^{184}Os $Z = 76$ $N = 108$ adopted link ENSDF link

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

BE = 1469.917 (0.001) MeV

	Energy	T	J+		J-		J-other		T1/2	
S-alpha=	-2.959 (0.002)									
184OS 1	0.000		0+					1	5.6E13 Y	GT
184OS 2	0.120		2+					2	1.184 NS	13
184OS 3	0.384		4+					3	46 PS	13
184OS 4	0.774		6+					4	2.2 NS	LT
184OS 5	0.943		2+					5		
184OS 6	1.042		0+					6		
184OS 7	1.081		3+					7		
184OS 8	1.205		2+					8		
184OS 9	1.225		4+					9		
184OS 10	1.275		8+					10	2.2 NS	LT
184OS 11						1.407	(4+,5,6+)	11		
184OS 12	1.428		5+					12		
184OS 13						1.446	(3,4)+	13		
184OS 14	1.501		4+					14		
184OS 15						1.544	(3)-	15		
184OS 16	1.613		6+					16		
184OS 17				1.621	4-			17		
184OS 18						1.632	(4,5)+	18		
184OS 19						1.638		19		
184OS 20						1.698	(3+,4+)	20		
184OS 21						1.707	(4)-	21		
184OS 22				1.718	5-			22		
184OS 23				1.833	6-			23		
184OS 24				1.836	5-			24		
184OS 25						1.840	(6)-	25		
184OS 26						1.840	(4,5,6)+	26		
184OS 27						1.842		27		
184OS 28	1.871		10+					28	2.2 NS	LT
184OS 29	1.878		6+					29		
184OS 30						1.893	(3+,4,5-)	30		
184OS 31						1.899		31		
184OS 32						1.916	(6-)	32		
184OS 33						1.928	(4+,5,6+)	33		
184OS 34						1.934		34		
184OS 35						1.958	7(-)	35		
184OS 36	1.982		0+					36		
184OS 37	1.991		6+					37		

184OS	38				2.000	(7-)	38	
184OS	39				2.047	(8-)	39	1.4 NS LT
184OS	40				2.056	(4,5,6)-	40	
184OS	41				2.076		41	
184OS	42				2.086	(4+,5,6-)	42	
184OS	43				2.106	(8-)	43	
184OS	44				2.128	(4,5)-	44	
184OS	45				2.136		45	
184OS	46				2.137	(8)-	46	
184OS	47				2.148	(8-)	47	
184OS	48				2.171		48	
184OS	49				2.201	(4)+	49	
184OS	50				2.222	(9)-	50	
184OS	51				2.222	(5,6)-	51	
184OS	52				2.266	(9-)	52	
184OS	53	2.268	0+				53	
184OS	54				2.279	(5,6)+	54	
184OS	55				2.301	(9-)	55	
184OS	56				2.330		56	
184OS	57	2.367	10+				57	23.6 NS 14
184OS	58				2.399	(5)+	58	
184OS	59				2.400	5+,6+	59	
184OS	60				2.431	(10-)	60	
184OS	61				2.447	(4,5)+	61	
184OS	62				2.457	(10-)	62	
184OS	63				2.464	(4+,5,6+)	63	
184OS	64				2.472	(4+,5,6+)	64	
184OS	65				2.494		65	
184OS	66				2.503	(10-)	66	
184OS	67				2.518		67	
184OS	68	2.548	12+				68	2.2 NS LT
184OS	69				2.549	(5,6)-	69	
184OS	70				2.597	(10+)	70	
184OS	71	2.610	11+				71	
184OS	72				2.625	(10-)	72	
184OS	73				2.661	(11-)	73	
184OS	74				2.673	(11-)	74	
184OS	75				2.694	(10+)	75	
184OS	76				2.720	(5,6+)	76	
184OS	77				2.721	(11-)	77	
184OS	78	2.863	12+				78	
184OS	79				2.901	(12-)	79	
184OS	80				2.904	(12-)	80	
184OS	81				2.930	(12-)	81	
184OS	82				2.958	(12-)	82	

