

Dynamical space-time and gravitational waves

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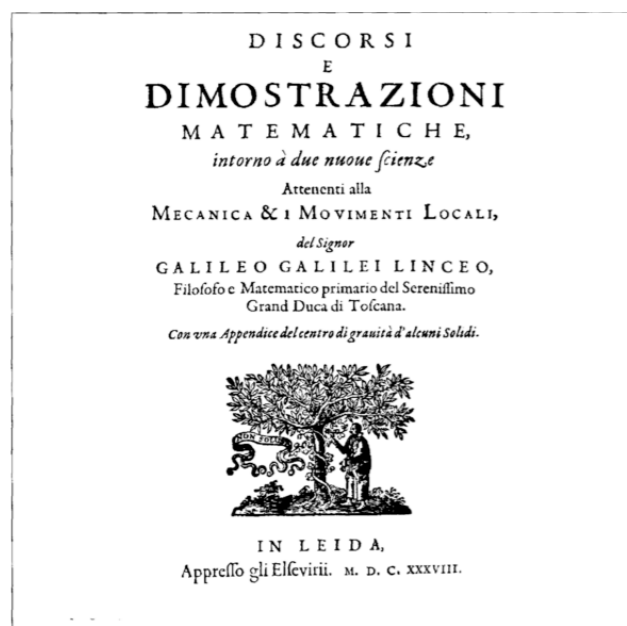
Nikhef, Amsterdam

Gravity

- **Universality:**
all bodies are subject to gravity independent of their nature or composition
- **Equivalence principle:**
all bodies fall with the same gravitational acceleration



Experiment by
Simon Stevin and
Jan de Groot (1586)



Discussion in Discorsi
by Galilei (1638)





Newton: gravitational acceleration by instantaneous action at a distance
absolute space and time



Einstein: geometrical interpretation of gravity
gravitational effects propagate at finite speed (c in vacuum)
dynamical space and time

Dynamical geometry:

- cosmology: expansion of the universe
- astrophysics: gravitational collapse
→ black holes/horizons
- cosmic messengers: gravitational waves

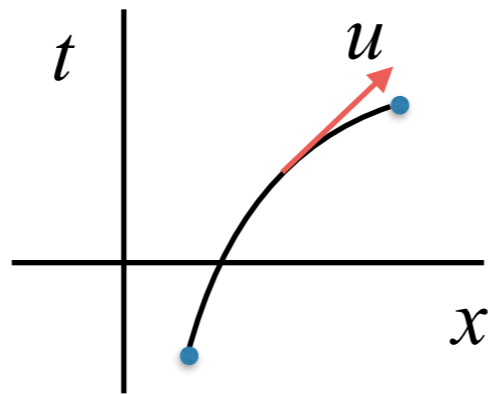
Gravity as space-time geometry

fundamental ingredients:

metric $g_{\mu\nu}$, connection $\Gamma_{\mu\nu}^{\lambda}$, curvature $R_{\mu\nu\kappa}^{\lambda}$

- The metric converts co-ordinate intervals into space-time intervals ($c = 1$):

$$-d\tau^2 = g_{\mu\nu}(x) dx^{\mu} dx^{\nu}, \quad u^{\mu} = \dot{x}^{\mu} = \frac{dx^{\mu}}{d\tau}$$

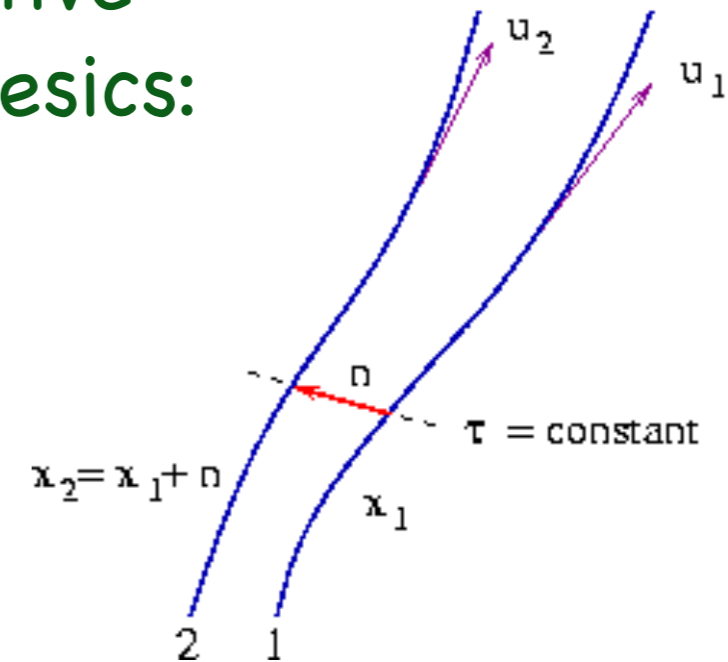


- The connection defines geodesics (free fall) by parallel transport of 4-velocity:

$$D_{\tau} u^{\mu} = \dot{u}^{\mu} + \Gamma_{\lambda\nu}^{\mu}(x) u^{\lambda} u^{\nu} = 0$$

- The curvature gives the relative covariant acceleration of geodesics:

$$D_{\tau}^2 n^{\mu} = R_{\kappa\nu\lambda}{}^{\mu}(x) u^{\kappa} u^{\lambda} n^{\nu}$$



Mathematical relations

- inverse metric $g^{\mu\lambda} g_{\lambda\nu} = \delta_{\nu}^{\mu}$
- connection $\Gamma_{\mu\nu}{}^{\lambda} = \frac{1}{2} g^{\lambda\kappa} (\partial_{\mu} g_{\kappa\nu} + \partial_{\nu} g_{\kappa\mu} - \partial_{\kappa} g_{\mu\nu})$
- Riemann tensor $R_{\mu\nu\kappa}{}^{\lambda} = \partial_{\mu} \Gamma_{\nu\kappa}{}^{\lambda} - \partial_{\nu} \Gamma_{\mu\kappa}{}^{\lambda} - \Gamma_{\mu\kappa}{}^{\sigma} \Gamma_{\nu\sigma}{}^{\lambda} + \Gamma_{\nu\kappa}{}^{\sigma} \Gamma_{\mu\sigma}{}^{\lambda}$
- Ricci tensor $R_{\mu\nu} = R_{\mu\lambda\nu}{}^{\lambda}$
- curvature scalar $R = R_{\mu}{}^{\mu} = g^{\mu\nu} R_{\mu\nu}$

Einstein equations

$$G_{\mu\nu} = R_{\mu\nu} - \frac{1}{2} g_{\mu\nu} R = -\kappa^2 T_{\mu\nu}$$

where

$$\kappa^2 = \frac{8\pi G}{c^4} = 2.1 \times 10^{-41} \text{ kg}^{-1} \text{ m}^{-1} \text{ s}^2$$

and $T_{\mu\nu}$ is the energy-momentum tensor of matter and radiation

The dynamics of matter and radiation follows from the consistency condition

$$\nabla^\mu T_{\mu\nu} = 0$$

Geometry of empty space-time

Large number of vacuum solutions:

$$R_{\mu\nu} = 0$$

A. Minkowski space-time: no curvature $R_{\mu\nu\kappa\lambda} = 0$

B. Vacuum solutions with curvature: decompose Riemann curvature in traceless components (Weyl tensor)

$$R_{\mu\nu\kappa\lambda} = W_{\mu\nu\kappa\lambda} + \frac{1}{(d-2)} \left(g_{\mu\kappa} W_{\nu\lambda} - g_{\nu\kappa} W_{\mu\lambda} - g_{\mu\lambda} W_{\nu\kappa} + g_{\kappa\lambda} W_{\mu\nu} \right) \\ + \frac{1}{d(d-1)} \left(g_{\mu\kappa} g_{\nu\lambda} - g_{\mu\lambda} g_{\nu\kappa} \right) R$$

with $W_{\mu\nu} = R_{\mu\nu} - \frac{1}{d} g_{\mu\nu} R$

properties: $W_{\mu\lambda\nu}{}^\lambda = 0, \quad W_{\mu}{}^\mu = 0$

$$W_{\mu\nu\kappa\lambda} = -W_{\mu\nu\lambda\kappa} = W_{\kappa\lambda\mu\nu}, \quad W_{[\mu\nu\kappa]\lambda} = 0$$

Number of components

$$\begin{aligned} N [R_{\mu\nu\kappa\lambda}] &= \frac{d^2(d^2 - 1)}{12} \rightarrow 20 \\ &= \frac{1}{12} d(d+1)(d+2)(d-3) + \frac{1}{2} d(d+1) \\ &= N [W_{\mu\nu\kappa\lambda}] + N [W_{\mu\nu}] + 1 \rightarrow 10 + 9 + 1 \end{aligned}$$

Non-vanishing Weyl tensor implies non-vanishing curvature:

$$W_{\mu\nu\kappa\lambda} \neq 0 \rightarrow R_{\mu\nu\kappa\lambda} \neq 0$$

is consistent with $R_{\mu\nu} = W_{\mu\nu} = 0$

Curvature in the absence of matter

Example: PP-waves

Exact gravitational-wave solution;

in light-cone co-ordinates $u = t - z$, $v = t + z$

$$d\tau^2 = dudv - \Phi(u, x, y)du^2 - dx^2 - dy^2$$

Non-vanishing components of Riemann and Ricci tensors

$$R_{uiuj} = \frac{1}{2} \frac{\partial^2 \Phi}{\partial x^i \partial x^j} \quad R_{uu} = \frac{1}{2} (\partial_x^2 + \partial_y^2) \Phi$$

Regular vacuum solutions $R_{uu} = 0$:

$$\Phi = h_+(u)(x^2 - y^2) + 2h_\times(u)xy$$

$$R_{uxux} = -R_{uyuy} = h_+(u) \quad R_{uxuy} = h_\times(u)$$

Small-curvature waves

reduction of GR to field theory of massless spin-2 fields

- symmetric tensor field $h_{\mu\nu} = h_{\nu\mu}$
- free field equation in Minkowski space-time

$$\square h_{\mu\nu} - \partial_\mu \partial^\lambda h_{\lambda\nu} - \partial_\nu \partial^\lambda h_{\lambda\mu} + \partial_\mu \partial_\nu h_\lambda{}^\lambda = 0$$

- local gauge invariance

$$h'_{\mu\nu} = h_{\mu\nu} + \partial_\mu \xi_\nu + \partial_\nu \xi_\mu$$

- unique consistent extension with self-interactions
(no ghosts, no tachyons)

$$g_{\mu\nu} = \eta_{\mu\nu} + 2\kappa h_{\mu\nu} \quad \text{with} \quad R_{\mu\nu}[g] = 0$$

[Feynman, Fronsdal, Veltman]

