NMR Line Narrowing by Means of Rotary Spin Echoes

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The dipolar broadened $^{19}$F resonance line in Teflon has been narrowed by irradiating the solid with strong continuous rf magnetic fields under magic-angle conditions. The transverse magnetization in the rotating frame lost under the action of rf and dc magnetic field inhomogeneities has been recovered by means of rotary spin echoes produced by dc magnetic field pulses. The variation of the longitudinal relaxation with direction and strength of the effective magnetic field in this compound has also been measured.

I. INTRODUCTION

The resonance response of an assembly of nuclear spins polarized in a strong dc magnetic field $H_0$ and interacting with each other through spin-dependent forces may, in principle, be determined to any degree of accuracy by computing the moments of the magnetic resonance absorption line. The internuclear interaction $\mathcal{X}_{\text{int}}$, assumed to be small compared to the Zeeman energy, determines the shape of the free induction decay (FID) causing the signal to decay in a time $T_2$, the transverse relaxation time. By assumption, $\mathcal{X}_{\text{int}}$ is time independent in the rigid-lattice approximation and, in general, depends on a combination of the spin operators $\mathbf{I}_i$ and $\mathbf{I}_j$ of the $i$th and $j$th nuclei, respectively, and the internuclear vector $\mathbf{R}_{ij}$ between them.

If $\mathcal{X}_{\text{int}}$ becomes time dependent and changes in a time period of order $T_2$, an appropriate average of $\mathcal{X}_{\text{int}}$ has to be taken resulting in a change of the FID. Two different types of time variation of $\mathcal{X}_{\text{int}}$ may be distinguished: (i) $\mathbf{R}_{ij}$ varies rapidly with time either coherently (mechanical sample rotation) or incoherently (hindered rotation or random atomic motion) and (ii) the spin vectors acquire a time dependence through the application of a strong rf magnetic field $H_1$, which may be turned on either continuously or in the form of a sequence of pulses spaced by time intervals of the order of or smaller than $T_2$. In either case, any rotationally noninvariant interaction, such as the magnetic dipolar interaction $\mathcal{X}_d$ and the electric quadrupolar coupling, will be attenuated permitting the observation of smaller residual interactions in solids such as chemical shifts, Knight shifts, and the electron-coupled indirect nuclear exchange between like and unlike neighbors.\cite{8-11}

In this paper a rotary-spin-echo (RSE) technique is introduced which reduces $\mathcal{X}_d$ and, at the same time, removes any inhomogeneity broadening caused by the dc field and, more importantly, by the rf field distributed smoothly throughout the space occupied by the sample. Lee and Goldburg\cite{8} have calculated the second moment $\langle (\omega - \omega')^2 \rangle$ of a dipolar broadened rotational absorption line of a spin system containing $N$ identical particles and found

$$\langle (\omega - \omega')^2 \rangle = \lambda_0 \frac{5}{3} \langle (\Delta \omega)^2 \rangle_{\text{LAB}} + Q [\lambda_0 (\theta)] / \omega_0^2.$$  (1)

Here $\langle (\Delta \omega)^2 \rangle_{\text{LAB}}$ is the second moment of the nuclear absorption line in the laboratory frame, $\lambda_0 (\theta) = \frac{5}{3} \times (3 \cos^2 \theta - 1)$, with $\theta$ being the angle between $H_0$ and the effective magnetic field $H_e = \omega_0 / \gamma = [H_0 - \omega / \gamma]^2 + H_1^2 / 2$ in the rotating frame, and $Q[\lambda_0 (\theta)]$ is the contribution of the nonsecular part of $\mathcal{X}_d$.

