

^{184}Os $Z = 76$ $N = 108$ [link to full NNDC output](#)

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

BE = 1469.917 (0.001) MeV

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

S-alpha=	-2.959	(0.002)	-----		
1840S 1	0.000	0+			1 5.6E13 Y GT
1840S 2	0.120	2+			2 1.184 NS 13
1840S 3	0.384	4+			3 46 PS 13
1840S 4	0.774	6+			4 2.2 NS LT
1840S 5	0.943	2+			5
1840S 6	1.042	0+			6
1840S 7	1.081	3+			7
1840S 8	1.205	2+			8
1840S 9	1.225	4+			9
1840S 10	1.275	8+			10 2.2 NS LT

1840S 11				1.407 (4+,5,6+)	11
1840S 12	1.428	5+			12
1840S 13				1.446 (3,4)+	13
1840S 14	1.501	4+			14
1840S 15				1.544 (3)-	15
1840S 16	1.613	6+			16
1840S 17			1.621 4-		17
1840S 18				1.632 (4,5)+	18
1840S 19				1.638	19
1840S 20				1.698 (3+,4+)	20

1840S 21				1.707 (4)-	21
1840S 22			1.718 5-		22
1840S 23			1.833 6-		23
1840S 24			1.836 5-		24
1840S 25				1.840 (6)-	25
1840S 26				1.840 (4,5,6)+	26
1840S 27				1.842	27
1840S 28	1.871	10+			28 2.2 NS LT
1840S 29	1.878	6+			29
1840S 30				1.893 (3+,4,5-)	30

1840S 31				1.899	31
1840S 32				1.916 (6-)	32
1840S 33				1.928 (4+,5,6+)	33
1840S 34				1.934	34
1840S 35				1.958 7(-)	35
1840S 36	1.982	0+			36
1840S 37	1.991	6+			37

1840S	38					2.000	(7-)	38			
1840S	39					2.047	(8-)	39	1.4	NS	LT
1840S	40					2.056	(4,5,6)-	40			

1840S	41					2.076		41			
1840S	42					2.086	(4+,5,6-)	42			
1840S	43					2.106	(8-)	43			
1840S	44					2.128	(4,5)-	44			
1840S	45					2.136		45			
1840S	46					2.137	(8)-	46			
1840S	47					2.148	(8-)	47			
1840S	48					2.171		48			
1840S	49					2.201	(4)+	49			
1840S	50					2.222	(9)-	50			

1840S	51					2.222	(5,6)-	51			
1840S	52					2.266	(9-)	52			
1840S	53		2.268	0+				53			
1840S	54					2.279	(5,6)+	54			
1840S	55					2.301	(9-)	55			
1840S	56					2.330		56			
1840S	57		2.367	10+				57	23.6	NS	14
1840S	58					2.399	(5)+	58			
1840S	59					2.400	5+,6+	59			
1840S	60					2.431	(10-)	60			

1840S	61					2.447	(4,5)+	61			
1840S	62					2.457	(10-)	62			
1840S	63					2.464	(4+,5,6+)	63			
1840S	64					2.472	(4+,5,6+)	64			
1840S	65					2.494		65			
1840S	66					2.503	(10-)	66			
1840S	67					2.518		67			
1840S	68		2.548	12+				68	2.2	NS	LT
1840S	69					2.549	(5,6)-	69			
1840S	70					2.597	(10+)	70			

1840S	71		2.610	11+				71			
1840S	72					2.625	(10-)	72			
1840S	73					2.661	(11-)	73			
1840S	74					2.673	(11-)	74			
1840S	75					2.694	(10+)	75			
1840S	76					2.720	(5,6+)	76			
1840S	77					2.721	(11-)	77			
1840S	78		2.863	12+				78			
1840S	79					2.901	(12-)	79			
1840S	80					2.904	(12-)	80			

