

Looking for light scalar dark matter with rods and clocks

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arXiv:1405.2925

with Asimina Arvanitaki (Perimeter), Junwu Huang (Stanford)

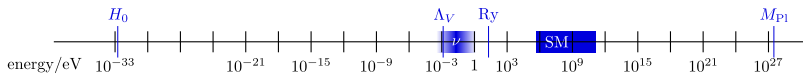
arXiv:1503.06886

with Nathan Leefer, Lykourgos Bougas, Dmitry Budker (Berkeley, Mainz)

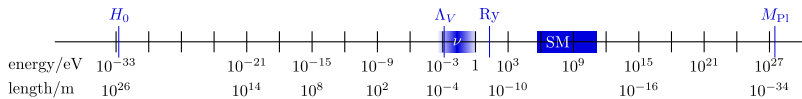
arXiv:1508.01798

with Asimina Arvanitaki, Savas Dimopoulos (Stanford)

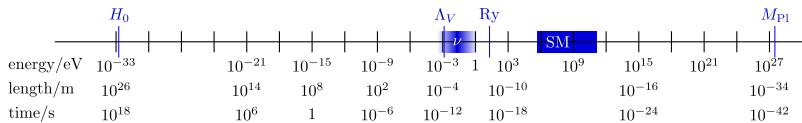
scales of Universe & DM



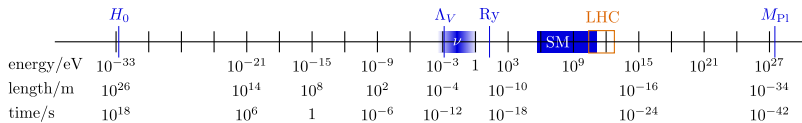
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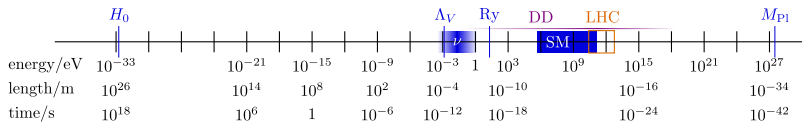
scales of Universe & DM



frontiers:

- high-energy \rightarrow LHC

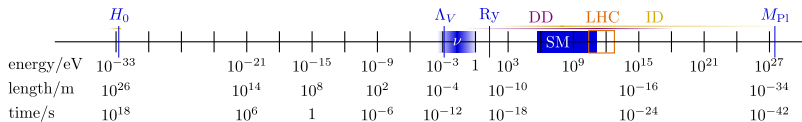
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frontiers:

- high-energy → LHC
- intensity → direct detection

scales of Universe & DM



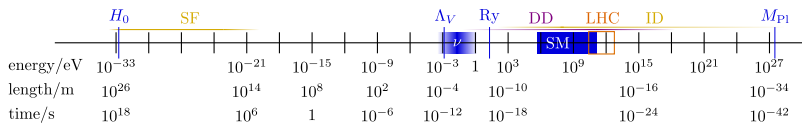
frontiers:

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- intensity → direct detection
- cosmic → indirect detection

dark matter:

- fermionic → $m_{\text{fermion}} \gtrsim \text{keV}$

scales of Universe & DM



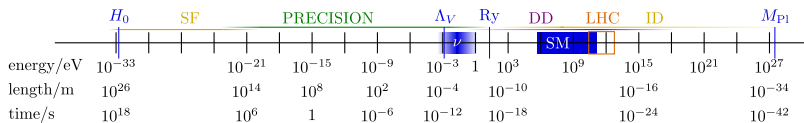
frontiers:

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- cosmic → structure formation

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- bosonic → $m_{\text{boson}} \gtrsim 10^{-22} \text{ eV}$

scales of Universe & DM



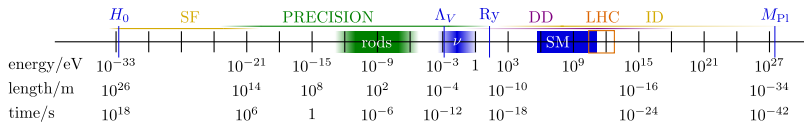
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- precision!

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scales of Universe & DM



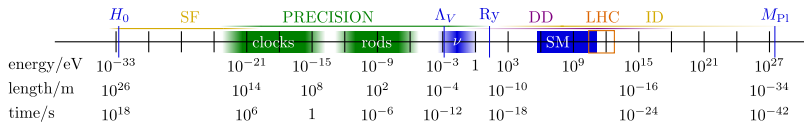
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scales of Universe & DM



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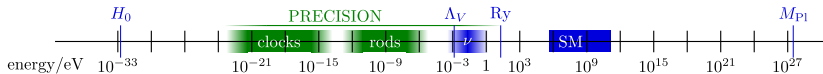
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overview: 4 main points

- 1 light scalar fields
theory: how do they arise?
phenomenology: oscillating length and time scales (+forces)

- 2 rods
acoustic resonators: absorbers of modulus waves

- 3 clocks
atomic clocks: probes of adiabatic changes in modulus field values



- 4 other probes
force tests: from DM background and from virtual exchange
astrophysical signatures: black-hole superradiance and pulsar timing
cosmology

light scalar DM as classical oscillations

$$\mathcal{L} \supset \frac{1}{2}(\partial_\mu \phi)^2 - \frac{1}{2}m_\phi^2 \phi^2$$

correspondence principle: classical wave description



$$\text{occ. \#} = \frac{\Delta N}{(\Delta x)^3 (\Delta p)^3} = \frac{n}{(\Delta p)^3} = \frac{\rho}{m(\Delta p)^3} \sim \frac{\rho}{m^4 v_{\text{vir}}^3} \approx 2 \times 10^3 \left(\frac{\text{eV}}{m_\phi} \right)^4$$

$$\rho_{\text{DM}} \approx 0.3 \text{ GeV cm}^{-3} \quad v_{\text{vir}} \sim 10^{-3}$$

$$\phi(t, \mathbf{x}) \simeq \phi_0 \cos(m_\phi t - m_\phi \mathbf{v} \cdot \mathbf{x}) + \mathcal{O}(v^2) \text{ dispersion}$$

$$\rho = \frac{m_\phi^2 \phi_0^2}{2} = \rho_{\text{DM}} \quad \Rightarrow \quad \sqrt{4\pi G_N} \phi_0 \approx 6 \times 10^{-16} \left(\frac{10^{-15} \text{ eV}}{m_\phi} \right)$$

How does light scalar dark matter arise in the Universe?