The contribution of the secular part of $\mathcal{X}_d$ to the second moment in the rotating frame is thus reduced by a factor of $\lambda_0^2 (\theta)$. At the magic angle defined by $\lambda_0 (\theta) = 0$, the secular-term contribution vanishes and the second moment is inversely proportional to $\omega_0^2$, allowing for the possibility of reducing $\langle (\omega - \omega')^2 \rangle$ indefinitely by simply increasing $\omega_0$. For a finite $\omega_0$, the rate of decay of any component of magnetization perpendicular to $H_0$ is determined by the nonsecular terms as long as spin-lattice relaxation effects may be ignored. Large $\omega_0$ are obtained experimentally by applying rf pulses with large $H_1$; however, the inhomogeneity of $H_1$ is typically proportional to $H_1$ itself. Therefore, particularly at the magic angle, the nonsecular-
term contribution will finally be screened by rf inhomogeneity effects as $H_i$ increases. At this point the line can be narrowed further only by generating RSE's.

RSE's may be obtained by either phase inverting $\tilde{H}_0$ or by flipping the dephased magnetization vectors through 180° in the rotating frame in a time small compared to $1/\omega_r$ analogously to producing spin echoes in the laboratory frame by applying a 90°-180°-90° sequence. We have chosen the second approach for its experimental simplicity.

In Sec. II, the influence of magnetic field inhomogeneities on the rotary FID's and their cancellation is being investigated theoretically. The experimental results are reported and discussed in Sec. III. Section IV contains a summary of this investigation.

II. THEORETICAL CONSIDERATIONS

A calculation concerning the feasibility of removing all inhomogeneities of the effective field $H_i$ by means of suitable pulse combinations involves a transformation of the internuclear couplings from the laboratory frame ($x$, $y$, $z$) to the tilted rotating frame ($X$, $Y$, $Z$). Although such a procedure has been described repeatedly in the literature, it must be outlined here from the point of view that the dc and rf magnetic fields are not homogeneous across the sample.

Consider a sample composed of $N$ particles each having spin $\tilde{I}$ and gyromagnetic ratio $\gamma$. It is exposed to a magnetic field $\tilde{H}_0 = 2\tilde{I}_1 \cos \omega t$, (2)

which may vary in magnitude and direction over the sample. The laboratory coordinate system is chosen such that the $z$ axis is in the direction of the average value of $\tilde{H}_0$ experienced by the spins, and the average value of $\tilde{H}_0$ may be assumed to be in the $xz$ plane without loss of generality. Then

$$\tilde{H}_0 = \Delta H_{0x} \hat{x} + \Delta H_{0y} \hat{y} + \langle H_0 \rangle + \langle \Delta H_{0z} \rangle \hat{z}$$

and

$$\tilde{H}_1 = \langle H_{1x} \rangle \hat{x} + \Delta H_{1y} \hat{y} + \langle H_{1z} \rangle \hat{z}$$

where the average values $\langle \Delta H_{0y} \rangle = \langle \Delta H_{0z} \rangle = \langle \Delta H_{0x} \rangle = 0$; $\langle \Delta H_{1z} \rangle = \langle \Delta H_{1y} \rangle = 0$. It should be noted that $\langle H_{1z} \rangle$ is large compared to $\langle H_{1x} \rangle$ and to all the components of $\tilde{H}_0$ and $\tilde{H}_1$ under present experimental conditions.

The Hamiltonian of the spin system in the laboratory frame is given by

$$\mathcal{H} = \hbar \left[ -\gamma \left( \tilde{H}_0 + 2\tilde{H}_1 \cos \omega t \right) \cdot \hat{I} + \mathcal{H}_c + \mathcal{H}_d \right]$$

where $\mathcal{H}_c = \sum_i B_{ij} (I_x I_i - 1/2 I_i \cdot \hat{I}_j)$, (4)

$$B_{ij} = \frac{\hbar}{2} \gamma^2 \hbar (1 - 3 \cos^2 \theta_{ij})/\gamma^2$$

is the secular part of the dipolar interaction. The total Hamiltonian considered here then becomes

$$\mathcal{H} = \hbar \left[ -\langle \omega_0 \rangle I_x - 2\langle \omega_{1x} \rangle I_x + \langle \omega_{1y} \rangle I_y \right] \cos \omega t$$

