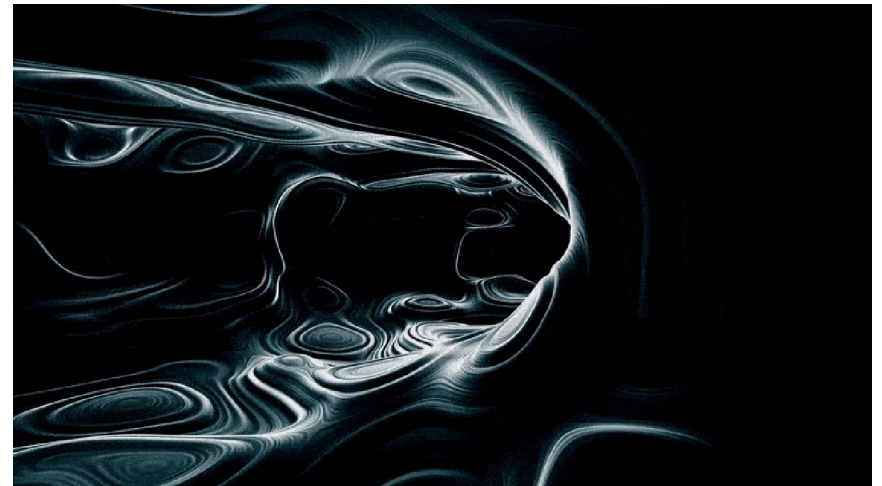
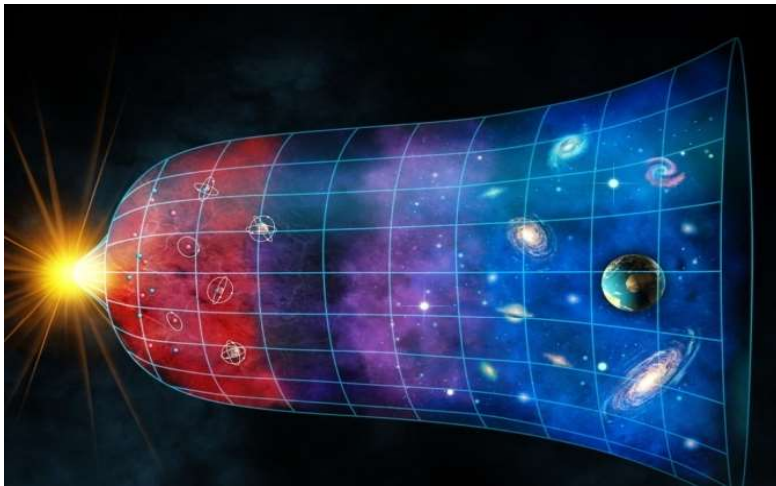


28th International Workshop

“What Comes Beyond the Standard Models?”

(July 2025)



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**Resolving the Cosmological Constant problem
via quantum space-time uncertainty**

Relating Cosmological Constant Problem to Quantum space-time Uncertainty



A LETTERS JOURNAL EXPLORING
THE FRONTIERS OF PHYSICS



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IOP Institute of Physics

Unraveling the mystery of the cosmological constant:
Does spacetime uncertainty hold the key?^(a)

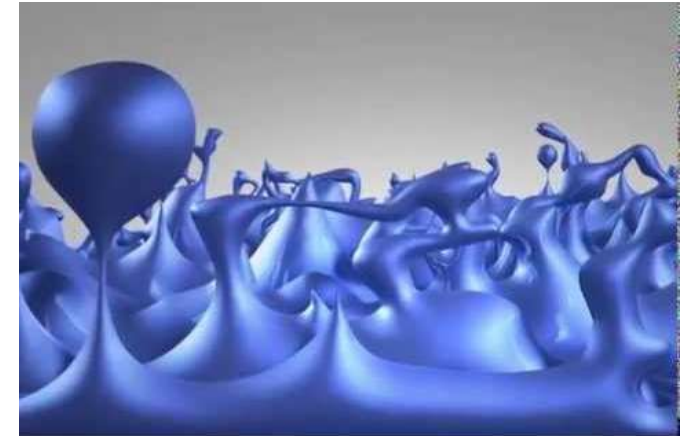
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Essay received honorable mention in the 2023 Gravity
Research Foundation Competition.

Outline

- Brief review of the Cosmological Constant problem
- Planck scale (L_{Pl}) implies quantum uncertainty in space-time metric
- Heuristic argument: Einstein power emergent from Planck scale
- Replace L_{Pl} cut-off with phenomenological length scale (L_Z) obtained from vacuum energy causing **observed** expansion
- L_Z is geometric mean of L_{Pl} and the observable universe, L_U
- L_Z is consistent with uncertainty in macroscopic quantum systems
- **Effective** QFT vacuum energy at Planck scale now matches cosmological vacuum energy
- Time-dependence of space-time uncertainty in an FLRW universe and evolution of the Cosmological “Constant”

QFT vacuum energy density

Vacuum energy density from Quantum Field Theory (QFT)

$$\rho_{\text{QFT}} = \frac{1}{(2\pi\hbar)^3} \int_0^{P_Z} \left(\frac{1}{2}\hbar\omega\right) d^3p = \frac{1}{16\pi^3\hbar^3} \int_0^{P_Z} \sqrt{p^2c^2 + m^2c^4} d^3p$$

where P_Z is the cut-off momentum. (Weinberg, 1989)

