The commenter is right that the slowing down signal is only clear after the Bølling warming event. The signal is not sensitive to the choice of bandwidth unless one goes to very low bandwidth, in which case the slow fluctuations of interest are being eliminated. They are also right to note that this can be interpreted as a shift of power from high to low frequencies, i.e. a spectral reddening. However, we note that our further work in response to referee #1, reveals that the Bølling-Allerød interval dominates the slowing down signal (not the Younger Dryas). The simplest interpretation of this is that the warm climate state sampled in the Bølling-Allerød was a lot less stable than the cold climate states before and after it.