

### **Varian 300. Tutorial for variable temperature (VT) operation, from room temperature up to 40 °C.**

- 0) be sure that the boiling point (bp) of your solvent is higher than the temperature that you are trying to set.
- 1) reserve a slot of 30 minutes or longer to run VT experiments.
- 2) check the VT and Cooling flows. Both flows should be above 10 units (LPM). Typically they are set at ~12-13 LPM.
- 3) on the “Start/Standard” tab set the desire temperature (**only up to 40 °C**) and then click on the <Temp> button.
- 4) wait until the display goes back to green and shows that the instrument is “idle”. A beep will sound once VT starts regulating.
- 5) Temperature is displayed in the left bottom corner of the window. Numbers displayed in light blue color indicates that VT is regulating.
- 6) Start spinning the sample at this point if needed.
- 7) Once you are done with your experiments, go to the tab Spin/Temp and click on the button <Temp off>.
- 8) Wait until the temperature goes down to at least 20 °C before exiting VNMRJ.