**Electronic Supplementary Information (ESI)** 

## NMR Study on the Mechanisms of Freezing and Melting of Water Confined in Spherically Mesoporous Silicas SBA-16

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Figure S1. DSC curves of D<sub>2</sub>O fully and partially confined in MCM-41(C22).



(b)



**Figure S2.** (a) X-ray powder diffraction pattern (XRPD) for SBA-16(80), (b) Transmission electron microscopy (TEM) image for SBA-16(120).

(a)



Figure S3. <sup>2</sup>H NMR spectra of  $D_2O$  confined in (a) SBA-16(45), (b) SBA-16(65), and (c) SBA-16(100).



**Figure S4.** *t*-plot of adsorption isotherms of  $N_2$  on SBA-16. *t*-value is a measure of pore radius (13).



**Figure S5.** <sup>2</sup>H NMR  $T_1$  of D<sub>2</sub>O confined in (a) SBA-16(45), (b) SBA-16(65), (c)  $\Box$  SBA-16(100), and (d) SBA-16(120).



**Figure S6.** Correlation time of dynamics of  $D_2O$  confined in (a) SBA-16(45), (b) SBA-16(65), (c) SBA-16(100), (d) SBA-16(120) as a function of temperature inverse. Solid line shows VFT fitting. Broken and dashed lines are Arrhenius fittings. The fitting parameters are shown in Table 2.