

1)

CMB Anisotropies

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The perturbations generated by inflation (or any other mechanism people come up with in the future!) lead to fluctuations in the photon energy density, and thus on their temperature. We now discuss how this arises and what information does it provide on cosmological parameters.

Before recombination free electrons act as a glue between photons and baryons - Indeed, near recombination ($z \sim 10^3$ and assuming $\Omega_b h^2 \approx 0.02$) the comoving mean free path of a photon is just a few Mpc, pretty small by cosmological standards. Therefore, on scales $\lambda \gg \lambda_p$ photons are tightly coupled to the electrons by Thomson scattering, which in turn are tightly coupled to the baryons by Coulomb interactions.

As a result of this, the cosmological plasma was a tightly coupled photon-baryon fluid and the spectrum of anisotropies can be explained almost completely by analyzing the behavior of this pre-recombination fluid. In particular the bulk velocities are defined by a single fluid velocity $v_B = v_p$ and the photons carry no anisotropy in the rest frame of the baryons.

Photons are conserved, continuity gives:

$$\frac{\partial \bar{n}_\gamma}{\partial t} + 3n_\gamma H + \bar{\nabla} \cdot [n_\gamma \vec{v}_\gamma] = 0$$

Note in the absence of perturb.

$$\frac{\partial n_\gamma}{\partial t} + 3H n_\gamma = 0 \Rightarrow n_\gamma \propto a^{-3}$$

as it should be.

Linearizing as usual: $n_\gamma = \bar{n}_\gamma + \delta n_\gamma$

$$\frac{\partial \delta n_\gamma}{\partial t} + 3H \delta n_\gamma + \bar{n}_\gamma \bar{\nabla} \cdot \vec{v}_\gamma = 0 \Rightarrow \frac{\partial}{\partial t} \left(\frac{\delta n_\gamma}{\bar{n}_\gamma} \right) + \bar{\nabla} \cdot \vec{v}_\gamma = 0$$

We define a temperature fluctuation $\frac{\delta T}{T}$ by (since $\bar{n}_\gamma \propto T^3$)

$$\frac{\delta n_\gamma}{\bar{n}_\gamma} = 3 \frac{\delta T}{T} \Rightarrow \boxed{\frac{\partial}{\partial t} \left(\frac{\delta T}{T} \right) + \frac{1}{3} \bar{\nabla} \cdot \vec{v}_\gamma = 0}$$

To consider momentum conservation, recall that in the relativistic (2) the momentum is $(\rho + p)v$ for a perfect fluid. The ratio of momentum densities for baryons to photons is:

$$R \equiv \frac{(\bar{p}_b + \bar{p}_\gamma) v_b}{(\bar{p}_\gamma + \bar{p}_\gamma) v_\gamma} \approx \frac{\bar{p}_b + \bar{p}_b}{\bar{p}_\gamma + \bar{p}_\gamma} \underset{\substack{\uparrow \\ \text{tight} \\ \text{coupling}}}{=} \frac{3}{4} \frac{\bar{p}_b}{\bar{p}_\gamma} \approx 0.6 \frac{\rho_b h^2}{0.02} \frac{1000}{1+z}$$

$\bar{p}_b = 0$
 $\bar{p}_\gamma = \frac{1}{3} \bar{p}_\gamma$

while $R \ll 1$ well before REC, R becomes of order 1 @ REC. Also, the ratio of MAT to RAD is

$$\frac{\bar{p}_m}{\bar{p}_r} \approx 3.6 \frac{\rho_m h^2}{0.15} \frac{1000}{1+z}$$

it is a reasonable approximation to ignore radiation as a first step ($\bar{p}_m/\bar{p}_r > 1$ for REC) - In the following we will work in the approximation that $\bar{p} \approx \bar{p}_m$, and therefore use $\epsilon_{\text{eff}} = 1$ results, in particular that a gravitational potential Φ is constant in time. Most of the time we will also use $R=0$ for simplicity. Relaxing these assumptions does not lead to a significant difference from the picture discussed here -

