

^{188}W $Z = 74$ $N = 114$ adopted link ENSDF link

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

BE = 1498.182 (0.003) MeV

Qbeta- = 0.349 (0.003) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|----------|------------|----------|----------|-----------------|----------------|
| ----- | | | | | |
| S-alpha= | -0.407 | (0.040) | ----- | | |
| 188W | 1 0.000 | 0+ | | | 1 69.78 D 12 |
| 188W | 2 0.143 | 2+ | | | 2 0.87 NS 12 |
| 188W | 3 0.439 | 4+ | | | 3 |
| 188W | 4 0.628 | 2+ | | | 4 |
| 188W | 5 | | | 0.780 | 5 |
| 188W | 6 | | | 0.854 (0+,2,4+) | 6 |
| 188W | 7 0.871 | 6+ | | | 7 |
| 188W | 8 | | | 0.886 (0+) | 8 |
| 188W | 9 0.939 | 4+ | | | 9 |
| 188W | 10 | | | 0.979 2(-) | 10 |
| ----- | | | | | |
| 188W | 11 | | | 1.071 3(-) | 11 |
| 188W | 12 | | | 1.194 4(-) | 12 |
| 188W | 13 | | | 1.229 2+,3,4+ | 13 |
| 188W | 14 | | | 1.342 5(-) | 14 |
| 188W | 15 1.425 | 8+ | | | 15 |
| 188W | 16 | | | 1.437 | 16 |
| 188W | 17 | | | 1.473 | 17 |
| 188W | 18 | | | 1.534 6(-) | 18 |
| 188W | 19 | | | 1.538 (5+) | 19 |
| 188W | 20 | | | 1.544 | 20 |
| ----- | | | | | |
| 188W | 21 | | | 1.721 | 21 |
| 188W | 22 | | | 1.729 7(-) | 22 |
| 188W | 23 | | | 1.743 7(-) | 23 |
| 188W | 24 | | | 1.816 | 24 |
| 188W | 25 | | | 1.897 | 25 |
| 188W | 26 | | | 1.915 | 26 |
| 188W | 27 | | 1.927 8- | | 27 109.5 NS 35 |
| 188W | 28 | | | 1.960 (0+) | 28 |
| 188W | 29 | | | 1.994 | 29 |
| 188W | 30 | | | 2.028 | 30 |
| ----- | | | | | |
| 188W | 31 | | | 2.104 | 31 |
| 188W | 32 | | | 2.175 | 32 |
| 188W | 33 | | | 2.264 | 33 |
| 188W | 34 | | | 2.274 (9-) | 34 |
| 188W | 35 | | | 2.314 | 35 |
| 188W | 36 | | | 2.394 | 36 |

| | | | | | | | |
|------|----|--|--|--|-------|-------|----|
| 188W | 37 | | | | 2.427 | | 37 |
| 188W | 38 | | | | 2.666 | (10-) | 38 |
| 188W | 39 | | | | 3.087 | (11-) | 39 |

S-p = 9.061 (0.056)-----
 S-n = 6.835 (0.003)-----
 S-2p = 16.822 (0.051)-----
 S-2n = 12.302 (0.003)-----
 S-alpha= -0.407 (0.040)-----

S+p = -6.600 (0.009)
 S+n = -5.124 (0.189)
 S+2p = -14.618 (0.003)
 S+2n = -11.844 (0.036)
 S+alpha = 0.361 (0.004)

gap p = 2.461 (0.057)
 gap n = 1.711 (0.189)
 gap 2p = 2.204 (0.051)
 gap 2n = 0.458 (0.036)
 gap alpha = -0.046 (0.040)