

^{157}Sm $Z = 62$ $N = 95$ adopted link ENSDF link

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

BE = 1285.369 (0.004) MeV

Qbeta- = 2.782 (0.006) MeV

	Energy T	J+	J-	J-other	T1/2
157SM 1				0.000 (3/2-)	1 8.03 M 7
157SM 2				0.052 (5/2-)	2
157SM 3				0.126	3
157SM 4				0.161	4
157SM 5				0.216 (7/2+)	5
157SM 6				0.349	6
157SM 7				0.354	7
157SM 8				0.426	8
157SM 9				0.490	9
157SM 10				0.571	10
157SM 11				0.621	11
157SM 12				0.694	12
157SM 13				0.839	13
157SM 14				1.261	14
157SM 15				1.294	15
157SM 16				1.363	16
157SM 17				1.422	17
157SM 18				1.466	18
157SM 19				1.478	19
157SM 20				1.674	20
157SM 21				1.694	21
157SM 22				1.754	22
S-alpha=	1.772 (0.005)				
157SM 23				2.315	23

S-p = 9.800 (0.005)-----
 S-n = 5.388 (0.010)-----
 S-2p = 18.972 (0.010)-----
 S-2n = 12.629 (0.005)-----
 S-alpha= 1.772 (0.005)-----

S+p = -7.882 (0.005)
 S+n = -6.646 (0.007)
 S+2p = -16.462 (0.005)
 S+2n = -11.673 (0.007)
 S+alpha = -1.253 (0.005)

gap p = 1.918 (0.007)
gap n = -1.257 (0.012)
gap 2p = 2.510 (0.011)
gap 2n = 0.956 (0.009)
gap alpha = 0.519 (0.007)