

# The Gravitational Wave Background and Higgs False Vacuum Inflation

Isabella Masina

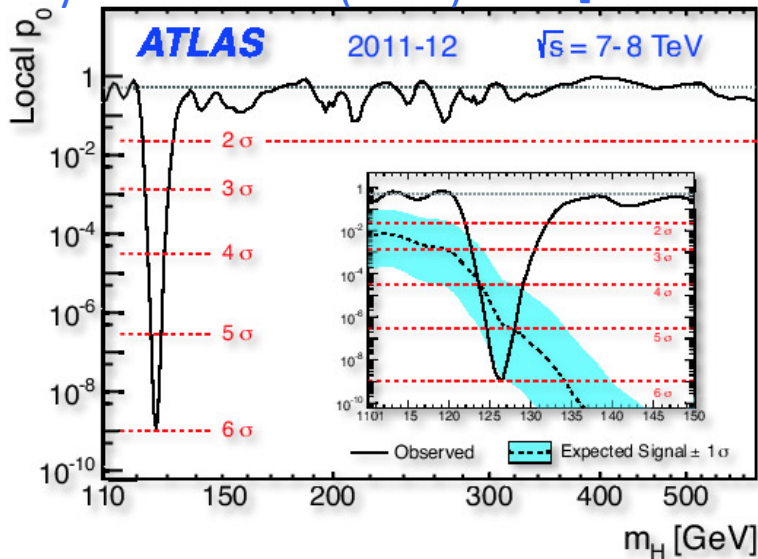
University of Ferrara, INFN Sez. Ferrara (Italy) and CP3-Origins (Denmark)



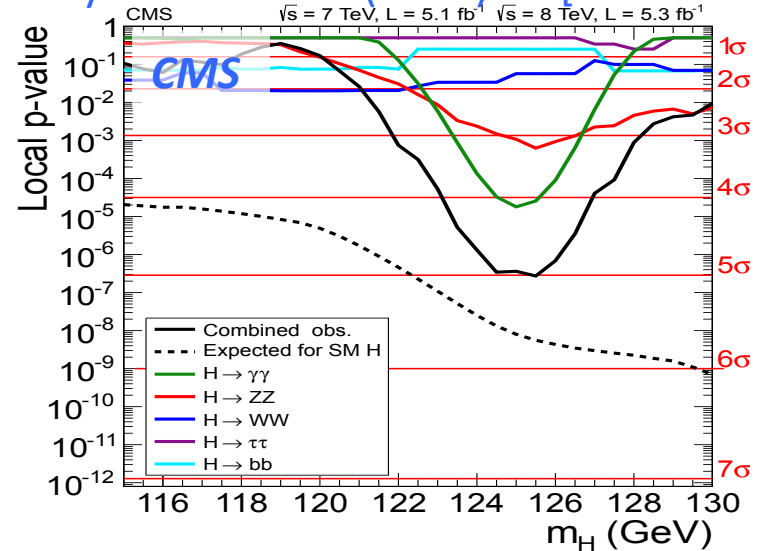
SUSY 2014, Manchester, 22/07/2014

# 4/07/12: A scalar particle has been discovered

Phys. Lett. B 716 (2012) 1-29 [1207.7214]



Phys. Lett. B 716 (2012) 30 [1207.7235]



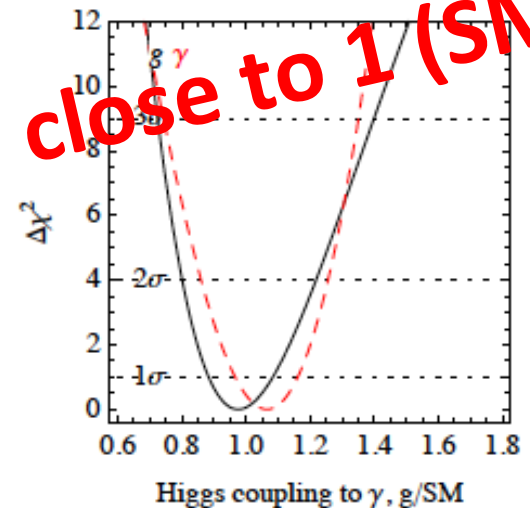
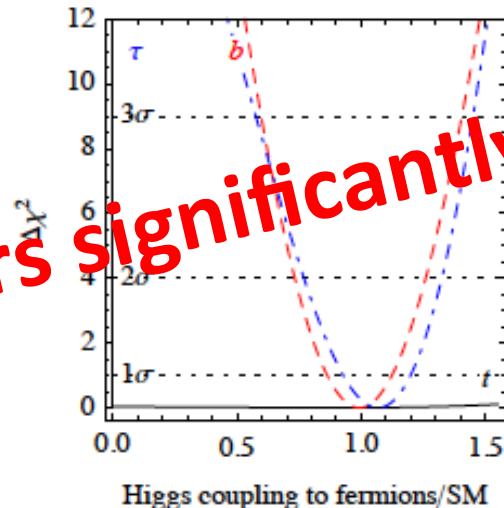
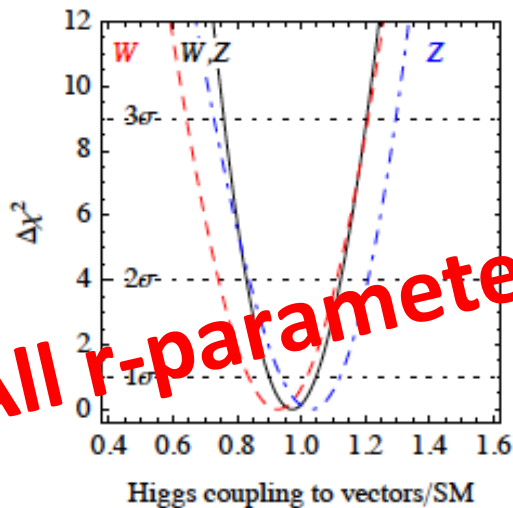
$$m_H \approx 125 - 126 \text{ GeV}$$

# Likely it is the SM Higgs boson!

Many combined analysis, see e.g.  
Giardino Kannike IM Raidal Strumia, JHEP arXiv:1303.3570

$$\mathcal{L}_h = r_t \frac{m_t}{V} h \bar{t} t + r_b \frac{m_b}{V} h \bar{b} b + r_\tau \frac{m_\tau}{V} h \bar{\tau} \tau + r_\mu \frac{m_\mu}{V} h \bar{\mu} \mu + r_Z \frac{M_Z^2}{V} h Z_\mu^2 + r_W \frac{2M_W^2}{V} h W_\mu^+ W_\mu^- +$$

$$+ r_\gamma c_{SM}^{\gamma\gamma} \frac{\alpha}{\pi V} h F_{\mu\nu} F_{\mu\nu} + r_g c_{SM}^{gg} \frac{\alpha_s}{12\pi V} h G_{\mu\nu}^a G_{\mu\nu}^a + r_{Z\gamma} c_{SM}^{Z\gamma} \frac{\alpha}{\pi V} h F_{\mu\nu} Z_{\mu\nu}.$$



**All r-parameters significantly close to 1 (SM)**

ATLAS (ZZ,  $\gamma\gamma$ )

$$M_h = 125.5 \pm 0.2_{\text{stat}}^{+0.5} - 0.6_{\text{syst}}$$

CMS (WW, ZZ,  $\gamma\gamma$ ,  $\tau\tau$ , bb)

$$M_h = 125.7 \pm 0.3_{\text{stat}} \pm 0.3_{\text{syst}}$$

$$m_H \approx 125 - 126 \text{ GeV}$$

**SO WHAT?**

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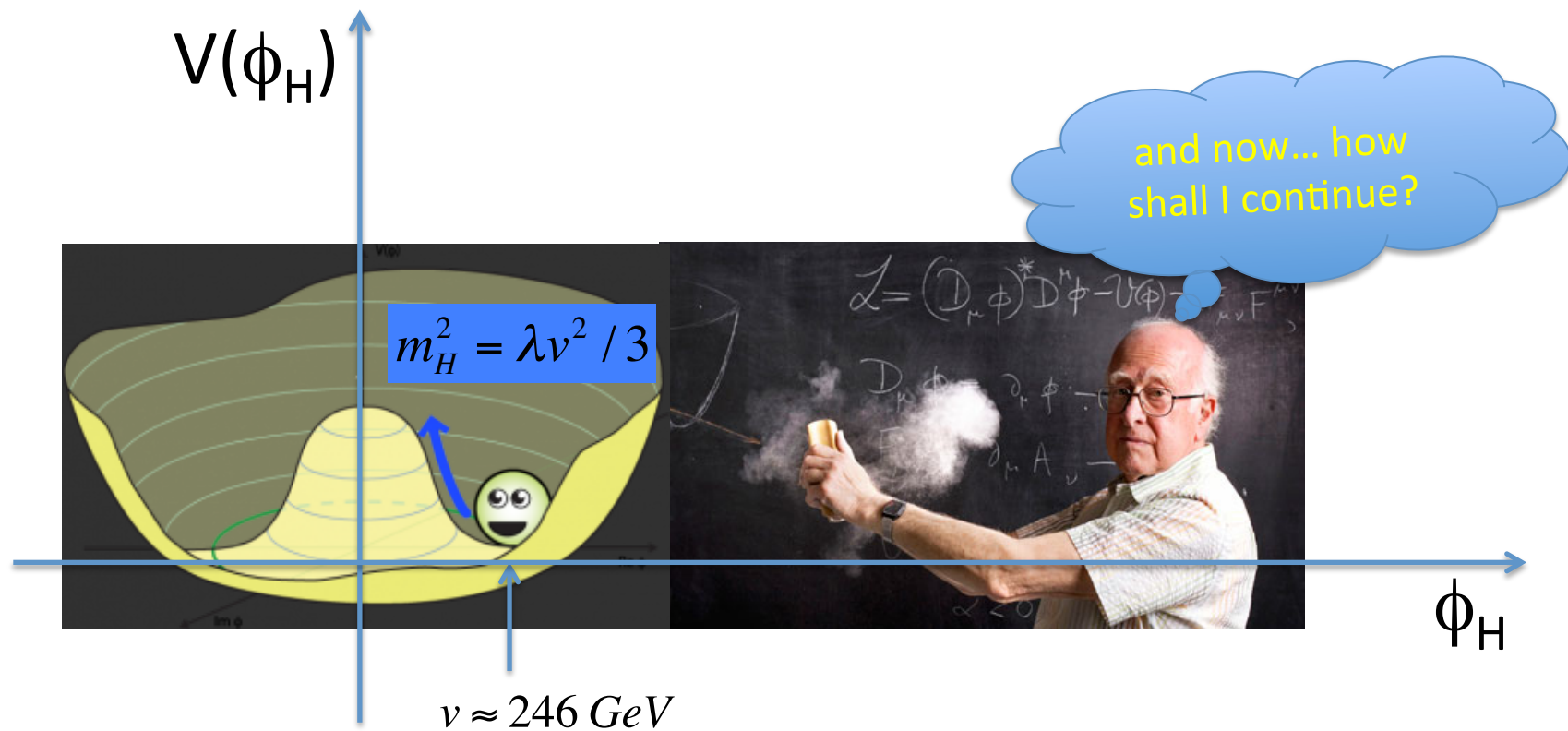
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**SO WHAT?**

Finally possible to study the shape  
of the SM Higgs potential  
up to the Planck scale!!!

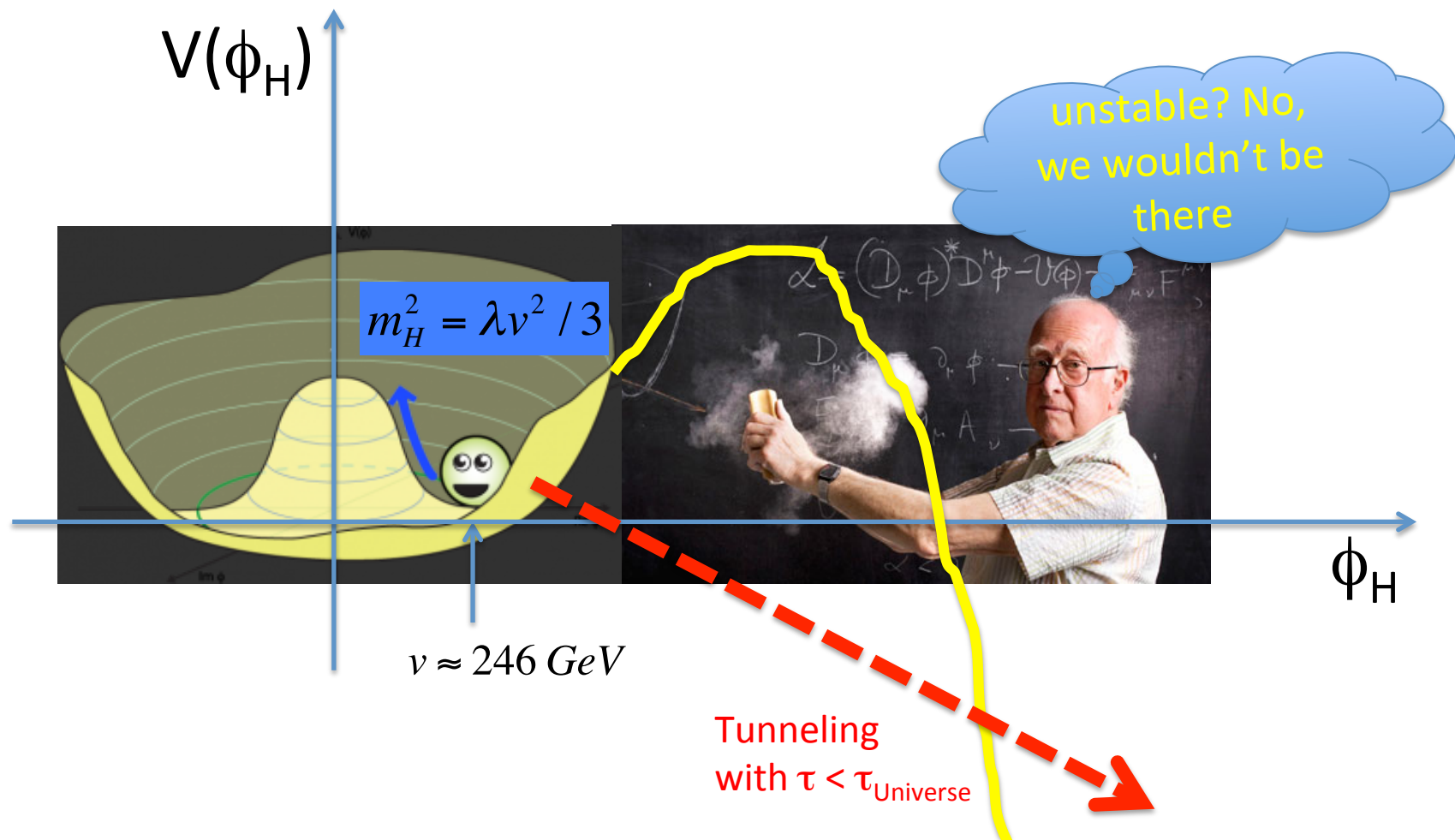
Consider the Higgs doublet  $H = (0, (\phi_H + v)/\sqrt{2})$

and the SM Higgs potential:  $V(\phi_H) = \frac{\lambda}{6} \left( |H|^2 - \frac{v^2}{2} \right)^2 \approx \frac{\lambda}{24} \phi_H^4$



