ISWs: amplitudes bounded above by conjugate flow amplitude

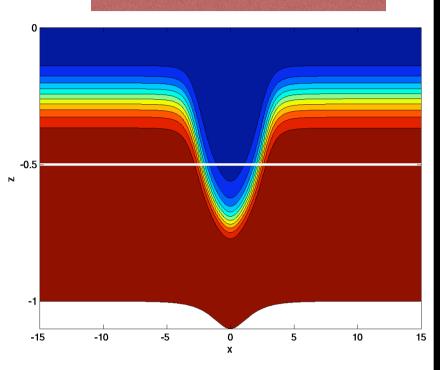
Linear Waves

$$\phi_{zz} + \left(\frac{N^2(z)}{c^2} - k^2\right)\phi = 0$$
 $\nabla^2 \eta + \frac{N^2(z - \eta)}{c^2} \eta = 0$

ISWs

$$\nabla^2 \eta + \frac{N^2(z-\eta)}{c^2} \eta = 0$$

Trapped Waves: larger than largest ISW



Inflow speed: U

Linear Longwave Speed

Conjugate flow Speed