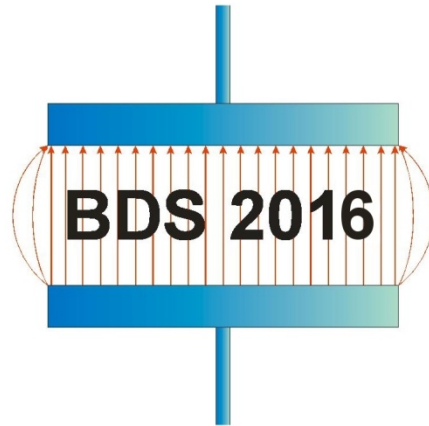


# Nuclear Magnetic Resonance (NMR)

—

## Some Basics and Comparison with BDS



**Roland Böhrer**

Fakultät Physik

Technische Universität

Dortmund

presented at the  
Satellite Tutorial Session of the  
9<sup>th</sup> International Conference on  
Broadband Dielectric Spectroscopy  
and its Applications,  
Pisa, September 2016

## Outline

- **Brief Introduction to NMR Spectroscopy**
  - Interactions of Spins with External Fields
  - Interactions of Spins with Internal Fields
- **NMR Studies of Molecular Dynamics**
  - Spin-Lattice Relaxation
  - 1D and 2D NMR Spectra
  - Stimulated Echoes

**Less than half a page, but  
worth half a Nobel Prize**

### Nuclear Induction

F. BLOCH, W. W. HANSEN, AND MARTIN PACKARD  
*Stanford University, Stanford University, California*  
January 29, 1946

THE nuclear magnetic moments of a substance in a constant magnetic field would be expected to give rise to a small paramagnetic polarization, provided thermal equilibrium be established, or at least approached. By superposing on the constant field ( $z$  direction) an oscillating magnetic field in the  $x$  direction, the polarization, originally parallel to the constant field, will be forced to precess about that field with a latitude which decreases as the frequency of the oscillating field approaches the Larmor frequency. For frequencies near this magnetic resonance frequency one can, therefore, expect an oscillating induced voltage in a pick-up coil with axis parallel to the  $y$  direction. Simple calculation shows that with reasonable apparatus dimensions the signal power from the pick-up coil will be substantially larger than the thermal noise power in a practicable frequency band.

We have established this new effect using water at room temperature and observing the signal induced in a coil by the rotation of the proton moments. In some of the experiments paramagnetic catalysts were used to accelerate the establishment of thermal equilibrium.

By use of conventional radio techniques the induced voltage was observed to produce the expected pattern on an oscillograph screen. Measurements at two frequencies  $\nu$  showed the effect to occur at values  $H$  of the  $z$  field such that the ratio  $H/\nu$  had the same value. Within our experimental error this ratio agreed with the  $g$  value for protons, as determined by Kellogg, Rabi, Ramsey, and Zacharias.<sup>1</sup>

We have thought of various investigations in which this effect can be used fruitfully. A detailed account will be published in the near future.

<sup>1</sup> J. M. B. Kellogg, I. I. Rabi, N. F. Ramsey, and J. R. Zacharias, *Phys. Rev.* **56**, 738 (1939).

## Nobel Laureates in NMR Spectroscopy

### **Bloch & Purcell (Physics 1952)**

... for their development of new methods for nuclear magnetic precision measurements

### **Ernst (Chemistry 1991)**

... for his contributions to the development of the methodology of high-resolution NMR spectroscopy

### **Wüthrich (Chemistry 2002)**

... for his development of NMR spectroscopy for determining the 3D structure of biological macromolecules in solution

### **Lauterbur & Mansfield (Medicine 2003)**

... for their discoveries concerning magnetic resonance imaging



## *Some Basics Means: Many Topics *not* Covered*

### **Chemical Solution NMR**

Stuff with Fancy Acronyms  
Spectral Editing, ...

### **MQ-MAS Experiments**

Magic Angle Spinning  
Multiple-Quantum NMR, ...

### **Double Resonance Techniques**

Dipolar Decoupling  
Cross Polarization  
SEDOR, REDOR, ...

### **Imaging**

functional MRI, ...

*This tutorial focuses on  
correlation functions  
and molecular dynamics*

## Spins in Static Magnetic Fields

A nuclear spin  $\vec{I}$  results in a nuclear magnetic moment  $\mu$ :

$$\vec{\mu} = \gamma (\hbar \vec{I})$$

$\gamma$ : gyromagnetic ratio

Application of a magnetic field

$$\vec{B}_0 = (0, 0, B_0):$$

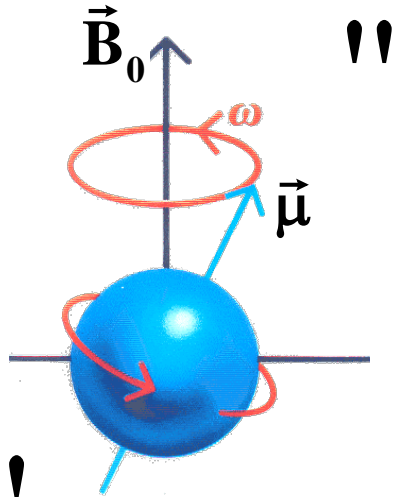
Zeeman splitting into  $2I + 1$  spin states

$$\mu_z = \gamma \hbar m$$

$$m = I, I - 1, \dots, -I$$

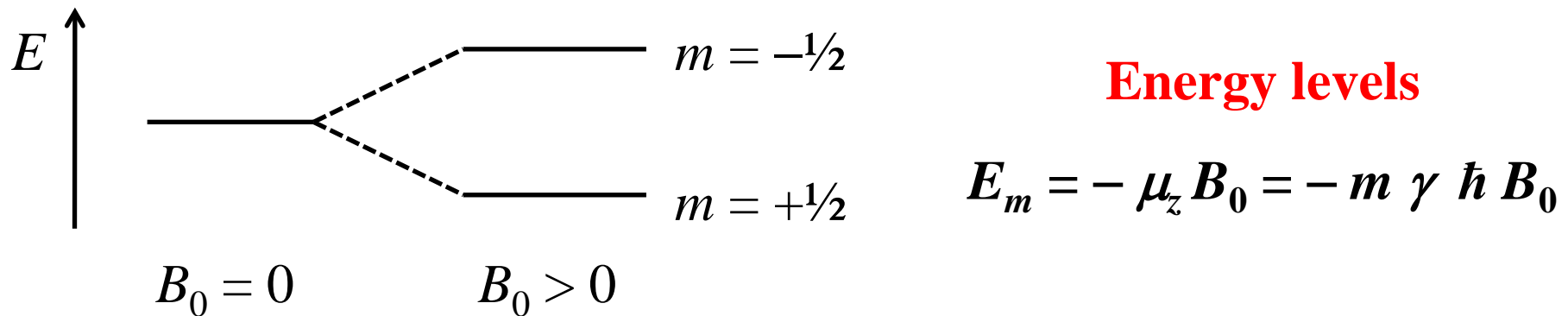
$I$ : spin quantum number

$m$ : magnetic quantum number



## Spins in Static Magnetic Fields – Energy

Example:  $I = 1/2$ ,  $\gamma > 0$  ( $^1\text{H}$ ,  $^{13}\text{C}$ ,  $^{31}\text{P}$ , ...)



**Energy difference**

$$\Delta E = \gamma \hbar B_0 = \hbar \omega_0$$

**Larmor frequency**

$$\omega_0 = \gamma B_0$$

Typical energy differences correspond to Larmor frequencies in the MHz regime (radio frequencies)

## Spins in Static Magnetic Fields – Magnetization

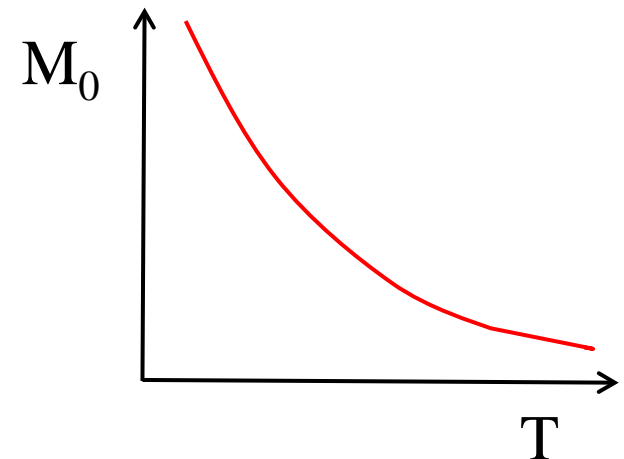


Boltzmann distribution: Magnetization  $\vec{M}_0 = \sum_i \vec{\mu}_i$

$\Delta E \ll k_B T$ : Curie law:  $\vec{M}_0 = (C/T) \vec{B}_0$        $C \propto N \gamma^2$

Signal-to-noise ratio depends on:

- gyromagnetic ratio  $\gamma$
- magnetic field  $B_0$
- natural abundance ( $N$ )



Note: The population difference at 300 K in typical (few Tesla) fields is only **1 millionth**. → NMR magnetization is VERY small.

## Nuclei for NMR Experiments

Isotope	Spin	Gyromagnetic ratio ( $10^7 \text{ rad T}^{-1} \text{ s}^{-1}$ )	NMR frequency at 2.35 T (MHz)	Natural abundance (%)	Relative sensitivity <sup>a</sup>
$^1\text{H}$	1/2	26.752	100.000	99.985	1.00
$^2\text{H}$	1	4.107	15.351	0.015	$1.45 \times 10^{-6}$
$^3\text{He}$	1/2	-20.380	76.181	$1.4 \times 10^{-4}$	$5.75 \times 10^{-7}$
$^7\text{Li}$	3/2	10.398	38.866	92.58	0.272
$^{13}\text{C}$	1/2	6.728	25.145	1.108	$1.76 \times 10^{-4}$
$^{14}\text{N}$	1	1.934	7.228	99.630	$1.00 \times 10^{-3}$
$^{15}\text{N}$	1/2	-2.712	10.137	0.370	$3.86 \times 10^{-6}$
$^{17}\text{O}$	5/2	-3.628	13.562	0.037	$1.08 \times 10^{-5}$
$^{19}\text{F}$	1/2	25.181	94.094	100.000	0.834
$^{23}\text{Na}$	3/2	7.080	26.466	100.000	$9.27 \times 10^{-2}$
$^{31}\text{P}$	1/2	10.841	40.481	100.000	$6.65 \times 10^{-2}$
$^{39}\text{K}$	3/2	1.250	4.672	93.100	$4.75 \times 10^{-4}$
$^{129}\text{Xe}$	1/2	-7.452	27.856	26.44	$5.71 \times 10^{-3}$

$^1\text{H}$ ,  $^2\text{H}$ ,  $^{19}\text{F}$ ,  $^{31}\text{P}$ , and ... well suited for NMR experiments,

$^{12}\text{C}$  and  $^{16}\text{O}$  do not possess a nuclear spin

and  $^{13}\text{C}$  and  $^{17}\text{O}$  (and also  $^2\text{H}$ ) studies usually require isotopic enrichment 8



## Time Evolution of the Magnetization

If the magnetization is deflected from the equilibrium direction:

$$\begin{aligned} \longrightarrow M_x(t) &= M_{x,0} \cos(\omega_0 t) - M_{y,0} \sin(\omega_0 t) \\ M_y(t) &= M_{y,0} \cos(\omega_0 t) + M_{x,0} \sin(\omega_0 t) \end{aligned}$$

Precession around the magnetic field  $\vec{B}_0$ :

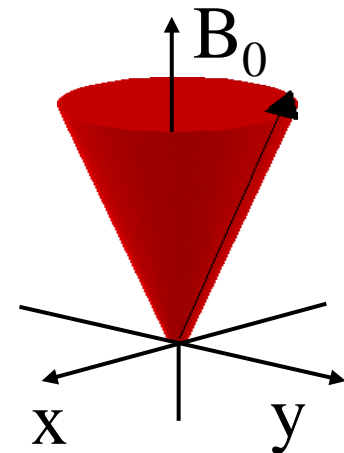
$$\omega_0 = \gamma B_0 \quad (\text{Larmor frequency})$$

$\vec{M}$  is stationary in a coordinate system rotating with the Larmor frequency  $\omega_0$  around  $\vec{B}_0$  (rotating frame)

