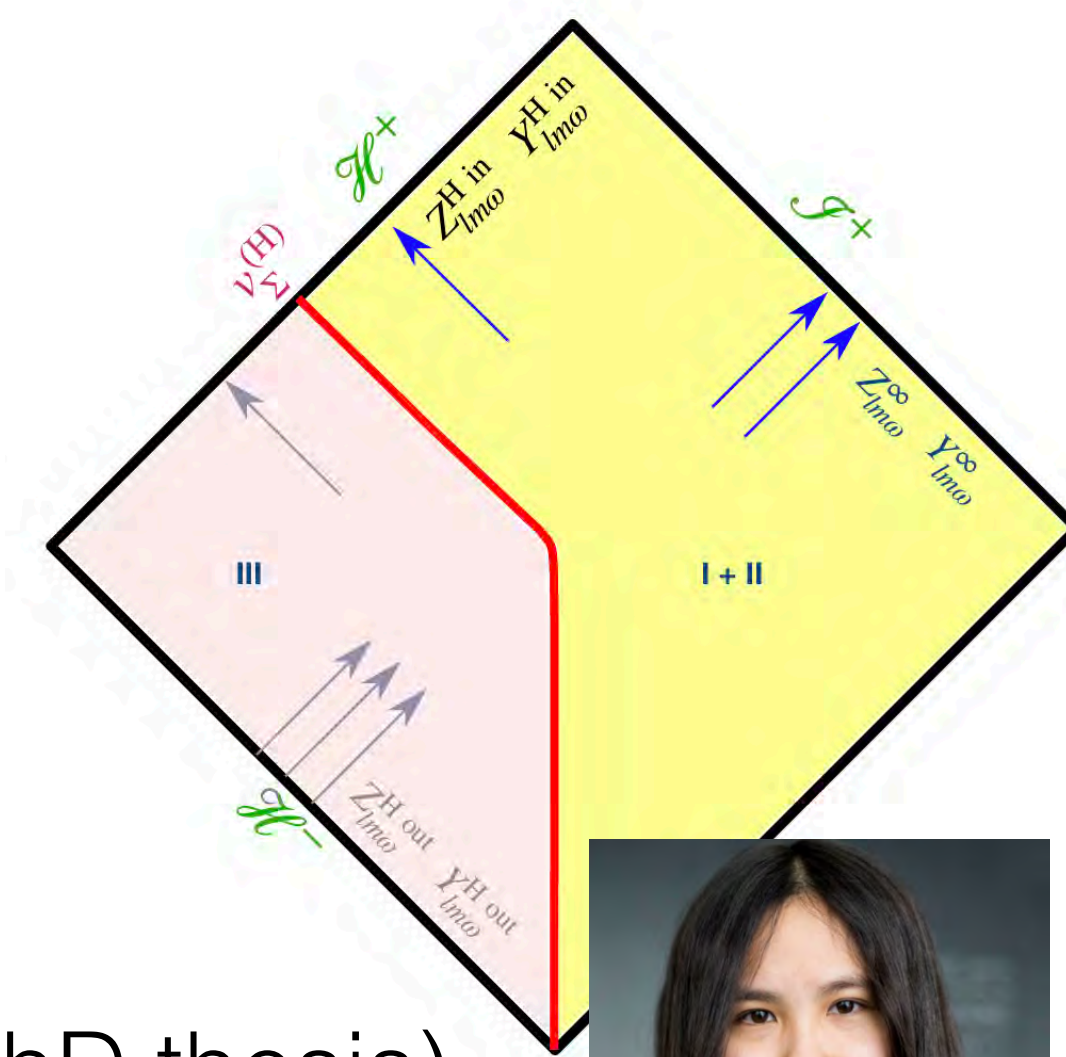


FIG. 11. The echo emitted by SXS:BBH:0207, following the main GW. Here we set $v_{\Sigma}^{(H)} = -13$, $\Delta v = 2/\kappa = 8$, $\gamma = 10^{-15}$, and $T_{QH} = T_H$.

Future is bright!

- Echoes in “numerical relativity”?
- Hybrid PPN+Teukolsky with matching (Qingwen Wang’s PhD thesis)

