

${}^8\text{He}$        $Z = 2$        $N = 6$       adopted link      ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 31.396 ( 0.000) MeV

Qbeta- = 10.664 ( 0.000) MeV

	Energy T	J+	J-	J-other	T1/2
8HE 1	0.000	2 0+			1 119.1 MS 12
S-n =	2.535 ( 0.008)				
S-2n =	2.125 ( 0.000)				
8HE 2	3.100	2 2+			2 0.6 MEV 2
8HE 3				4.360 (1-)	3 1.3 MEV 5
8HE 4				6.030	4 0.15 MEV 15
8HE 5				7.160 (3-)	5 0.1 MEV 1
8HE 6				0.000	6

S-p = 24.816 ( 1.001)-----

S-n = 2.535 ( 0.008)-----

S-2p = 0.000 ( 0.000)-----

S-2n = 2.125 ( 0.000)-----

S-alpha= 0.000 ( 0.000)-----

S+p = -13.944 ( 0.000)

S+n = 1.255 ( 0.047)

S+2p = -33.580 ( 0.000)

S+2n = 1.445 ( 0.093)

S+alpha = -8.957 ( 0.002)

gap p = 10.872 ( 1.001)

gap n = 3.790 ( 0.047)

gap 2p = 0.000 ( 0.000)

gap 2n = 3.570 ( 0.093)

gap alpha = 0.000 ( 0.000)