

# Supporting Information for “Effects of balanced motions and unbalanced internal waves on steric height in the mid-latitude ocean”

Xiujie Zhang<sup>1</sup>, Xiaolong Yu<sup>1,2,3</sup>, Aurélien L. Ponte<sup>4</sup>, Wenping Gong<sup>1,2</sup>

<sup>1</sup>School of Marine Sciences, Sun Yat-sen University, Zhuhai, China

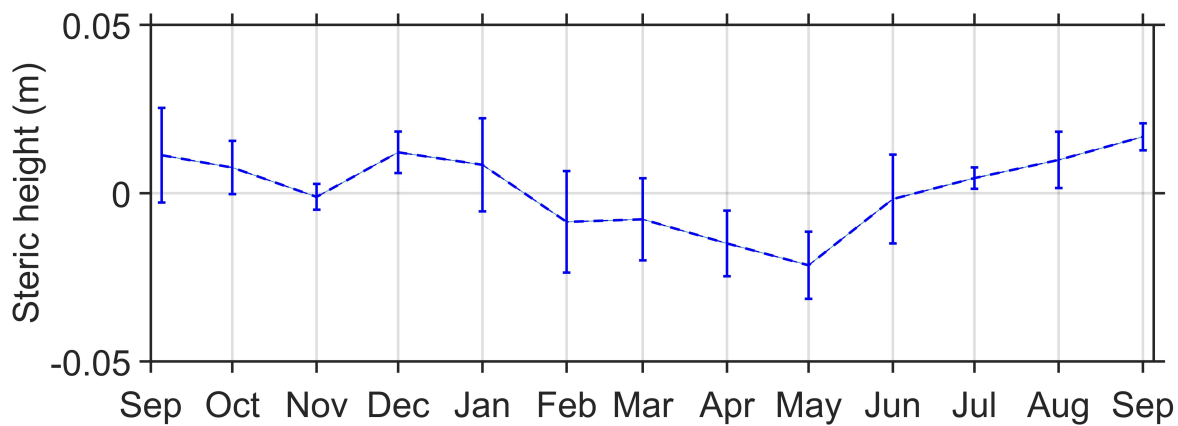
<sup>2</sup>Southern Marine Science and Engineering Guangdong Laboratory (Zhuhai), Zhuhai, China

<sup>3</sup>Fujian Provincial Key Laboratory of Marine Physical and Geological Processes, Third Institute of Oceanography, Xiamen, China

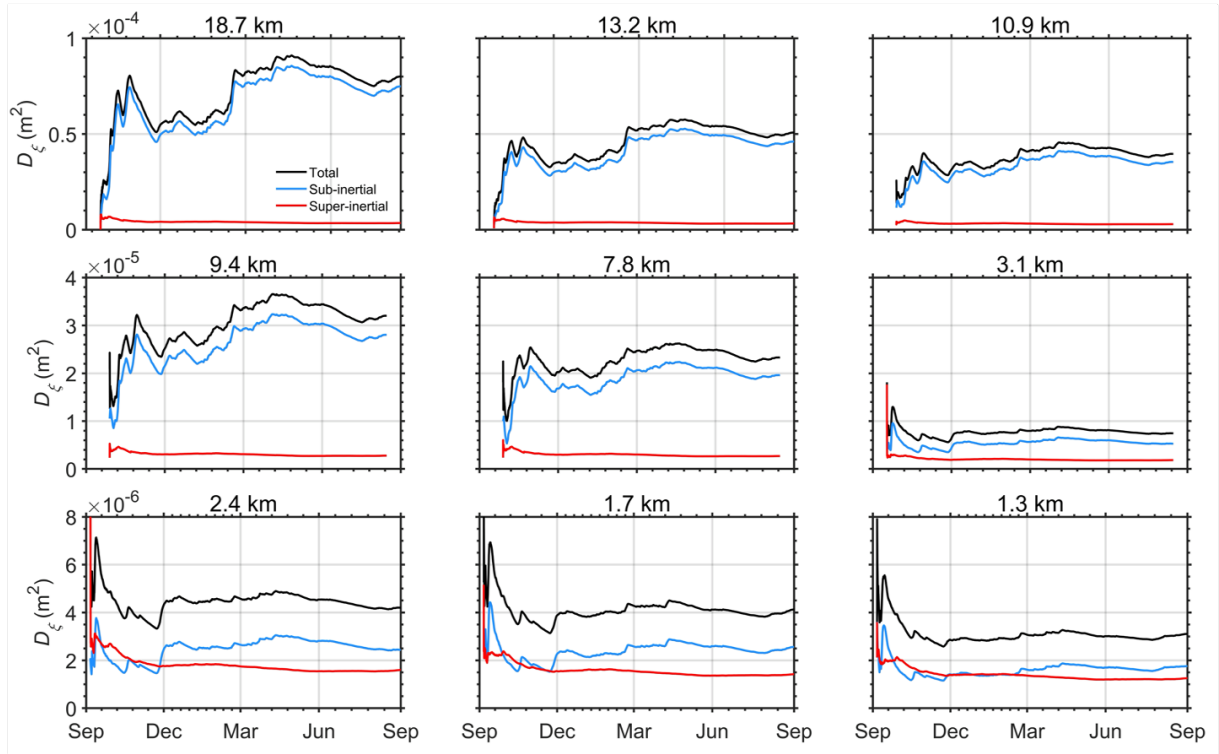
<sup>4</sup>Ifremer, Université de Brest, CNRS, IRD, Laboratoire d’Océanographie Physique et Spatiale, IUEM, Brest, France