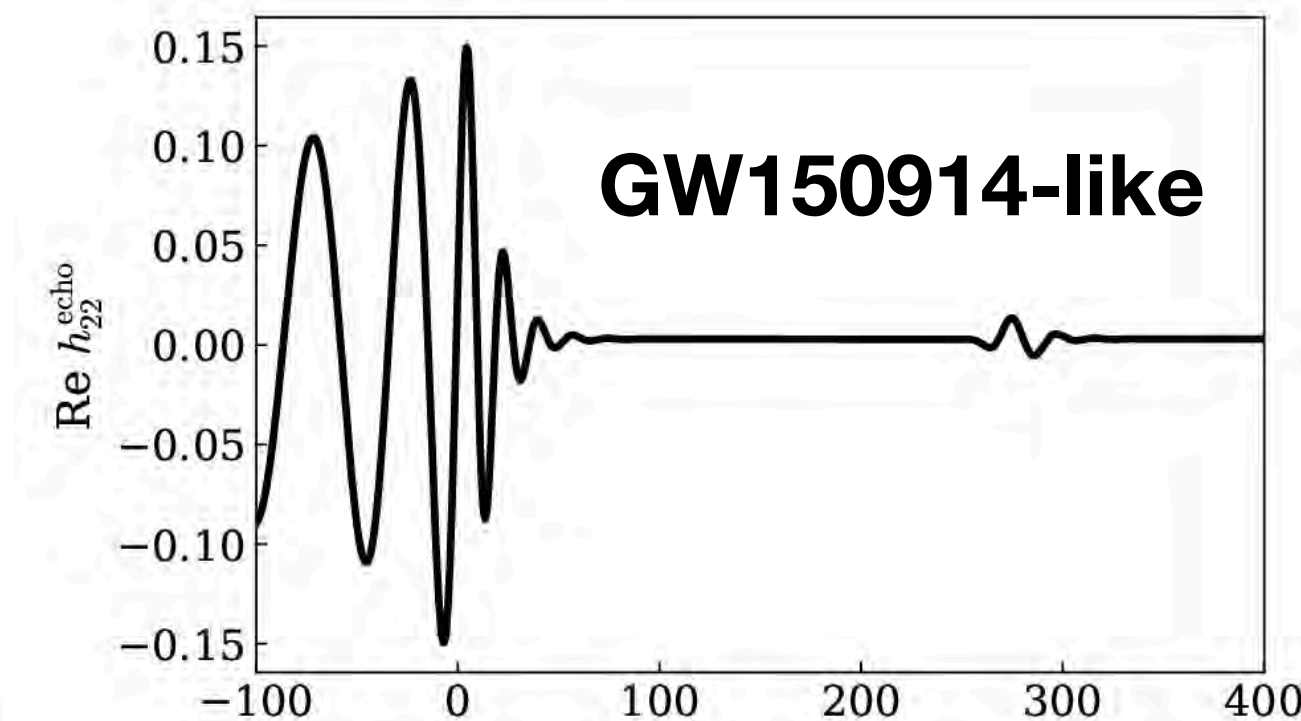
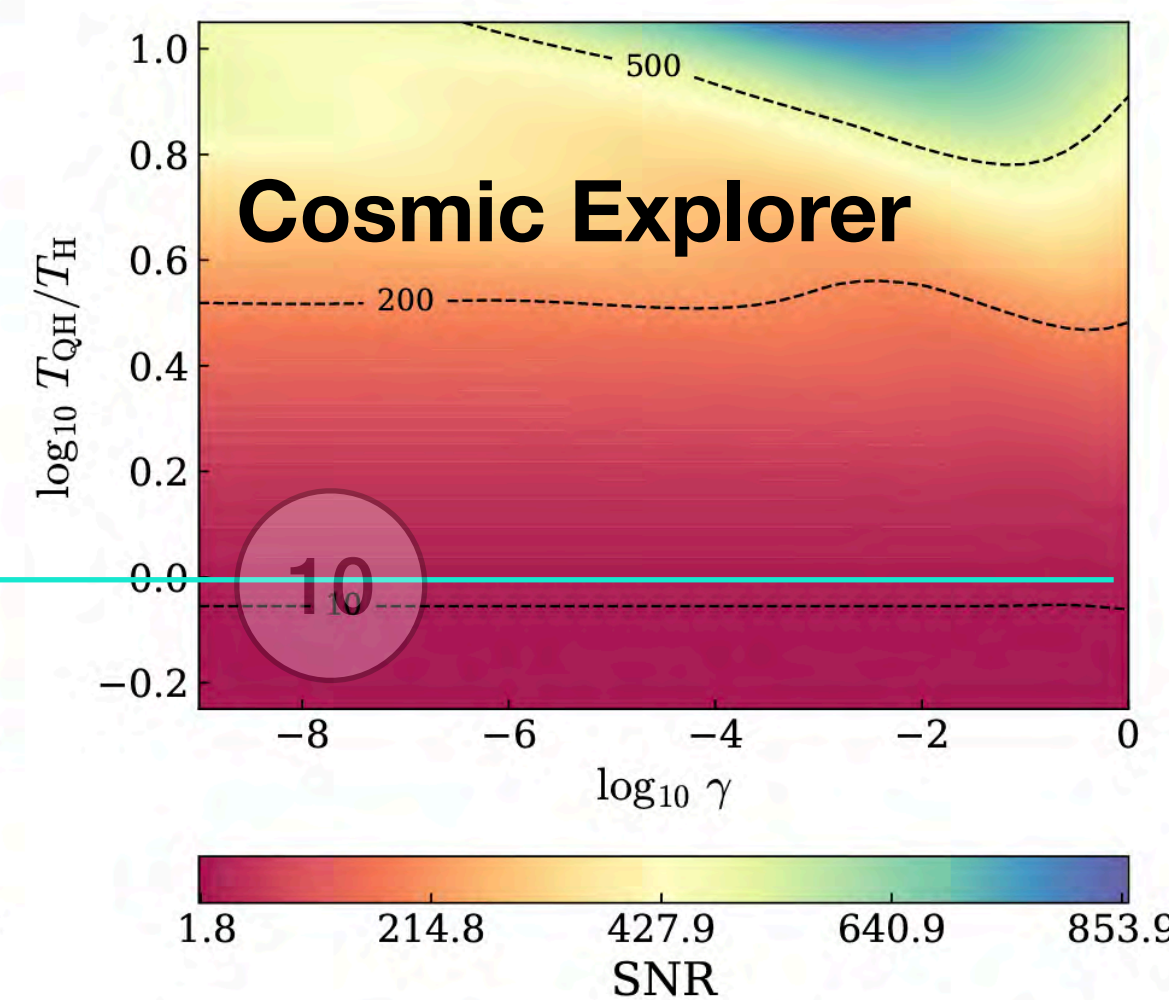
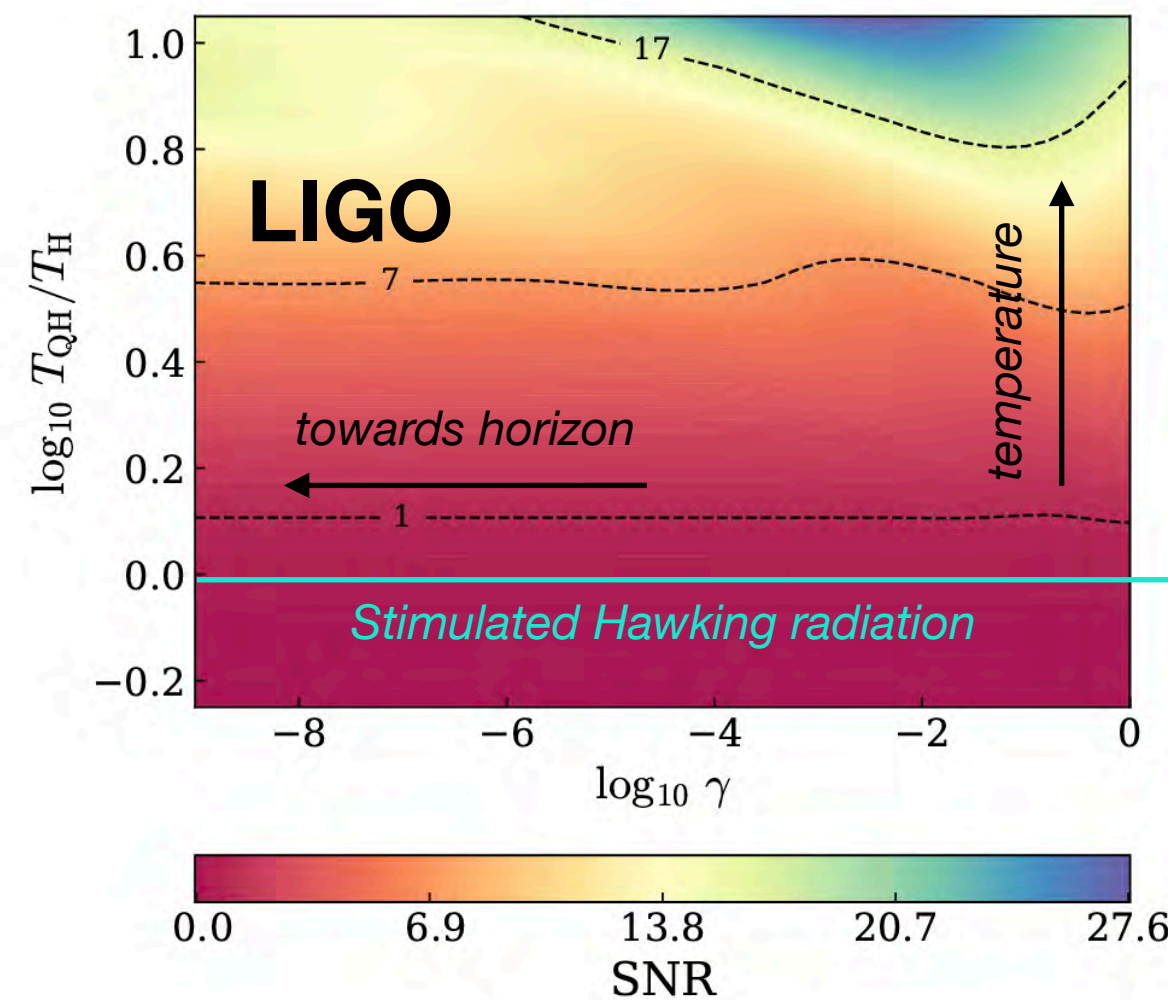
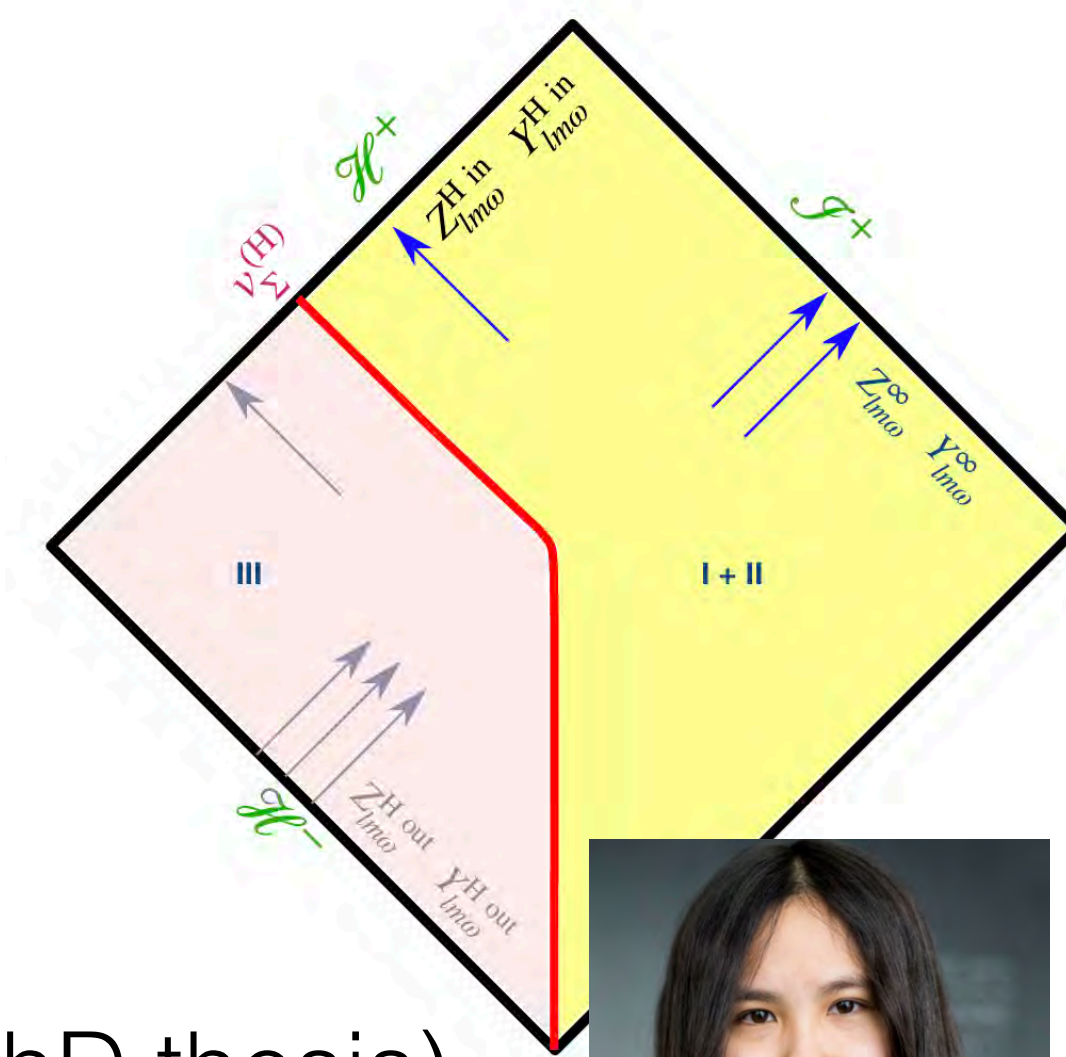