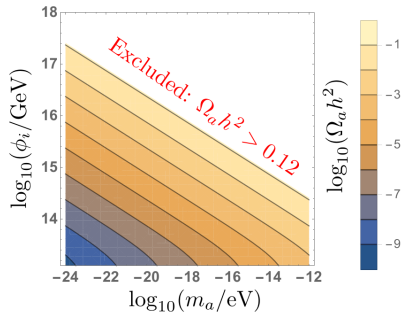
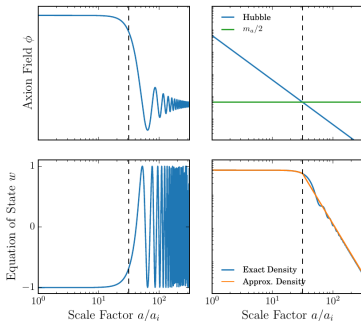
$$\ddot{\phi} + 3H\dot{\phi} + m_\phi^2\phi = 0$$

$$H(a_{\text{osc}}) \sim m_\phi$$

$$\rho_\phi(a) \simeq \rho_\phi(a_{\text{osc}}) \left(\frac{a_{\text{osc}}}{a}\right)^3$$

$$\rho_\phi(a_{\text{osc}}) \simeq \frac{m_\phi^2}{2} \langle \phi_i^2 \rangle = \frac{m_\phi^2}{2} \left[\phi_i^2 + \left(\frac{H_I}{2\pi}\right)^2 \right]$$

$$H_I = 10^{14} \text{ GeV}$$



[arXiv:1510.07633]

How do light moduli arise in **UV** theories?

$$\mathcal{L} \supset \frac{1}{2}(\partial_\mu \phi)^2 - \frac{1}{2}m_\phi^2 \phi^2 + \sum_i d_i \sqrt{4\pi G_N} \phi \mathcal{O}_{\text{SM},i} \quad (1)$$

- Higgs portal: $b\phi H^\dagger H \Rightarrow d_m \sqrt{4\pi G_N} \sim \frac{b}{m_H^2}$ [arXiv:1003.2313]
- dilaton, least coupling principle: $4\pi G_N \phi^2 \mathcal{O}_{\text{SM}}$ [arXiv:hep-th/9401069]
- QCD axion: $d_{m_q} \sqrt{4\pi G_N} \sim \frac{\bar{\theta}_{\text{QCD}}}{f_a}$
- radion component of extra-dimensional graviton
- any light Yukawa or gauge modulus!

Tuning? $\Delta m_\phi^2 \sim \sum_i \frac{4\pi G_N}{16\pi^2} d_i^2 \left\{ \Lambda^4, m_i^2 \Lambda^2, \frac{y_i^2}{16\pi^2} \Lambda^4, \dots \right\}$

What are the observable effects of ultralight scalars?

$$\mathcal{L} \supset \frac{1}{2}(\partial_\mu\phi)^2 - \frac{1}{2}m_\phi^2\phi^2 + \sqrt{4\pi G_N}\phi \left[\underbrace{\frac{d_e}{4e^2}F_{\mu\nu}F^{\mu\nu}}_{\alpha \text{ changes}} - \underbrace{\frac{d_g\beta_3}{2g_3}G_{\mu\nu}^A G^{A\mu\nu}}_{\Lambda_{\text{QCD}} \text{ changes}} - \underbrace{d_{m_e}m_e\bar{e}e - \sum_{i=u,d} (d_{m_i} + \gamma_{m_i}d_g)m_i\bar{\psi}_i\psi_i}_{\text{electron and quark masses change}} \right]$$

- oscillating masses and couplings

$$m_e(t) = m_e [1 + d_{m_e}\sqrt{4\pi G_N}\phi_0 \cos(m_\phi t)]$$

$$\alpha(t) = \alpha [1 + d_e\sqrt{4\pi G_N}\phi_0 \cos(m_\phi t)]$$

→ length scales \propto Bohr radius = $1/\alpha m_e$

→ frequency scales $\sim \{\alpha^2 m_e F(\alpha), \alpha^4 m_e^2/m_p, \dots\}$

- equivalence-principle-violating forces

→ from scalar exchange: $V_{AB} = -G_N \frac{m_A m_B}{r_{AB}} (1 + \alpha_A \alpha_B e^{-m_\phi r})$ [arXiv:1007.2792]

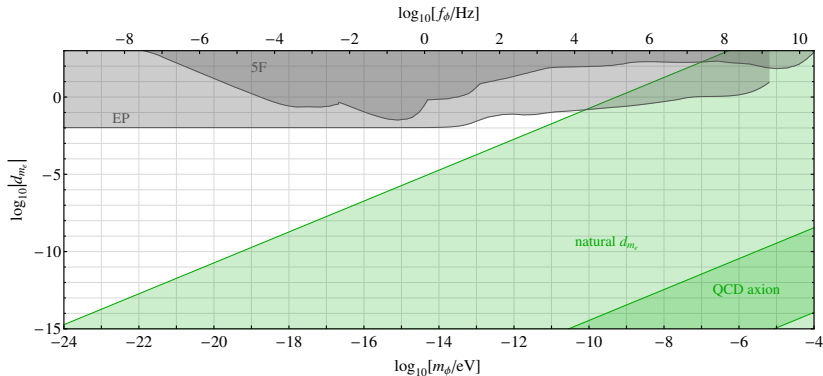
$$\alpha_A \sim d_g + 10^{-1}d_{m_q} + 10^{-3}d_e + \frac{m_e}{2m_p}d_{m_e} + \dots$$

→ from DM: $V_A = m_A [1 + \alpha_A \sqrt{4\pi G_N}\phi_0 \cos(m_\phi t - m_\phi \mathbf{v} \cdot \mathbf{x})]$

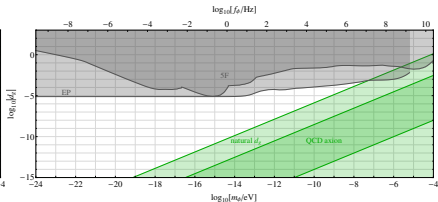
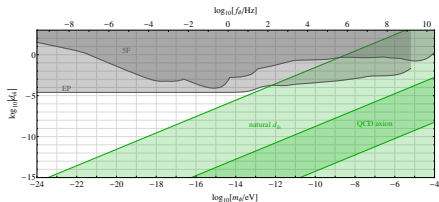
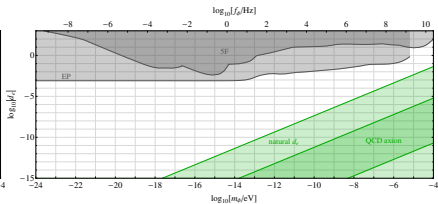
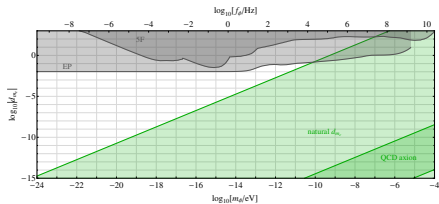
- purely gravitational effects