Gauge fixing

Use local gauge invariance to impose*

$$\partial^\lambda h'_{\lambda\mu} - \frac{1}{2} \partial_\mu h'^\lambda{}_\lambda = 0 \quad \Rightarrow \quad \square h'_{\mu\nu} = 0$$

massless wave equation; (1+1)-dimensional reduction

$$\left(\partial_z^2 - \partial_t^2\right) h = 0 \quad \Rightarrow \quad h = h_+(z+t) + h_-(z-t)$$

waves propagating at the speed of light ($c = 1$)
in the $+z$ or $-z$ direction


* by taking $-\square\xi_\mu = \partial^\lambda h_{\lambda\mu} - \frac{1}{2}\partial_\mu h_\lambda{}^\lambda$

Reformulation

Field redefinition $\bar{h}_{\mu\nu} = h_{\mu\nu} - \frac{1}{2}\eta_{\mu\nu} h_{\lambda}{}^{\lambda}$

field equation and gauge condition for the redefined field:

$$\square \bar{h}_{\mu\nu} - \frac{1}{2}\eta_{\mu\nu} \square \bar{h}_{\lambda}{}^{\lambda} = 0 \quad \partial^{\lambda} \bar{h}_{\lambda\mu} = 0$$



$$\square \bar{h}_{\mu\nu} = 0$$

redefined gauge transformations:

$$\bar{h}'_{\mu\nu} = \bar{h}_{\mu\nu} + \partial_{\mu}\xi_{\nu} + \partial_{\nu}\xi_{\mu} - \eta_{\mu\nu} \partial \cdot \xi$$

gauge condition respected if $\square \xi_{\mu} = 0$

Momentum representation

$$\bar{h}_{\mu\nu}(x) = \int \frac{d^4 k}{(2\pi)^2} \varepsilon_{\mu\nu}(k) e^{-ik \cdot x} \quad \varepsilon_{\mu\nu}^*(k) = \varepsilon_{\mu\nu}(-k)$$

Field equations:

$$k^2 \varepsilon_{\mu\nu}(k) = 0 \quad k^\lambda \varepsilon_{\lambda\mu} = 0$$

solution:

$$\varepsilon_{\mu\nu}(k) = e_{\mu\nu}(\mathbf{k}) \delta(k^2)$$

implying $k^\mu = (\omega_k, \mathbf{k})$ with $\omega_k = \sqrt{\mathbf{k}^2}$

$$\rightarrow h_{\mu\nu}(x) = \int \frac{d^3 k}{8\pi^2 \omega_k} \left(e_{\mu\nu}(\mathbf{k}) e^{-i(\mathbf{k} \cdot \mathbf{x} - \omega_k t)} + e_{\mu\nu}^*(\mathbf{k}) e^{i(\mathbf{k} \cdot \mathbf{x} - \omega_k t)} \right)$$

with $\omega_k e_{0\mu} = k_i e_{i\mu}$

The amplitudes $e_{\mu\nu}(\mathbf{k})$ are defined up to a final gauge transformation with $\square\xi_\mu = 0$ ($k^2 = 0$):

$$\xi_\mu = i \int \frac{d^3k}{8\pi^2\omega_k} \left(a_\mu(\mathbf{k}) e^{-i(\mathbf{k}\cdot\mathbf{x} - \omega_k t)} - a_\mu^*(\mathbf{k}) e^{i(\mathbf{k}\cdot\mathbf{x} - \omega_k t)} \right)$$

These gauge transformations take the form

$$e'_{00} = e_{00} + \omega_k a_0 + \mathbf{k} \cdot \mathbf{a}$$

$$e'_{0i} = e_{0i} + \omega_k a_i + k_i a_0$$

$$e'_{ij} = e_{ij} + k_i a_j + k_j a_i - \delta_{ij} (\mathbf{k} \cdot \mathbf{a} - \omega_k a_0)$$

with the following choice:

$$a_0 = -\frac{1}{4\omega_k} (e_{00} + \sum_j e_{jj}) \quad a_i = -\frac{1}{\omega_k} e_{0i} + \frac{k_i}{\omega_k} (e_{00} + \sum_j e_{jj})$$

this results in $e'_{00} = e'_{0i} = 0$, $\sum_j e'_{jj} = 0$, $\sum_j k_j e'_{ji} = 0$

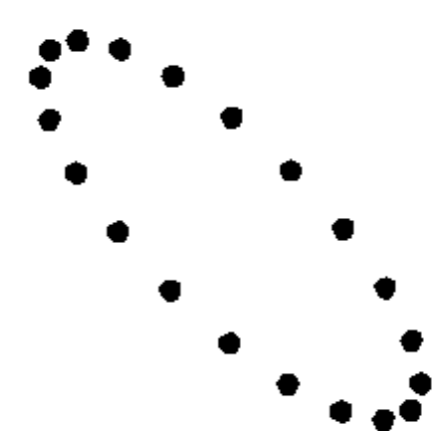
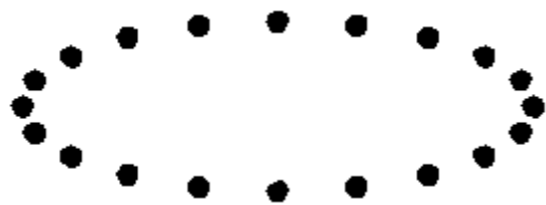
Example:

Monochromatic wave with wave vector $k^\mu = (k, 0, 0, k)$ travelling in the z-direction implies

$$e_{\mu\nu}(\mathbf{k}) = A_+(k)\varepsilon_{\mu\nu}^+ + A_\times(k)\varepsilon_{\mu\nu}^\times$$

with transversely polarised amplitudes

$$\varepsilon_{\mu\nu}^+ = \begin{pmatrix} 0 & 0 & 0 & 0 \\ 0 & 1 & 0 & 0 \\ 0 & 0 & -1 & 0 \\ 0 & 0 & 0 & 0 \end{pmatrix} \quad \varepsilon_{\mu\nu}^\times = \begin{pmatrix} 0 & 0 & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 1 & 0 & 0 \\ 0 & 0 & 0 & 0 \end{pmatrix}$$



Space-time representation

TT-gauge:

$$h_{\mu\nu} = \begin{pmatrix} 0 & 0 \\ 0 & h_{ij} \end{pmatrix} \quad \sum_j h_{jj} = 0 \quad \sum_j \nabla_j h_{ji} = 0$$

Energy and momentum density

$$\mathcal{E} = \frac{1}{2} \left(\frac{1}{c} \frac{\partial h_{ij}}{\partial t} \right)^2 + \frac{1}{2} (\nabla h_{ij})^2 \quad \mathbf{\Pi} = \frac{\partial h_{ij}}{\partial t} \nabla h_{ij}$$

Equation of continuity: $\frac{\partial \mathcal{E}}{\partial t} = \nabla \cdot \mathbf{\Pi}$

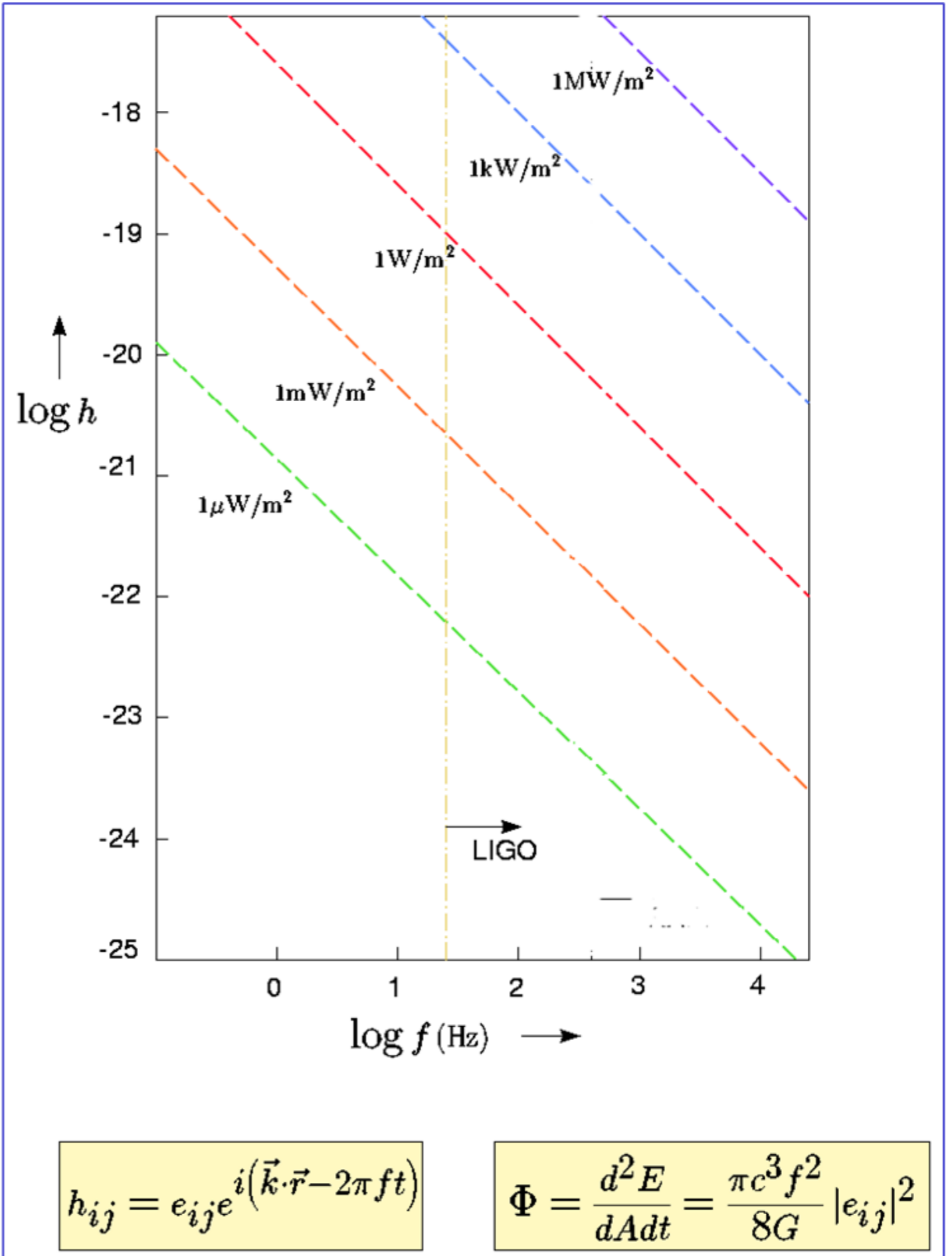
Integral form: $\frac{dE}{dt} = \oiint d^2\sigma \Pi_n$

