

1 **Decreasing subseasonal temperature variability in the northern extratropics**  
2 **attributed to human influence**

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8 **Changes in subseasonal temperature variability are linked with the altered probability of**  
9 **weather extremes and have important impacts on society and ecological systems. Earlier**  
10 **studies based on observations up to 2014 have shown a general decrease in subseasonal**  
11 **temperature variability over Northern Hemisphere extratropical land. However, these**  
12 **changes have been confined to specific regions and seasons, have limited statistical**  
13 **significance, and human influence is yet to be determined. Here we show using up-to-date**  
14 **observations and climate model simulations that a human fingerprint, or pattern, of change**  
15 **in subseasonal variability has recently emerged over the Northern Hemisphere extratropics.**  
16 **The fingerprint features decreased near-surface air temperature variability over land in the**  
17 **high-northern latitudes in autumn, further extending into mid-latitudes in winter. Using**  
18 **large ensembles of single-forcing model experiments, we attribute the pattern of reduced**  
19 **temperature variability primarily to increased anthropogenic greenhouse gas**  
20 **concentrations, with anthropogenic aerosols playing a secondary role. Our results reveal that**  
21 **human influence is now detectable in hemispheric-wide day-to-day temperature variability**

22 **and motivates research into the impacts of reduced temperature volatility on societal and**  
23 **ecological systems.**

## 24 **Main**

25 While the human influence on time averaged temperature changes is unequivocal<sup>1</sup>, the influence  
26 on day-to-day (or week-to-week, and so on) temperature variability is less certain. Observations  
27 over recent decades show trends in subseasonal temperature variability that vary by region and  
28 season. Reductions in temperature variability have been observed over the northern high-latitudes  
29 in autumn<sup>2</sup> and over North America in both winter<sup>3</sup> and summer<sup>4</sup>, while increased variability has  
30 been observed over Eurasia during summer<sup>4</sup>. Human influence on temperature variability has yet  
31 to be determined, but is expected to depend on various processes including changes in thermal  
32 advection linked to altered background temperature gradients<sup>2,5-7</sup>, atmospheric circulation  
33 variability<sup>8</sup>, snow cover extent<sup>9</sup>, and soil moisture-temperature feedbacks<sup>10</sup>.

34 Climate models forced with projected increases in greenhouse gas concentrations show a  
35 robust decrease in subseasonal temperature variability over the mid-to-high latitudes, during all  
36 seasons except summer<sup>2</sup>. This decrease in variability has been attributed in some studies to the  
37 reduction of temperature gradients associated with the faster warming of Arctic compared with  
38 lower latitudes<sup>2,5,7,11</sup>, also known as Arctic amplification. In contrast, other studies have argued  
39 that temperature variability in the mid-latitudes could increase due to Arctic-forced changes in  
40 atmospheric circulation variability<sup>12-14</sup>. It has also been suggested that models may not accurately  
41 capture these potential circulation responses to Arctic warming<sup>15</sup>, calling into question the  
42 projected decrease in temperature variability.

43 In this study, we apply tried-and-tested formal detection methods to identify the human  
44 fingerprint of subseasonal temperature variability in observations over the 1979-2020 period. The

45 fingerprint is determined from the spatial pattern of the subseasonal temperature variability  
46 response to external forcing in large ensembles of simulations from two climate models. We find  
47 that the fingerprint has recently become detectable above internal variability in observations during  
48 autumn and winter. Using simulations that isolate individual climate drivers, we then attribute the  
49 observed reduction in temperature variability primarily to anthropogenic greenhouse gas  
50 emissions.

### 51 **Trends in subseasonal temperature variability**

52 We start by examining spatial maps of linear trends in subseasonal near-surface temperature  
53 variability over land from 1979-2020 in two reanalysis datasets (ERA5 and NCEP-DOE reanalysis  
54 2). The temperature variability is determined by calculating the standard deviation of daily  
55 temperature anomalies for each season, resulting in a 41-year time series at each grid point (see  
56 Methods). During autumn (September-October-November; SON), both reanalyses show  
57 statistically significant decreases over Northern Canada and Northern Eurasia (Fig 1a,c). In winter  
58 (December-January-February; DJF), the decreases in temperature variability extend further into to  
59 the mid-latitudes, covering most of North America and Eurasia (Fig 1b,d). The two reanalyses  
60 depict highly similar spatial patterns of trends, but the magnitude of the variability reduction is  
61 greater in the NCEP reanalysis.

62 To check whether the trends seen in the reanalyses accurately reflect observed trends, we  
63 also examined trends from the Berkeley Earth daily gridded temperature data (Extended Data Fig.  
64 1). Over the common time period (data were only available up to winter 2018 for Berkeley Earth  
65 data), there is strong agreement in trends between gridded observations and reanalyses, particularly

66 with ERA5. This gives high confidence that the trends in the reanalyses faithfully capture observed  
67 changes.

68 To test whether the trends could be externally forced (e.g. from increasing greenhouse gas  
69 concentrations in the atmosphere), we examine analogous trends in subseasonal temperature  
70 variability from model simulations with observed historical forcings over 1979-2005 and then  
71 projected forcings from 2006-2020. We use large ensembles of simulations from two Earth System  
72 Models (CanESM2 and CESM1) to test the robustness of the projected changes. Both models show  
73 ensemble-mean reductions in temperature variability over mid- and high-latitudes, in agreement  
74 with the reanalyses (Fig 1e-h). The modelled trends show a smoother spatial structure compared  
75 to reanalysis, which is expected because internal variability is averaged out when taking an  
76 ensemble mean. Both models show similar seasonality of trends compared to the reanalyses, with  
77 reduced variability largely confined to the high latitudes in autumn, but extending into the mid-  
78 latitudes in winter. The similarity of the simulated trends (which consist of only the forced  
79 response) to observed trends (which consist of both a forced component and internal variability),  
80 suggests that the observed trends may reflect a forced response. In the next section, we will  
81 determine whether this forced trend seen in the models has emerged above the background internal  
82 variability in observations.

83 In Extended Data Fig. 2, we show the subseasonal temperature variability trends, in  
84 reanalyses and models, in spring (March-April-May; MAM) and summer (June-July-August; JJA).  
85 Both simulated and observed trends are weaker in these seasons, but the models show reduced  
86 temperature variability over high latitudes during spring, and weakly increased temperature  
87 variability over the high latitudes in summer. Compared to autumn and winter, there is less  
88 consistency in the spatial pattern of the trends in temperature variability across the reanalyses, and

89 between the reanalyses and models. The weaker signals in spring and summer likely results from  
90 the different physical processes that drive changes temperature variability during these seasons.  
91 Because of these weaker trends in spring and summer, we will focus on autumn and winter for the  
92 rest of the analysis.