structure formation, black-hole superradiance, pulsar timing

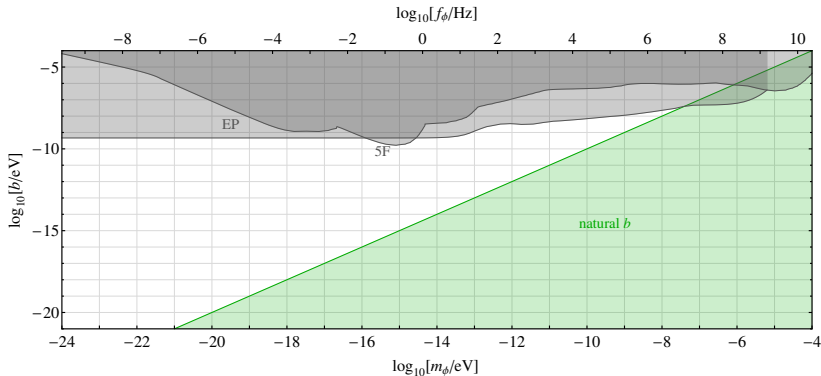
static forces from scalar exchange + naturalness



parameter space: primary couplings



parameter space: higgs portal



Sound of Dark Matter: Searching for Light Scalars with Resonant-Mass Detectors

[arXiv:1508.01798](https://arxiv.org/abs/1508.01798), Phys. Rev. Lett. 116, 031102 (2016)

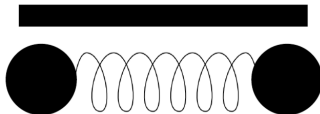
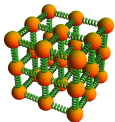
Asimina Arvanitaki (PI), Savas Dimopoulos (Stanford)

$$L_0 \sim \frac{N}{\alpha m_e}$$

- tiny fractional change \rightarrow macroscopic objects

$$h \equiv \frac{\delta L}{L_0} = \frac{\delta \alpha}{\alpha} + \frac{\delta m_e}{m_e} = (d_{m_e} + d_e) \sqrt{4\pi G_N \phi_0} \approx 10^{-18} (d_{m_e} + d_e) \left(\frac{10^{-12} \text{ eV}}{m_\phi} \right)$$

- (almost) no DC response \rightarrow excite acoustic modes

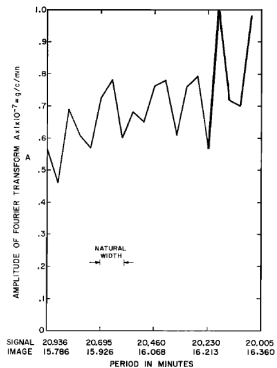


$$M \left[\ddot{x} + \frac{\omega}{Q} \dot{x} + \omega^2 (x - L) \right] = F_{\text{noise}} \quad (D \equiv x - L)$$

$$M \left[\ddot{D} + \frac{\omega}{Q} \dot{D} + \omega^2 D \right] \simeq -M\ddot{L}_0 + F_{\text{noise}} = -ML_0\ddot{h} + F_{\text{noise}}$$

seismology

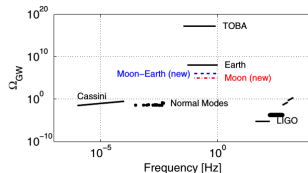
Earth: $T = 20.46$ min,
 $Q \approx 7,500$



[Weiss, Block (1967)]

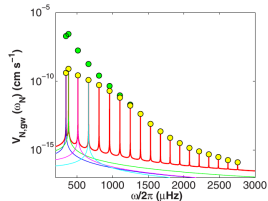
Earth crust + Moon

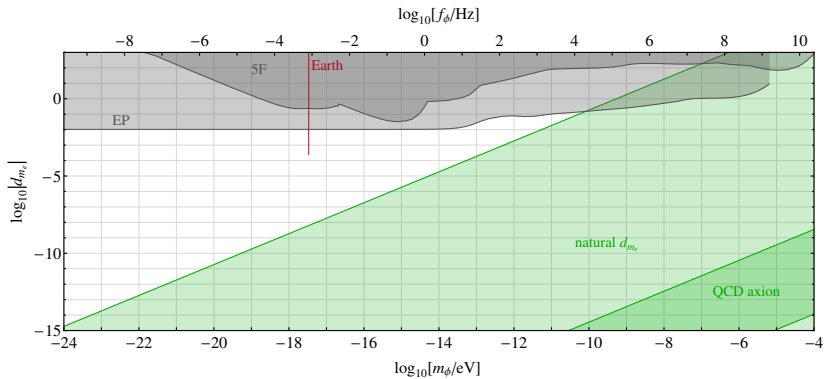
[Coughlin, Harms (2014)]



Sun: $Q \approx 10^8 - 10^4$

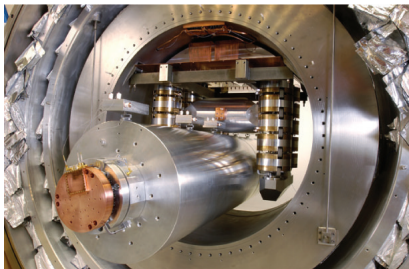
[Lopes, Silk (2014)]



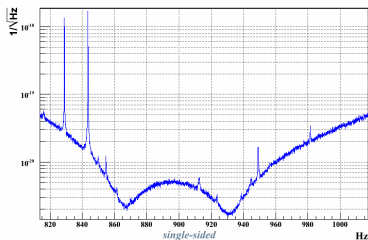


AURIGA

+ many other kHz-class cylindrical antennas: NAUTILUS, EXPLORER, MiniGRAIL, Schenberg, ...



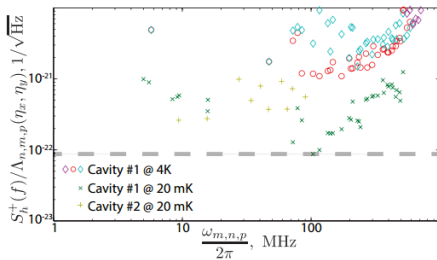
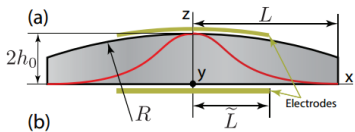
Sh Run 2085 : Averages : 150/160 dt(sec) 4294 [1.55e-22] @ Time : 2015-06-05 05:27:04 UTC Fr