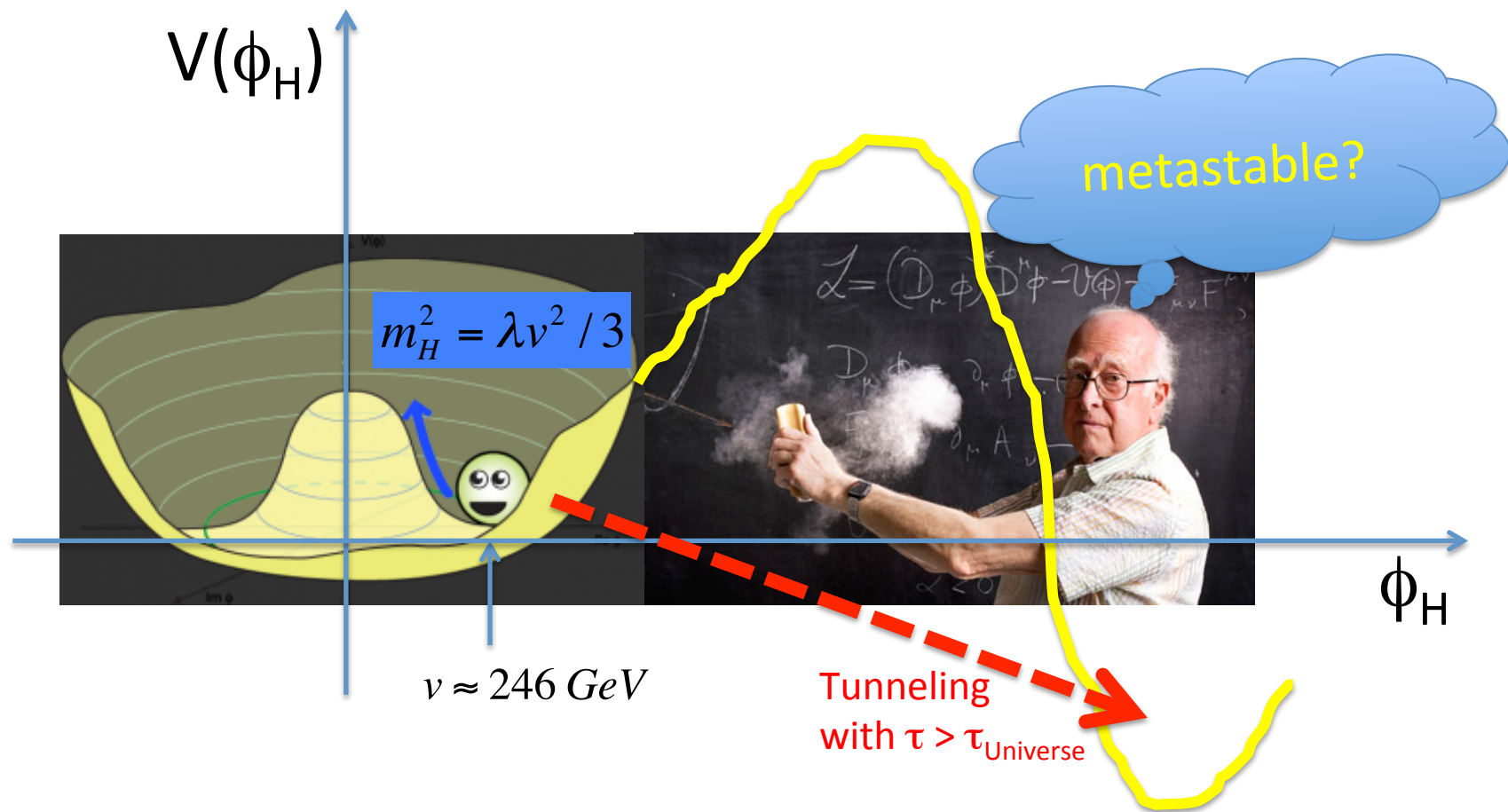
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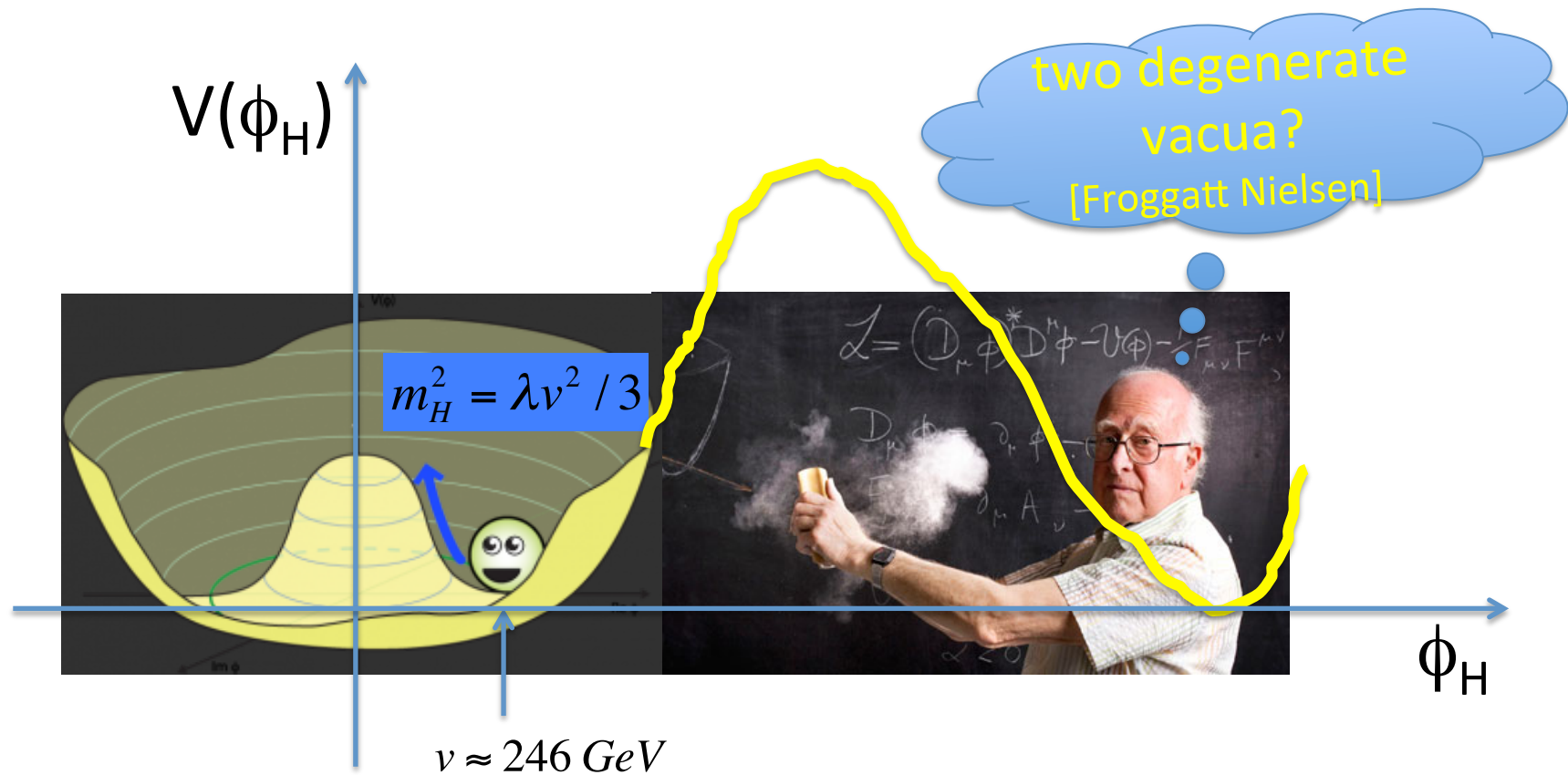
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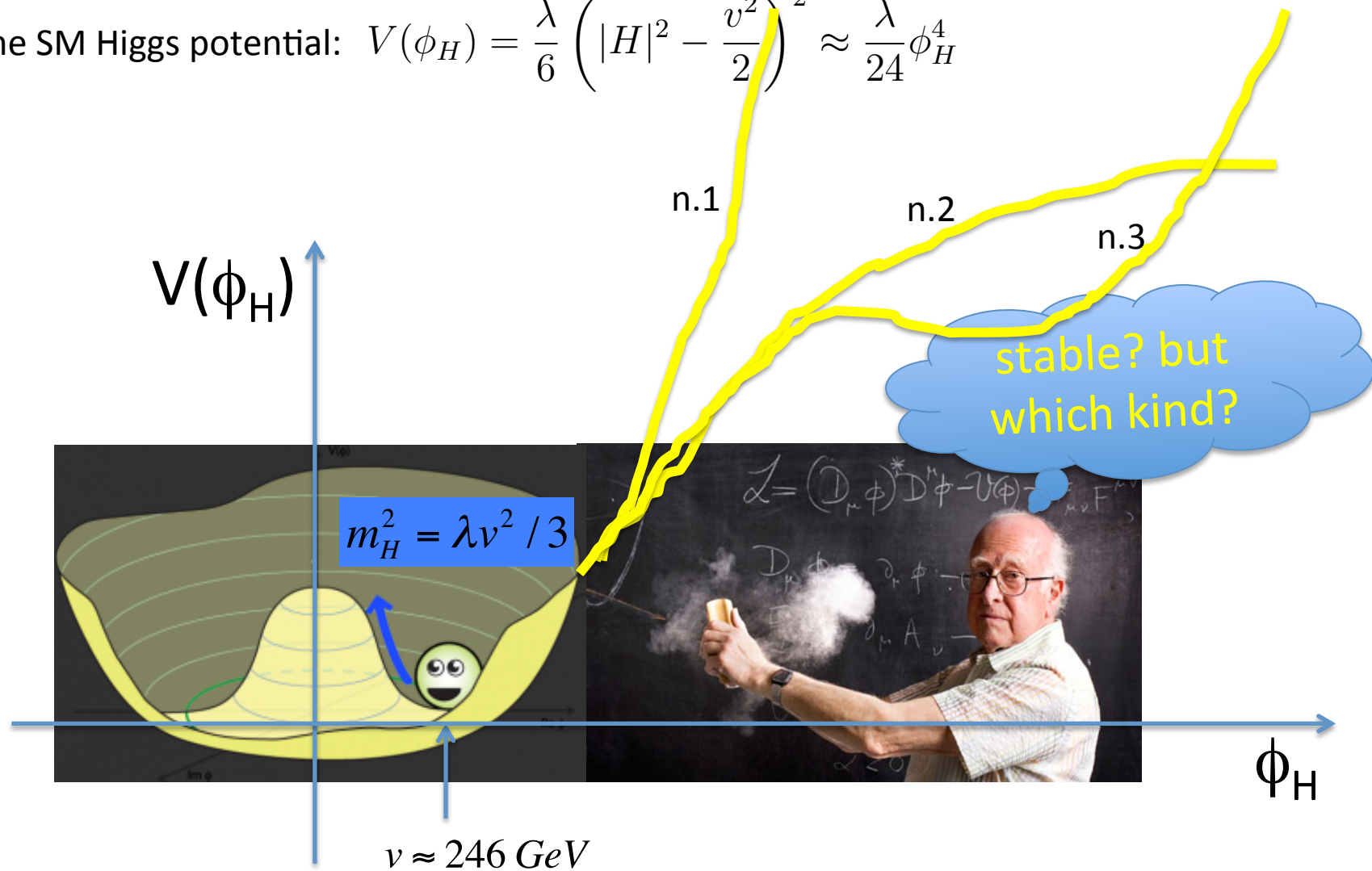
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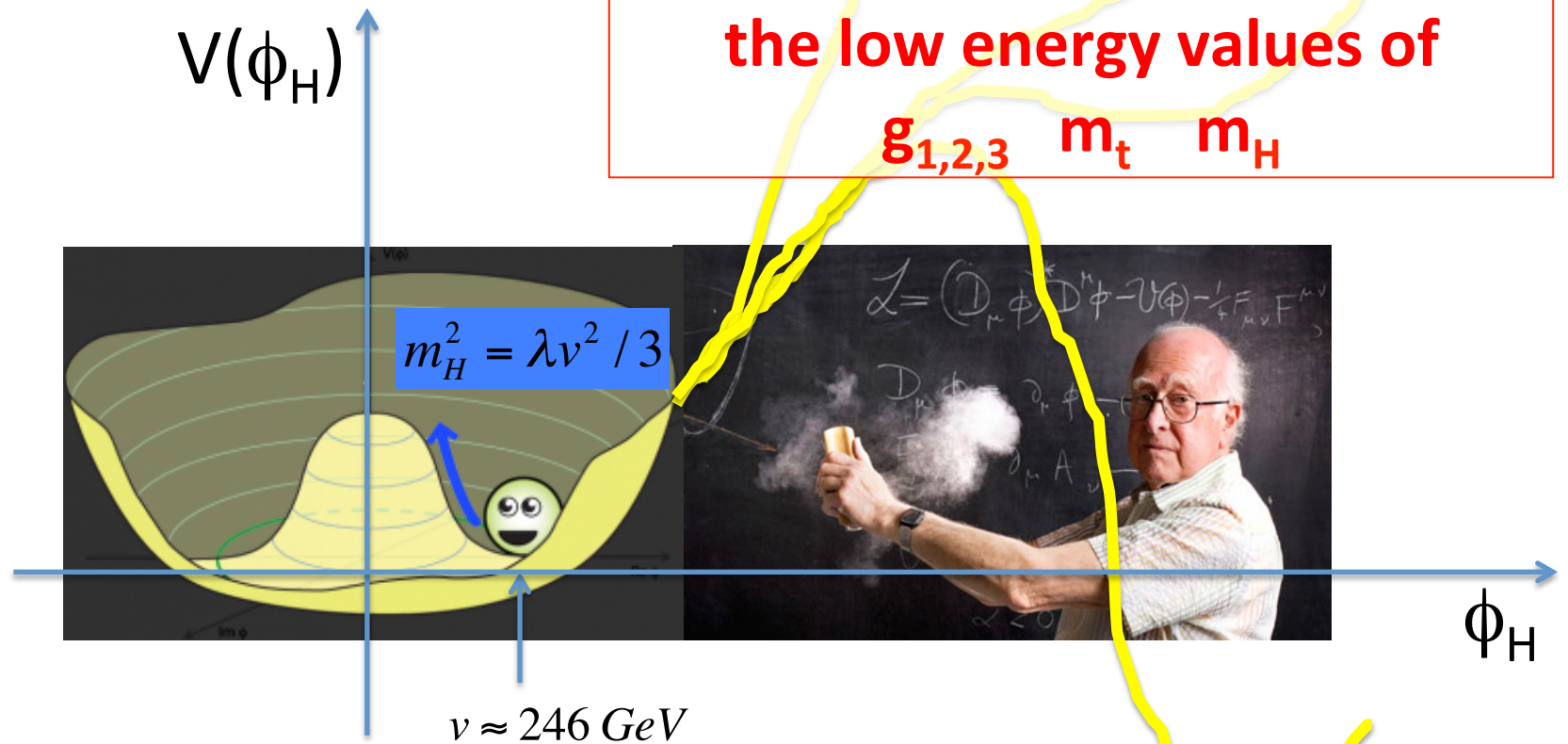


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To study  $\lambda(\mu)$  one needs  
the low energy values of

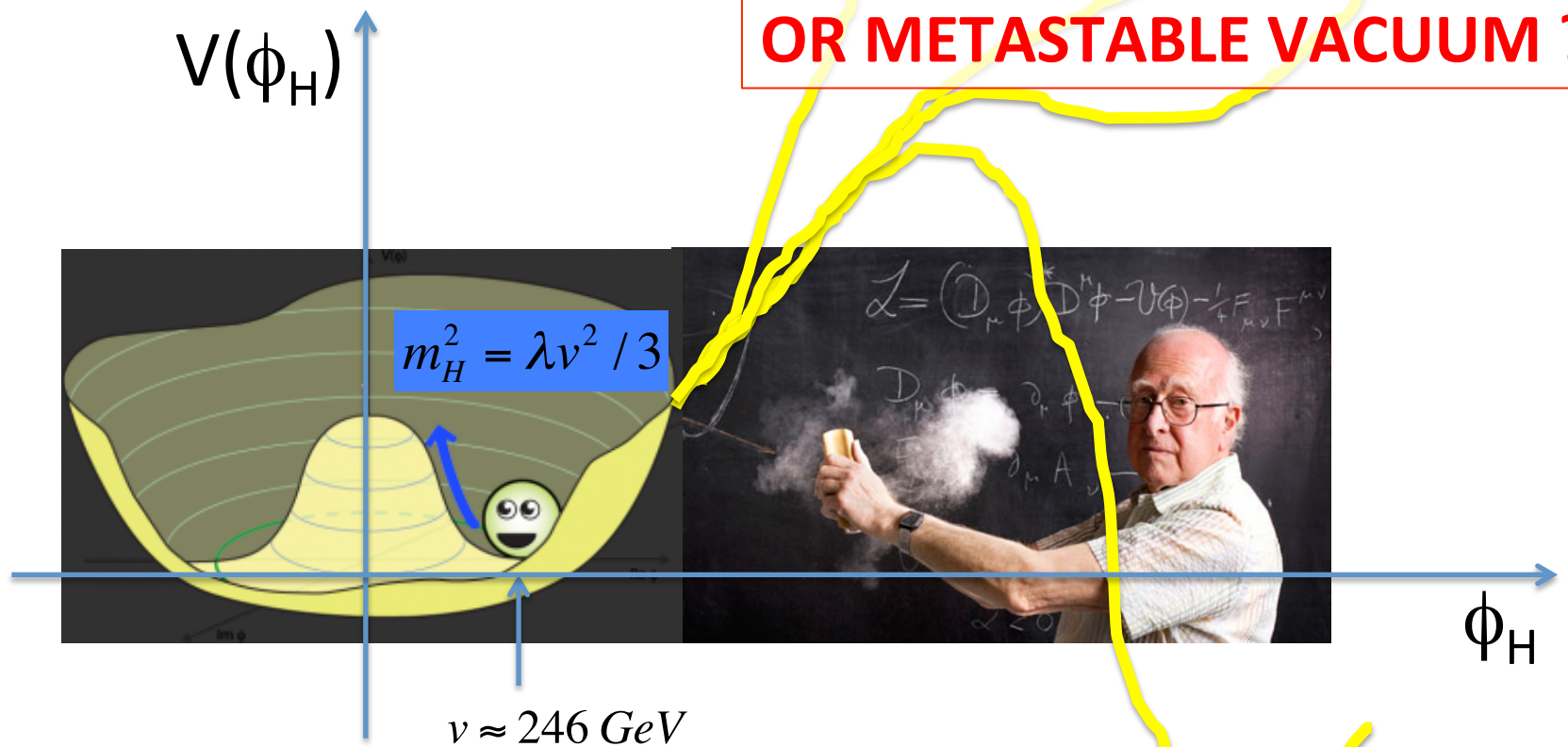
$g_{1,2,3}$   $m_t$   $m_H$



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and the SM Higgs potential:  $V(\phi_H) = \frac{\lambda}{6} \left( |H|^2 - \frac{v^2}{2} \right)^2 \approx \frac{\lambda}{24} \phi_H^4$

**1) DO WE LIVE IN A STABLE OR METASTABLE VACUUM ?**

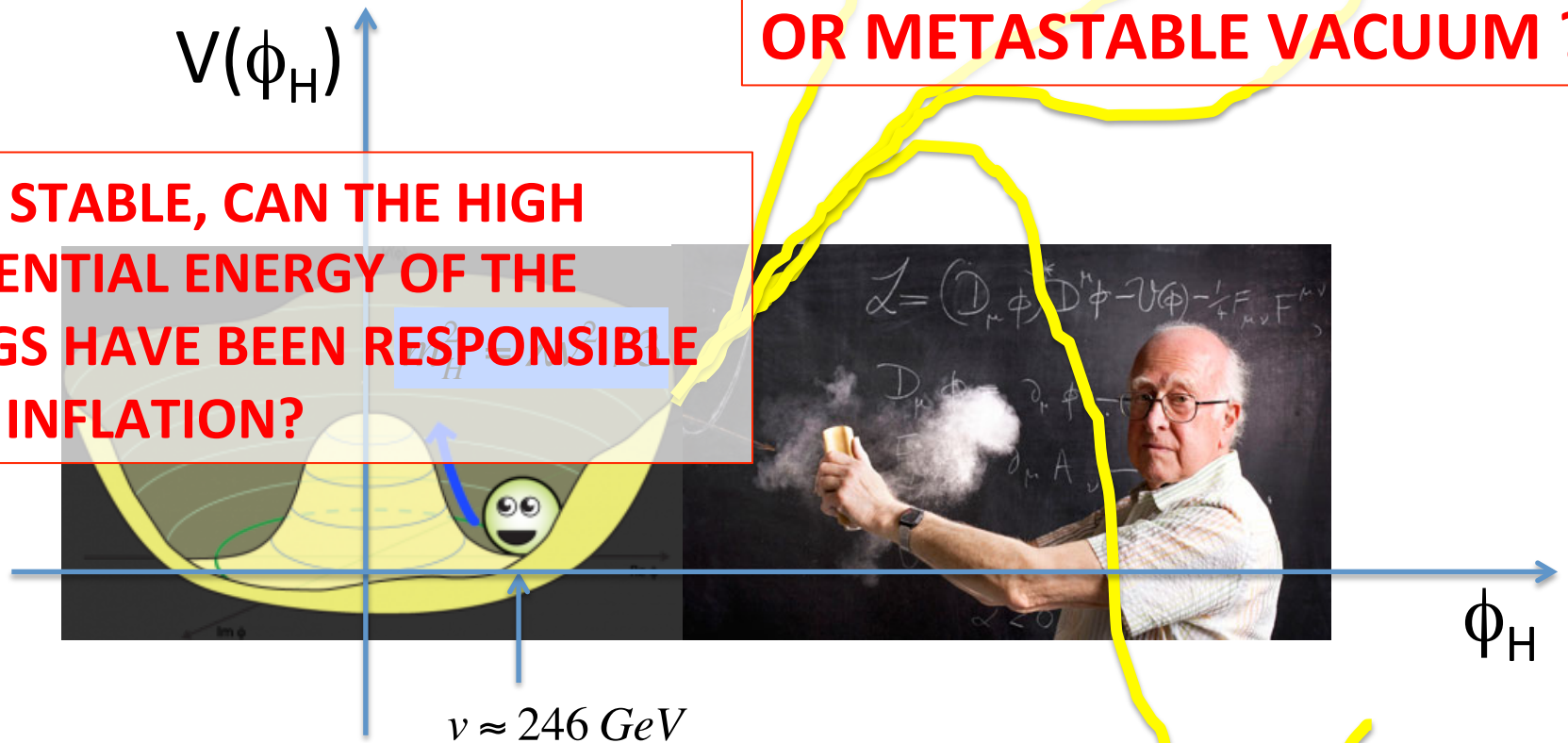


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**1) DO WE LIVE IN A STABLE OR METASTABLE VACUUM ?**

**2) IF STABLE, CAN THE HIGH POTENTIAL ENERGY OF THE HIGGS HAVE BEEN RESPONSIBLE FOR INFLATION?**



1)

To be or not to be (stable),  
that is the (first) question...