### 93 **Fingerprint analysis**

94 The strong similarity in the observed and simulated trend patterns motivates a fingerprint analysis  
95 to determine whether human influence is detectable in observations. We use standard  
96 fingerprinting methods that have been used to detect human influence on many aspects of the  
97 climate system (see Methods)<sup>16-18</sup>. First, we define the fingerprints to be the leading Empirical  
98 Orthogonal Function (EOF) from the ensemble-mean temperature variability anomalies (relative  
99 to climatology) of each of the two models. These are shown in the Extended Data Fig. 3, but are  
100 nearly identical in pattern to the linear trends shown Fig. 1e-h. Next, we calculate the signal time-  
101 series, by projecting the temperature variability anomalies from the reanalyses and observations  
102 onto the model fingerprints. Figure 2 shows these signal time-series in autumn and winter, using  
103 the fingerprints defined from each model. In both autumn and winter, all signal time-series  
104 generally increase over the past 41 years, indicating growing similarity of observed anomalies to  
105 the model fingerprints. The different reanalyses and observations are in good agreement on the  
106 trend and interannual variability of the signal time-series, again providing confidence in robustness  
107 of the result.

108 We next examine whether the signals of the fingerprint (from Fig. 2) have emerged above  
109 the background noise. We calculate signal-to-noise ratios by comparing the magnitude of trend in  
110 the signal time-series to the standard deviation of the magnitude of trends of the same length from  
111 time series containing only noise (see Methods). Figure 3 shows the signal-to-noise ratios, for

112 increasing trend length starting in 1979, calculated separately using the fingerprint from each  
113 model. In autumn, the observed signal-to-noise ratios became statistically significant (at the 5%  
114 level) between 2005 and 2007, depending on the observational/reanalysis product and model used  
115 to determine the fingerprint. Over the 1979 to 2019 period, the fingerprint is highly detectable in  
116 both reanalyses with signal-to-noise ratios ranging from 4.7 to 5.3. In winter, the time of detection  
117 has a stronger dependence on the observations and model used, with time of detection ranging  
118 from 2005 to 2018. However, regardless of the observations and model used, the signal-to-noise  
119 ratio is statistically significant for trends ending in 2020, with signal-to-noise ratios ranging from  
120 2.5 to 3.7. Also shown in Figure 3 are the signal-to-noise ratios from the individual realizations of  
121 the models. The observations and reanalyses fit within the ensemble range, indicating that the  
122 magnitudes of their changes are within the model spread.

123         So far, our analysis has only examined the temperature variability over land because the  
124 reanalysis data over land is likely better constrained by observations, and because the daily  
125 observational data from Berkeley Earth only includes land stations. Keeping the uncertainty of the  
126 reanalysis data in mind, we found that signal-to-noise ratios are even higher if ocean regions are  
127 included in the analysis (Extended Data Fig. 4), because both the reanalyses and models show  
128 strong reductions in subseasonal temperature variability over high-latitude ocean regions near the  
129 sea ice edge (Extended Data Fig 5).

### 130 **Attribution to human influence**

131 We now use single-forcing large-ensemble experiments to attribute the externally forced response  
132 of subseasonal temperature variability to individual climate drivers. In response to only increased  
133 anthropogenic greenhouse gas concentrations, both models show reduced temperature variability  
134 (Fig 4a-d) similar to that in the historical experiment (pattern correlations range from 0.71 to 0.93,

135 depending on model and season), indicating that the anthropogenic greenhouse gases are the  
136 primary driver of the forced response. In autumn, both models also show reduced temperature  
137 variability in high latitudes in response to anthropogenic aerosol reductions over recent decades.  
138 The spatial pattern of the autumn response to aerosol forcing is similar to that to greenhouse gas  
139 forcing (pattern correlations of 0.50 and 0.75 in CanESM2 and CESM1 respectively), but with  
140 weaker magnitude. In winter, there is less consistency in the responses to aerosols between the two  
141 models, which partly explain the minor differences in the winter responses to historical forcing in  
142 the two models (Fig. 1f, h).

143 Previous work has attributed reduced temperature variability in model projections to the  
144 decreased meridional temperature gradients associated with Arctic amplification<sup>2,5</sup>. This is  
145 supported by targeted modelling experiments forced with imposed sea ice loss and Arctic  
146 amplification in isolation<sup>7,11,19-22</sup>. Consistent with this interpretation, our simulations display  
147 seasonal-mean warming (Extended Data Fig. 6) and reduced meridional temperature gradients  
148 (Extended Data Fig. 7). In response to greenhouse gas forcing only, there is clear Arctic  
149 amplification and associated reduced meridional temperature gradients, which have similar spatial  
150 patterns to the reduced temperature variability. Furthermore, aerosol forcing has also caused  
151 amplified warming in the Arctic, leading to reduced meridional temperature gradients. Other  
152 processes such decreases in land-sea temperature gradients<sup>6</sup> and decreases in snow cover extent<sup>9</sup>  
153 may also contribute to the decrease in temperature variability.

## 154 **Implications for future change**

155 There has been considerable disagreement, between model-based and observation-based  
156 studies, on the response of midlatitude circulation and winter temperature extremes to Arctic  
157 amplification<sup>15</sup>. However, we find a convergence between modelled and observed trends in

158 subseasonal winter temperature variability, increasing confidence in model projections. Consistent  
159 with previous investigations into the mechanisms<sup>2,5,7,11,19–22</sup>, we have shown that temperature  
160 variability is linked to changes in the large-scale meridional temperature gradients<sup>5</sup>, which are  
161 highly similar in observations and models. The human influence on atmospheric circulation  
162 variability, which is undetectable in observations<sup>23</sup> and inconsistent between models<sup>24</sup>, likely plays  
163 a smaller role.

164 Our results demonstrate that human influence on climate is now detectable in subseasonal  
165 temperature variability, not only in shifts in climate averages. The narrowing of the distribution of  
166 daily temperatures that we find implies that cold extremes are becoming less frequent and less  
167 severe at a faster rate than predicted by the shift in mean temperature; and conversely, hot extremes  
168 are becoming more frequent and more severe at a slower rate than predicted by a shift in the mean.  
169 However, changes in higher order moments of the temperature distribution<sup>8,25</sup>, such as skewness  
170 and kurtosis that were not examined here, could also contribute to frequency and severity of  
171 extremes. The reduced temperature variability we have detected over recent decades is expected  
172 to continue with ongoing greenhouse gas emissions<sup>2</sup>. Our work encourages investigation into the  
173 impacts of human-induced changes in temperature variability on society and ecosystems<sup>26–29</sup>.