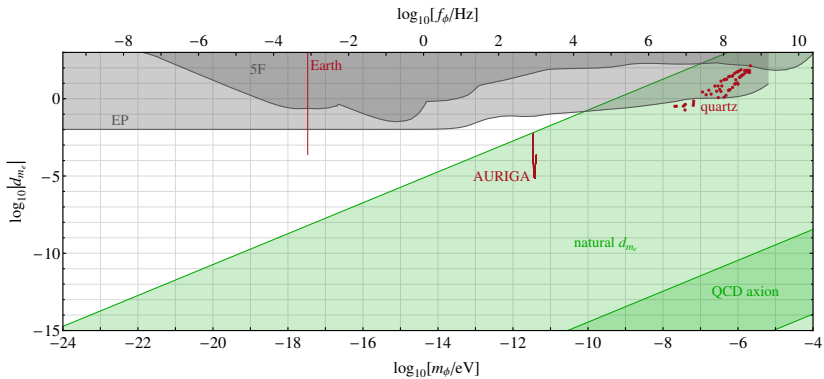


quartz crystal

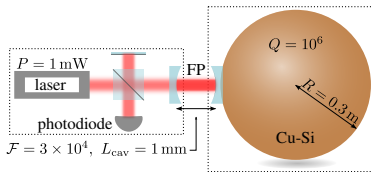
“built-in” piezoelectric readout

[arXiv:1410.2334]





Cu-Si sphere proposal



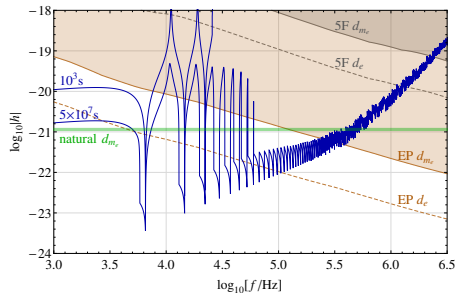
- broadband, non-resonant readout:

$$\sqrt{S_{xx}} \approx 10^{-19} \text{ m Hz}^{-1/2} \sim \sqrt{\lambda / \mathcal{F}^2 P}$$

- multimode antenna:

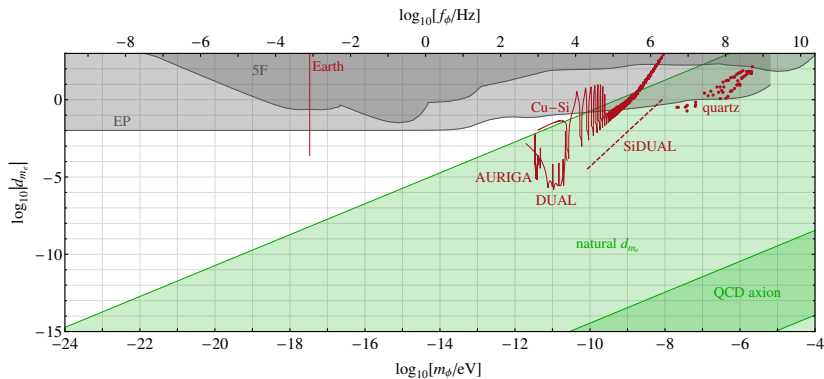
$$\omega_n \sim n\pi c_l / R$$

- temperature tuning: 5% c_l variation between 4–100 K

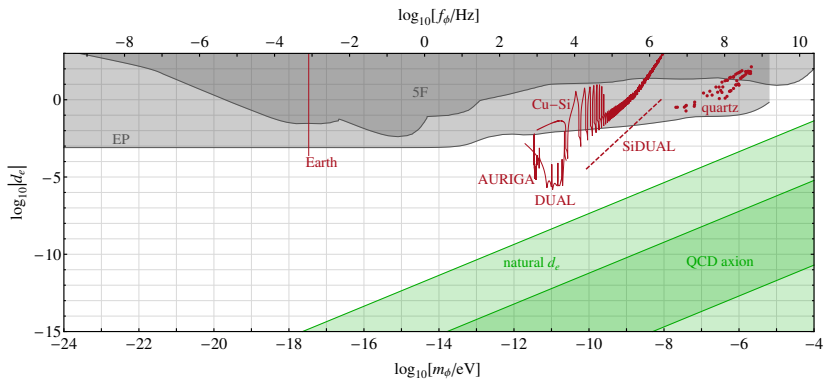


thermal noise power:

$$S_{hh}^{\text{th}} = \frac{4TR}{MQ_c^3} \frac{M_n}{k_n^3 J_n^2}$$



with current acoustic detector technology, access to natural parameter space for electron mass moduli between 10^{-12} eV and 10^{-6} eV



Searching for light scalar dark matter with atomic clocks

[arXiv:1405.2925](#), Phys. Rev. D 91, 015015 (2015)

with Asimina Arvanitaki (PI), Junwu Huang (Stanford)

[arXiv:1503.06886](#), Phys. Rev. Lett. 115, 011802 (2015)

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Why use atomic clocks?

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oscillating scalar dark matter: $\phi(t) = \phi_0 \cos(m_\phi t)$

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oscillating masses and couplings

$$m_p(t) = m_p (1 + d_g \sqrt{4\pi G_N} \phi(t)), \quad m_e(t) = m_e (1 + d_{m_e} \sqrt{4\pi G_N} \phi(t)), \\ \alpha(t) = \alpha (1 + d_e \sqrt{4\pi G_N} \phi(t))$$

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⇓

oscillating transition energies between atomic levels

$$f_A(t) \propto m_e \left(\frac{m_e(t)}{m_p(t)} \right)^{\zeta_A} \alpha(t)^{2+\xi_A}$$

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- atomic clock lasers provide monochromatic light with frequency stability of 1 part in 10^{18}
- there exist optical synthesis elements to compare the frequencies of two different atomic clocks based on elements A and B
 \Rightarrow measure f_A/f_B as function of time

How do atomic transition frequencies change with varying masses and couplings?

$$f_A \propto \left(\frac{m_e}{m_p} \right)^{\zeta_A} (\alpha)^{\xi_A+2} \quad (2)$$

ζ_A : 1 iff hyperfine; ξ_A : relativistic, spin-orbit, many-body, electric quadrupole effects