Momentum density for the baryon-photon fluid is

$$(\rho_\gamma + p_\gamma) v_\gamma + (\rho_b + p_b) v_b \approx \underset{\substack{\uparrow \\ \text{tight} \\ \text{coupling}}}{=} (\rho_\gamma + p_\gamma + \rho_b + p_b) v_\gamma = (1+R) (\rho_\gamma + p_\gamma) v_\gamma$$

Then conservation reads:

$$\frac{\partial}{\partial z} [(1+R) (\rho_\gamma + p_\gamma) v_\gamma] + 4\mathcal{H} [(1+R) (\rho_\gamma + p_\gamma)] v_\gamma = -\bar{\nabla} p_\gamma - (1+R) (\rho_\gamma + p_\gamma) \bar{\nabla} \Phi$$

Since velocities are first order, linearizing we just replace $(\rho_\gamma + p_\gamma) \rightarrow (\bar{\rho}_\gamma + \bar{p}_\gamma)$

$$\boxed{\frac{\partial v_\gamma}{\partial z} + \frac{R'}{1+R} v_\gamma = -\frac{\bar{\nabla} p_\gamma}{(1+R) (\bar{\rho}_\gamma + \bar{p}_\gamma)} - \bar{\nabla} \Phi}$$

$$' \equiv \frac{\partial}{\partial z}$$

Now we combine the two conservation laws as usual to derive an evolution

Equation for $\frac{\delta T}{T}$:

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$$\frac{\partial^2}{\partial \tau^2} \left(\frac{\delta T}{T} \right) + \frac{1}{3} \underbrace{\frac{\partial}{\partial \tau} (\bar{v} \cdot \bar{v}_g)}_{-\frac{k^2}{1+R}} = 0$$

$$-\frac{k^2}{1+R} \bar{v} \cdot \bar{v}_g - \frac{\nabla^2 p_g}{(1+R)(\bar{p}_g + \bar{p}_\gamma)} - \nabla^2 \Phi$$

itch to Fourier space, $\nabla^2 \rightarrow -k^2$ and using $\partial/\partial \tau = \prime$

$$\left(\frac{\delta T}{T} \right)''_k + \frac{R'}{1+R} \left(\frac{\delta T}{T} \right)'_k + \frac{k^2}{3} \frac{p_k}{(1+R)(\bar{p}_g + \bar{p}_\gamma)} = -\frac{k^2}{3} \Phi_k$$

if since $p_k = \frac{1}{3} \delta p_k = \frac{4}{3} \left(\frac{\delta T}{T} \right)_k \bar{p}_g$ then,

$c_s^2 = 1/3$
for R=0

$$\frac{p_k}{3} \frac{1}{(1+R)(\bar{p}_g + \bar{p}_\gamma)} = \frac{1}{3} \left(\frac{\delta T}{T} \right)_k \frac{4/3 \bar{p}_g}{(1+R) 4/3 \bar{p}_g} \equiv c_s^2 \left(\frac{\delta T}{T} \right)_k$$

we $c_s^2 = \frac{1}{3} \frac{1}{1+R}$ is the effective sound speed of the baryon-photon fluid.

as baryons become important c_s^2 is reduced as baryons add extra mass but significant pressure. In the limit $R \rightarrow 0$, $c_s^2 \rightarrow 1/3$.

then we obtain

$$\boxed{\left(\frac{\delta T}{T} \right)''_k + \frac{R'}{1+R} \left(\frac{\delta T}{T} \right)'_k + c_s^2 k^2 \left(\frac{\delta T}{T} \right)_k = -\frac{k^2}{3} \Phi_k}$$

is the equation of motion for a damped & forced harmonic oscillator!

let's discuss this equation, starting from the simplest case, $R=R'=0$ and $\Phi_k=0$, i.e. no damping and no forcing (ignoring baryons). Then

$$\left(\frac{\delta T}{T} \right)''_k + c_s^2 k^2 \left(\frac{\delta T}{T} \right)_k \approx 0$$

then the general solution is

$$\left(\frac{\delta T}{T} \right)_k(\tau) = \left(\frac{\delta T}{T} \right)_k(0) \cos(ks) + \left(\frac{\delta T}{T} \right)'_k(0) \frac{\sin(ks)}{kc_s}$$

where the sound horizon (comoving) is defined as $s \equiv \int_0^\tau c_s d\tau$

Physically, these ^{acoustic} oscillations correspond to the heating and cooling of the fluid as it is compressed and rarefied.