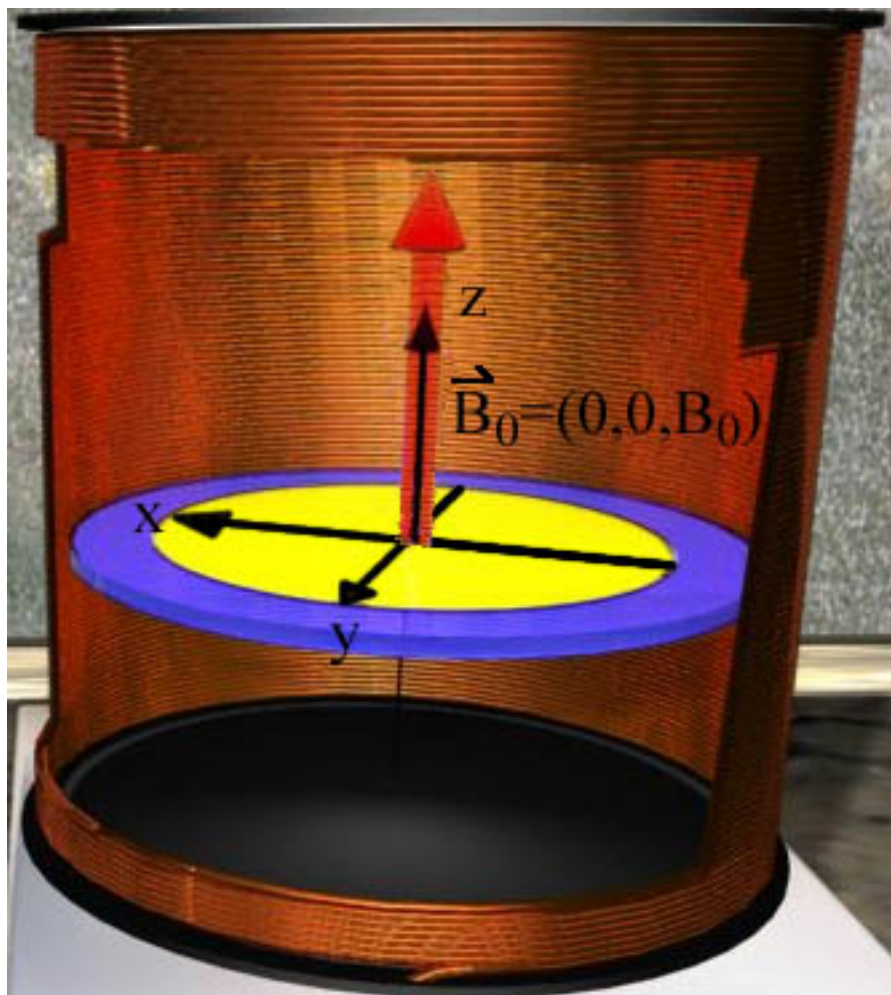
**Classical Bloch equation:**

$$d\vec{M}/dt = \gamma (\vec{M} \times \vec{B}_0)$$

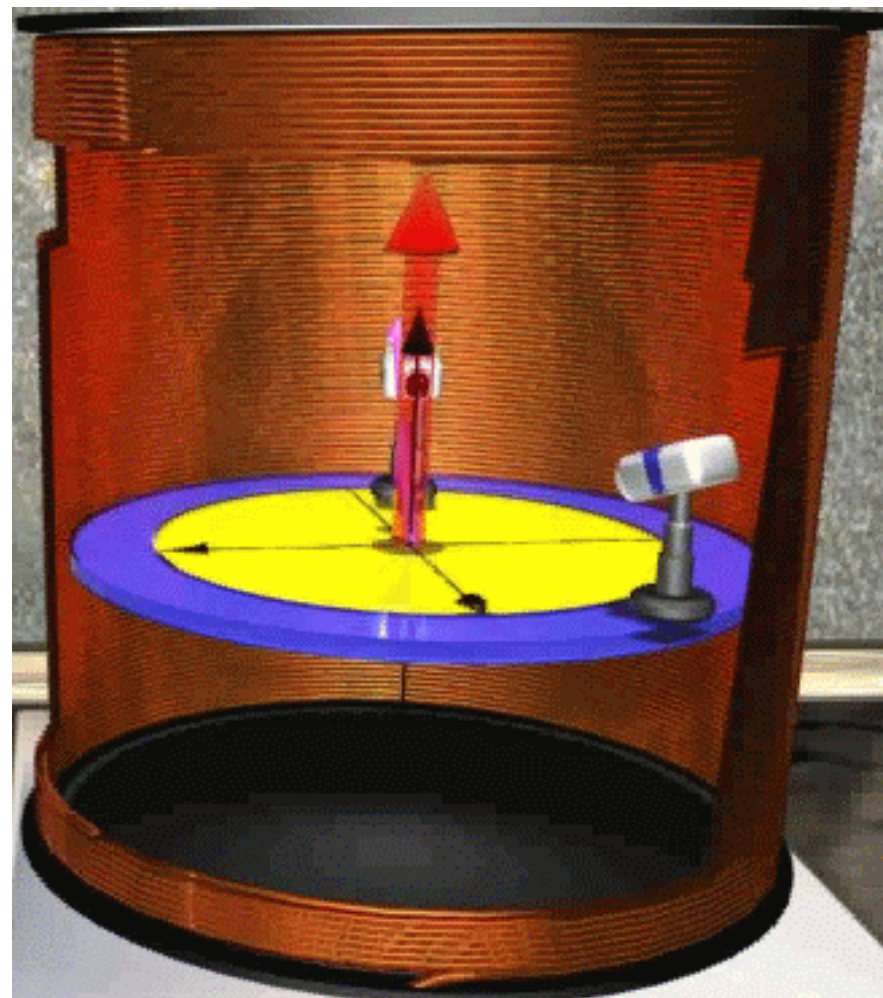
$$M_z(t) = M_{z,0}$$



# Two perspectives



**static (lab-) frame**



**rotating frame**

$$M_{\text{rot}}(t) = M_0 e^{+i(\omega_L - \omega)t}$$

## Spins in Alternating Magnetic Fields

### Irradiation with resonant radio-frequency pulses

The sample resides in a coil, which belongs to a resonant circuit and enables application of an oscillating magnetic field  $\vec{B}_1 \perp \vec{B}_0$ :

$$\vec{B}_1(t) = 2\vec{B}_{1,0} \cos(\omega_0 t) \quad (\omega_{rf} = \omega_0)$$

In the rotating frame, the relevant of the two rotating components is static:

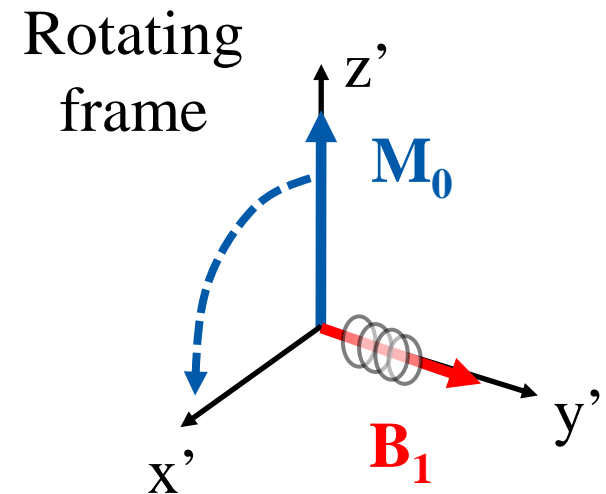
$$d\vec{M}/dt = \gamma(\vec{M} \times \vec{B}_0)$$

During application of  $\vec{B}_1$ :

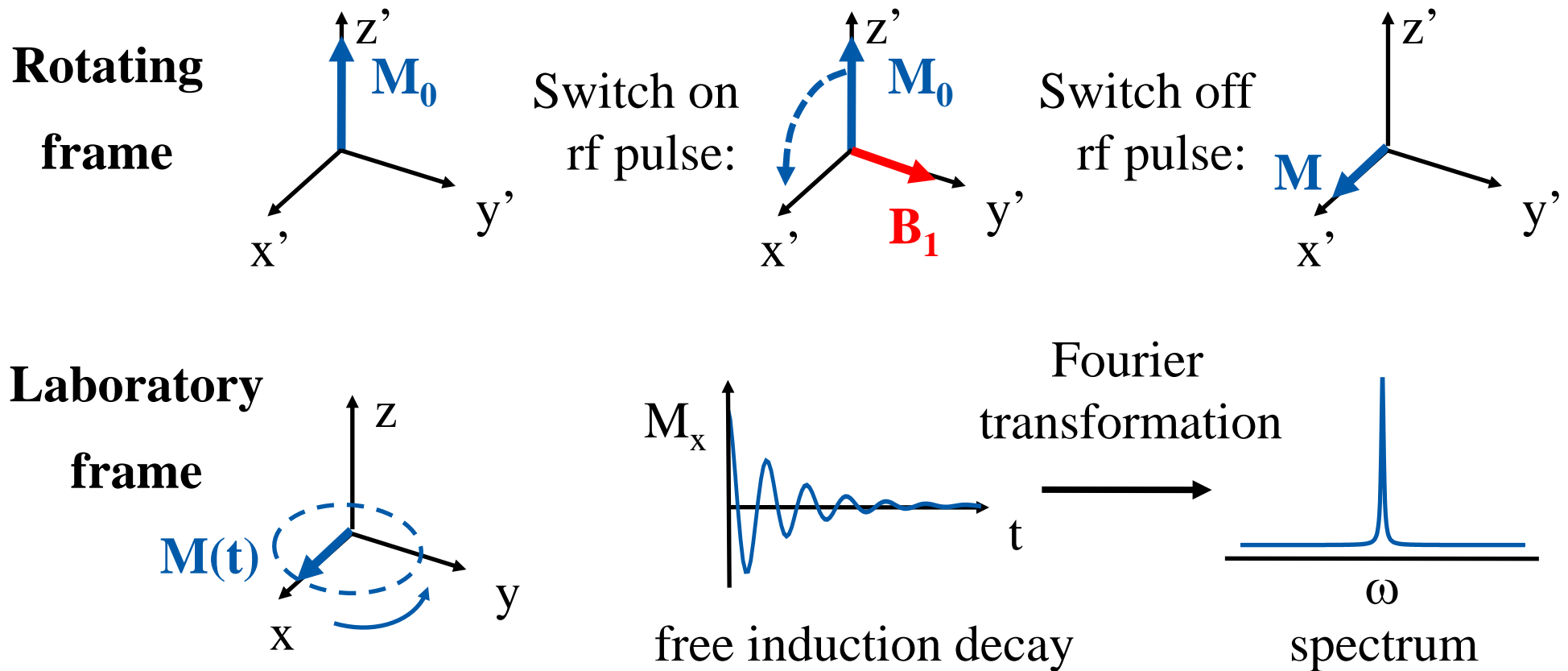
Precession of  $\vec{M}$  around  $\vec{B}_1$  with a nutation frequency  $\omega_1 = \gamma B_1$

$\vec{B}_1$  field is applied as radio-frequency pulse

$$90^\circ \text{ pulse: } t_{90^\circ} = \frac{\pi/2}{\omega_1} \approx \mu\text{s}$$



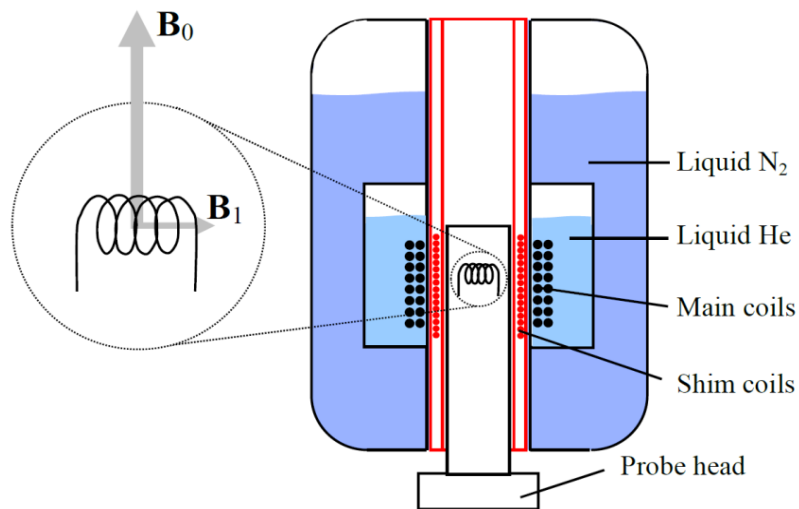
## Generation of the NMR Signal



The time-dependent **magnetization** in the laboratory system is  
**detected via the voltage induced in the coil**

# Experimental Setup

NMR probe



Supercon magnet



Various types of NMR experiments designed to study  
structure and dynamics  
on different time scales and length scales

**Homogeneous fields**

Gradient fields

**Static samples**

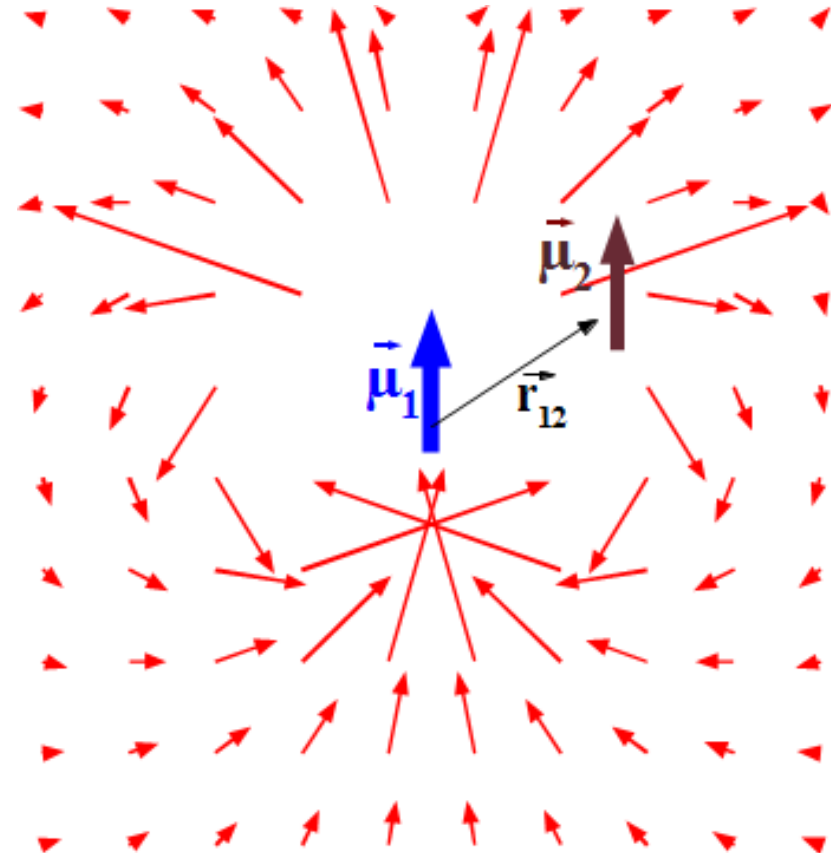
Rotating samples

**Single resonance**

Multiple resonance

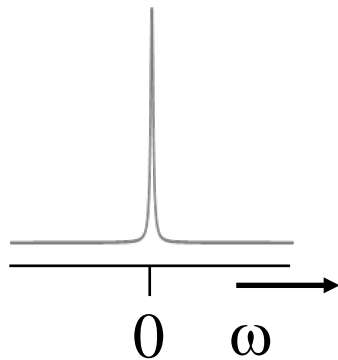
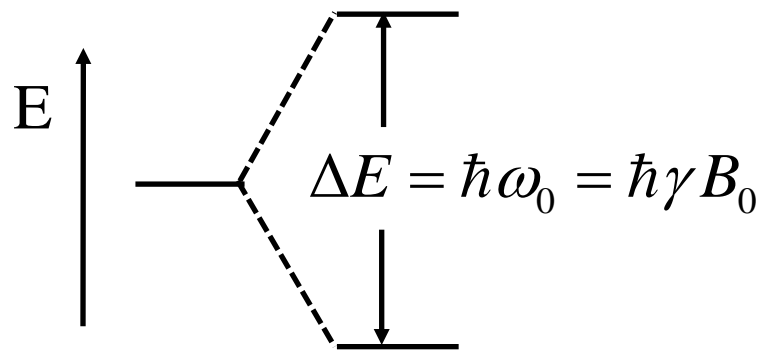
## Outline

