# Contents

**Preface and acknowledgements** **xi**

**1 An overview of modern solution NMR** **1**
1.1 The general nature of NMR spectroscopy . . . . . 1
1.2 Examples of simple spectra . . . . . 5
1.3 NMR technology, *ca.* 2015 . . . . . 6
1.3.1 Instrumentation . . . . . 6
1.3.2 Continuous wave and pulse techniques . . . . . 9
1.3.3 Multi-dimensional spectroscopy . . . . . 9
1.3.4 Isotopic labeling . . . . . 10
1.4 Multidimensional spectra . . . . . 11
1.5 Structural information from NMR . . . . . 14
Summary points for Chapter 1 . . . . . 16
Exercises for Chapter 1 . . . . . 16
Further Reading: Books on NMR spectroscopy . . . . . 17

**2 An introduction to spin and nuclear magnetism** **21**
2.1 The Stern-Gerlach experiment . . . . . 21
2.2 Spin . . . . . 23
2.3 The gyromagnetic ratio and angular momentum . . . . . 24
2.4 Quantized Magnetization . . . . . 25
2.5 Vector representations of average magnetization . . . . . 28
2.6 Average magnetization of bulk samples . . . . . 29
2.7 Time-dependent changes in magnetization . . . . . 31
2.7.1 Motion in a stationary magnetic fi . . . . . 31
2.7.2 The gyroscope demonstration . . . . . 33
2.7.3 Precession of spins in a bulk sample . . . . . 34
2.7.4 Changes in magnetization in an oscillating magnetic fi . . . . . 35
2.8 The “laws of motion” for bulk magnetization . . . . . 36
Summary points for Chapter 2 . . . . . 37
Exercises for Chapter 2 . . . . . 38
Further Reading . . . . . 40

**3 Early NMR experiments 41**
3.1 The Rabi molecular beam experiment ..... 41
3.2 The Purcell and Bloch experiments ..... 43
3.3 The importance of relaxing ..... 46
3.4 Sensitivity ..... 47
3.5 Peak Shape and Width ..... 49
Summary points for Chapter 3 ..... 50
Exercises for Chapter 3 ..... 51
Further Reading ..... 52

**4 Chemical information from resonance frequencies 53**
4.1 Shielding and Chemical shifts ..... 54
4.1.1 Chemical shift references ..... 55
4.1.2 Upfield and downfield in a protein spectrum ..... 56
4.1.3 Structural information from chemical shifts ..... 57
4.1.4 Chemical shift anisotropy ..... 60
4.2 Dipolar coupling ..... 63
4.2.1 Consequences of dipolar coupling for relaxation, peak widths and resolution ..... 66
4.2.2 Magic angle spinning ..... 67
4.2.3 Residual dipolar coupling interactions ..... 68
4.3 Scalar Coupling ..... 69
4.3.1 The Karplus equation ..... 72
4.4 Final Comments ..... 74
Exercises for Chapter 4 ..... 75
Further Reading ..... 78

**5 The pulse NMR method: The pulse 81**
5.1 Some preliminaries ..... 83
5.1.1 Of right and left hands: Choosing directions ..... 83
5.1.2 Mathematics of rotational motion ..... 87
5.1.3 The rotating frame ..... 90
5.2 Electromagnetic radiation in the rotating frame ..... 94
5.3 The vector description of a pulse ..... 97
5.4 Pulses in diff rent directions ..... 101
5.5 Off-resonance pulses ..... 104
Summary points for Chapter 5 ..... 105
Exercises for Chapter 5 ..... 105
Further Reading ..... 107

**6 The pulse NMR method: The signal and spectrum 109**
6.1 The signal ..... 109
6.2 From FID to spectrum: The Fourier transform ..... 114
6.2.1 A qualitative overview ..... 114
6.2.2 A brief diversion into complex numbers ..... 115

