

^{154}Sm $Z = 62$ $N = 92$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 1266.933 (0.001) MeV

	Energy T	J+	J-	J-other	T1/2

154SM	1	0.000	0+		1 STABLE
154SM	2	0.082	2+		2 3.02 NS 4
154SM	3	0.267	4+		3 172 PS 4
154SM	4	0.544	6+		4 22.7 PS 6
154SM	5	0.903	8+		5 5.9 PS 3
154SM	6			0.921 1-	6 21 FS 1
154SM	7			1.012 3-	7 23 FS 3
154SM	8	1.099	0+		8 0.90 PS 21
154SM	9	1.178	2+		9 2.4 PS GT
154SM	10			1.181 5-	10

S-alpha=	1.200	(0.002)			

154SM	11	1.202	0+		11
154SM	12	1.286	2+		12
154SM	13	1.333	10+		13 2.45 PS 12
154SM	14	1.338	4+		14
154SM	15			1.431 7-	15
154SM	16	1.440	2+		16 0.42 PS 3
154SM	17			1.472 (4+)	17
154SM	18			1.475 (6+)	18
154SM	19			1.476 1-	19
154SM	20			1.515 2-	20

154SM	21	1.539	3+		21
154SM	22	1.577	6+		22
154SM	23			1.584 3-	23
154SM	24			1.615	24
154SM	25			1.661 4-	25
154SM	26	1.665	4+		26
154SM	27			1.674 2	27
154SM	28	1.707	3+		28
154SM	29			1.741 (8+)	29
154SM	30			1.755	30

154SM	31			1.756 1-,2,3-	31
154SM	32			1.760 9-	32
154SM	33			1.764	33
154SM	34			1.774 5-	34
154SM	35	1.805	5+		35
154SM	36			1.815 2+,3	36
154SM	37			1.818 4+,5,6+	37

154SM	38	1.826	12+					38	1.39 PS	9
154SM	39	1.879	2+					39		
154SM	40			1.890	1-			40		

154SM	41						1.900	41		
154SM	42	1.922	2+					42		
154SM	43						1.926	43		
154SM	44						1.946	44		
154SM	45						1.974	45	1-,2+	
154SM	46						1.974	46	(6+)	
154SM	47			1.987	3-			47		
154SM	48						2.013	48		
154SM	49						2.015	49	(1-,2+)	
154SM	50						2.062	50		

154SM	51						2.066	51		
154SM	52						2.069	52	(10+)	
154SM	53						2.069	53	(2+)	
154SM	54						2.130	54		
154SM	55						2.132	55	(2+)	
154SM	56						2.140	56	(1,2+)	
154SM	57	2.154	7+					57		
154SM	58			2.163	11-			58		
154SM	59						2.196	59	(1,2+)	
154SM	60						2.233	60		

154SM	61						2.275	61		
154SM	62						2.288	62		
154SM	63						2.294	63	(2+,3,4+)	
154SM	64						2.369	64	(1,2+)	
154SM	65	2.373	14+					65		
154SM	66						2.421	66	(1,2+)	
154SM	67						2.428	67		
154SM	68						2.439	68	(12+)	
154SM	69	2.444	1+					69		
154SM	70						2.486	70		

154SM	71			2.557	1-			71		
154SM	72						2.591	72		
154SM	73			2.618	1-			73		
154SM	74			2.636	13-			74		
154SM	75						2.721	75	(1,2+)	
154SM	76			2.744	1-			76		
154SM	77						2.779	77	1	
154SM	78						2.793	78	(14+)	
154SM	79			2.825	1-			79		
154SM	80			2.843	1-			80		

154SM	81			2.882	1-			81		
154SM	82	2.907	1+					82		

154SM 83		2.968	16+							83
154SM 84						3.051				84
154SM 85		3.092	1+							85
154SM 86		3.117	1+							86
154SM 87		3.193	1+							87
154SM 88						3.339	1			88
154SM 89						3.366	1			89
154SM 90		3.371	1+							90

154SM 91						3.426	1			91
154SM 92		3.492	1+							92
154SM 93		3.609	18+							93
154SM 94		3.622	1+							94
154SM 95						3.746	1			95
154SM 96						3.760	1			96
154SM 97						3.801	1			97
154SM 98					3.827	1-				98
154SM 99						3.837	1			99
154SM 100						3.844	1			100

154SM 101						4.020				101
154SM 102						4.240				102
154SM 103		4.296	20+							103
154SM 104						4.300				104
154SM 105		5.028	22+							105
154SM 106					6.465	1-				106 4.3 FS 21

S-p = 9.096 (0.009)-----
S-n = 7.967 (0.002)-----
S-2p = 16.884 (0.025)-----
S-2n = 13.835 (0.002)-----
S-alpha= 1.200 (0.002)-----

S+p = -6.652 (0.002)
S+n = -5.807 (0.002)
S+2p = -14.658 (0.002)
S+2n = -13.048 (0.009)
S+alpha = -0.659 (0.002)

gap p = 2.444 (0.009)
gap n = 2.160 (0.003)
gap 2p = 2.226 (0.025)
gap 2n = 0.787 (0.009)
gap alpha = 0.541 (0.003)