

Change Profiles:

- Center on a moving average in a sliding window
- Take the cumulative sum

"Solves" some concerns:

- Scale is irrelevant/relative
- Small fluctuations are added in the cum. sum but, don't impact the shape of the overall profile
- If present, persistent levels & fluctuation patterns can be "exaggerated" (see y-scale)

Recurrence Based Approach

Quantifying State Dynamics