In order to determine $(\delta T/T)_k$ we need a theory of initial conditions. From inflation we expect $(\delta T/T)_k(0)$ and $(\delta T/T)'_k(0)$ will be related to the curvature perturbation R_k , which as we saw is linearly proportional to Φ_k . In GR, the gravitational potential Φ is the time-time (00) perturbation of the metric, corresponding to a temporal shift $\frac{\delta t}{t} \sim \Phi$. Since the temperature $T \sim \frac{1}{a}$ and $a \sim t^{2/[3(1+w)]}$ the fractional change in temperature is

$$\frac{\delta T}{T} = -\frac{\delta a}{a} = -\frac{2}{3} \frac{1}{1+w} \frac{\delta t}{t} = \begin{cases} -\frac{1}{2} \Phi & \text{RAD } (w=1/3) \\ -\frac{2}{3} \Phi & \text{MAT } (w=0) \end{cases}$$

and through $\Phi_k = \frac{-3(1+w)}{5+3w} R_k$ gives the relation setup for $(\delta T/T)_k$ initial conditions to R_k . Now remember that for curvature (adiabatic) perturbations (as we assumed) R_k is conserved at large scales, therefore these initial conditions will correspond to selecting the cosine solution, i.e. $(\frac{\delta T}{T})_k(0) \neq 0$ but $(\frac{\delta T}{T})'_k(0) = 0$. Then we have:

$$\left(\frac{\delta T}{T}\right)_k(t) = \left(\frac{\delta T}{T}\right)_k(0) \cos(ks) \quad \text{with } \left(\frac{\delta T}{T}\right)_k(0) \propto R_k$$

which at recombination $s \equiv s_*$ gives simply

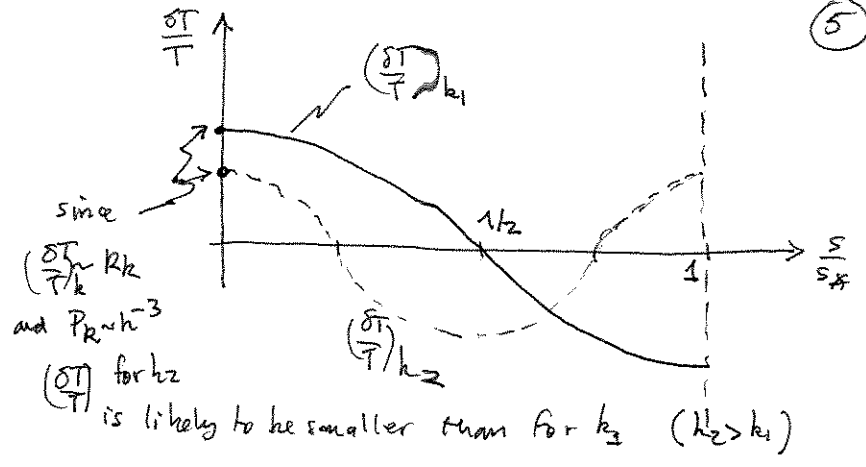
$$\left(\frac{\delta T}{T}\right)_k^* = \left(\frac{\delta T}{T}\right)_k(0) \cos(ks_*)$$

Note that for $ks_* \ll 1$ $\cos(ks_*) \approx 1$ and $\left(\frac{\delta T}{T}\right)_k^* \approx \left(\frac{\delta T}{T}\right)_k(0)$ so at large scales we just see the primordial fluctuations, which from inflation should have approximate Harrison-Zel'dovich spectrum. Now, looking at this expression we see that at smaller scales the modes which are caught in the extrema of their oscillation will have enhanced fluctuations. This

happens for:

$$\ln S_H = n\pi$$

The mode k_2 corresponds to a mode that completes half an oscillation, recombination, the second mode corresponds to a full oscillation, etc.