(Assuming desert)

extrapolate the SM Higgs potential at renormalization scale  $\mu$  via RGE

[Hung, Cabibbo et al '79, Lindner, Sher, Casas, Espinosa, Quiros, Giudice, Riotto, Isidori, Strumia, etc etc etc]

**This can now be done at NNLO!!**

3-loop running & 2-loop matching of

$g(\mu), g'(\mu), g_3(\mu), \lambda(\mu), y_t(\mu)$

in  $\overline{\text{MS}}$  scheme

# Matching

$$g(\mu), g'(\mu), g_3(\mu), \lambda(\mu), y_t(\mu)$$

matched directly at  $m_Z$

According to PDG,  
the larger exp error is in:

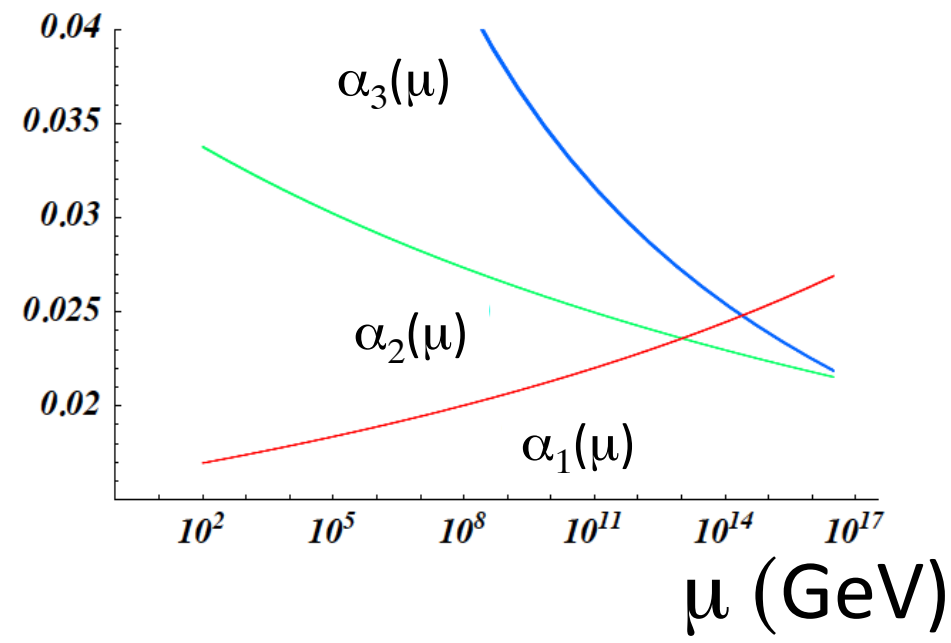
$$\alpha_3(m_Z) = 0.1196 \pm 0.0017$$



# Running

$g(\mu), g'(\mu), g_3(\mu), \lambda(\mu), y_t(\mu)$

$$\begin{aligned} \frac{d}{dt}g(t) &= \kappa\beta_g^{(1)} + \kappa^2\beta_g^{(2)} + \kappa^3\beta_g^{(3)}, \\ \frac{d}{dt}g'(t) &= \kappa\beta_{g'}^{(1)} + \kappa^2\beta_{g'}^{(2)} + \kappa^3\beta_{g'}^{(3)}, \\ \frac{d}{dt}g_3(t) &= \kappa\beta_{g_3}^{(1)} + \kappa^2\beta_{g_3}^{(2)} + \kappa^3\beta_{g_3}^{(3)}, \end{aligned}$$



$$t = \log \mu/m_Z$$

$$\kappa = 1/(16\pi^2)$$

Mihaila Salomon Steinhauser,  
PRL, arXiv:1201.5868

# Matching

$$g(\mu), g'(\mu), g_3(\mu), \lambda(\mu), y_t(\mu)$$

Need to know  $m_H$ :

$$\lambda(\mu) = 3 \frac{m_H^2}{v^2} \left( 1 + \delta_H^{(1)}(\mu) + \delta_H^{(2)}(\mu) + \dots \right)$$

**1-loop by**

Sirlin Zucchini NPB '86

$$\frac{G_\mu m_Z^2}{8\sqrt{2}\pi^2} \left( \xi f_1(\mu) + f_0(\mu) + \frac{f_{-1}(\mu)}{\xi} \right)$$

**2-loop by**

Bezrukov Kalmykov Kniehl Shaposhnikov  
JHEP, arXiv:1205.2893

Degrassi Di Vita Elias-Miro Espinosa Giudice Isidori Strumia  
JHEP, arXiv:1205.6497

# Matching

$$g(\mu), g'(\mu), g_3(\mu), \lambda(\mu), y_t(\mu)$$

Need to know  
top mass:

$$y_t(\mu) \frac{v}{\sqrt{2}} = \overline{m}_t(\mu) = m_t \left( 1 + \delta_t(\mu) \right)$$

running  $\overline{\text{MS}}$  top mass      pole top mass

known at 2-loop

Analyses use (2-loop) matching via "Tevatron"  $m_t$  pole mass  
(corresponding to a non-perturbative parameter of a MonteCarlo):

$$m_t^{exp} = 173.2 \pm 0.9 \text{ GeV}$$

This method introduces an unavoidable theoretical error associated to 2-loop matching

# Matching

$$g(\mu), g'(\mu), g_3(\mu), \lambda(\mu), y_t(\mu)$$

Need to know  
top mass:

$$y_t(\mu) \frac{v}{\sqrt{2}} = \overline{m}_t(\mu) = m_t \left( 1 + \cancel{\delta_t(\mu)} \right)$$

running  $\overline{MS}$   
top mass
pole  
top mass

known at 2-loop

Alekhin Djouadi Moch, PLB arXiv:1207.0980

say it is not meaningful to use Tevatron measure: could underestimate error!

BETTER to match directly with running  $\overline{MS}$ :  $\overline{m}_t(m_t) = 163.3 \pm 2.7$  GeV  
 as it can also be experimentally extracted from the total cross section for top quark  
 pair production at hadron colliders  $p\bar{p} \rightarrow t\bar{t} + X$

In this way one avoids the theoretical error due to matching

Method followed in: IM, PRD arXiv:1209.0393

...essentially agrees with results obtained via the other method for:  $m_t = \overline{m}_t + 10$  GeV

# Running

$$g(\mu), g'(\mu), g_3(\mu), \lambda(\mu), y_t(\mu)$$

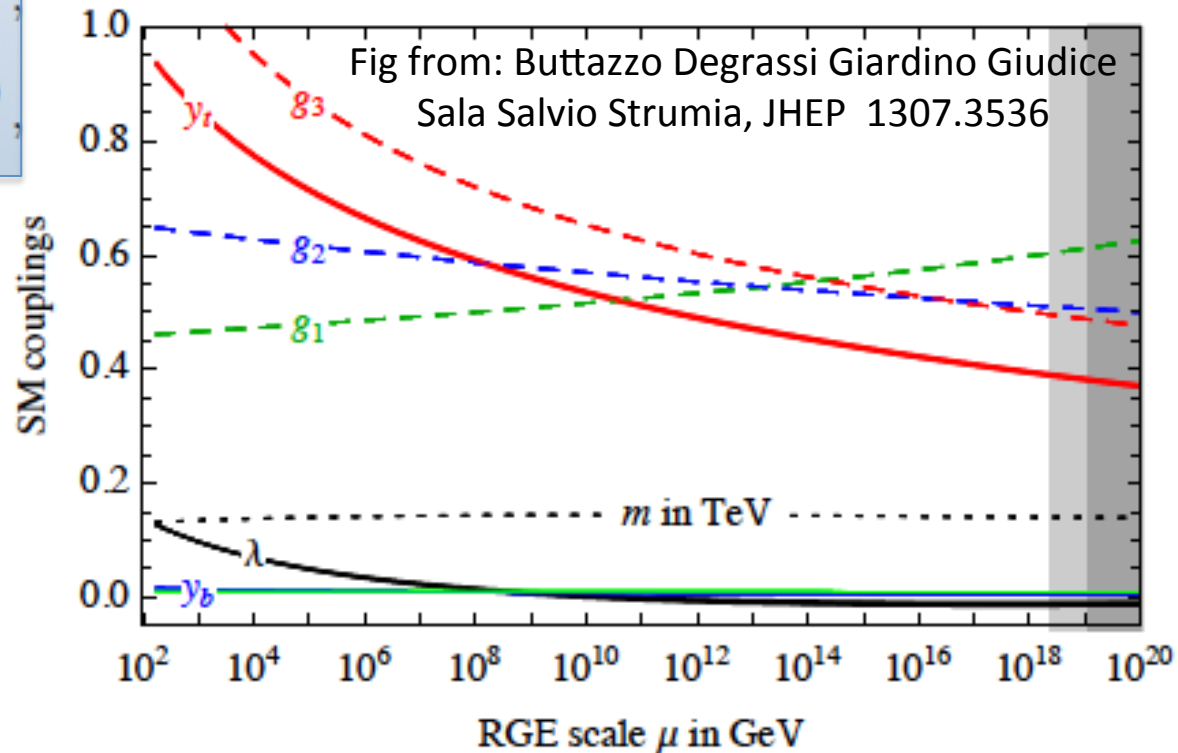
$$\frac{27}{4}g(t)^4 + \frac{9}{2}g'(t)^2g(t)^2 - 9\lambda(t)g(t)^2 + \frac{9}{4}g'(t)^4 - 36h_t(t)^4 + 4\lambda(t)^2 - 3g'(t)^2\lambda(t) + 12h_t(t)^2\lambda(t)$$

$$- \frac{9}{2}h_t(t)^3 - \frac{9}{4}g(t)^2h_t(t) - 8g_3(t)^2h_t(t) - \frac{17}{12}g'(t)^2h_t(t)$$

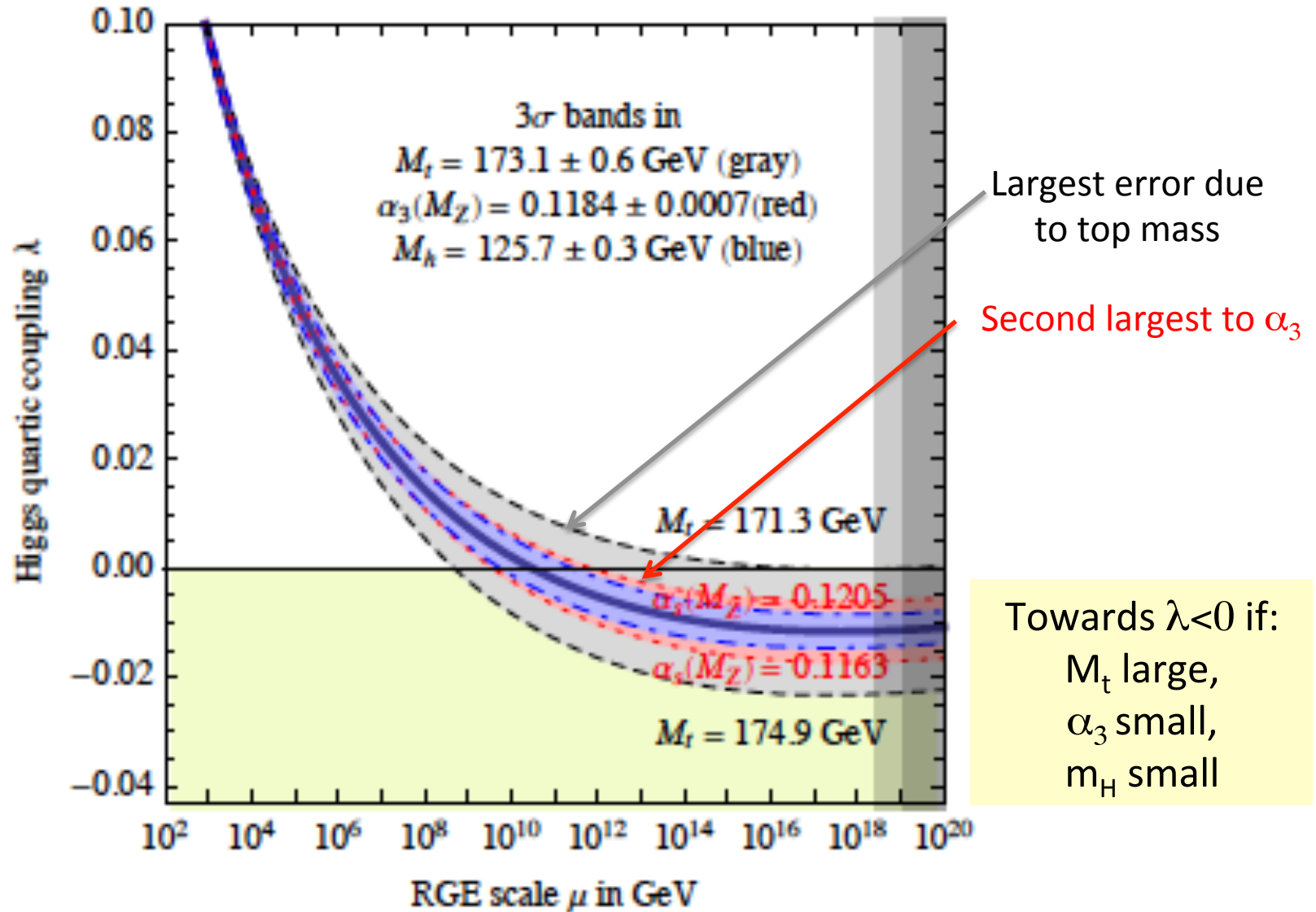
$$\frac{d}{dt}\lambda(t) = \kappa\beta_\lambda^{(1)} + \kappa^2\beta_\lambda^{(2)} + \kappa^3\beta_\lambda^{(3)}$$

$$\frac{d}{dt}h_t(t) = \kappa\beta_{h_t}^{(1)} + \kappa^2\beta_{h_t}^{(2)} + \kappa^3\beta_{h_t}^{(3)}$$

Chetyrkin Zoller, JHEP arXiv:1205.2892, 1303.2890



# Let focus on the running of $\lambda$



Fix  $m_H = 126$  GeV and  $\alpha_3(m_Z)$

**Increasing  $m_t$   
 $\lambda$  goes negative...**

$$V(\phi_H) \approx \frac{\lambda(\mu)}{24} \phi_H^4$$

$$\begin{cases} \lambda(\mu) > 0 & \text{stability} \\ \lambda(\mu) < 0 & \text{metastability} \end{cases}$$

**... and  $V$  is destabilized**

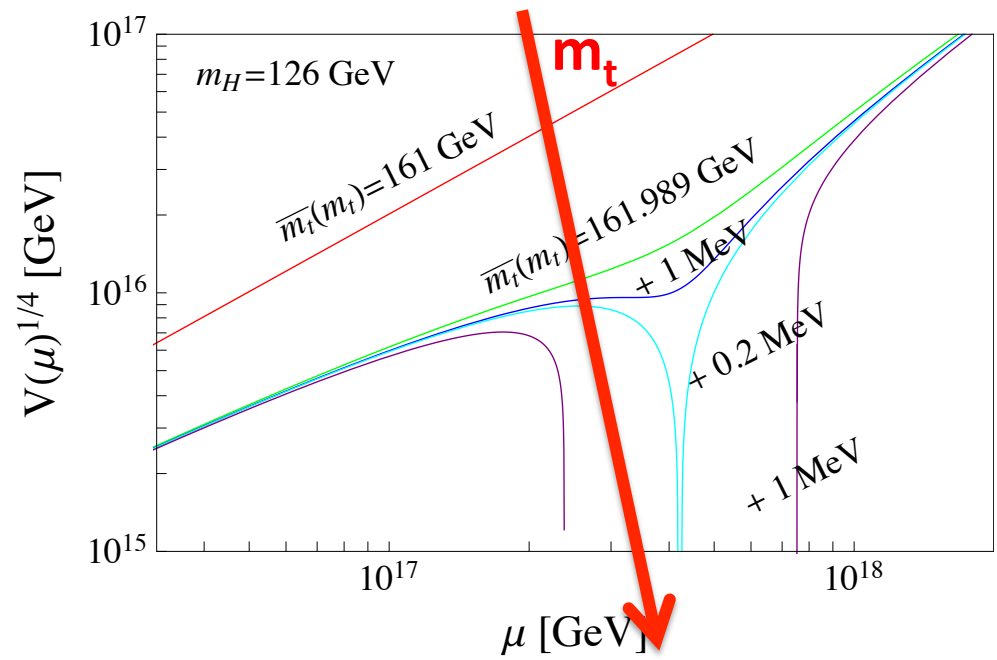
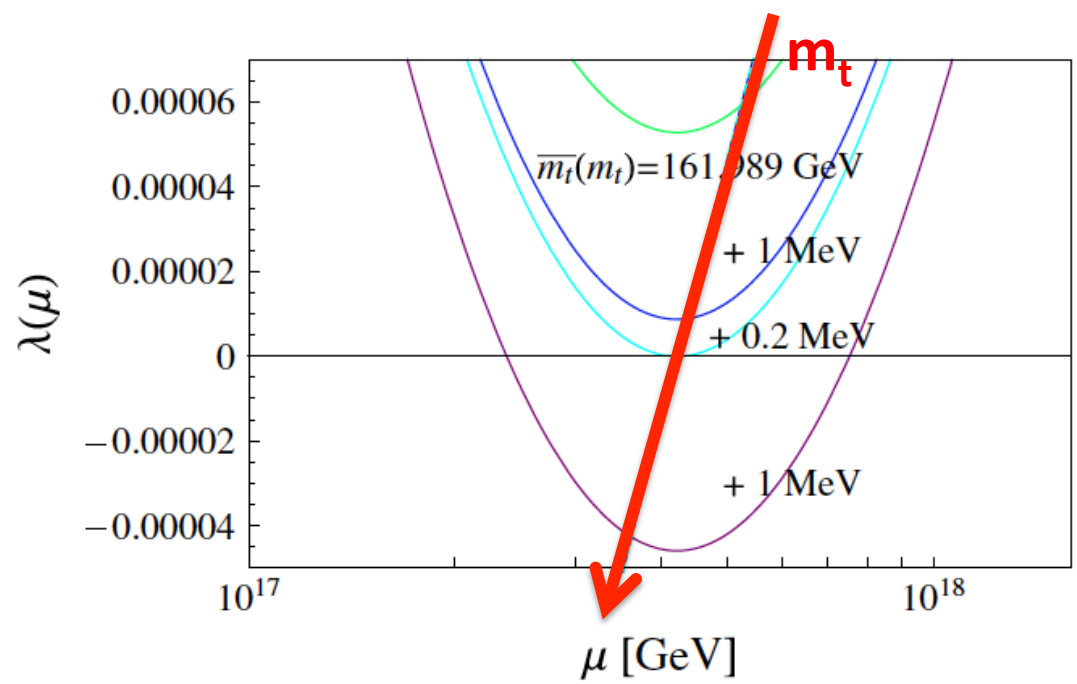


