ROESY
Rotating Frame
Overhauser Effect Spectroscopy

\[ 90^\circ \text{ pulse (10\,\mu s)} \]
\[ t_1, \text{ Spin-Lock (y)} \]
\[ \tau_m \]

Preparation: 90° 'H pulse (~10\,\mu s)
Evolution: t, delay (0-50 ms in steps)
Mixing: Continuous-Wave (CW) low-power
RF irradiation (100-400 ms).
Detection: 'H FID

Power Levels for RF:
- 100%  
- 1.4% 
\[ yB_1 = 25 \, \text{kHz} \quad 3 \, \text{kHz} \quad yB_0 = 500 \, \text{MHz} \]

\( 90^\circ \text{ pulse (rotating frame)} \quad \text{spin-lock (lab. frame)} \)