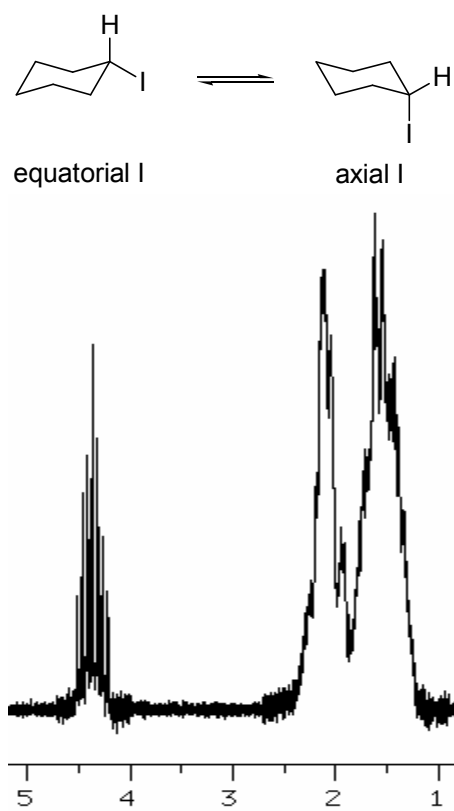


Examples of variable temperature NMR applications

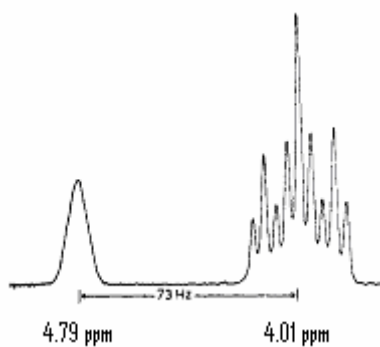
Chair-chair interconversion of iodocyclohexane

Spectral Database for Organic Compounds (www.aist.go.jp)

Jensen, F. R. *J. Am. Chem. Soc.* **1969**, *91*, 344-351.



¹H spectrum (90 MHz, CDCl₃) at room temperature ($CHI = 4.37$ ppm, multiplet)



¹H spectrum (100 MHz, CS₂) at -80°C ($CHI = 4.79$ ppm for equatorial, 4.01 ppm for axial)

Hindered rotation about the C-N bond of an amide

Garner, R. H. *J. Org. Chem.* 1972, 37, 4436-4439.

