

^{164}Sm $Z = 62$ $N = 102$ adopted link ENSDF link

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

BE = 1323.116 (0.004) MeV

Qbeta- = 5.307 (0.005) MeV

	Energy T	J+	J-	J-other	T1/2
164SM	1 0.000	0+			1 1.43 S 24
164SM	2			0.069 (2+)	2
164SM	3			0.225 (4+)	3
164SM	4			0.467 (6+)	4
164SM	5			1.136 (5+)	5
164SM	6			1.485 (6-)	6 0.60 US 14

S-p = 12.270 (0.326)-----

S-n = 5.397 (0.008)-----

S-2p = 23.552 (0.324)-----

S-2n = 9.689 (0.005)-----

S-alpha= 3.626 (0.047)-----

S+p = -10.093 (0.007)

S+n = -3.649 (0.330)

S+2p = -21.024 (0.004)

S+2n = -8.702 (0.332)

S+alpha = -2.668 (0.336)

gap p = 2.177 (0.326)

gap n = 1.748 (0.330)

gap 2p = 2.528 (0.324)

gap 2n = 0.987 (0.332)

gap alpha = 0.957 (0.339)