- **Brief Introduction to NMR Spectroscopy**
  - Interactions of Spins with External Fields
  - **Interactions of Spins with Internal Fields**
- **NMR Studies of Molecular Dynamics**
  - Spin-Lattice Relaxation
  - 1D and 2D NMR Spectra
  - Stimulated Echoes

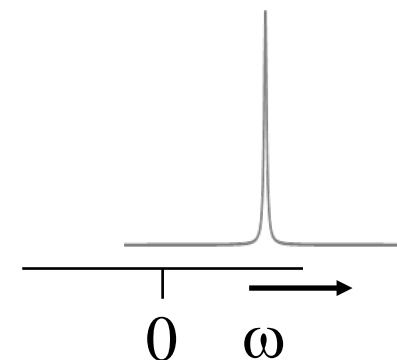
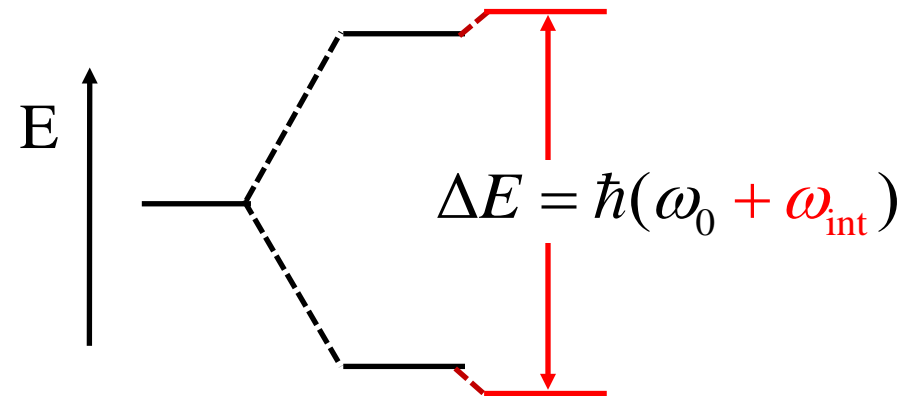


# Spin Interactions in Solid-State NMR

Zeeman interaction



Zeeman interaction  
+ internal interaction



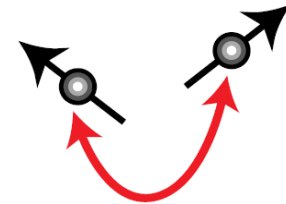
**We observe a  
frequency shift  $\omega$   
(solid state: kHz)**



## Spin Interactions in Solid-State NMR

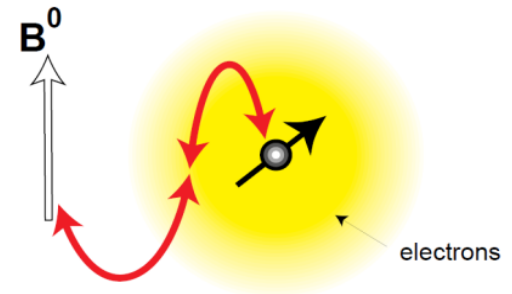
### Dipolar interaction:

Interaction between the nuclear magnetic moments  $\mu$  of the various nuclei



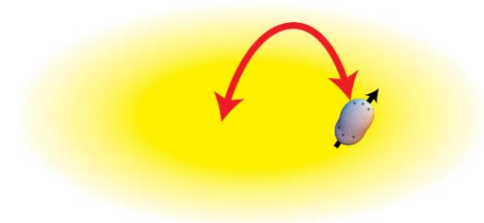
### Chemical shift interaction:

Shielding of the magnetic field  $B_0$  at the nucleus due to the electron clouds



### Quadrupolar interaction ( $I \geq 1$ ):

Interaction of the nuclear electric quadrupole moment with an electric field gradient at the nuclear site



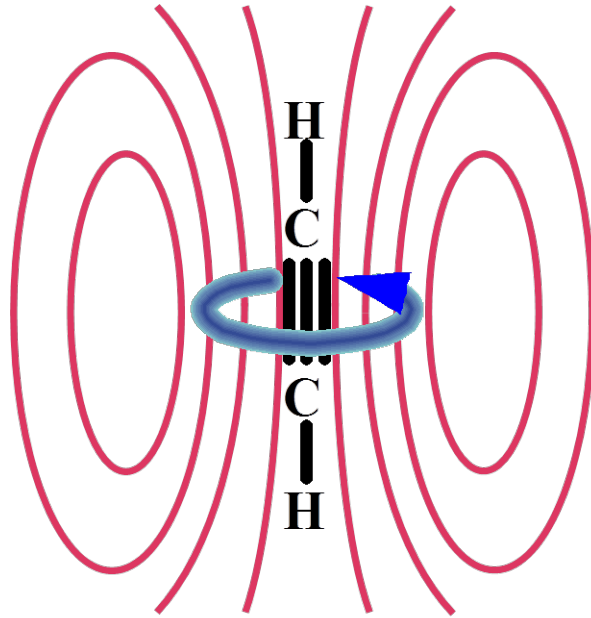
M. H. Levitt, Spin Dynamics

**The interaction energies depend on molecular orientations or molecular environments, i.e., on their interaction tensors**



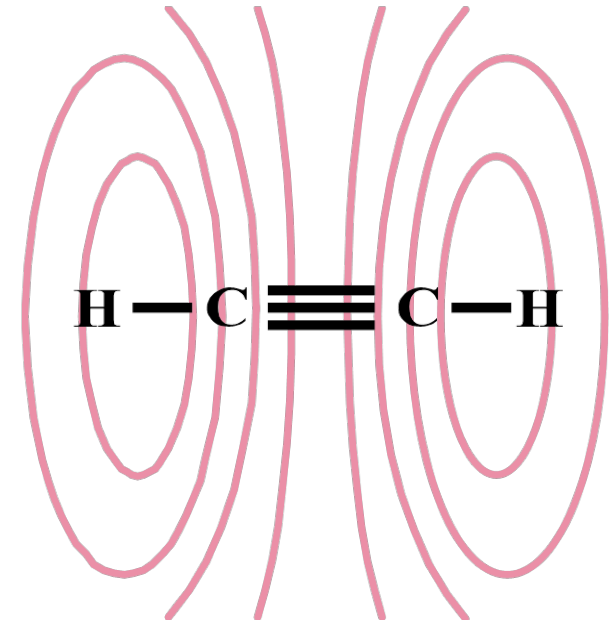
## Example: Anisotropic Chemical Shielding (or Shift)

**Different orientations of a  $C_2H_2$  molecule relative to the  $B_0$  field**



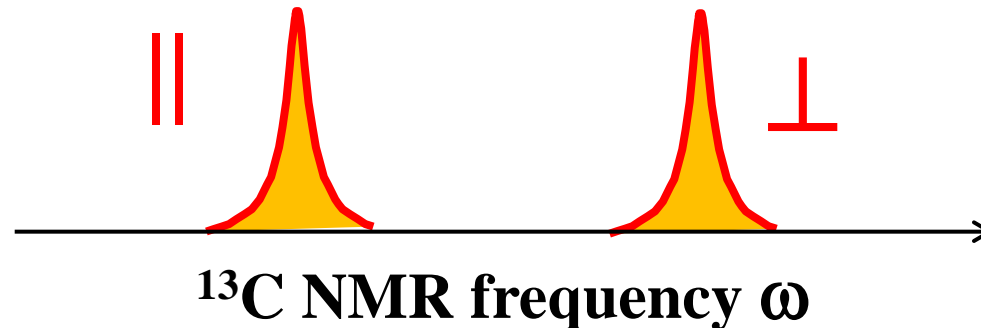
rotational symmetry

large diamagnetic ring current  
high (chemical) shielding



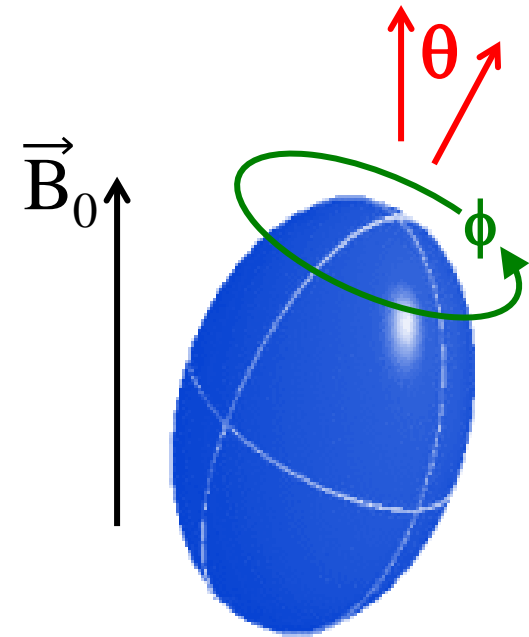
no rotational symmetry

small diamagnetic ring current  
little (chemical) shielding



## Chemical Shift: Not only anisotropic but also *asymmetric*

Think of the electronic shielding cloud as of a squeezed american football



NMR frequency depends

- on inclination of football's long axis (angle  $\theta$ )
- and on the rotation about this axis (angle  $\phi$ )

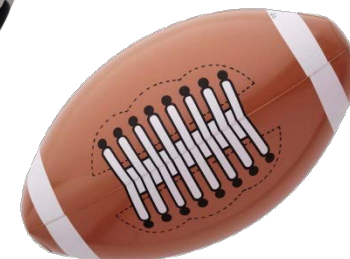
For most interactions, the NMR frequency is:

$$\omega_{\text{aniso}}(\theta, \phi) = \omega_{\text{iso}} \pm \delta/2 [ 3\cos^2\theta - 1 - \eta \sin^2\theta \cos(2\phi) ]$$

anisotropy  $\delta = 0$ :

for spherical tensor (soccer ball)

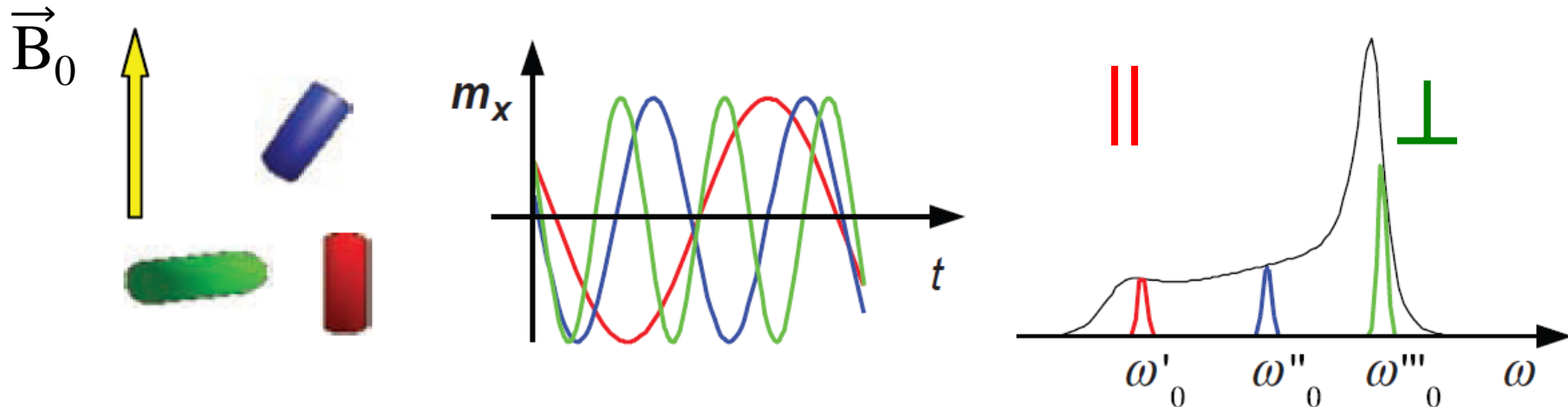
asymmetry  $\eta = 0$ : for axial tensor  
(non-squeezed american football)



## Powder Line Shapes

In crystalline powders and amorphous materials, a distribution of molecular orientations exists (powder average)

Due to the dependence of the frequency  $\omega_{\text{aniso}}(\theta, \phi)$  on the orientation, **broad powder spectra** are observed



