

$^{188}\text{W}$        $Z = 74$        $N = 114$       [link to full NNDC output](#)

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

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 = -5.021 ( 0.040)  
 S+2p = -14.618 ( 0.003)  
 S+2n = -11.857 ( 0.040)  
 S+alpha = 0.361 ( 0.004)

gap p = 2.461 ( 0.057)  
 gap n = 1.814 ( 0.040)  
 gap 2p = 2.204 ( 0.051)  
 gap 2n = 0.445 ( 0.040)  
 gap alpha = -0.046 ( 0.040)