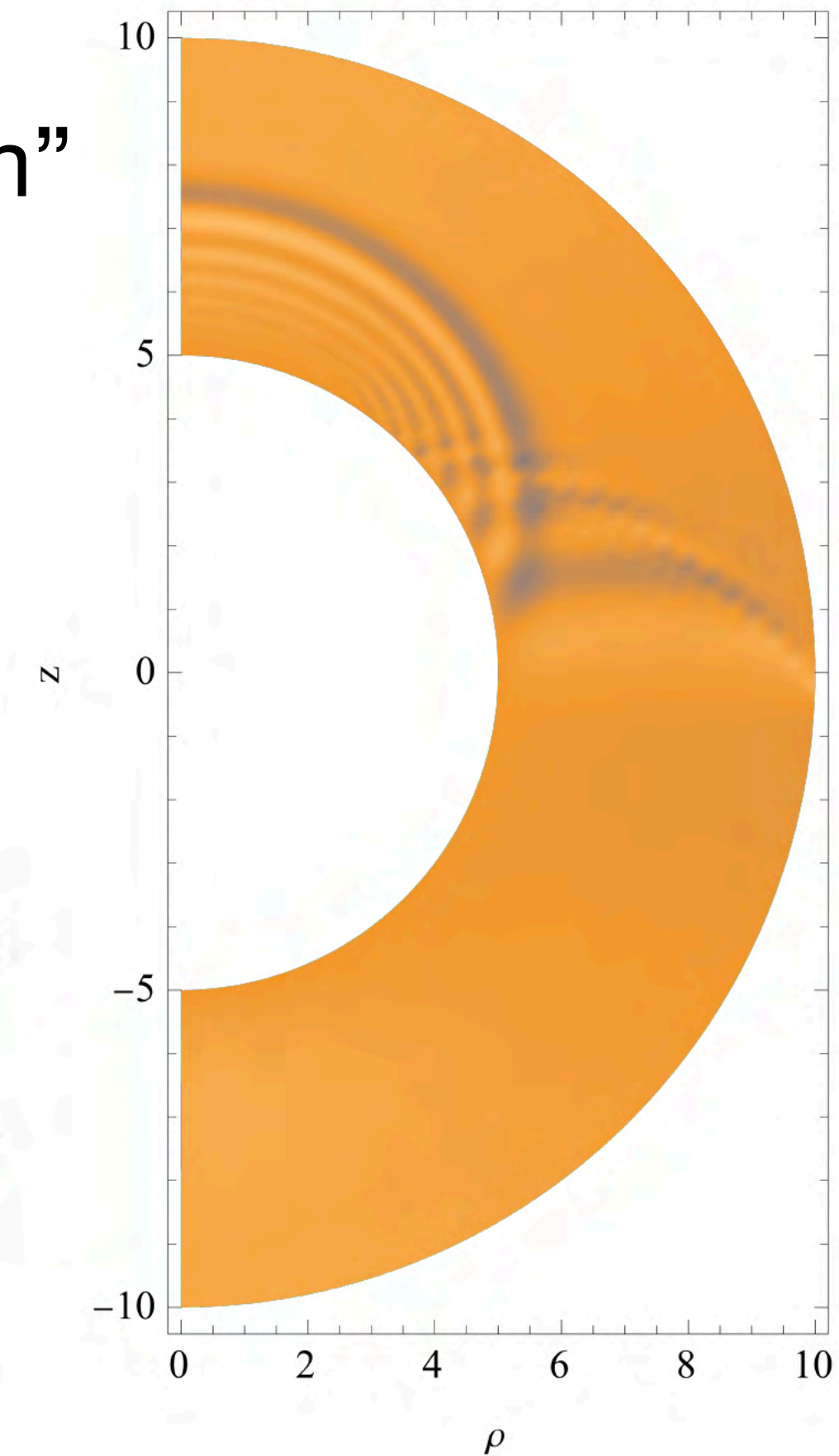
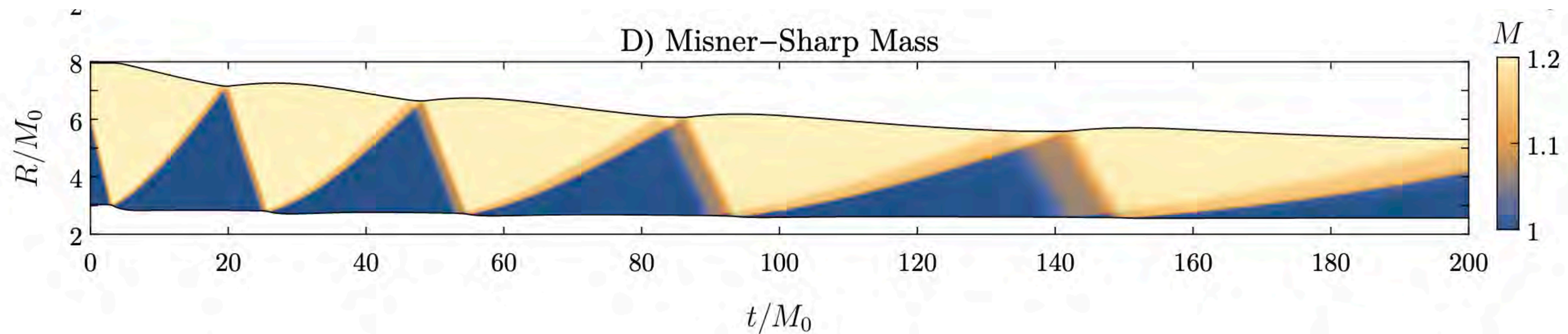
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Black Hole Echoes in Numerical Relativity

We are starting to simulate general relativistic spacetimes with “quantum” physical boundaries

Dailey, NA & Schnetter 2023 (+ in prep.)



Can we detect the cosmic preferred frame in the solar system?

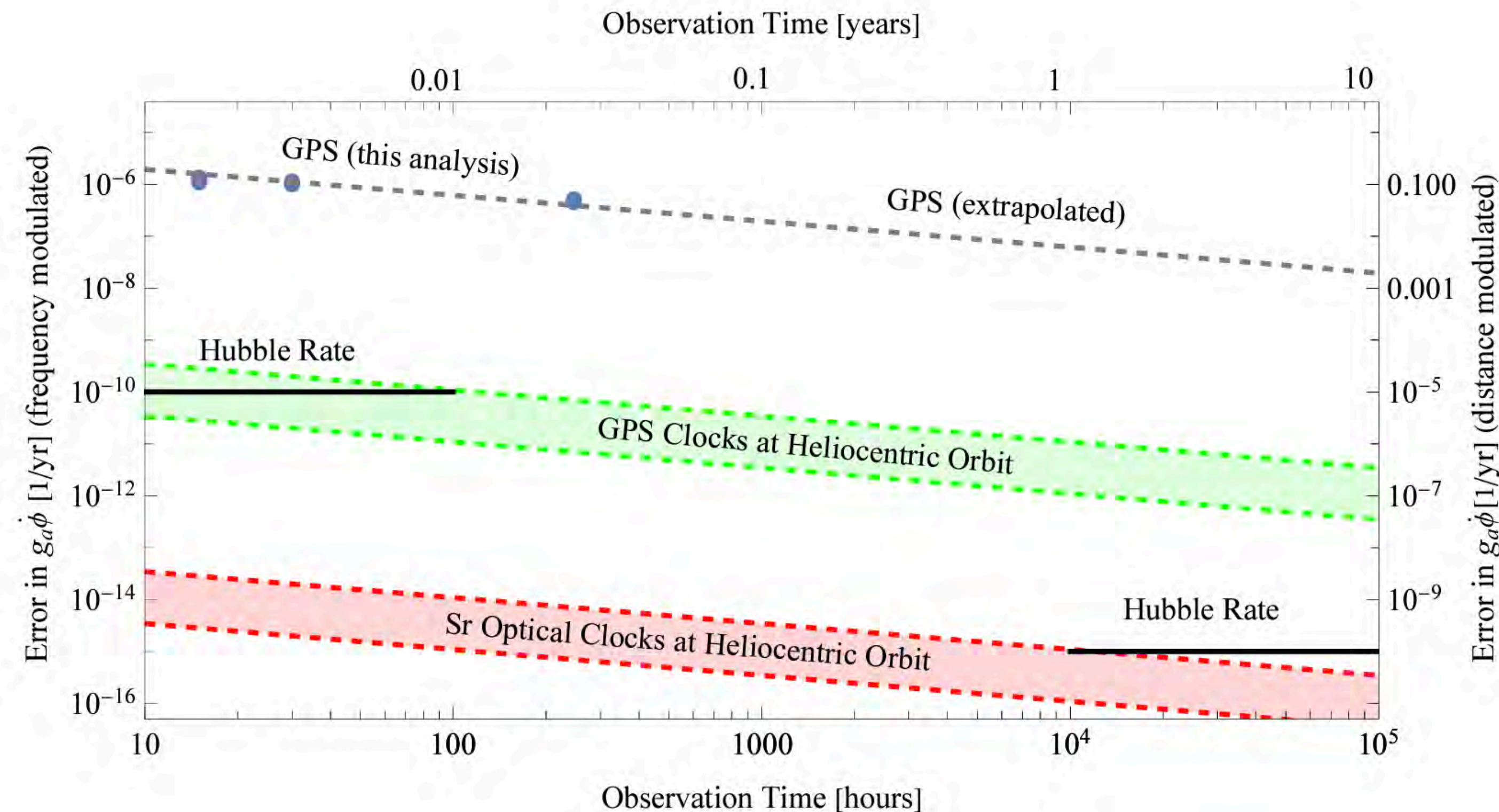
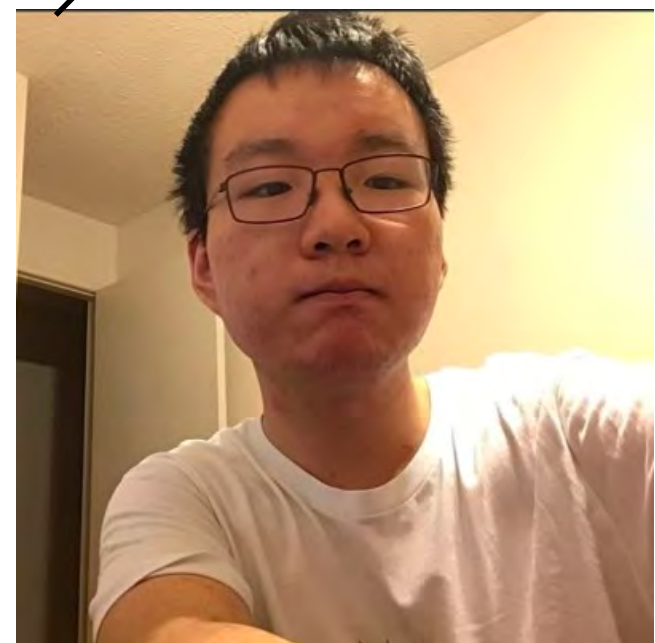
arXiv > gr-qc > arXiv:2311.17873

General Relativity and Quantum Cosmology

[Submitted on 29 Nov 2023]

Detecting cosmological scalar fields using orbital networks of quantum sensors

Yu Li, Ruolin Liu, Conner Dailey, Niayesh Afshordi



An aether revival?