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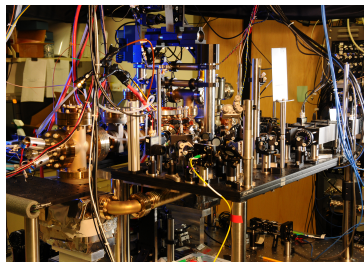
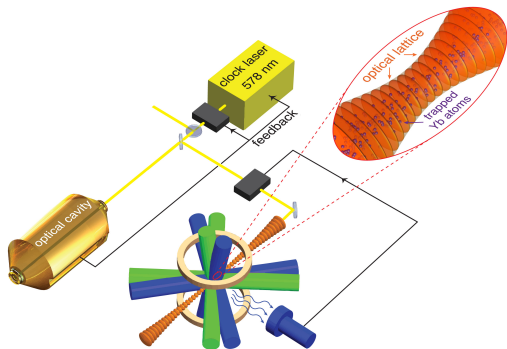
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species	transition	λ [nm]	short $\left[\frac{10^{-15}}{\sqrt{F}} \right]$	long $[10^{-18}]$	ζ_A	ξ_A
^{133}Cs	hyperfine	$3.3 \cdot 10^7$	$2 \cdot 10^2$	360	1	2.83
$^{27}\text{Al}^+$	$3s^2\ ^1S_0 \leftrightarrow 3s3p\ ^3P_0$	267	2.8	8.6	0	0.008
^{87}Sr	$5s^2\ ^1S_0 \leftrightarrow 5s5p\ ^3P_0$	698	0.34	6.4	0	0.06
^{171}Yb	$6s^2\ ^1S_0 \leftrightarrow 6s6p\ ^3P_0$	578	0.32	1.6	0	0.31
$^{88}\text{Sr}^+$	$5s^2\ ^2S_{\frac{1}{2}} \leftrightarrow 4d\ ^2D_{\frac{5}{2}}$	674	16	25	0	0.43
$^{171}\text{Yb}^+$	$4f^{14}6s^2\ ^2S_{\frac{1}{2}} \leftrightarrow 4f^{13}6s^2\ ^2F_{\frac{7}{2}}$	467	2.0	71	0	-5.30
$^{199}\text{Hg}^+$	$5d^{10}6s^2\ ^2S_{\frac{1}{2}} \leftrightarrow 5d^96s^2\ ^2D_{\frac{5}{2}}$	282	2.8	19	0	-3.19
^{162}Dy	$4f^{10}5d6s \leftrightarrow 4f^95d^26s$	$4.0 \cdot 10^8$	$4.0 \cdot 10^6$	-	0	$8.5 \cdot 10^6$
^{164}Dy	$4f^95d^26s \leftrightarrow 4f^{10}5d6s$	$1.3 \cdot 10^9$	$1.3 \cdot 10^7$	-	0	$-2.6 \cdot 10^6$
$^{229\text{m}}\text{Th}^{3+}$	nuclear	26	1	1	10^5	10^4

necessary tools for precise frequency comparisons:

2 stable atomic clocks + frequency comparison method

optical clock laser

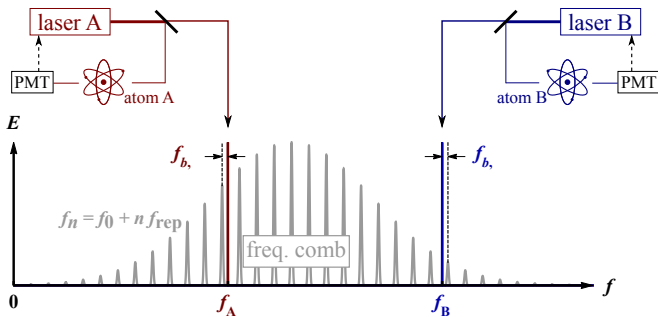


Hinkley et al '13

optical clocks: Yb, Al, Sr, Ca, Hg

microwave clocks: Cs, Rb, H, Dy

nuclear clocks: Th, U



$$\frac{f_A}{f_B}(t) \simeq \left(\frac{m_e(t)}{m_p(t)} \right)^{\zeta_A - \zeta_B} \alpha(t)^{\xi_A - \xi_B};$$

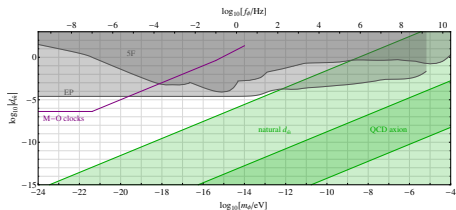
$$\left. \frac{f_A}{f_B} \right|_{\text{expt}} = \frac{f_0 + n_A f_{\text{rep}} + f_{b,A}}{f_0 + n_B f_{\text{rep}} + f_{b,B}} \quad (\text{optical-optical}); \quad \left. \frac{f_A}{f_B} \right|_{\text{expt}} = \frac{f_0 + n_A f_{\text{rep}} + f_{b,A}}{f_B} \quad (\text{optical-MW})$$

data = time series of $\frac{f_A}{f_B}$ measurements

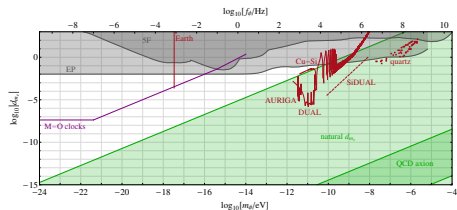
projected sensitivity to quark and electron mass couplings

Cs–Yb comparison

$$\mathcal{L} \supset -\sqrt{4\pi G_N \phi} d_{\hat{m}} m_i \bar{\psi}_i \psi_i \quad (i = u, d)$$



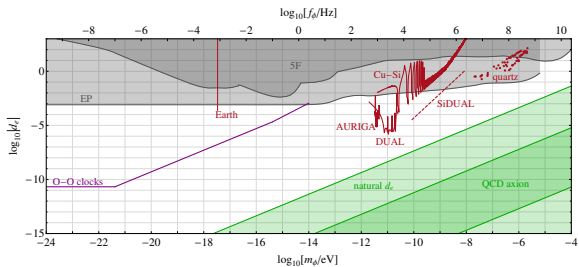
$$\mathcal{L} \supset -\sqrt{4\pi G_N \phi} d_{m_e} m_e \bar{e} e$$



$$\left(\frac{\delta f_A / f_B}{f_A / f_B} \right)_0 \simeq +0.07 d_{\hat{m}} \sqrt{4\pi G_N \phi}$$

$$\left(\frac{\delta f_A / f_B}{f_A / f_B} \right)_0 \simeq +d_{m_e} \sqrt{4\pi G_N \phi}$$

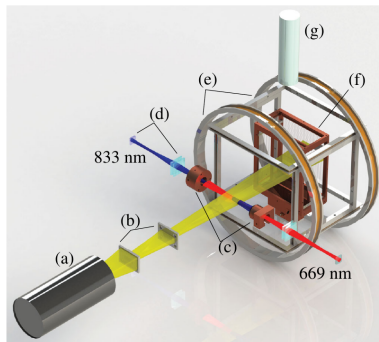
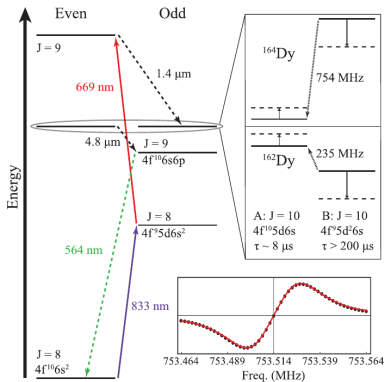
projected sensitivity to electromagnetic coupling $\mathcal{L} \supset +\sqrt{4\pi G_N}\phi \frac{d_e}{4e^2} F_{\mu\nu} F^{\mu\nu}$



