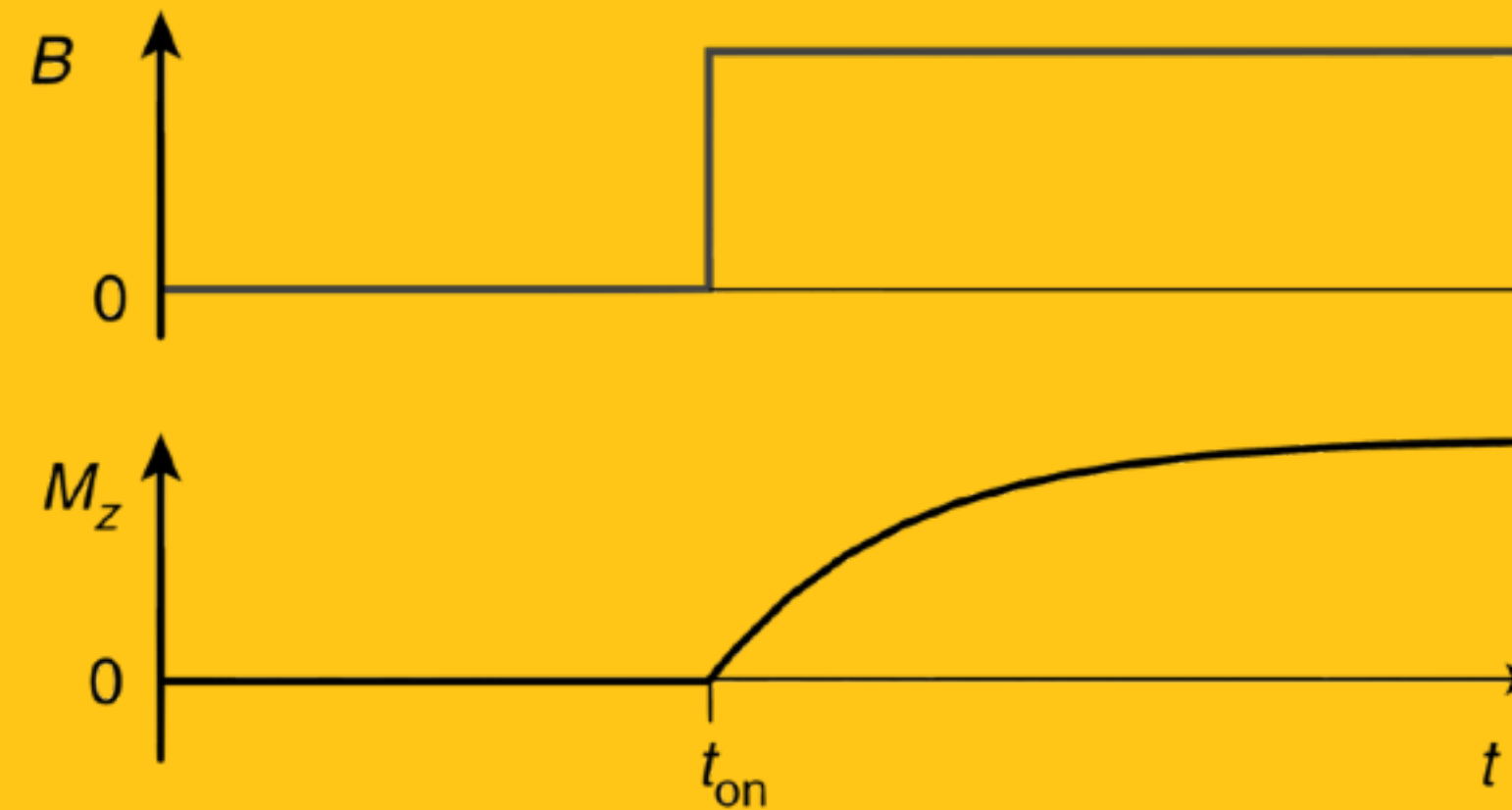


BASICS

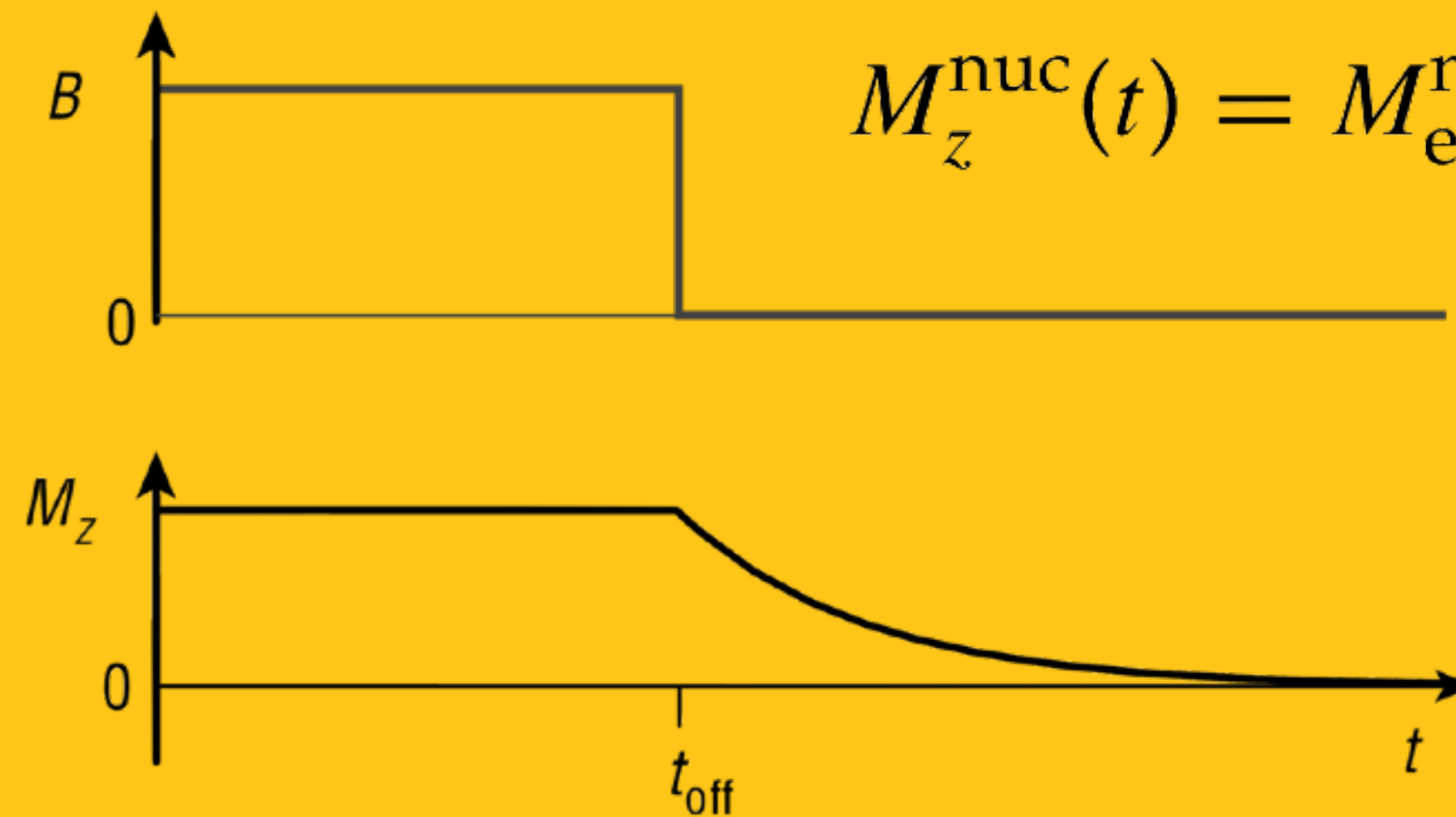
T1

Spin-Lattice

$$M_z^{\text{nuc}}(t) = M_{\text{eq}}^{\text{nuc}} \left(1 - \exp\{-(t - t_{\text{on}})/T_1\} \right)$$



