(a) Pulse sequence for 1H and 13C relaxation experiments. The sequence includes selective pulses and WALTZ-16 decoupling.

(b) Graphs showing relaxation time plots for different relaxation rates:
- QQ (53.7 ± 1.5 s⁻¹), DQ' (38.4 ± 0.58 s⁻¹), ZQ (15.25 ± 0.22 s⁻¹), DQ (11.91 ± 0.14 s⁻¹)
- QQ (48.5 ± 1.1 s⁻¹), DQ' (145.2 ± 2.7 s⁻¹), ZQ (24.59 ± 0.42 s⁻¹), DQ (47.22 ± 0.64 s⁻¹)
- QQ (299.0 ± 21.0 s⁻¹), DQ' (35.9 ± 1.1 s⁻¹), ZQ (100.9 ± 5.6 s⁻¹), DQ (38.2 ± 1.9 s⁻¹)