Since we are ~~more~~ interested in the lower spectrum, the main observable, we have

$$\left[\frac{\delta T}{T} \right]_k \Big|_{@REC} = \left[\left(\frac{\delta T}{T} \right)_{(0)} \right]^2 \cos^2(k S_H)$$

⇒ The spectrum will have peaks corresponding to multiples of $\frac{\pi}{S_H}$, a fundamental scale given by the sound horizon @ REC. These peaks will be harmonically related, in the sense that their separations will be in ratios 1:2:3...

In practice, as we'll discuss below, what we observe is not the 3D distribution $\left(\frac{\delta T}{T} \right)_k$ but rather its projection into the 2D sky as photons travel to us from the surface of last scattering (where they last scattered free electrons, right after REC (ignoring reionization ^{much} later)).

These peaks will appear at angular scales mapped from k_n by the angular diameter distance:

$$\begin{cases} l_1 \approx k_1 d_A \\ \theta_1 \approx \frac{2\pi}{l_1} = \frac{2\pi}{k_1 d_A} \end{cases} \quad \left(\begin{array}{l} l: \text{ is Legendre multipole, since in 2D} \\ \text{sky we decompose into spherical harmonics} \\ \text{(instead of Fourier modes, see below)} \end{array} \right)$$

where the angular diameter distance is (recall the FRW metric):

$$ds^2 = -dt^2 + a^2(t) \left[\frac{dr^2}{1-kr^2} + r^2 \underbrace{(d\theta^2 + \sin^2\theta d\phi^2)}_{\equiv d\vec{x}^2} \right] \equiv -dt^2 + a^2(t) \left[\underbrace{d\vec{y}^2}_{\substack{\uparrow \\ \text{comoving} \\ \text{dist.}}} + f^2(\chi) \underbrace{d^2\alpha}_{\substack{\uparrow \\ \text{comoving} \\ \text{angular} \\ \text{dist.}}} \right]$$

where $\chi = \int \frac{dt}{a} = \tau$ for a radial geodesic = light path (6)

a comoving distance to REC is then: $\Delta\chi = \tau_0 - \tau_* \approx \tau_0$

or the angular (comoving) distance we have $f(\chi) = \begin{cases} \sin \chi & k=1 \\ \chi & k=0 \\ \sinh \chi & k=-1 \end{cases}$

rather, for a flat universe $d_A = d_{\text{comov}} = \chi = \tau$, so

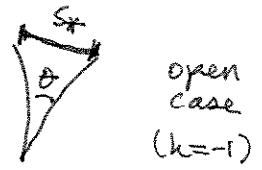
$$\theta_1 \approx \frac{2\pi}{\frac{\pi s_*}{s_*}} \sim \frac{2\pi}{\pi} \frac{\tau_*}{\sqrt{3}} \frac{1}{\tau_0} \sim \frac{\tau_*}{\tau_0} \sim \sqrt{\frac{a_*}{a_0}} \sim \frac{1}{300} \rightarrow 2^\circ$$

\uparrow $s_* \approx \frac{c_*}{\sqrt{3}}$ \uparrow MAT $q \approx 1/2$ \uparrow $z_* \approx 1000$

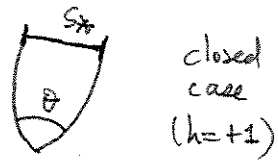
or $l_1 \sim \frac{2\pi}{\theta_1} \approx 200$ ← angular position of first "acoustic peak"

If the universe is not flat a given characteristic distance s_* corresponds to a different angular scale.

For an open universe the same s_* subtends a smaller angle \Rightarrow first peak in power spectrum moves to higher l 's



For a closed universe the angular scale corresponding to s_* is larger \Rightarrow first peak moves to lower l 's



Therefore, the sound horizon provides a fiducial scale (sometimes described as a "ruler" or "yardstick") that we can use to test the geometry of the universe! In practice this must be done more carefully than described here, e.g. s_* depends on baryon density and matter-radiation ratio so it is not exactly $\tau_*/\sqrt{3}$, and the angular diameter distance involves the Hubble constant which depends on dark energy density and its equation of state.

