

^{18}O $Z = 8$ $N = 10$ adopted link ENSDF link

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

BE = 139.808 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
180	1	0.000 1 X 0+			1 STABLE
180	2	1.982 2+			2 1.94 PS 5
180	3	3.555 4+			3 17.2 PS 8
180	4	3.634 0+			4 0.96 PS 11
180	5	3.920 2+			5 18.4 FS 20
180	6		4.456 1-		6 45 FS 10
180	7		5.098 3-		7 43 FS 17
180	8	5.255 2+			8 7.0 FS 3
180	9	5.336 0+			9 139 FS 28
180	10	5.378 3+			10 21 FS LT
180	11		5.530 2-		11 17 FS LT
180	12		6.198 1-		12 2.6 FS 4
S-alpha= 6.228 (0.000)					
180	13			6.351 (2-)	13 24 FS LT
180	14		6.404 3-		14 21 FS 10
180	15		6.880 0-		15 17 FS LT
180	16	7.117 4+			16 17 FS LT
180	17		7.616 1-		17 2.5 KEV LT
180	18		7.771 2-		18 50 KEV LT
180	19		7.864 5-		19
180	20			7.977 (3+,4-)	20
180	21		8.038 1-		21 2.5 KEV LT
S-n = 8.045 (0.000)					
180	22		8.125 5-		22
180	23	8.213 (1) 2+			23 1.0 KEV 8
180	24		8.282 3-		24 8 KEV 1
180	25			8.410 (2-)	25 8 KEV 6
180	26			8.521	26
180	27			8.660	27
180	28			8.817 (1+)	28 70 KEV 12
180	29			8.955	29 43 KEV 3
180	30			9.000 (1-)	30
180	31			9.030	31
180	32			9.100	32
180	33			9.270 (0,1,2)-	33
180	34			9.361 (3-)	34 27 KEV 15
180	35			9.414	35 120 KEV AP
180	36			9.480	36 65 KEV AP

180	37				9.672	(3-)	37	60 KEV	30
180	38				9.713		38		
180	39				9.890		39	150 KEV	AP

S-p = 15.942 (0.015)-----
 S-n = 8.045 (0.000)-----
 S-2p = 29.055 (0.004)-----
 S-2n = 12.188 (0.000)-----
 S-alpha= 6.228 (0.000)-----

S+p = -7.994 (0.000)
 S+n = -3.956 (0.003)
 S+2p = -20.837 (0.000)
 S+2n = -11.564 (0.001)
 S+alpha = -9.667 (0.000)

gap p = 7.948 (0.015)
 gap n = 4.090 (0.003)
 gap 2p = 8.218 (0.004)
 gap 2n = 0.625 (0.001)
 gap alpha = -3.439 (0.000)