energy flux through spherical surface with radius D:

$$\Phi = \frac{dE}{4\pi D^2 dt} = \frac{1}{4\pi} \iint d^2\Omega \left(\frac{\partial h_{ij}}{\partial t} \frac{\partial h_{ij}}{\partial r} \right)_D$$

$$h_{ij} = \text{Re} \left[\left(A_+ \varepsilon_{ij}^+ + A_\times \varepsilon_{ij}^\times \right) e^{i2\pi f(z-t)} \right]$$

$$\kappa h = \sqrt{A_+^2 + A_\times^2}$$



$$h_{ij} = e_{ij} e^{i(\vec{k} \cdot \vec{r} - 2\pi f t)}$$

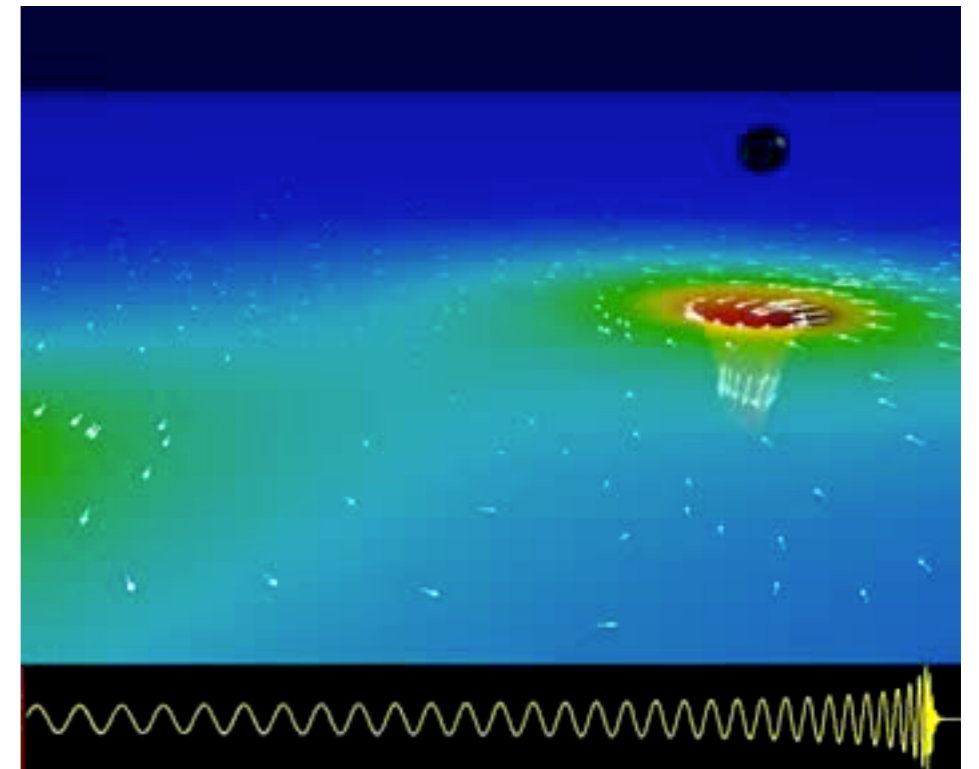
$$\Phi = \frac{d^2 E}{dA dt} = \frac{\pi c^3 f^2}{8G} |e_{ij}|^2$$

Sources of gravitational waves

- There are no laboratory sources of gravitational waves
- The only plausible sources are astrophysical or cosmological

They can be classified in 3 broad categories

- a. periodic: millisecond pulsars, compact binaries
- b. transient: supernovae, stellar collisions
- c. stochastic: background of galactic binaries, early universe



Generation of gravitational waves

Small curvature: inhomogeneous wave equation

$$\square h_{\mu\nu} = -\kappa T_{\mu\nu} \quad \partial^\lambda T_{\lambda\mu} = 0 \text{ mod } \mathcal{O}(\kappa)$$

Propagating physical components

$$h_{ij} = -\frac{\kappa}{4\pi} \int d^3x' \frac{T_{ij}(\mathbf{x}', t - |\mathbf{x} - \mathbf{x}'|)}{|\mathbf{x} - \mathbf{x}'|}$$

$$\simeq -\frac{\kappa}{4\pi r} \int d^3x' T_{ij}(\mathbf{x}', t - r) \quad (\text{compact sources})$$

$$\left(\partial_t T_{00} = \partial'_k T_{k0} \right) \quad = -\frac{\kappa}{8\pi r} \frac{\partial^2}{\partial t^2} \int d^3x' x'_i x'_j T_{00}(\mathbf{x}', t - r) \equiv \ddot{Q}_{ij}(t - r)$$

implying $\frac{\partial h_{ij}}{\partial r} = -\frac{\partial h_{ij}}{\partial t} = -\ddot{Q}_{ij}$

Non-relativistic limit:

$$\frac{dE}{dt} = -\langle \ddot{Q}_{ij} \ddot{Q}_{ij} \rangle \rightarrow -\frac{G}{5c^5} \left| \frac{d^3 I_{ij}}{dt^3} \right|^2$$

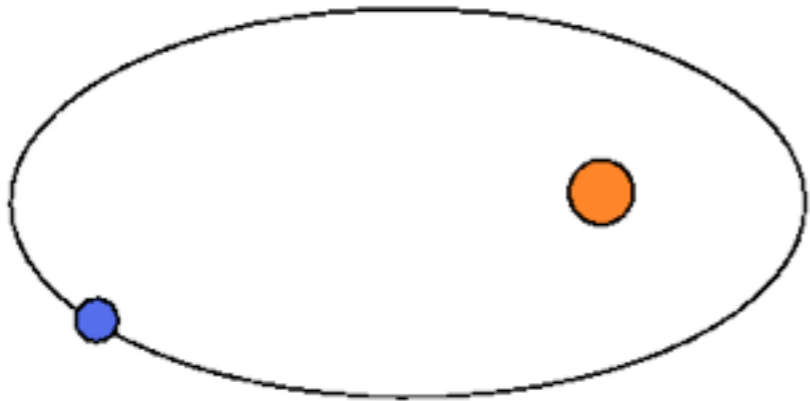
with quadrupole moment

$$I_{ij}(t) = \int d^3x \left(x_i x_j - \frac{1}{3} \delta_{ij} \mathbf{x}^2 \right) \rho(\mathbf{x}, t)$$

Observe that in mks units

$$\frac{G}{5c^5} = 0.55 \times 10^{-53} \text{ kg}^{-1} \text{ m}^{-2} \text{ s}^3$$

Newtonian binaries



$$\begin{aligned}\ddot{\mathbf{r}} &= -\frac{GM}{r^3} \mathbf{r} \\ &= -\omega^2 \mathbf{r} \quad \text{for constant radius}\end{aligned}$$

Circular orbits:

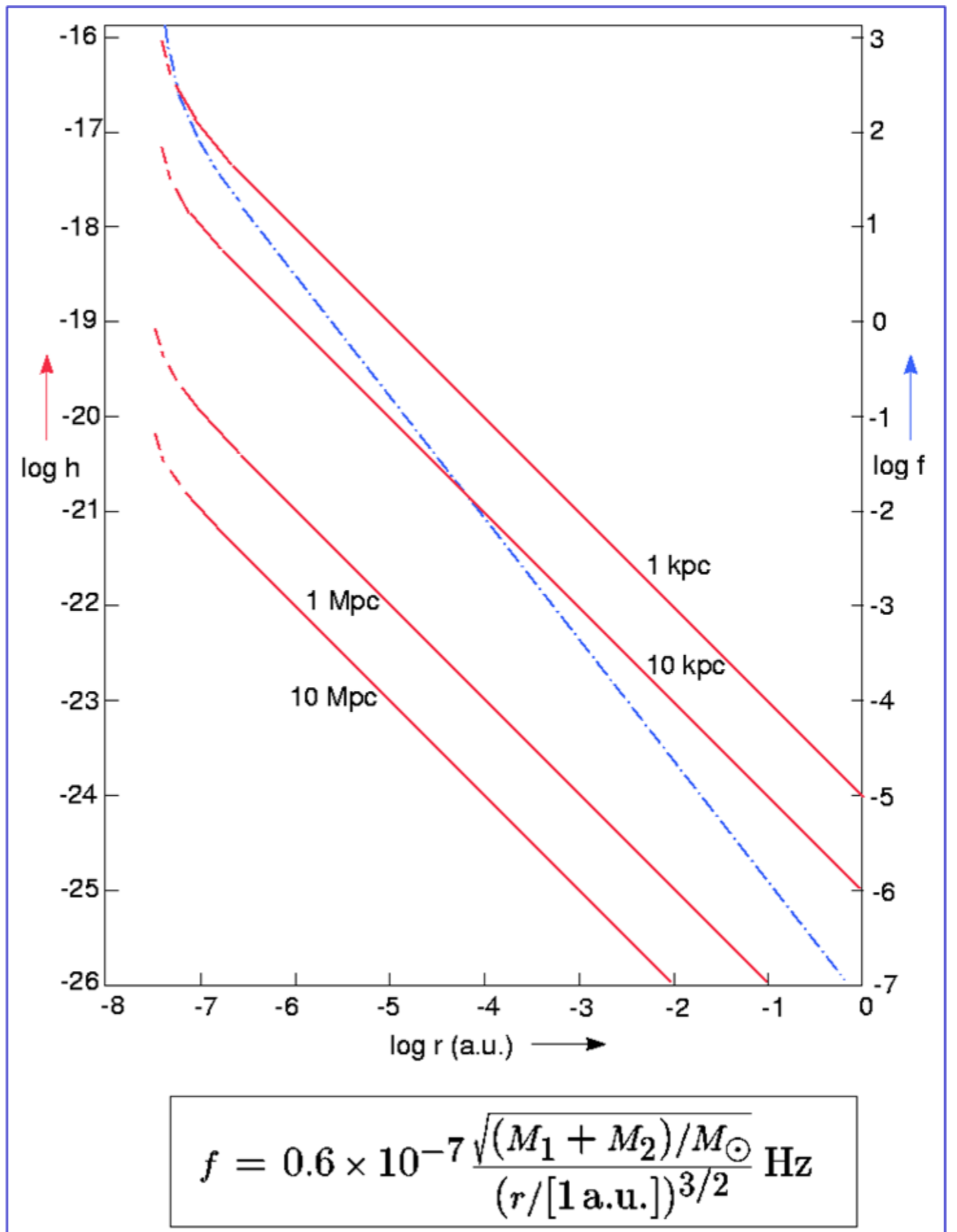
$$\mathbf{r}_1 = \frac{m_2 r}{M} (\cos \omega t, \sin \omega t, 0) \quad \mathbf{r}_2 = -\frac{m_1 r}{M} (\cos \omega t, \sin \omega t, 0)$$