1840S	81					2.930	(12-)	81			
1840S	82					2.958	(12-)	82			

1840S 83						2.999	(12+)	83
1840S 84						3.083	(13-)	84
1840S 85						3.089	(12+)	85
1840S 86						3.127	(13)	86
1840S 87		3.130	13+					87
1840S 88						3.167	(13-)	88
1840S 89						3.200	(12-)	89
1840S 90						3.210	(13-)	90

1840S 91						3.226	(13-)	91
1840S 92						3.228	(11-)	92
1840S 93		3.261	14+					93 2.2 NS LT
1840S 94		3.359	14+					94 2.2 NS LT
1840S 95						3.392	(12+)	95
1840S 96						3.423	(14-)	96
1840S 97						3.490	(14-)	97
1840S 98						3.497	(14+)	98
1840S 99						3.510	(14-)	99
1840S 100						3.550	(14+)	100

1840S 101		3.680	15+					101
1840S 102						3.728	(13-)	102
1840S 103						3.747	(15-)	103
1840S 104						3.761	(15-)	104
1840S 105						3.778	(15)	105
1840S 106		3.791	16+					106 2.2 NS LT
1840S 107						3.792	(14-)	107 3 NS LE
1840S 108						3.807	(15-)	108
1840S 109						3.821	(15-)	109
1840S 110						3.860	(14-)	110

1840S 111						3.972	(15-)	111
1840S 112						3.998	(16-)	112
1840S 113		4.047	16+					113 2.2 NS LT
1840S 114						4.092	(16+)	114
1840S 115						4.123	(16-)	115
1840S 116						4.158	(16-)	116
1840S 117						4.168	(16-)	117
1840S 118						4.173	(16+)	118
1840S 119						4.203	(16-)	119
1840S 120		4.281	17+					120

1840S 121		4.349	18+					121 2.2 NS LT
1840S 122						4.408	(17-)	122
1840S 123						4.416	(17-)	123
1840S 124						4.418	(17-)	124
1840S 125						4.467	(17-)	125
1840S 126						4.476	(17-)	126
1840S 127						4.494	(17-)	127
1840S 128						4.597	(16-)	128

1840S 129				4.636	(18-)	129		
1840S 130				4.729	(18+)	130		

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		

1840S 173				6.694	(24+)	173			
1840S 174				6.790	(24-)	174			
1840S 175				6.798	(23)	175	3 NS	LE	
1840S 176				6.889	(24+)	176			
1840S 177				6.913		177	3 NS	LE	
1840S 178				7.004	(24+)	178			
1840S 179				7.084		179			
1840S 180				7.087	(24+)	180			

1840S 181				7.284		181	3 NS	LE	
1840S 182				7.311	(25+)	182	0.90 NS	21	
1840S 183				7.396	(25+)	183			
1840S 184				7.407	(25-)	184			
1840S 185		7.447	26+			185			
1840S 186				7.501	(26+)	186			
1840S 187				7.590	(26-)	187			
1840S 188				7.592	(26+)	188			
1840S 189				7.786	(26+)	189			
1840S 190				7.816	(27+)	190			

1840S 191				8.043	(27+)	191			
1840S 192				8.153	(28+)	192			
1840S 193				8.244	(26)	193			
1840S 194				8.474	(28-)	194			
1840S 195				8.580	(29+)	195			
1840S 196				8.590	(29+)	196			
1840S 197				8.649	(29)	197			
S-n	=	8.660	(0.050)	-----					
1840S 198				8.785	(29+)	198			
1840S 199				9.375	(31+)	199			
1840S 200				9.539	(31)	200			

1840S 201				9.546	(31+)	201			
1840S 202				9.867	(32)	202			
S-2p	=	10.584	(0.001)	-----					
1840S 203				10.671	(34)	203			

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 = 2.035 (0.050)
gap 2p = 2.394 (0.022)
gap 2n = 0.896 (0.022)
gap alpha = 1.048 (0.006)