Supporting Information

Bowl-to-Bowl Inversion Accelerated by the Introduction of Bulky 1,1,4,4-Tetramethylbutane-1,4-diyl Groups on Sumanene

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\textbf{Figure S1} DFT-optimized structure [B3LYP/6-31G(d,p)] for 3 and the bowl depths.
$^1$H NMR spectrum of 4
(400 MHz, toluene-$d_8$, -40 °C)

$X$ = residual solvent peaks in toluene-$d_8$
$^{13}$C NMR spectrum of 4
(100 MHz, CDCl$_3$, room temperature)
$^1$H NMR spectrum of 5
(400 MHz, toluene-$d_8$, -60 °C)

x = residual solvent peaks in toluene-$d_8$
$^{13}$C NMR spectrum of 5
(100 MHz, toluene-$d_8$, -40 °C)

$x = $ toluene-$d_8$