Banerjee, Bhat,  
Leporini, Adv. Chem.  
Phys. 152, 1 (2013)

**maximum spectral  
width  $\approx$  given by  $\delta$**

**shape by asymmetry  
of tensor, e.g., by  $\eta$**

# Powder Line Shapes Containing Structural Information

## CSA\* interaction for $I = 1/2$

( $^{31}\text{P}$  NMR studies of phosphate glasses)

$$\sigma^{\text{PAS}} = \begin{pmatrix} \sigma_{xx} & 0 & 0 \\ 0 & \sigma_{yy} & 0 \\ 0 & 0 & \sigma_{zz} \end{pmatrix}$$

$$\sigma_{xx} \neq \sigma_{yy} \neq \sigma_{zz}$$

$$\delta > 0, \eta > 0$$

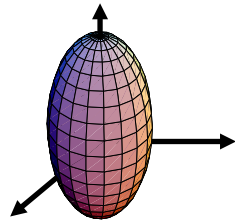
$$\sigma_{xx} = \sigma_{yy} \neq \sigma_{zz}$$

$$\delta > 0, \eta = 0$$

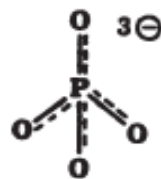
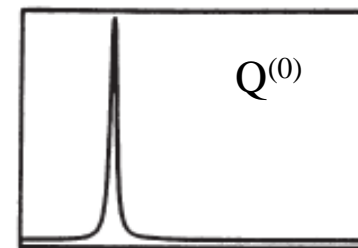
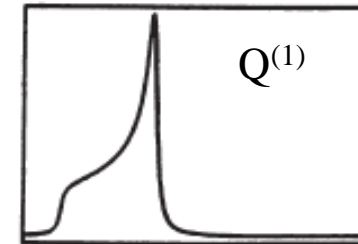
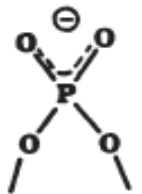
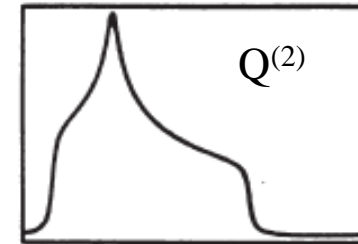
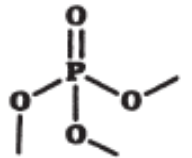
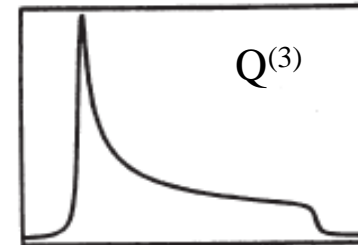
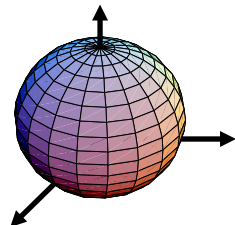
$$\sigma_{xx} = \sigma_{yy} = \sigma_{zz}$$

$$\delta = 0, \eta = 0$$

axially  
symmetric

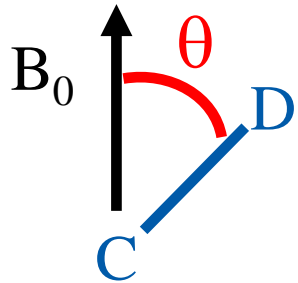


spherically  
symmetric

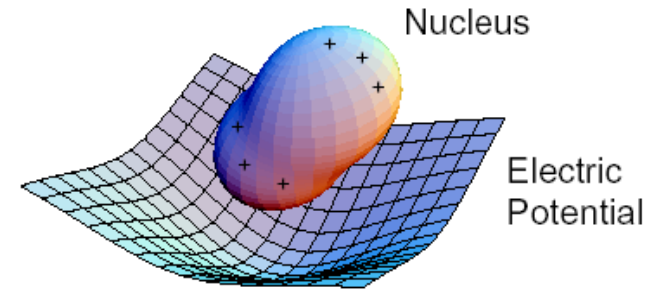


\* Chemical Shift Anisotropy

## Example 2: Quadrupolar Interaction for Spins $I \geq 1$



Monitor bond orientations of molecular or polymeric systems using  $^2\text{H}$  NMR



M. H. Levitt  
Spin Dynamics

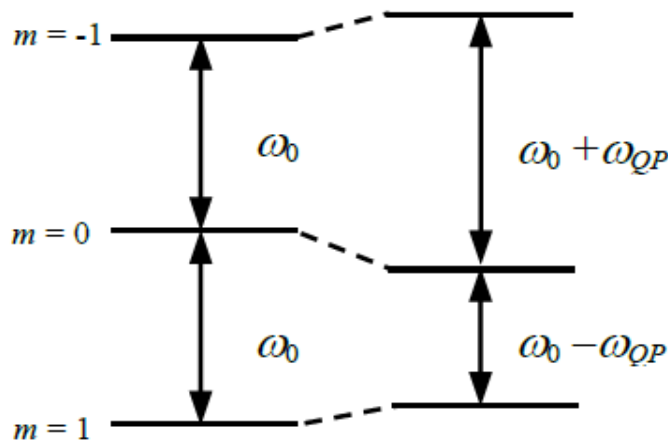
anisotropy  $\delta_Q$  given by

$Q$ : quadrupole moment of the nucleus

$\Phi$ : electric potential of the environment

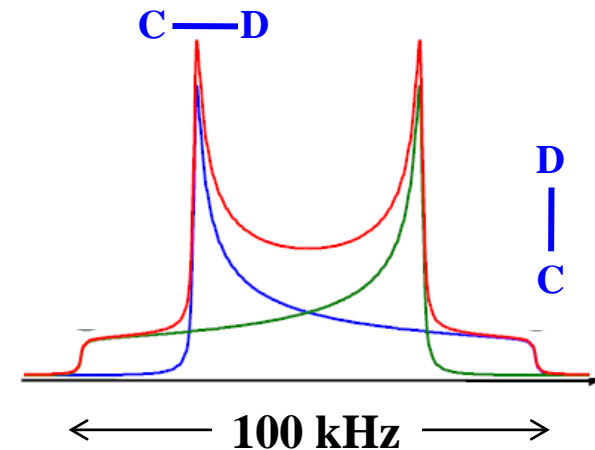
Quadrupolar frequency (often  $\eta \approx 0$ )

$$\omega_Q(\theta) = \pm \delta_Q/2 (3\cos^2\theta - 1)$$



$I = 1$  spins:  
two transitions  
two subspectra

↓  
Pake pattern →



## Comparison of NMR and BDS

### BDS:

Electrical dipole moment vector  
in electrical field

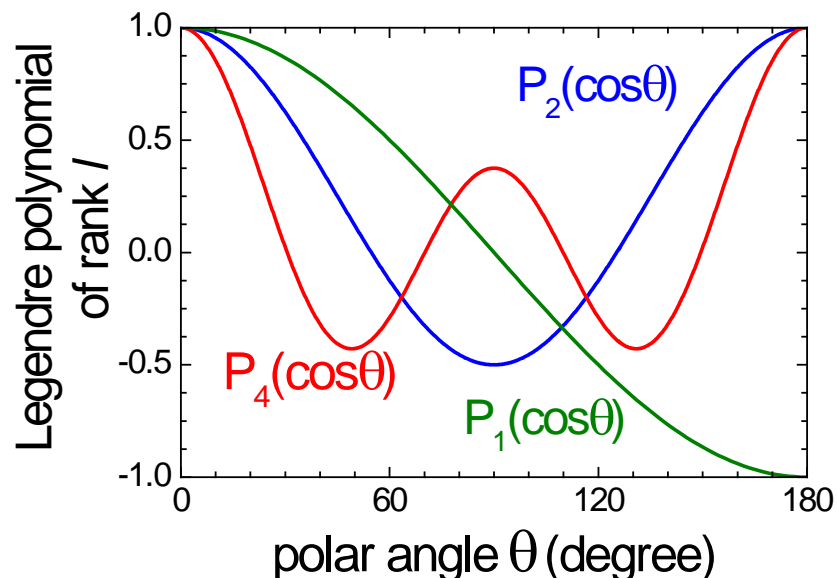
potential energy

$$W_{\text{diel}} = \vec{\mu} \vec{E} = \mu E \cos \theta = \mu E P_1(\cos \theta)$$

### NMR:

chemical shift, quadrupolar, ... tensor  
in appropriate field

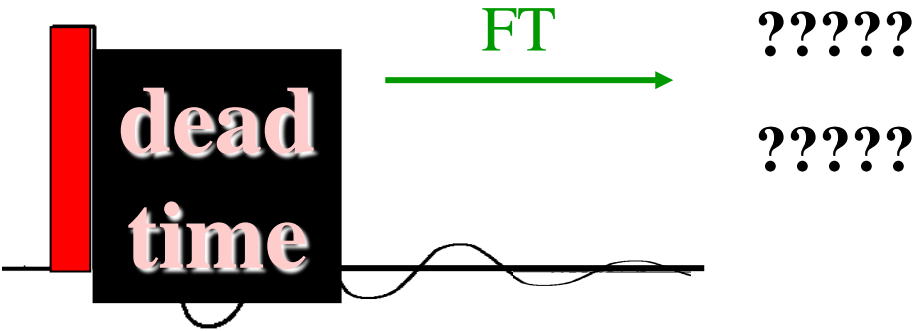
$$\begin{aligned} W_{\text{NMR}} &= \hbar \omega = \hbar \delta \frac{1}{2} (3 \cos^2 \theta - 1 \\ &\quad - \underbrace{\eta \sin^2 \theta \cos 2\phi}_{\text{negligible}}) \\ &= \hbar \delta P_2(\cos \theta) \quad \text{if } \uparrow \text{ negligible} \end{aligned}$$



Higher rank  $l$  of  
Legendre polynomial  $P_l(\cos \theta)$   
→ higher angular sensitivity

also  $l = 2$ : Kerr effect,  
dynamic light scattering (DLS), ....

# Measurement of Solid-State 1D NMR Spectra

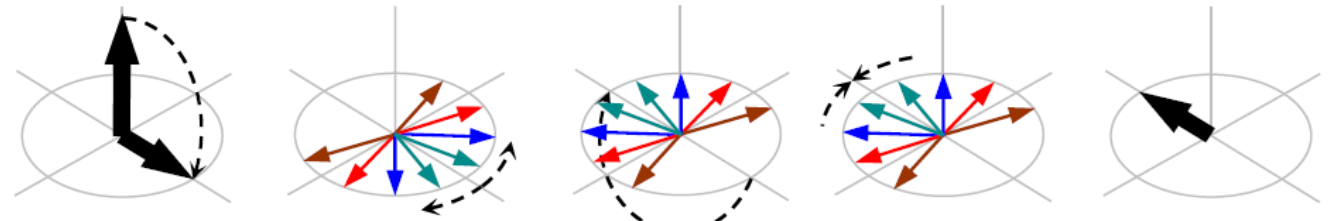
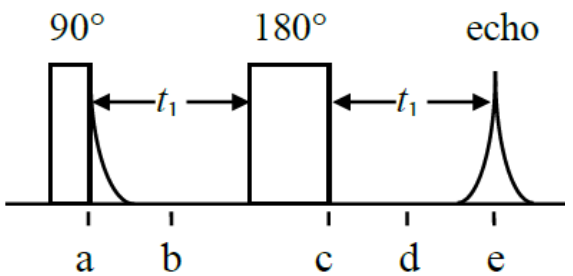


The same coil is used for application of rf pulse and for signal detection  
 NMR signal cannot be observed immediately after the pulse



For solids, **echo-pulse sequences** are used to overcome this “dead time”

