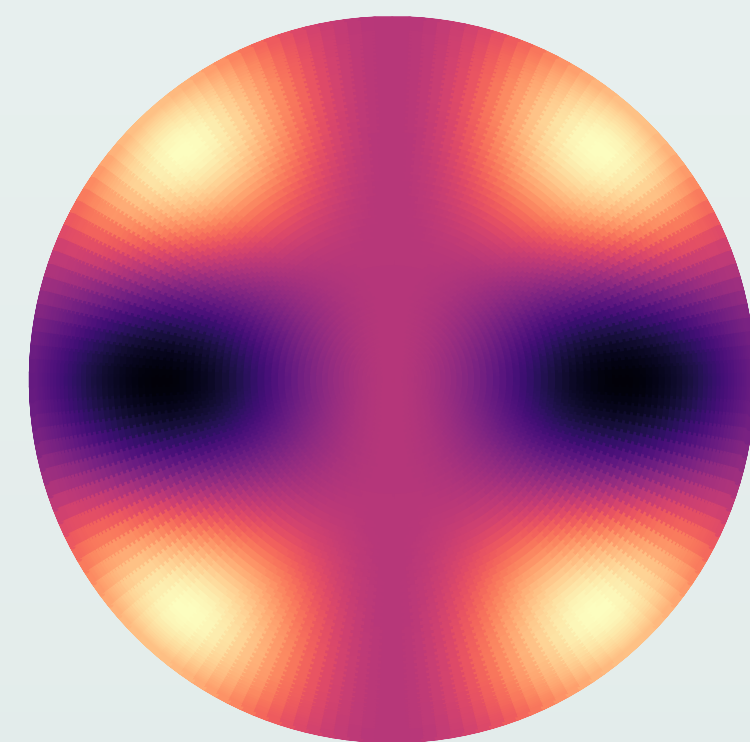


## Planets excite normal modes of oscillation in host stars via tides.

Fully convective M-dwarfs host 2 main types of modes:  $f_{\ell,2,+}$  and  $i_{\ell,0,1}$