Another approximation done above to derive the angular position of acoustic peaks is to use that perturbations are purely in the adiabatic mode (cosine dependence is the only one excited). The opposite situation would be to

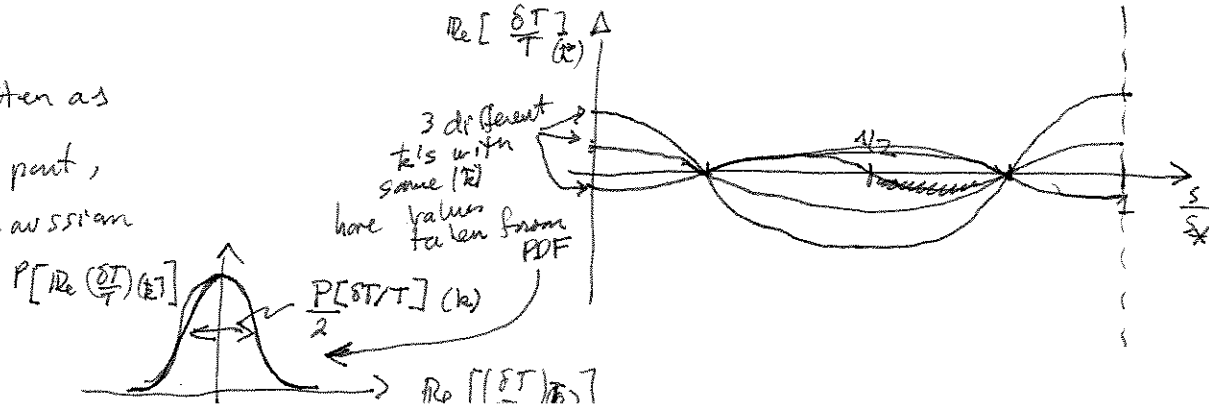
create the isocurvature mode for which $R_k = 0$ and $R_k' \neq 0$, corresponding to the sine solution - In this case acoustic oscillations lead to peaks at different positions corresponding to

$$k_n s_* = (n + \frac{1}{2}) \pi \quad (\text{isocurvature})$$

herefore, for given s_* these peaks will appear at different angular position if d_A is the same - Given the angular scale of peaks observed, which are consistent with pure adiabatic modes in flat universe, one would need to drastically change the angular diameter distance d_A by making the universe closed by a large Λ , so pure isocurvature modes are ruled out by CMB observations - However, if one considers an arbitrary admixture of adiabatic & isocurvature modes, ~~the~~ as long as the dominant component is adiabatic things are observationally acceptable, and flatness is coupled to many parameters (cosmological) as well as initial conditions (e.g. % of isocurvature modes), so it is harder to say something unclusive -

Other models than inflation that generate fluctuations causally, such as phase transitions leading to topological defects, give quite different predictions - The reason is that in the case of inflationary curvature perturbations all k -modes have the same initial conditions, $(\frac{\delta T}{T})_i \neq 0$ and $(\frac{\delta T}{T})'_i(k) = 0$, independent of k - that means all the oscillators are in phase, e.g. for k modes with the same $|k|$ we have the following behavior:

$(\frac{\delta T}{T})(k)$ can be written as a real & imaginary part, both of which are Gaussian fields so e.g.:



Although their Fourier coefficients are not the same (being taken out of a Gaussian random field with a Harrison-Zeldovich power spectrum), next k 's oscillate in phase so when $s = s_*$ @ $R \ll 1$ all of them ~~have~~ have the same modulation of the initial fluctuations.

On the other hand in models where perturbations are generated by topological defects lead to phases that depend on k or even on k^2 for $k \gg k_*$, so one has $\cos[k s + \phi(k)]$ instead of $\cos(k s)$. This leads to temporal incoherence and the temperature fluctuations $s = s_*$ are not simply related to the initial conditions, i.e.

$$\left| \left(\frac{\delta T}{T} \right)_k^* \right|^2 = \left| \sum_k \left(\frac{\delta T}{T} \right)_k^{(0)} \cos[k s_* + \phi(k)] \right|^2 \quad \text{is not simply related to} \quad \left| \sum_k \left(\frac{\delta T}{T} \right)_k^{(0)} \right|^2$$

like in the curvature fluctuations case:

$$\left| \left(\frac{\delta T}{T} \right)_k^* \right|^2 = \left| \sum_k \left(\frac{\delta T}{T} \right)_k^{(0)} \cos(k s_*) \right|^2 = \cos^2(k s_*) \left| \sum_k \left(\frac{\delta T}{T} \right)_k^{(0)} \right|^2$$

As a result of this, in defect models, there are no acoustic peaks in the temperature spectrum. The detection of acoustic peaks therefore rules out the viability of such models providing the dominant mechanism for perturbation generation.

