

^{164}Sm $Z = 62$ $N = 102$ [link to full NNDC output](#)

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

BE = 0.000 (0.000) 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