#  NMR Files Transfer

NMR data is stored in files on a hard disk. However, there is a limit to the file-storage capacity of the hard disk. If the amount of remaining free space in insufficient, a large quantity of data cannot be saved. Also, various problems may occur during spectrum acquisition and/or data processing.

To avoid these problems, all NMR data (files) over 30 days old must be transferred to your Mac or PC, otherwise they are subject to being removed from the NMR host computers.

**The NMR files can be transferred from the 400 MHz Agilent and 600 MHz Inova NMR host computers using the FileZilla program which is a free open source sftp tool. It can be downloaded by visiting**<https://filezilla-project.org/>**and clicking on "Download FileZilla Client." FileZilla is available for Windows, Mac and Linux computers** allowing an authorized NMR user to transfer their files from the Linux based NMR host computers to their computer. For remote access to the 400/600 MHz NMR instruments you need to know an IP address of each NMR.

You may also save your files from your home directory to a Flash Drive, which is not preferred. Once your experiment is completed and saved you should immediately leave the NMR instrument for the next user and use the FileZilla software to transfer your files and then process your files on your PC using MNova software and view and print the NMR spectrum if needed. If you do not have this program then please contact Dr Brian Popp at Brian.Popp@mail.wvu.edu to get a license file and instruction for installation.