Now let's go back to the equation of motion for temperature fluctuations and add the gravitational potential forcing (still keeping $R \ll 1$, i.e. baryon inertia)

$$\left(\frac{\delta T}{T} \right)_k'' + c_s^2 k^2 \left(\frac{\delta T}{T} \right)_k = -\frac{k^2}{3} \Phi_k$$

recall that we are assuming MAT domination and Φ_k is indep of time in this case. Since $c_s^2 = 1/3$ ($R \ll 1$) we can simply rewrite this equation as:

$$\left(\frac{\delta T}{T} + \Phi \right)_k'' + c_s^2 k^2 \left(\frac{\delta T}{T} + \Phi \right)_k = 0$$

Therefore, the solution is just an offset version of the previous 9
 with $\Phi_k = 0$:

$$\left(\frac{\delta T}{T} + \Phi\right)_k(t) = \left(\frac{\delta T}{T} + \Phi\right)_k(0) \cos(ks)$$

that the effect of gravitational forcing is to change the zero-point oscillation. As we discussed above $\left(\frac{\delta T}{T}\right)_{k=0} = -\frac{2}{3}\Phi(0)$ during MAT so we can rewrite this as:

$$\left(\frac{\delta T}{T}\right)_k^{\text{eff}} \equiv \left(\frac{\delta T}{T} + \Phi\right)_k(t) = \frac{1}{3} \Phi_k(0) \cos(ks)$$

(as usual, by $t=0$ we mean when a given mode crosses H^{-1} back, that's where we are imposing "initial conditions")

effective temperature thus oscillates about zero.

notice that this effective temperature is also the observed temperature fluctuation, photons lose energy climbing out of gravitational potentials at REC. therefore, this is physically what we are after. Notice that in the $k \rightarrow 0$ limit ($ks \ll 1$)

$$\left(\frac{\delta T}{T}\right)_k^{\text{eff}} \approx \frac{1}{3} \Phi_k(0)$$

is a famous result, the Sachs-Wolfe effect - It implies that overdensities (where $\Phi < 0$) correspond to cold spots in the temperature maps (photons climb out of the potential and get redshifted).

Now let's include the baryons. For simplicity we work in the adiabatic approximation where $k \gg k_s$, so we can ignore the time dependence of the baryon to photon momentum densities. We still work under the assumption of baryon domination where $\Phi' \approx 0$. Then we have

$$\left(\frac{\delta T}{T}\right)_k'' + c_s^2 k^2 \left(\frac{\delta T}{T}\right)_k \approx -\frac{k^2}{3} \Phi_k \quad c_s^2 = \frac{1}{3} \frac{1}{1+R}$$

this can be rewritten as

$$\left(\frac{\delta T}{T} + (1+R)\Phi\right)_k'' + c_s^2 k^2 \left(\frac{\delta T}{T} + (1+R)\Phi\right)_k = 0$$

with solution

$$\left(\frac{\delta T}{T} + (1+R)\Phi\right)_k \Big|_{t=0} = \left(\frac{\delta T}{T} + (1+R)\Phi\right)_k \Big|_{t=0} \cos(ks)$$

for the observed effective temperature:

$$\left(\frac{\delta T}{T}\right)_k^{eff} \Big|_{t=0} = \left(\frac{\delta T}{T} + \Phi\right)_k \Big|_{t=0} = -R\Phi_{k(0)} + \left(\frac{\delta T}{T} + (1+R)\Phi_k\right) \Big|_{t=0} \cos(ks)$$