- **Lorentz flat space-time geometry is assumed.**

$$\eta_{\mu\nu} p^\mu p^\nu = -m^2c^2 \quad \rightarrow \quad E^2 = m^2c^4 + p^2c^2$$

- This vacuum energy is used to predict cosmological expansion of the universe using Einstein field equations of GR, therefore the **assumption of flat space-time is inherently flawed.**

Comparing QFT and GR vacuum energy

Spherical momentum space ($mc \ll p$):

$$\rho_{\text{QFT}} \approx \frac{c}{16\pi^3 \hbar^3} \int_0^{P_Z} p (4\pi p^2 d^3 p) = \frac{c}{16\pi^2 \hbar^3} P_Z^4 = \frac{\hbar c}{16\pi^2 L_Z^4}$$

where De Broglie relation, $P_Z = \hbar / L_Z$, gives L_Z as cut-off length.

- **Planck scale cut-off:** $L_Z = L_{\text{Pl}} = \sqrt{G\hbar / c^3}$.

$$\rho_{\text{QFT}} \approx \frac{c^7}{16\pi^2 G^2 \hbar} \sim 10^{111} \frac{\text{J}}{\text{m}^3} \quad \text{or } 10^{71} \text{ GeV}^4 \text{ in natural units.}$$

- **Compare to GR:** $G_{\mu\nu} + \Lambda g_{\mu\nu} = \frac{8\pi G}{c^4} T_{\mu\nu} \rightarrow G_{\mu\nu} = \frac{8\pi G}{c^4} (T_{\mu\nu} + T_{\mu\nu}^\Lambda)$
 where $T_{\mu\nu}^\Lambda \equiv -\frac{c^4 \Lambda}{8\pi G} g_{\mu\nu} \rightarrow T_{00}^\Lambda \approx \frac{c^4 \Lambda}{8\pi G}$

$$\rho_\Lambda \equiv \frac{c^4 \Lambda}{8\pi G} \sim 10^{-10} \frac{\text{J}}{\text{m}^3} \quad \text{or } 10^{-47} \text{ GeV}^4 \text{ in natural units.}$$

Cosmological Constant problem and Planck scale

Ratio of energy densities:
$$\frac{\rho_{\text{QFT}}}{\rho_{\Lambda}} \approx \frac{c^3}{Gh\Lambda} \sim \frac{10^{111} \text{ J/m}^3}{10^{-10} \text{ J/m}^3} = 10^{121}$$

Reasons to question this result:

- Lorentz flat space-time geometry was assumed in **expanding** universe.
- G may vary with cosmological time: $G \sim 1/t$ (Dirac, 1937)
- c (and α) may vary with cosmological time (Bekenstein, 1982.)
- Planck length scale is not necessarily fundamental.

Historically, Planck quantities are not based on physical relationships but dimensional analysis as originally done by Planck.*

$$[G] = \text{M}^{-1} \text{L}^3 \text{T}^{-2}, \quad [h] = \text{M}^1 \text{L}^2 \text{T}^{-1}, \quad [c] = \text{M}^0 \text{L}^1 \text{T}^{-1}$$

*Planck (1899), Meschini (2007), Tank (2011)

Planck quantities by Planck himself

Wählt man nun die »natürlichen Einheiten« so, dass in dem neuen Maasssystem jede der vorstehenden vier Constanten den Werth 1 annimmt, so erhält man als Einheit der Länge die Grösse:

$$\sqrt{\frac{bf}{c}} = 4.13 \cdot 10^{-33} \text{ cm},$$

als Einheit der Masse:

$$\sqrt{\frac{bc}{f}} = 5.56 \cdot 10^{-5} \text{ gr},$$

als Einheit der Zeit:

$$\sqrt{\frac{bf}{c^5}} = 1.38 \cdot 10^{-43} \text{ sec},$$

als Einheit der Temperatur:

$$a \sqrt{\frac{c^5}{bf}} = 3,50 \cdot 10^{32} \text{ Cels.}$$

M. Planck, “Über irreversible Strahlungsvorgänge,” Sitzungsberichte der Königlich Preussischen Akademie der Wissenschaften zu Berlin (1899).

Deriving Planck quantities from *physical* relationships

Compton wavelength: $\lambda_c = \frac{h}{mc}$
(length scale of a
quantum particle)

Schwarzschild radius: $R_s = \frac{2Gm}{c^2}$
(**classical** length scale
of a black hole)

Equating λ_c (**quantum scale**) and R_s (**classical scale**) leads to Planck mass and Planck length:

$$m_{\text{PL}} = \sqrt{\frac{hc}{G}} \sim 10^{-8} \text{ kg}$$

$$L_{\text{PL}} = \sqrt{\frac{Gh}{c^3}} \sim 10^{-35} \text{ m}$$

This is a **mesoscale** (classical) mass scale but a **miniscule** (quantum) length scale which implies an important connection between classical and quantum scales.