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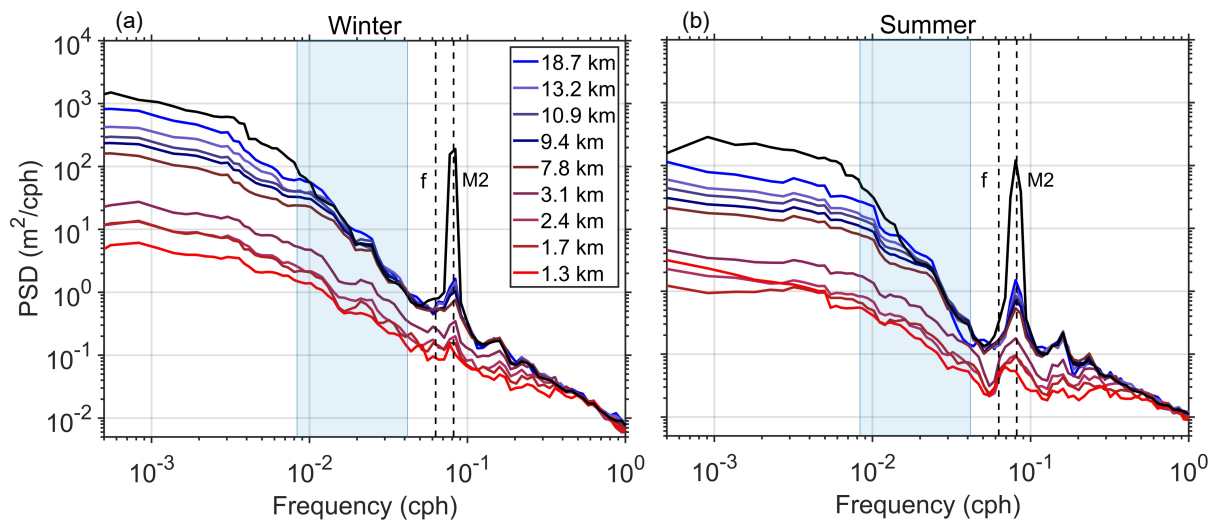
1. Figures S1 to S3



**Figure S1.** Monthly averaged values of steric height at 80 db, and the standard deviation computed for each month is illustrated by the vertical bars.



**Figure S2.** Convergence of the second-order steric height structure functions at 80 dbar. The black, blue and red lines denote total, sub-inertial and super-inertial motions, respectively. Each panel corresponds to the separation  $r$  given in the title.



**Figure S3.** Same as Figure 4, but with the sea level associated with barotropic tides artificially added in the steric height time series.