$$- \sum_n \left( \langle \Delta \omega_{0x} \rangle I_{nx} + \langle \Delta \omega_{0y} \rangle I_{ny} + \langle \Delta \omega_{0z} \rangle I_{nz} \right)$$

$$- 2 \sum_n \left( \langle \Delta \omega_{1x} \rangle I_{nx} + \langle \Delta \omega_{1y} \rangle I_{ny} \right) \cos \omega t$$

$$+ \langle \Delta \omega_{1z} \rangle I_{nz} \cos \omega t + \mathcal{H}_c + \mathcal{H}_d \right]$$

where $\langle \omega_0 \rangle = \gamma \langle H_{0x} \rangle$, $\langle \omega_{1x} \rangle = \gamma \langle H_{1x} \rangle$, $\langle \Delta \omega_{0x} \rangle = \gamma \langle \Delta H_{0x} \rangle$, $\langle \Delta \omega_{1x} \rangle = \gamma \langle \Delta H_{1x} \rangle$, and similarly for the $y$ and $z$ components.

We now perform a transformation to a rotating-coordinate system in which $\langle H_{1y} \rangle$ is static. The Hamiltonian in this first rotating frame is defined by

$$\mathcal{H}_{cr} = e^{-i\omega t I_z} \left( \mathcal{H} + \hbar \omega I_y \right) e^{i\omega t I_z}$$

or, with (5),

$$\mathcal{H}_{cr} = \hbar \left[ -\langle \omega_0 \rangle I_x - \langle \omega_{1x} \rangle I_x - \sum_n \langle \Delta \omega_{0x} \rangle I_{nx} + \langle \Delta \omega_{0y} \rangle I_{ny} + \langle \Delta \omega_{1x} \rangle I_{nx} + \langle \Delta \omega_{1y} \rangle I_{ny} \right] \cos \omega t$$

$$- \sum_n \left[ \langle \Delta \omega_{0x} \rangle I_{nx} + \langle \Delta \omega_{1x} \rangle I_{nx} + \mathcal{H}_c + \mathcal{H}_d \right]$$

where the time-dependent terms have been omitted since they produce no observable effects under typical experimental conditions. Hence, in the rotating-coordinate frame, there is an effective magnetic field $\tilde{H}_z = \left[ \langle \omega_0 \rangle - \langle \omega_{1y} \rangle \right] \hat{z} / \gamma = \tilde{H}_0 / \gamma$, (8)

which makes an angle

$$\theta = \arctan \left( \langle \omega_1 / \langle \omega_0 \rangle - \omega \right)$$

with the $z$ axis.

Consider now the following unitary transformation of $\mathcal{K}_{cr}$ to a tilted frame by the angle $\theta$ of Eq. (9) around the $y$ axis such that $\tilde{H}_z$ is parallel to the new $Z$ axis:

$$\mathcal{K}_T = e^{i\theta I_y} \mathcal{K}_{cr} e^{-i\theta I_y}$$

(10)

After some trivial manipulations the Hamiltonian $\mathcal{K}_T$ in this tilted reference frame may be written as

$$\mathcal{K}_T = \hbar \left[ -\langle \omega_0 \rangle I_x - \sum_n \langle \Delta \omega_{0x} \rangle I_{nx} \cos (\theta - \theta_{nx})$$

$$- \langle \omega_{1x} \rangle I_{nx} \sin (\theta - \theta_{nx}) + \langle \Delta \omega_{1x} \rangle I_{nx} \right]$$

$$+ \tilde{H}_c + \tilde{H}_d$$

(11)

with

$$\mathcal{K}_c = \sum_i B_{ij} (I_x I_i - 1/2 I_i \cdot \hat{I}_j),$$

$$B_{ij} = \frac{\hbar}{2} \gamma^2 \hbar (1 - 3 \cos^2 \theta_{ij})/\gamma^2$$
Suppose we measure $M_z(t)$ in the first rotating frame. Then the normalized magnetization is given by the correlation function

