The linkage between Arctic sea ice changes and mid-latitude atmospheric circulation – The role of synoptic-planetary wave interactions



$$E_{n} = \frac{1}{4} \frac{a^{2}}{n(n+1)} \sum_{m=-n}^{n} (\overline{|\zeta_{n}^{m}|^{2}} + \overline{|\delta_{n}^{m}|^{2}}) = E_{n}^{rot} + E_{n}^{div}$$

$$G_{n} = \frac{n(n+1)}{c^{2}} E_{n}^{rot}$$

ne spectral	budget	equation
$\frac{\partial E_n}{\partial E_n} = I$	$+ S^E$	I_n, J_n

$$\frac{\partial t}{\partial t} = I_n + S_n^2 \qquad \text{energy} \\ \frac{\partial G_n}{\partial t} = J_n + S_n^G \qquad \begin{array}{c} S_n^E, J_n^G \\ \text{energy} \end{array}$$

$$\frac{\partial \zeta}{\partial t} = -(\vec{v} \cdot \nabla)\zeta - D \implies J_n = -\frac{1}{4} \sum_{m=-n}^n [\zeta_n^{m^*} (\vec{v} \cdot \nabla \zeta)_n^m + \zeta_n^m (\vec{v} \cdot \nabla \zeta)_n^{m^*}]$$

$$I_n = \frac{a^2}{n(n+1)}J_n \xrightarrow{\rightarrow} \text{res}$$

but





$$\sum_{n=0}^{N} I_n = 0 = \sum_{n=0}^{N} J_n$$

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