- **Horava-Lifshitz gravity:**
Energy \propto momentum³ makes quantum gravity renormalizable (but *violates Lorentz symmetry*)
- **Dark Matter**
- **Dark Energy**
- **Big Bang Reference Frame**
- **Bell's inequality:** realist quantum mechanics

An aether revival?



arXiv > hep-th > arXiv:2312.06066

High Energy Physics – Theory

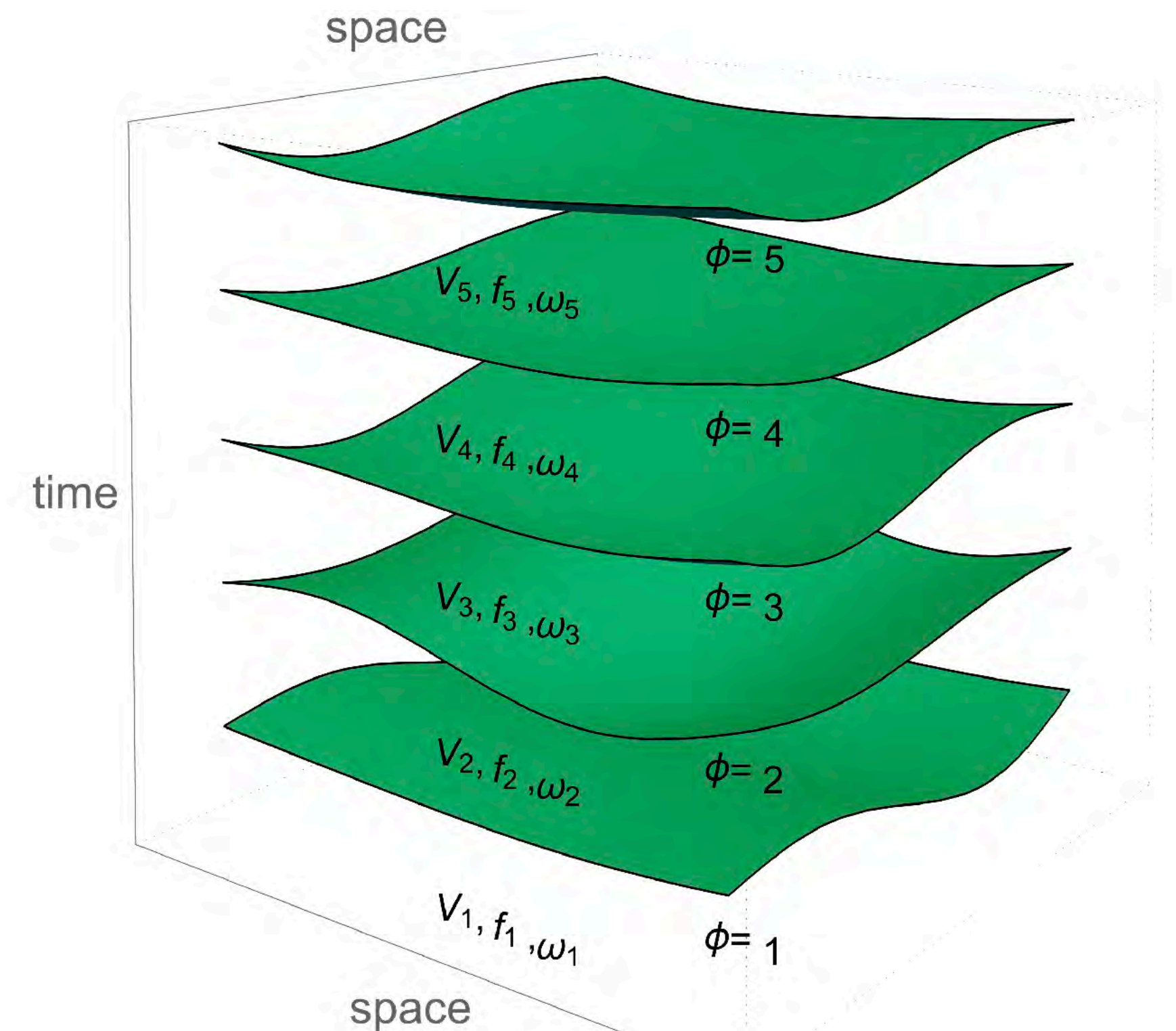
[Submitted on 11 Dec 2023]

Effective Cuscuton Theory

M. Mylova, N. Afshordi

A covariant non-dynamical aether
(see Maria's talk next week)

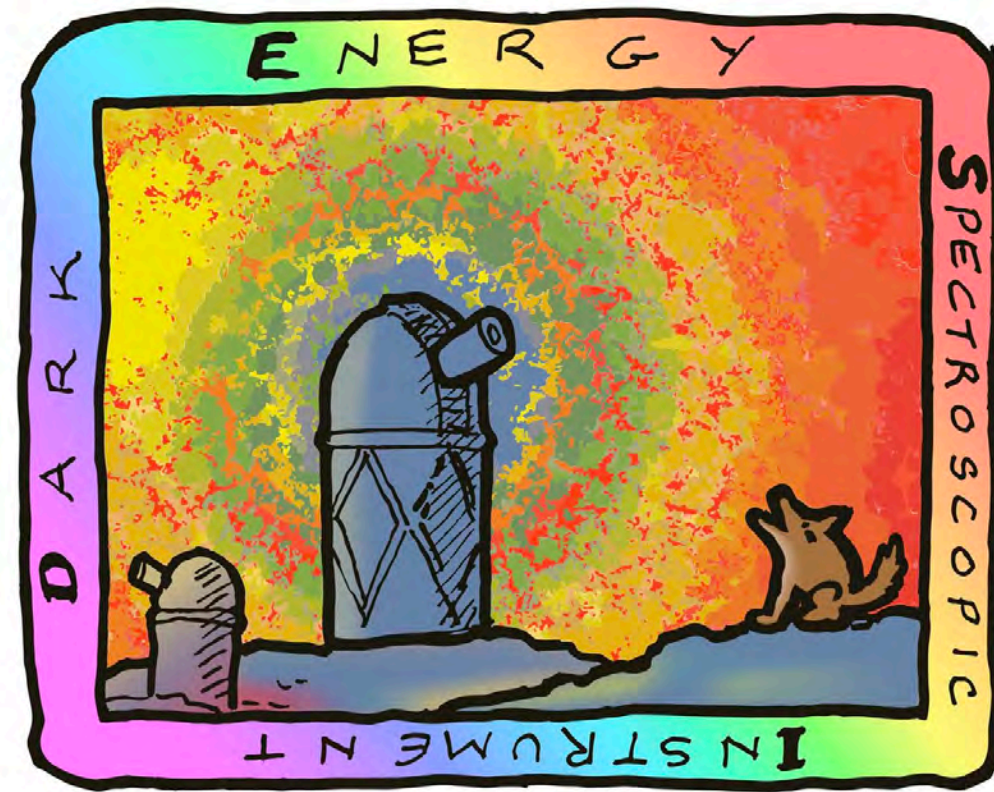
- **Horava-Lifshitz gravity:** Energy \propto momentum³ makes quantum gravity renormalizable (but *violates Lorentz symmetry*)
- **Dark Matter**
- **Dark Energy**
- **Big Bang Reference Frame**
- **Bell's inequality:** realist quantum mechanics



Can we find (further) evidence for

- Black Hole Echoes?
- Beyond-Kerr multipoles?
- Shape of the power spectrum from “primeval atom”?
- Tensor Modes?
- (Folded) Bispectrum of a thermal Big Bang?
- Cosmic Lorentz violation?