Fig from: IM, PRD 1209.0393

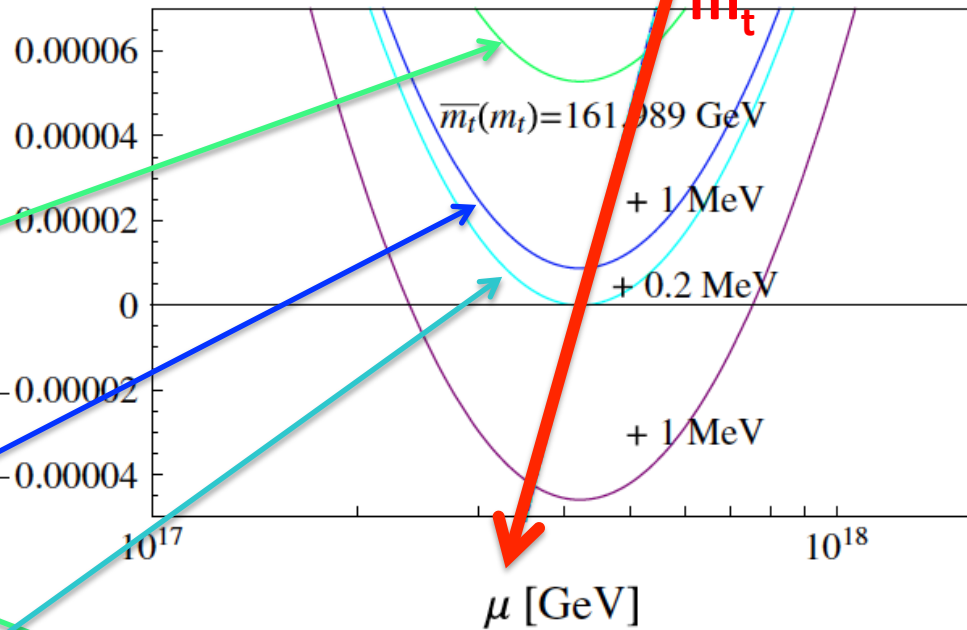
Fix  $m_H = 126$  GeV and  $\alpha_3(m_Z)$

stable

stable with flex

deg. with EW vacuum

$\lambda(\mu)$



$V(\mu)^{1/4}$  [GeV]

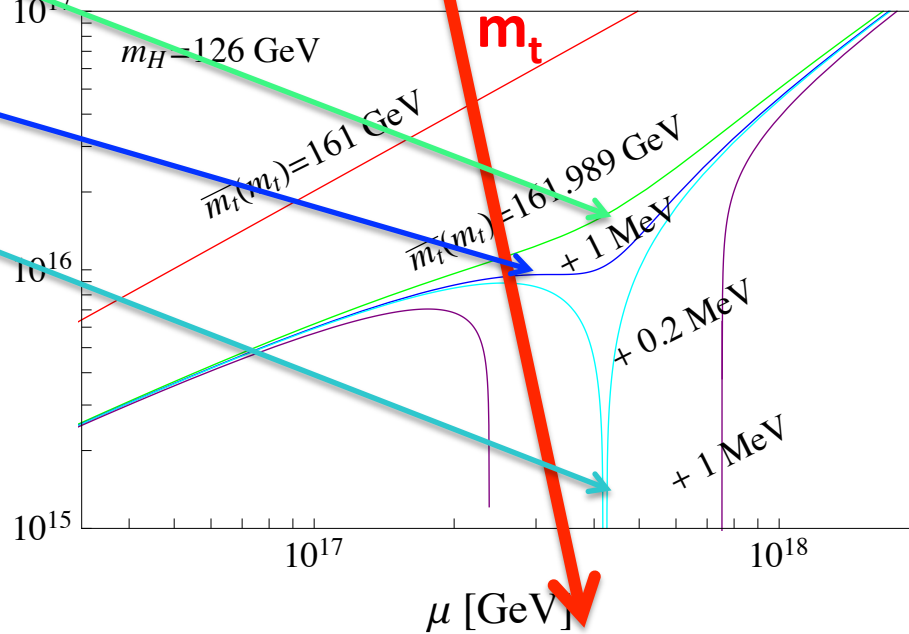
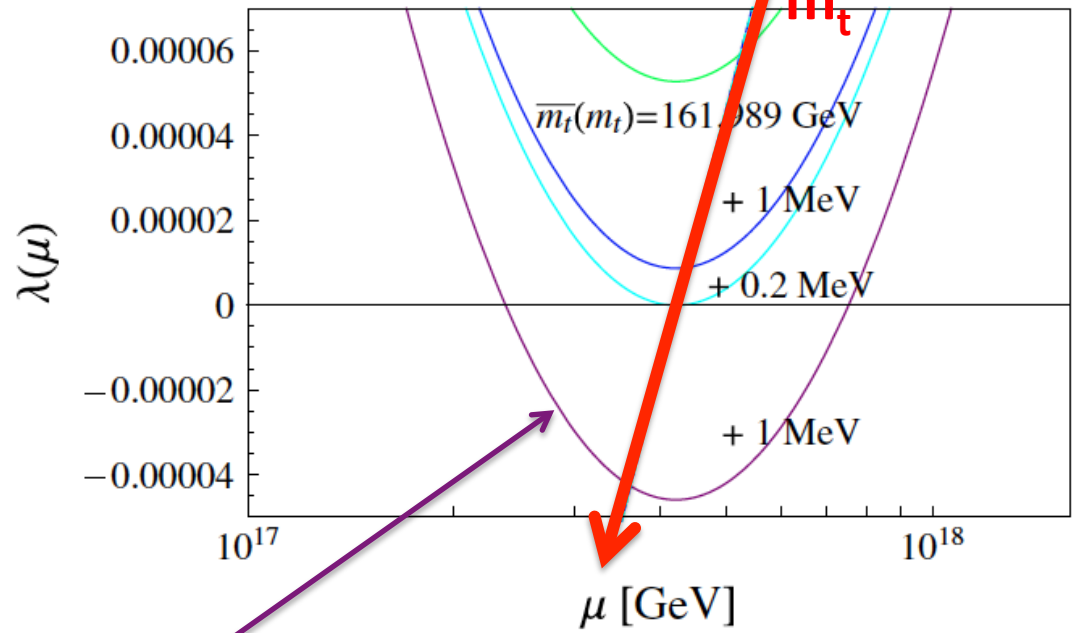


