

## Supplementary Information

### Noise level estimation and linear error propagation

The raw data of a strain chirp and its response may be expressed as stress timeseries  $\sigma(t)$  and strain timeseries  $\varepsilon(t)$ . The Fourier transform of these,  $\sigma^*(\omega) = \sigma' + i\sigma''$  and  $\varepsilon^*(\omega) = \varepsilon' + i\varepsilon''$  have a magnitude  $|\sigma^*|$  and  $|\varepsilon^*|$  respectively that follow a “pink”  $1/f^\alpha$  power law spectrum between the lowest and highest requested frequencies  $\omega_1$  and  $\omega_2$ . Between  $\omega_2$  and the Nyquist frequency  $\omega_N$ , any measured signal can be assumed to originate in noise or interference. Assuming additive white Gaussian noise, the noise power can be estimated from this region:

$$N_{0,\sigma} = \frac{1}{\omega_N - \omega_2} \int_{\omega_2}^{\omega_N} |\sigma^*|^2 d\omega$$

and similarly for  $\varepsilon^*$ . The square root of  $N_0$  can serve to estimate of the uncertainty at each frequency,  $\Delta\sigma$  and  $\Delta\varepsilon$ . In practice, additional resonant noise and interference spikes appear throughout the spectrum, and so we use the median noise amplitude as a more robust estimator.

The complex stress  $\sigma^*$  and strain  $\varepsilon^*$  can be used to calculate the complex modulus through straightforward complex division:

$$E^* = \frac{\sigma^*}{\varepsilon^*} = \frac{\sigma' + i\sigma''}{\varepsilon' + i\varepsilon''}$$

$$E' = \frac{\sigma'\varepsilon' + \sigma''\varepsilon''}{|\varepsilon^*|^2}$$

$$E'' = \frac{\sigma''\varepsilon' - \sigma'\varepsilon''}{|\varepsilon^*|^2}$$

Our goal is to find the uncertainty in the real and imaginary components of the modulus, given our estimated uncertainty in the inputs,  $\Delta\sigma$  and  $\Delta\varepsilon$ . Assuming linear, Gaussian, independent errors, linear error propagation can be applied:

$$\Delta f^2 = \sum_i \left( \frac{\partial f}{\partial x_i} \Delta x_i \right)^2$$

Assuming  $\Delta\sigma' = \Delta\sigma'' = \Delta\sigma$ ,  $\Delta\varepsilon' = \Delta\varepsilon'' = \Delta\varepsilon$ :

$$\Delta E'^2 = \left( \frac{\partial E'}{\partial \sigma'} \Delta\sigma \right)^2 + \left( \frac{\partial E'}{\partial \sigma''} \Delta\sigma \right)^2 + \left( \frac{\partial E'}{\partial \varepsilon'} \Delta\varepsilon \right)^2 + \left( \frac{\partial E'}{\partial \varepsilon''} \Delta\varepsilon \right)^2$$

and similarly for  $E''$ . Taking partial derivatives and substituting, we obtain

$$\Delta E'^2 = \left( \frac{\varepsilon'}{|\varepsilon^*|^2} \Delta \sigma \right)^2 + \left( \frac{\varepsilon''}{|\varepsilon^*|^2} \Delta \sigma \right)^2 + \left( \frac{\sigma' - 2\varepsilon' E'}{|\varepsilon^*|^2} \Delta \varepsilon \right)^2 + \left( \frac{\sigma'' - 2\varepsilon'' E'}{|\varepsilon^*|^2} \Delta \varepsilon \right)^2$$

$$\Delta E''^2 = \left( \frac{\varepsilon''}{|\varepsilon^*|^2} \Delta \sigma \right)^2 + \left( \frac{\varepsilon'}{|\varepsilon^*|^2} \Delta \sigma \right)^2 + \left( \frac{\sigma'' - 2\varepsilon' E''}{|\varepsilon^*|^2} \Delta \varepsilon \right)^2 + \left( \frac{-\sigma' - 2\varepsilon'' E''}{|\varepsilon^*|^2} \Delta \varepsilon \right)^2$$

which retains complex components. These can be eliminated by gathering terms and applying simplifications originating in the definitions of  $E'$ ,  $E''$ ,  $|\varepsilon^*|$  and  $|E^*|$ :

$$\left( \frac{\varepsilon'}{|\varepsilon^*|^2} \Delta \sigma \right)^2 + \left( \frac{\varepsilon''}{|\varepsilon^*|^2} \Delta \sigma \right)^2 = \left( \frac{\Delta \sigma}{|\varepsilon^*|^2} \right)^2 (\varepsilon'^2 + \varepsilon''^2) = \left( \frac{\Delta \sigma}{|\varepsilon^*|} \right)^2$$

$$\left( \frac{\sigma' - 2\varepsilon' E'}{|\varepsilon^*|^2} \Delta \varepsilon \right)^2 + \left( \frac{\sigma'' - 2\varepsilon'' E'}{|\varepsilon^*|^2} \Delta \varepsilon \right)^2 \Rightarrow \left( |E^*| \frac{\Delta \varepsilon}{|\varepsilon^*|} \right)^2$$

$$\left( \frac{\sigma'' - 2\varepsilon' E''}{|\varepsilon^*|^2} \Delta \varepsilon \right)^2 + \left( \frac{-\sigma' - 2\varepsilon'' E''}{|\varepsilon^*|^2} \Delta \varepsilon \right)^2 \Rightarrow \left( |E^*| \frac{\Delta \varepsilon}{|\varepsilon^*|} \right)^2$$

Thus, we obtain:

$$\Delta E'^2 = \Delta E''^2 = \left( \frac{\Delta \sigma}{|\varepsilon^*|} \right)^2 + \left( |E^*| \frac{\Delta \varepsilon}{|\varepsilon^*|} \right)^2$$

which only contains the magnitude of any complex function and leads directly to the results in Figure 3.