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## 241 **Methods**

## 242 **Reanalysis and observations**

243 We use daily-mean near-surface (2-meter) temperature data from two reanalysis products: ERA5  
244 reanalysis<sup>30</sup> and NCEP-DOE reanalysis 2<sup>31</sup>. Data is used from March 1979 to February 2020,  
245 resulting in 41 years for each season. We also use gridded observations of daily near-surface  
246 temperature from Berkeley Earth<sup>32</sup> from March 1979 to February 2018. The observations from  
247 Berkeley Earth were only available up to 2018, but we chose to use reanalysis data up to 2020 to  
248 include the latest data.

## 249 **Modelling experiments**

250 We use output from large-ensemble climate model experiments from two models: the Canadian  
251 Earth System Model version 2 (CanESM2)<sup>33,34</sup> and the Community Earth System Model version  
252 1 (CESM1)<sup>35,36</sup>. For CanESM2, four experiments with different forcings were performed: all-  
253 forcings (ALL), only anthropogenic aerosols (AER), only Natural forcings (NAT), and only  
254 stratospheric ozone forcings (OZ). Each experiment consists of 50 ensemble members with  
255 historical forcing from 1950 to 2005 and RCP8.5 forcing from 2006 to 2100. Historical emissions  
256 over 2006-2020 closely match the emissions from RCP8.5<sup>37</sup>, justifying the comparison. Each of  
257 the 50 ensemble members was initiated from a different initial condition, so differences between  
258 ensemble members arise only due to internal variability. The response to anthropogenic  
259 greenhouse forcing is determined as a residual from subtracting the ensemble-mean trends of the  
260 AER, NAT and OZ from the ALL simulations. This approach means that land use changes are  
261 included in the response to anthropogenic greenhouse forcing for the CanESM2 simulations.

262 The CESM1 simulations consist of a 40-member all-forcing experiment, with historical  
263 forcing from 1920 2005 and RCP8.5 forcing from 2006 to 2100. The single forcing experiments  
264 from CESM1 were performed differently than those with CanESM2. These experiments were

265 identical to the CESM1 all forcing ensemble, except one forcing at a time was held fixed at 1920  
266 levels. Three such experiments were performed: a 20-member ensemble with fixed greenhouse  
267 gases, a 20-member ensemble with fixed industrial aerosols, and a 15-member ensemble with fixed  
268 biomass burning aerosols. The responses to individual forcings (Fig 4) were determined by  
269 subtracting the ensemble-mean of each of fixed forcing experiments from the ensemble mean of  
270 the all-forcing experiment.

### 271 **Temperature variability calculation**

272 All daily 2-meter temperatures from reanalysis, observations and models were first interpolated to  
273 a common  $2^\circ \times 2^\circ$  grid. We have confirmed that the results are insensitive to reasonable changes  
274 in the resolution that the analysis is performed on. Daily temperature anomalies were calculated  
275 by first subtracting the climatological (1979-2020) average temperature for each day and at each  
276 grid point. For model data, the climatological temperature was calculated separately for each  
277 ensemble member (not the ensemble mean) to be consistent with reanalysis and observations.  
278 Next, for each day and grid point, the linear trends over 1979-2020 period from the ensemble mean  
279 were removed. For reanalysis and observations, the mean of the two model's ensemble means were  
280 removed. Nearly identical results were obtained using other methods, including removing the  
281 linear trends from the ensemble-mean from each individual model, and removing the linear trend  
282 from each individual ensemble member, or from observations, or from reanalyses. For the model  
283 data, nearly identical results were also obtained if the daily ensemble-means were removed. For  
284 each year and season, the standard deviations of the daily temperature anomalies were calculated.  
285 This results in 41-year time-series of the subseasonal temperature variability at each grid point and  
286 each season.

### 287 **Fingerprint and signal to noise calculations**

288 We use standard fingerprint methods<sup>16-18</sup> to determine whether the signal is detectable in  
289 observations. First, we calculate the ensemble average of subseasonal temperature variability for  
290 each of the all-forcing experiments. Next, we calculate anomalies of temperature variability by  
291 subtracting the climatological mean at each grid-point. We then define the fingerprint to be the  
292 leading empirical orthogonal function (EOF) of the anomalies over all land grid points over the  
293 30°-90°N latitude region for the 1979-2020 period. The results are not sensitive to the exact region  
294 chosen. The signal time-series are calculated by projecting the observed anomalies in temperature  
295 variability onto the fingerprint:

$$296 \quad S(t) = \sum_{x=1}^{N_x} O(x,t) \cdot F(x)$$

297 Where  $S(t)$  is the signal time series,  $O(x,t)$  is the observed anomalies,  $F(x)$  is fingerprint,  $t$   
298 represents the year,  $x$  represents the grid-point and  $N_x$  the number of grid-points. Fields are  
299 appropriately area-weighted prior to calculations by multiplying each grid-point by the square root  
300 of the cosine of the latitude.

301 The noise time-series are calculated by first subtracting the appropriate ensemble-mean of  
302 the temperature variability time-series from individual ensemble members of the ensemble  
303 (including all single forcing experiments). Next, each of these time-series are then projected onto  
304 the fingerprint, as was done for observed anomalies in the equation above. This results in 200 41-  
305 year noise time-series for CanESM2 and 95 41-year noise time-series for CESM1. These noise  
306 time-series consist only of unforced internal variability.

307 To calculate whether the observed trends are statistically significant, we calculate the  
308 signal-to-noise ratios. Here, the signal is defined as the magnitude of the linear trend of the  
309 observed signal time-series. The noise is defined as the standard deviation of the distribution of

310 linear trend magnitudes of the noise time-series of the same length as the signal. Signal-to-noise  
311 ratios are calculated as a function of increasing trend length for trends starting in 1979, with a  
312 minimum trend length of 15 years. We define statistical significance to be a signal-to-noise ratio  
313 of 1.645, which is the 5% significance threshold using a one-sided Students t-test. The time of  
314 detection is determined by the first year where the signal-to-noise ratio exceeds and subsequently  
315 remains above this level.