Quadrupole moment:

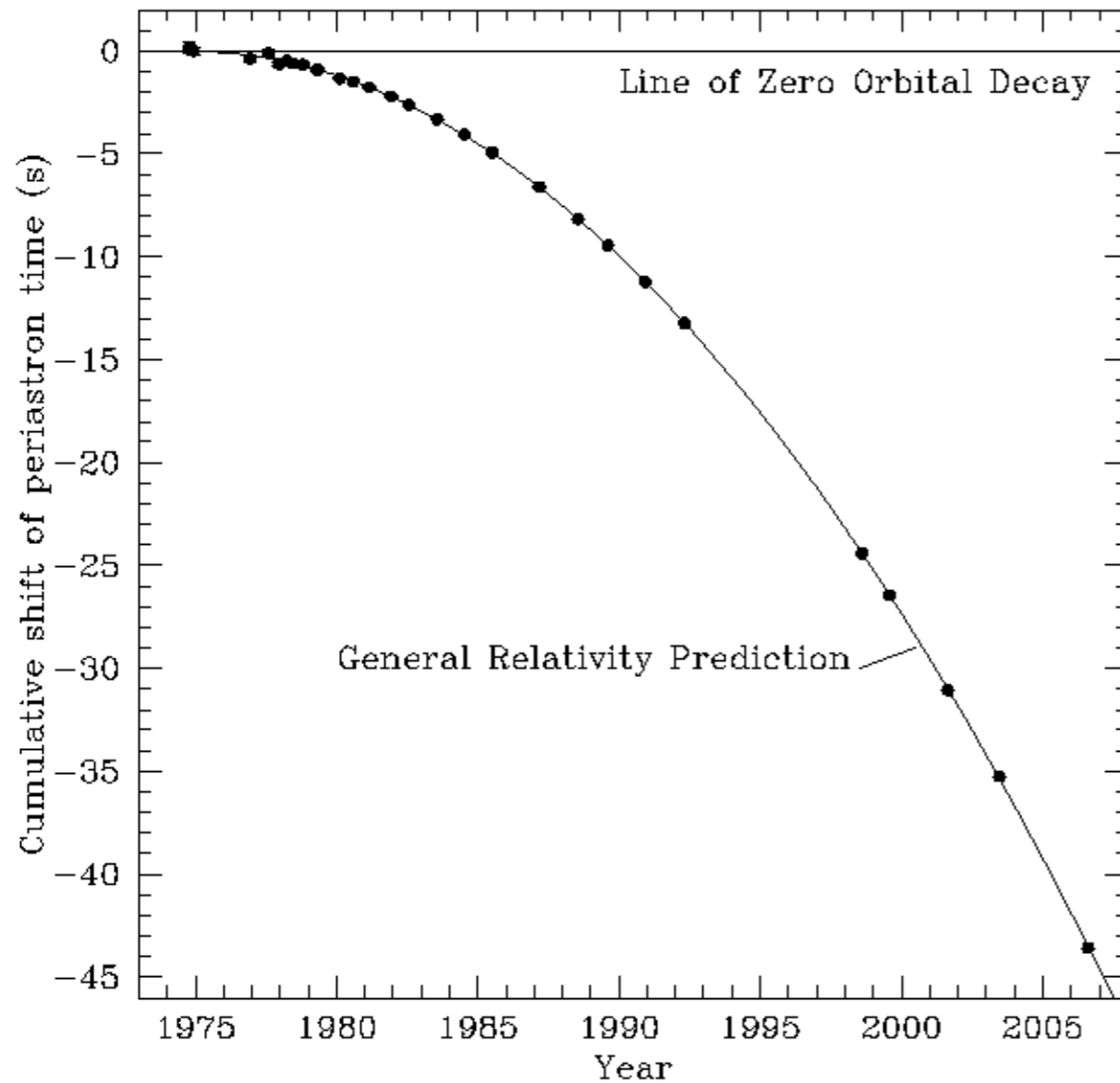
$$I_{ij} = \frac{\mu r^2}{2} \begin{pmatrix} \cos 2\omega t + \frac{1}{3} & \sin 2\omega t & 0 \\ \sin 2\omega t & -\cos 2\omega t + \frac{1}{3} & 0 \\ 0 & 0 & -\frac{2}{3} \end{pmatrix} \rightarrow \left| \frac{d^3 I_{ij}}{dt^3} \right|^2 = 32 \mu^2 r^4 \omega^6$$

$$f = \frac{\omega}{\pi} = \frac{1}{\pi} \sqrt{\frac{GM}{r^3}}$$

$$h \simeq \frac{R_S^2}{rD} = \frac{G^2 \mu M}{c^4 r D}$$



Binary pulsar 1913+16



$$m_1 = 1.44 M_{\odot} \quad m_2 = 1.39 M_{\odot}$$

$$P = 2.79 \times 10^4 \text{ s}$$

$$r = \sqrt{r_+ r_-} = 1.53 \times 10^6 \text{ km}$$

$$D = 6.4 \text{ kpc} = 2 \times 10^{17} \text{ km}$$

Expect frequency $f = 0.7 \times 10^{-4} \text{ Hz}$
and dimensionless amplitude $h = 0.6 \times 10^{-22}$

Beyond flat space-time: waves in a curved background

Background metric $\bar{g}_{\mu\nu}$

local true metric $g_{\mu\nu} = \bar{g}_{\mu\lambda} \left(\delta_{\nu}^{\lambda} + 2\kappa h_{\nu}^{\lambda} \right)$

Use background metric for raising/lowering indices;
expand Einstein tensor in powers of κ :

$$\begin{aligned}
 G_{\mu\nu} = & \bar{G}_{\mu\nu} - \kappa \bar{R} h_{\mu\nu} + \kappa \left(\bar{R}_{\mu\lambda} h_{\nu}^{\lambda} + \bar{R}_{\nu\lambda} h_{\mu}^{\lambda} \right) - 2\kappa \bar{R}_{\mu\kappa\nu\lambda} h^{\kappa\lambda} + \kappa \bar{g}_{\mu\nu} \bar{R}_{\kappa\lambda} h^{\kappa\lambda} \\
 & + \kappa \left[\bar{D}^{\lambda} \bar{D}_{\lambda} h_{\mu\nu} - \bar{D}_{\mu} \bar{D}_{\lambda} h_{\nu}^{\lambda} - \bar{D}_{\nu} \bar{D}_{\lambda} h_{\mu}^{\lambda} + \bar{D}_{\mu} \bar{D}_{\nu} h_{\lambda}^{\lambda} \right. \\
 & \left. + \bar{g}_{\mu\nu} \left(\bar{D}_{\kappa} \bar{D}_{\lambda} h^{\kappa\lambda} - \bar{D}^{\lambda} \bar{D}_{\lambda} h_{\kappa}^{\kappa} \right) \right]
 \end{aligned}$$

In vacuum background space-time: $\bar{G}_{\mu\nu} = \bar{R}_{\mu\nu} = 0$

$$-\bar{D}^{\lambda} \bar{D}_{\lambda} h_{\mu\nu} + \bar{D}_{\mu} \bar{D}_{\lambda} h_{\nu}^{\lambda} + \bar{D}_{\nu} \bar{D}_{\lambda} h_{\mu}^{\lambda} - \bar{D}_{\mu} \bar{D}_{\nu} h_{\lambda}^{\lambda} + 2\bar{R}_{\mu\kappa\nu\lambda} h^{\kappa\lambda} = \kappa T_{\mu\nu}$$

Gauge transformations

$$\delta g_{\mu\nu} = \bar{D}_\mu \xi_\nu + \bar{D}_\nu \xi_\mu$$

$$\delta h_{\mu\nu} = \xi^\lambda \bar{D}_\lambda h_{\mu\nu} + h_{\mu\lambda} \bar{D}_\nu \xi^\lambda + h_{\nu\lambda} \bar{D}_\mu \xi^\lambda$$

After the gauge choice

$$\bar{D}_\mu \bar{D}_\lambda h_\nu^\lambda + \bar{D}_\nu \bar{D}_\lambda h_\mu^\lambda - \bar{D}_\mu \bar{D}_\nu h_\lambda^\lambda = 0$$