We shall observe the hell out of early and late cosmos!



lisa



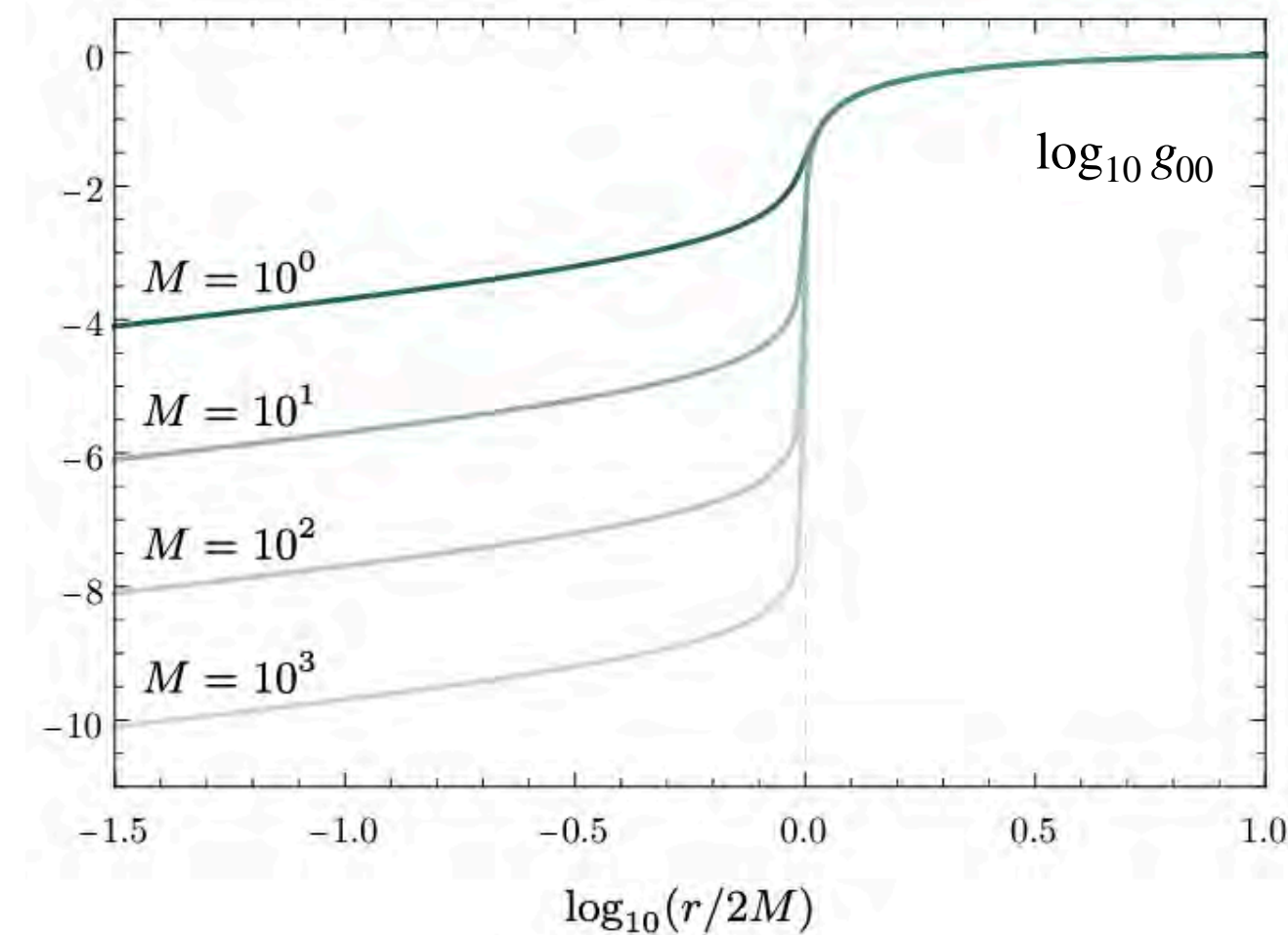
We shall know!

Bonus slides

Firewalls in Asymptotic Safety

- Assume that RG-dependence of coupling constants on local temperature; $k \sim T$
- Non-trivial UV fixed point
- **No horizon**
- Scale-invariant core near UV fixed point; $g_{00} \sim r^{\sqrt{3}-1}$

$$S = \int d^4x \sqrt{-g} \frac{1}{16\pi G(k)} (R - 2\Lambda(k)),$$



arXiv > gr-qc > arXiv:2203.02559

General Relativity and Quantum Cosmology

[Submitted on 4 Mar 2022]

Scale-Invariance at the Core of Quantum Black Holes

Johanna N. Borissova, Aaron Held, Niayesh Afshordi

CP-symmetry (\mathbb{RP}^3 geon)

Black hole microstates vs the additivity conjectures

Patrick Hayden¹ and Geoff Penington,²

¹Stanford Institute for Theoretical Physics, Stanford University, Stanford CA 94305 USA

²Center for Theoretical Physics, University of California, Berkeley, CA 94720 USA

December 16, 2020

Abstract

We argue that one of the following statements must be true: (a) extensive violations of quantum information theory's additivity conjectures exist or (b) there exists a set of 'disentangled' black hole microstates that can account for the entire Bekenstein-Hawking entropy, up to at most a subleading $O(1)$ correction. Possibility (a) would be a significant result in quantum communication theory, demonstrating that entanglement can enhance the ability to transmit information much more than has currently been established. Option (b) would provide new insight into the microphysics of black holes. In particular, the disentangled microstates would **have to have nontrivial structure at or outside the black hole horizon**, assuming the validity of the quantum extremal surface prescription for calculating entanglement entropy in AdS/CFT.

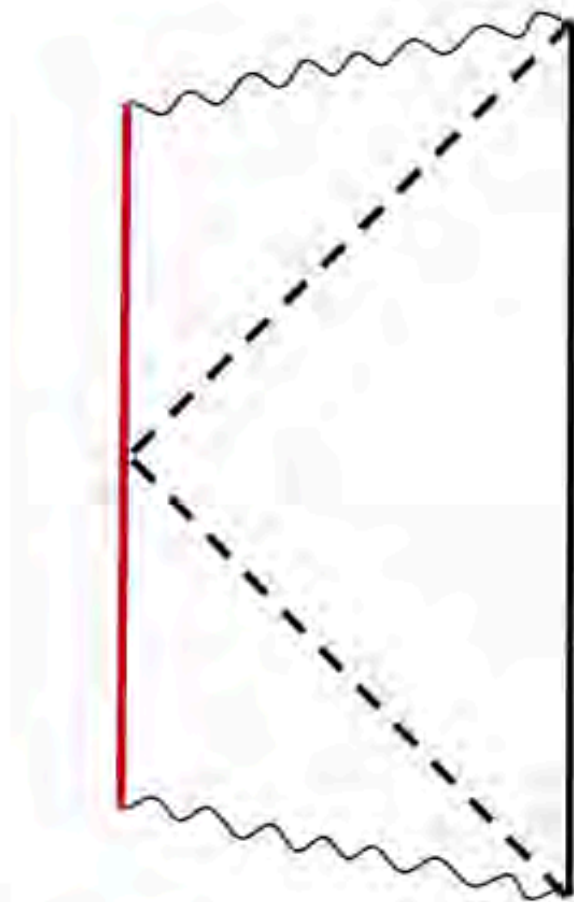


Figure 3: Penrose diagram for a \mathbb{Z}_2 quotient of the two-sided black hole, an example of a spacetime with the correct properties to be an disentangled microstate.

(Hartman & Maldacena 2013)

$$R = \exp\left(-\frac{\hbar\omega}{kT_H}\right)$$

CP-symmetry (\mathbb{RP}^3 geon)

\mathbb{Z}_2 identification \rightarrow
Boltzmann reflection

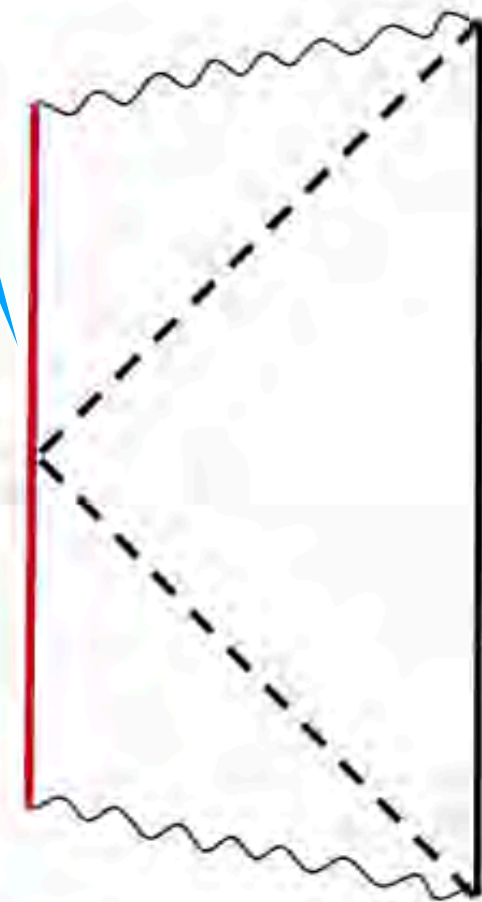


Figure 3: Penrose diagram for a \mathbb{Z}_2 quotient of the two-sided black hole, an example of a spacetime with the correct properties to be an disentangled microstate.

