

$^{156}\text{Sm}$        $Z = 62$        $N = 94$       adopted link      ENSDF link

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

BE = 1279.981 ( 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
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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
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S-p = 9.710 ( 0.010)-----  
S-n = 7.241 ( 0.009)-----  
S-2p = 18.359 ( 0.009)-----  
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 = -12.034 ( 0.010)  
S+alpha = -1.006 ( 0.009)

gap p = 2.322 ( 0.014)  
gap n = 1.853 ( 0.013)  
gap 2p = 2.452 ( 0.012)  
gap 2n = 1.014 ( 0.013)  
gap alpha = 0.630 ( 0.027)