

$$1 \text{ eV} = 11600 \text{ K} = 1.60 \times 10^{-19} \text{ J} = 5.07 \times 10^6 \text{ m}^{-1} = 1.52 \times 10^{15} \text{ s}^{-1} = 1.78 \times 10^{-36} \text{ kg}$$

$$c = 1 = 3.00 \times 10^8 \text{ m/s}$$

$$\hbar = 1 = 197 \text{ MeV fm}$$

$$1 \text{ pc} = 3.09 \times 10^{16} \text{ m}$$

$$1 \text{ a} = 3.156 \times 10^7 \text{ s}$$

$$h \equiv H_0 / (100 \text{ km/s/Mpc})$$

$$(100 \text{ km/s/Mpc})^{-1} = 9.78 \times 10^9 \text{ a} = 2998 \text{ Mpc}$$

$$T_0 = 2.725 \text{ K} = 2.348 \times 10^{-4} \text{ eV}$$

$$T_{\nu 0} = (4/11)^{1/3} T_0$$

$$z_{\text{dec}} = 1100$$

$$m_e = 0.511 \text{ MeV}$$

$$m_N = 938 \text{ MeV}$$

$$m_p + m_e - m_H = 13.6 \text{ eV}$$

$$\zeta(3) = 1.20206$$

$$m_{\text{Pl}} \equiv G^{-1/2} = 1.22 \times 10^{22} \text{ MeV}$$

$$M_{\text{Pl}} \equiv (8\pi G)^{-1/2} = 2.436 \times 10^{21} \text{ MeV}$$

$$g_n = g_p = g_e = 2, \quad g_H = 4$$

$$Q = m_n - m_p = 1.293 \text{ MeV}$$

$$g_*(T \ll m_e) = 3.363$$

$$g_{*S}(T \ll m_e) = 3.909$$

$$g_*(1 \text{ MeV}) = g_{*S}(1 \text{ MeV}) = 10.75$$

$$\tau_n = t_{1/2} / \ln 2 = 886 \text{ s}$$

$$n + \nu_e \leftrightarrow p + e^-$$

$$\mu_e \ll T \quad (\text{when } T > 30 \text{ keV})$$

$$ds^2 = -dt^2 + a^2(t) \left(\frac{dr^2}{1 - Kr^2} + r^2 d\theta^2 + r^2 \sin^2 \theta d\phi^2 \right)$$

$$f(\vec{p}) = \frac{1}{e^{(E-\mu)/T} \pm 1}$$

$$n_i = \left\{ \begin{array}{c} 1 \\ 3/4 \end{array} \right\} \frac{\zeta(3)}{\pi^2} g_i T^3, \quad (T \gg m_i)$$

$$n_i = g_i \left(\frac{m_i T}{2\pi} \right)^{3/2} e^{-\frac{m_i - \mu_i}{T}}, \quad (T \ll m_i)$$

$$\left(\frac{\dot{a}}{a} \right)^2 + \frac{K}{a^2} = \frac{8\pi G}{3} \rho$$

$$\frac{\ddot{a}}{a} = -\frac{4\pi G}{3} (\rho + 3p)$$

$$\rho = \frac{\pi^2}{30} g_* T^4$$

$$s = \frac{2\pi^2}{45} g_{*S} T^3$$

$$g_*^{1/2} t T^2 = 0.301 m_{\text{Pl}}$$

$$\rho = \frac{1}{2} \dot{\varphi}^2 + \frac{1}{2} \nabla \varphi^2 + V(\varphi)$$

$$\ddot{\varphi} - \frac{1}{R^2} \nabla^2 \varphi + 3H\dot{\varphi} + V'(\varphi) = 0$$

$$n - \bar{n} = \frac{gT^3}{6\pi^2} \left[\pi^2 \left(\frac{\mu}{T} \right) + \left(\frac{\mu}{T} \right)^3 \right], \quad (T \gg m)$$

$$n - \bar{n} = 2g \left(\frac{mT}{2\pi} \right)^{3/2} e^{-m/T} \sinh \frac{\mu}{T}, \quad (T \ll m)$$

$$\frac{\partial \rho}{\partial t} + \nabla \cdot (\rho \vec{u}) = 0$$

$$\frac{\partial \vec{u}}{\partial t} + (\vec{u} \cdot \nabla) \vec{u} + \frac{1}{\rho} \nabla p + \nabla \tilde{\Phi} = 0$$

$$\nabla^2 \tilde{\Phi} = 4\pi G \rho$$

$$\int \frac{dx}{\sqrt{1+x^2}} = \text{arsinh}(x)$$

$$\mathcal{R} = -H \frac{\delta \varphi}{\dot{\varphi}}$$

$$\mathcal{P}_g(k) \equiv \left(\frac{L}{2\pi} \right)^3 4\pi k^3 \langle |g_{\mathbf{k}}|^2 \rangle$$