$$ G(t) = \frac{M_x(t)}{M_x(0)} = \frac{\text{Tr}[I_x U_\omega(t) I_x T^\dagger_x(t)]}{\text{Tr} T^2_x}, $$

where $U_\omega(t)$ is the time-development operator in this frame. Since the trace is invariant under any unitary transformation, we transform the trace to the tilted frame using $S = e^{-i\beta \sigma_y}$ and $S^{-1}$. Then

$$ G(t) = \frac{1}{\text{Tr} I_x^2} \text{Tr}[I_x \cos \theta - I_x \sin \theta] U_T(t) $$

$$ \times (I_x \cos \theta - I_x \sin \theta) U_T^\dagger(t), $$

where $U_T(t) = T \exp[-(i/\hbar) \int_0^t \mathcal{K}_T(t') dt']$. (25)

Since $\mathcal{K}_T$ is time independent, the integration in Eq. (25) can be done disregarding the time-ordering operator $T$. Then

$$ U_T(t) = e^{-i \frac{1}{\hbar} \mathcal{K}_T t}. $$

If, at time $t = \tau$, the magnetization vectors are flipped by $180^\circ$, then at $t = 2\tau$ the echo amplitude is given by [using Eqs. (20)–(26)]

$$ E(2\tau) = (1/\text{Tr} I_x^2) \text{Tr}(I_x e^{-i(X_A + \mathcal{K}_B) \tau} e^{i(X_A + \mathcal{K}_B) \tau} $$

$$ \times I_x e^{-i(X_B + \mathcal{K}_A) \tau} e^{i(X_B + \mathcal{K}_A) \tau}), $$

where

$$ I_x = I_x \cos \theta - I_x \sin \theta, $$

$$ -\mathcal{K}_A = R(\phi)\mathcal{K}_A R^\dagger(\phi), $$

$$ -\mathcal{K}_B = R(\phi)\mathcal{K}_B R^\dagger(\phi), $$

$R(\phi)$ is a $180^\circ$ rotation operator about any axis in the $XY$ plane. Since $[\mathcal{K}_A, \mathcal{K}_B] = 0$ and $[\mathcal{K}_A, \mathcal{K}_B] = 0$ from (i), Eq. (27) becomes

$$ E(2\tau) = (1/\text{Tr} I_x^2) \text{Tr}(I_x e^{-iX_B} e^{iX_A} I_x e^{i(X_B + \mathcal{K}_B) \tau} e^{-i(X_B + \mathcal{K}_B) \tau}), $$

(31)

Equation (31) clearly indicates the possibility of eliminating any magnetic field inhomogeneities of $H_x$ by producing spin echoes in the rotating frame.

III. EXPERIMENTAL RESULTS AND DISCUSSION

A. Illustration of RSE Formation

The pulse sequence used in obtaining RSE’s at the magic angle is shown in Fig. 1. A strong rf pulse of length $2\tau$ was applied to the sample. At time $\tau’(\tau’ = \tau)$ a strong dc magnetic field pulse of width determined by $\gamma H_0’ \tau’ = \pi$ was turned on along the direction of $H_0$. This sequence of pulses is followed by a $90^\circ$ sampling pulse at time $2\tau + t_d$. The delay time $t_d$ was chosen such that $T_2 \ll t_d \ll T_1$. 

(\Delta \omega x = [(\Delta \omega y)^2 + (\Delta \omega z)^2]^{1/2},$

$$ \theta_{\text{ex}} = \arctan \left( \frac{\Delta \omega y}{\Delta \omega z} \right), $$

$$ \mathcal{K}_0 = \sum_{j=1}^N \delta_i \left[ I_x \cos \theta - I_x \sin \theta \right], $$

$$ \mathcal{K}_y = \sum_{j=1}^N \lambda_0(\theta) \mathcal{K}_y, $$

where the secular and nonsecular dipolar terms are those with $M = 0$ and $M \neq 0$, respectively.