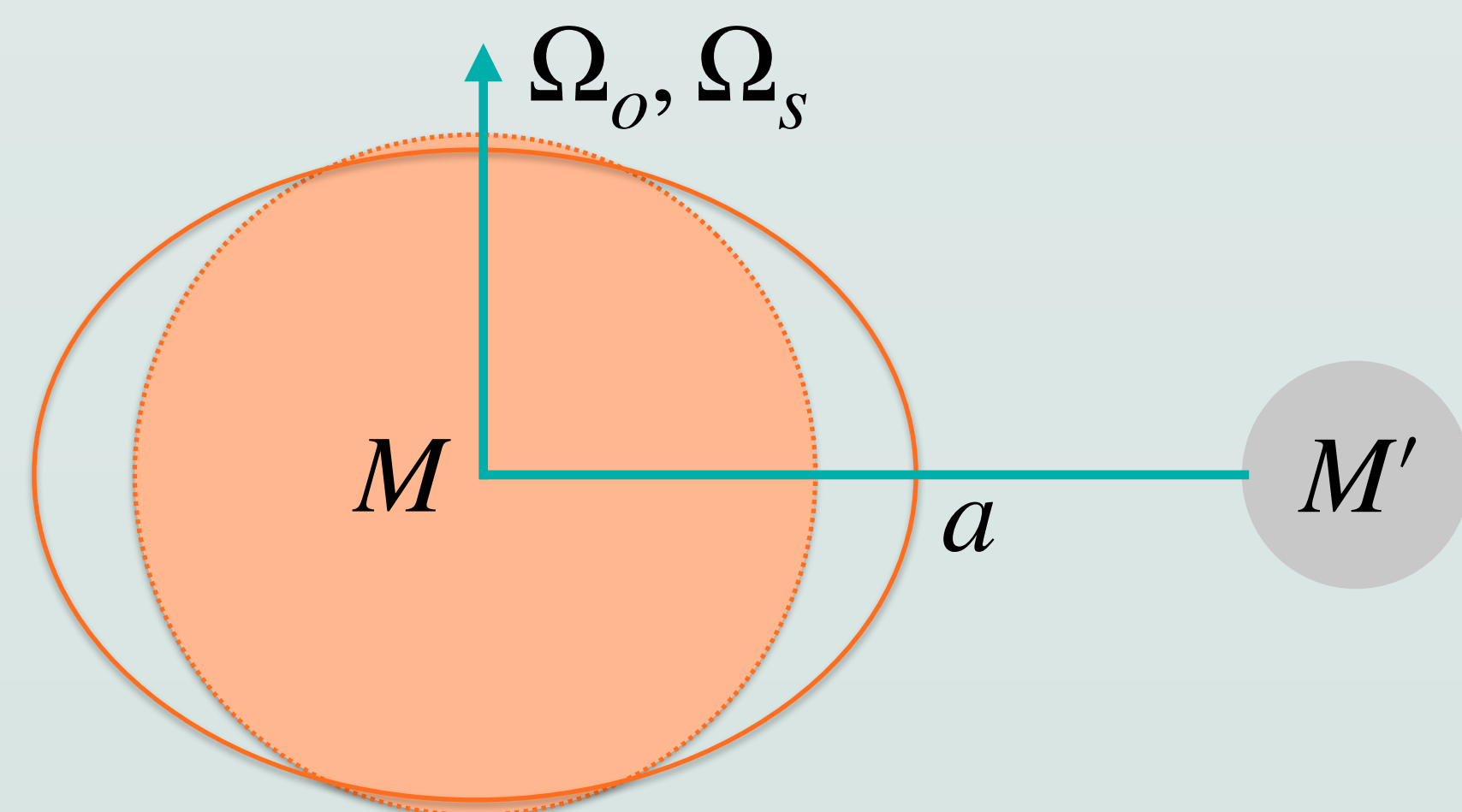


f-modes are like surface gravity waves.



i-modes are restored by the Coriolis force.

- The planet's tidal potential excites the above modes and many more.
- As the modes are damped, orbital angular momentum and energy are dissipated in the star



We assume a circular and aligned orbit between a planet ( $M'$ ) and its