As we now know, this east-west temperature see-saw was due to changes in the north-south contrast in sea level pressure over the North Atlantic Ocean, with low pressure in the north near Iceland and high pressure in the south near the Azores. The pressure contrast drives surface winds and wintertime storms from west to east across the North Atlantic. Variations in the pressure gradient affect the winds and storm tracks, thereby altering sea surface temperature, air temperature and precipitation. The impacts of this climate phenomenon reach as far eastward as central Siberia and the eastern Mediterranean, southward to West Africa, westward to North America and extend throughout the entire Arctic region. These changes in atmospheric pressure and its associated impacts are known as the North Atlantic Oscillation (NAO).