## Hahn echo ( $I = 1/2$ )

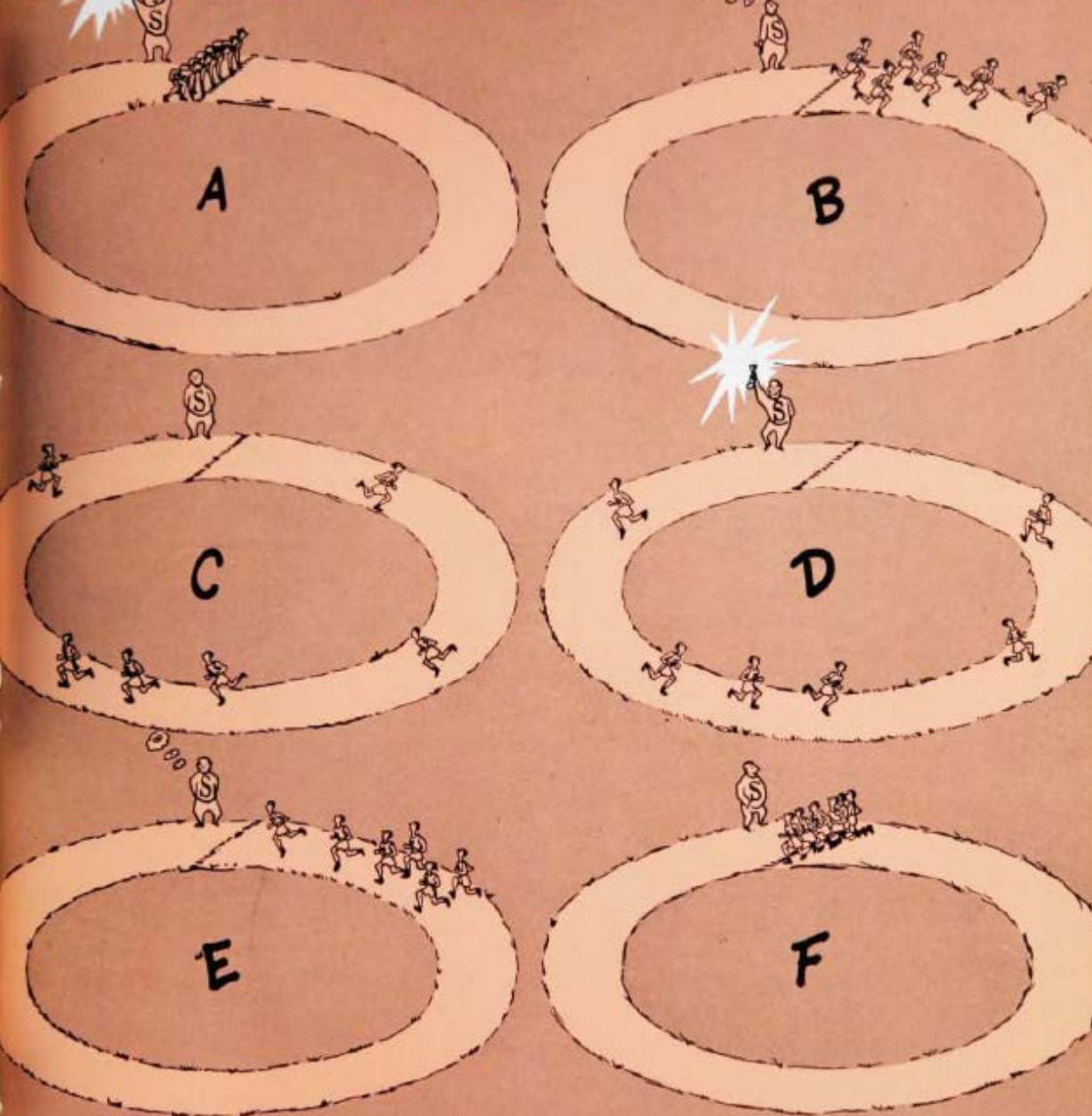


a: 90° rotation b: de-phasing c: 180° rotation d: re-phasing e: Hahn echo

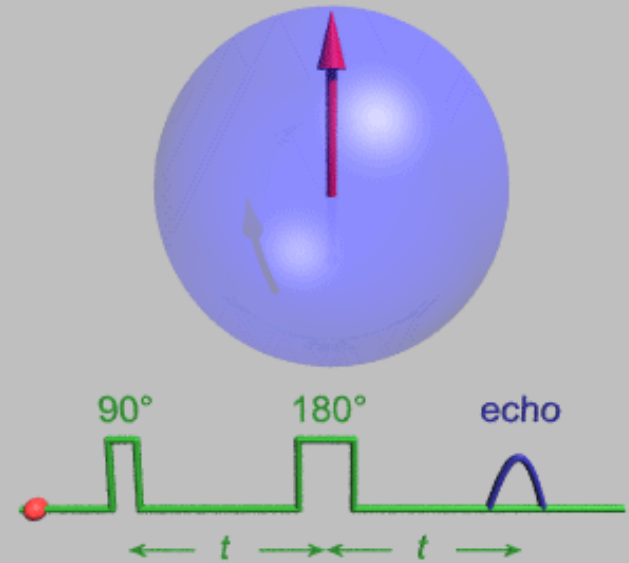
Fourier transformation of the signal after echo maximum yields undistorted spectrum



# PHYSICS TODAY



## Hahn's Echo and his Racetrack Analogy



wiki Spin-Echo

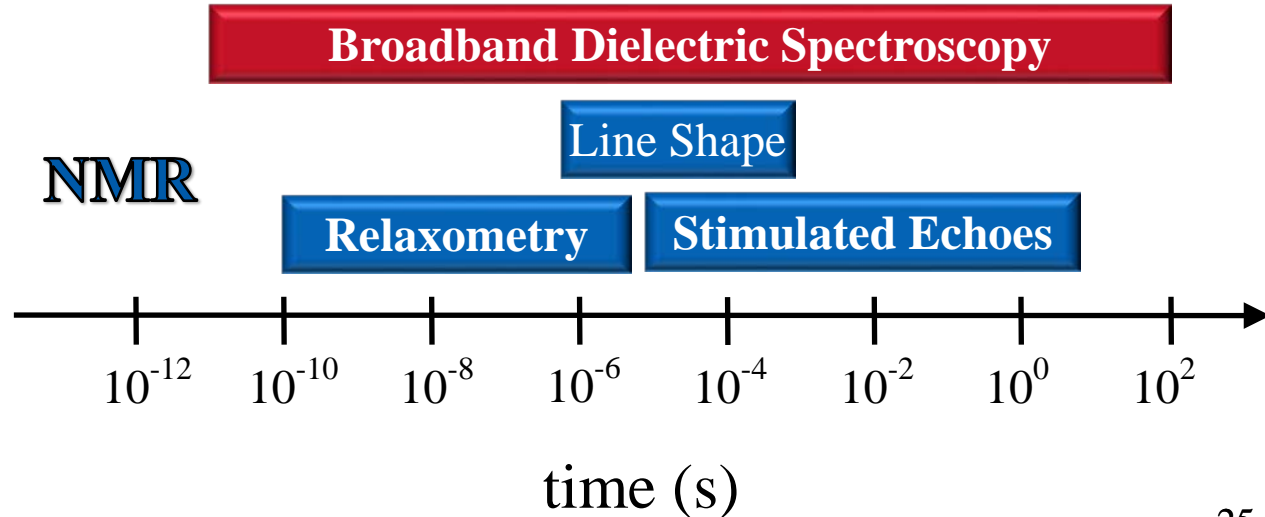
$$e^{+i\omega_1 t} e^{-i\omega_2 t}$$

E. Hahn, Free Nuclear Induction  
*Physics Today* 6 (Nov. 1953) 4-9.  
 Cover image



## Outline

- **Brief Introduction to NMR Spectroscopy**
  - Interactions of Spins with External Fields
  - Interactions of Spins with Internal Fields
- **NMR Studies of Molecular Dynamics**
  - Spin-Lattice Relaxation
  - 1D and 2D NMR Spectra
  - Stimulated Echoes

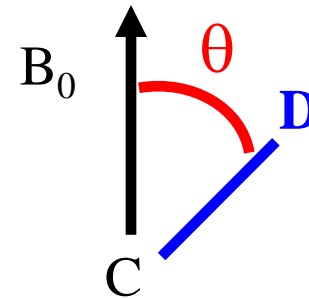


## Deuteron NMR Studies of Molecular Dynamics

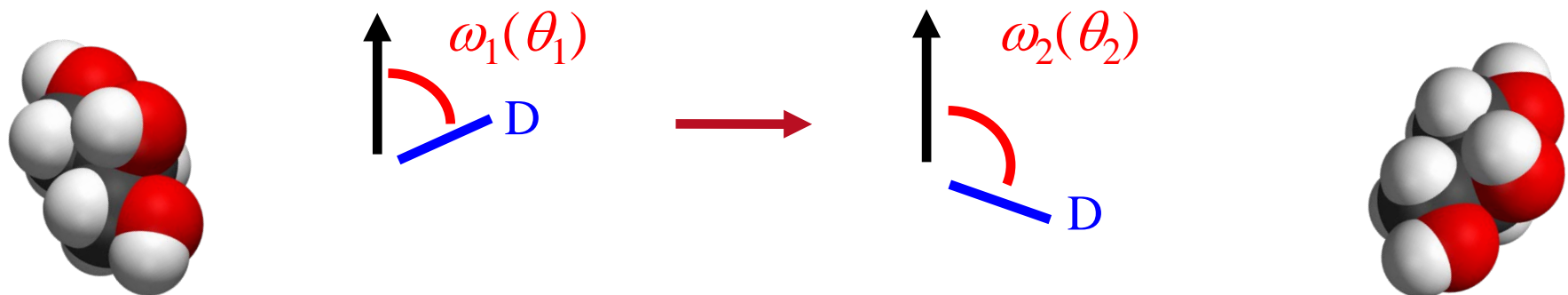
### Effects of molecular dynamics in $^2\text{H}$ NMR ( $\eta = 0$ )

The resonance frequency  $\omega$  depends on the orientation of the C-D, N-D, or O-D bond:

$$\omega(\theta) = \pm \delta/2 (3\cos^2\theta - 1) \propto P_2(\cos \theta)$$



**Molecular reorientation renders  $\omega$  time dependent**



# Basics of Molecular Dynamics

Thermal motion is a stochastic process

Molecular orientations vary randomly in time:  $f(\theta(t))$

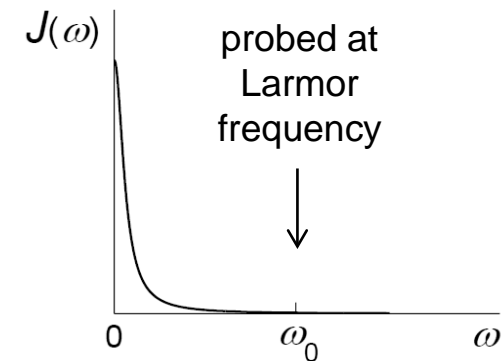
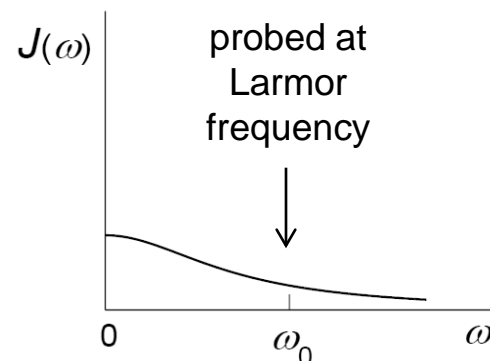
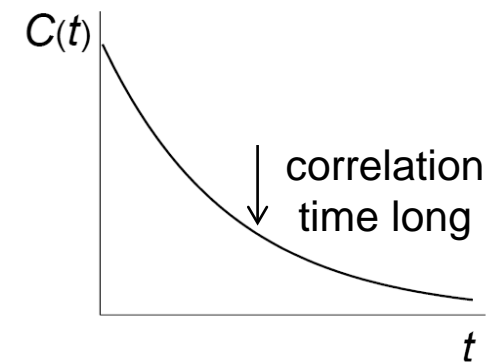
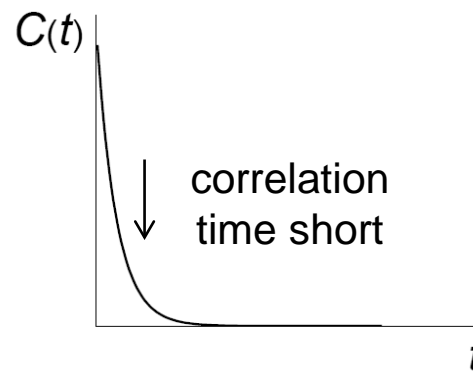
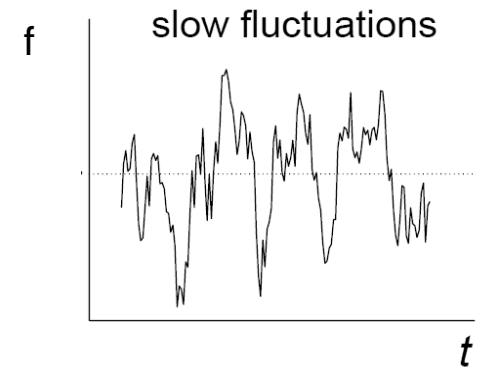
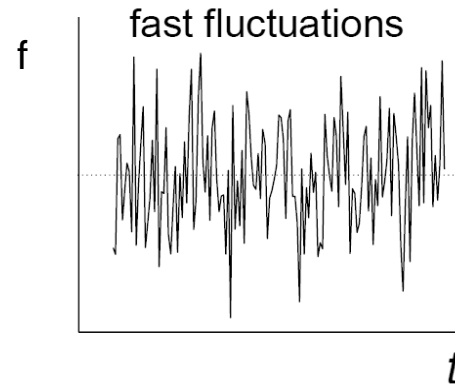
## Auto-Correlation Function

$$C(t) = \frac{\langle f(\theta(0))f(\theta(t)) \rangle}{\langle f(\theta(0))f(\theta(0)) \rangle}$$

Fourier-  
transformation

## Spectral Density

$$J(\omega) \propto \text{Re} \left[ \int_0^{\infty} C(t) \exp(-i\omega t) dt \right]$$



## $^2\text{H}$ NMR Spin-Lattice Relaxation

Strong fluctuations of the quadrupolar frequency:  $\omega_Q(\theta) \propto P_2(\cos \theta)$   
 on the scale of the Larmor frequency  
 leads to fast spin-lattice relaxation

Relation between spin relaxation rate und spectral density

### Bloembergen-Purcell-Pound (BPP)

$$\frac{1}{T_1} = \frac{2}{15} \delta^2 \cdot [J(\omega_0) + 4J(2\omega_0)]$$

second term not  
important, e.g., for  
CSA interaction

Correlation function of rank  $l = 2$

Legendre polynomial:  $f(\theta) = P_2(\cos \theta)$

$$C_2(t) = \frac{\langle f(\theta(0)) f(\theta(t)) \rangle}{\langle f(\theta(0)) f(\theta(0)) \rangle}$$