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Black hole microstates vs the additivity conjectures

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$$R = \exp\left(-\frac{\hbar\omega}{kT_H}\right)$$

Islands Far Outside the Horizon

Raphael Bousso and Geoff Penington

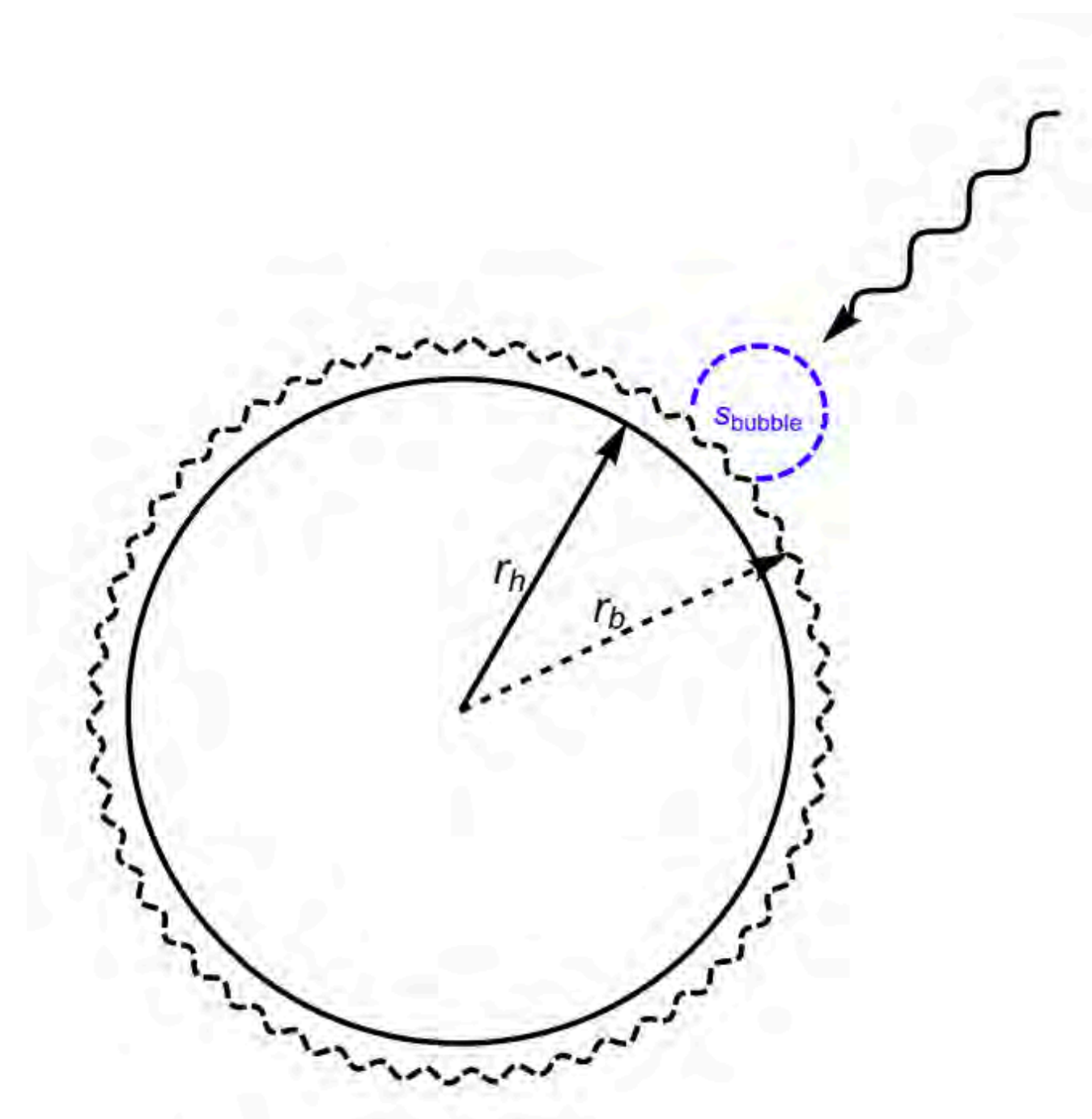
*Center for Theoretical Physics and Department of Physics,
University of California, Berkeley, California 94720, U.S.A.*

E-mail: bousso@berkeley.edu, geoffp@berkeley.edu

ABSTRACT: Information located in an entanglement island in semiclassical gravity can be nonperturbatively reconstructed from distant radiation, implying a radical breakdown of effective field theory. We show that this occurs well outside of the black hole stretched horizon. We compute the island associated to large-angular momentum Hawking modes of a four-dimensional Schwarzschild black hole. These modes typically fall back into the black hole but can be extracted to infinity by relativistic strings or, more abstractly, by asymptotic boundary operators constructed using the timelike tube theorem. Remarkably, we find that their island can protrude a distance of order $\sqrt{\ell_p r_{\text{hor}}}$ outside the horizon. This is parametrically larger than the Planck scale ℓ_p and is comparable to the Bohr radius for supermassive black holes. Therefore, in principle, a distant observer can determine experimentally whether the black hole information paradox is resolved by complementarity, or by a firewall.

Electromagnetic Albedo of Quantum Black Holes *(Chua & NA 2021)*

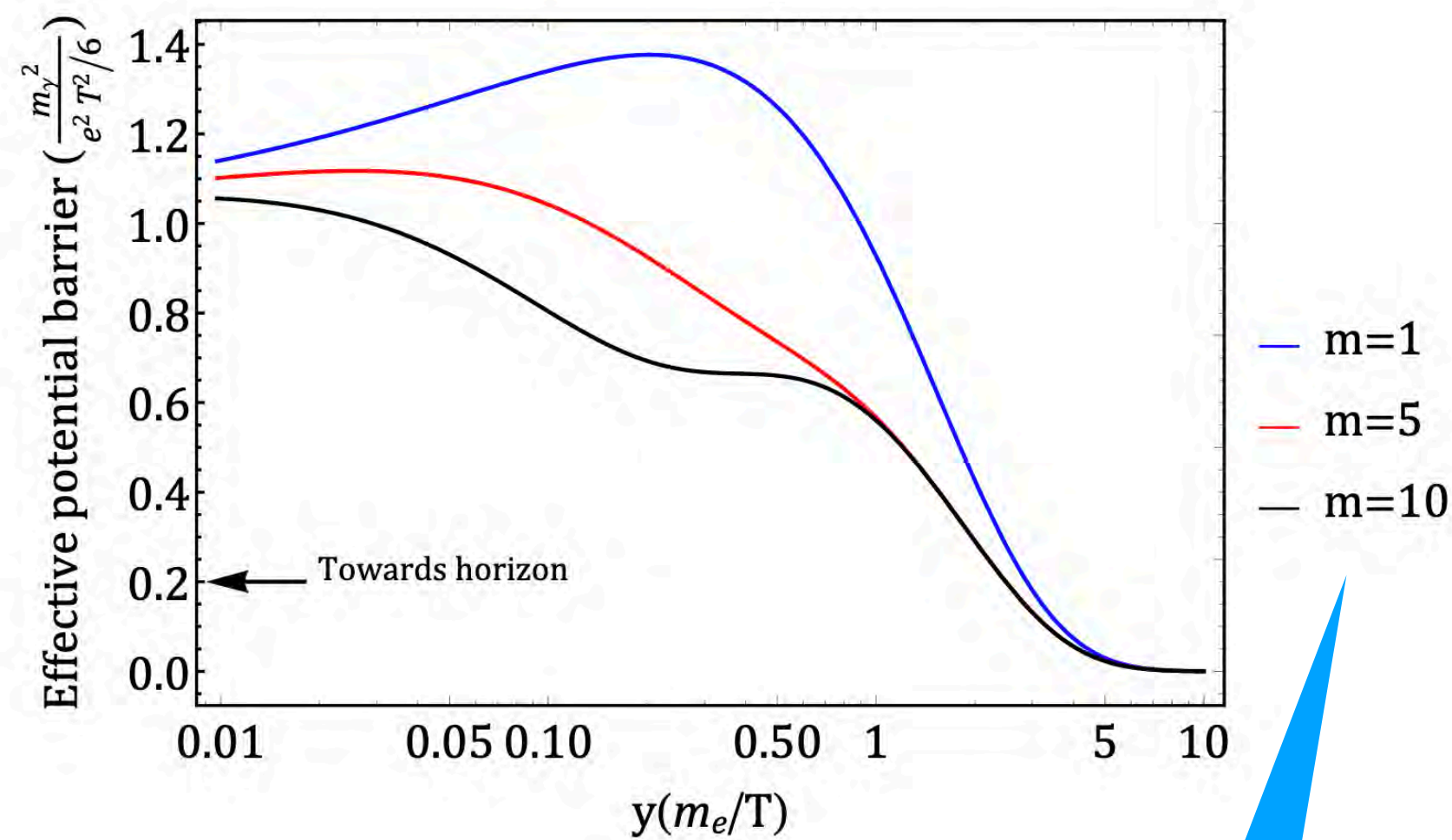
- Reflection off virtual electron-positron pairs near horizon \rightarrow Boltzmann Albedo for photons
- No quantum gravity needed!