host star ( $M$ ). We calculate the tidal dissipation  $D$  as follows:

$$D = \int_V \mu (\delta \mathbf{S}^* : \delta \mathbf{S}) dV$$

$\mu$ : dynamic viscosity  
 $\delta \mathbf{S}$ : rate of strain tensor (involves mode eigenfunctions)

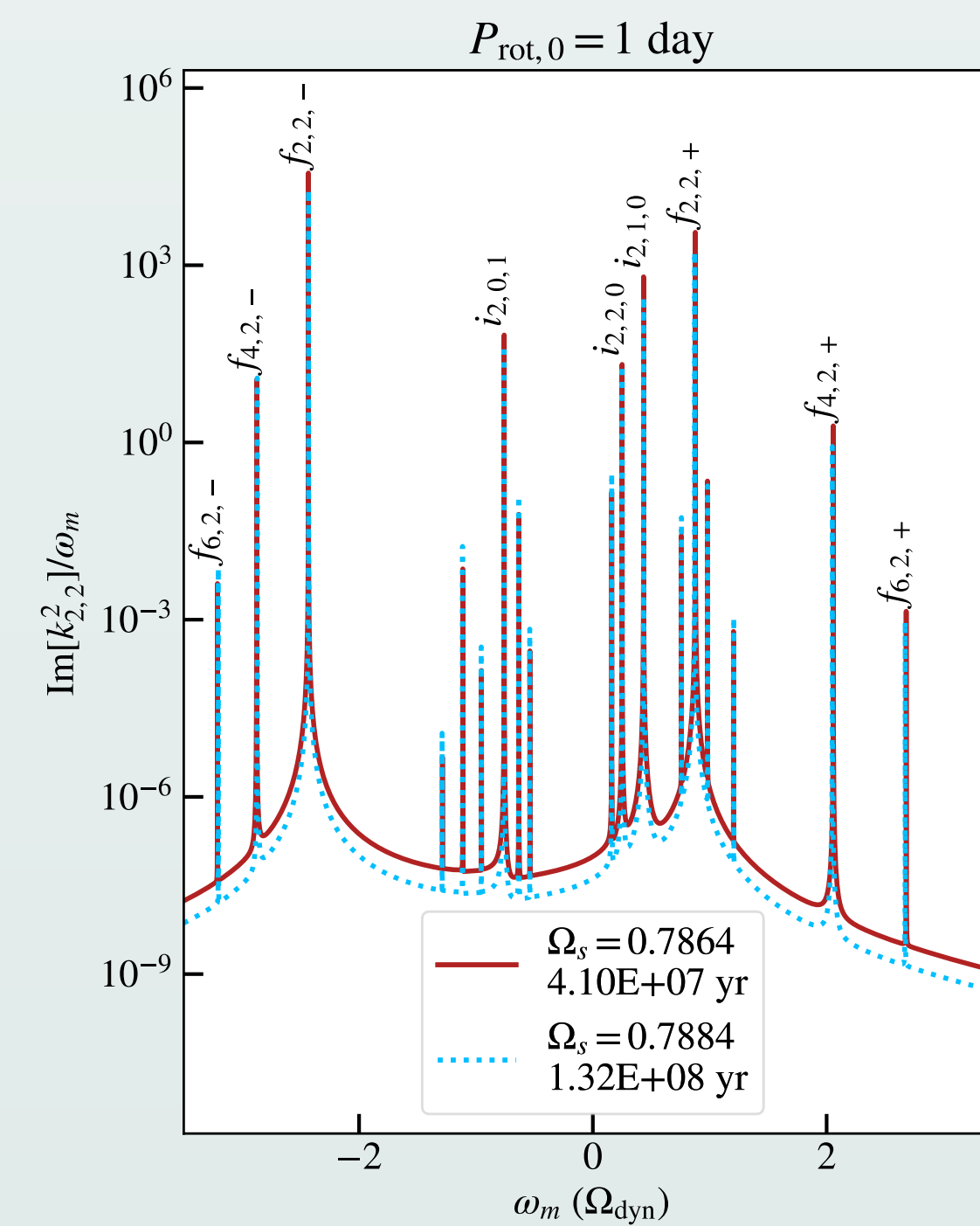
Convective turbulent viscosity is the relevant dissipative mechanism in M-dwarfs.