Spectral density

$$J(\omega) = \int_0^{\infty} C_2(t) \cos(\omega t) dt$$

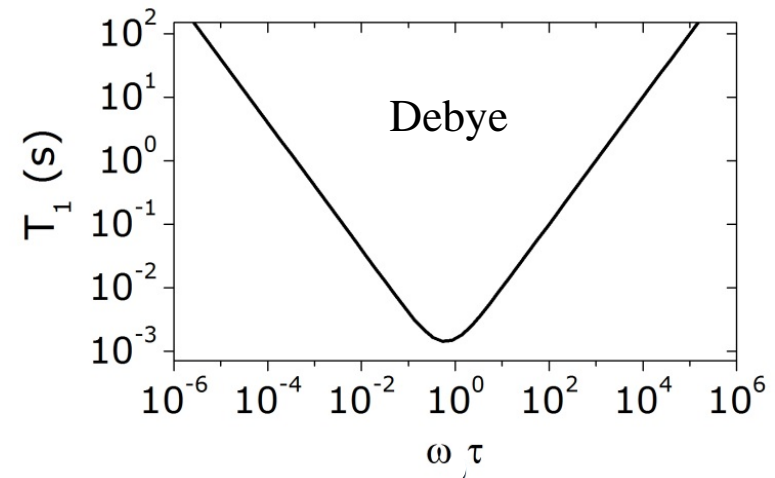
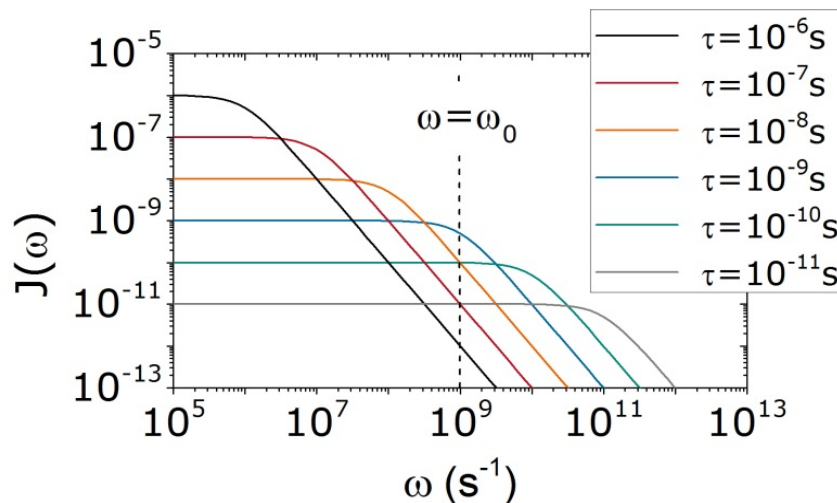
$$= \text{Re} \left[ \int_0^{\infty} C_2(t) e^{-i\omega t} dt \right]$$

## Example: Exponential Correlation Function

$$C_2(t) = \exp(-t / \tau)$$

$$J(\omega) = \frac{\tau}{1 + (\omega\tau)^2}$$

$$\frac{1}{T_1} \propto \frac{\tau}{1 + (\omega\tau)^2} + \dots$$



NMR: Spectral density measure  
for fluctuation probability.

Normalization:  $\int J(\omega) d\omega = 1$

$T_1$  minimum at  $\omega_0 \tau \approx 0.62 \approx 1$

**Simple relation: Relaxation  
time  $T_1$  vs. correlation time  $\tau$**

## Spin-Lattice Relaxation and Dielectric Loss

Multiplication with frequency yields expression like loss (= dissipation) component of Debye relaxator

$$\frac{\omega}{T_1} \propto \frac{\omega\tau}{1 + (\omega\tau)^2} + \dots$$

(classical) linear response theory  
→ Fluctuation-Dissipation-Theorem (FDT)

$$\frac{1}{T_1^{\text{diel}}(\omega)} \approx \frac{\varepsilon''(\omega)}{\omega \Delta\varepsilon}$$

$$J(\omega) = \frac{k_B T}{\pi \omega} \varepsilon''(\omega)$$

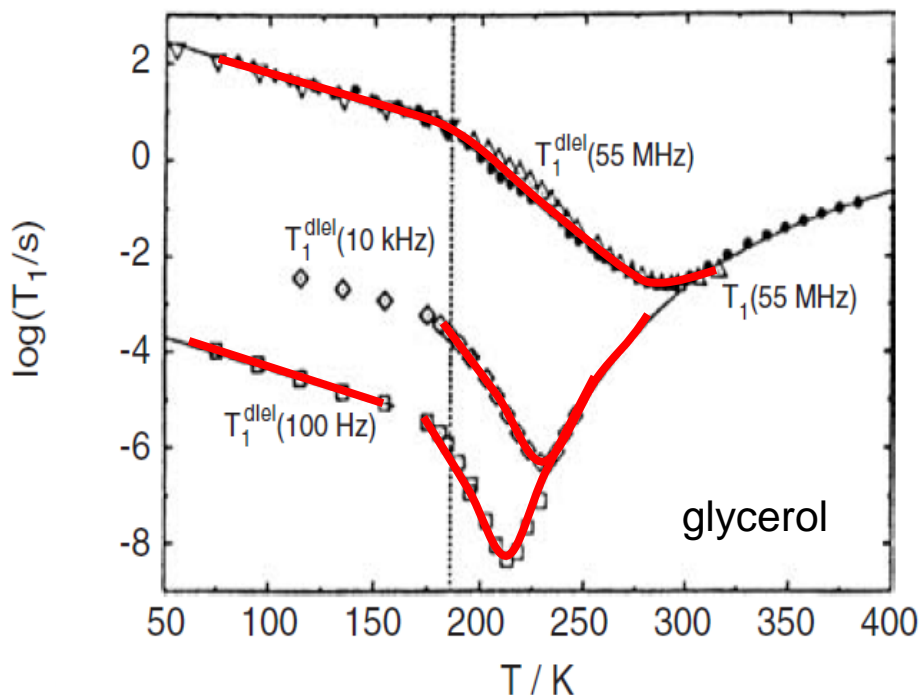
often a good approximation if:

- $J(2\omega)$  term neglected
- difference in rank  $l$  neglected
- dielectric cross terms neglected

**A  $1/T_1$  measurement at a single (Larmor) frequency corresponds (roughly) to a single-frequency measurement of the dielectric loss**

NMR measurements at different Larmor frequencies are possible

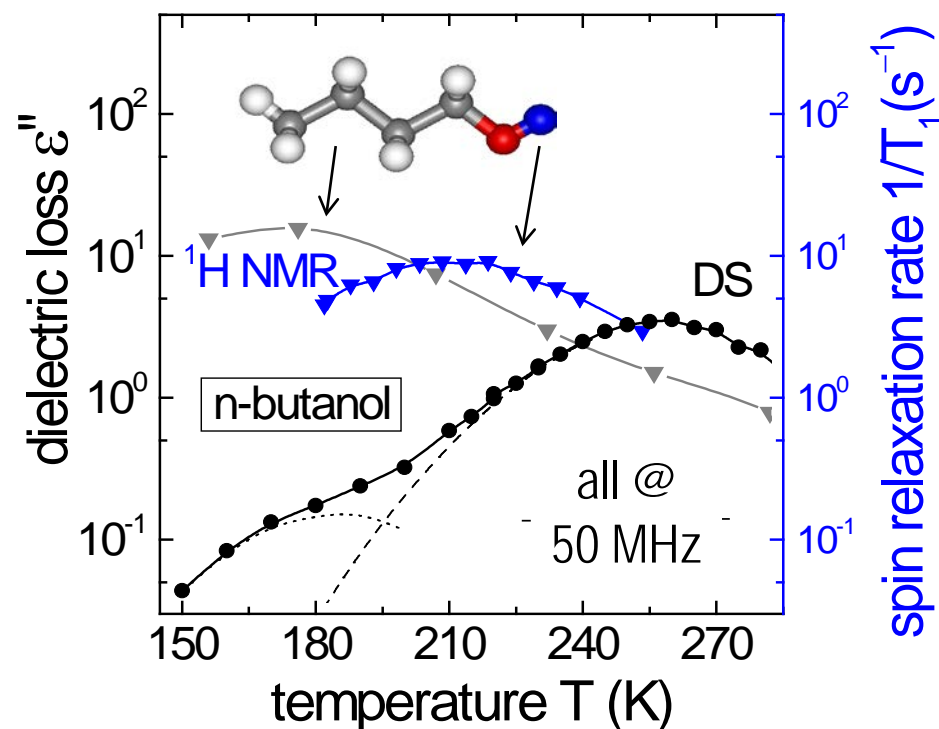
## Two Experimental Examples



red: from dielectric response:  
**dissipation**

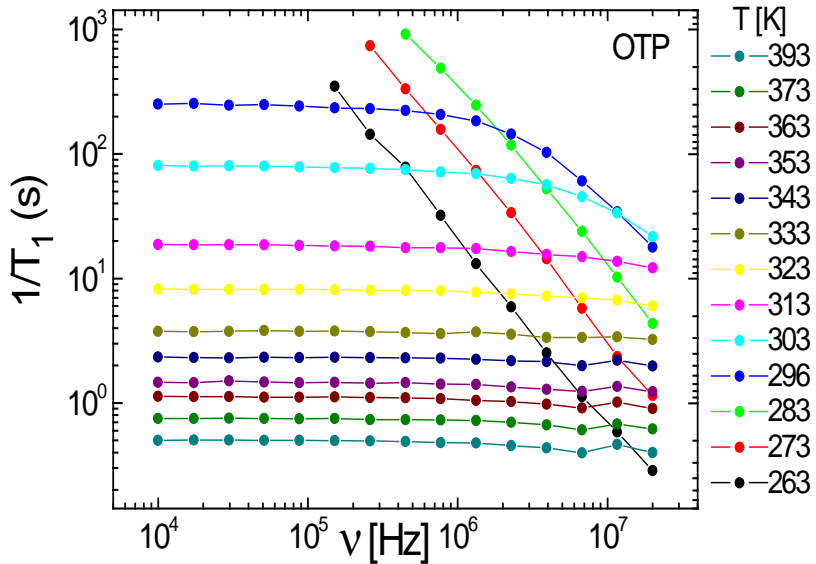
black: from NMR spectral density:  
**fluctuation**

site specificity by isotope  
labeling of (here:) butanol



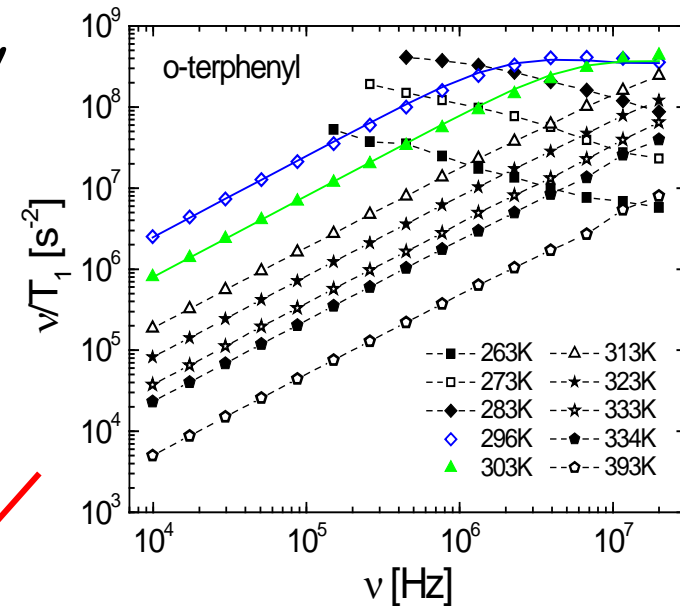
blue: proton only in OH group  
grey: protons only in alkyl rest

# Field Cycling: Broadband NMR Relaxometry



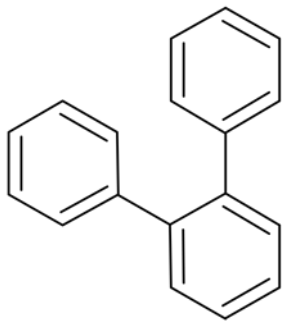
$$1/T_1 \rightarrow \nu/T_1 \propto \chi''$$

→  
susceptibility  
representation

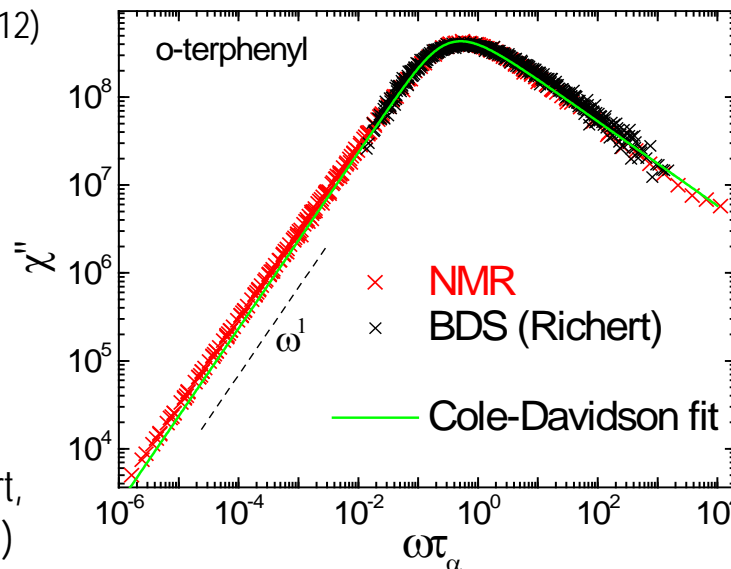


↙  
frequency  
scaling

Kariyo et al., *Macromolecules* **41**, 5313 (2008);  
Kruk, Herrmann, Rössler, *PNMRS* **63**, 33 (2012)



with  $\epsilon''$  data from Richert,  
*JCP* **123**, 154502 (2005)