Under present experimental conditions, the first term of Eq. (11) is very large compared to any of the other terms. Therefore, within a first-order approximation, those terms of Eq. (11) which do not commute with $I_x$ can be dropped. Then $\mathcal{K}_T$ becomes

$$ \mathcal{K}_T = \hbar \left[ -\langle \omega_x \rangle I_x + \tilde{\mathcal{K}}_\omega + \tilde{\mathcal{K}}_\theta + \lambda_0(\theta) \tilde{\mathcal{K}}_\theta \right], $$

and

$$ \lambda_0(\theta) = \frac{1}{2} (3 \cos^2 \theta - 1). $$

Equation (16) permits the following conclusions:

(i) The chemical-shift term $\tilde{\mathcal{K}}_\omega$ is reduced by a factor of $\cos \theta$ as compared to the chemical shift in the laboratory frame. At exact resonance ($\theta = 90^\circ)$, $\tilde{\mathcal{K}}_\omega = 0$, i.e., the chemical shift cannot be observed and, hence, any exchange couplings between nonequivalent spins will also escape detection. (ii) Near the magic angle where $\lambda_0(\theta) = 0$, the secular dipolar term in Eq. (16) becomes very small. In this case, the nonsecular terms play an important role in broadening the FID. Therefore, RSE’s can only be observed when the inhomogeneity term $\tilde{\mathcal{K}}_\theta$ is comparable or larger than the nonsecular dipolar terms at the magic angle.

(iii) $\mathcal{K}_\theta$ formally commutes with all the terms of Eq. (16) except $\tilde{\mathcal{K}}_\theta$. However, $\tilde{\mathcal{K}}_\theta$ is a rather short-range interaction, while $\mathcal{K}_\theta$ is a smoothly varying function over the entire space occupied by the sample. Therefore, it may be assumed to be a very good approximation to $\mathcal{K}_\theta$ commutes with $\tilde{\mathcal{K}}_\theta$.

We rewrite Eq. (16) in the following way:

$$ \mathcal{K}_T = \hbar(\mathcal{K}_A + \mathcal{K}_B), $$

where

$$ \mathcal{K}_A = -\langle \omega_x \rangle I_x + \tilde{\mathcal{K}}_\omega, $$

$$ \mathcal{K}_B = \tilde{\mathcal{K}}_\omega + \lambda_0(\theta) \tilde{\mathcal{K}}_\theta. $$

(22)
The amplitude of the ensuing FID then is a measure of the \( z \) component of magnetization, \( M_z(2\tau) \), in the rotating frame at the magic angle \( T_2 \ll t_d \ll T_1 \).

The formation of the RSE is illustrated in Fig. 2. (i) The equilibrium magnetization \( M_z(0) \) is initially aligned along \( H_0 \hat{z} \) in the first rotating frame processes about \( \tilde{H}_z \), which is simply the vector sum of \( (H_0 - \omega/\gamma) \hat{z} \) and \( H_z \hat{z} \). \( \omega/2\pi \) is the carrier frequency of the rf pulse. Under typical experimental conditions of \( H_0 = 10 \) G, the magic-angle condition \( \cos\theta_m = \frac{1}{2}\sqrt{3} \) is realized by choosing \( |H_0 - \omega/\gamma| = 5\sqrt{2} \) G. (ii) Because of the dominant \( H_z \) inhomogeneity, the magnetization will dephase distributing itself on a cone around \( H_{z1} \). (iii) When the dc field pulse is turned on along the direction of \( -(H_0 - \omega/\gamma) \hat{z} \) at time \( \tau' \), \( H_z \) changes instantly within the rise time of the dc pulse to a new effective field \( H_z' \). The height of the dc pulse \( H_{dc} \) is adjusted such that \( \tilde{H}_z' = \tilde{H}_z \). It is easily seen that \( H_{dc} \) should satisfy the condition \( H_{dc} = 3|H_0 - \omega/\gamma| \). The dc pulse length \( \tau_{dc} \) is adjusted such that the cone formed by the dephased magnetization is flipped by \( 180^\circ \) around \( H_z' \). (iv) After the dc pulse is turned off, the magic-angle condition is again satisfied but the fast and slow components of the magnetization are reversed while the sense of precession remains unchanged. (v) The dephased magnetization vectors will therefore be refocussed forming a rotary echo with location of its maxima at time \( 2\tau' \).

