

^{156}Sm $Z = 62$ $N = 94$ [link to full NNDC output](#)

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

BE = 1279.980 (0.009) MeV

Qbeta- = 0.722 (0.009) MeV

	Energy T	J+	J-	J-other	T1/2
156SM 1	0.000	0+			1 9.4 H 2
156SM 2	0.076	2+			2 2 NS GT
156SM 3	0.250	4+			3
156SM 4	0.517	6+			4
156SM 5				0.804 (1-)	5
156SM 6	0.872	8+			6
156SM 7				0.876 (3-)	7
156SM 8				1.010 (2-)	8
156SM 9				1.021 (5-)	9
156SM 10	1.068	0+			10
156SM 11				1.110 (3-)	11
156SM 12				1.144 (4-)	12
156SM 13				1.256	13
156SM 14	1.307	10+			14
156SM 15			1.398 5-		15 185 NS 7
156SM 16	1.441	2+			16
156SM 17	1.509	4+			17
156SM 18				1.511 (6-)	18
156SM 19			1.515 5-		19 4.5 NS 2
156SM 20				1.610	20
S-alpha=	1.636 (0.026)				
156SM 21				1.644 (7-)	21
156SM 22				1.711	22
156SM 23				1.738	23
156SM 24				1.753 (7-)	24
156SM 25				1.792	25
156SM 26				1.794 (8-)	26
156SM 27	1.819	12+			27
156SM 28				1.851	28
156SM 29				1.911	29
156SM 30				1.963 (9-)	30
156SM 31				1.970	31
156SM 32				2.034	32
156SM 33				2.151 (10-)	33
156SM 34				2.200	34
156SM 35				2.266	35
156SM 36				2.342	36

156SM	37					2.355	(11-)	37
156SM	38		2.400	14+				38
156SM	39					2.483		39
156SM	40					2.519	3	40

156SM	41					2.526	3	41
156SM	42					2.577	(12-)	42
156SM	43					2.610	(4-)	43
156SM	44					2.617	(4-)	44
156SM	45					2.677		45
156SM	46					2.700		46
156SM	47					2.815	(13-)	47
156SM	48					3.044	(16+)	48
156SM	49					3.069	(14-)	49
156SM	50					3.335	(15-)	50

S-p = 9.710 (0.010)-----
S-n = 7.241 (0.009)-----
S-2p = 18.113 (0.053)-----
S-2n = 13.048 (0.009)-----
S-alpha= 1.636 (0.026)-----

S+p = -7.387 (0.010)
S+n = -5.388 (0.010)
S+2p = -15.907 (0.009)
S+2n = -12.032 (0.010)
S+alpha = -1.006 (0.009)

gap p = 2.322 (0.014)
gap n = 1.853 (0.013)
gap 2p = 2.206 (0.054)
gap 2n = 1.016 (0.013)
gap alpha = 0.630 (0.027)