PRESATURATION for solvent suppression
Typed commands in { }

1. Take a normal 1D proton spectrum, transform.
2. Go to the decoupler tab and change the decoupling nucleus to H1.
3. Put the cursor on the peak you wish to presaturate and type {sd}.
4. Type {presat} on the command line.
5. satfrq should equal dof
6. Check {satmode='ynn'}  check {satdly=1.5}  check {satpwr=2}  check that decoupling = ‘nnn’
7. set {d1=.2}
8. Set {nt=1, ss=4} and take one scan.
9. Judge the presaturation and adjust satpwr and satdly accordingly.

10. Set the nt you want (multiple of 4), run the spectrum and store using {svf=('...')}

11. If you continue and type a 2D macro such as {gCOSY}, the presaturation will continue in the new parameter set where it has been set.