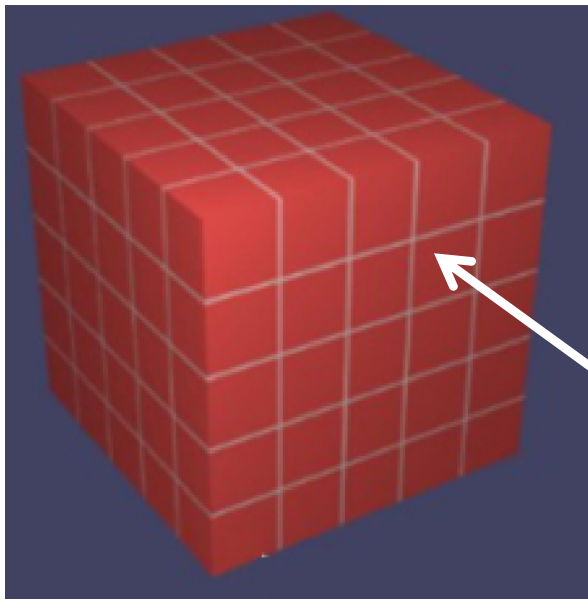
This implies that ignoring the quantum uncertainty of space-time could be the cause for the Cosmological Constant Problem.

Planck Mass (classical) compared to Planck Length (quantum)

Planck volume:

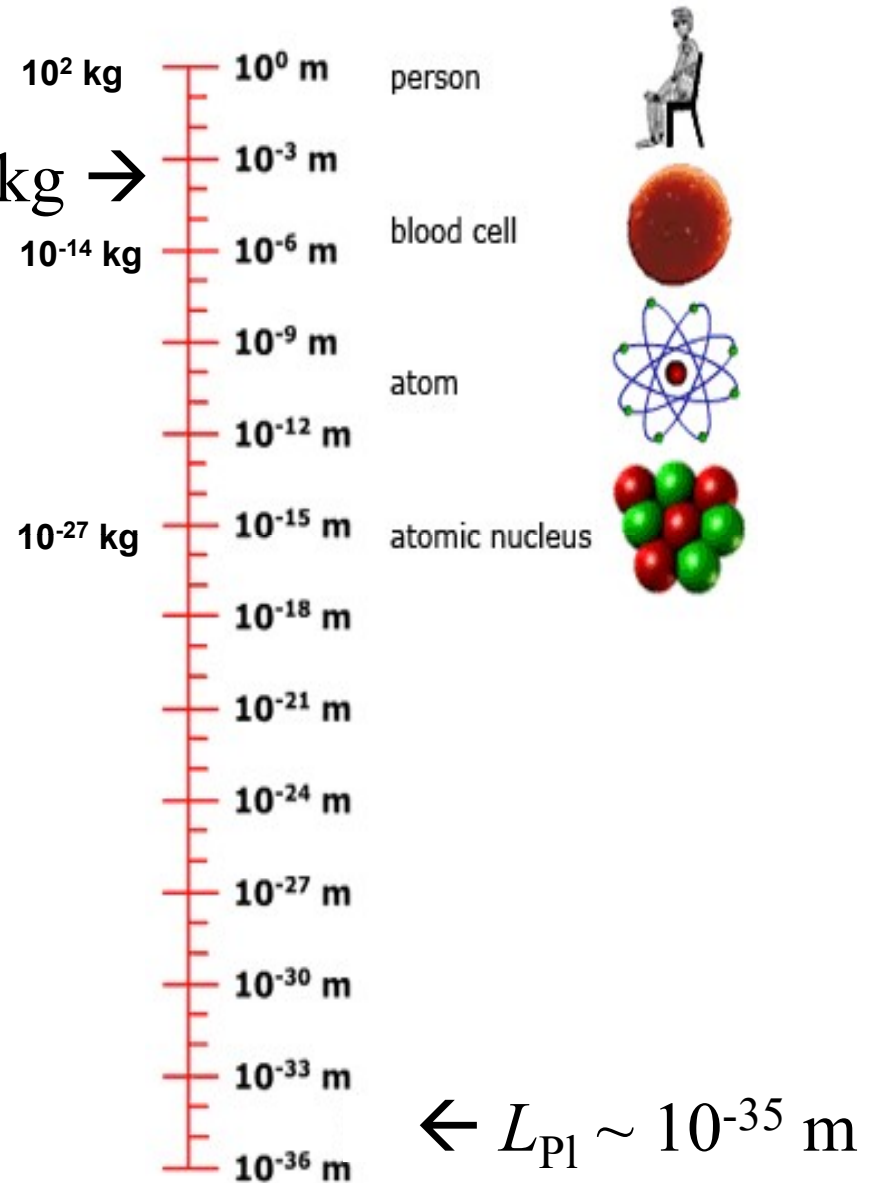
$$V_{\text{Pl}} = L_{\text{Pl}}^3 \sim 10^{-105} \text{ m}^3$$

Planck scale predicts a **classical** mass scale enclosed in a **quantum** volume scale (Planck unit cell).



