Login and startup
Login to SGI with username and password
xwinnmr (in unix window) - start XWinNMR program

Setup
edc - enter new dataset name and expno
rpar h1.qnp.solv (solv = acet, cdcl, d2o, dmoso, meth)
ased - check / edit acquisition parameters

Change sample
lockdisp - open lock display window
remove sample using keypad - turn off lock and shim, use (shift) lift key to eject
change sample, set sample depth, clean
insert sample - turn off eject, start spin on keypad
lock_solv (solv = acet, cdcl, d2o, dmoso, meth)
shim Z1, Z2, Z3 using keypad

Acquisition
acqu - switch to FID display
rga - set receiver gain (not for C13)
zg - acquire FID (use halt to stop acquisition, if needed)

Processing and plotting
edp - check / edit processing parameters
ef - Fourier transform
PHASE button - phase spectrum with mouse
CALIBRATE button - check / set chemical shift reference
DP1 button - define displayed region of spectrum for plotting
cy - adjust y-scale of plot
setti - open text editor to edit plot title
pps - view peak pick listing on screen
mi - adjust peak picking threshold
INTEGRATE button - enter integration subroutine
view - view plot output on screen
plot - plot to paper

Finish-up and logout
change sample and insert standard CDCl₃ sample
edc - read a proton dataset
standard - set up and lock on standard sample (touch up shims after locking completes)
close lock window - use QUIT button in lower-right-hand corner of window
exit - exit XWinNMR
right-click on display background, select LOGOUT and confirm - logout from SGI