

Narrow loophole for H₂-dominated atmospheres on habitable rocky planets around M dwarfs

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Habitable rocky planets around M dwarfs that have H₂-dominated atmospheres, if they exist, would provide the eminent possibility to characterize habitable exoplanets with detailed spectroscopy using JWST, owing to their extended atmospheres and small stars. However, the H₂-dominated atmospheres that are consistent with habitable conditions cannot be too massive, and a moderate-size H₂-dominated atmosphere will lose mass to irradiation-driven atmospheric escape on rocky planets around M dwarfs. We evaluate volcanic outgassing and serpentinization as two potential ways to supply H₂ and form a steady-state H₂-dominated atmosphere. For rocky planets of 1-7 Earth mass and early, mid, and late M dwarfs, the expected volcanic outgassing rates from a reduced mantle fall short of the escape rates by $>\sim 1$ order of magnitude, and a very generous upper limit of the serpentinization rate is still less than the escape rate by a factor of a few. Special mechanisms that may sustain the steady-state H₂-dominated atmosphere include direct interaction between liquid water and mantle, heat-pipe volcanism from a reduced mantle, and hydrodynamic escape slowed down by efficient upper-atmospheric cooling. It is thus unlikely to find moderate-size, H₂-dominated atmospheres on rocky planets of M dwarfs that would support habitable environments.