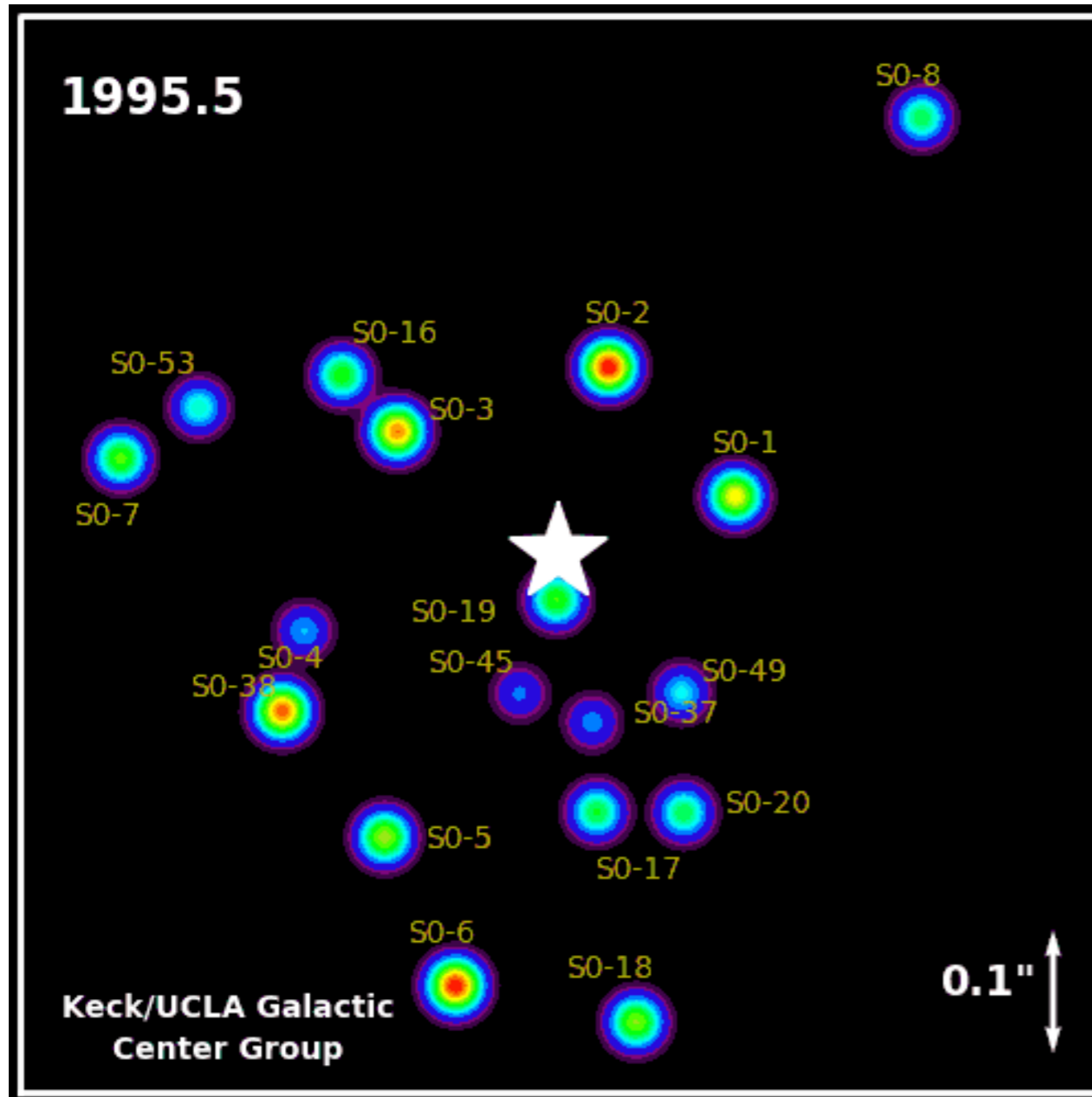
the wave equation becomes

$$-\bar{D}^\lambda \bar{D}_\lambda h_{\mu\nu} + 2\bar{R}_{\mu\kappa\nu\lambda} h^{\kappa\lambda} = \kappa T_{\mu\nu}$$

the curvature acts as an (anisotropic) index of refraction
e.g. lensing of gravitational waves; e.g.

$$\bar{R}_{\mu\nu\kappa\lambda} = \frac{1}{12} (g_{\mu\kappa} g_{\nu\lambda} - g_{\mu\lambda} g_{\nu\kappa}) R \quad \rightarrow \quad \left(-\bar{D}^\lambda \bar{D}_\lambda + \frac{1}{3} R \right) h_{\mu\nu} = \kappa T_{\mu\nu}$$

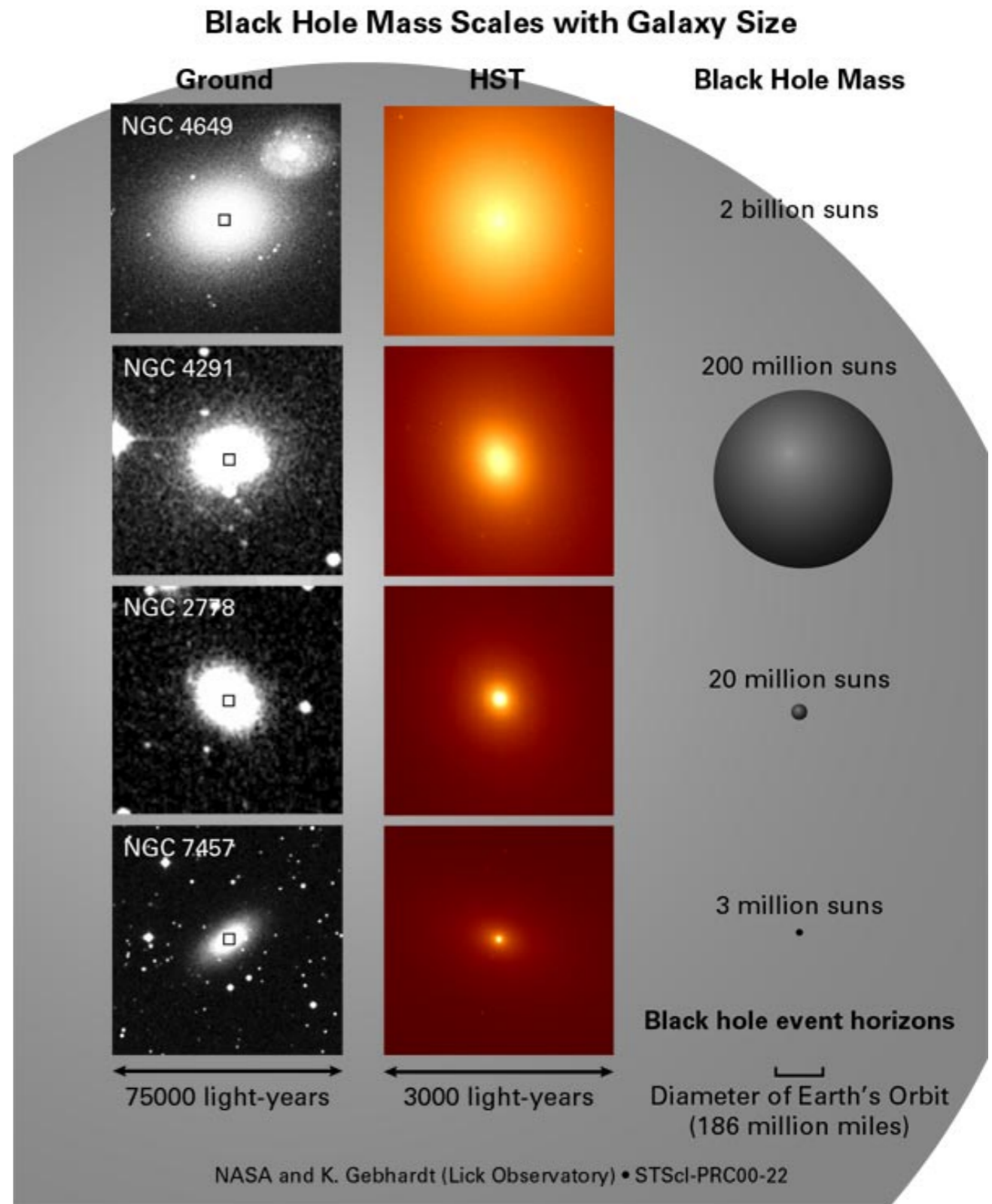
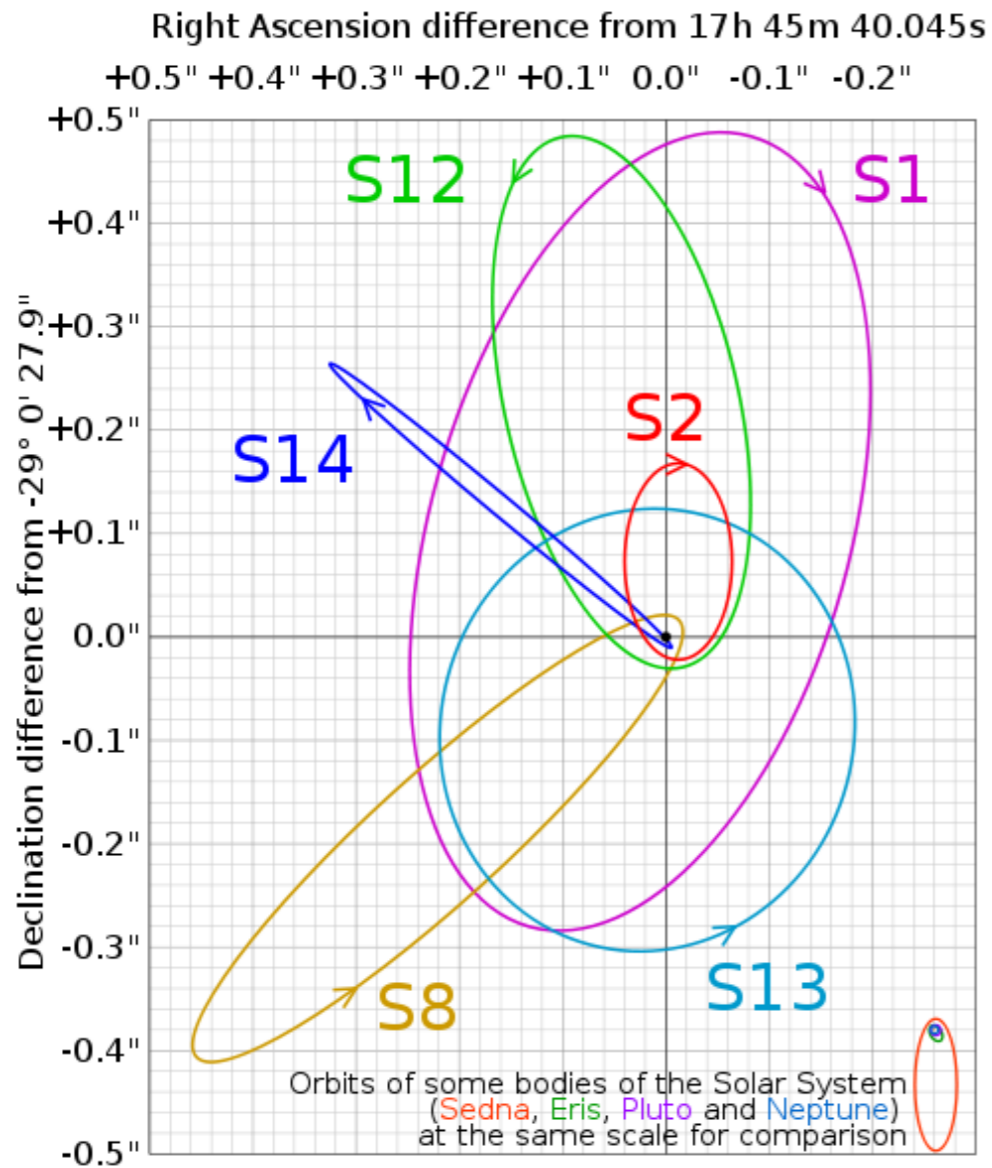
Extreme mass-ratio binaries



Supermassive black hole in galactic center

$$M_{BH} \simeq 4 \times 10^6 M_{\odot}$$

These images/animations were created by Prof. Andrea Ghez and her research team at UCLA and are from data sets obtained with the W. M. Keck Telescopes.