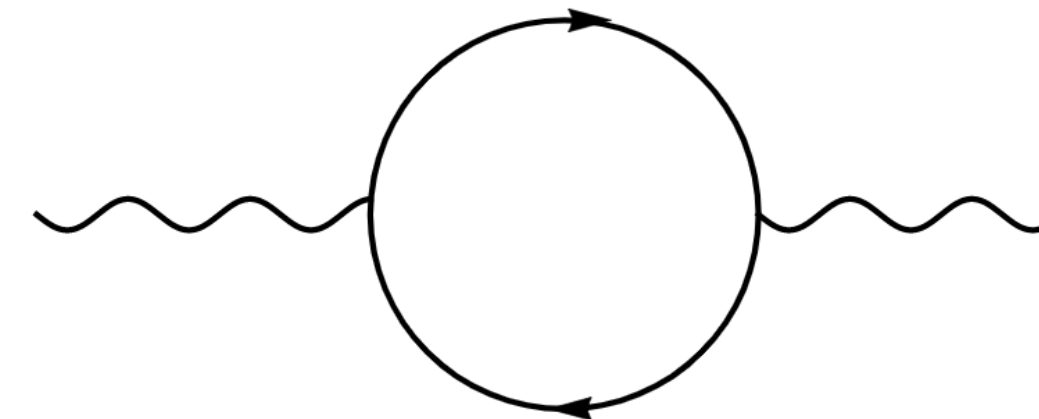
Two independent derivations

- Photon mass acquired through Hawking Plasma

- Projecting photon 1-loop propagator from Minkowski to Rindler

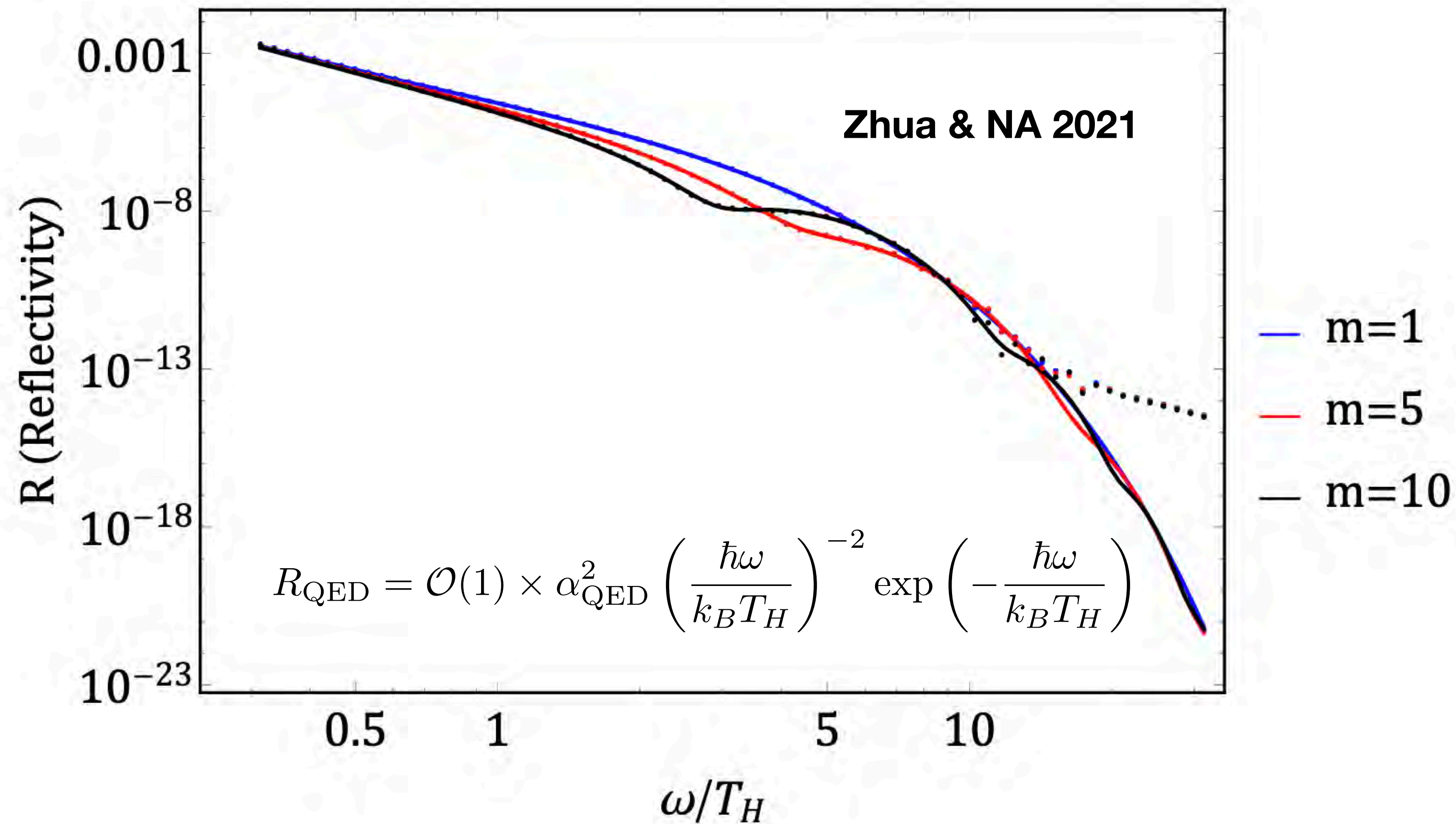


different interpolations



$$\Delta_{\mu\nu}^M(p) = \frac{\eta_{\mu\nu} + (\xi - 1) \frac{p_\mu p_\nu}{p^2}}{(p^2 + i\epsilon)(1 - \pi^M(p^2))} ,$$

$$\pi^M(p^2) = \frac{e^2}{2\pi^2} \int_0^1 dx x(1-x) \ln \left(1 + \frac{p^2 x(1-x)}{m_e^2} \right)$$

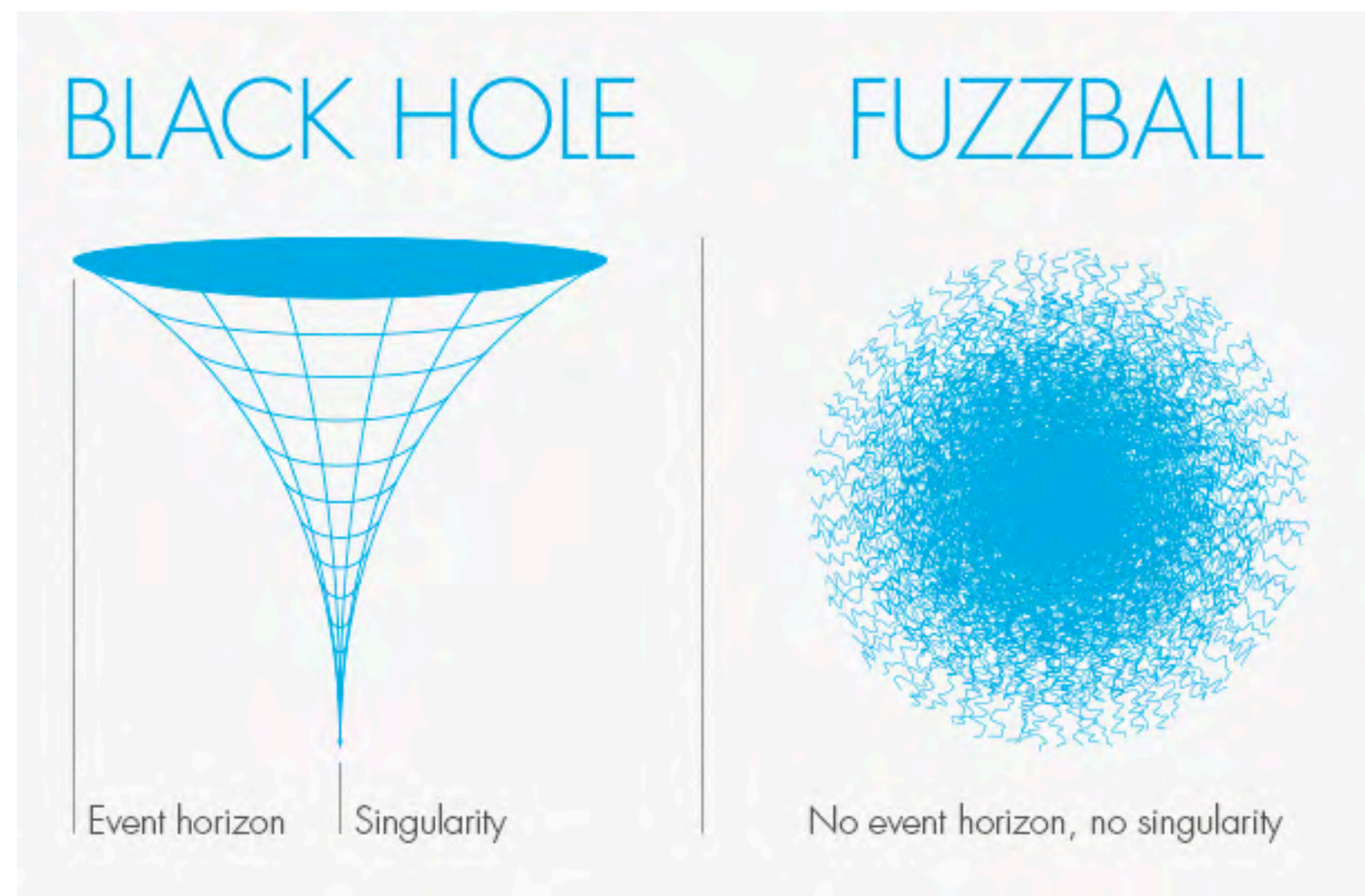


- This is consistent with simple Boltzmann reflectivity for gravitational fine-structure constant: $\alpha_G \sim \frac{\hat{E}_{\text{infalling}} T}{M_p^2}$, which becomes $\mathcal{O}(1)$ within a Planck length of the horizon

$$R_{\text{QG}} = \mathcal{O}(1) \times \exp \left(-\frac{\hbar\omega}{k_B T_H} \right)$$

Fuzzballs in String Theory

Physics Reports 467 (2008) 117–171



Contents lists available at ScienceDirect

Physics Reports

journal homepage: www.elsevier.com/locate/physrep

The fuzzball proposal for black holes

Kostas Skenderis*, Marika Taylor

Institute for Theoretical Physics, University of Amsterdam, Valckenierstraat 65, 1018XE Amsterdam, The Netherlands

IOP PUBLISHING

CLASSICAL AND QUANTUM GRAVITY

Class. Quantum Grav. **25** (2008) 135005 (45pp)