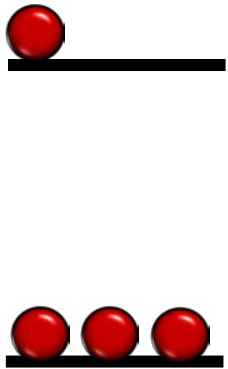
OTP: clean low-frequency flank

Many applications  
of FC-NMR  
also for polymers



# Measuring Nuclear Spin-Lattice Relaxation

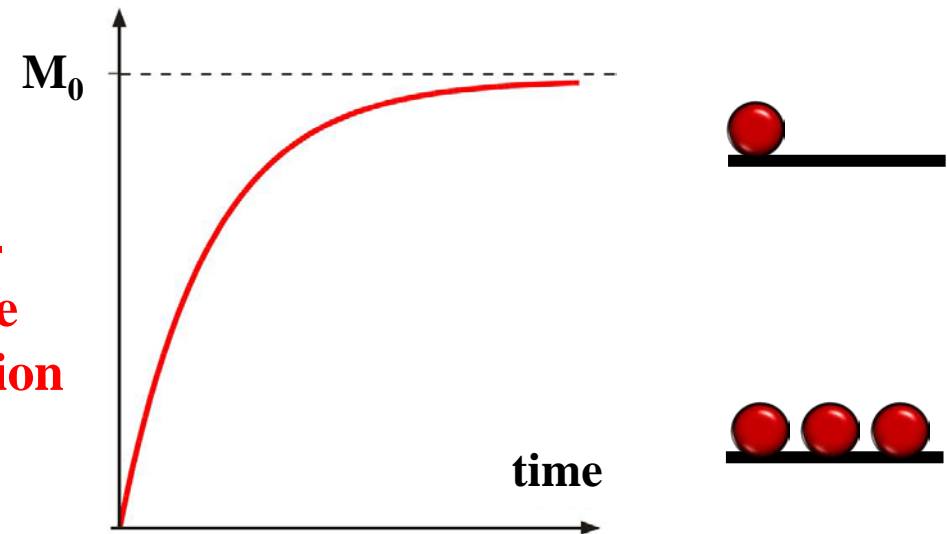
(Boltzmann)  
equilibrium  
of spin levels



invert  
magnetization  
by 180° pulse



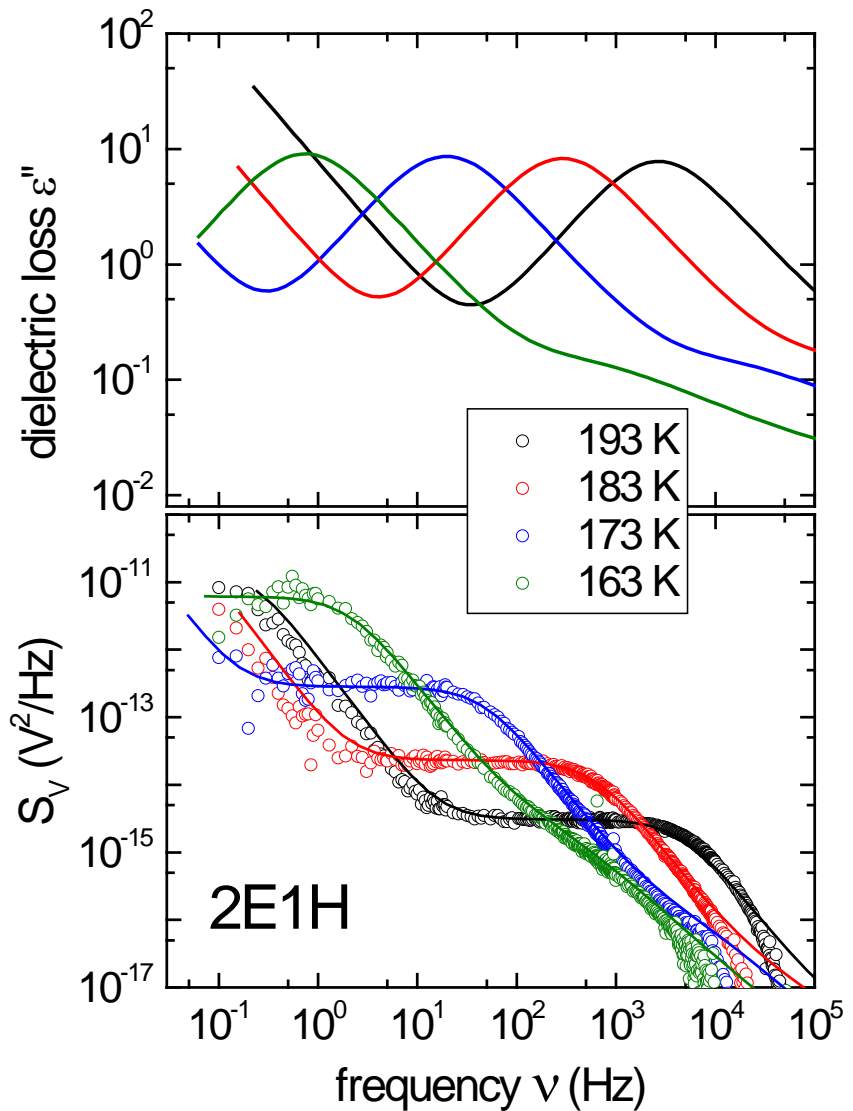
spin-  
lattice  
relaxation



"lattice" = environment of the  
nucleus, no matter whether  
crystalline, amorphous, or liquid

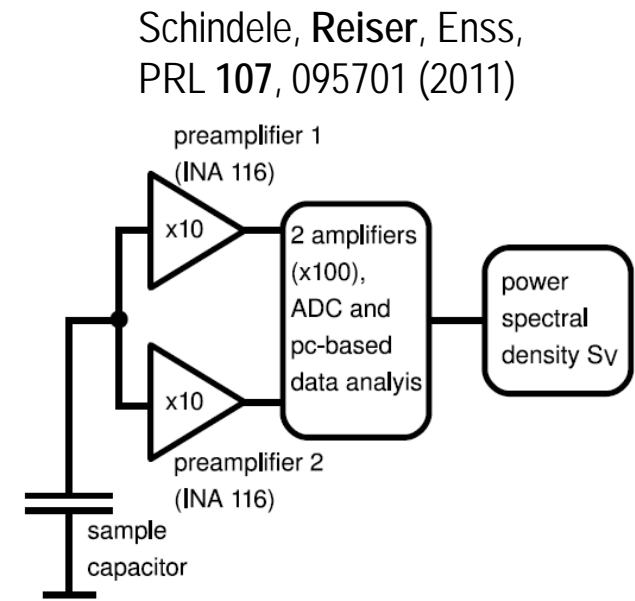
$$M(t) = M_0 + [M(0) - M_0] e^{-t/T_1}$$

# Other Ways to Access Spectral Densities I: Dielectric Noise



lines:  
conventional dielectric measurements

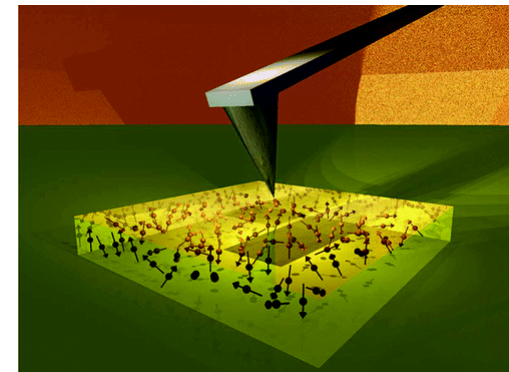
points:  
dedicated voltage noise experiments



$$S_V = 4k_B T \text{Re}[Z(\nu)]$$

Nyquist theorem

analogously used in AFM approaches  
e.g., Russell, Israeloff, Nature 408, 695 (2000); picture: Hoepker et al., JPCB 115, 1449 (2011)



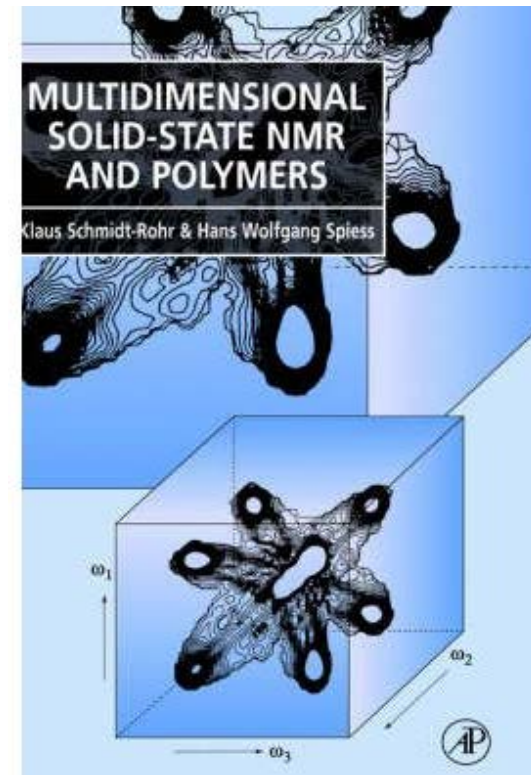
see also: Schildmann, Reiser, Gainaru, Gainaru, Böhmer, JCP 135, 174511 (2011)

## Outline

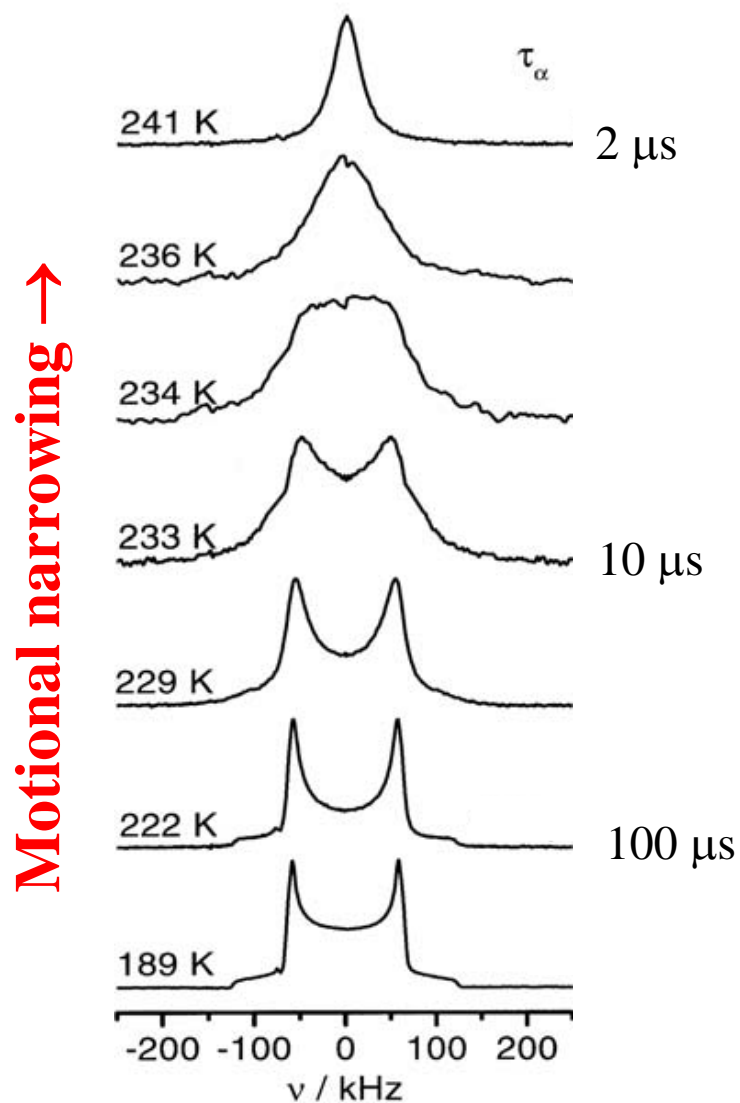
- **Brief Introduction to NMR Spectroscopy**
  - Interactions of Spins with External Fields
  - Interactions of Spins with Internal Fields
- **NMR Studies of Molecular Dynamics**
  - Spin-Lattice Relaxation
  - **1D and 2D NMR Spectra**
  - Stimulated Echoes

Excellent book for  
2D, 3D, ... NMR!

Impossible to cover  
in 50 minutes  
→ Just one slide  
with spectra!



## Effect of Molecular Dynamics on NMR Line Shapes



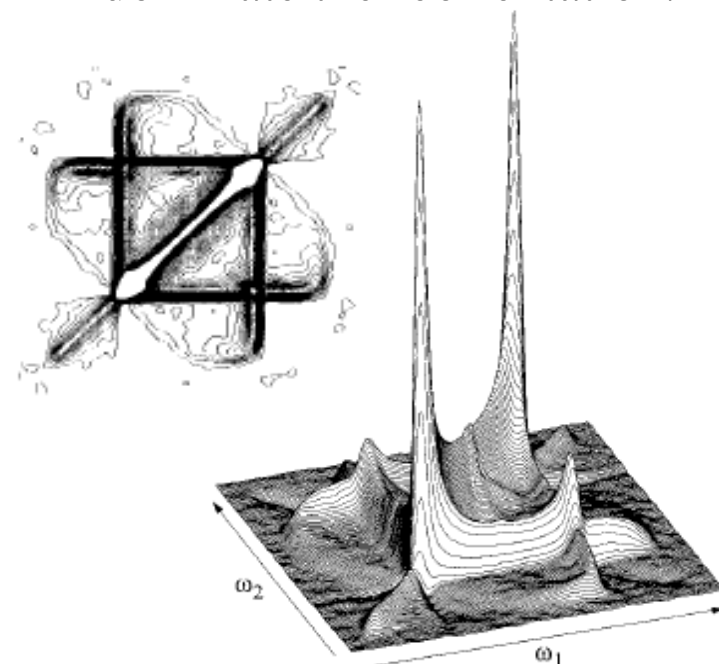
Fast isotropic reorientation:  
 $\tau < 1/\delta \approx 1 \mu\text{s}$

Example:  
 $^2\text{H}$ -NMR of glycerol- $\text{d}_5$

No motion on a time scale of  $1/\delta \approx 1 \mu\text{s}$

Spectra useful to determine rate *and jump geometry* of rotational motions.