Planck volume
(unit cell)

$$m_{\text{Pl}} \sim 10^{-8} \text{ kg} \rightarrow$$



Classical Einstein power emergent from Planck quantities

Planck energy: $E_p = m_p c^2 = \sqrt{hc^5 / G} \sim 10^9 \text{ J} \sim 10^{28} \text{ eV}$

Planck time: $t_{\text{PL}} = \frac{L_{\text{PL}}}{c} = \sqrt{\frac{Gh}{c^5}} \sim 10^{-43} \text{ s}$

Planck power: $P_p = \frac{E_p}{t_p} = \frac{\sqrt{hc^5 / G}}{\sqrt{Gh / c^5}} = \frac{c^5}{G} \sim 10^{52} \text{ W}$

Notice Planck's constant (**quantum**) cancels and the Result is only in terms of G and c which are constants in **classical** General Relativity. Therefore, the power can be named the **Einstein** power: $P_E = c^5 / G$

Coefficient of classical GR emergent from Planck quantities

Planck/Einstein power is related to force by $P_{\text{pl}} = F_{\text{pl}}c$. Then

$$F_{\text{E}} = \frac{P_{\text{E}}}{c} = \frac{c^4}{G} \sim 10^{44} N$$

Amazingly, this turns to be the constant that appears in Einstein's General Relativity (GR).

$$G^{\mu\nu} = \frac{8\pi G}{c^4} T^{\mu\nu} \quad \rightarrow \quad G^{\mu\nu} = \frac{8\pi}{F_{\text{E}}} T^{\mu\nu}$$

- The coefficient of GR (a classical theory) emerges from the Planck scale (which is quantum mechanical). It is “hidden” in the theory of GR.
- This may imply that ignoring the **explicit** role of **quantum** uncertainty of space-time (involving h) in the **classical** theory of GR is the cause of the Cosmological Constant Problem.

Newtonian space-time uncertainty

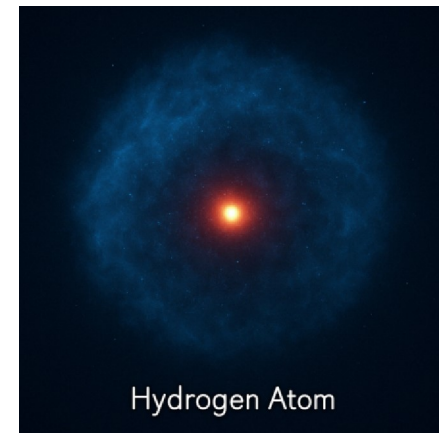
Proposal: Relate fixed cut-off to spacetime uncertainty.

- Mass distribution shapes curved space-time (GR).
- Distribution of quantum mass has fundamental uncertainty. (Example: hydrogen atom cloud.)
- It follows that curved space-time must have a fundamental uncertainty (space-time “fuzziness”).*

$$\Delta g_N \equiv \frac{U_{\text{grav}}}{U_{\text{rest}}} = \frac{m\phi_N}{mc^2} = \dots = \frac{L_{\text{Pl}}^2}{L^2}$$

where we use $\phi_N = Gm / L$, $E = mc^2$, and $E = hc / L$.

- $\Delta g_N \approx 0$ for $L \gg L_{\text{Pl}}$: insignificant space-time uncertainty
- $\Delta g_N = 1$ for $L = L_{\text{Pl}}$: max uncertainty (quantum space-time foam at Planck scale)



*Adler (2010), Regge (1958), Ng and van Dam (1995, 2000), Christiansen, et al (2011), Mead (1964, 1966), Vilkovisky (1992), DeWitt (1964), Garay (1999)

Phenomenological cut-off length scale

Equate $\rho_{\text{QFT}} \approx \frac{\hbar c}{16\pi^2 L_Z^4}$ and $\rho_\Lambda \approx \frac{c^4 \Lambda}{8\pi G}$ then solve for L_Z .

$$L_Z \approx \left(\frac{G\hbar}{2\pi c^3 \Lambda} \right)^{1/4} \approx 2 \times 10^{-5} \text{ m}$$

This is a **phenomenological** length scale obtained using the **observed** vacuum energy determined by the expansion of the universe (via the measured value of Λ).

Interpretation: $L_Z = \sqrt{L_{\text{Pl}} L_{\text{U}}}$, where L_{U} is the radius of the observable universe. This is the geometric mean of the smallest and largest length scales of the universe.*

* Zel'dovich and Krasinski (1968), Freidel, et. al.(2023), Tello, et. al. (2023)

Uncertainty principle on macroscopic length scales

📌 $\Delta x \Delta p \geq \frac{\hbar}{2}$

System	Scale	Quantum Feature	Role of Uncertainty Principle
BECs	$\sim 10\text{--}100\,\mu\text{m}$	Macroscopic wavefunction coherence	Wavefunction delocalization and thermal de Broglie overlap
Optomechanics	$\sim 50\text{--}500\,\mu\text{m}$	Quantum control of mechanical motion	Limits sensitivity in displacement sensing; governs backaction
Quantum Drum	$\sim 30\,\mu\text{m}$	Quantized vibrational states	Demonstrates macroscopic quantum superposition in mechanical modes

Uncertainty principle on macroscopic length scales

 $\Delta E \Delta t \geq \frac{\hbar}{2}$

System	Scale	Quantum Feature	Role of Uncertainty Principle
Cavity QED	$\sim 100\text{ }\mu\text{m}$ cavity λ	Quantized light–matter interactions	Zero-point energy and mode fluctuations from confined fields
THz Photons	$\sim 100\text{ }\mu\text{m}$ λ	Single-photon THz quantum optics	Sets spectral linewidth and coherence time
Flux Qubits	$\sim 100\text{ }\mu\text{m}$ loop	Macroscopic current tunneling	Governs tunneling rates and coherence lifetimes

 $\Delta\Phi \Delta Q \geq \frac{\hbar}{2}$

System	Scale	Quantum Feature	Role of Uncertainty Principle
SQUIDs	$\sim 10\text{--}200\text{ }\mu\text{m}$	Superposition of flux/current states	Enables tunneling between flux states; quantization of magnetic flux