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### 335 **Data Availability**

336 CanESM2 data is available at: <https://open.canada.ca/data/en/dataset/aa7b6823-fd1e-49ff-a6fb-68076a4a477c>. CESM1 data is available at:

338 [https://www.earthsystemgrid.org/dataset/ucar.cgd.cesm4.CESM\\_CAM5\\_BGC\\_LE.html](https://www.earthsystemgrid.org/dataset/ucar.cgd.cesm4.CESM_CAM5_BGC_LE.html). ERA5

339 reanalysis data is available at: <https://cds.climate.copernicus.eu/cdsapp#!/dataset/reanalysis-era5-single-levels?tab=overview>. NCEP-DOE reanalysis 2 data is available at:

341 <https://psl.noaa.gov/data/gridded/data.ncep.reanalysis2.html>. Berkeley Earth observations are  
342 available at: <http://berkeleyearth.org/archive/data/>.

### 343 **Code availability**

344 Code is available from the corresponding author upon reasonable request.

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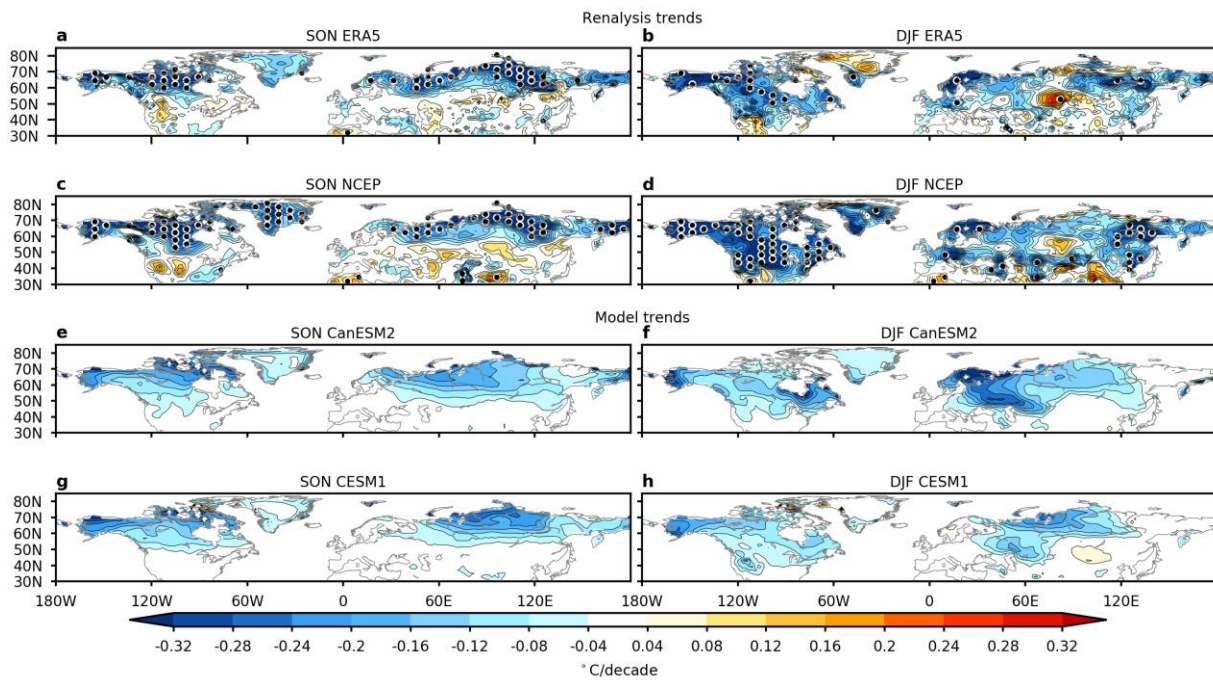
350 **Author Contributions:** R.B. conceived of the study, carried out the analysis, and wrote the  
351 manuscript. J.C.F and J.A.S. discussed the results and made suggestions and edits to the  
352 manuscript.

353 **Competing Interests:** The authors declare no competing interests.

354 **Correspondence and request for materials** should be addressed to R.B.

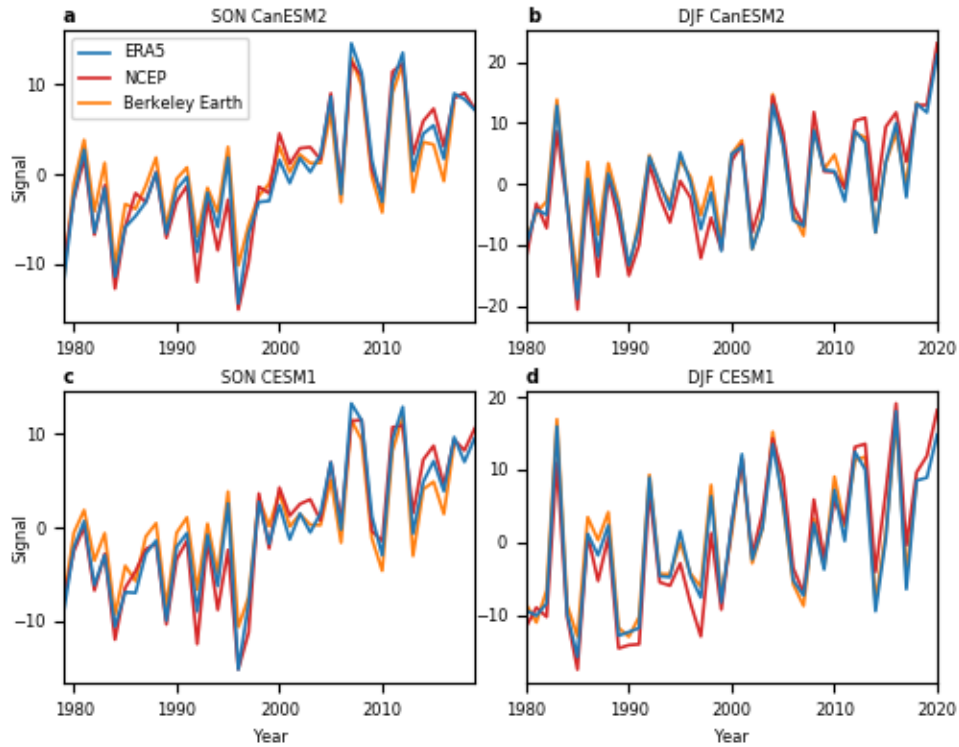
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356 **Figures**



