

Laminate	Frequency results	Energy results
[90] ₂	Fewer events, but frequency bands do not change (100, 230, and 290 kHz)	Reduced AE energy throughout loading cycle. Damage initiation reduced from 0.5 % ϵ
[0] ₂	Fewer events, but frequency bands do not change (100, 230, and 290 kHz)	Reduced AE energy throughout loading cycle. Damage initiation reduced from 0.5 to 0.3 % ϵ with conditioning.
[0/90] _s	Fewer events, but frequency bands do not change (40, 100, 160–250, and 290 kHz)	Reduced AE energy throughout loading cycle. Damage initiation reduced from 0.5 to 0.3 % ϵ with conditioning.
[90/0] _s	Fewer events, but frequency bands do not change (40, 100, 160–250, and 290 kHz)	Reduced AE energy throughout loading cycle, especially between 0.5 and 1.0 % ϵ . Damage initiation reduced from 0.5 to 0.3 % ϵ with conditioning.