

^{184}W $Z = 74$ $N = 110$ [link to full NNDC output](#)

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

BE = 1472.934 (0.001) MeV

	Energy T	J+	J-	J-other	T1/2

S-alpha=	-1.649	(0.002)	-----		
184W	1 0.000	0+			1 STABLE
184W	2 0.111	2+			2 1.251 NS 12
184W	3 0.364	4+			3 46.3 PS +25-13
184W	4 0.748	6+			4 5.75 PS 18
184W	5 0.903	2+			5 1.80 PS 4
184W	6 1.002	0+			6
184W	7 1.006	3+			7
184W	8 1.121	2+			8 56 PS 7
184W	9			1.130 (2)-	9
184W	10 1.134	4+			10 2.30 PS 17

184W	11		1.221 3-		11 45 PS 5
184W	12 1.252	8+			12 1.49 PS 3
184W	13			1.283 (1,2)-	13
184W	14		1.285 5-		14 8.33 US 18
184W	15 1.295	5+			15
184W	16			1.322 (0)+	16
184W	17			1.345 (4-)	17
184W	18			1.360 (4+)	18
184W	19 1.386	2+			19 1.08 PS 10
184W	20			1.425 (3)+	20

184W	21 1.431	2+			21 5 PS GT
184W	22		1.446 6-		22
184W	23 1.477	6+			23 1.82 PS 9
184W	24			1.492 (5-)	24
184W	25		1.502 7-		25 2.35 NS 10
184W	26			1.523 (3+)	26
184W	27			1.537 (4+)	27
184W	28			1.570 (2+)	28
184W	29			1.581 (6-)	29
184W	30			1.614 (1+)	30

184W	31 1.614	0+			31
184W	32			1.615 (1,2)+	32
184W	33			1.628 (1)+	33
184W	34			1.637 (7-)	34
184W	35			1.661	35
184W	36			1.676 (5+)	36
184W	37			1.683	37

184W	38				1.699	(5)+	38
184W	39				1.713	(0)+	39
184W	40				1.722	(1+)	40

184W	41				1.746	(6)+	41
184W	42				1.755	(4+)	42
184W	43	1.775	0+				43
184W	44				1.775	(2)+	44
184W	45	1.796	0+				45
184W	46				1.808	(2+)	46
184W	47				1.847		47
184W	48	1.861	10+				48 0.570 PS +24-31
184W	49				1.877	(2)+	49
184W	50				1.894	(2+,3)	50

184W	51				1.921		51
184W	52	1.925	8+				52
184W	53				1.995	1(-)	53
184W	54				2.013	(2)+	54
184W	55				2.030	(5-,6,7-)	55
184W	56	2.031	0+				56
184W	57				2.036	1+,2+	57
184W	58				2.044		58
184W	59				2.056	(1)-	59 26 FS 5
184W	60				2.061		60

184W	61				2.063	(0,2)+	61
184W	62				2.074	(0,2)-	62
184W	63				2.085	(0,2)-	63
184W	64				2.089	(1)-	64
184W	65				2.098	(1)+	65 31 FS 4
184W	66				2.104	(2)+	66
184W	67	2.111	0+				67
184W	68				2.112		68
184W	69				2.125	(1,2+)	69
184W	70				2.126		70

184W	71				2.168	(1)+	71
184W	72				2.182	(0+)	72
184W	73				2.195		73
184W	74				2.222	(LE4)	74
184W	75				2.223	(2+,3,4+)	75
184W	76				2.228	(2-,3,4-)	76
184W	77				2.246	(2)+	77
184W	78				2.295	(2)+	78
184W	79	2.310	0+				79
184W	80				2.320	(1-,2-)	80

184W	81				2.329	(1,2+)	81
184W	82				2.350		82

184W	83				2.352	(1)-	83		
184W	84				2.370	(1)+	84		
184W	85				2.389	(4-,5,6-)	85		
184W	86				2.390	(1)+	86		
184W	87				2.392		87		
184W	88				2.396	(1)+	88		
184W	89				2.402		89		
184W	90	2.404	0+				90		

184W	91				2.421	(0+)	91		
184W	92				2.430		92		
184W	93				2.440		93		
184W	94				2.458	1	94	62 FS	12
184W	95				2.469	(0+)	95		
184W	96	2.472	10+				96	0.82 PS	+15-4
184W	97				2.479	(8-,9,10+)	97		
184W	98				2.485		98		
184W	99				2.493	(4-,5,6)	99		
184W	100				2.509		100		

184W	101	2.513	0+				101		
184W	102				2.519		102		
184W	103				2.521		103		
184W	104				2.532		104		
184W	105				2.546	1	105	65 FS	15
184W	106				2.555		106		
184W	107	2.557	12+				107	0.265 PS	+21-24
184W	108				2.568	(0+)	108		
184W	109				2.573		109		
184W	110				2.582		110		

184W	111				2.592		111		
184W	112				2.613		112		
184W	113				2.619		113		
184W	114				2.631		114		
184W	115				2.649		115		
184W	116				2.652		116		
184W	117				2.656		117		
184W	118				2.675		118		
184W	119				2.694	1	119		
184W	120				2.704		120		