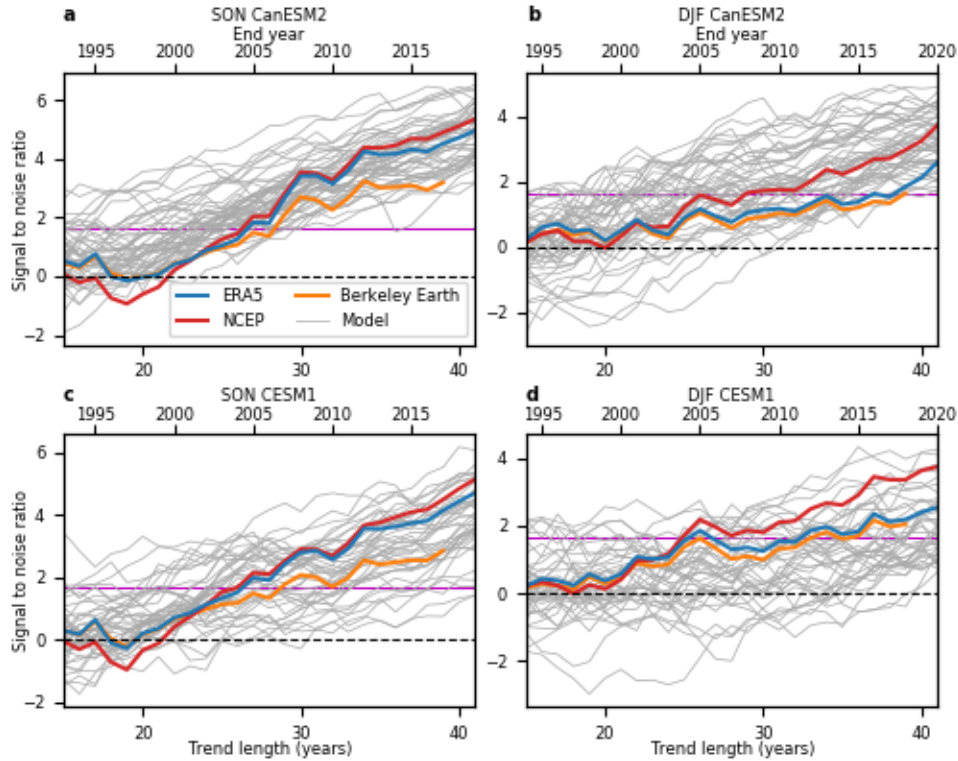
357

358 **Figure 1: Subseasonal near-surface temperature variability trends.** Trends in subseasonal  
 359 near-surface air temperature variability ( $^{\circ}\text{C}/\text{decade}$ ) in autumn (SON; a, c, e, g) and winter (DJF;  
 360 b, d, f, h) over the 1979-2020 period. Trends are shown for ERA5 reanalysis (a, b) NCEP reanalysis  
 361 (c, d), CanESM2 simulations (e, f) and CESM1 simulations (g, h). The stippling in a-d indicates  
 362 trends that are statistically significant at the 5% level using a two-sided student's t-test.



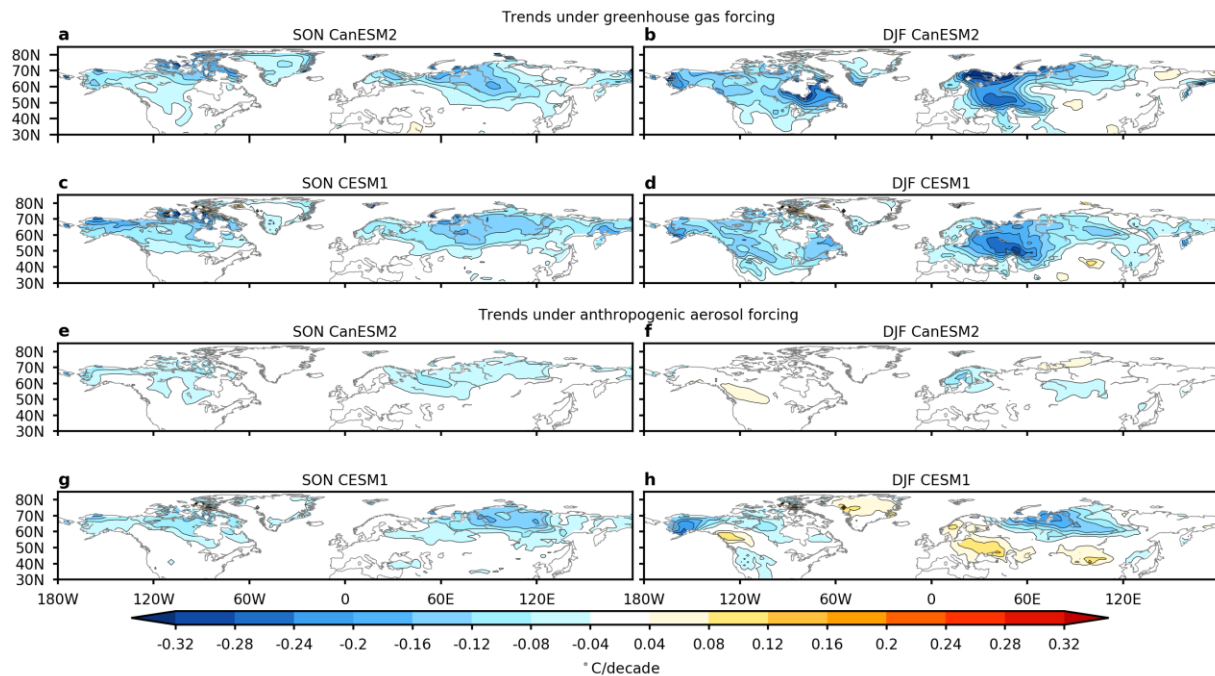
363

364 **Figure 2: Signal time-series of the subseasonal temperature variability fingerprint.** Signal  
 365 time-series of the subseasonal temperature variability fingerprint in the ERA5 reanalysis (blue),  
 366 NCEP reanalysis (red) and Berkeley Earth observations (orange). Time series are shown for  
 367 autumn (SON; a, c), winter (DJF; b, d) and for the fingerprint calculated from the CanESM2  
 368 simulations (a, b) and CESM1 simulations (c, d).