B. Preliminary Experiment Using Liquid Sample

The degree of refocussing the dephased magnetization at the magic angle was tested for the proton resonance in glycerine in which the interaction of the nuclear moments with the inhomogeneous \( H_z \) field completely dominates all other couplings. Since \( T_2 \approx T_1 \approx 50 \) msec, a dc field inhomogeneity was deliberately introduced to shorten the FID following the rf pulse such that any \( T_1 \) process was entirely negligible at the time of the application of the sampling pulse.

The detected signal \( M_z(t) \) consists of a decaying oscillation of frequency \( \omega_z \) superimposed on a constant term \( M_z(0) \cos\theta \). Figure 3 shows the normalized envelope \( K(t) \) of the signal defined by

\[
K(t) = \frac{1}{2} \left[ (\text{upper envelope}) - (\text{lower envelope}) \right],
\]

where \( K(t) \) represents the amplitude of the oscillatory part and is independent of the upward shift of the relaxation pattern by a constant amount which occurs for angles other than \( \theta = 90^\circ \). The dc pulse was applied at \( \tau = \tau' = 2 \) msec. The amplitude of the spin echo in the laboratory frame obtained by using a \( 90^\circ \sim 180^\circ \) pulse sequence with \( \tau = 2 \) msec recovers about 94% of the initial equilibrium magnetization. Assuming that all interactions in the sample are the same in the rotating frame and the laboratory frame, it can be concluded that the present technique recovers 99% of the transverse magnetization dephased under the action of the \( H_z \) inhomogeneity.

C. RSE's in Teflon

The \( ^{19}F \) resonance in Teflon at 45 MHz has been studied for reasons of demonstrating the effectiveness of the RSE technique in solids. At room temperature its characteristic relaxation times are \( T_2 \approx 33 \mu\text{sec} \) and \( T_1 \approx 25 \) msec. The rf inhomogeneity \( \Delta H_z \) across the sample varied linearly with \( H_z \) and amounted to about \( 2\% \) of \( H_z \).

Figure 4 shows a single RSE in Teflon at the

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**FIG. 1.** Sequence of pulses producing RSE’s at the magic angle \( T_2 \ll t_d \ll T_1 \).

**FIG. 2.** Illustration of the refocussing process of the transverse magnetization at the magic angle in the rotating frame.
FIG. 3. Rotary FID envelope $K(t)$ at the magic angle showing a RSE in a liquid glycerine sample. Arrow indicates the position of the dc pulse.

magic angle. The circles indicate the experimental points corresponding to maxima and minima of the oscillating $z$ component of magnetization. The initial $M_z(t)$ decay was obtained without applying the dc field pulse for reasons of comparison. A dc pulse was applied at $t = \tau'$ and the echo envelope was observed by changing the rf pulse length, $H_z$ used in taking this data was 8.4 G. The upward shift of the relaxation pattern with respect to the base line is due to the component of magnetization along $H_z$, i.e., $M_z(0) \cos^2 \theta = \frac{1}{2} M_z(0)$, which decays with the characteristic time $T_1$, the longitudinal relaxation time in the rotating frame. The narrowing of the line is, of course, independent of this shift and completely described by $K(t)$ defined by (32).