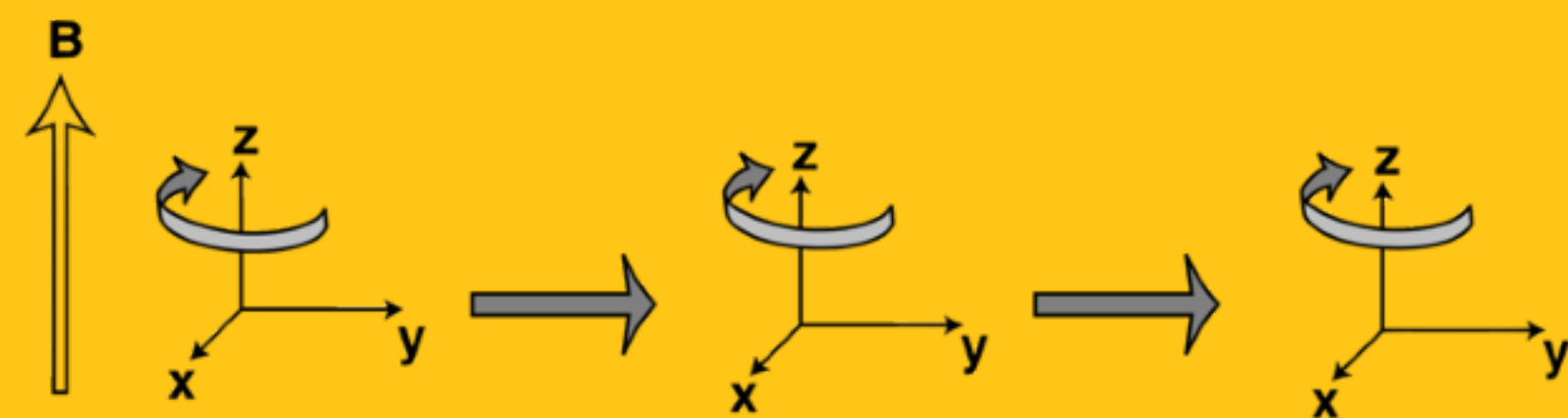
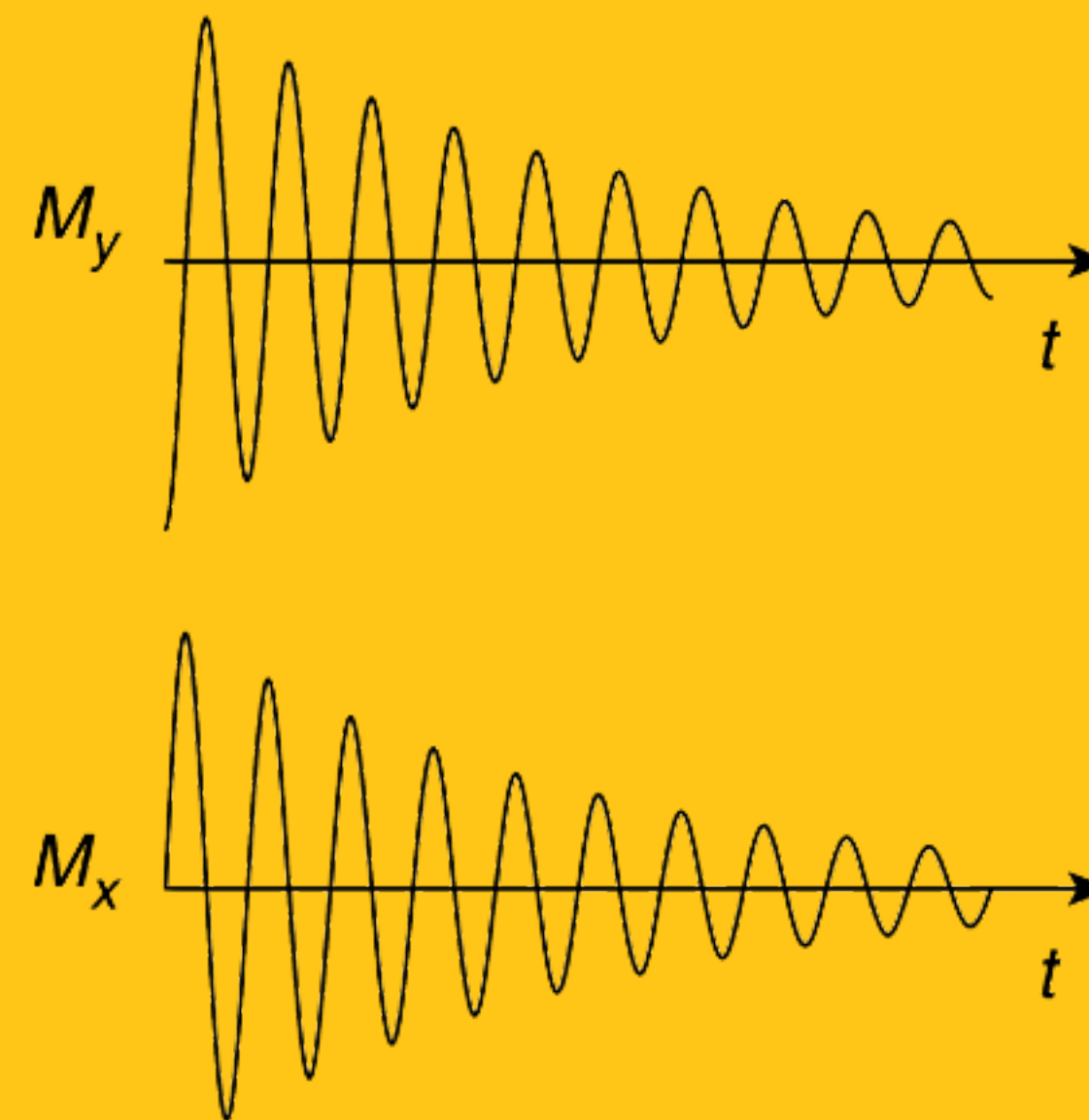
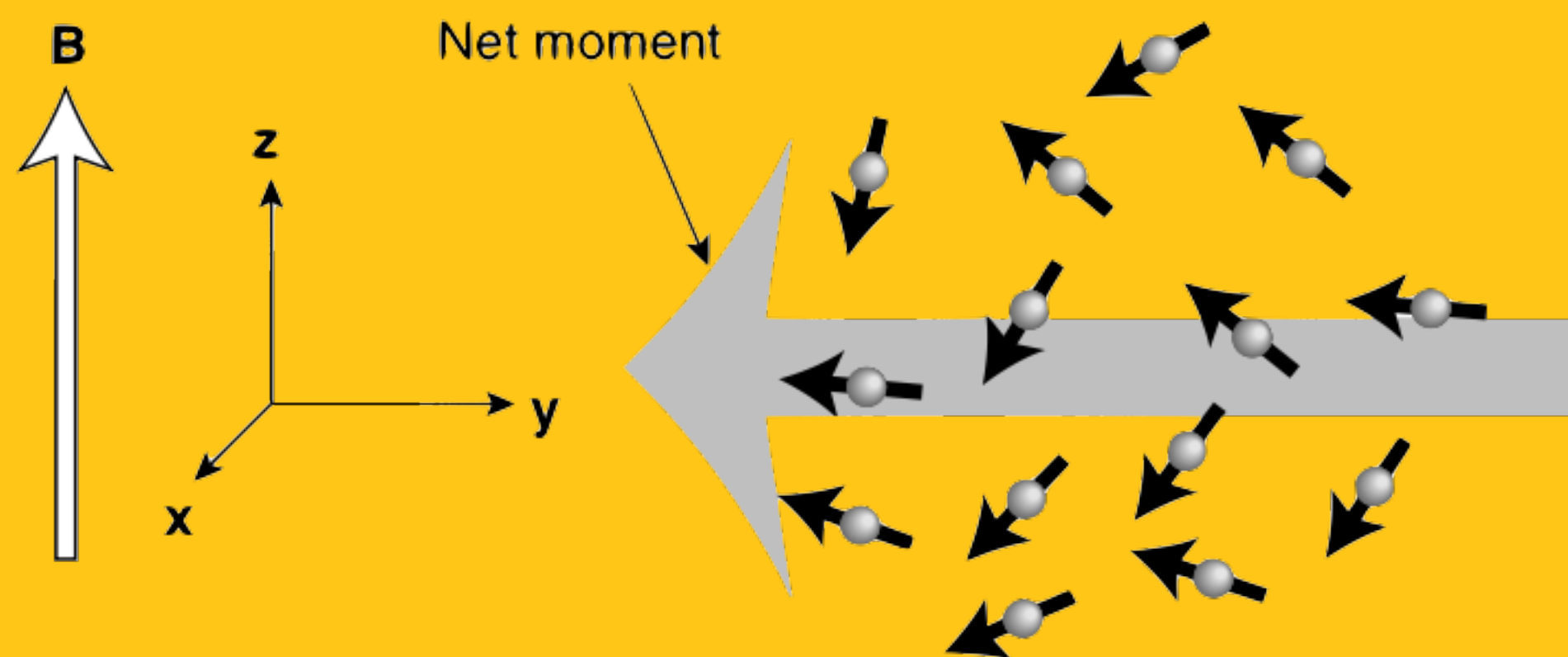
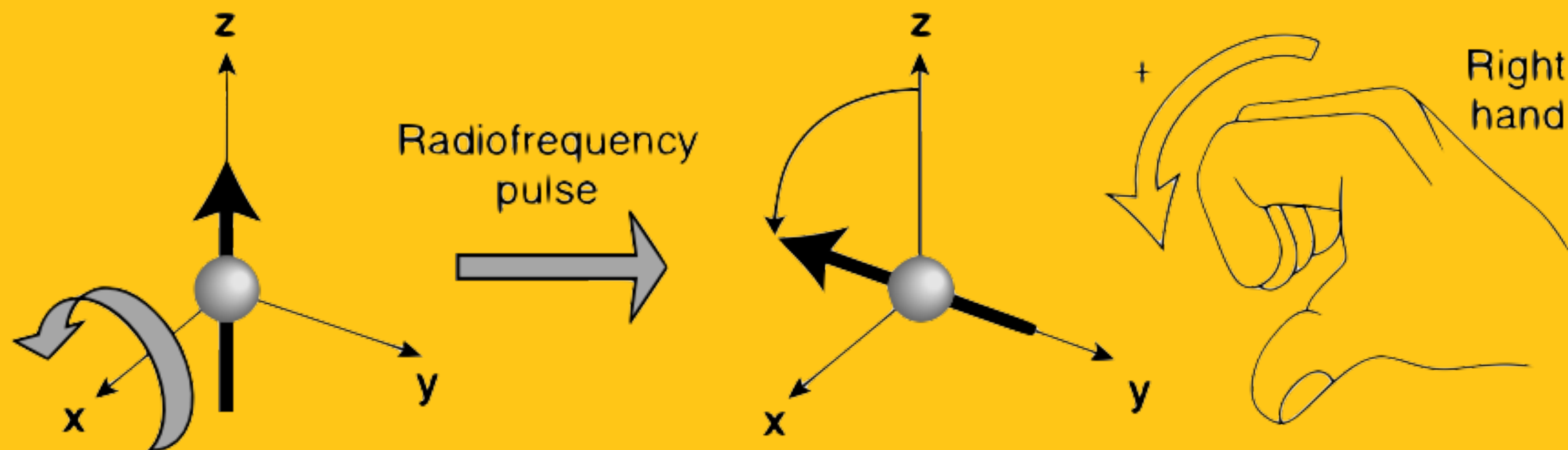
$$M_z^{\text{nuc}}(t) = M_{\text{eq}}^{\text{nuc}} \exp\{-(t - t_{\text{off}})/T_1\}$$



BASICS

T2

Spin-spin



$$M_y^{\text{nuc}} = -M_{\text{eq}}^{\text{nuc}} \cos(\omega^0 t) \exp\{-t/T_2\}$$

$$M_x^{\text{nuc}} = M_{\text{eq}}^{\text{nuc}} \sin(\omega^0 t) \exp\{-t/T_2\}$$