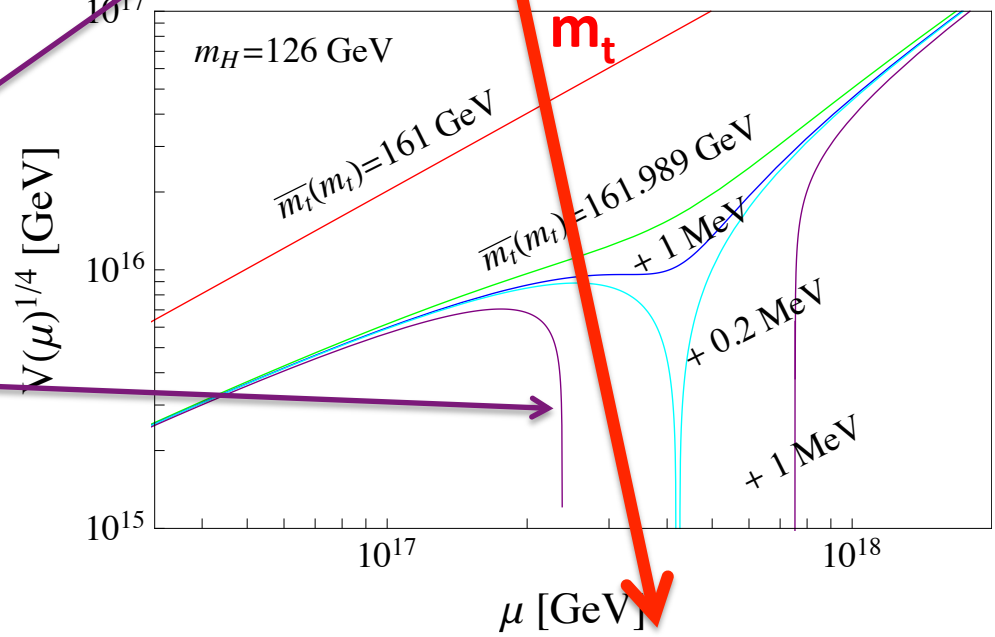
Fig from: IM, PRD 1209.0393



Fix  $m_H = 126$  GeV and  $\alpha_3(m_Z)$

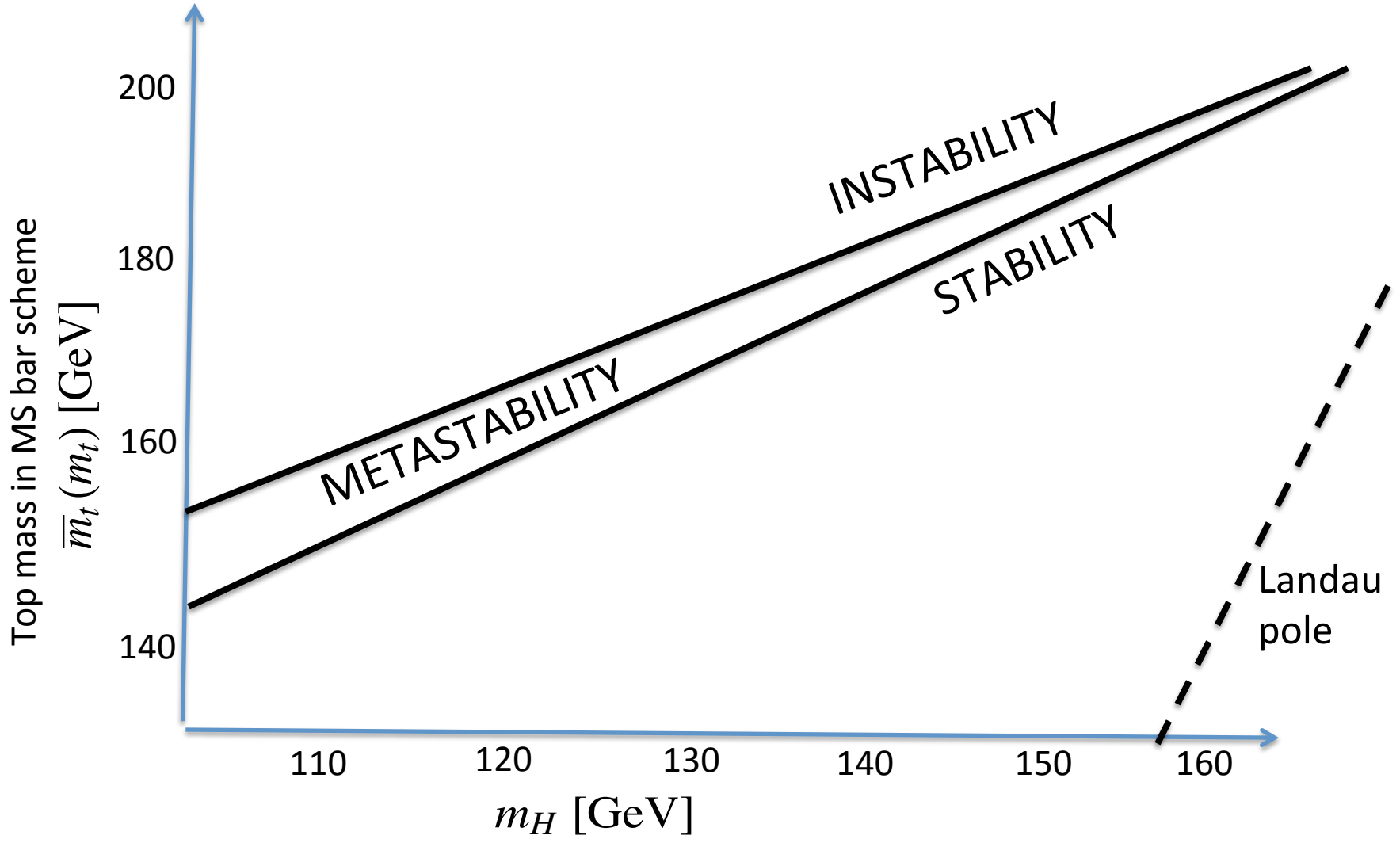


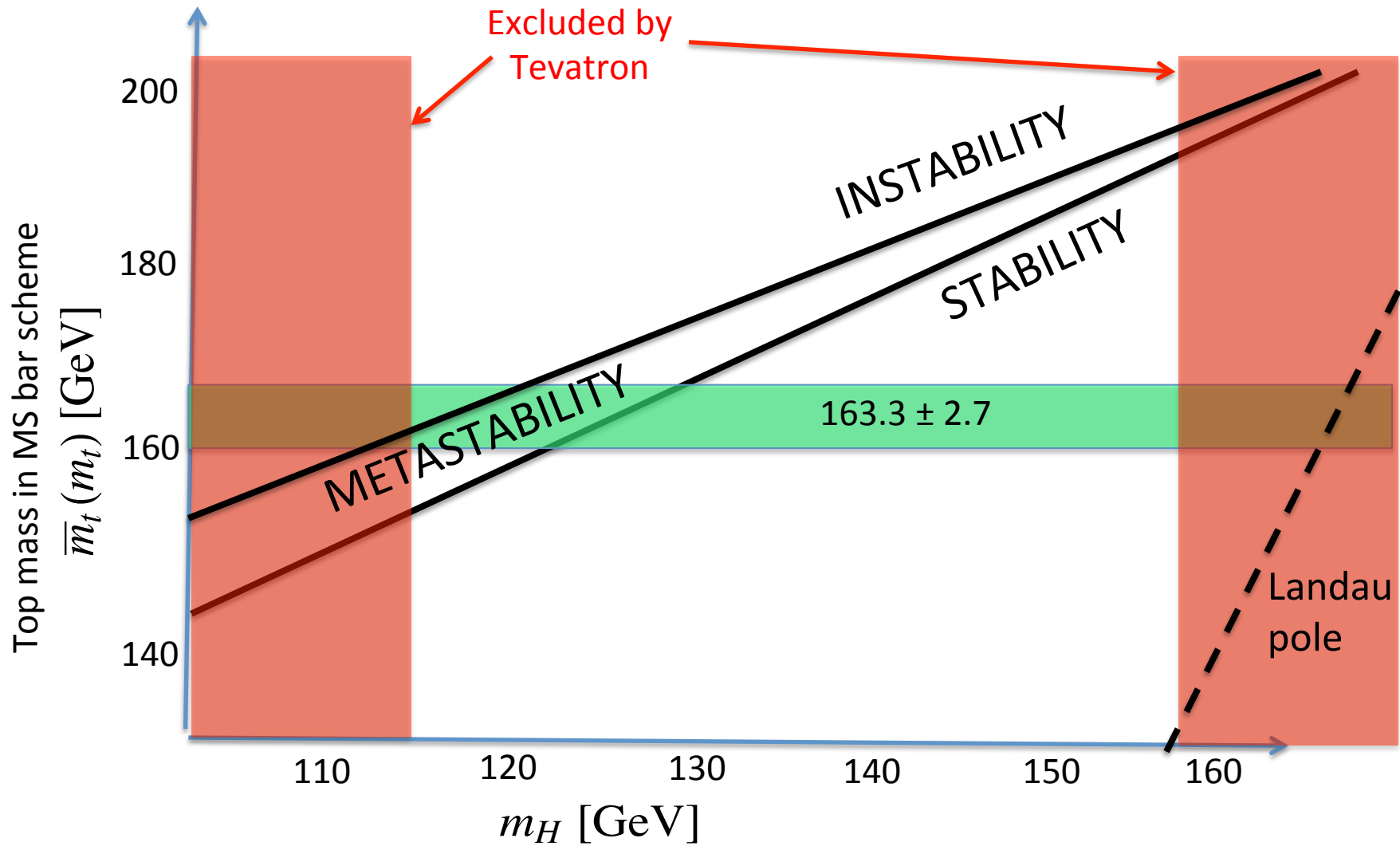
metastable

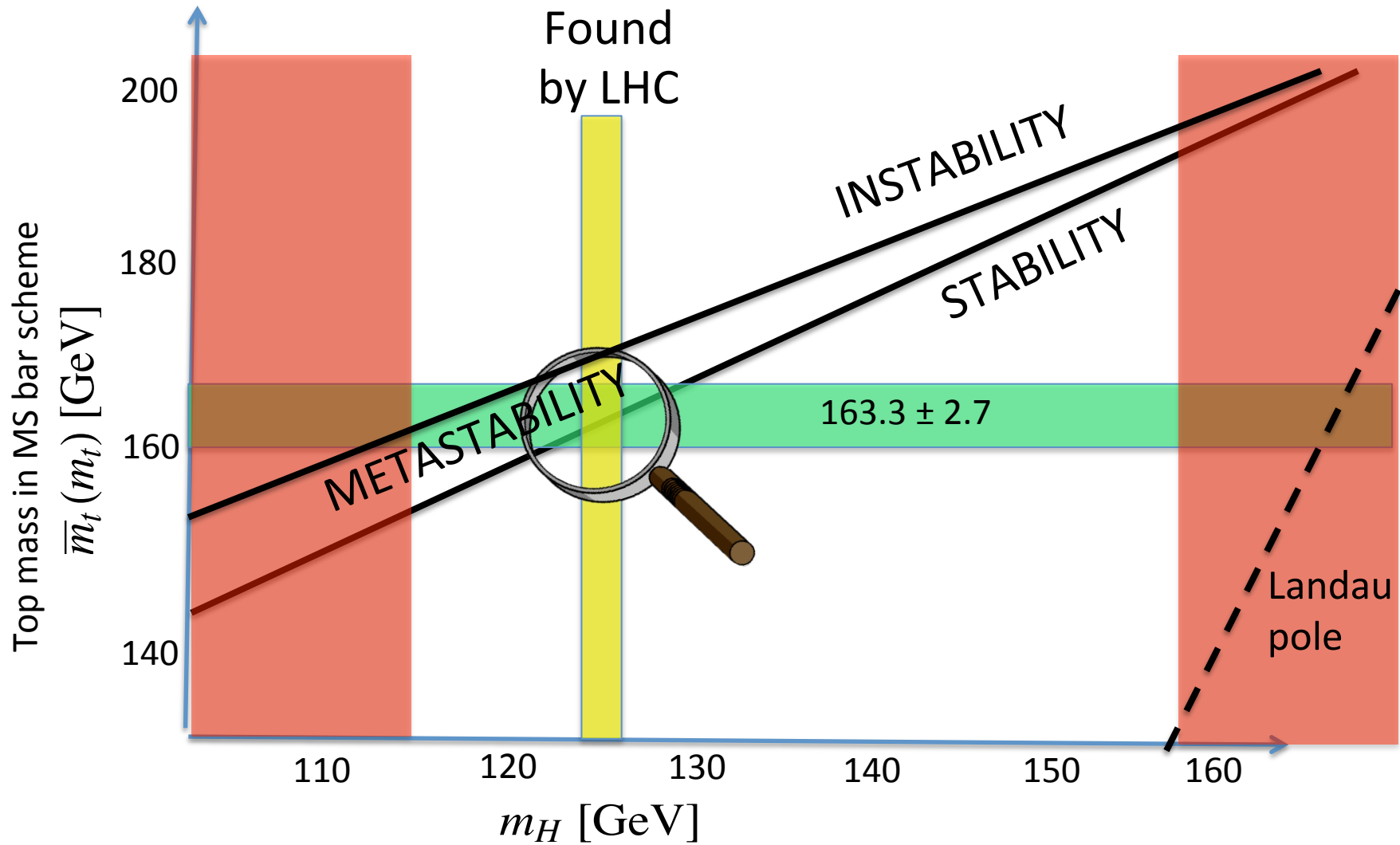


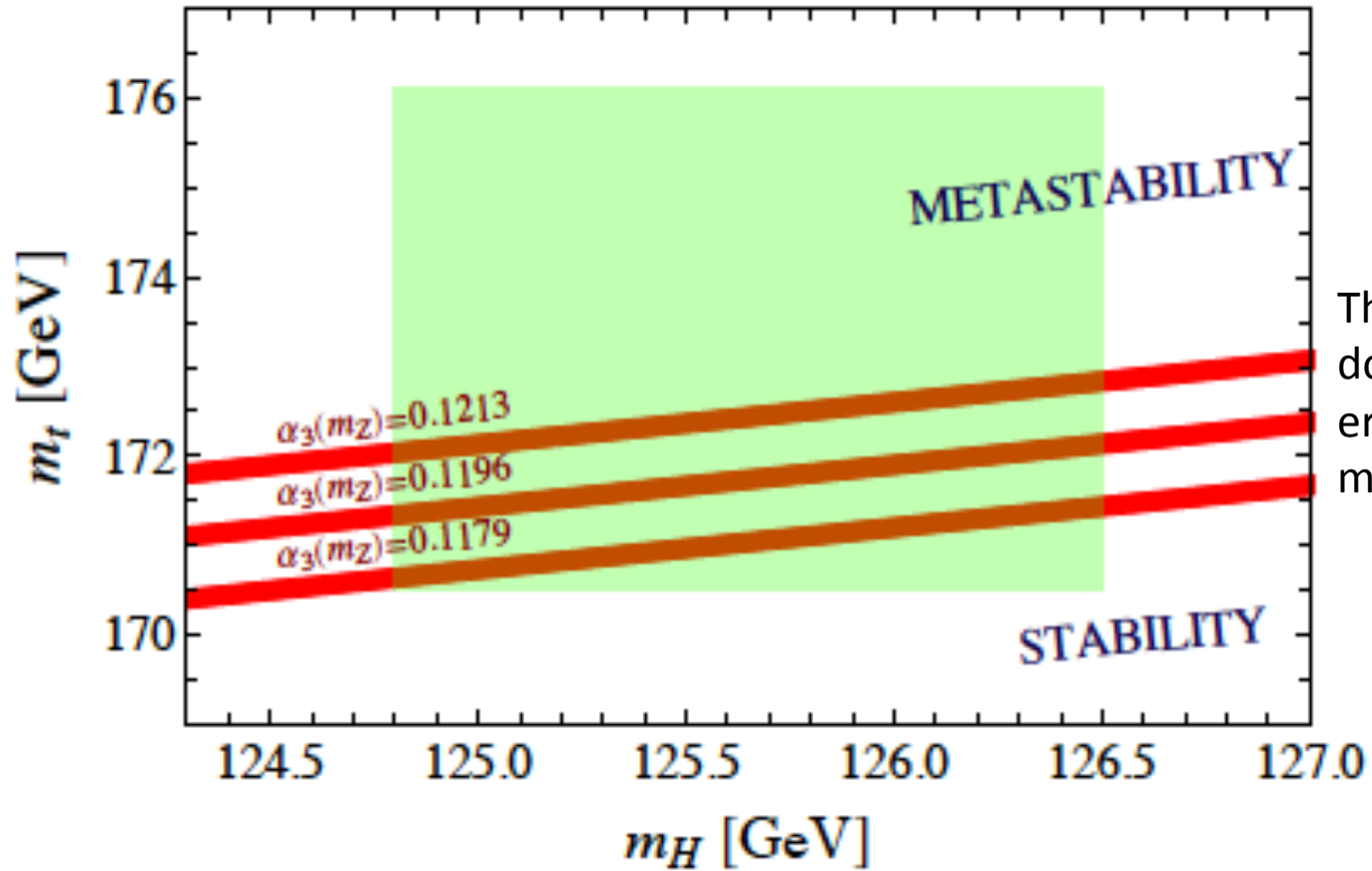
even deeper: unstable

# RESULTS









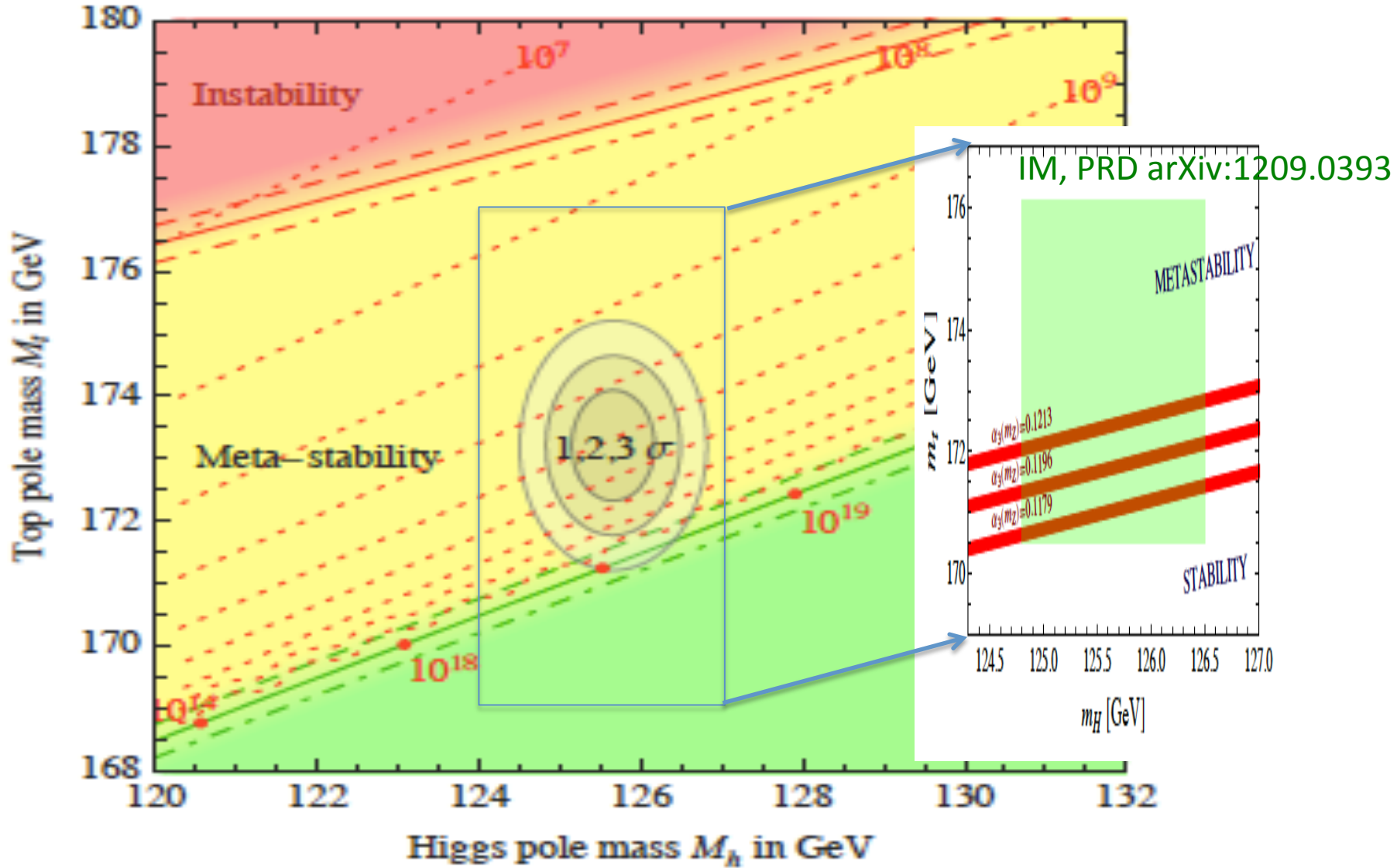
Thickness dominated by error due to matching of  $\lambda$

STABILITY BOUND

$$\overline{m}_t(m_t)[\text{GeV}] \leq 162.0 + 0.47 (m_H[\text{GeV}] - 126) + 0.7 \left( \frac{\alpha_3(m_Z) - 0.1196}{0.0017} \right) - 0.2_{th}^{(\mu_\lambda)}$$

...essentially agrees with results obtained via the other method for:  $m_t = \overline{m}_t + 10 \text{ GeV}$

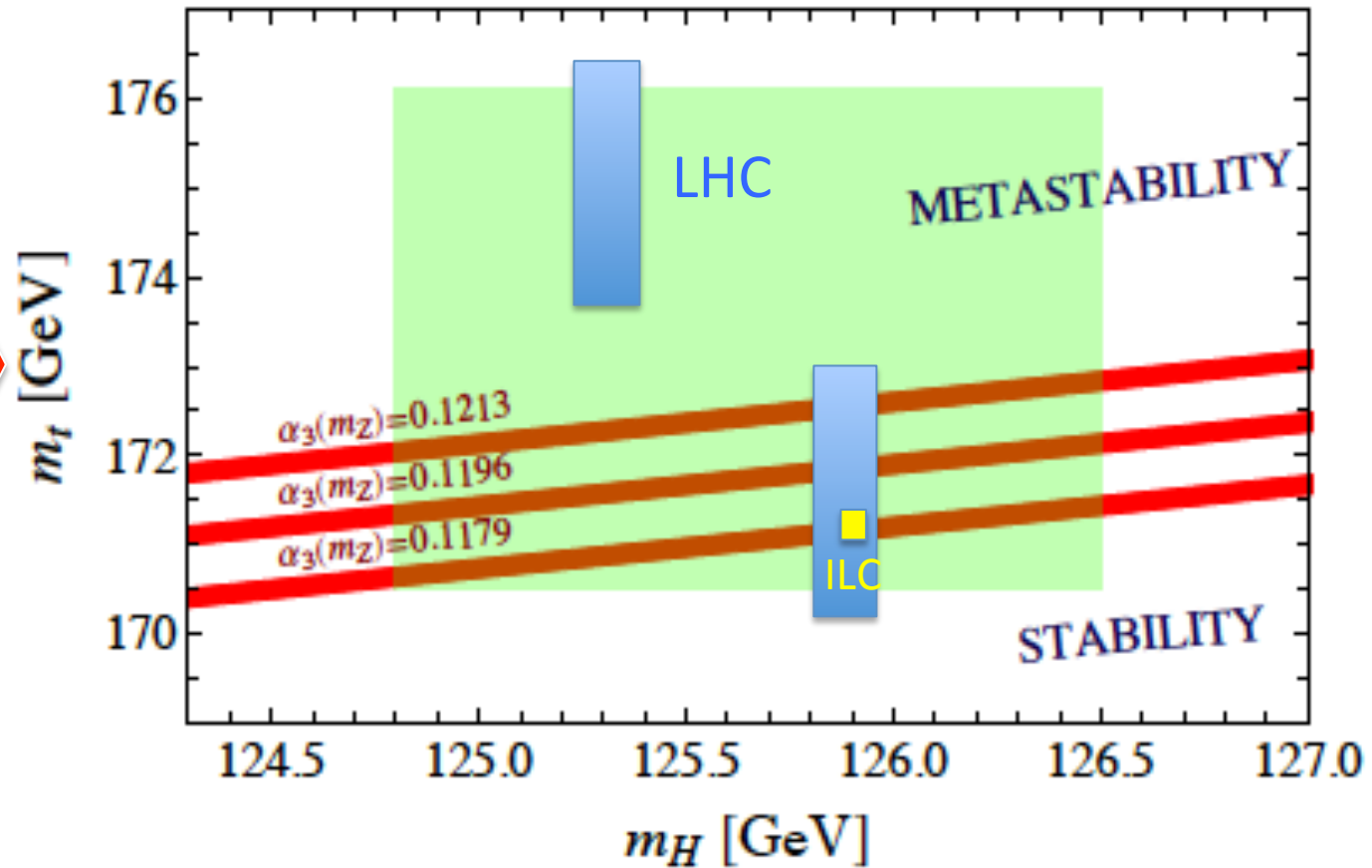
Fig from: Buttazzo Degrassi Giardino Giudice Sala Salvio Strumia, JHEP 1307.3536



... anyway results are essentially the same!

# PROSPECTS

NEED MORE  
PRECISE  
MEASURE



For a recent paper on the determination of  $m_t$  see e.g. S. Frixione 1407.2763

Possible to **stabilize** the Higgs potential  
in case it will turn out that the SM one is metastable?

YES! e.g. extend the SM by including **scalar**

[J.Elias-Miro, J.R.Espinosa, G.F.Giudice, H.M.Lee , 1203. 0237]

...instead seesaw neutrinos could destabilize!



2)

## Higgs inflation

Now that we have some idea of the shape of SM Higgs potential “hill”,  
is it possible to exploit it for inflation?



**YES!** If, for some reason, there has been a period in which the Hubble rate was dominated by a nearly constant  $V_H > 0$

$$\left(\frac{\dot{a}(t)}{a(t)}\right)^2 \equiv H(t)^2 \cong \frac{V_H(\mu_0)}{3M_{Pl}^2}$$

$V_H$  acts as cosmological constant term



$$a(t) \propto e^{Ht}$$

**EXPONENTIAL EXPANSION**

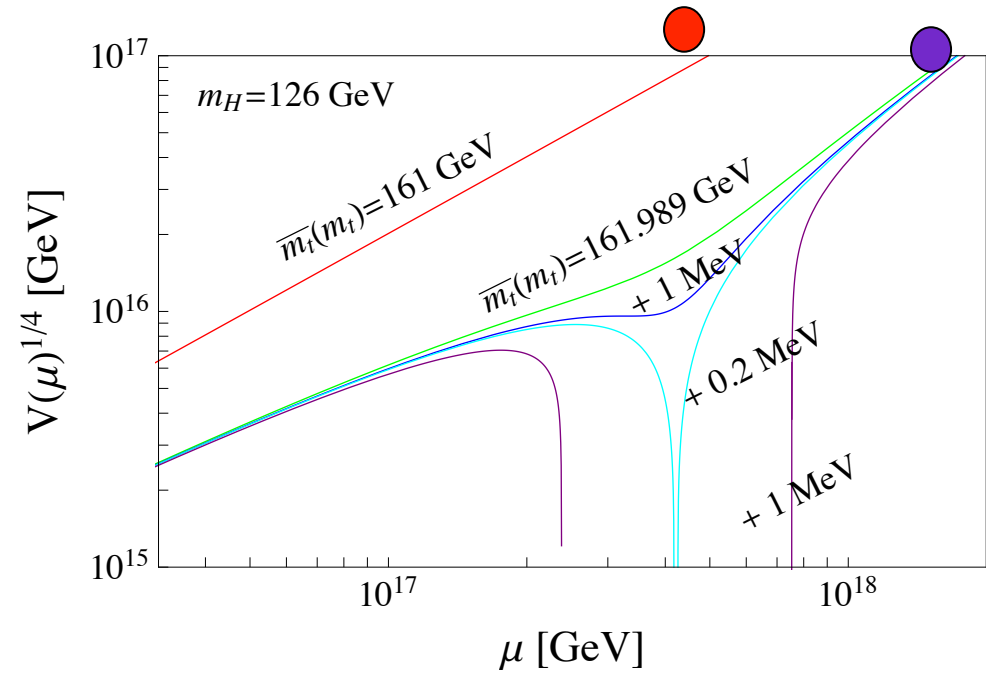
$$(\phi < M_{Pl})$$

**Small field:**

does not work in the “pure”  
SM (without any addition)

because

there is **no slow roll** in general



$$(\phi < M_{Pl})$$

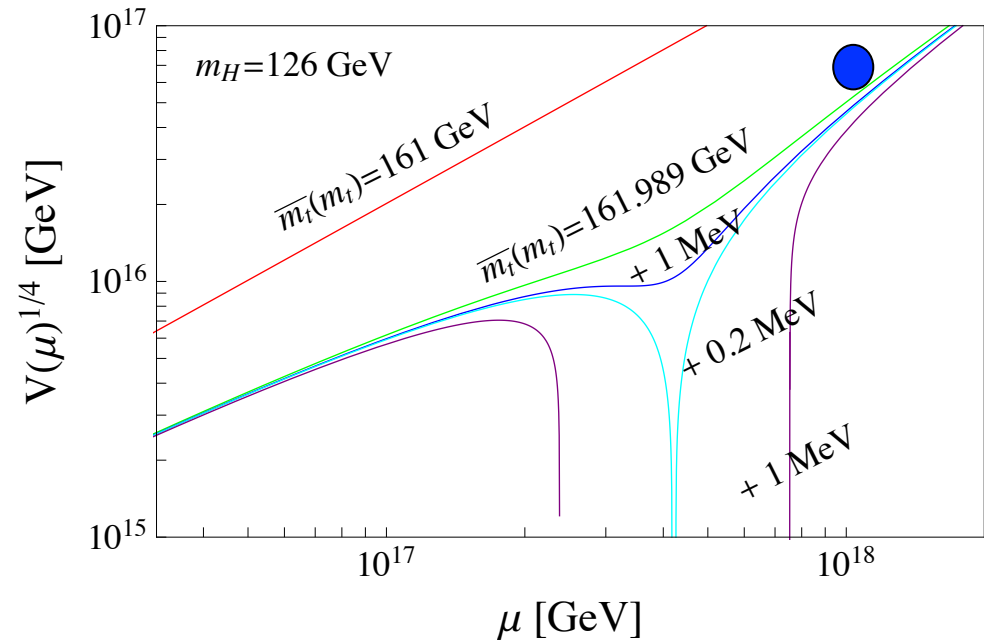
**Small field:**

does not work in the “pure”  
SM (without any addition)

With an **inflection point**  
**slow roll** can occur ...