369

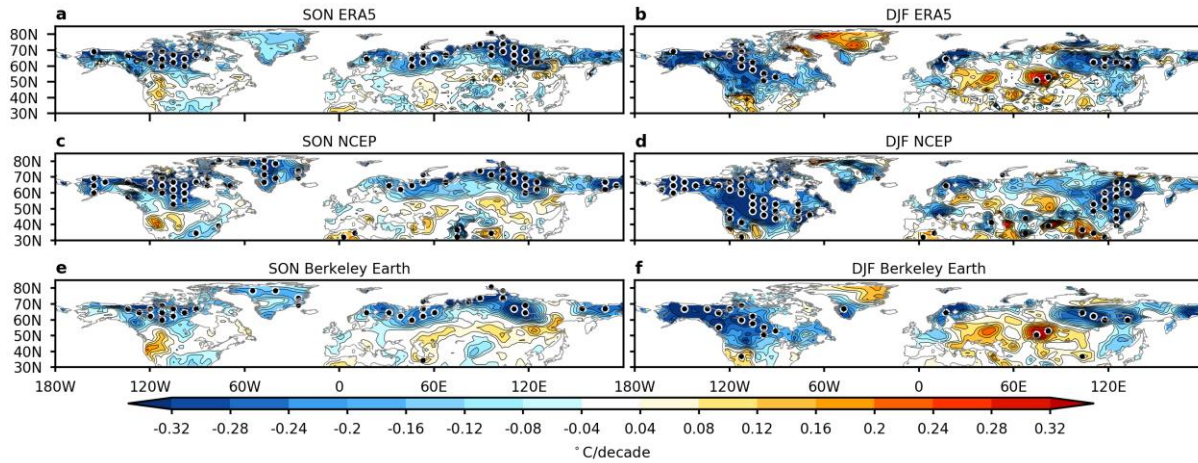
370 **Figure 3: Signal-to-noise ratios for increasing trend length.** Signal-to-noise ratios as a function  
 371 of trend length for trends starting in 1979/80, for the ERA5 reanalysis (blue), NCEP reanalysis  
 372 (red) and Berkeley Earth observations (orange), and individual model realizations (grey). Signal-  
 373 to-noise ratios are shown for autumn (SON; a, c), winter (DJF; b, d) and for the fingerprint  
 374 calculated from the CanESM2 simulations (a, b) and CESM1 simulations (c, d). The purple line  
 375 indicates statistical significance at the 5% level. Note the different vertical axes in the different  
 376 panels.



377

378 **Figure 4: Drivers of subseasonal temperature variability trends.** Trends in subseasonal near-  
 379 surface air temperature variability ( $^{\circ}\text{C}/\text{decade}$ ) in autumn (SON; a, c, e, g) and winter (DJF; b, d,  
 380 f, h) over the 1979-2020 period from the single-forcing experiments. Trends are shown for  
 381 anthropogenic greenhouse gas forcing (GHG; a-d), anthropogenic aerosol forcing (AER; e-h), in  
 382 CanESM2 simulations (a, b, e, f) and CESM1 simulations (c, d, g, h).

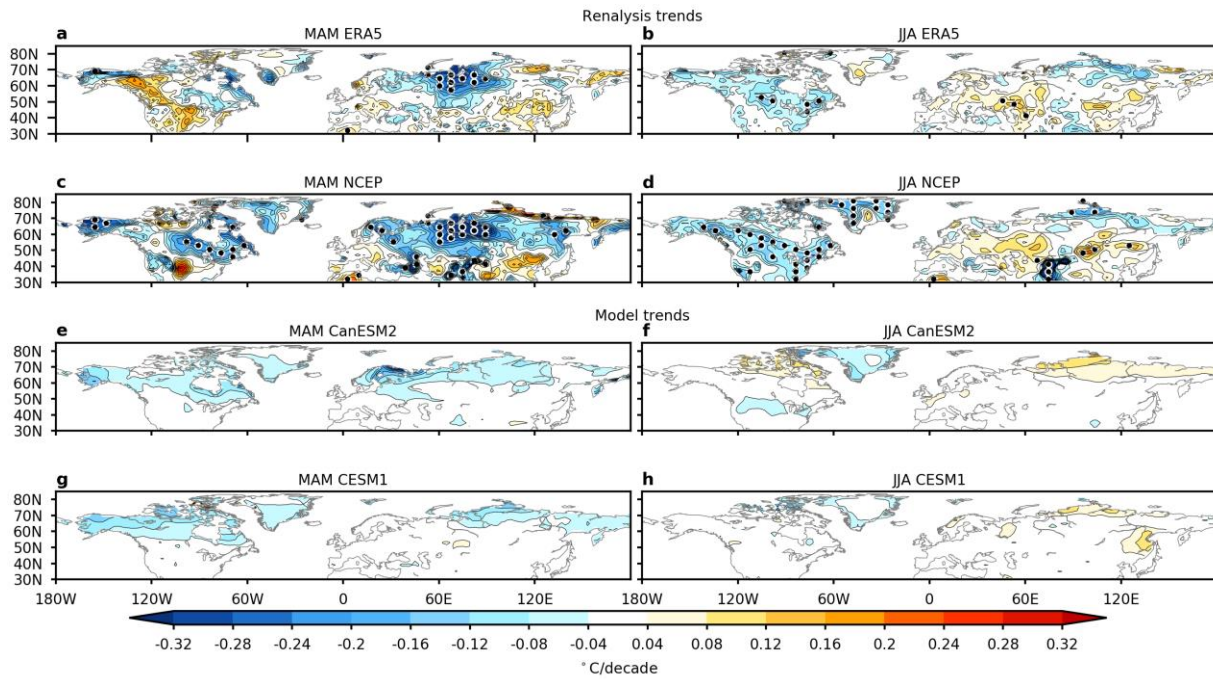
383 **Extended Data Figures**



384

385 **Extended Data Figure 1: Subseasonal near-surface temperature variability trends in**  
386 **reanalysis and observations.** Trends in subseasonal near-surface air temperature variability  
387 (°C/decade) in autumn (SON; a, c, e) and winter (DJF; b, d, f) over the 1979-2018 period. Trends  
388 are shown for ERA5 reanalysis (a, b) NCEP-DOE-reanalysis 2 (c, d), and Berkeley Earth  
389 observations (e, f). The stippling indicates trends that statistically significant at the 5% level using  
390 a two-sided student's t-test.