Background space-time: Schwarzschild metric

$$ds^2 = - \left(1 - \frac{2M}{r} \right) dt^2 + \frac{dr^2}{1 - \frac{2M}{r}} + r^2 d\theta^2 + r^2 \sin^2 \theta d\varphi^2$$

Perturbation by orbiting compact companion:
white dwarf, neutron star, stellar-mass black hole

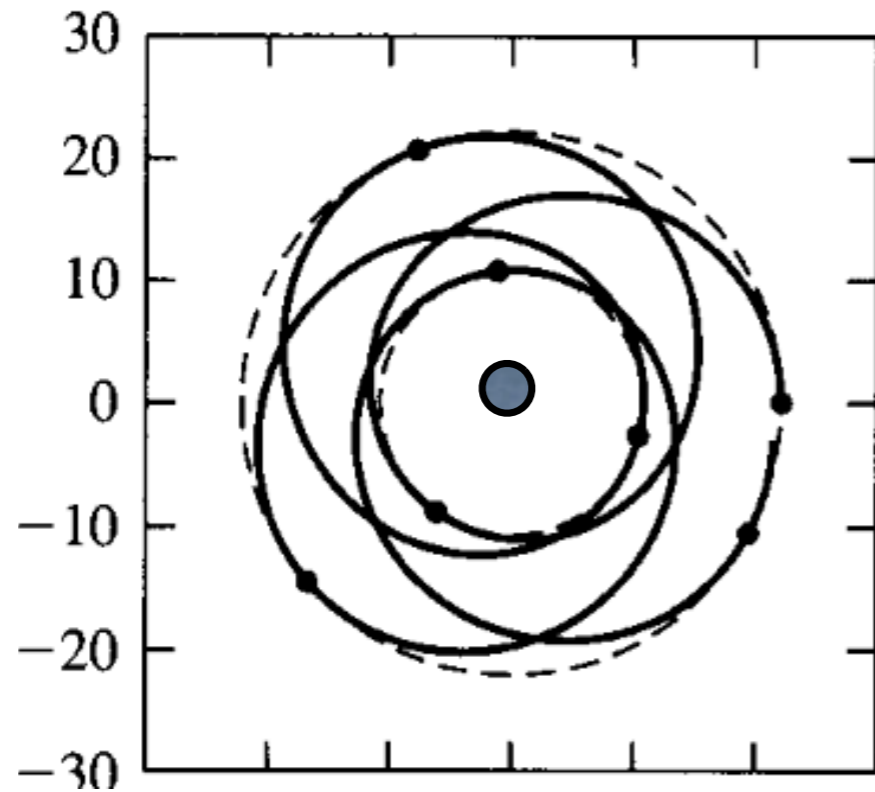
$$T_{\mu\nu}(x) = m \int d\tau u_\mu u_\nu \frac{1}{\sqrt{-g}} \delta^4(x - X(\tau))$$

As before $u^\mu(\tau)$ is the 4-velocity $u^\mu = \frac{dX^\mu}{d\tau}$

Observe: $\nabla_\mu T^{\mu\nu} = m \int d\tau \frac{Du^\nu}{D\tau} \frac{1}{\sqrt{-g}} \delta^4(x - X(\tau)) = 0$

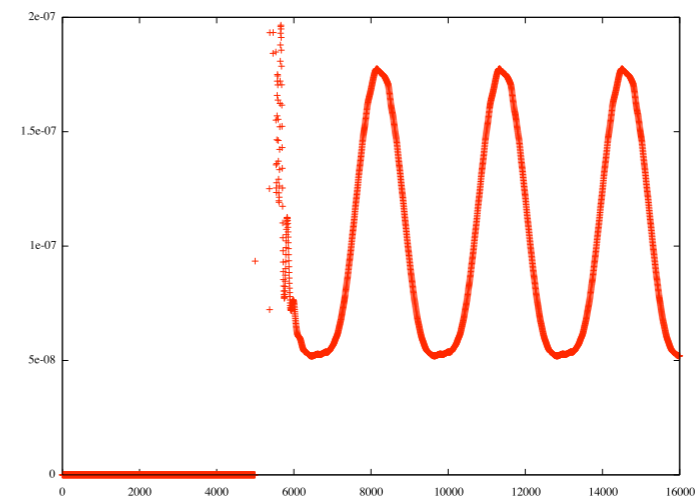
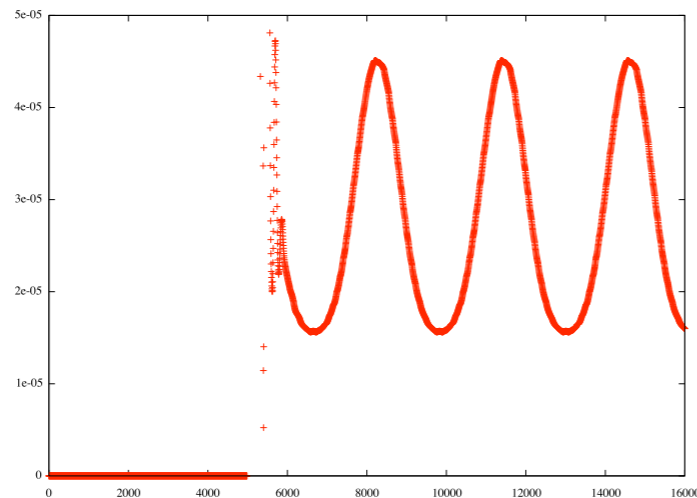
by equation of motion

Inspiral phase: quasi-stable orbits



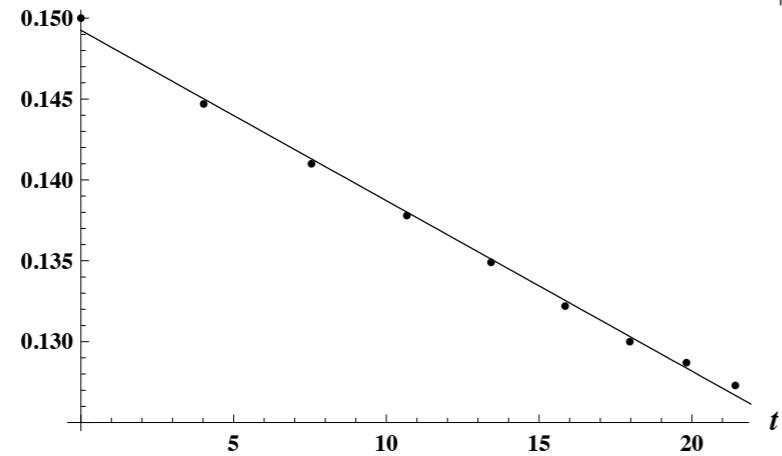
precession of apastron/periastron
determined by eccentricity

Power of gravitational waves in two polarisation modes

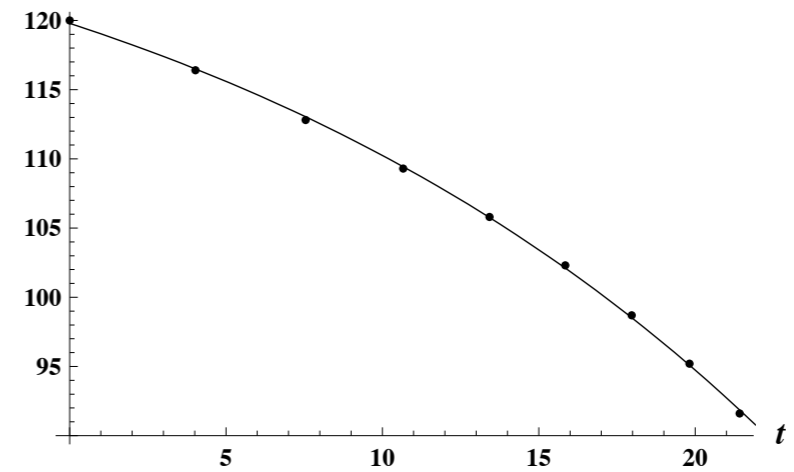


Evolution of inspiralling orbit ($e = 0.15$)

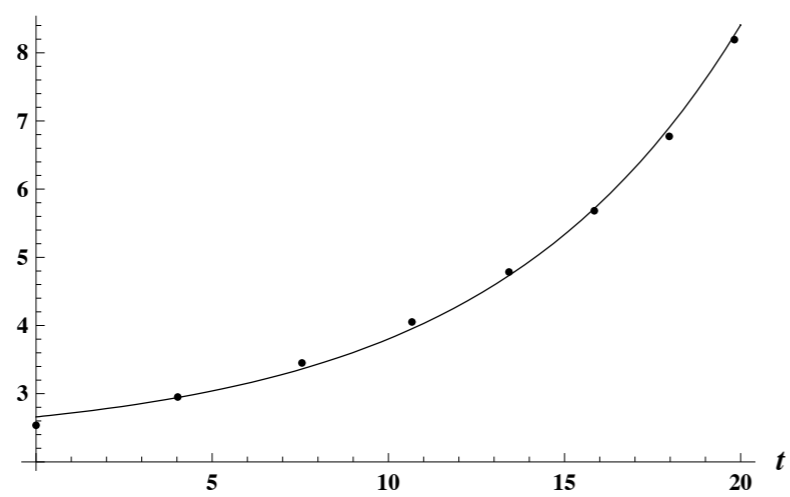
eccentricity



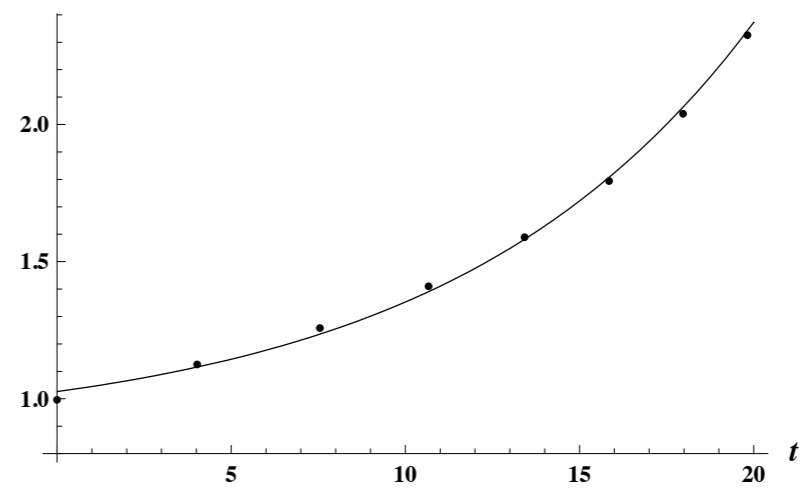
Semi major axis



P

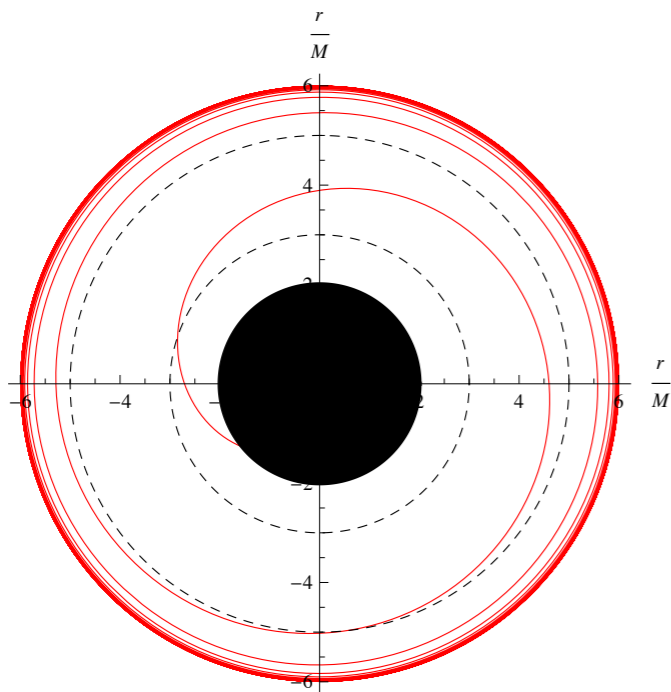


$\frac{dL}{dt}$



Merger phase:

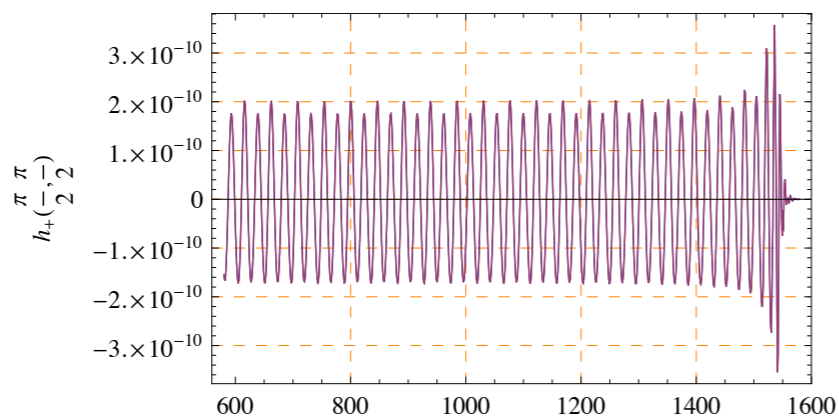
fall towards the horizon $R = 2M$
 from the ISCO $R = 6M$



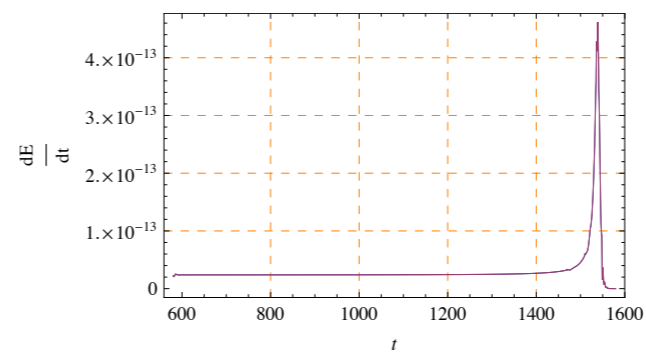
$$r = \frac{R}{1 + e \operatorname{ctg}^2(A\varphi/2)}$$

$$e = \frac{3}{2} \left(1 - \frac{R}{6M} \right)$$

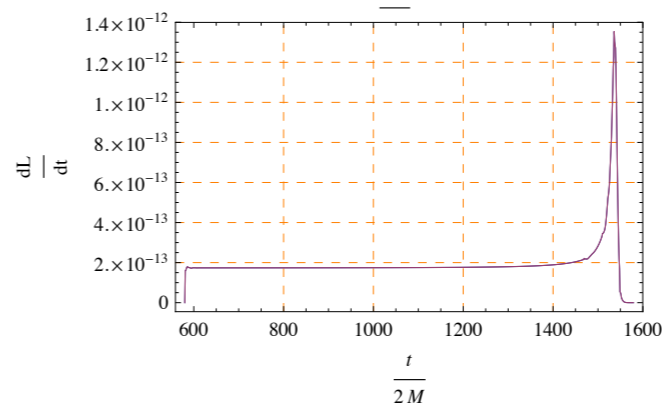
$$A = \sqrt{\frac{1}{2} \left(\frac{6M}{R} - 1 \right)}$$