The imaginary part of the Love number  $k_{2,2}^2$  governs orbital migration via tides. We invert the following:

$$D = \frac{5}{8\pi G} R |U_{2,2}|^2 \omega_m \text{Im}[k_{2,2}^2] \text{dissipation}$$

- $\omega_m = 2(\Omega_o - \Omega_s)$ : tidal forcing frequency
- $\Omega_o$ : orbital frequency  $U_{2,2}$ : tidal potential
- $\Omega_s$ : stellar rotation rate  $R$ : stellar radius
- $m$ : azimuthal wavenumber (here,  $m = 2$ )

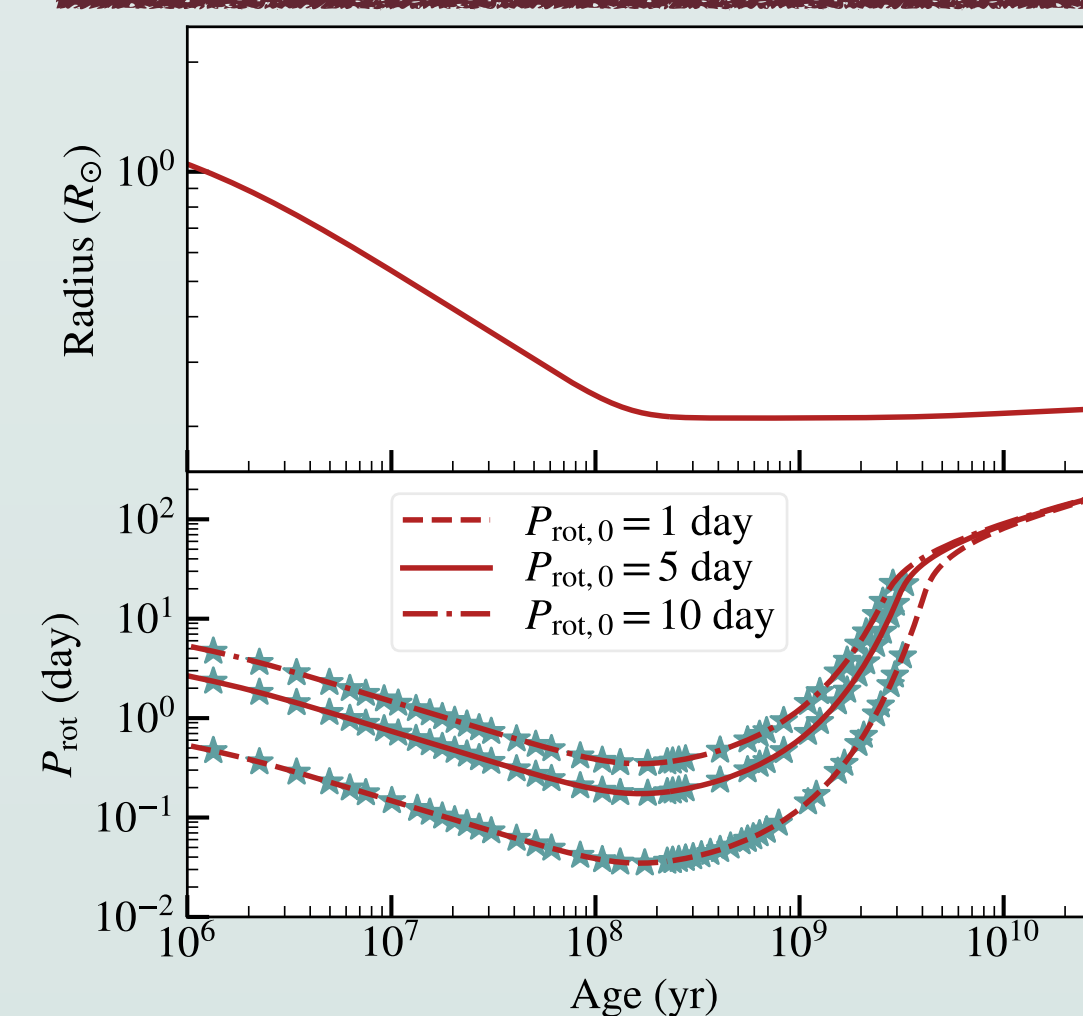
## Tidal dissipation is enhanced at resonant frequencies with modes.



The dissipation  $\text{Im}[k_{2,2}^2]$  peaks at the rotating-frame frequency of the star's normal modes,  $\omega_m = \omega_\alpha$ .

Peaks are labeled by the relevant stellar mode that is resonantly excited by the planet's tidal potential.

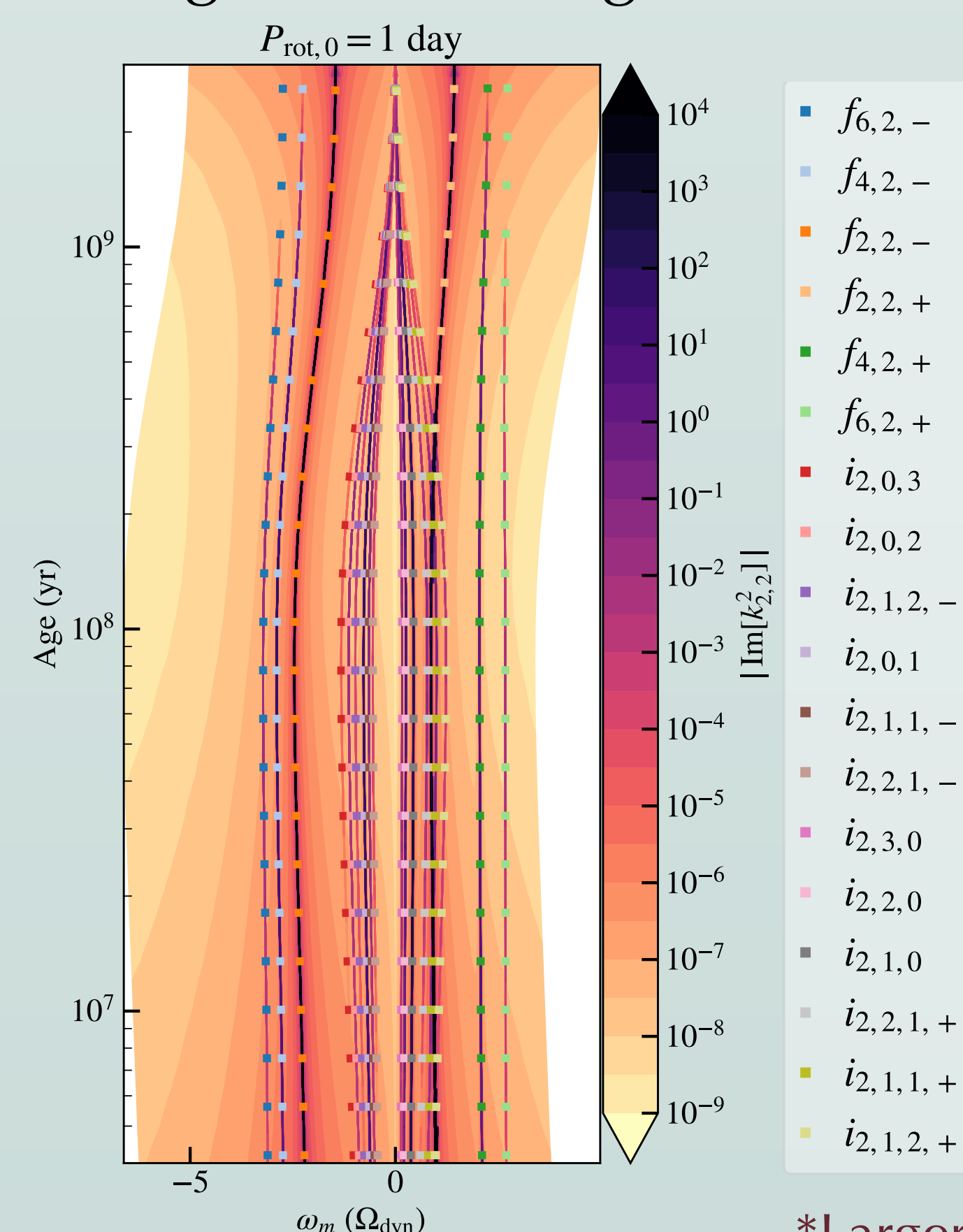
## As the star evolves, so does the spectrum of dissipation.



