Numbers of high and low NAM (i.e., the NAO or AO) index days during January-March for the periods indicated.

|  | Total JFM <br> days | High NAM <br> days | Low NAM <br> days |
| :---: | :---: | :---: | :---: |
| $1958-67$ | 900 | 104 | 209 |
| $1988-97$ | 900 | 273 | 44 |

Thompson and Wallace, Science 2001

