**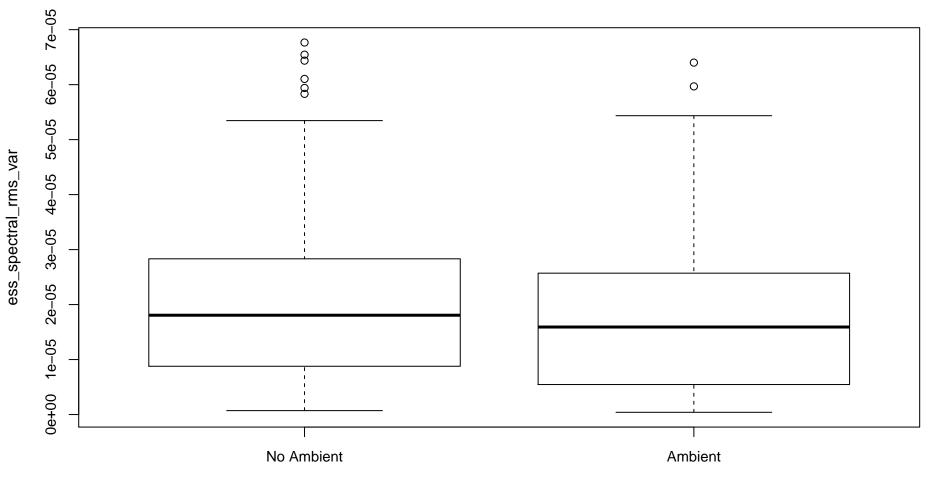ess_spectral_rms_var**