

Principle of Optical pumping (OP): (A. Kastler, Nobel prize 1967)
selective optical transitions induce population transfer between atomic states

OP of helium-3: plasma discharge in low-pressure gas to populate 2^3S state
+ collisions to overpopulation of selected state to ground state nuclei
High efficiency: max. polarisation $>80\%$ - 1 polarised nucleus / absorbed photon