184OS	83				2.999	(12+)	83		
184OS	84				3.083	(13-)	84		
184OS	85				3.089	(12+)	85		
184OS	86				3.127	(13)	86		
184OS	87	3.130	13+				87		
184OS	88				3.167	(13-)	88		
184OS	89				3.200	(12-)	89		
184OS	90				3.210	(13-)	90		
184OS	91				3.226	(13-)	91		
184OS	92				3.228	(11-)	92		
184OS	93	3.261	14+				93	2.2 NS	LT
184OS	94	3.359	14+				94	2.2 NS	LT
184OS	95				3.392	(12+)	95		
184OS	96				3.423	(14-)	96		
184OS	97				3.490	(14-)	97		
184OS	98				3.497	(14+)	98		
184OS	99				3.510	(14-)	99		
184OS	100				3.550	(14+)	100		
184OS	101	3.680	15+				101		
184OS	102				3.728	(13-)	102		
184OS	103				3.747	(15-)	103		
184OS	104				3.761	(15-)	104		
184OS	105				3.778	(15)	105		
184OS	106	3.791	16+				106	2.2 NS	LT
184OS	107				3.792	(14-)	107	3 NS	LE
184OS	108				3.807	(15-)	108		
184OS	109				3.821	(15-)	109		
184OS	110				3.860	(14-)	110		
184OS	111				3.972	(15-)	111		
184OS	112				3.998	(16-)	112		
184OS	113	4.047	16+				113	2.2 NS	LT
184OS	114				4.092	(16+)	114		
184OS	115				4.123	(16-)	115		
184OS	116				4.158	(16-)	116		
184OS	117				4.168	(16-)	117		
184OS	118				4.173	(16+)	118		
184OS	119				4.203	(16-)	119		
184OS	120	4.281	17+				120		
184OS	121	4.349	18+				121	2.2 NS	LT
184OS	122				4.408	(17-)	122		
184OS	123				4.416	(17-)	123		
184OS	124				4.418	(17-)	124		
184OS	125				4.467	(17-)	125		
184OS	126				4.476	(17-)	126		
184OS	127				4.494	(17-)	127		
184OS	128				4.597	(16-)	128		

