F_{NE} , F_{SFC} , F_{TOA} seasonal amplitude 300 ΔF_{SFC} ΔF_{TOA} 80 250 60 ΔF_{NE} 20-50 45 81012 16 20 30 80 100 Phase lag between SWABS and SHF 6months 0 45 81012 16 20 30 50 80 100 Mixed layer depth