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motional averaging in liquids and solids						
States of matter	Intramolecular motion	translation	rotation			
<u>isotropic</u> Liquid (water)	fast	fast and isotropic	fast and isotropic	anisotropic internal interactions are averaged out resulting in narrow NMR peaks		
anisotropic liquid /liquid crystal (soap film)	fast	fast and anisotropic	fast and anisotropic	anisotropic interactions are only partially averaged out resulting in more com- plicated NMR spectra		
<u>solids</u>	can be fast, but usually restricted	usually neglible	restricted	anisotropic interactions usually present leading to broad and complicated lines		
Solid State NMR workshop 2011						















Study of dynamics in solids timescales and methods				
Timescale of dynamic process "fast" 10 ⁻⁹ to 10 ⁻⁶ s (local mobility like molecular vibrations and rotations)	SS NMR method T ₁ relaxation studies			
"medium" "NMR time window" 10 ⁻⁵ to 10 ⁻² s (ion jumps, chain mobility in polymers	Static lineshape analysis T_{1p} relaxation studies			
"slow" 10 ⁻³ to 10 s (chemical exchange)	2D exchange experiments			
	Solid State NMR workshop 2011			