Model:  $0.2 M_\odot$  M-dwarf in MESA from the pre-main sequence (PMS) to the main sequence (MS) until 3 Gyr. Throughout, the star remains fully convective.

Stellar evolution:

- The star contracts from the PMS onto the MS.
- The star's rotation period evolves via a saturated magnetic braking law from Matt et al. (2015).



The legend lists each stellar mode considered in this work:  
 $f_{\ell,m,\pm}$  (f-modes)  
 $i_{m,n_1,n_2,\pm}$  (i-modes)  
 $\ell$ : spherical harmonic degree of star's gravitational potential  
 $n_1, n_2$ : number of nodes in roughly horizontal and vertical directions, respectively  
 $\pm$ : prograde ( $\omega_\alpha > 0$ ) vs. retrograde ( $\omega_\alpha < 0$ )

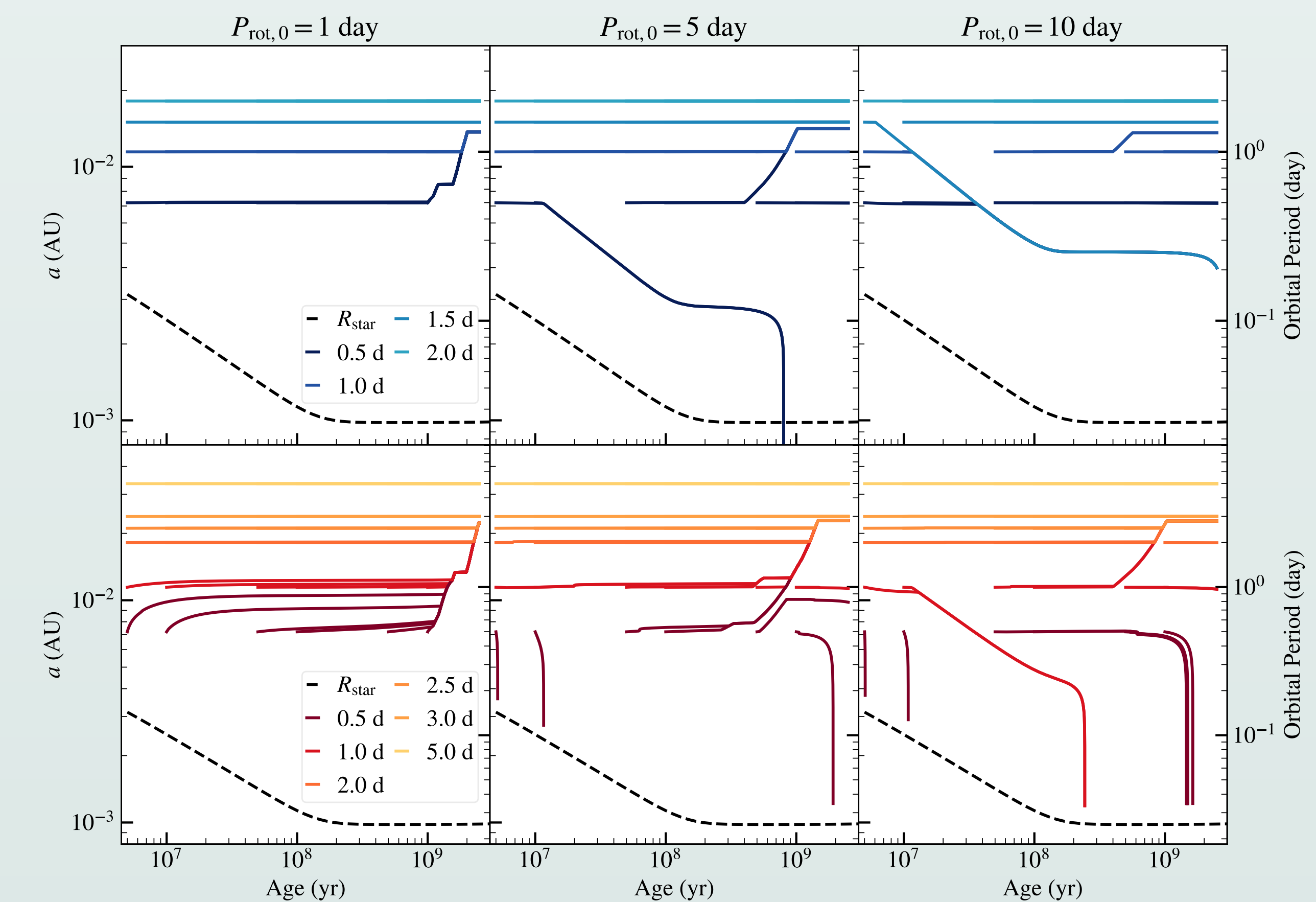
\*Larger  $\ell, n_1, n_2$  = shorter wavelength

- Mode frequencies trace enhanced dissipation.
- As the star and planetary orbit (e.g. age,  $\omega_m$ ) evolve, the planet encounters varied dissipation.