It is evident from Fig. 4 that only part of the transverse magnetization could be recovered. In addition, a shift of the echo maximum to the left is noticeable. These observations indicate that effects other than the $H_z$ inhomogeneity limit the lifetime of the narrowed FID, such as nonsecular dipolar terms or second-order inhomogeneity broadening. The latter were neglected in the calculation and arise because $H_z$ itself may be spread over a cone rather than being represented by a single vector.

In order to trace out the complete decay of the signal in the rotating frame while eliminating rf inhomogeneity broadening, $\tau'$ was varied from 20 to about 500 $\mu$sec in steps of 20 $\mu$sec and the resulting RSE envelopes around their respective position at $t = 2\tau'$ were recorded. All these envelopes were smoothly connected. The normalized function $K(t)$ is shown in Fig. 5 and is compared with the FID in the laboratory frame. For large $t$, the RSE envelope decays exponentially. Defining a transverse relaxation time $T_{2p}$ in the rotating frame as the time constant of the exponential part of the function $K(t)$, i.e.,

$$\lim_{t \to \infty} K(t) = K_0 e^{-t/T_{2p}} \quad (t \ll T_{1p})$$

one obtains $T_{2p} \approx 603 \mu$sec. This value has to be corrected by the contribution of the longitudinal relaxation with time constant $T_{1p} = 5.3$ msec for $H_z = 8.4$ G (from Fig. 9). One then obtains a time constant of about 680 $\mu$sec. Applying definition (33) to the laboratory FID yields $T_2 = 33$ $\mu$sec.

Hence, the fluorine resonance has been narrowed by about a factor of 20. Estimates indicate that the decay is primarily caused by nonsecular dipolar terms rather than any second-order inhomogeneity effects. $H_z$ should therefore be increased further to achieve more spectacular line narrowings.

The RSE in Fig. 6 was obtained under conditions identical to the previous data except that the inhomogeneity of the static field $H_0$ was increased drastically. The initial envelope decays faster as compared to that of Fig. 4. As a result, the observed echo envelope is more clearly distinguished. In spite of the additional $H_0$ inhomogeneity, the magnetization at $t = 2\tau'$ is recovered to the extent possible in applying a continuous rf field of 8.4 G to this compound.

An obvious generalization of the present procedure consists of the application of many dc field pulse inversions of the fast and slow components of the decaying magnetization in the rotating frame. Such a technique would correspond to a Carr-Purcell sequence in the laboratory frame. Figure 7 shows the decay and subsequent recovery of the magnetization in Teflon under the action of two dc field pulses. Again, the time constant of the RSE envelope agrees with the previous results within experimental accuracy.

FIG. 4. RSE in Teflon. Circles represent the experimentally observed maximum and minimum values of $M_z(\theta)$. $H_z = 8.4$ G.
D. Measurement of $T_{1\rho}$ in Teflon

The spin-lock technique was used in measuring the longitudinal relaxation time $T_{1\rho}(\theta, H_1)$ as a function of $H_1$ at exact resonance ($\theta = 90^\circ$), and as a function of $\theta$ for two fixed $H_1$ values. A 90° pulse was immediately followed by a 90° phase-shifted long rf pulse of variable width. The amplitude of the signal following the second rf pulse was recorded as a function of its pulse length. The signal amplitude so obtained showed a purely exponential decay from which $T_{1\rho}$ was extracted.

The variation of $T_{1\rho}(90^\circ)$ with $H_1$ is plotted in Fig. 8. It is approximately linear within the range of $H_1$ values used. $T_{1\rho}$ should approach $T_1$ for large $H_1$. Johnson and Goldberg have measured $T_{1\rho}(90^\circ)$ in a single crystal of NaCl as a function of $H_1$. Their results show that $T_{1\rho} \approx T_1$ for $H_1$ above 5 G. The values of $T_{1\rho}(90^\circ)$ in Teflon for $H_1$ of up to 12 G, however, are quite small as compared to $T_1 \approx 250$ msec. This result can only be understood if the $^{19}F$ spin-lattice relaxation at room temperature is dominated by slow motional effects such as hindered rotation or atomic diffusion. Within the restriction of the range of applied $H_1$ amplitudes it then appears that the correlation time $\tau_c$ of the motion must be semicontinuous in the range of a few msec. Of course, this statement is somewhat speculative as it is based on measurements at only one temperature. However, the following results seem to confirm this conclusion, at least qualitatively.