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1840S 129 |                |                |   4.636     (18-)          129
1840S 130 |                |                |   4.729     (18+)          130
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1840S 131 |                |                |   4.757     (18-)          131  48 NS     5
1840S 132 |                |                |   4.771                    132
1840S 133 |  4.801     18+ |                |                            133  2.2 NS    LT
1840S 134 |                |                |   4.827     (18-)          134
1840S 135 |                |                |   4.879     (18-)          135
1840S 136 |                |                |   4.912     (18)           136
1840S 137 |  4.964     19+ |                |                            137
1840S 138 |  5.001     20+ |                |                            138  2.2 NS    LT
1840S 139 |                |                |   5.100                    139
1840S 140 |                |                |   5.107     (19)           140
----------                                                               ----------------
1840S 141 |                |                |   5.127     (19-)          141
1840S 142 |                |                |   5.193     (19-)          142
1840S 143 |                |                |   5.200     (20-)          143   3 NS     LE
1840S 144 |                |                |   5.208     (19-)          144
1840S 145 |                |                |   5.231     (20-)          145    3 NS    LE
1840S 146 |                |                |   5.231     (19-)          146
1840S 147 |                |                |   5.329     (20-)          147
1840S 148 |                |                |   5.375     (18-)          148
1840S 149 |                |                |   5.456                    149
1840S 150 |                |                |   5.460     (20+)          150
----------                                                               ----------------
1840S 151 |                |                |   5.566     (20+)          151  1.4 NS    LT
1840S 152 |                |                |   5.570     (20+)          152
1840S 153 |                |                |   5.573     (20-)          153
1840S 154 |                |                |   5.670     (21)           154     3 NS   LE
1840S 155 |                |                |   5.671     (20-)          155
1840S 156 |  5.726     21+ |                |                            156
S-p    =   5.732 ( 0.008)-------------------------------------------------------------------------
1840S 157 |  5.742     22+ |                |                            157  2.2 NS    LT
1840S 158 |                |                |   5.743     (21+)          158  1.04 NS   21
1840S 159 |                |                |   5.869     (21-)          159
1840S 160 |                |                |   6.008     (21-)          160
----------                                                               ----------------
1840S 161 |                |                |   6.051     (22-)          161
1840S 162 |                |                |   6.187     (22+)          162  0.35 NS   14
1840S 163 |                |                |   6.216     (20-)          163
1840S 164 |                |                |   6.236                    164
1840S 165 |                |                |   6.277     (22+)          165
1840S 166 |                |                |   6.340     (22-)          166   3 NS     LE
1840S 167 |                |                |   6.378     (22-)          167
1840S 168 |  6.543     23+ |                |                            168
1840S 169 |  6.563     24+ |                |                            169
1840S 170 |                |                |   6.599     (23+)          170  0.42 NS   14
----------                                                               ----------------
1840S 171 |                |                |   6.611     (23-)          171
1840S 172 |                |                |   6.687     (23+)          172
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184OS 173 |                |                |   6.694     (24+)          173
184OS 174 |                |                |   6.790     (24-)          174
184OS 175 |                |                |   6.798     (23)           175    3 NS    LE
184OS 176 |                |                |   6.889     (24+)          176
184OS 177 |                |                |   6.913                    177    3 NS    LE
184OS 178 |                |                |   7.004     (24+)          178
184OS 179 |                |                |   7.084                    179
184OS 180 |                |                |   7.087     (24+)          180
----------                                                               -----------------
184OS 181 |                |                |   7.284                    181    3 NS    LE
184OS 182 |                |                |   7.311     (25+)          182  0.90 NS   21
184OS 183 |                |                |   7.396     (25+)          183
184OS 184 |                |                |   7.407     (25-)          184
184OS 185 |  7.447     26+ |                |                            185
184OS 186 |                |                |   7.501     (26+)          186
184OS 187 |                |                |   7.590     (26-)          187
184OS 188 |                |                |   7.592     (26+)          188
184OS 189 |                |                |   7.786     (26+)          189
184OS 190 |                |                |   7.816     (27+)          190
----------                                                               -----------------
184OS 191 |                |                |   8.043     (27+)          191
184OS 192 |                |                |   8.153     (28+)          192
184OS 193 |                |                |   8.244     (26)           193
184OS 194 |                |                |   8.474     (28-)          194
184OS 195 |                |                |   8.580     (29+)          195
184OS 196 |                |                |   8.590     (29+)          196
184OS 197 |                |                |   8.649     (29)           197
S-n    =   8.660 ( 0.050)-------------------------------------------------------------------------
184OS 198 |                |                |   8.785     (29+)          198
184OS 199 |                |                |   9.375     (31+)          199
184OS 200 |                |                |   9.539     (31)           200
----------                                                               -----------------
184OS 201 |                |                |   9.546     (31+)          201
184OS 202 |                |                |   9.867     (32)           202


S-p    =   5.732 ( 0.008)-------------------------------------------------------------------------
S-n    =   8.660 ( 0.050)-------------------------------------------------------------------------
S-2p   =  10.584 ( 0.001)-------------------------------------------------------------------------
S-2n   =  15.786 ( 0.022)-------------------------------------------------------------------------
S-alpha=  -2.959 ( 0.002)-------------------------------------------------------------------------

S+p       =  -3.372 ( 0.028)
S+n       =  -6.625 ( 0.001)
S+2p      =  -8.190 ( 0.022)
S+2n      = -14.890 ( 0.001)
S+alpha   =   4.007 ( 0.005)

gap p     =   2.360 ( 0.029)
gap n     =   2.036 ( 0.050)
```

```
gap 2p    =   2.395 ( 0.022)
gap 2n    =   0.896 ( 0.022)
gap alpha =   1.048 ( 0.006)
```