1	Supplementary information								
2	Surface predictor of overturning circulation and heat content change in the subpolar								
3	North Atlantic								
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12									
13	Statistical analysis								
14	Lagged cross-correlations between variable X and variable Y were performed on annually averaged, low-pass								
15	filtered, and detrended time series. The uncertainty of the correlations (given as confidence intervals in the text)								
16	were obtained following common practice (McCarthy et al., 2015) that is by calculating <i>p-values</i> from the t-statistic								

17 $T = r \frac{\sqrt{N_{eff} - 2}}{\sqrt{1 - r_{XY}^2}}$ (one-tailed test), where r_{XY} is the correlation and $N_{eff} = \frac{1 - r_X r_Y}{1 + r_X r_Y}$ is the effective number of degrees

18 of freedom derived from the auto-correlations r_X and r_Y of the two variables at lag = 1 year (see Table S2).

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Lowpass filtered time series presented throughout the paper use a 7-year Hanning window and end-points are therefore truncated at \pm 3 years. The impact of low-pass filtering AMOC_{σ} and SFOC_{σ} time series on the lagged autocorrelations were studied by varying the size of the filtering window (0, 3, 5, 7, 9 and 11 years). While the raw annual time series show small correlations at all lags (R < 0.4), maximum correlations for smoothing windows of 3 years and above were reached at a consistent lag of 5-6 years.

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Standard errors on linear trends given in the text are obtained from the (rooted) quadratic sum of two error sources: (1) the ensemble standard errors computed as $\frac{\sigma}{\sqrt{N-1}}$, where σ is the standard deviation of the ensemble trends and N = 4 the number of data products, and (2) the goodness of the linear fit for the ensemble-mean time series computed as $\sqrt{\frac{\Sigma r^2}{(n-2)\Sigma(x-\overline{x})^2}}$, where *r* are the yearly residuals between the time series and the linear fit, *n* is

30 the number of years, and x is the time vector.

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32 Supplementary Figures and Tables



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Fig. S1. Study domain with sections discussed in the text: 45°N, GIS (Greenland-Iceland-Scotland sills) and OSNAP.
Bathymetric features and basins are highlighted as: Reykjanes Ridge (RR), Iceland Basin (IB), Irminger Sea (IS),
Labrador Sea (LS), Nordic Seas (NS). The black box (10°W-70°W; 45°N-65°N) shows the region where the 0-1000m
OHC is computed (Figure 3B).

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Fig. S2. (A) The time-mean (partial) AMOC_{σ} streamfunction and the associated individual stream function for each product (EN4, ARMOR3D, CORA and ISHII). (B) Comparison of AMOC_{σ} (blue) and AMOC_z (green) streamfunction (in Sv), with the latter transposed in density space using the mean depth of σ_1 surfaces at 45°N for easier comparisons (the mean depth of isopycnal is shown on the right-hand y-axis). Shading indicates the ensemble standard error. The blue dashed line at $\sigma_1 = 32.15$ depicts the maximum transformation rate. The green dashed line at 700 m depth depicts the maximum vertical sinking rate.



Fig S3. 7-year low pass filtered anomalies in the maximum AMOC_{σ} (blue), the maximum velocity-driven AMOC_{σ} (blue dashed), and the maximum AMOC_z (green) at 45°N. An independent estimate of the 400m-bottom DWBC intensity at 53°N is shown in red (shifted 3 years forward). The DWBC data are obtained from 5-day sampled mooring data and converted into annual mean as in column 3, Table 1, in Zantopp et al.: From interannual to decadal: 17 years of boundary current transports at the exit of the Labrador Sea, *Journal of Geophysical Research: Oceans* (2017). DOI: 10.1002/2016JC012271".



Fig. S4. Verification of the water mass steadiness assumption. The yellow line shows the sum of SFOC_{σ} at 45°N (red) and $-\frac{dV_{\sigma}}{dt}$ the yearly change in the volume of water below the density level of maximum SFOC_{σ} (purple). At lowfrequency, changes in the surface-forced water transformation rates do not predominantly accumulate as volume anomalies within the SPG but are rather exported within the AMOC_{σ} limbs, in good agreement with the SFOC_{σ} /AMOC_{σ} (delayed) correlation (Figure 3A).

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	Product	Grid	Period used	Reference
	EN4.2.0	14.2.0 1° / 45 levels from 5 to 5350m		(Good et al., 2013)
	CORA	0.5° / 152 levels from 0 to 2000 m.	1993 – 2014	<u>10.17882/46219</u>
Ocean	ISHII	1° / 24 levels from 0 to 1500m	1998 – 2012	(Ishii et al., 2003)
Analysis		depth		
	ARMOR3D	0.25° / 33 levels from 0 to 5500m depth	1993 – 2013	(Droghei et al., 2018)
Atmospheric	NCEP2	1.875° x 1.915°	1985 – 2017	(Kanamitsu et al., 2002)
Reanalysis	ERAI	0.75°	1985 – 2017	(Dee et al., 2011)
	CERES	0.7°	1985 – 2015	(Liu et al., 2017)

 Table S1. The ocean analysis and atmospheric reanalysis used in the present study. Note that CERES does not include

freshwater flux variables and is hence combined with NCEP2 to derive the buoyancy fluxes.

x	Y	r	Lag	N _{eff}	Т	% (p-value)	Figure
SFOC _σ	AMOC _σ	0.94	5-6	8	6.52	99	ЗA
7-year low passed	7-year low passed						
$\int MHT_{c}' dt$	OHC						
J	0-1000m	0.87	0	7	3.92	99	ЗB
(1993-2014)	(1993-2014)						
$\int MHT_{\sigma}' dt$	OHC	0.50	0	7	1.31	88	ЗB
	0-1000m						

48 Table S2. The statistics of the cross-correlations mentioned in the main text, along with the corresponding Figures 49 where the time series are shown. Positive lags (in years) mean the variable X leads the variable Y (See text for 50 details).