184W	121				2.707		121		
184W	122				2.713	LE3	122		
184W	123				2.720		123		
184W	124				2.733		124		
184W	125				2.739		125		
184W	126				2.758		126		
184W	127				2.763	1	127	28 FS	6
184W	128				2.768		128		

184W	129				2.798				129
184W	130				2.803				130

184W	131				2.813				131
184W	132				2.815				132
184W	133		2.825	0+					133
184W	134				2.837				134
184W	135				2.845				135
184W	136				2.849				136
184W	137				2.854				137
184W	138				2.856				138
184W	139				2.871	(0+)			139
184W	140				2.892	1			140 31 FS 6

184W	141				2.902				141
184W	142				2.906				142
184W	143				2.920				143
184W	144				2.928	(0+)			144
184W	145				2.940	(0+)			145
184W	146				2.947				146
184W	147				2.949				147
184W	148				2.951	1			148 33 FS 6
184W	149				2.969	(1+)			149
184W	150				2.981	5			150

184W	151				2.984				151
184W	152				3.004				152
184W	153				3.017				153
184W	154				3.023				154
184W	155				3.027				155
184W	156				3.029				156
184W	157				3.037	(1+)			157
184W	158				3.053				158
184W	159				3.060				159
184W	160				3.069				160

184W	161				3.071	1			161
184W	162				3.084	1			162
184W	163				3.088	1			163
184W	164				3.104				164
184W	165				3.109	(12+)			165 0.35 PS +14-3
184W	166				3.112				166
184W	167				3.124	1			167
184W	168				3.133	1			168
184W	169				3.135				169
184W	170				3.137				170

184W	171				3.164				171
184W	172				3.166				172
184W	173				3.169				173

184W	174				3.178				174
184W	175				3.184				175
184W	176				3.187				176
184W	177				3.193				177
184W	178				3.202				178
184W	179				3.216				179
184W	180				3.221				180

184W	181				3.225				181
184W	182				3.226				182
184W	183				3.234				183
184W	184				3.245				184
184W	185				3.249				185
184W	186				3.263				186
184W	187				3.264				187
184W	188				3.266				188
184W	189				3.288				189
184W	190				3.290				190

184W	191				3.293				191
184W	192				3.304				192
184W	193				3.307				193
184W	194				3.314				194
184W	195				3.317				195
184W	196				3.319				196
184W	197	3.320	14+						197 0.140 PS +25-10
184W	198				3.329				198
184W	199				3.341				199
184W	200				3.345				200

184W	201				3.349				201
184W	202				3.353				202
184W	203				3.365				203
184W	204				3.370				204
184W	205				3.373				205
184W	206				3.378				206
184W	207				3.384				207
184W	208				3.392				208
184W	209				3.400				209
184W	210				3.414				210

184W	211				3.421				211
184W	212				3.422				212 16 FS 10
184W	213				3.427				213
184W	214				3.441				214
184W	215				3.442				215
184W	216				3.448				216
184W	217				3.456				217
184W	218				3.466	1			218 5.0 FS 12
184W	219				3.473				219

184W	220			3.488		220			

184W	221			3.501		221			
184W	222			3.507	(1)	222	12 FS		4
184W	223			3.516		223			
184W	224			3.523		224			
184W	225			3.547		225			
184W	226			3.571	(1)	226	4.1 FS		17
184W	227			3.618		227			
184W	228			3.633	1	228	4.7 FS		17
184W	229			3.635		229			
184W	230			3.649		230			

184W	231			3.654		231			
184W	232			3.670		232			
184W	233			3.682	(1)	233	8 FS		5
184W	234			3.684		234			
184W	235			3.686		235			
184W	236			3.703		236			
184W	237			3.707		237			
184W	238			3.715		238			
184W	239			3.716		239			
184W	240			3.744		240			

184W	241			3.771		241			
184W	242			3.782		242			
184W	243			3.807		243			
184W	244			3.863	(14-,15,17-)	244	188 NS		38
184W	245			3.883		245			
184W	246			3.930		246			
184W	247			3.962		247			
184W	248			3.972		248			
184W	249			4.062		249			
184W	250	4.117	16+			250	0.125 PS	+32-13	

184W	251			4.279		251			
184W	252			6.543		252			
184W	253			6.556		253			
184W	254			6.581		254			
184W	255			6.623		255			
184W	256	6.760	1+			256			
S-p	=	7.702	(0.002)	-----					
S-n	=	7.411	(0.001)	-----					
184W	257			11.900		257	2.90 MEV		17
S-2p	=	14.234	(0.006)	-----					
S-2n	=	13.602	(0.001)	-----					
184W	258			14.800		258	4.70 MEV		22

S-p	=	7.702	(0.002)	-----					

S-n = 7.411 (0.001)-----
S-2p = 14.234 (0.006)-----
S-2n = 13.602 (0.001)-----
S-alpha= -1.649 (0.002)-----

S+p = -5.402 (0.001)
S+n = -5.754 (0.001)
S+2p = -11.872 (0.001)
S+2n = -12.946 (0.001)
S+alpha = 2.143 (0.001)

gap p = 2.299 (0.002)
gap n = 1.658 (0.001)
gap 2p = 2.361 (0.006)
gap 2n = 0.656 (0.002)
gap alpha = 0.495 (0.002)