$$\left(\frac{2\pi}{L} \right)^3 \sum_{\mathbf{k}} \rightarrow \int d^3 k$$

$$\mathcal{P}_\varphi(k) = \left(\frac{H}{2\pi} \right)^2_{|aH=a_0 k}$$

$$\mathcal{P}_{\mathcal{R}}(k) = \left(\frac{H}{\dot{\varphi}} \right)^2 \left(\frac{H}{2\pi} \right)^2_{|aH=a_0 k}$$

$$n(k) - 1 \equiv \frac{d \ln \mathcal{P}_{\mathcal{R}}}{d \ln k}$$

$$\left(\frac{\delta T}{T} \right)_{\text{obs}} = \frac{1}{4} \delta_{\gamma}^N - \mathbf{v}^N \cdot \hat{\mathbf{n}} + \Phi(t_{\text{dec}}, \mathbf{x}_{\text{ls}}) + 2 \int \dot{\Phi} dt$$

$$e^{i\mathbf{k} \cdot \mathbf{x}} = 4\pi \sum_{lm} i^l j_l(kx) Y_{lm}(\hat{\mathbf{x}}) Y_{lm}^*(\hat{\mathbf{k}})$$

$$\Phi_{\mathbf{k}} \equiv -\frac{3}{2} \left(\frac{aH}{a_0 k} \right)^2 \delta_{\mathbf{k}}$$

$$\Phi_{\mathbf{k}} = -\frac{3+3w}{5+3w} \mathcal{R}_{\mathbf{k}}, \quad (w \equiv p/\rho)$$

$$\int d\Omega Y_{lm}^*(\theta, \phi) Y_{l'm'}(\theta, \phi) = \delta_{ll'} \delta_{mm'}$$

$$\sum_m |Y_{lm}(\theta, \phi)|^2 = \frac{2l+1}{4\pi}$$

$$\int_0^\infty \frac{dz}{z} j_l(z)^2 = \frac{1}{2l(l+1)}$$

$$\int_{-\infty}^\infty e^{-ax^2} dx = \sqrt{\frac{\pi}{a}}$$

The particles in the standard model and $g_*(T)$

Particle Data Group, 2010

Quarks	t	$173.0 \pm 1.6 \text{ GeV}$	$\bar{t}$	spin= $\frac{1}{2}$ 3 colours	$g_* = \frac{7}{8} \cdot 2 \cdot 2 \cdot 3 = 10.5$		
	b	$4.19 \pm 0.18 \text{ GeV}$	$\bar{b}$				
	c	$1.27 \pm 0.09 \text{ GeV}$	$\bar{c}$				
	s	$101 \pm 29 \text{ MeV}$	$\bar{s}$				
	d	$4.1\text{--}5.8 \text{ MeV}$	$\bar{d}$				
	u	$1.7\text{--}3.3 \text{ MeV}$	$\bar{u}$				
						63	
Gluons	8 massless bosons			spin=1	$g_* = 2$	16	
Leptons	τ^-	$1776.82 \pm 0.16 \text{ MeV}$	τ^+	spin= $\frac{1}{2}$	$g_* = \frac{7}{8} \cdot 2 \cdot 2 = 3.5$		
	μ^-	105.658 MeV	μ^+				
	e^-	510.999 keV	e^+				
							10.5
	ν_τ	$< 2\text{eV}$	$\bar{\nu}_\tau$	spin= $\frac{1}{2}$	$g_* = \frac{7}{8} \cdot 2 = 1.75$		
	ν_μ	$< 2\text{eV}$	$\bar{\nu}_\mu$				
	ν_e	$< 2 \text{ eV}$	$\bar{\nu}_e$				
							5.25
	Electroweak gauge bosons	$W^\pm$	$80.399 \pm 0.023 \text{ GeV}$		spin=1	$g_* = 2 \cdot 3 \rightarrow 3 \cdot 3$	
		Z^0	$91.1876 \pm 0.0021 \text{ GeV}$				
γ		$0 \quad (< 1 \times 10^{-18} \text{ eV})$					
						$8 \rightarrow 11$	
Higgs boson (SM)	H^0	$> 114.4 \text{ GeV}$		spin=0	$g_* = 4 \rightarrow 1$	$4 \rightarrow 1$	
						106.75	

History of $g_*(T)$

$T \sim 200 \text{ GeV}$	all present	106.75	
$T \sim 100 \text{ GeV}$	EW transition	106.75 (no effect)	
$T < 100 \text{ GeV}$	top-annihilation	96.25	
$T < 80 \text{ GeV}$	$W^\pm, Z^0, H^0$	86.25	
$T < 4 \text{ GeV}$	bottom	75.75	
$T < 1 \text{ GeV}$	charm, τ^-	61.75	
$T \sim 150 \text{ MeV}$	QCD transition	17.25	(u,d,g $\rightarrow$ $\pi^\pm, 0$, $37 \rightarrow 3$)
$T < 100 \text{ MeV}$	$\pi^\pm, \pi^0, \mu^-$	10.75	$e^\pm, \nu, \bar{\nu}, \gamma$ left
$T < 500 \text{ keV}$	e^- annihilation	(7.25)	$2 + 5.25(4/11)^{4/3} = 3.36$