391



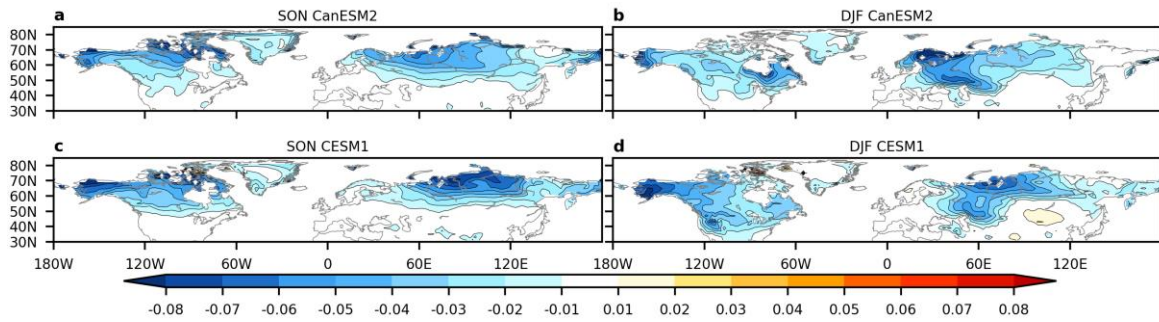
392

393 **Extended Data Figure 2: Subseasonal near-surface temperature variability trends in spring**  
 394 **and summer.** As in Fig 1, but for spring (MAM) and summer (JJA).

395



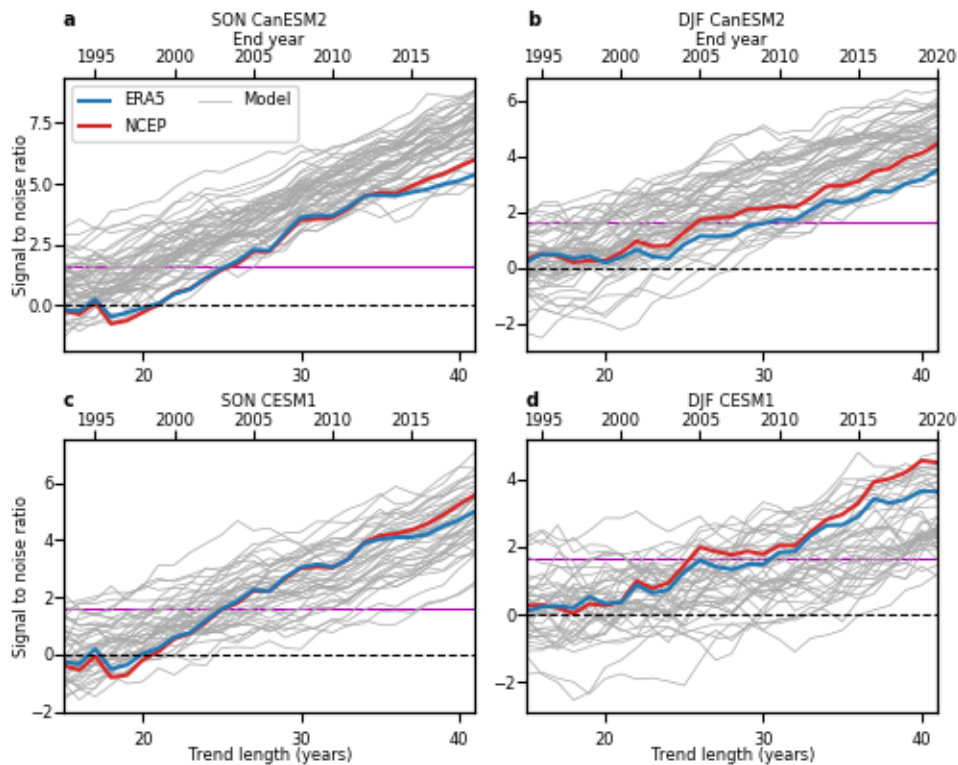
396



397

398 **Extended Data Figure 3: Fingerprints of subseasonal temperature variability.** The  
399 fingerprints of subseasonal temperature variability from CanESM2 (a, b) and CESM1 (c, d) for  
400 autumn (SON; a, c) and winter (DJF; b, d).

401

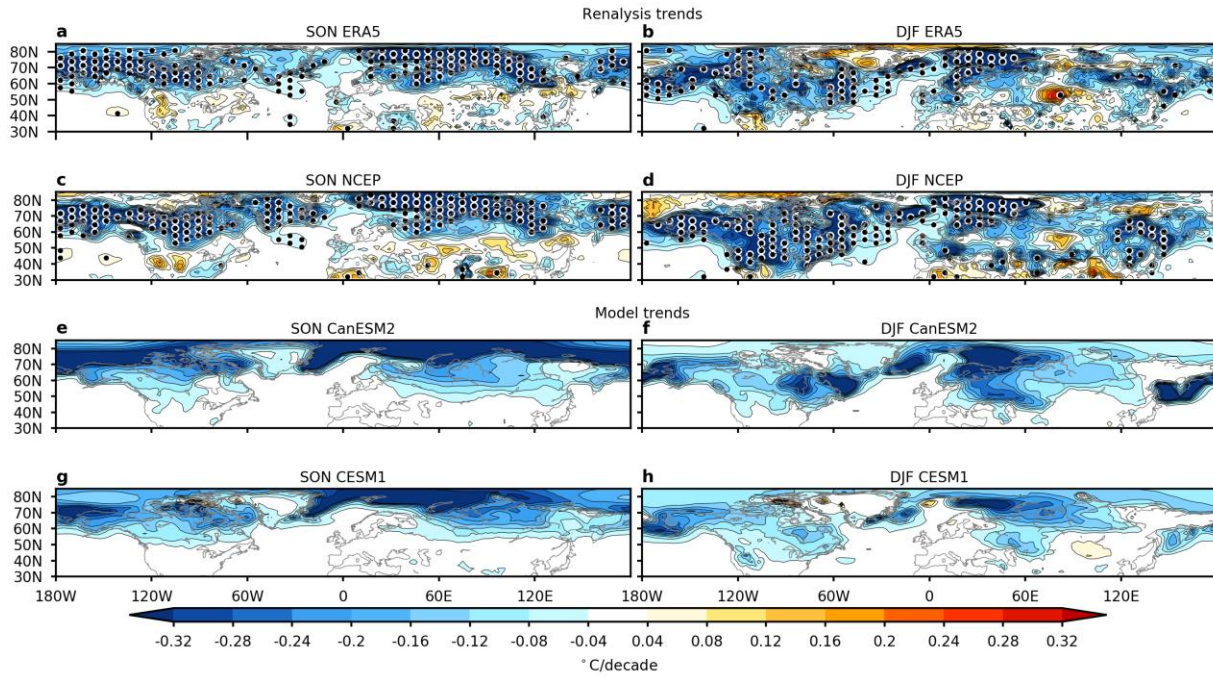


402

403 **Extended Data Figure 4: Signal-to-noise ratios for increasing trend length.** As in Fig 3, but  
404 with grid-points over ocean included in the fingerprint.