Effective Planck scale QFT vacuum energy density due to suppression by quantum space-time uncertainty

Use $\rho_{\text{QFT}} \approx \frac{\hbar c}{16\pi^2 L_Z^4}$ and $L_Z^2 = \frac{L_{\text{Pl}}^2}{\Delta g_{\text{N}}}$ to obtain **effective** QFT energy density:

$$\boxed{\rho_{\text{QFT}} \approx \frac{\hbar c}{16\pi^2 L_{\text{Pl}}^4} (\Delta g_{\text{N}})^2} \quad \text{where} \quad (\Delta g_{\text{N}})^2 = \left(\frac{L_{\text{Pl}}^2}{L_Z^2} \right)^2 \sim 10^{-121}$$

- QFT vacuum energy at Planck scale is drastically suppressed by quantum space-time uncertainty so that it **appears** as if there is a cut-off at L_Z .
- The L_Z cut-off does NOT mean QFT fails below that length scale. Rather, higher energies (below L_Z) are “smeared out” by this space-time uncertainty.
- **Effective** QFT vacuum energy at Planck scale is corrected by $(\Delta g_{\text{N}})^2 \sim 10^{-121}$ and now matches **observed** cosmological vacuum energy so $\rho_{\text{QFT}} = \rho_{\Lambda}$.

Therefore, the Cosmological Constant problem is resolved by acknowledging the role of quantum space-time uncertainty.

Space-time metric for expanding universe

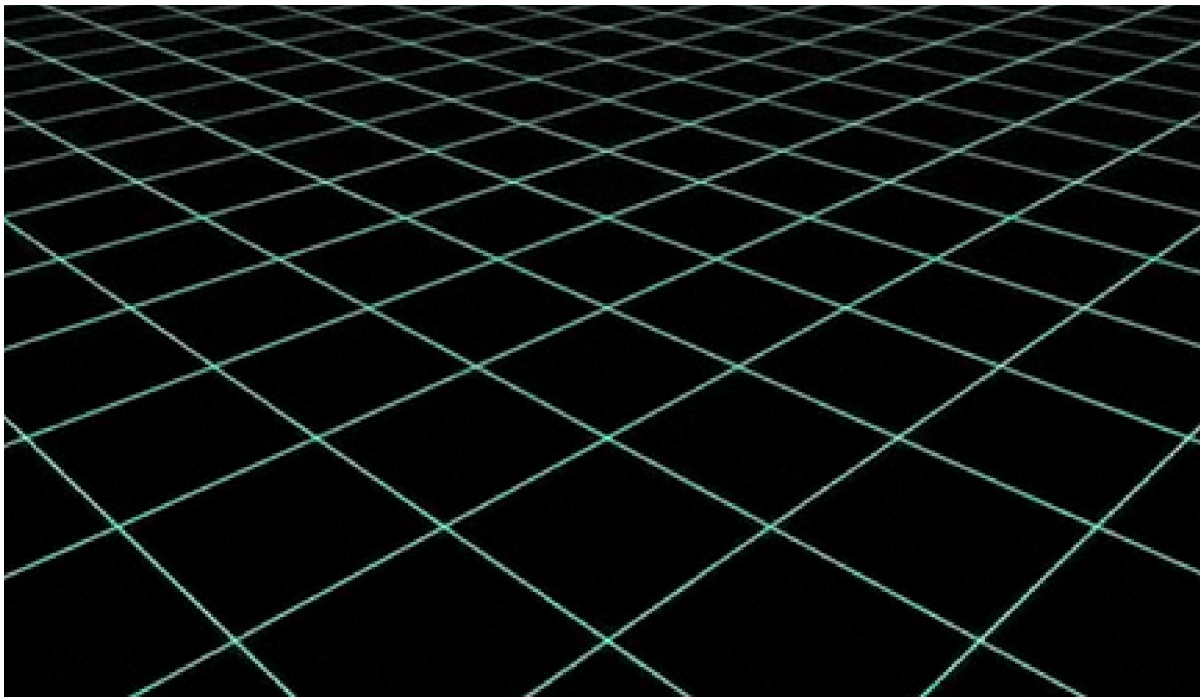
Recall: Flat (Minkowski) space-time metric:

$$ds^2 = \eta_{00}c^2 dt^2 + \eta_{ij}dx^i dx^j$$

Now consider **stretching** space-time:

$$ds^2 = g_{00}(\vec{x}, t)c^2 dt^2 + g_{ij}(\vec{x}, t)dx^i dx^j$$

$$\eta_{\mu\nu} = \begin{pmatrix} -1 & 0 & 0 & 0 \\ 0 & 1 & 0 & 0 \\ 0 & 0 & 1 & 0 \\ 0 & 0 & 0 & 1 \end{pmatrix}$$



Vacuum energy density in FLRW universe

Generalize invariant to **curved** space-time: $g_{\mu\nu} p^\mu p^\nu = -m^2 c^2$

Solve for energy:
$$E = \frac{-c g_{0i} p^i + c \sqrt{(g_{0i} p^i)^2 - g_{00} (g_{ij} p^i p^j + m^2 c^2)}}{g_{00}}$$