amplitude

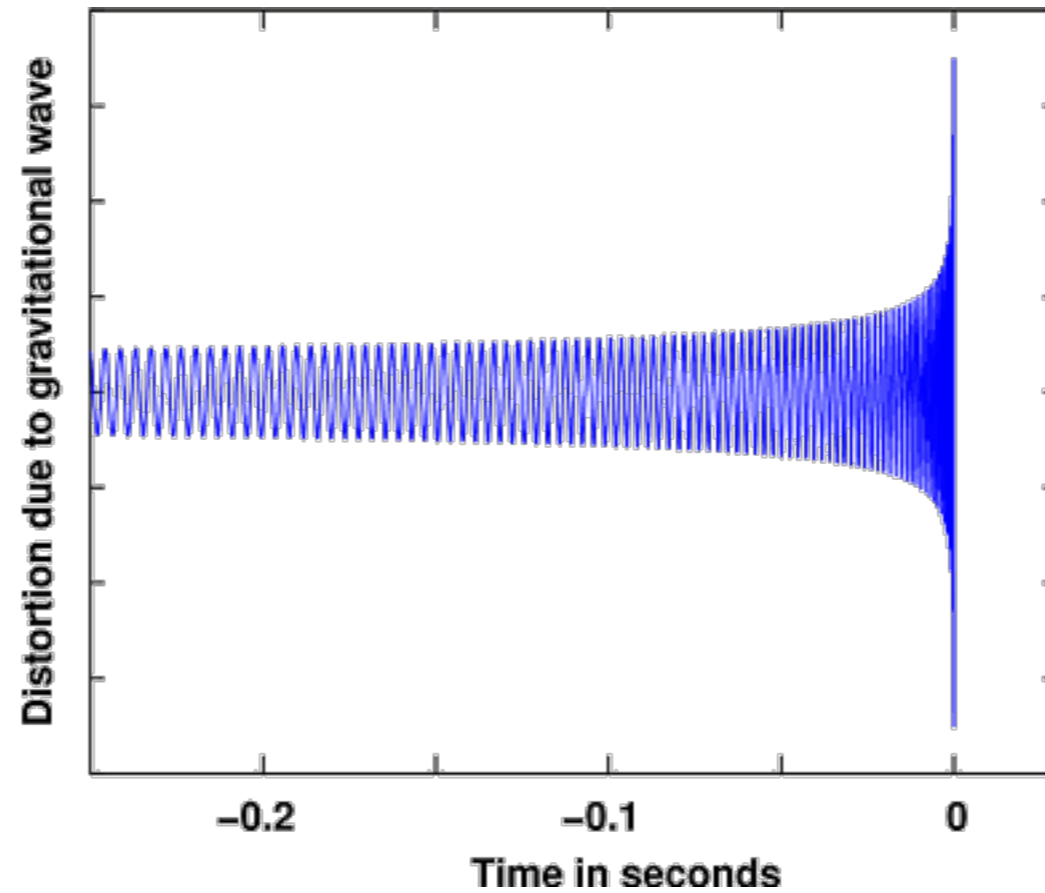


power



loss of angular momentum

Chirp signal of equal-mass binary neutron star

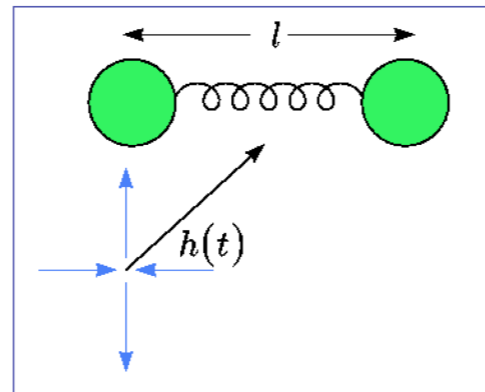


Chirp

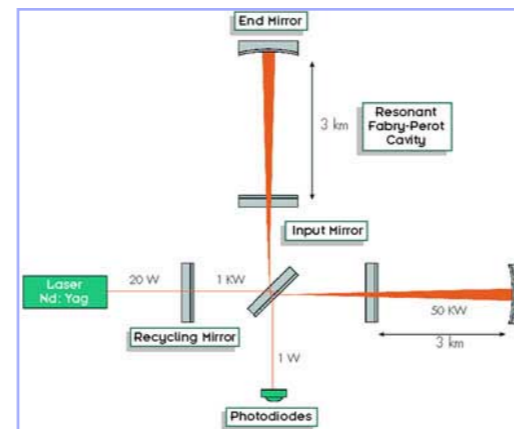
Detection

Energy transfer between wave and detector

- Resonant detection:
GW changes the length of a spring

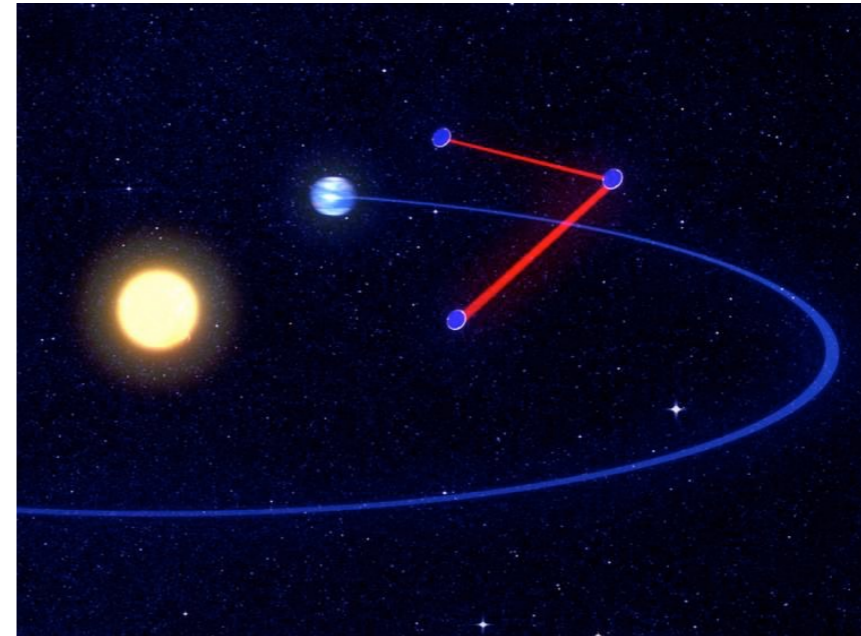


- Interferometric detection:
GW changes the armlength of an interferometer

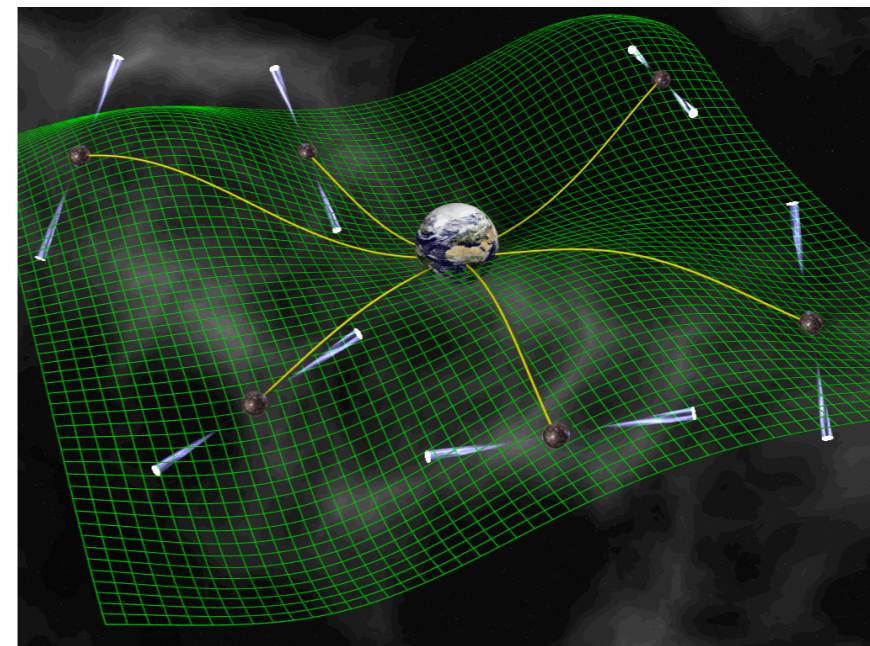


Detection in space

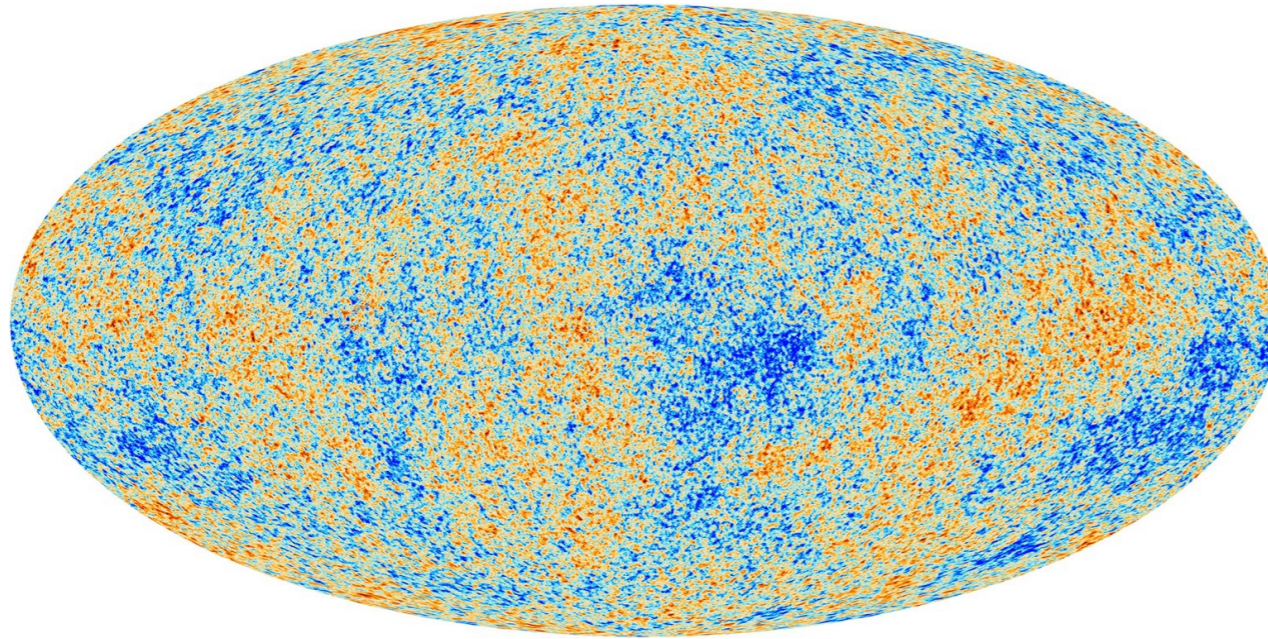
- eLISA space craft with laser tracking in solar orbit



- Pulsar timing: tracking timing variations of an array of pulsars in our region of the galaxy

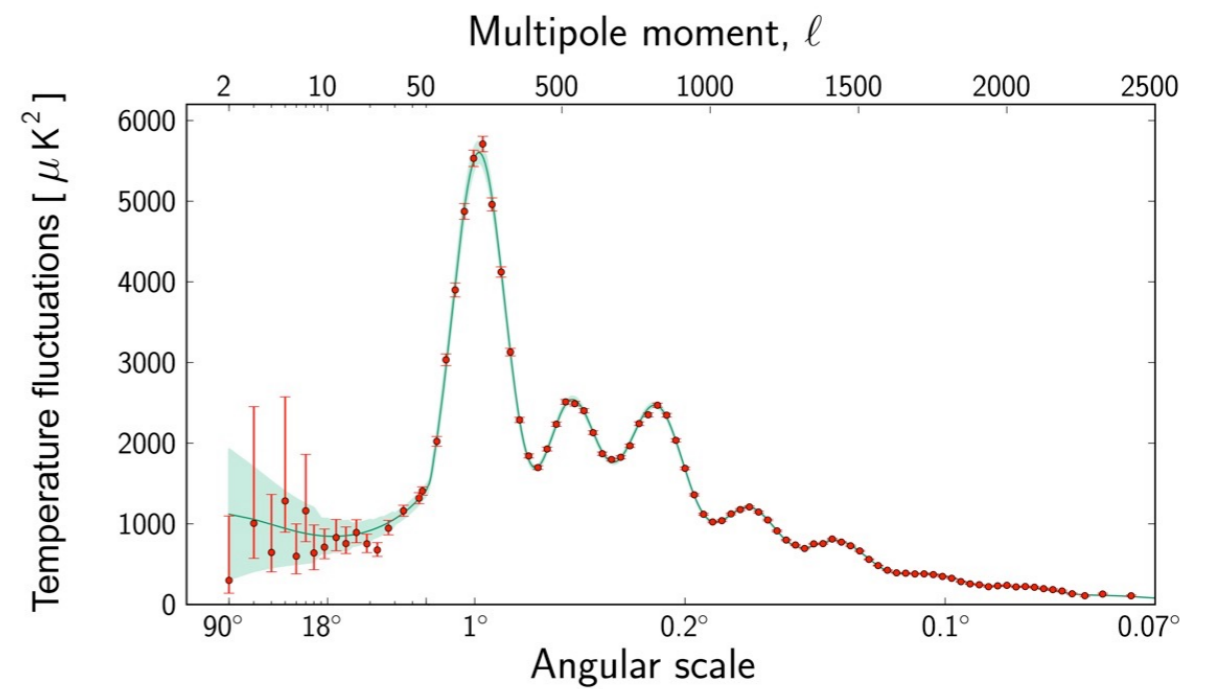


CMB



CMB temperature map
measured by PLANCK

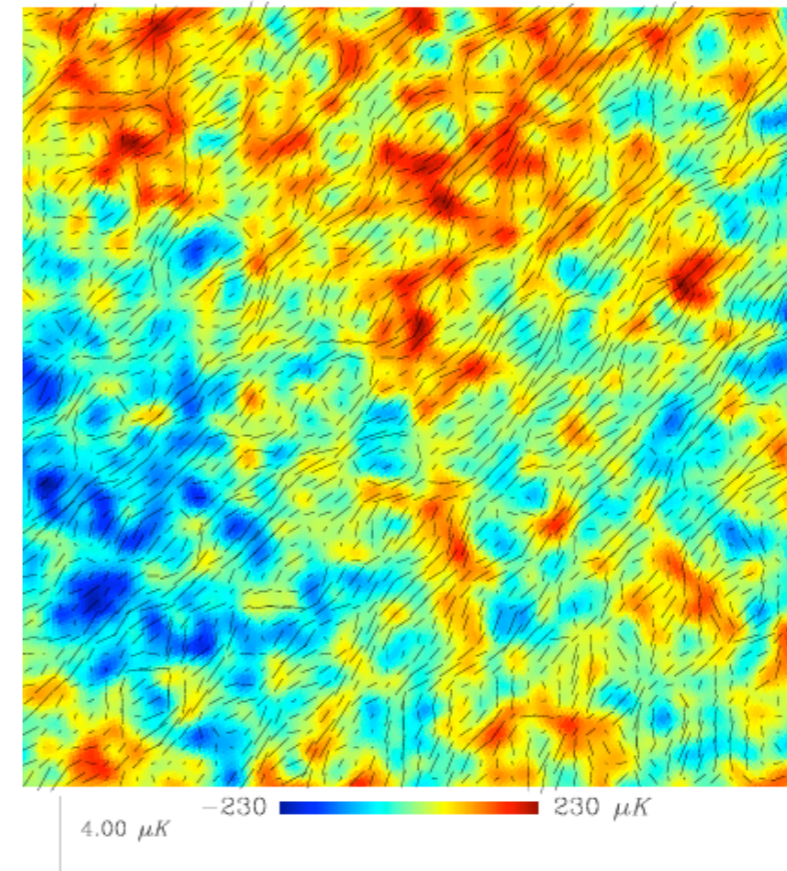
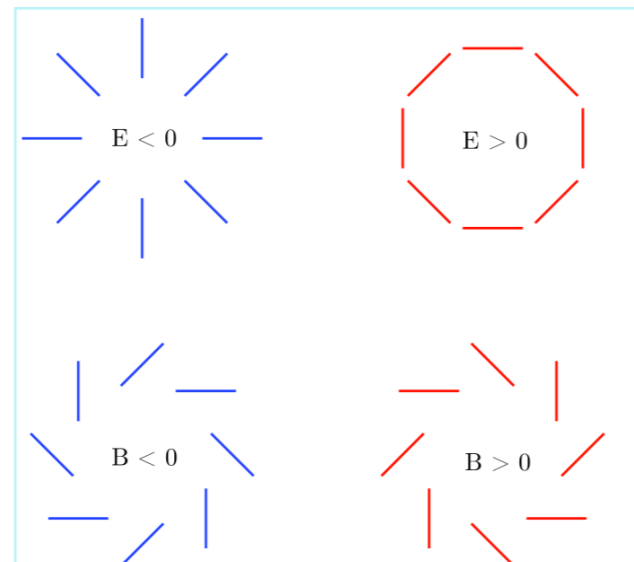
Spectrum of density
fluctuations



Tensor modes

Polarization of CMB

→ E, B modes



(Keating & Miller)

The Gravitational Wave Spectrum