...but there are not enough e-folds for inflation

[see e.g. G.Isidori V.Rychkov A.Strumia N.Tetradis, 0712.0242]



These conclusions holds for a **rolling** Higgs having **canonical kinetic term** and **minimal coupling to gravity**

$$S = \int d^4x \sqrt{-g} \left( \frac{M^2}{2} R - \frac{1}{2} (\partial h)^2 - \frac{\lambda}{4} (h^2 - v^2)^2 \right)$$

There would arise possibilities that the SM Higgs field is the inflaton if we loose the above assumptions

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*Note: A blue bracket and the text '+ξ h²' are drawn over the M² term in the original image, indicating a modification to the Einstein-Hilbert term.*

There would arise possibilities that the SM Higgs field is the inflaton if we loose the above assumptions

1

Flatten the Higgs potential:  
e.g. via **non-minimal** gravitational coupling  
(new inflation = slow roll)

These conclusions holds for a **rolling** Higgs having **canonical kinetic term** and **minimal coupling to gravity**

$$S = \int d^4x \sqrt{-g} \left( \frac{M^2}{2} R - \frac{1}{2} (\partial h)^2 - \frac{\lambda}{4} (h^2 - v^2)^2 \right) \quad \text{+curvaton}$$

There would arise possibilities that the SM Higgs field is the inflaton if we loose the above assumptions

2

The Higgs is **not rolling** but is trapped in a **false vacuum** (=old inflation); another slow rolling field acts as curvaton and as a clock to end inflation

# The NEW DATA from BICEP2



17 March 2014: [arXiv:1403.3985](https://arxiv.org/abs/1403.3985)

detected B-modes (curl component) of the polarization of the CMB at the level of

tensor-to-scalar  
ratio of amplitudes

$$r = 0.20^{+0.07}_{-0.05}$$

disfavouring  $r = 0$  at the level of  $7\sigma$  ( $5.9\sigma$  after foreground subtraction)

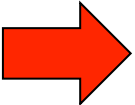


In a model where slow-roll is applicable

$$(2.20 \pm 0.05) \times 10^{-9} \text{ at } k_0 = 0.002 \text{ Mpc}^{-1}$$

$$\Delta_R^2 = \frac{2}{3\pi^2} \frac{1}{r} \frac{V(\chi_0)}{M_{\text{Pl}}^4}$$

$$0.20^{+0.07}_{-0.05}$$

  $V^{1/4} \approx 2 \times 10^{16} \text{ GeV}$

## EXAMPLE 1

Non-minimal coupling Higgs Inflation  
(new inflation type)

# BIBLIOGRAPHY

**F.Bezrukov M.Shaposhnikov, 0710.3755**

**“The Standard Model Higgs boson as the inflaton” Phys.Lett. B659 (2008) 703**

Following papers also in collaboration with **Gorbunov, Magnin, Sibiryakov, Kalmykov, Kniehl**  
**0812.4950, 0904.1537, 1008.5157, 1111.4397, 1205.2893**

**A.O.Barvinsky A.Kamenshchik C.Kiefer A.Starobinsky C.Steinwachs**  
**0809.2104, 0910.1041**

**A. De Simone, M.P. Hertzberg F. Wilczek, 0812.4946**

**L.A. Popa, N. Mandolesi, A. Caramete, C. Burigana, 0907.5558, 0910.5312, 1009.1293**

**H.M. Lee G.Giudice O. Lebedev, 1010.1417, 1105.2284**

**H.M. Lee 1301.1787**

etc

**After BICEP2, see e.g.**

**F.Bezrukov M.Shaposhnikov, 1403.6078**

**Y.Hamada H.Kawai K.Oda S.C.Park 1403.5043**

Non minimal coupling  
of Higgs with gravity

$$1 + \frac{\xi h^2}{M^2}$$

SM Higgs potential

$$\frac{\lambda}{4} (h^2 - v^2)^2$$

$$S = \int d^4x \sqrt{-g} \left( -\frac{M^2}{2} f(h) R + \frac{1}{2} \partial_\mu h \partial^\mu h - V(h) \right)$$

Non minimal coupling  
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SM Higgs potential

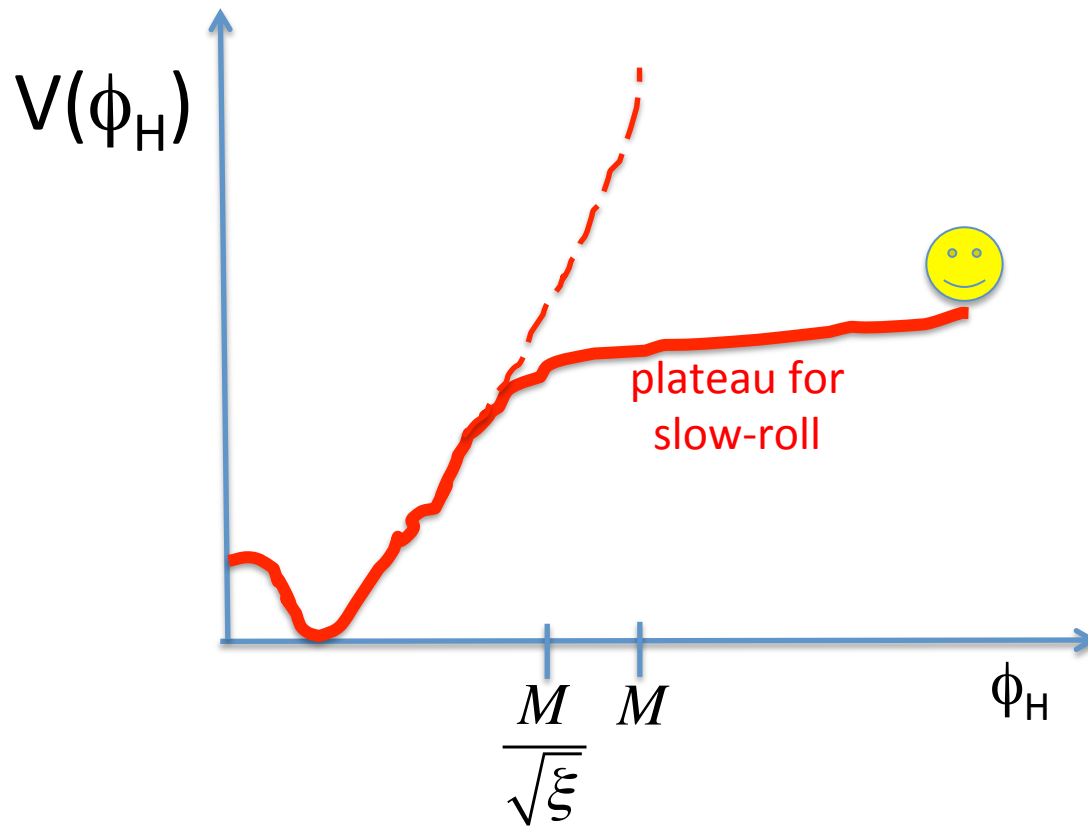
$$\frac{\lambda}{4} (h^2 - v^2)^2$$

$$S = \int d^4x \sqrt{-g} \left( -\frac{M^2}{2} f(h) R + \frac{1}{2} \partial_\mu h \partial^\mu h - V(h) \right)$$

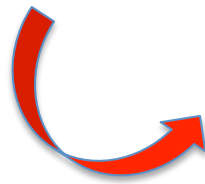
Upon conformal transformation  
to Einstein frame and  
redefinition of Higgs field to  
have canonical kinetic term

Higgs potential  
flattened below  
Planck scale

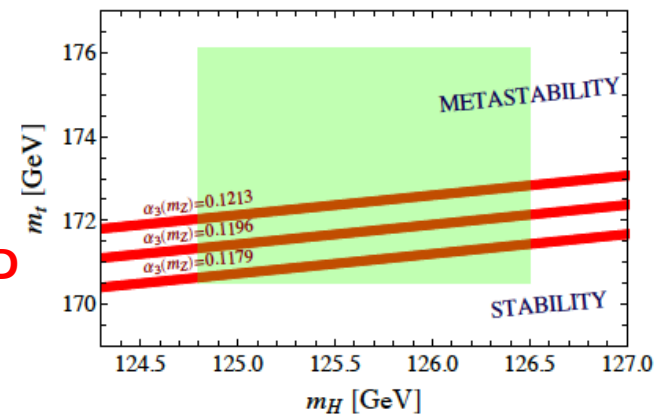
$$S_E = \int d^4x \sqrt{-\hat{g}} \left( -\frac{M^2}{2} \hat{R} + \frac{\partial_\mu \chi \partial^\mu \chi}{2} - \frac{\frac{\lambda}{4} h^4}{\left(1 + \frac{\xi h^2}{M^2}\right)^2} \right)$$



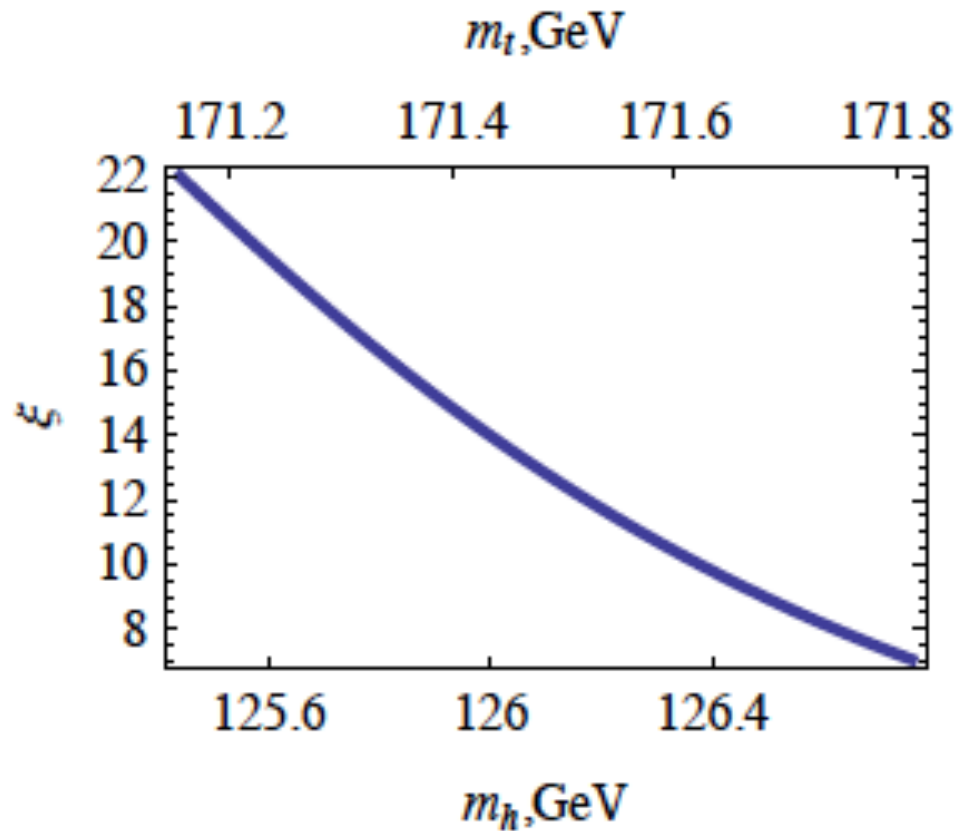
A configuration more (or as stable as) an inflection point is necessary for Higgs inflation via non-minimal gravitation couplings



**stay on RED BAND**



A non-minimal coupling of about 10 might do the job  
(for quite low  $m_t$  and quite high  $m_H$  )



F.Bezrukov M.Shaposhnikov, 1403.6078

## EXAMPLE 2

Shallow false minimum  
(old inflation type revisited)

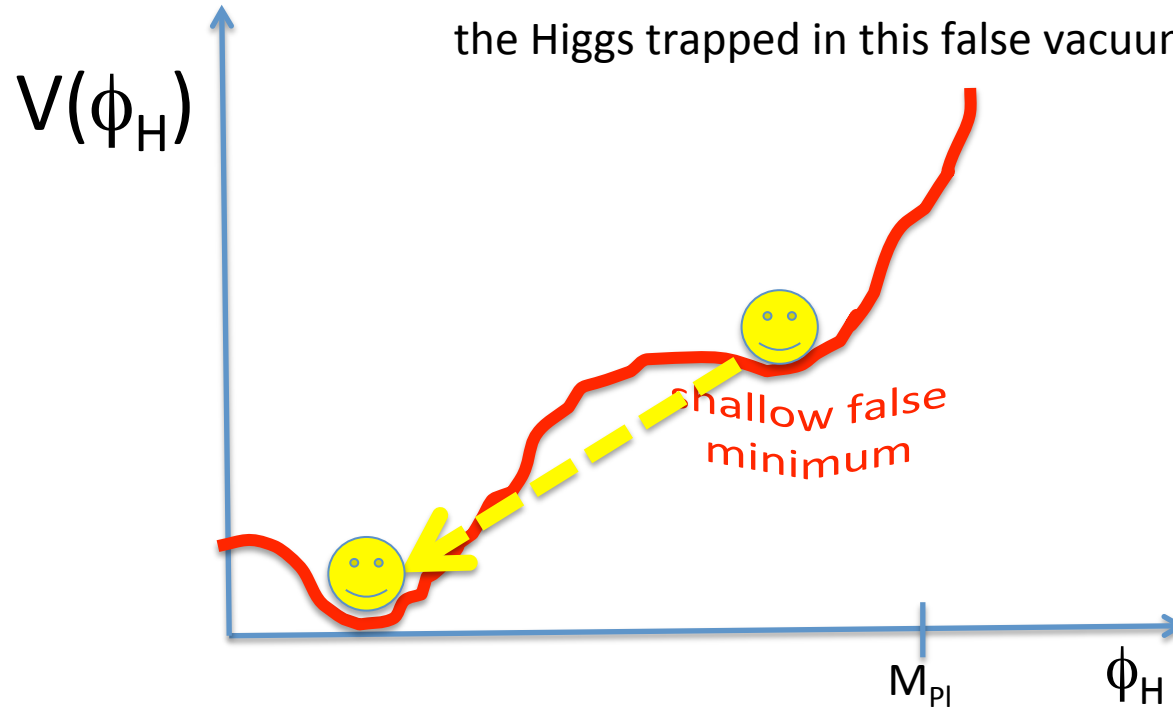
### BIBLIOGRAPHY

**I.M. A.Notari**, Phys.Rev. D85 (2012) 123506 [1112.2659],  
Phys.Rev.Lett. 108 (2012) 191302 [1112.5430],  
JCAP 1211 (2012) 031 [1204.4155]

**After BICEP2, see e.g. I.M., PRD 1403.5244**



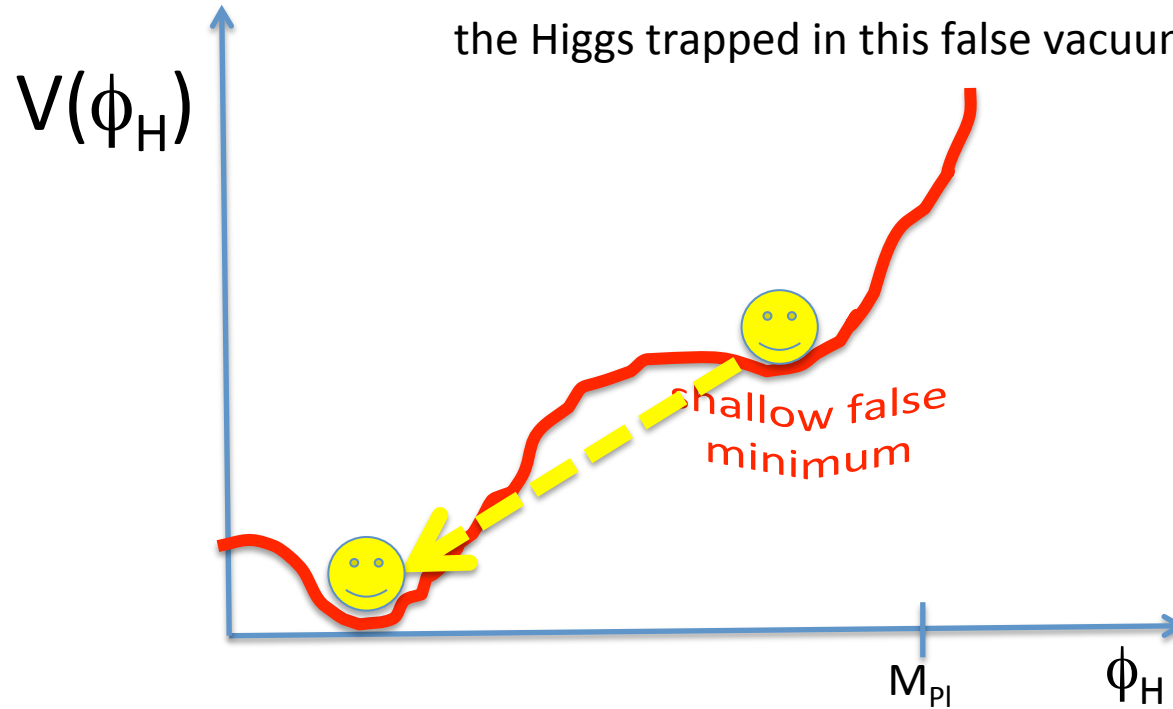
assume that the Universe started with the Higgs trapped in this false vacuum