Beautiful 2D spectra result if well-defined large-angle ( $> 30^\circ$ ) jumps dominate the reorientation.



Tetrahedral jumps of benzene- $\text{d}_6$  in Na-Y zeolite, Geil et al., JCP 116, 2184 (2002)

## Can We Measure Correlation Functions Directly?

Apply Broadband Neutron Spectroscopy

→ density-density ( $\rho$ - $\rho$ ) correlation  
for time difference  $t = t_2 - t_1$

$$S_{\text{inc}}(\vec{Q}, t) = \langle \rho(\vec{Q}, t_1) \rho(\vec{Q}, t_2) \rangle$$

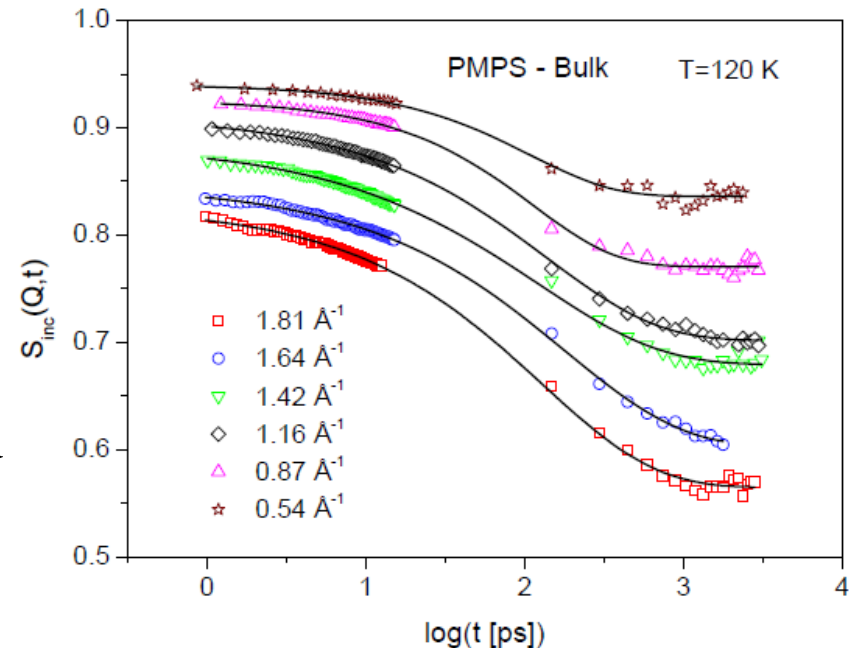
Intermediate scattering function expressed  
as phase correlation function:

$$S_{\text{inc}}(\vec{Q}, t) = \langle \exp[+i\vec{Q}\vec{r}(t_1)] \exp[-i\vec{Q}\vec{r}(t_2)] \rangle \text{ sensitive to } \mathbf{translational coordinate } \vec{r}$$

Consider rotational analog: Replace  $\vec{r}$  by '**rotational coordinate**'  $\omega(\theta)$

$$S_{\text{rot}}(Q_{\text{rot}}, t) = \langle \exp[+iQ_{\text{rot}}\omega(t_1)] \exp[-iQ_{\text{rot}}\omega(t_2)] \rangle$$

**Here  $\omega$  is the NMR frequency. What could  $Q_{\text{rot}}$  be ?**



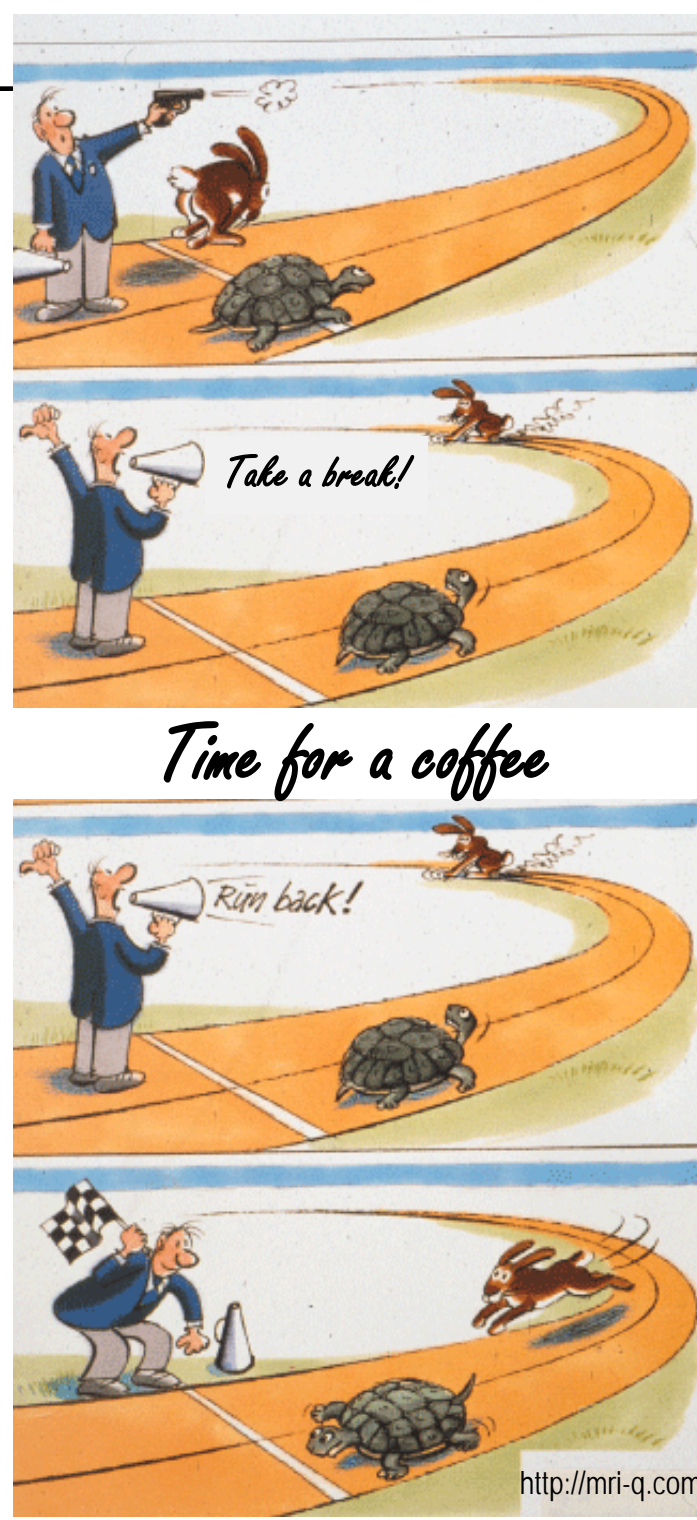
courtesy of A. Schönhals



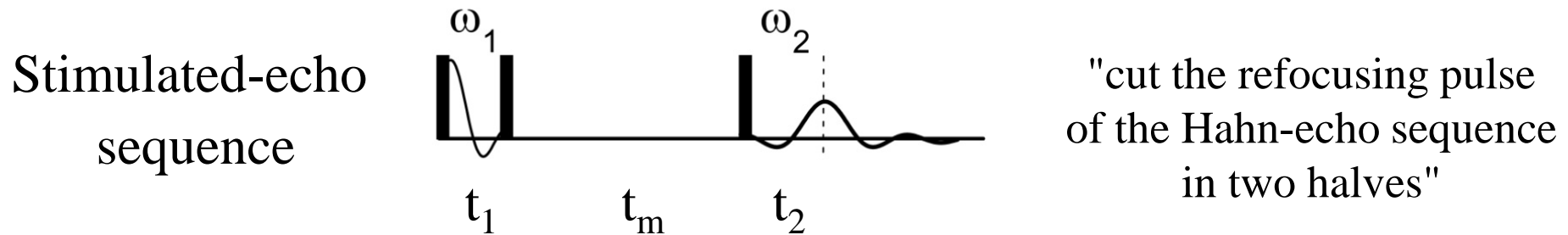
## Outline

- **Brief Introduction to NMR Spectroscopy**
  - Interactions of Spins with External Fields
  - Interactions of Spins with Internal Fields
- **NMR Studies of Molecular Dynamics**
  - Spin-Lattice Relaxation
  - 1D and 2D NMR Spectra
  - **Stimulated Echoes**

**Idea of the stimulated echo:  
A break in Hahn's race**



## Stimulated-Echo Experiment: Basic Sequence also for 2D NMR



**Measure and correlate NMR frequencies at two times separated by**

**$t_m$  is called mixing time**

$$S_{\text{rot}}(Q_{\text{rot}}, t) = \langle \exp[+iQ_{\text{rot}}\omega(t_1)] \exp[-iQ_{\text{rot}}\omega(t_2)] \rangle$$

**$Q_{\text{rot}}$  is called evolution time =  $t_e$**

Terminology in NMR where only real (not: complex) quantities are measured

$$\omega_{1,2} = \omega(t_{1,2})$$

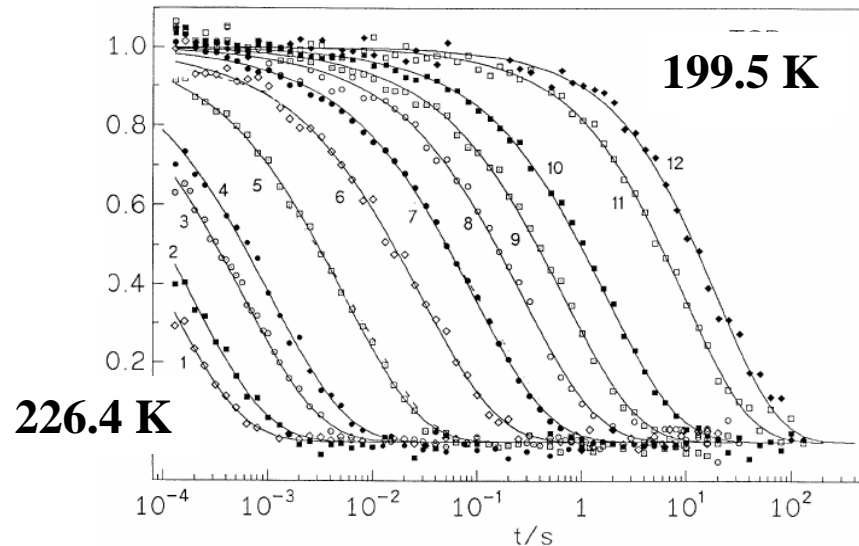
$$F_2^{\cos}(t_e, t_m) = \langle \cos(\omega_1 t_e) \cdot \cos(\omega_2 t_e) \rangle$$

$$F_2^{\sin}(t_e, t_m) = \langle \sin(\omega_1 t_e) \cdot \sin(\omega_2 t_e) \rangle$$

measure echo height  
as a function of  $t_m$  !

# Rotational Correlation Functions: $\langle P_l(0)P_l(t) \rangle$

m-tricresyl phosphate ( $T_g = 214$  K)



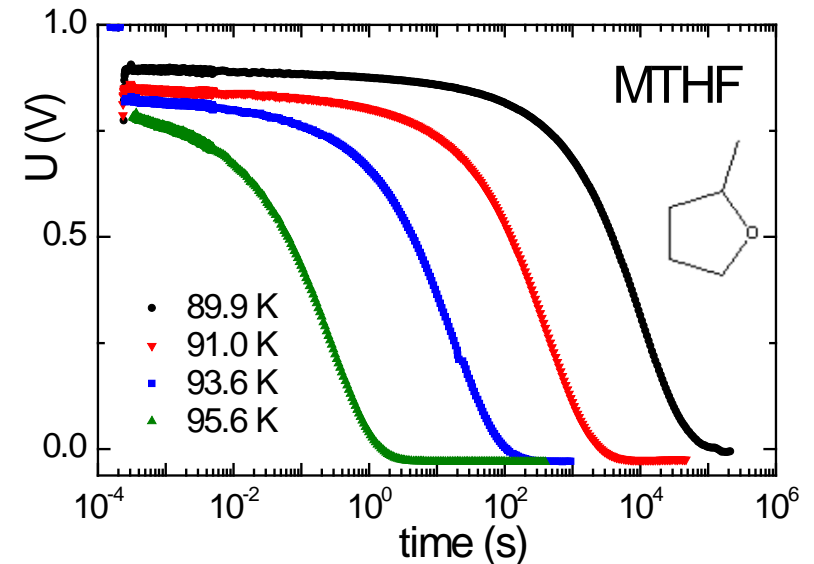
**$^{31}\text{P}$  NMR stimulated-echo decays**

$$F_2^{\sin}(t_e, t_m) = \langle \sin(\omega_1 t_e) \cdot \sin(\omega_2 t_e) \rangle$$

$$t_e \rightarrow 0 \quad = t_e^2 \langle \omega_1 \cdot \omega_2 \rangle$$

$$\langle P_2[\cos \theta(0)]P_2[\cos \theta(t)] \rangle \rightarrow l = 2$$

2-methyltetrahydrofuran ( $T_g = 92$  K)



**dielectric response functions**

measured after step excitation  
using a Sawyer-Tower circuit

$$U_{\text{ref}} \propto \langle \cos \theta(0) \cos \theta(t) \rangle \rightarrow l = 1$$