405



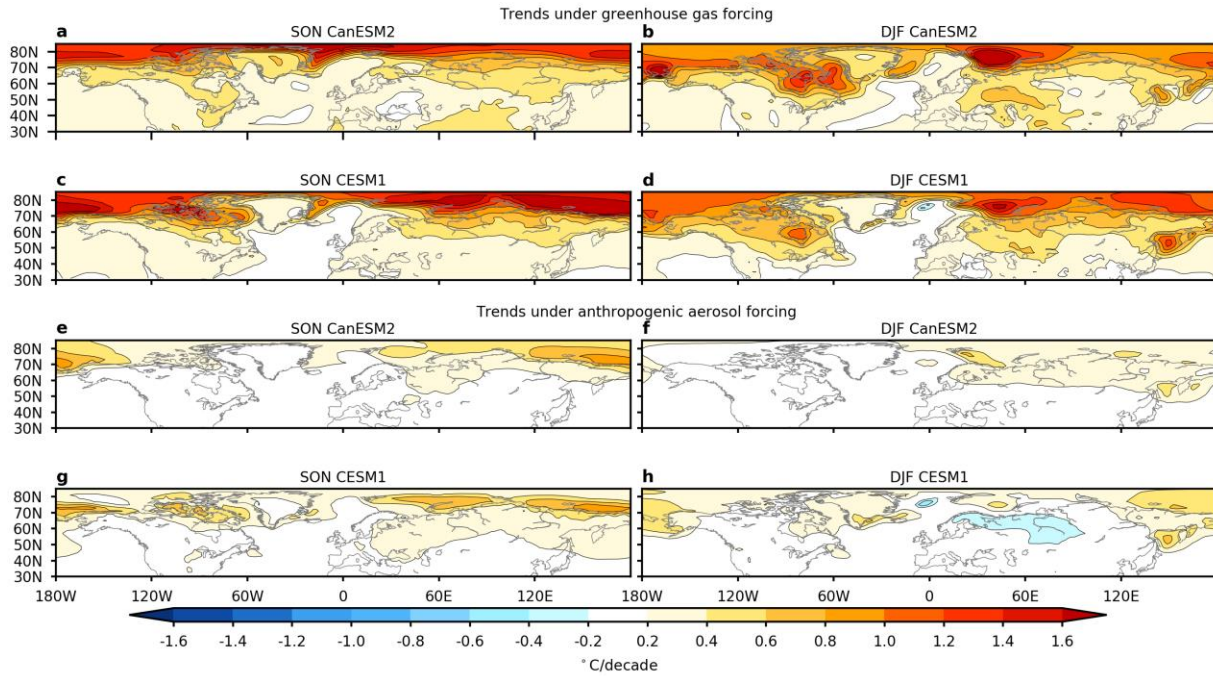
406

407 **Extended Data Figure 5: Subseasonal near-surface temperature variability trends.** As in Fig

408 1, but with grid points over ocean included.

409

410



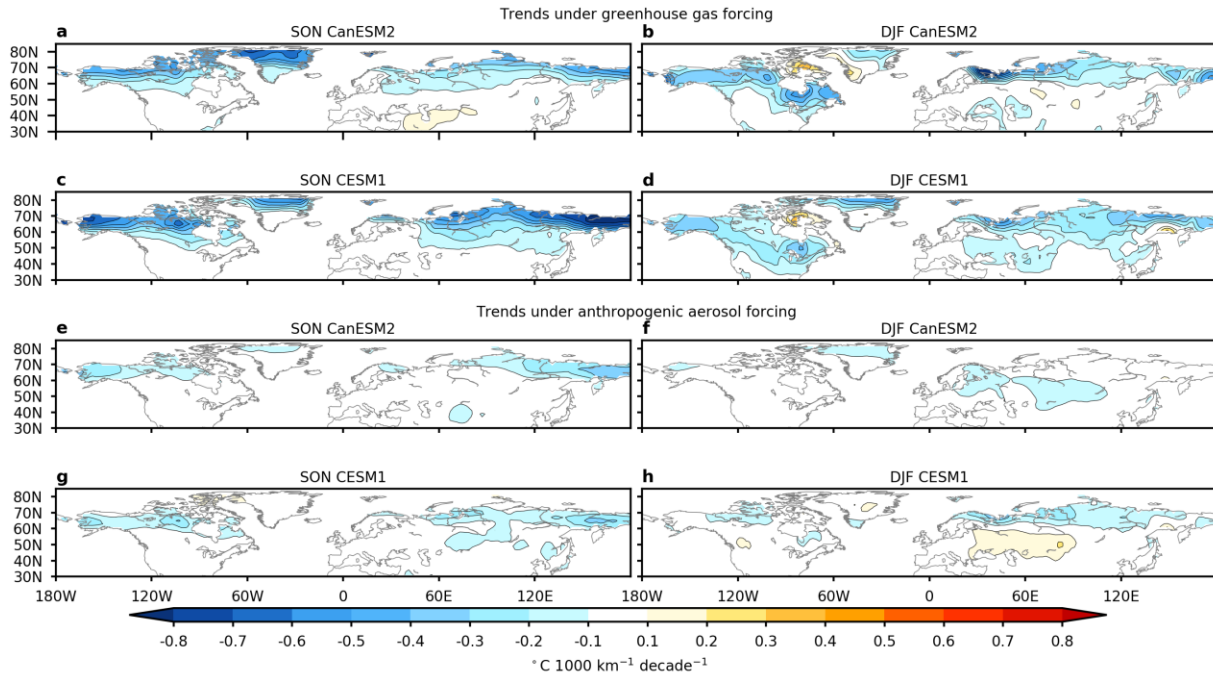
411

412 **Extended Data Figure 6: Seasonal-mean near-surface temperature trends.** As in Fig 4, but

413 for seasonal-mean temperature trends ( $^{\circ}\text{C}/\text{decade}$ ).

414

415



416

417 **Extended Data Figure 7: Meridional temperature gradient trends.** As in Fig 4, but for  
 418 meridional temperature gradient trends ( $^{\circ}\text{C } 1000 \text{ km}^{-1} \text{ decade}^{-1}$ ).