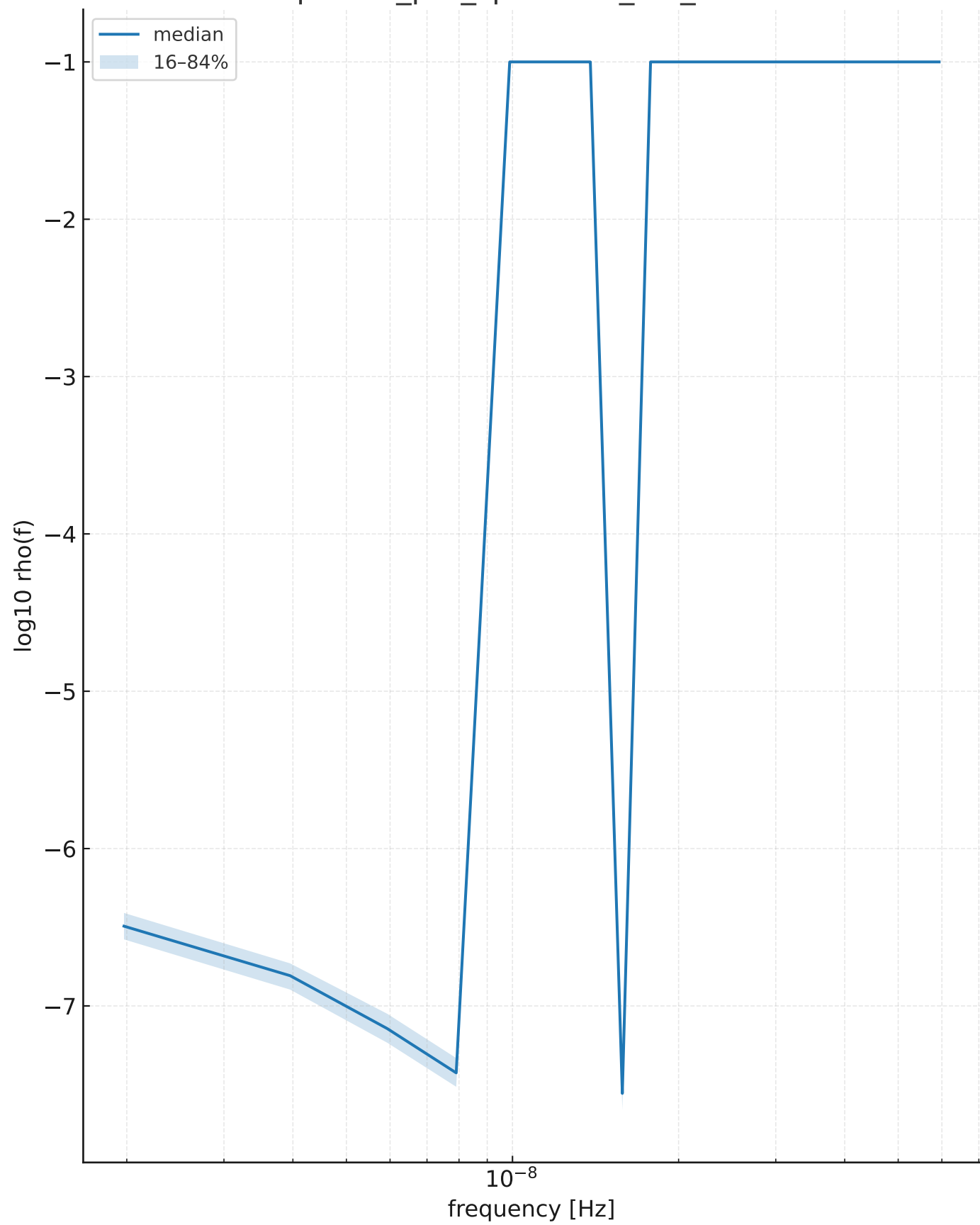


PTA spectrum (anchor CSV)  
exported\_pta\_spectrum\_HD\_30f.csv



LISA sensitivity (demo analytic approximation)