Figure 9 shows $T_{1\rho}(\theta, H_1)$ as a function of $\theta$ for $H_1$ values of 5.91 and 9.75 G, respectively. Particular care was given to measurements near the magic angle ($\theta = 54.7^\circ$). No discontinuity of the $T_{1\rho}$'s was found, indicating that any contribution of spin diffusion to the longitudinal relaxation of the $^{19}F$ spins is negligible. Jones has calculated $T_{1\rho}(\theta)$ in the rotating frame including all dipolar terms. He assumed an isotropic random motion of the spins with a single correlation time $\tau_c$ characterizing the motion. His result for spin-$\frac{1}{2}$ nuclei is given by

\[
\frac{M_r(t)}{M_r(0)} = \cos^2 \theta_m
\]

FIG. 5. Normalized RSE envelope for Teflon at the magic angle ($H_1 = 8.4$ G). FID following a 90° pulse is plotted for comparison.

FIG. 6. RSE in Teflon obtained in a strongly inhomogeneous dc magnetic field. $H_1 = 8.4$ G.
\[
\frac{1}{T_{1\phi}} = K \tau_e \left( \frac{3}{4} \sin^2 \theta + \frac{1}{1 + \frac{3}{3} \cos^2 \theta + \frac{4 - 3 \sin^2 \theta}{1 + 4 \omega_0^2 \tau_e}} \right),
\]

(34)

where \( K \) is a constant. Although this model applies only partially to Teflon, \( K \) and \( \tau_e \) can be formally determined from any two values of \( T_{1\phi} \), \( T_{1\phi}(90^\circ) \) and \( T_{1\phi}(0^\circ) = T_1 \). The solid curves in Fig. 9 were drawn to match the experimental results yielding the values of \( K \tau_e = 493.56 \text{ sec}^{-1} \) and \( \tau_e = 2.12 \mu\text{sec} \). The latter is of the same order of magnitude as the values of \( \tau_e \) estimated from Fig. 8.

IV. SUMMARY

The method of narrowing dipolar broadened lines in solids by means of irradiating the sample with strong continuous rf fields has been improved by generating RSE's. When \( H_a \) is larger than the local field, any \( H_a \) inhomogeneity broadening can be eli-

FIG. 7. RSE's in Teflon obtained under the action of two successive dc field pulses at \( \tau' \) and \( 2\tau' \). \( H_1 = 8.4 \text{ G} \).

minated in first order. Any second-order inhomogeneity effects should be quite small under present experimental conditions but may become nonnegligible and, indeed, the dominant source of broadening once the dipolar coupling is completely truncated in the tilted rotating frame. Line narrowing of up to a factor of 20 could be obtained in Teflon.

It is evident from the results that even higher \( H_1 \) amplitudes are required to eliminate all contributions from the nonsecular dipolar terms. These will

FIG. 8. \( T_{1\phi}(90^\circ) \) in Teflon as a function of \( H_1 \).

FIG. 9. \( T_{1\phi}(\theta) \) in Teflon as a function of \( \theta \) for two values of \( H_1 \). Solid line is obtained from theory [Eq. (34)].
have to be matched by more intense dc field pulses with short rise and fall times for off-resonance observations. From this point of view the choice of Teflon appears to be a rather poor one since the nonsecular terms in this compound are surprisingly large in the range of rf fields used. As compared to sample rotation and multiple-pulse-sequence techniques the continuous rotating field approach has the disadvantage that the signal is not observable in the presence of the rf field.

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A summary of the literature concerned with sample rotation has been given by E. R. Andrew, in Magnetic Resonance, edited by C. K. Coogan et al. (Plenum, New York, 1970).


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