

CONTENTS

1 ELEMENTARY DESCRIPTION OF NMR	1
1.1 Classical description of NMR	1
1.1.1 The Larmor theorem	1
1.1.2 The Bloch equations	2
1.1.3 Steady-state NMR	4
1.1.4 The pulse method	7
1.1.5 Spin echoes	10
1.1.6 Diffusion in a field gradient	12
1.2 Quantum description of NMR	15
1.2.1 Energy levels and resonant transitions	16
1.2.2 Transverse nuclear magnetization	18
1.2.2.1 Linearity	19
1.2.2.2 Causality	19
1.2.3 Steady state in the presence of relaxation	21
1.3 Relation between pulsed and CW NMR	22
 2 EPITOME OF QUANTUM MECHANICS	 25
2.1 The principles of quantum mechanics	26
2.2 Vectors and operators in Hilbert space	27
2.2.1 The Hilbert space	27
2.2.2 The Dirac notation	28
2.2.3 Operators acting in the Hilbert space	28
2.2.4 Hermitian conjugate operators	29
2.2.5 Introduction of bases	30
2.2.6 Matrix of an operator	31
2.2.6.1 Matrices of hermitian conjugate operators	33
2.2.6.2 Matrix of a product of operators	33
2.3 Some properties of operators	34
2.3.1 Eigenvectors and eigenvalues	34
2.3.2 Trace of an operator	35
2.4 Hermitian and unitary operators	37
2.4.1 Hermitian operators	37
2.4.2 Unitary operators	41
2.5 Relation with physics	44
2.5.1 Continuous variables	46
2.5.2 Evolution of the wave function	47
 3 SPIN AND MAGNETIC MOMENT	 51
3.1 Angular momentum	51
3.1.1 Angular momentum and rotations	52
3.1.2 The spin	54

3.2 The spin $\frac{1}{2}$	55
3.2.1 Matrix of the operator I_z	58
3.2.2 Commutation relations between spin operators	60
3.2.3 Matrices of the operators I_x and I_y	62
3.2.4 General form of a rotation operator	63
3.2.5 Eigenvectors of spin operators	65
3.3 Spins larger than $\frac{1}{2}$	69
3.3.1 Hilbert space of a spin I	69
3.3.2 Spin operators	71
3.3.2.1 Matrix of I_z	72
3.3.2.2 Matrix of I_x	72
3.3.2.3 Matrix of I_y	73
3.3.3 Some properties of spin operators	74
3.3.3.1 Commutation relations	74
3.3.3.2 Products I_+I_- and I_-I_+	74
3.3.3.3 Scalar product $\mathbf{I} \cdot \mathbf{I}'$	75
3.4 Examples of manipulation of spin operators	75
3.4.1 Trace of the operator I_z	75
3.4.2 Trace of the operator I_z^2	76
3.4.3 Trace of the operator $I_x I_y$	76
3.4.4 Particular product of rotations	77
3.4.5 Rotation defined by its Euler angles	78
3.5 The nuclear magnetic moment	81
3.5.1 Influence of the matrix elements between levels	82
3.5.2 Influence of the matrix elements within the ground level	85
4 QUANTUM STATISTICAL MECHANICS	88
4.1 The density matrix	88
4.1.1 Classical statistical ensemble	89
4.1.2 Quantum statistical ensemble	90
4.1.3 Evolution equation for the density matrix	93
4.1.4 Time evolution of a physical variable	94
4.1.5 The density matrix at thermal equilibrium	95
4.2 The central limit theorem	99
4.2.1 The case of a dichotomic variable	99
4.2.2 The general case	103
5 QUANTUM DESCRIPTION OF NMR	106
5.1 Spins subjected to the sole Zeeman interaction	106
5.1.1 Spin motion in a static field	106
5.1.2 General equations of evolution	108
5.1.3 Effect of an r.f. field	110
5.1.4 NMR by the CW method	112
5.1.5 Spin echoes	114
5.2 Chemical shifts and indirect interactions	116
5.2.1 Physical origin of these interactions	116