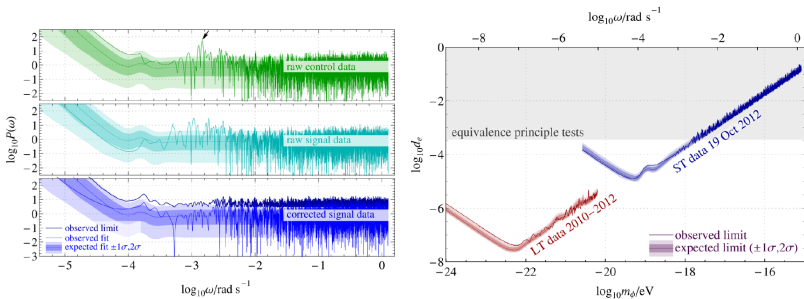
Yb⁺-Al⁺ comparison: $\left(\frac{\delta f_A/f_B}{f_A/f_B}\right)_0 \simeq -5.3d_e\sqrt{4\pi G_N}\phi_0;$

$$\sigma_n \simeq \frac{3.4 \cdot 10^{-15}}{\sqrt{\text{Hz}}}$$

new limit on electric coupling $\mathcal{L} \supset +\sqrt{4\pi G_N} \phi \frac{d_e}{4e^2} F_{\mu\nu} F^{\mu\nu}$
 $\text{Dy}^{162} / \text{Dy}^{164}$: $\Delta f \approx \pm 2 \cdot 10^{15} \text{ Hz} \frac{\Delta\alpha}{\alpha}$ vs. Cs clock



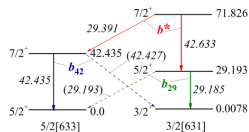
new limit on electric coupling $\mathcal{L} \supset +\sqrt{4\pi G_N}\phi \frac{d_e}{4e^2} F_{\mu\nu} F^{\mu\nu}$
 $\text{Dy}^{162}/\text{Dy}^{164}$: $\Delta f \approx \pm 2 \cdot 10^{15} \text{ Hz} \frac{\Delta\alpha}{\alpha}$ vs. Cs clock



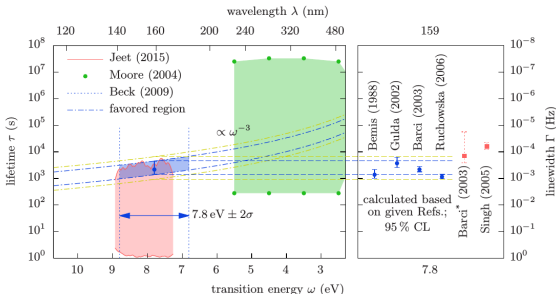
nuclear transitions

typically $\mathcal{O}(100 \text{ keV})$, except:

- ..., ^{201}Hg : 2150 eV; ^{183}W : 544 eV; ^{235}U : 73 eV;
- ^{229}Th : $7.8 \pm 0.5 \text{ eV}$ ← accessible to UV lasers!



⇒ extreme stability/accuracy, $\mathcal{O}(10^5)$ enhancement in sensitivity to d_g , $d_{\hat{m}}$, d_e



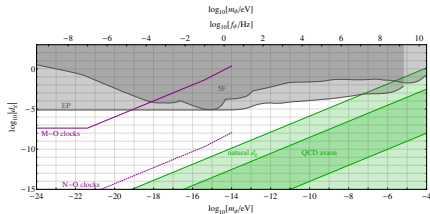
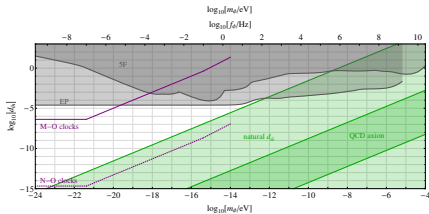
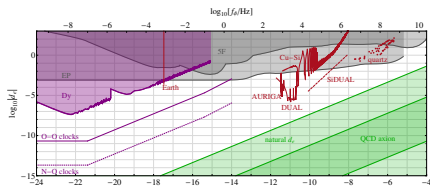
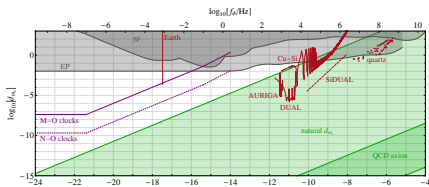
[arXiv:1509.09101]

projected sensitivity with future nuclear clock based on thorium

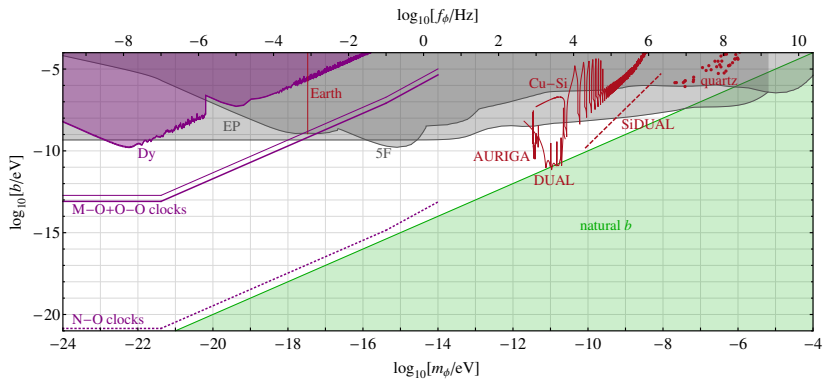
Th–Yb comparison

$$\left(\frac{\delta f_A/f_B}{f_A/f_B}\right)_0 \simeq (10^6 d_g - 10^5 d_{\hat{m}_q} + 4 \times 10^4 d_e - d_{m_e}) \sqrt{4\pi G_N \phi_0};$$

$$\sigma_n \sim \frac{10^{-15}}{\sqrt{\text{Hz}}}$$



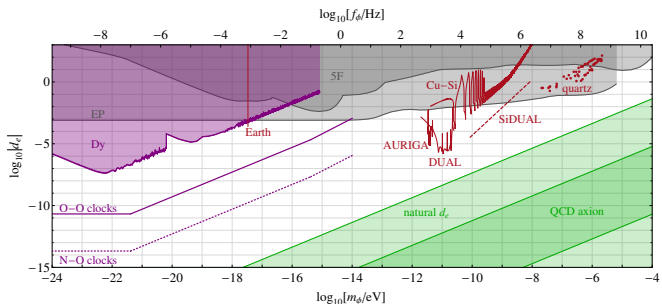
projected sensitivity with future nuclear clock based on thorium
Th–Yb comparison



sensitivity of equivalence principle and fifth force tests

$$V = -G_N \frac{m_A m_B}{r_{AB}} (1 + \alpha_A \alpha_B e^{-m_\phi r_{AB}}); \quad \alpha_A \simeq d_g + \dots \quad (3)$$