6.2.3 Fourier transformation of the time-domain signal ..... 116
6.3 The shape of NMR peaks ..... 118
6.4 Relationships between the FID and spectrum ..... 121
6.5 Sampling rate and spectral width ..... 123
6.6 "Phasing" the spectrum ..... 125
6.7 More on quadrature detection ..... 130
6.8 Other data manipulations ..... 133
6.8.1 Zero fi ..... 134
6.8.2 Apodization ..... 136
6.9 Fourier description of pulses ..... 140
Summary points for Chapter 6 ..... 145
Exercises for Chapter 6 ..... 146
Further Reading ..... 148

**7 Relaxation 149**
7.1 Two kinds of relaxation ..... 149
7.2 Longitudinal relaxation ..... 151
7.2.1 The longitudinal relaxation rate constant, $R_1$ ..... 151
7.2.2 Mechanisms of longitudinal relaxation in liquids ..... 154
7.3 Transverse relaxation ..... 157
7.3.1 The transverse relaxation rate constant, $R_2$, and peak widths ..... 157
7.3.2 Spin echoes and the measurement of $R_2$ ..... 158
7.3.3 Random fl and transverse relaxation ..... 162
7.3.4 The relationship between tumbling rate and transverse relaxation rate 165
7.3.5 Longitudinal relaxation in the rotating frame: $R_{1\rho}$ ..... 168
7.4 Effects of internal motions on relaxation ..... 170
7.5 Heteronuclear relaxation experiments ..... 173
Summary points for Chapter 7 ..... 176
Exercises for Chapter 7 ..... 177
Further Reading ..... 179

**8 A more mathematical look at relaxation 181**
8.1 Molecular tumbling as Brownian motion ..... 181
8.2 The autocorrelation function ..... 183
8.3 The spectral density function ..... 186
8.4 Calculating relaxation rates ..... 191
8.4.1 Longitudinal relaxation rates for an isolated nucleus ..... 191
8.4.2 Longitudinal relaxation rates for a dipolar-coupled spin-pair ..... 193
8.4.3 Transition rates and relaxation rates for dipolar-coupled spins ..... 197
8.5 Heteronuclear relaxation and internal motions ..... 202
8.5.1 Rates of heteronuclear relaxation ..... 202
8.5.2 "Model-free" analysis of relaxation rates ..... 205
8.6 Slower internal motions: Conformational exchange ..... 212
8.7 Relaxation Interference and TROSY ..... 226
Summary points for Chapter 8 ..... 231

Exercises for Chapter 8 ..... 232
Further Reading ..... 235

**9 Cross relaxation and the nuclear Overhauser effect 237**
9.1 Two spins linked by dipolar interactions ..... 237
9.2 A transient NOE experiment ..... 239
9.3 Saturation and the steady-state NOE ..... 244
9.4 Transferred NOEs ..... 251
9.5 Spin diff and internal motions ..... 252
Summary points for Chapter 9 ..... 253
Exercises for Chapter 9 ..... 254
Further Reading ..... 255

**10 Two-dimensional NMR experiments 257**
10.1 Constructing a two-dimensional experiment ..... 257
10.2 Generating a two-dimensional spectrum ..... 261
10.3 The NOESY spectrum ..... 263
10.4 Phase cycling ..... 271
10.5 Quadrature detection for the indirect dimension ..... 274
10.6 Field gradients ..... 277
10.6.1 Elimination of transverse magnetization ..... 278
10.6.2 Diffusion and solvent signal suppression ..... 280
10.7 A brief introduction to imaging by NMR ..... 282
Summary points for Chapter 10 ..... 293
Exercises for Chapter 10 ..... 293
Further Reading ..... 296

**11 The mathematical formalism of quantum mechanics 299**
11.1 Some variations on the Stern-Gerlach experiment ..... 300
11.2 A demonstration with polarized light ..... 302
11.3 An overview of the mathematical structure:
Operators, eigenfunctions and eigenvalues ..... 305
11.3.1 Eigenfunctions and eigenvalues ..... 307
11.3.2 Calculating the average outcome ..... 307
11.3.3 The Dirac notation: “bras” and “kets” ..... 308
11.4 The spin-1/2 system ..... 309
11.4.1 The $\hat{I}_z$ operator ..... 309
11.4.2 Other angular momentum operators ..... 313
11.5 A possible source of confusion ..... 316
11.6 Application to Stern-Gerlach experiments ..... 317
11.7 Other angles ..... 319
11.8 The shift operators ..... 321
11.9 Final comments ..... 322
Summary points for Chapter 11 ..... 322
Further Reading ..... 325

