

Description of Additional Supplementary Files

File Name: Supplementary Movie 1

Description: Animated animation of a signal propagating from along the continental shelf of Canada and the U.S. This movie represents the same information presented on the Hovmöller diagram in Fig. 1a but communicates it more efficiently.

File Name: Supplementary Movie 2

Description: Animated view of ocean currents in the North Atlantic Ocean. At first, the simplistic representation of the warm (red) and cold (blue) branches of the Atlantic Meridional Overturning Circulation. These currents are progressively replaced by the more realistic combination of shallow and deep currents that make up the North Atlantic circulation.