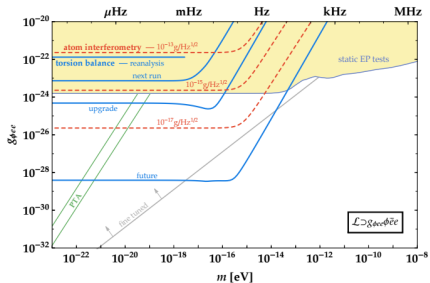
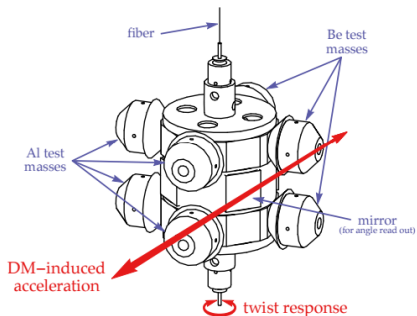
- EötWash: $\left| \frac{\Delta a}{a} \right|_{\text{Be-Ti}} \simeq |\alpha_{\text{Earth}}(\alpha_{\text{Be}} - \alpha_{\text{Ti}})| \lesssim 3.6 \cdot 10^{-13}$ at 95% CL
- Lunar Laser Ranging: $\left| \frac{\Delta a}{a} \right|_{\text{Earth-Moon}} \simeq \alpha_{\text{Sun}}(\alpha_{\text{Earth}} - \alpha_{\text{Moon}}) \lesssim 2.8 \cdot 10^{-13}$
- atom interferometry: differential acceleration of ^{85}Rb & ^{87}Rb at 10^{-15} level?



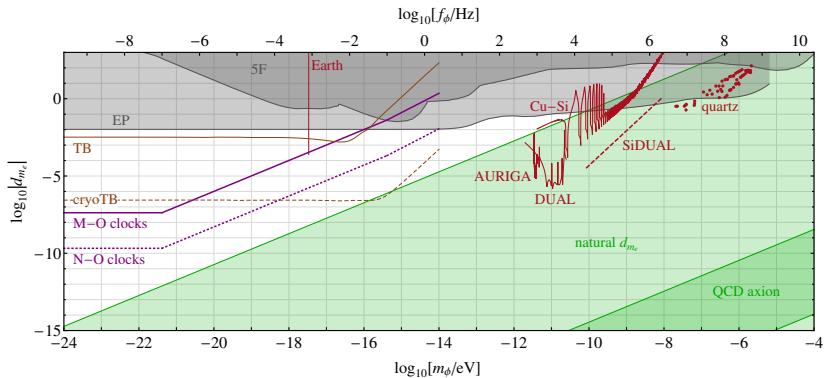
DM-induced forces in accelerometers

$$V_A = m_A \left[1 + \alpha_A \sqrt{4\pi G_N \phi_0} \cos(m_\phi t - m_\phi \mathbf{v} \cdot \mathbf{x}) \right]$$

$$\alpha_A \sim d_g + 10^{-1} d_{m_q} + 10^{-3} d_e + \frac{m_e}{2m_p} d_{m_e} + \dots$$



[arXiv:1512.06165]

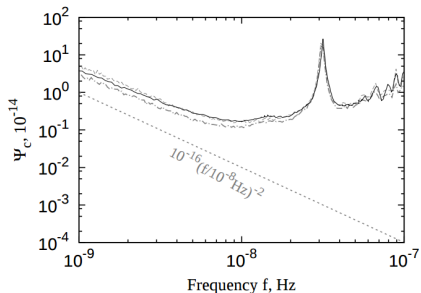
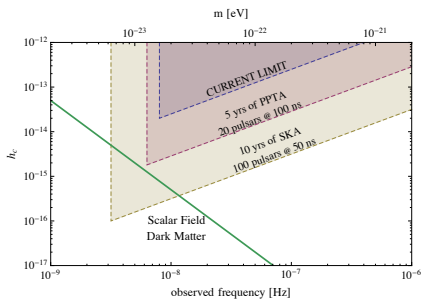


sensitivity of pulsar timing to oscillating gravitational strain

not pressureless on short time scales: $T_{ij} = \delta_{ij}p(\vec{x}, t) = -\delta_{ij}\frac{1}{2}m_\phi^2\phi_0^2\cos(m_\phi t - \vec{k}_\phi \cdot \vec{x})$

oscillating scalar metric strain with amplitude $\Psi_0 = \frac{1}{2}\pi G_N\phi_0^2$

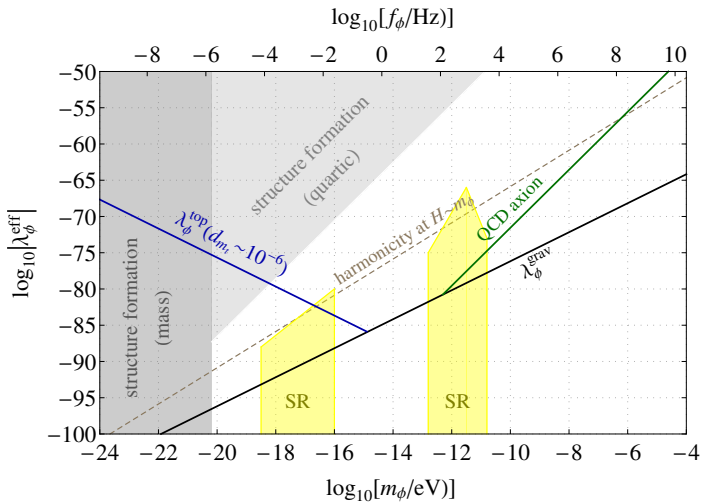
timing delay/advance of pulsar signals: $\delta t \sim 2\frac{\Psi_0}{m_\phi} \approx 30 \text{ ns} \left(\frac{10^{-23} \text{ eV}}{m_\phi}\right)^3$

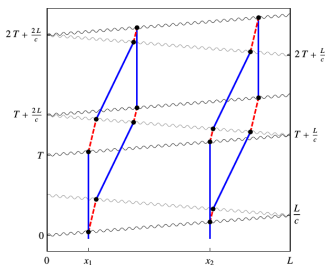
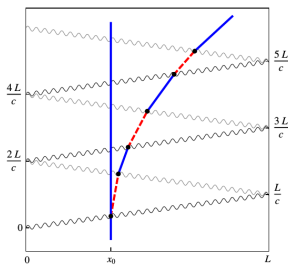


[arXiv:1309.5888]

[1408.4670]