[doi:10.1088/0264-9381/25/13/135005](https://doi.org/10.1088/0264-9381/25/13/135005)

Radiation from the non-extremal fuzzball

Borun D Chowdhury and Samir D Mathur

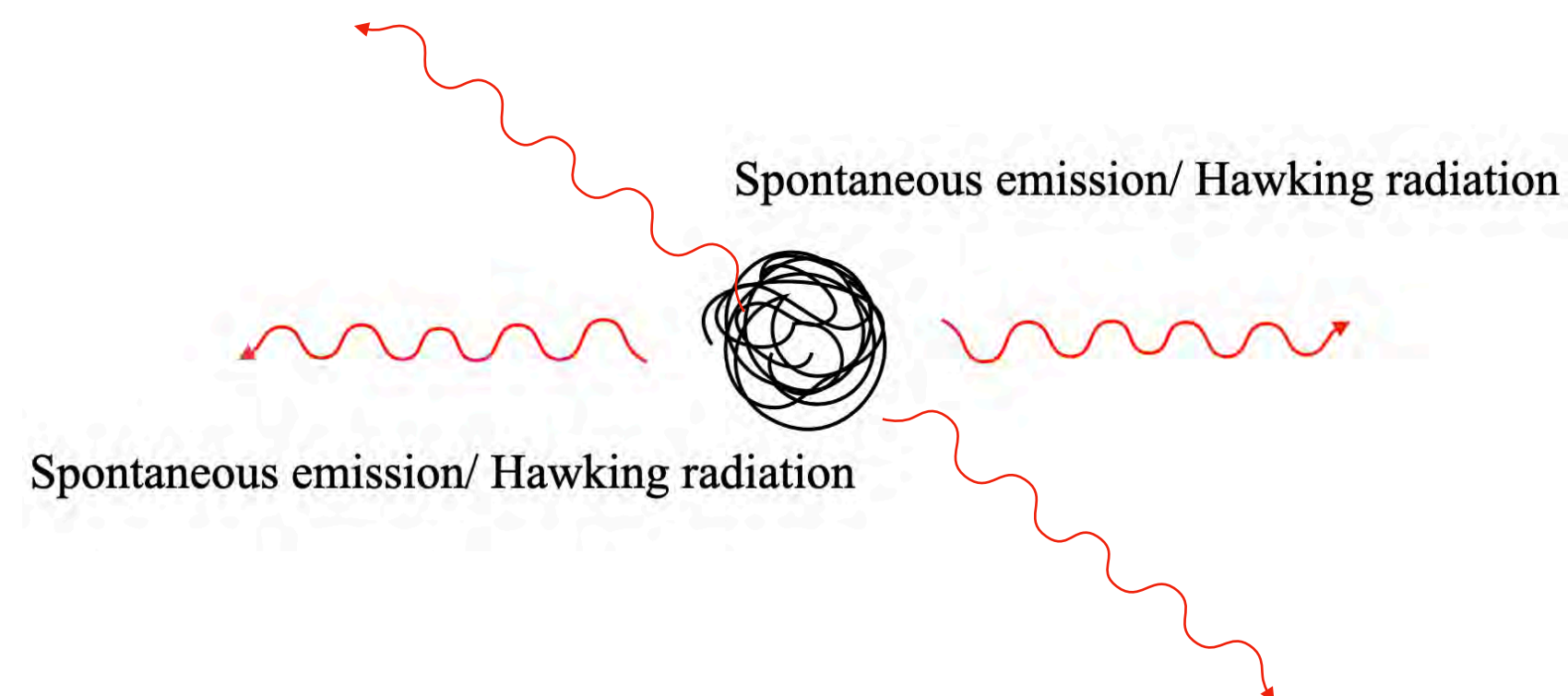
Department of Physics, The Ohio State University, Columbus, Ohio 43210, USA

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Received 3 March 2008

Published 17 June 2008

Online at stacks.iop.org/CQG/25/135005



Black Holes as Fast Scramblers of Quantum Information

[Submitted on 15 Aug 2008]

Fast Scramblers

Yasuhiro Sekino, Leonard Susskind

We consider the problem of how fast a quantum system can scramble (thermalize) information, given that the interactions are between bounded clusters of degrees of freedom; pairwise interactions would be an example. Based on previous work, we conjecture:

- 1) The most rapid scramblers take a time logarithmic in the number of degrees of freedom.
- 2) Matrix quantum mechanics (systems whose degrees of freedom are n by n matrices) saturate the bound.
- 3) Black holes are the fastest scramblers in nature.

The conjectures are based on two sources, one from quantum information theory, and the other from the study of black holes in String Theory.

Comments: 19 pages, 1 figure

Subjects: **High Energy Physics - Theory (hep-th)**; Quantum Physics (quant-ph)

Journal reference: JHEP 0810:065,2008

$$\tau = \frac{t_*}{\beta} = C \log N$$

Scrambling Time=Echo Time!

Quantum nature of black holes: fast scrambling versus echoes

[Krishan Saraswat](#) ✉ & [Niayesh Afshordi](#)

[Journal of High Energy Physics](#) **2020**, Article number: 136 (2020) | [Cite this article](#)

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ABSTRACT

Two seemingly distinct notions regarding black holes have captured the imagination of theoretical physicists over the past decade: first, black holes are conjectured to be fast scramblers of information, a notion that is further supported through connections to quantum chaos and decay of mutual information via AdS/CFT holography. Second, black hole information paradox has motivated exotic quantum structure near horizons of black holes (e.g., gravastars, fuzzballs, or firewalls) that may manifest themselves through delayed gravitational wave echoes in the aftermath of black hole formation or mergers, and are potentially observable by LIGO/Virgo observatories. By studying various limits of charged AdS/Schwarzschild black holes we show that, if properly defined, the two seemingly distinct phenomena happen on an identical timescale of $\log(\text{Radius})/(\pi \times \text{Temperature})$. We further comment on the physical interpretation of this coincidence and the corresponding holographic interpretation of black hole echoes.



Scrambling Time=Echo Time!

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[Krishan Saraswat](#) ✉ & [Niayesh Afshordi](#)

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ABSTRACT

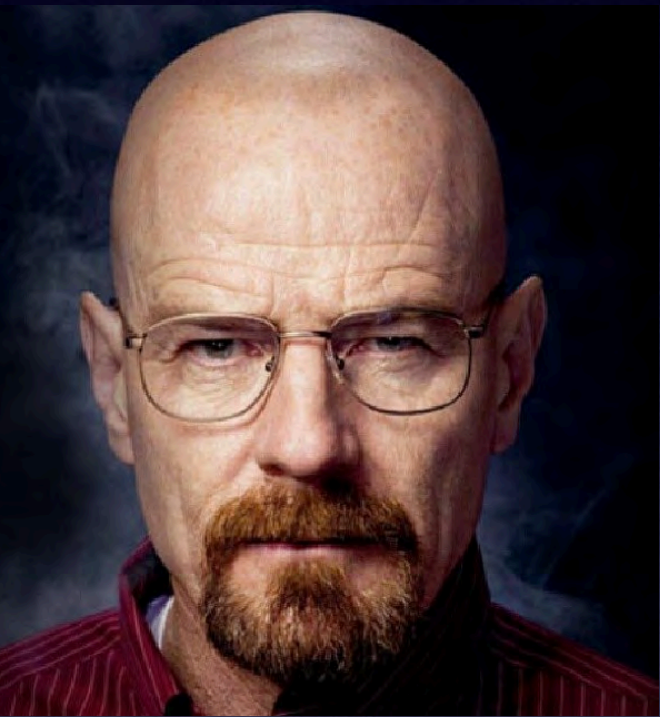
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Heisenberg vs. Einstein Microscopes



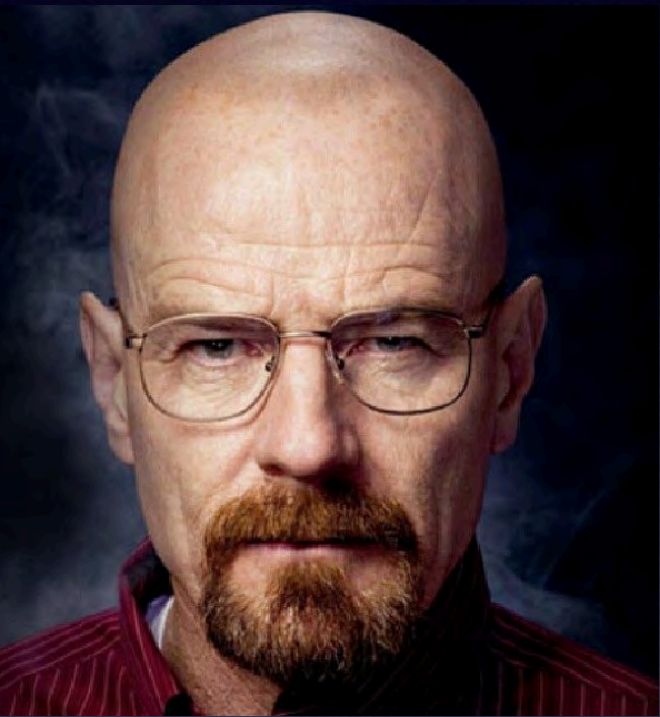
Heisenberg vs. Einstein Microscopes



- Higher energy
- Shorter wavelength
- *Better resolution*



Heisenberg vs. Einstein Microscopes



- Higher energy
- Shorter wavelength
- *Better resolution*



- Higher energy
- Bigger black holes
- *Worse resolution*