5.2.2 Groups of equivalent spins	118
5.2.3 Strong and weak couplings	120
5.2.4 Free precession signal	122
6 GENERALITIES ON 2D SPECTROSCOPY.	
<i>J</i> SPECTROSCOPY	127
6.1 The double Fourier transform method	128
6.1.1 Principle of the method	128
6.1.2 Shape of the double Fourier transform signals	132
6.1.2.1 Purely sine or cosine amplitude modulation	132
6.1.2.2 Mixed sine and cosine amplitude modulation	134
6.1.2.3 Phase modulation	134
6.2 <i>J</i> Spectroscopy	136
6.2.1 Homonuclear <i>J</i> spectroscopy	136
6.2.2 Heteronuclear <i>J</i> spectroscopy	140
6.2.3 Application: indirect detection of low-sensitivity spins	142
7 SHIFT CORRELATION SPECTROSCOPY	145
7.1 Heteronuclear correlation spectroscopy	145
7.1.1 The magnetization transfer	145
7.1.1.1 One spin <i>S</i>	146
7.1.1.2 Several equivalent spins <i>S</i>	152
7.1.1.3 The general case	154
7.1.2 Correlation of chemical shifts	154
7.1.3 Application: enhanced spectroscopy of low-sensitivity spins	159
7.1.3.1 Polarization transfer from the spins <i>S</i> to the spin <i>I</i>	159
7.1.3.2 Observation of the spins <i>S</i>	162
7.2 Homonuclear correlation spectroscopy	169
7.2.1 System consisting of two spins	171
7.2.1.1 COSY-90	171
7.2.1.2 COSY- θ	174
7.2.2 One spin <i>I</i> and <i>n</i> equivalent spins <i>S</i>	178
7.2.2.1 COSY-90	178
7.2.2.2 COSY- θ	180
7.2.3 The general case	182
7.2.3.1 COSY-90	183
7.2.3.2 COSY- θ	184
7.2.4 Application: relative signs of indirect interaction constants	185
7.2.5 Relayed COSY	187
8 MULTIPLE QUANTUM COHERENCE AND APPLICATIONS	
8.1 Multiple quantum spectroscopy	193
8.1.1 Method of production of multi- <i>Q</i> coherence	194
8.1.2 Evolution period	198
8.1.3 Conversion $\Delta m = k \rightarrow \Delta m = \pm 1$	200

8.1.4	Observation with mode separation	201
8.1.4.1	The first method	203
8.1.4.2	The second method	204
8.2	Multi- <i>Q</i> -filtered COSY	205
8.3	Indirect interactions in ^{13}C spin pairs: the method INADEQUATE	212
8.3.1	The 1D version	212
8.3.2	2D versions	214
8.4	Cross-relaxation spectroscopy: the method NOESY	215
8.4.1	Longitudinal relaxation equations	216
8.4.2	NOESY spectroscopy	219
8.4.3	Elimination of spurious cross-peaks	223
9	FUNDAMENTALS OF RELAXATION THEORY	226
9.1	General features of relaxation	226
9.1.1	Purely classical description of relaxation	227
9.1.1.1	Longitudinal relaxation	227
9.1.1.2	Transverse relaxation	230
9.1.2	Quantum spins in a classical lattice	231
9.1.3	Quantum description of the lattice	232
9.2	The master equation of relaxation	236
9.3	Dipolar relaxation	243
9.3.1	The dipolar interaction	243
9.3.2	Two identical spins $\frac{1}{2}$	245
9.3.2.1	Longitudinal relaxation	245
9.3.2.2	Transverse relaxation	246
9.3.3	Two different spins $\frac{1}{2}$	248
9.3.4	Two 'nearly' identical spins $\frac{1}{2}$	251
9.3.5	Spins with indirect interactions	254
9.4	Other mechanisms of relaxation	257
9.4.1	Anisotropic chemical shift	257
9.4.2	Chemical exchange	259
REFERENCES		263
INDEX		265