

## Collecting Simple One dimensional NMR data

### Prepare

**Remove** magnet cap  
Make sure **LOCK** is off  
**Eject** standard sample  
**Insert** new sample  
**Drag and drop** the appropriate parameter file  
**Create** a new dataset  
**Check** the **temperature** with the edte command  
**Read** standard shim file (rsh std.shim<enter>)  
**Lock** field selecting the correct solvent

### Execute macro

<u>runh</u> <enter>	-----to collect 1H data
<u>runc</u> <enter>	-----to collect 13C data
<u>runcd</u> <enter>	-----to collect 13C-dept data
<u>runp</u> <enter>	-----to collect 31P data
<u>runf</u> <enter>	-----to collect 19F data

### Finish up

Make sure **LOCK** is off  
**Eject** sample  
**Insert** standard sample  
**Lock** field selecting H2O+D2O  
**Place** cap on the magnet bore  
**Make logbook** entry

X-----**Do not spin** the sample in this instrument-----X