**12 More quantum mechanics: Time and energy 327**
12.1 Time dependence of the wavefunction ... 327
12.2 Spin-1/2 particles in a magnetic fi ... 329
12.2.1 Time dependence of the wavefunction ... 330
12.2.2 Time dependence of the $z$-magnetization ... 333
12.2.3 Time dependence of the $x$- and $y$-magnetization ... 335
12.3 The effect of radiation on the wavefunction ... 338
12.3.1 An $x$-pulse ... 338
12.3.2 $y$-pulses ... 342
12.3.3 A $2\pi$-pulse ... 344
12.3.4 Precession following a pulse ... 345
12.3.5 Transition probabilities and the absorption of energy ... 346
Summary points for Chapter 12 ... 347
Exercises for Chapter 12 ... 348
Further Reading ... 349

**13 Quantum description of a scalar-coupled spin pair 351**
13.1 Interacting spins in the absence of an external fi ... 352
13.1.1 Magnetization operators ... 352
13.1.2 Shift operators ... 354
13.1.3 The Hamiltonian operator ... 357
13.1.4 Spin correlations and the product operators ... 361
13.2 Scalar coupled spins in the presence of an external fi ... 364
13.3 Final comments ... 371
Summary points for Chapter 13 ... 371
Exercises for Chapter 13 ... 372
Further Reading ... 373

**14 NMR spectroscopy of a weakly-coupled spin pair 375**
14.1 Time evolution of the wavefunction ... 375
14.2 Pulses ... 376
14.3 Some pulse examples ... 376
14.4 Time evolution following a selective pulse ... 379
14.5 Time evolution following a $\pi/2$-pulse to both spins ... 383
14.6 Some more exotic examples ... 384
14.7 Effects of pulses and evolution on spin-spin correlations ... 387
14.7.1 Correlation vector diagrams ... 388
14.7.2 Time evolution of correlations ... 391
14.7.3 Multiple quantum coherence and some nomenclature ... 394
14.8 Some demonstration experiments ... 396
14.8.1 Experiment 1 ... 396
14.8.2 Experiment 2 ... 397
14.8.3 Experiment 3 ... 400
14.9 Final comments ... 402
Summary points for Chapter 14 ... 403

Exercises for Chapter 14 ..... 404
Further Reading ..... 405

**15 Two-dimensional spectra based on scalar coupling 407**
15.1 A simplified heteronuclear COSY experiment ..... 408
15.1.1 Starting with the $|\alpha\alpha)$ state ..... 408
15.1.2 Starting with the $|\beta\alpha)$ state ..... 411
15.1.3 Starting with the $|\alpha\beta)$ or $|\beta\beta)$ states ..... 413
15.2 The homonuclear COSY experiment ..... 416
15.2.1 Origin of the Anti-phase COSY Components ..... 418
15.2.2 Generation of the COSY Spectrum ..... 422
15.3 Application of the $^1$H-$^1$H COSY experiment to proteins ..... 426
15.4 The TOCSY experiment ..... 428
Summary points for Chapter 15 ..... 433
Exercises for Chapter 15 ..... 434
Further Reading ..... 438

**16 Heteronuclear NMR techniques 439**
16.1 Heteronuclear coupling and decoupling ..... 439
16.2 Suppressing chemical shift diff ..... 447
16.3 Polarization transfer and the INEPT experiment ..... 450
16.4 Reverse INEPT ..... 455
16.5 The HSQC experiment ..... 459
16.6 The HMQC spectrum ..... 463
16.7 Three-dimensional heteronuclear NMR experiments ..... 465
16.7.1 HMQC-NOESY ..... 466
16.7.2 HNCA and HN(CO)CA ..... 469
16.7.3 General considerations for three (and higher) dimensional experiments 474
Summary points for Chapter 16 ..... 474
Exercises for Chapter 16 ..... 475
Further Reading ..... 478