Use FLRW metric with zero spatial curvature ($k = 0$) which is

$$g_{00} = -1, \quad g_{0i} = 0, \quad g_{ij} = a^2(t) \delta_{ij}$$

Then energy becomes
$$E = \sqrt{m^2 c^4 + a^2(t) p^2} c^2$$

Vacuum energy in spherical momentum space ($mc \ll p$):

$$\rho_{\text{QFT}} = \frac{c}{8\pi^3 \hbar^3} \int_0^{P_z} a(t) p \, d^3 p$$

Vacuum energy density in FLRW universe

For universe dominated by dark energy: $a(t) = a_0 e^{\pm 2\lambda t}$, where

- $\lambda = H(t_0) \sqrt{\Omega_\Lambda(t_0)}$ and $H = a^{-1} \frac{da}{dt}$ is Hubble parameter.
- t_0 is the current epoch of the universe.
- $\Omega_\Lambda(t_0) = \frac{\rho(t_0)}{\rho_c}$, where ρ_c is the critical mass density
- Since $\rho_c(t_0) \approx \rho_c$ in the current epoch, then $\lambda \approx H(t_0) \equiv H_0$

$$\rho_{\text{QFT}} = \frac{ca_0 e^{\pm 2\lambda t}}{4\pi^3 \hbar^3} \int_0^{P_Z} p^3 dp = \frac{ca_0 e^{\pm 2\lambda t}}{16\pi^2 \hbar^3} P_Z^4$$

Time-scale obtained from energy density

Normalize to $a_0 = 1$, use time scale $t = t_Z$, and $P_Z = \hbar / L_Z$ where $L_Z \approx 2 \times 10^{-5} \text{ m}$.

$$t_Z = \frac{1}{2H_0} \ln \left(\frac{16\pi^2 L_Z^4 \rho_\Lambda}{\hbar c} \right) \sim 10^9 \text{ yr}$$

- **Therefore, the time scale is the age of the universe.**
- This is more fitting than the Planck time, $t_{Pl} \sim 10^{-44} \text{ s}$, associated with the usual choice of using a Planck cut-off momentum, $P_{Pl} = h / L_{Pl}$, where $L_{Pl} = ct_{Pl}$.

Proper length of a worldline in a FLRW Universe

The proper length of a worldline is given by

$$L_{\text{proper}} = \int_0^{L_C} \sqrt{-g_{\mu\nu} dx^\mu dx^\nu} = \int_0^{L_C} \sqrt{c^2 dt^2 - a^2(t) dx^2} = c \int_0^{t_C} \gamma_{\text{FLRW}}^{-1} dt$$

where $\gamma_{\text{FLRW}} \equiv \left[1 - a^2(t)v^2 / c^2\right]^{-1/2}$ is a Lorentz factor in FLRW space-time.

The bounds of the integral go from the start of the universe ($t = 0$) to a coordinate time t_C associated with a coordinate length $L_C = c t_C$.

Using $\lambda \approx H_0$ and $a_0 = 1$ in $a(t) = a_0 e^{2H_0 t}$, then integrating leads to

$$L_{\text{proper}} = \frac{c}{4H_0} \left[2 \left(\sqrt{1 - \beta^2 e^{4H_0 t_C}} - \sqrt{1 - \beta^2} \right) - \ln \left(\frac{1 + \sqrt{1 - \beta^2 e^{4H_0 t_C}}}{1 - \sqrt{1 - \beta^2 e^{4H_0 t_C}}} \frac{1 - \sqrt{1 - \beta^2}}{1 + \sqrt{1 - \beta^2}} \right) \right]$$

where $\beta \equiv v/c$. For slow observers ($v \ll c$), the expression reduces to

$$L_{\text{proper}} \approx c t_C - \frac{c}{8H_0} \left(\frac{v}{c} \right)^2 \left(e^{4H_0 t_C} - 1 \right)$$

Space-time uncertainty in a FLRW Universe

Similar to $\Delta g_N = L_{\text{Pl}}^2 / L_Z^2$, we define the FLRW space-time uncertainty as

$$\Delta g_{\text{FLRW}} \equiv L_{\text{Pl}}^2 / L_{\text{proper}}^2$$

Since L_{proper} is Lorentz invariant then so is Δg_{FLRW} . Using L_{proper} from the previous slide gives a coordinate-dependent expression for a moving observer:

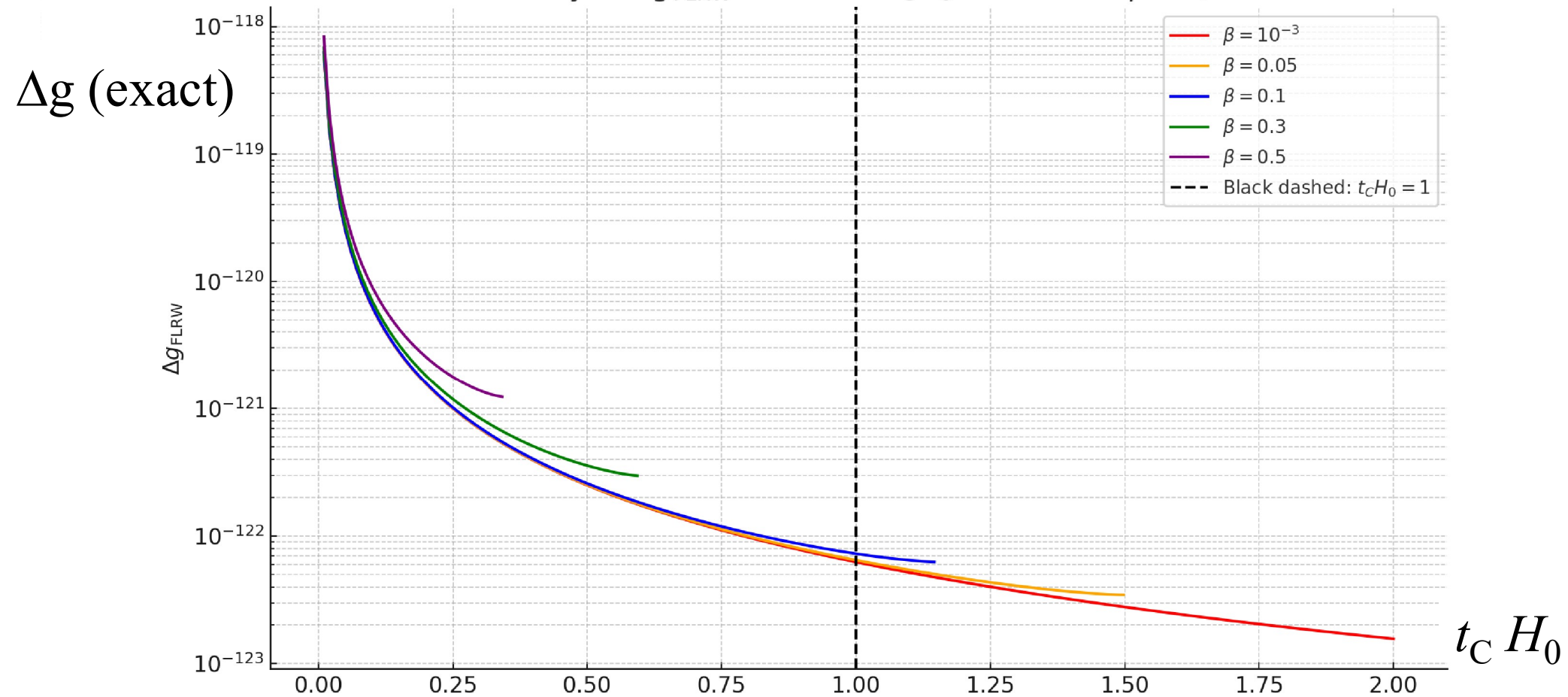
$$\Delta g_{\text{FLRW}} = \frac{16H_0^2 L_{\text{Pl}}^2}{c^2} \left[2 \left(\sqrt{1 - \beta e^{4H_0 t_C}} - \sqrt{1 - \beta^2} \right) - \ln \left(\frac{1 + \sqrt{1 - \beta^2 e^{4H_0 t_C}}}{1 - \sqrt{1 - \beta^2 e^{4H_0 t_C}}} \cdot \frac{1 - \sqrt{1 - \beta^2}}{1 + \sqrt{1 - \beta^2}} \right) \right]^{-2}$$

This has a complicated time-dependence which is plotted on the next slide. For slow observers ($v \ll c$), the expression simplifies to

$$\Delta g_{\text{FLRW}} \approx \frac{L_{\text{Pl}}^2}{ct_C^2} \left[1 + \frac{1}{4H_0 t_C} \left(\frac{v}{c} \right)^2 \left(e^{4H_0 t_C} - 1 \right) \right]$$

Evolution of FLRW space-time uncertainty

Family of Δg_{FLRW} curves vs $t_c H_0$ for several $\beta = v/c$



In all cases, Δg starts at large values for small t_c (early universe) and decreases with cosmological time. Curves with $\beta < 0.1$ are cut off before $t = t_c H_0$ (the age of the observable universe) because L_{proper} becomes imaginary.

Features of this model

$$\Delta g_{\text{FLRW}} \approx \frac{L_{\text{Pl}}^2}{c^2 t_{\text{C}}^2} \left[1 + \frac{1}{4H_0 t_{\text{C}}} \left(\frac{v}{c} \right)^2 \left(e^{4H_0 t_{\text{C}}} - 1 \right) \right] \quad \text{for } v \ll c$$

- **For an expanding FLRW universe, Δg_{FLRW} decreases with t_{C} .**
Thus quantum space-time fluctuations diminish with cosmological time and the universe becomes increasingly more classical.
- **Observers with larger β will observe a larger Δg_{FLRW} .**
Such observers essentially sample larger segments of space-time and hence the effect of space-time uncertainty becomes more pronounced.
- **There is no discernible distinction between curves having $\beta < 10^{-3}$.**
This means the model is practically independent of velocity for all observers with $v \lesssim 10^5$ m/s. Hence, we may simply set $v = 0$ and use

$$\Delta g_{\text{FLRW}} \approx \frac{L_{\text{Pl}}^2}{c^2 t_{\text{C}}^2}$$

Revisiting the Cosmological Constant (CC) problem

Recall that we previously had $\Delta g_N = L_{\text{Pl}}^2 / L_Z^2$ and $L_Z = \sqrt{L_{\text{Pl}} L_U}$ which gives $\Delta g_N = L_{\text{Pl}} / L_U$. For $t_C \sim 1/H_0$, then $L_C \sim c/H_0 = L_U$ and $\Delta g_{\text{FLRW}} \approx (\Delta g_N)^2$.