## Tidal dissipation affects planetary orbits!

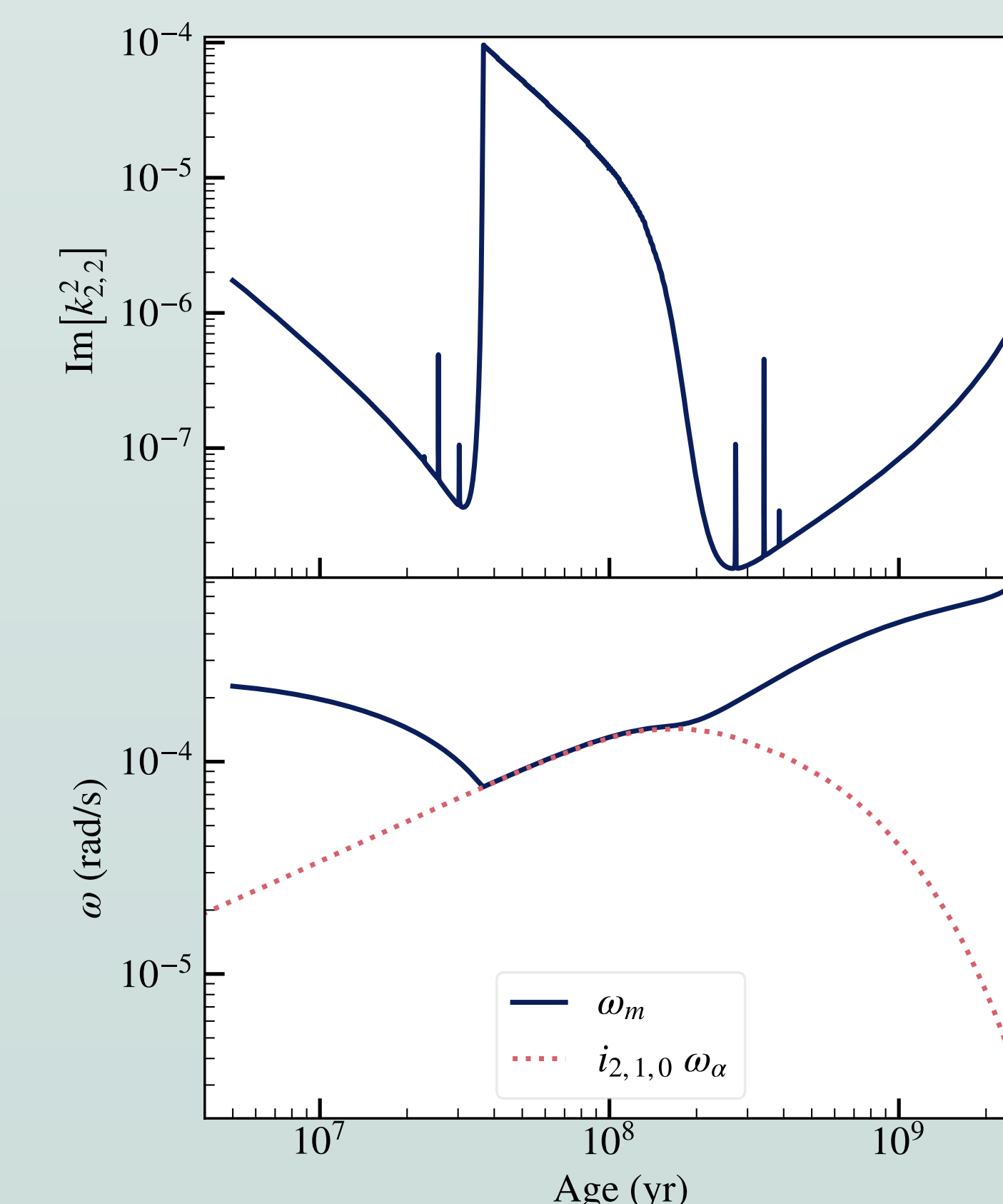
$$\frac{1}{a} \frac{da}{dt} = -3 \text{Im}[k_{2,2}^2] (\omega_m) \frac{M'}{M} \left(\frac{R}{a}\right)^5 \Omega_o$$

$a$ : semimajor axis  $M'/M$ : mass ratio

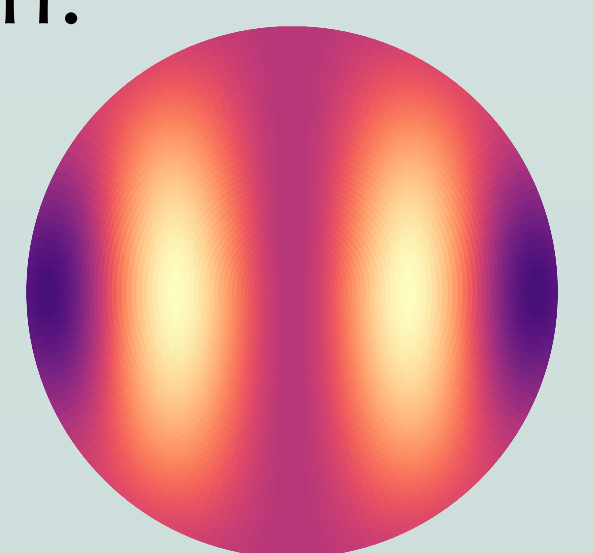


Earth-mass planets at  $P_{\text{orb},0} \lesssim 1.5$  day and Jupiter-mass planets at  $P_{\text{orb},0} \lesssim 2.5$  day experience inward and outward migration due to tidal dissipation.

## Orbital migration is driven mainly by resonance locking.



When  $\omega_m = \omega_\alpha$  for the below mode, the dissipation increases by several OOM. The orbit maintains this for  $\approx 100$ s of Myr, causing rapid orbital migration.



## Implications and future work:

- Possible death of planets within 1-2 day around low-mass M-dwarfs
- For higher mass stars, will encounter similar, but augmented results due to gravito-inertial waves.