**17 Introduction to the density matrix 481**
17.1 The density matrix for a population of spin-1/2 nuclei ..... 482
17.1.1 Average magnetization components from a mixed population ..... 482
17.1.2 Effects of pulses on the density matrix ..... 485
17.1.3 Time evolution of the density matrix ..... 489
17.1.4 The density matrix at equilibrium ..... 490
17.1.5 Density matrix description of a single-pulse NMR experiment ..... 494
17.1.6 Interpretation of the density matrix elements: "populations" and "coherences" ..... 497
17.2 The density matrix for two scalar-coupled spins ..... 503
17.2.1 The magnetization operator matrices ..... 504
17.2.2 The equilibrium density matrix ..... 509
17.2.3 Effects of pulses on the density matrix ..... 510

17.2.4 Time evolution of the two-spin density matrix ..... 512
Summary points for Chapter 17 ..... 516
Exercises for Chapter 17 ..... 517
Further Reading ..... 518

**18 The product-operator formalism** **521**
18.1 A basis set for a single-spin population ..... 521
18.1.1 Magnetization components ..... 523
18.1.2 Pulses ..... 524
18.1.3 Time evolution ..... 526
18.1.4 Equilibrium and a single-pulse experiment ..... 528
18.2 A basis set for a population of scalar-coupled spin pairs ..... 530
18.2.1 Vector representations and their interpretation ..... 534
18.2.2 Representation of the equilibrium density matrix ..... 536
18.2.3 Pulses ..... 538
18.2.4 Time evolution in the absence of scalar coupling ..... 540
18.2.5 Evolution under the infl of scalar coupling ..... 542
18.3 Some Examples ..... 546
18.3.1 Refocusing Pulses ..... 546
18.3.2 INEPT ..... 553
18.3.3 HSQC ..... 556
18.3.4 Homonuclear COSY ..... 560
18.4 Final comments ..... 564
Summary points for Chapter 18 ..... 565
Exercises for Chapter 18 ..... 566
Further Reading ..... 567

**A List of symbols, numerical constants and abbreviations** **569**
Roman letter symbols ..... 569
Greek letter symbols ..... 572
Abbreviations ..... 574

**B Trigonometric functions and complex numbers** **577**
The basic trigonometric functions ..... 577
Trigonometric identities ..... 579
Imaginary and complex numbers ..... 579

**C Fourier series and transforms** **583**
Fourier series ..... 583
Continuous Fourier transforms ..... 588
Some examples of Fourier transform pairs ..... 591
Some additional Fourier transform relationships ..... 597
Convolution ..... 601
Discrete Fourier transforms ..... 609
Definition of the discrete Fourier transform ..... 609

Some DFT examples ..... 614
Alias peaks in discrete Fourier transforms ..... 620
Summary of a few key relationships for discrete Fourier transforms ..... 624
Further Reading ..... 625

**D Vectors and matrices** **627**
Vectors ..... 627
Matrices ..... 629
Matrix addition and multiplication ..... 630
Matrix inversion ..... 633
Matrix exponentials ..... 634
Eigenvectors and eigenvalues ..... 635
Matrix transposition ..... 636
Matrix calculations ..... 638

**E Mathematics for uncoupled spin-1/2 particles** **639**
Wavefunctions and eigenstates ..... 639
Magnetization operators ..... 640
Equations to calculate average magnetization components ..... 641
Shift operators ..... 641
Evolution of the wavefunction in a stationary magnetic fi ..... 642
Pulse operators ..... 642
Vector and matrix representations of wavefunctions and operators ..... 643

**F Mathematics of the two-spin system** **647**
Wavefunctions and eigenstates ..... 647
Magnetization operators ..... 648
Equations to calculate average magnetization components ..... 648
Shift operators ..... 649
Product operators ..... 649
Evolution of the wavefunction over time *t* ..... 650
Pulse operators ..... 650
Vector and matrix representations of wavefunctions and operators ..... 651

**Index**