Inflation ends thanks to some other mechanism

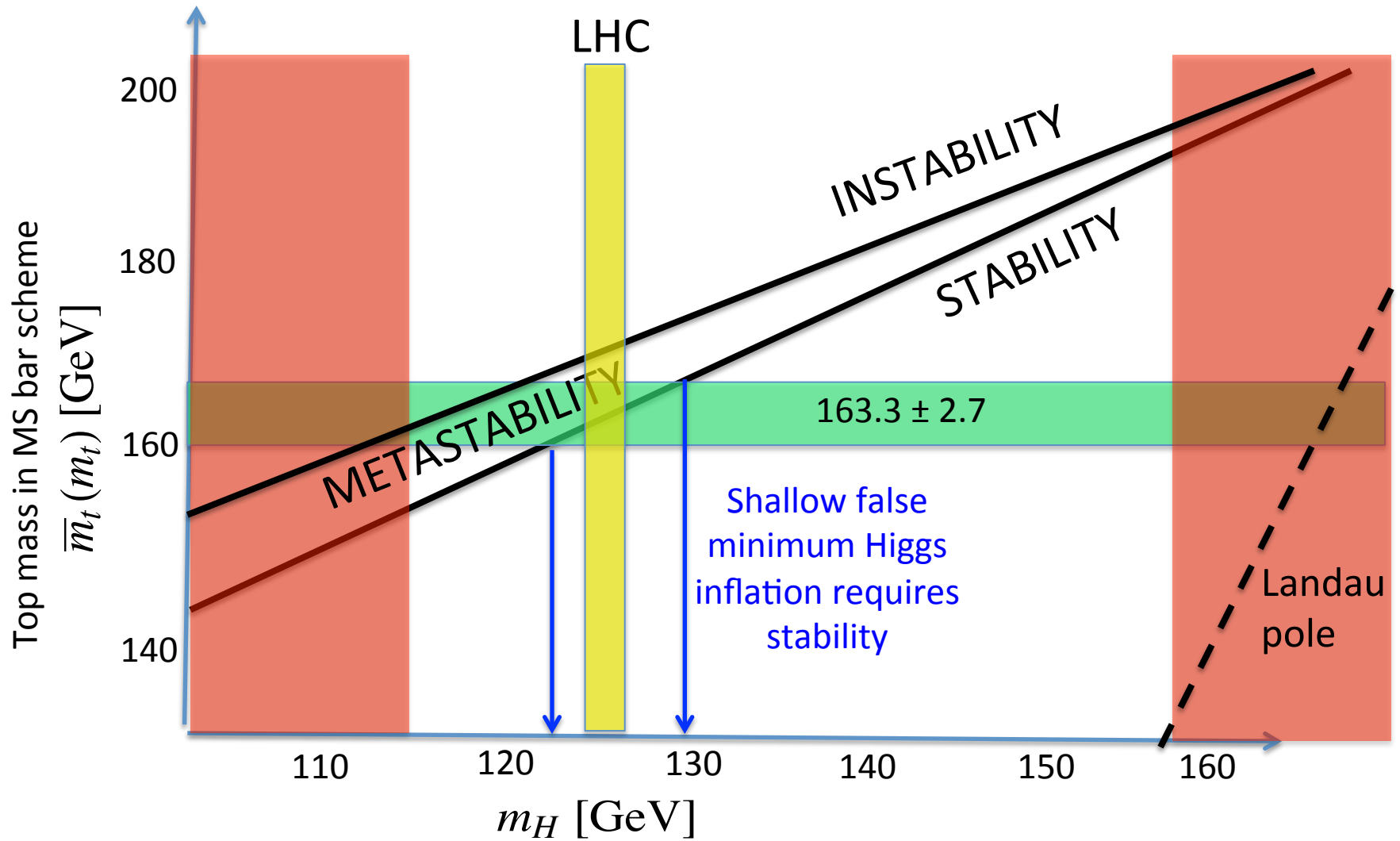
In this scenario the Higgs cannot be the curvaton

assume that the Universe started with the Higgs trapped in this false vacuum

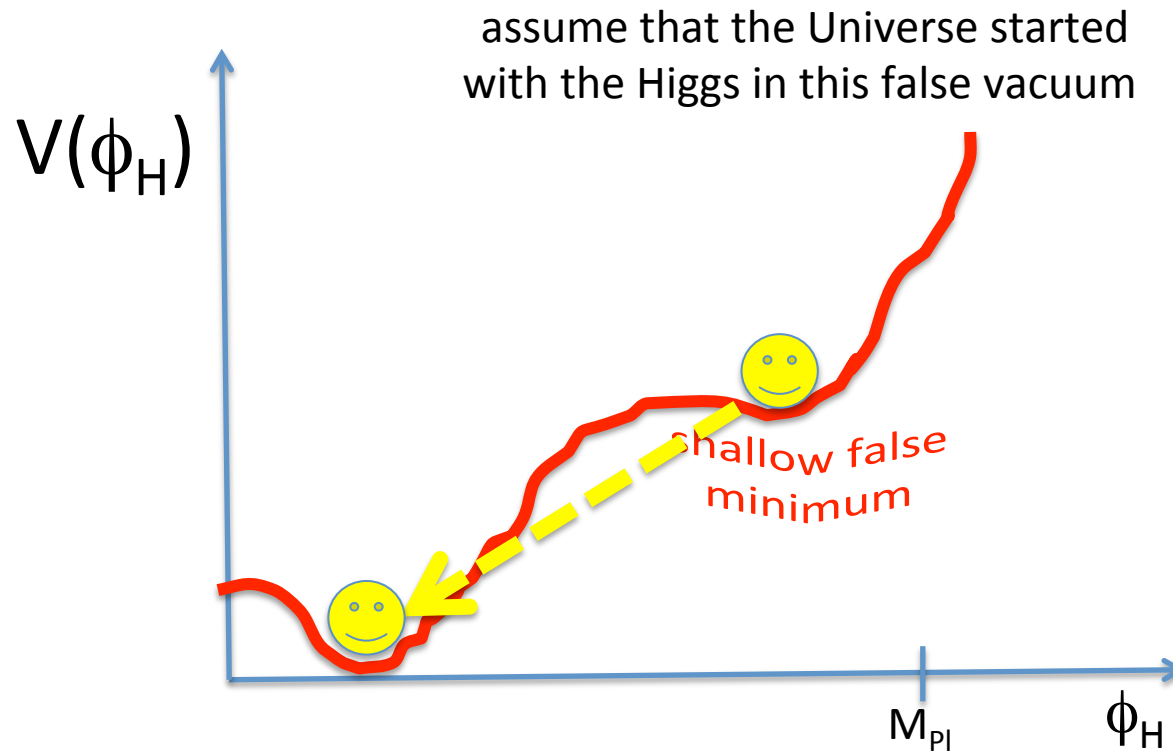


NB 1. This scenario required  $m_H = 123-130$  GeV (before Higgs discovery)

Before LHC...



Prediction that  $m_H$  is in the range 123-130 GeV appeared on the arXiv before LHC  $3\sigma$  announcement [I.M. A.Notari 1112.2659]



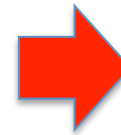
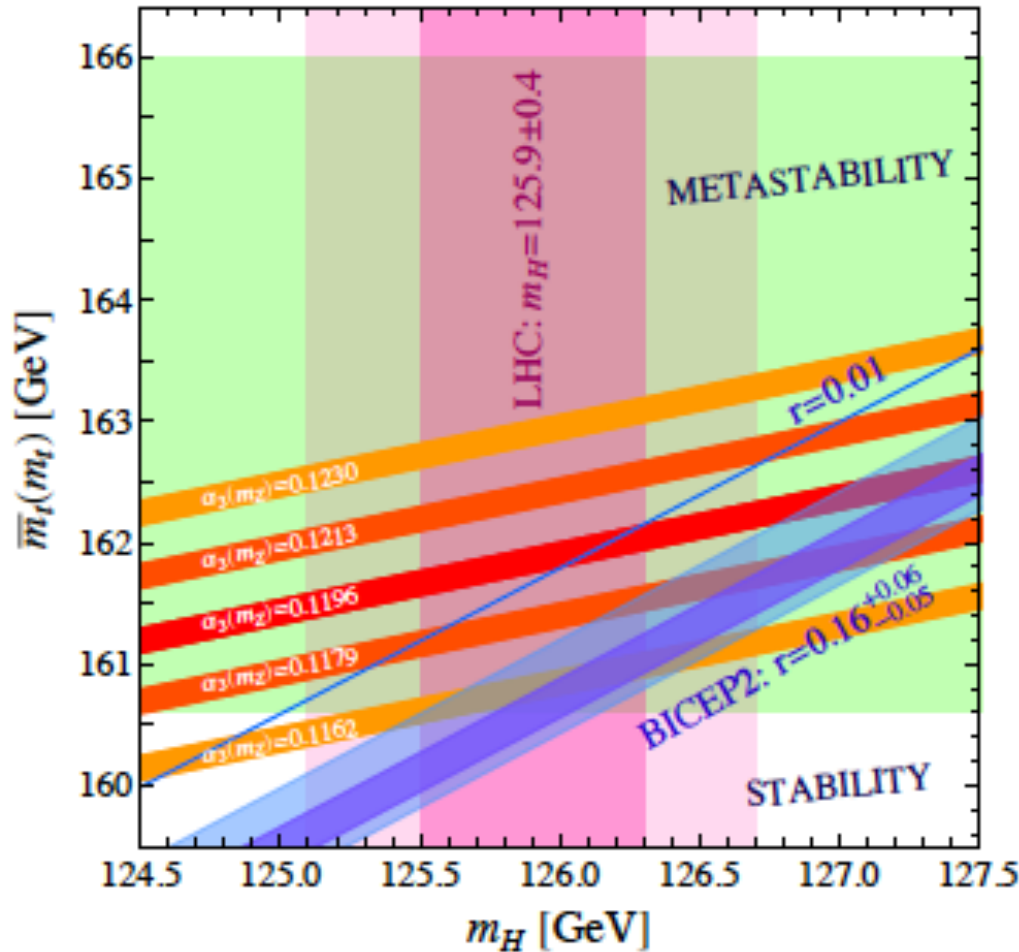
NB 1. This scenario required  $m_H = 123-130$  GeV (before Higgs discovery)

NB 2. Clean prediction for  $r$  ( $n_s$  is instead model dependent)

$$2 \times 10^{-9} \approx \Delta_R^2 = \frac{2}{3\pi^2} \frac{1}{r} \frac{V_H(\mu_0)}{M^4}$$

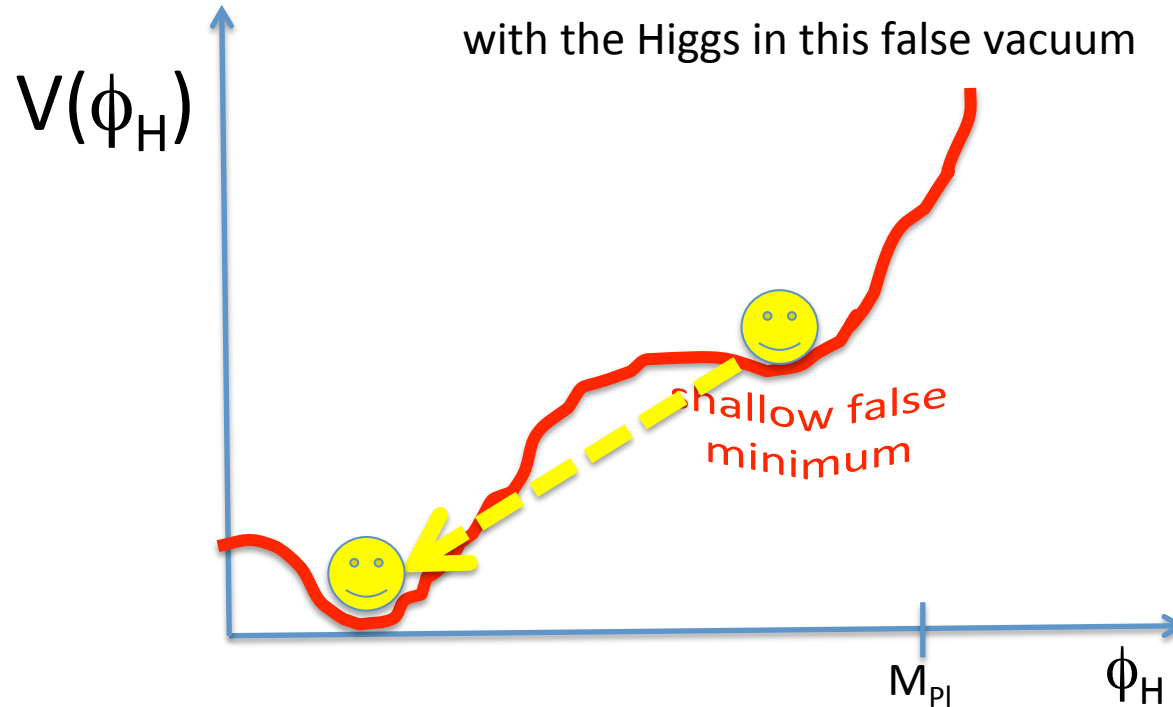
determined by  $m_H$   
( $m_t$  chosen in order to have false minimum)

IM, PRD 1403.5244



BICEP2 can be accommodated within  $2\sigma$ :  
 large  $m_H$   
 small  $m_t$   
 small  $\alpha_3(m_Z)$

assume that the Universe started with the Higgs in this false vacuum



### Realizations of the scenario:

A model in scalar-tensor gravity  
IM Notari, arXiv:1112.2659,

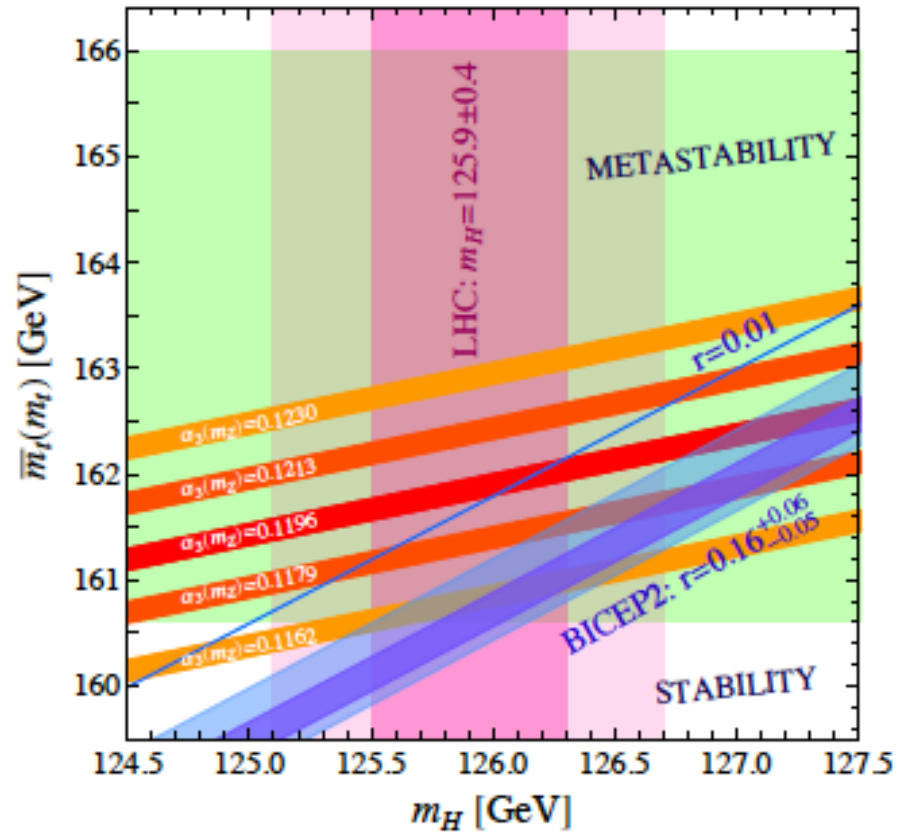
Not satisfactory but maybe...

~~& a model with hybrid inflation  
1204.4155~~

~~KO because of  $r$  and  $n_s$   
[see e.g. Fairbairn et al 1403.7483]~~

Anyway...

the numerical concordance is so intriguing



IM, PRD 1403.5244



worth to develop more models to better explore the idea of shallow false minimum Higgs inflation

# CONCLUSIONS



- 1) Stability/Metastability of the Higgs potential in the SM:  
calls for more precise measurement of top mass

- 2) SM Higgs inflation models:  
seem promising and calls for confirmation of  $r$





# CONCLUSIONS



- 1) Stability/Metastability of the Higgs potential in the SM:  
calls for more precise measurement of top mass

- 2) SM Higgs inflation models:  
seem promising and calls for confirmation of  $r$



The measured value  
of the Higgs boson mass is intriguing!!

backup


Main **difficulty** of the false vacuum scenario:  
provide a **graceful exit** from inflation

To end inflation the field have to tunnel by nucleating bubbles  
which eventually collide and reheat the Universe.

If

$$H^4 \gg \Gamma$$

nucleation rate per  
unit time and volume



There are enough e-folds of inflation

...but an insufficient number of bubbles is produced inside a Hubble horizon...