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 Φ index of time

- initial conditions
 $\frac{\delta T}{T}(0) = -\frac{2}{3}\Phi$

$$\left(\frac{\delta T}{T}\right)_k^{eff} \Big|_{t=0} = -R\Phi_{k(0)} + \left(R + \frac{1}{3}\right)\Phi_{k(0)} \cos(ks)$$

$$s = \int_0^{t_{obs}} \frac{dt}{\sqrt{3(1+R)}}$$

baryon-photon ratio R enters in three different ways

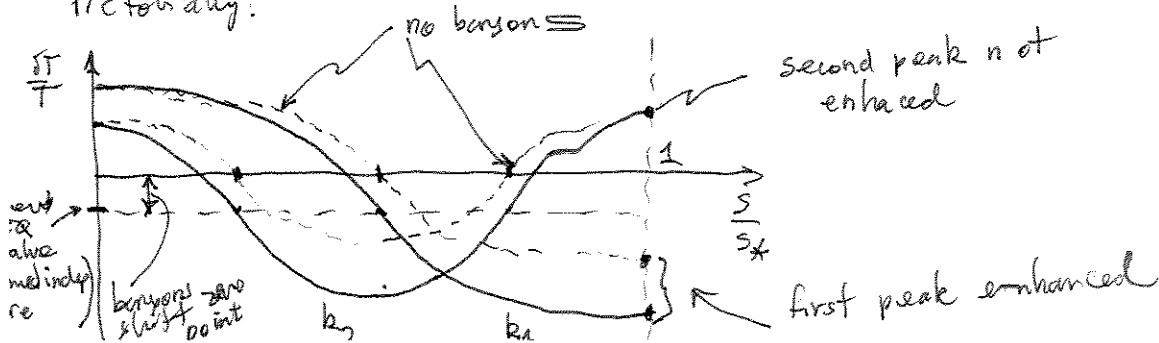
- i) the sound speed is decreased \Rightarrow sound horizon @ $n=0$ s_* is smaller \Rightarrow peaks in l will move to the right $l_1 \propto \sqrt{1+R}$
- ii) the oscillation amplitude is enhanced by a factor $(1+3R)$
- iii) the zero-point of oscillation is shifted, as expected since additional inertia of baryons means the equilibrium point of oscillator shifts in the gravitational field. This has important consequences, as the amplitude of the peaks is now modulated

$$\left| \left(\frac{\delta T}{T}\right)_k^{eff} \Big|_{\text{odd peaks}} \right| = (2R + \frac{1}{3})|\Phi_k| = (6R + 1) \frac{1}{3} |\Phi_k|$$

$$\left| \left(\frac{\delta T}{T}\right)_k^{eff} \Big|_{\text{even peaks}} \right| = \frac{1}{3} |\Phi_k|$$

Therefore baryons enhance every other peak, physically the extra gravity provided by the baryons enhance the compression into potential wells.

Practically:



We can write down the power spectrum of temperature fluctuations (1)
 + recombination:

$$\left\langle \left| \left(\frac{\delta T}{T} \right)_k^{eff} \right|^2 \right\rangle_{REC} = \left| \Phi_k^{(0)} \right|^2 \left| \left(R + \frac{1}{3} \right) \cos(kS_*) - R \right|^2$$

we gives a basic picture of how acoustic oscillations will be reflected in the CMB spectrum. However, there are some important effects that we have neglected so far that give corrections to this:

1) Decays of potentials

As we mention at the beginning, the ratio of MAT to RAD is

$$\frac{\bar{\rho}_M}{\bar{\rho}_R} \approx 3.6 \frac{5 \text{ m}^2}{0.15} \frac{1000}{1+z}$$

so it is not completely negligible, in particular before REC. As we discussed when working out the transfer function, the potential Φ_k decays (when ^{zero is} significant RAD) ~~for~~ for scales less than H^{-1} . This has two effects: i) the time dependent decaying potential drives the oscillator since it is actually timed ~~to~~ to leave the fluid maximally compressed with no gravitational potential to fight as it turns around, this enhances the peaks by about a factor of ~ 4 (in $\delta T/T$). This effect means that the alternating peak heights from the baryon inertia is not quite realized in practice - ii) because potentials are decaying there is an extra effect due to photons gaining energy as they drop into potential wells but not giving it back later when they climb out because potential decays - This is known as the Integrated Sachs-Wolfe effect (ISW) - This "early" ISW amplifies the first peak, "early" because it is due to $\dot{\Phi}$ during RAD-MAT transition - There is also a "late" ISW effect due to dark energy, as photons travel to us - Again potentials decay due to acceleration of the universe, this enhances the low l part of the spectrum before the