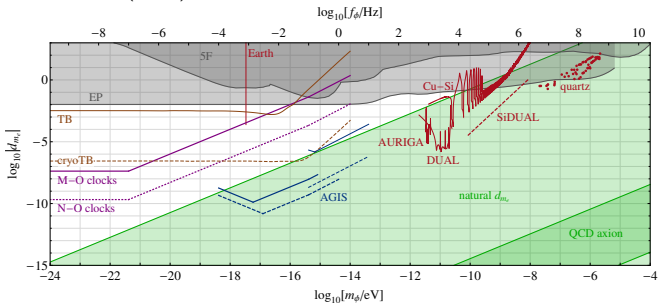
cosmological and astrophysical constraints





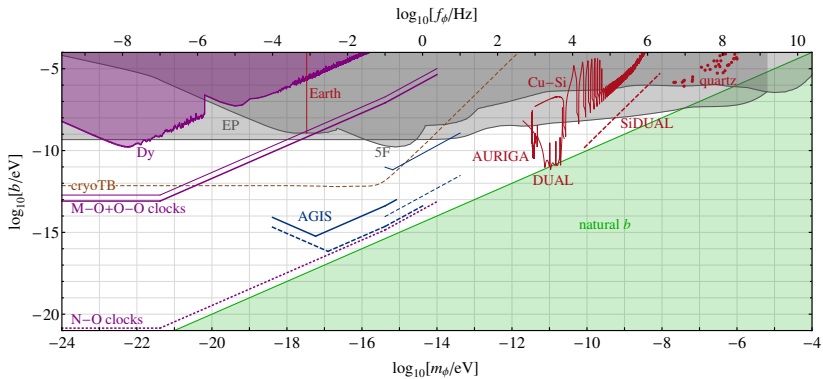
$$\Delta\Phi \simeq \frac{8}{\pi} \Delta\omega_0 NL \sin^2\left(\frac{m_\phi T}{2}\right)$$

[arXiv:0712.1250,1206.0818,1501.06797]



conclusions

- 1 light moduli fields are good dark matter candidates and can arise in many extensions of the Standard Model
- 2 **acoustic resonators** are sensitive probes of temporal changes in atomic length scales: **absorbers of modulus waves**
 - compilation of medium-band and tunable setups could cover to 6 decades in mass ($f \gtrsim 100$ Hz)
 - (astero)seismology can provide a window at $f \lesssim 1$ Hz
 - signal scales as $\sqrt{\rho_\phi/\rho_{DM}}$, linear in modulus couplings d_{m_e} , d_e
 - current technology provides a reach way beyond existing constraints
 - already sensitive to natural parameter space for electron mass modulus!
- 3 **atomic clock pairs** are sensitive probes of temporal changes in atomic energy scales: **measures of modulus field values**
 - broadband searches sensitive to $\gtrsim 8$ decades in mass ($f \lesssim 1$ Hz)
 - signal scales as $\sqrt{\rho_\phi/\rho_{DM}}$, linear in modulus couplings d_g , d_{m_q} , d_{m_e} , d_e
 - already leading limits on electromagnetic gauge modulus
 - future \rightarrow natural parameter space for quark mass modulus!
- 4 complimentary probes: EP tests, structure formation, superradiance, accelerometers, pulsar timing, atom interferometry, ...



Backup slides

cosmic evolution

$$\ddot{\phi} + 3H\dot{\phi} + V'(\phi) = 0, \quad (4)$$

$$\delta a_{\phi, \text{SM}} \sim -\frac{(dm_i \kappa m_i)^3 m_i}{16\pi^2} \sim -10^{-58} \text{ eV} \left(\frac{dm_t}{10^{-6}}\right)^3 \quad (5)$$

$$\delta \lambda_{\phi, \text{SM}} \sim +\frac{(dm_i \kappa m_i)^4}{16\pi^2} \sim +10^{-92} \left(\frac{dm_t}{10^{-6}}\right)^4 \quad (6)$$

$$\begin{aligned} \lambda_{\phi}^{\text{eff}} &\equiv \delta \lambda_{\phi, \text{SM}} - \frac{10\delta a_{\phi, \text{SM}}^2}{9m_{\phi}^2} + \delta \lambda_{\phi, \text{grav}} \\ &\sim +10^{-92} \left(\frac{dm_t}{10^{-6}}\right)^4 - 10^{-80} \left(\frac{dm_t}{10^{-6}}\right)^6 \left(\frac{10^{-18} \text{ eV}}{m_{\phi}}\right)^2 - 10^{-92} \left(\frac{m_{\phi}}{10^{-18} \text{ eV}}\right)^2, \end{aligned} \quad (7)$$

$$\left| \lambda_{\phi}^{\text{eff}} \right| \lesssim \frac{m_{\phi}^2}{\phi_{0,i}^2} \lesssim 10^{-86} \left(\frac{\rho_{\text{DM,U}}}{\rho_{\phi}}\right) \left(\frac{m_{\phi}}{10^{-18} \text{ eV}}\right)^{5/2}. \quad (8)$$

structure formation

pressure $p_\phi \equiv \dot{\phi}^2/2 - V(\phi) = (\gamma + \gamma_p - 1)\rho_\phi$ can have non-zero average

$$\gamma = \frac{1}{T} \int_0^T \frac{\dot{\phi}^2}{V(\phi)} dt \simeq 2 \frac{\int_{-\phi_0}^{+\phi_0} \left[1 - \frac{V(\phi)}{V(\phi_0)}\right]^{+1/2} d\phi}{\int_{-\phi_0}^{+\phi_0} \left[1 - \frac{V(\phi)}{V(\phi_0)}\right]^{-1/2} d\phi} \approx 1 + \frac{3\lambda_\phi^{\text{eff}} \phi_0^2}{16m_\phi^2} + \mathcal{O}\left(\frac{\lambda_\phi^{\text{eff}2} \phi_0^4}{m_\phi^4}\right) \quad (9)$$

$$\ddot{\delta}_{\mathbf{k}} + 2H\dot{\delta}_{\mathbf{k}} \simeq \left[\frac{4\pi\rho_{\text{tot}}}{M_{\text{Pl}}^2} - \left(\frac{\mathbf{k}^2}{4m_\phi^2 a^2} + \frac{3\lambda_\phi^{\text{eff}} \phi_0^2}{16m_\phi^2} \right) \frac{\mathbf{k}^2}{a^2} \right] \delta_{\mathbf{k}}. \quad (10)$$

$$L_{J,(m)} \simeq \left(\frac{\pi^3 M_{\text{Pl}}^2}{\rho_\phi m_\phi^2} \right)^{1/4}; \quad L_{J,(\lambda)} \simeq \left(\frac{3\pi |\lambda_\phi^{\text{eff}}| M_{\text{Pl}}^2}{8m_\phi^4} \right)^{1/2}, \quad (11)$$

$$m_\phi \gtrsim 6 \cdot 10^{-21} \text{ eV}; \quad |\lambda_\phi^{\text{eff}}| \lesssim 3 \cdot 10^{-79} \left(\frac{m_\phi}{10^{-18} \text{ eV}} \right)^4. \quad (12)$$