A graceful exit would require  
that after some time

$$H^4 \leq \Gamma$$

But in **standard gravity** as both are time-independent:  
That's why old inflation [Guth '80] was abandoned


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A graceful exit would require  
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$$H^4 \leq \Gamma$$

Time dependent H is possible e.g. in a **scalar-tensor** theory of gravity

For power-low expansion  
(extended or hyperextended inflation)

C.Mathiazhagan V.B.Johri, 1984  
D.La P.J.Steinhardt, 1989  
P.J.Steinhardt F.S.Accetta, 1990

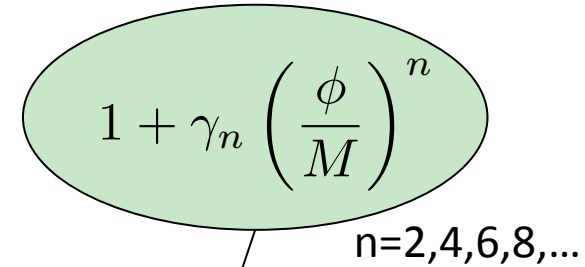
For exponential expansion followed by power-low T.Biswas F.Di Marco A.Notari, 2006

# Higgs false vacuum inflation via scalar-tensor gravity

[IM Notari, arXiv:1112.2659]

A new scalar  $\phi$  decoupled from the SM  
but coupled to gravity

$$-S = \int d^4x \sqrt{-g} \left[ \mathcal{L}_{SM} + \frac{(\partial_\mu \phi \partial^\mu \phi)}{2} - \frac{M^2}{2} f(\phi) R \right]$$


$$1 + \gamma_n \left( \frac{\phi}{M} \right)^n$$

$n=2,4,6,8,\dots$

# Higgs false vacuum inflation via scalar-tensor gravity

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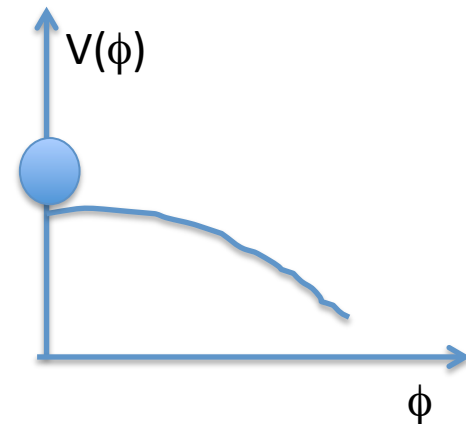
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$$1 + \gamma_n \left( \frac{\phi}{M} \right)^n$$

Einstein frame potential is dominated by the Higgs field

$$\bar{V}(\Phi) = V_H(\chi_0) \left( 1 - 2\gamma_n \left( \frac{\Phi}{M} \right)^n + \dots \right)$$

→ exponential inflation until  $\phi$  becomes large  
and H decreases. Power law inflation stage  
then allows Higgs tunnelling with efficient  
bubble production and collisions



Quantum fluctuations in  $\phi$  generate the spectrum of density perturbations with

$$n_S \approx 1 - \frac{n-1}{n-2} \frac{2}{\bar{N}}$$

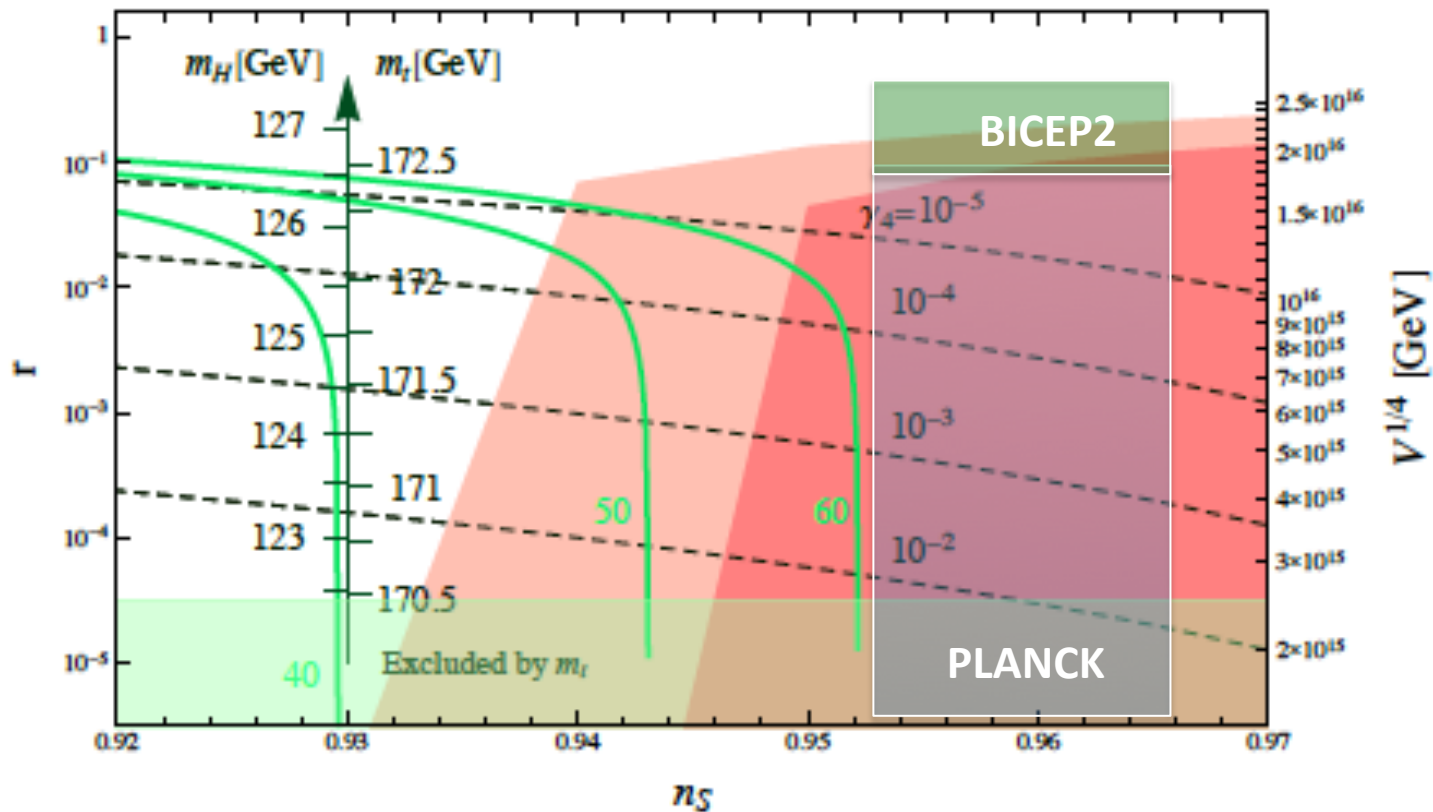
Number of e-folds

Quantum fluctuations in  $\phi$  generate the spectrum of density perturbations with

$$n_s \approx 1 - \frac{n-1}{n-2} \frac{2}{\bar{N}}$$

← Number of e-folds

n=4



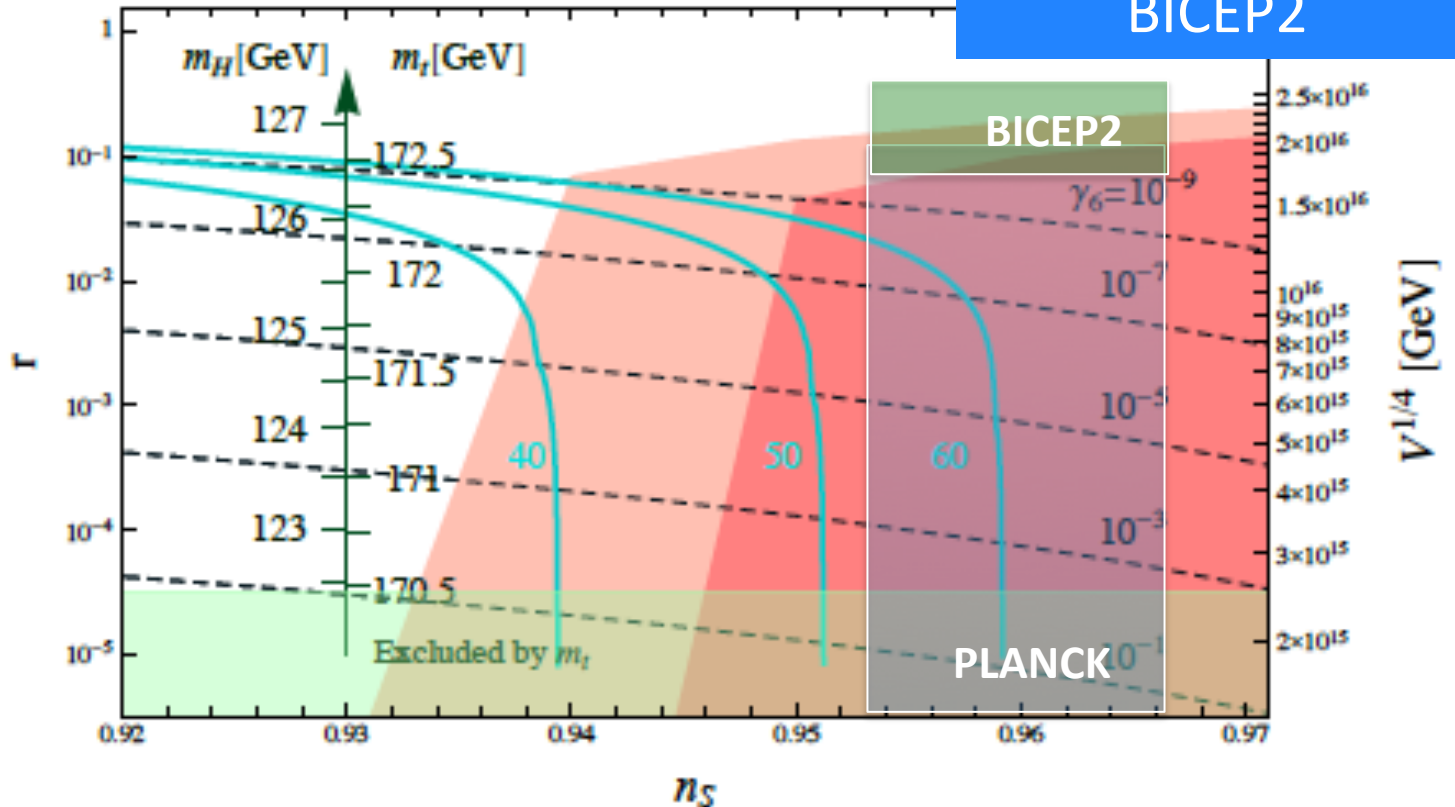


Quantum fluctuations in  $\phi$  generate the spectrum of density perturbations with

$$n_S \approx 1 - \frac{n-1}{n-2} \frac{2}{\bar{N}}$$

$n=6$

Marginally consistent with BICEP2

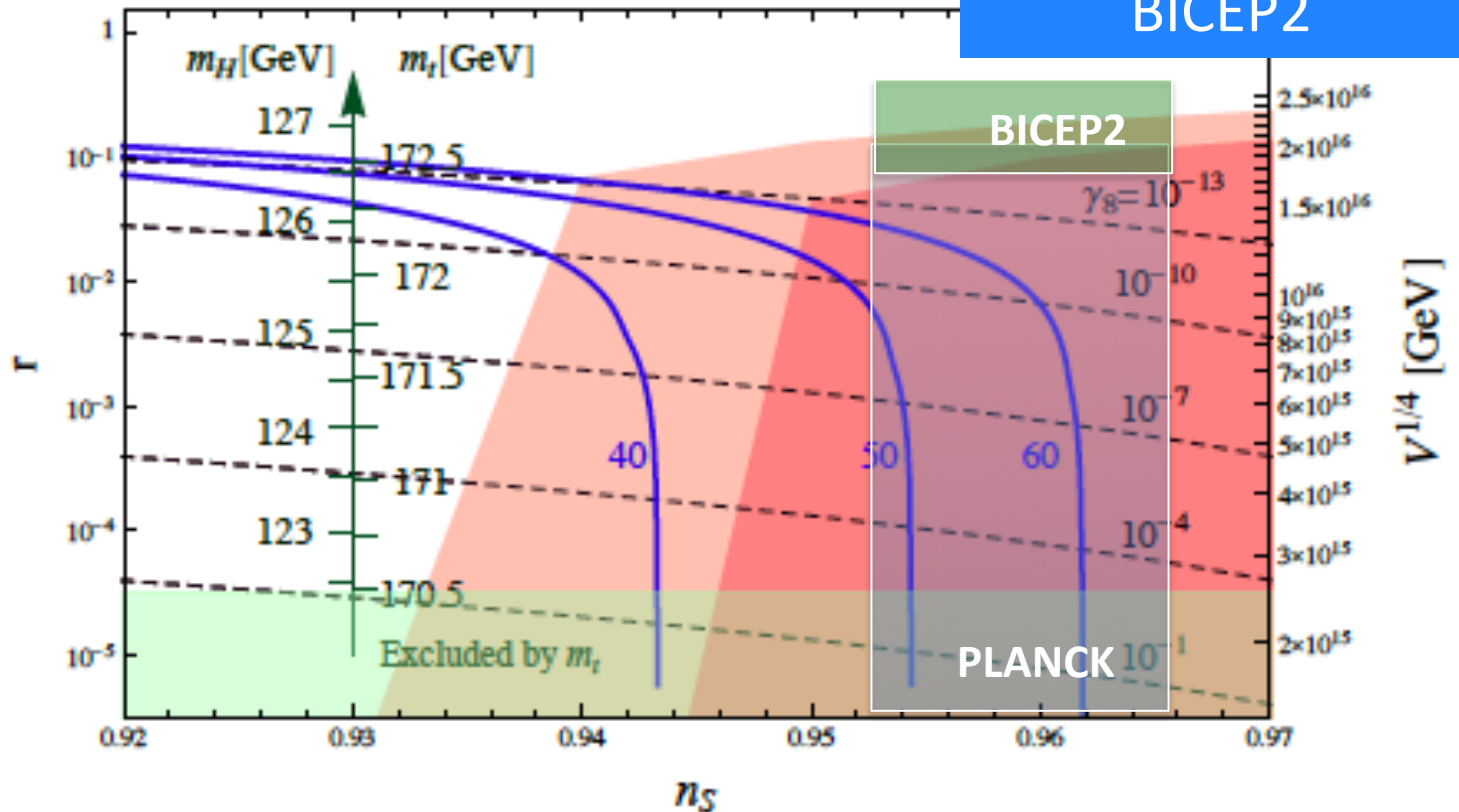


Quantum fluctuations in  $\phi$  generate the spectrum of density perturbations with

$$n_S \approx 1 - \frac{n-1}{n-2} \frac{2}{\bar{N}}$$

$n=8$

Marginally consistent with BICEP2



3)

Effect of neutrinos on the shape of the Higgs potential



# Type I seesaw Dirac Yukawa interactions neutrinos could destabilize V...

[Casas Ibarra Quiros, Okada Shafi, Giudice Strumia Riotto, Rodejohann Zhang, etc ]

# Type I seesaw Dirac Yukawa interactions neutrinos could destabilize V...

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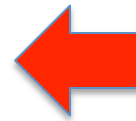
$$\mu > M_\nu$$

$$\frac{dh_\nu(t)}{dt} = \kappa h_\nu(t) \left( \frac{5}{4} h_\nu(t)^2 + \frac{3}{2} h_t(t)^2 - \frac{3}{4} g'(t)^2 - \frac{9}{4} g(t)^2 \right)$$

$$\delta\beta_\lambda^{(1)} = -3h_\nu(t)^4 + 2\lambda(t)h_\nu(t)^2, \quad \delta\beta_{h_t}^{(1)} = \frac{1}{2}h_\nu(t)^2$$

$$\mu = M_\nu$$

$$h_\nu(M_\nu) = 2\sqrt{\frac{m_\nu(M_\nu) M_\nu}{v^2}}$$



The larger is  $h_\nu$   
the larger is  $M_\nu$

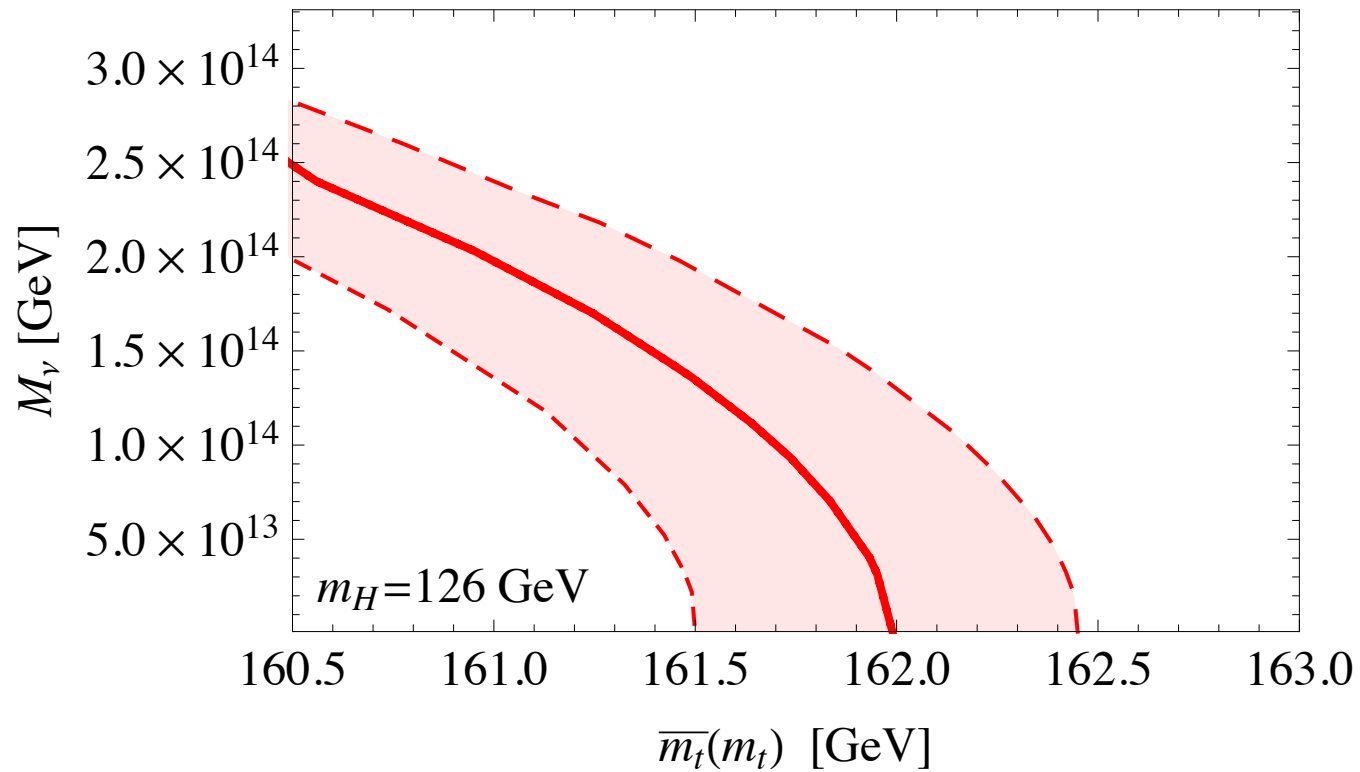
$$\mu < M_\nu$$

$$\frac{dm_\nu(t)}{dt} = \kappa \left( -3g_2(t)^2 + 6h_t(t)^2 + \frac{\lambda(t)}{6} \right) m_\nu(t) .$$

so that one matches with light neutrino masses

Requirement of stability of the Higgs potential  
→  $h_\nu$  not too large → “upper bound” on  $M_\nu$

E.g. : assume one generation giving  $m_\nu=0.06$  eV



The “upper bound” is even more stringent if one does not want to waste an inflection point configuration (interesting for inflation)

