

Type of hydrogen	Chemical shift (ppm)
H-R	0.8–1.6
H-NR ₂ variable,	1.5–4
H-CH ₂ C=C	1.6
H-OR variable,	2–5
H- \equiv —	2–3
H-CH ₂ C(=O)R	2.0–2.2
H-CH ₂ NR	2.2–2.8
H-CH ₂ X	2.2–4.2
H-CH ₂ Ph	2.2
H-CH ₂ OR	3.2–3.8
H-C=C	4–7
H-Ph	7.2
H-C(=O)R	9–10
H-OC(=O)R variable,	10–12