first peak -

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2) From k to l

We'll give expressions for this below, but since a given k-mode contributes to many l's there will be no zeros in the spectrum in l space, only some low values (troughs).

3) Doppler effect

So far we ignored that velocities of the baryon-photon fluid lead to Doppler shifts in δT that we observe. This adds an "out of phase" component (since $v \propto \sin(kx)$ for $\delta T \sim \cos(kx)$) and fills in the troughs and raises the overall fluctuation amplitude, decreasing the ratio of peak to trough amplitudes.

4) Damping

At small scales, where λ is comparable to photon mean free path, the fluid approximation breaks down. This leads to viscosity and heat conduction that damps acoustic oscillations, in practice this damps the 4th and higher peaks.

There are other interesting effects that we have no time to discuss, e.g. the impact of tensor modes, reionization, and polarization.

Now let's briefly discuss the mapping from k to l. We describe the temperature $T(\vec{x})$ by its Fourier transform:

$$T(\vec{x}) = \int \frac{d^3k}{(2\pi)^3} T(\vec{k}) e^{i\vec{k}\cdot\vec{x}}$$

with power spectrum

$$\langle T(\vec{k}) T(\vec{k}') \rangle = (2\pi)^3 \delta_{\vec{k}+\vec{k}'} P_T(k)$$

(Note different Fourier convention here! to be consistent with CMB literature)

As usual the variance in real space is

$$\langle T(\vec{x})^2 \rangle = \int \frac{d^3k}{(2\pi)^3} P(k) = \int dk k \Delta_T(k)$$

$$\text{where } \Delta_T(k) \equiv \frac{4\pi k^3 P_T(k)}{(2\pi)^3}$$

The temperature field at $s=s_*$ that comes to us can be written as:

$$T(\hat{n}) = \int \frac{d^3k}{(2\pi)^3} T(\vec{k}) e^{i\vec{k} \cdot \hat{n} D_*}$$

where $D_* = r - r_*$ is the comov. distance to the last-scattering surface (assume flat univ.)

Expanding the plane wave in spherical coordinates (Rayleigh expansion):

$$e^{i\vec{k} \cdot \hat{n} D_*} = 4\pi \sum_{l,m} i^l j_l(k D_*) Y_{lm}^*(\vec{k}) Y_{lm}(\hat{n})$$

we have the multipole moments T_{lm}

$$T_{lm} = \int \frac{d^3k}{(2\pi)^3} T(\vec{k}) 4\pi i^l j_l(k D_*) Y_{lm}(\vec{k})$$

its power spectra:

$$\begin{aligned} \langle T_{lm}^* T_{l'm'} \rangle &= \int \frac{d^3k}{(2\pi)^3} (4\pi)^2 i^{l-l'} j_l(k D_*) j_{l'}(k D_*) Y_{lm}^*(\vec{k}) Y_{l'm'}(\vec{k}) P_T(k) \\ &= \delta_{ll'} \delta_{mm'} 4\pi \int dk k j_l^2(k D_*) \Delta_T(k) \end{aligned}$$

for a slowly varying $\Delta_T(k)$ (remember in Hz case $\Delta_T(k) = \text{const.}$), use

$$\int_0^\infty j_l^2(x) dx = \frac{1}{2l(l+1)}, \quad \text{we have:}$$

$$C_l \equiv \frac{4\pi \Delta_T(l/D_*)}{2l(l+1)} = \frac{2\pi}{l(l+1)} \Delta_T(l/D_*)$$

That's why plots usually show $\frac{l(l+1)}{2\pi} C_l = \Delta_T(l/D_*)$ is the dimensionless power spectrum.

[show results]