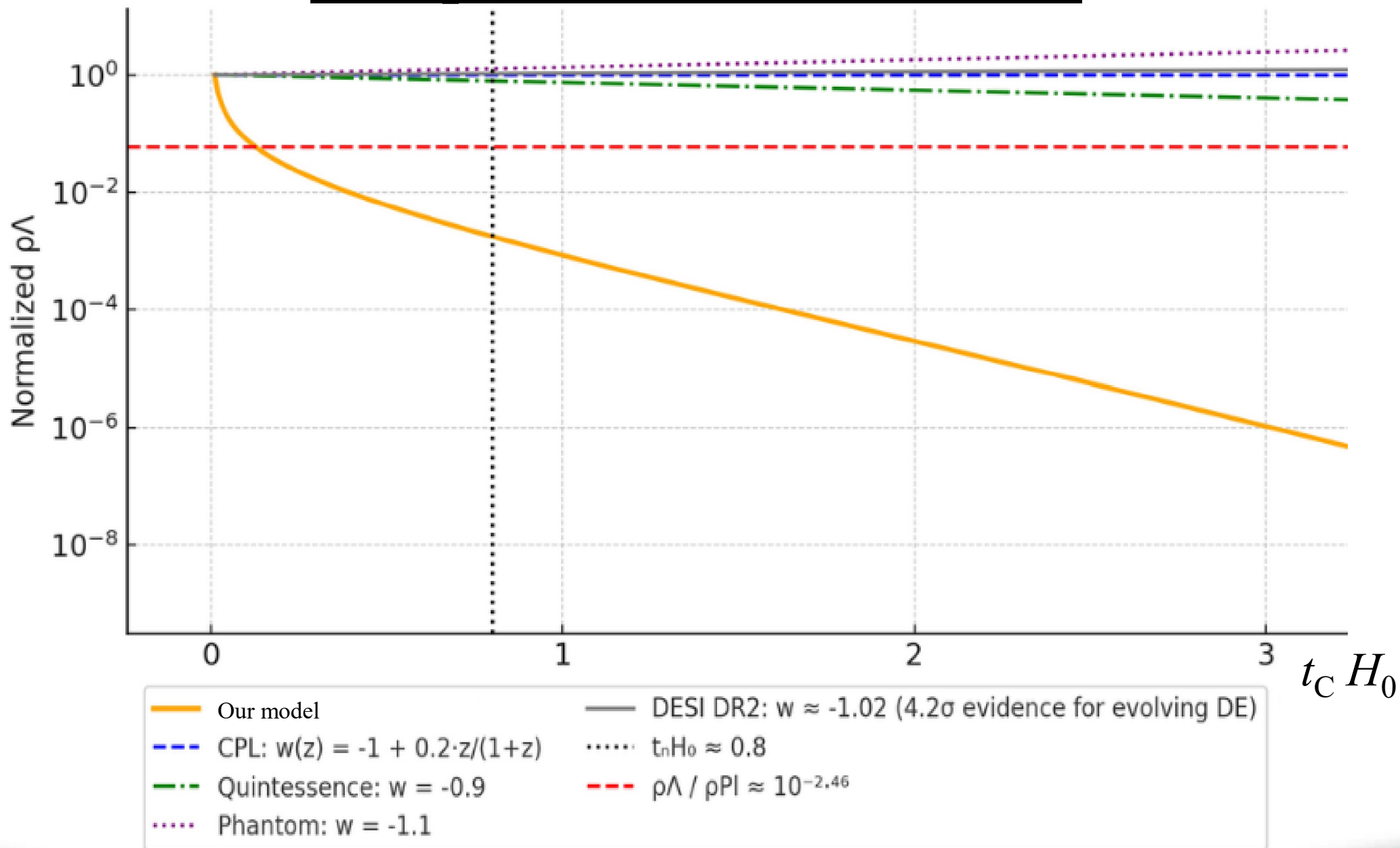
Thus, the QFT vacuum energy density becomes

$$\boxed{\rho_{\text{QFT}} \approx \frac{\hbar c}{16\pi^2 L_{\text{Pl}}^4} (\Delta g_N)^2 \approx \frac{\hbar c}{16\pi^2 L_{\text{Pl}}^4} \Delta g_{\text{FLRW}}} \quad \text{where} \quad \Delta g_{\text{FLRW}} \approx \frac{H_0^2 L_{\text{Pl}}^2}{c^2} \sim 10^{-122}$$

The value of Δg_{FLRW} matches the CC problem within an order of magnitude: $\frac{\rho_{\text{QFT}}}{\rho_\Lambda} \sim 10^{121}$. In fact, using $L_{\text{Pl}}^2 = \frac{G\hbar}{c^3}$, $\rho_\Lambda = \frac{c^4 \Lambda}{8\pi G}$, and $\Lambda = \frac{3H_0^2}{c^2}$ leads to $\rho_{\text{QFT}} \approx \frac{1}{6\pi} \rho_\Lambda \sim 10^{-1} \rho_\Lambda$.

Lastly, since $\rho_{\text{QFT}} \propto \Delta g_{\text{FLRW}}$ evolves with cosmological time, then so does $\rho_\Lambda \propto \Lambda$. Hence, this model predicts Λ is not a constant but more like the Hubble *parameter* (H) which is only a “constant” (H_0) in our current epoch.

Comparison to other models



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(“What comes Beyond the Standard Models”)
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