^{188}Os $Z = 76$ $N = 112$ link to full NNDC output

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

BE = 1499.086 (0.001) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha= -2.143 (0.001)					
188OS 1	0.000	0+		1	STABLE
188OS 2	0.155	2+		2	0.704 NS 7
188OS 3	0.478	4+		3	17.7 PS 10
188OS 4	0.633	2+		4	9.4 PS 10
188OS 5	0.790	3+		5	
188OS 6	0.940	6+		6	2.95 PS 17
188OS 7	0.966	4+		7	6.0 PS 5
188OS 8			1.042	8	
188OS 9	1.086	0+		9	11.5 PS 6
188OS 10	1.181	5+		10	
188OS 11	1.279	4+		11	3.9 PS 8
188OS 12	1.305	2+		12	
188OS 13			1.414 (3-)	13	
188OS 14	1.425	6+		14	4.0 PS 4
188OS 15			1.444	15	
188OS 16	1.457	2+		16	
188OS 17			1.462 2-	17	
188OS 18	1.478	0+		18	
188OS 19	1.515	8+		19	0.96 PS 6
188OS 20	1.516	5+		20	
188OS 21			1.567	21	
188OS 22			1.578	22	
188OS 23			1.599	23	
188OS 24	1.620	2+		24	
188OS 25			1.669 (5-)	25	
188OS 26			1.685 (3+)	26	
188OS 27	1.685	7+		27	
188OS 28	1.704	0+		28	
188OS 29	1.729	2+		29	
188OS 30			1.747	30	
188OS 31	1.765	0+		31	
188OS 32			1.771 7-	32	14.00 NS 21
188OS 33	1.808	2+		33	
188OS 34	1.825	0+		34	
188OS 35			1.843 (2)+	35	
188OS 36			1.855	36	
188OS 37			1.878	37	

188OS	38					1.893		38	
188OS	39					1.921		39	
188OS	40					1.937	(1,2+)	40	
188OS	41					1.941	(2)+	41	
188OS	42					1.949	1,2	42	
188OS	43					1.957	(1+,2+)	43	
188OS	44					1.965	(2)+	44	
188OS	45	1.966	0+					45	
188OS	46					1.972		46	
188OS	47	1.980	8+					47	2.8 PS +15-5
188OS	48					1.989		48	
188OS	49			1.994	8-			49	
188OS	50	1.996	8+					50	
188OS	51					2.020	(1,2)+	51	
188OS	52					2.022	(1,2)+	52	
188OS	53					2.031		53	
188OS	54			2.055	9-			54	
188OS	55					2.069	(2)+	55	
188OS	56					2.085	(1,2,3)+	56	
188OS	57					2.099	(1)+	57	
188OS	58					2.121	(3-)	58	
188OS	59					2.124	(1+,2+)	59	
188OS	60					2.144	(10-)	60	12.27 NS 14
188OS	61					2.166	(2)+	61	
188OS	62	2.170	10+					62	0.39 PS +3-5
188OS	63					2.193		63	
188OS	64	2.205	2+					64	
188OS	65					2.215	(1)+	65	
188OS	66					2.228		66	
188OS	67			2.243	9-			67	
188OS	68	2.252	2+					68	
188OS	69					2.264		69	
188OS	70	2.279	9+					70	
188OS	71					2.286	(1+,2+)	71	
188OS	72					2.300	1,2	72	
188OS	73					2.308		73	
188OS	74					2.326	1,2	74	
188OS	75					2.347	(1)+	75	
188OS	76					2.349	(2)-	76	
188OS	77					2.365	1,2	77	
188OS	78					2.374	1,2	78	
188OS	79					2.377	(2-)	79	
188OS	80					2.416	(2+)	80	
188OS	81					2.432		81	
188OS	82					2.452		82	

188OS	83			2.458	(11-)	83
188OS	84			2.461	1,2	84
188OS	85			2.491	(2-)	85
188OS	86		2.500 11-			86
188OS	87			2.505		87
188OS	88			2.520	1,2	88
188OS	89		2.522 10-			89
188OS	90			2.549	(2-)	90
188OS	91			2.558	(10+)	91
188OS	92			2.567		92
188OS	93			2.582	1,2	93
188OS	94			2.605		94
188OS	95			2.623	(2+)	95
188OS	96			2.629		96
188OS	97	2.655 10+				97
188OS	98			2.659		98
188OS	99			2.666		99
188OS	100			2.704		100
188OS	101			2.734	(12-)	101
188OS	102			2.740		102
188OS	103			2.766		103
188OS	104			2.779		104
188OS	105			2.813	(11+)	105
188OS	106		2.816 11-			106
188OS	107			2.817	(2+)	107
188OS	108	2.856 12+				108
188OS	109			2.866		109
188OS	110			2.869	(12-)	110
188OS	111			2.879		111
188OS	112			2.891		112
188OS	113			2.923		113
188OS	114	2.933 11+				114
188OS	115			2.945		115
188OS	116			2.970		116
188OS	117			2.981	(12+)	117
188OS	118			3.002		118
188OS	119			3.012		119
188OS	120			3.030		120
188OS	121			3.060	(13-)	121
188OS	122			3.072		122
188OS	123			3.083	11,12+	123
188OS	124			3.093	(13-)	124
188OS	125			3.110		125
188OS	126			3.141		126
188OS	127			3.144	(12-)	127
188OS	128			3.168		128

188OS 129			3.177		129
188OS 130			3.205		130
188OS 131			3.224		131
188OS 132			3.240		132
188OS 133			3.255	(13+)	133
188OS 134			3.275		134
188OS 135			3.289		135
188OS 136			3.337		136
188OS 137			3.352	(14-)	137
188OS 138			3.362		138
188OS 139	3.370	12+			139
188OS 140			3.412		140
188OS 141			3.414	(15-)	141
188OS 142			3.417		142
188OS 143			3.434		143
188OS 144			3.439	(14+)	144
188OS 145			3.441		145
188OS 146			3.472	(14+)	146
188OS 147			3.479		147
188OS 148	3.563	14+			148
188OS 149			3.567		149
188OS 150			3.600		150
188OS 151	3.601	13+			151
188OS 152			3.621		152
188OS 153			3.622		153
188OS 154			3.640		154
188OS 155			3.644		155
188OS 156			3.688		156
188OS 157			3.722		157
188OS 158			3.730	(15-)	158
188OS 159			3.731		159
188OS 160			3.734	(16+)	160
188OS 161			3.767		161
188OS 162			3.796	(15+)	162
188OS 163			3.810		163
188OS 164			3.825	(14-)	164
188OS 165			3.826		165
188OS 166			3.837		166
188OS 167			3.900		167
188OS 168			3.911		168
188OS 169			3.964	(16+)	169
188OS 170			3.984		170
188OS 171			4.107	(16-)	171
188OS 172			4.149	17	172
188OS 173			4.185		173

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188OS 174 |                |                |   4.193                  174
188OS 175 |                |                |   4.236     (16+)        175
188OS 176 |  4.258     18+ |                |                          176
188OS 177 |                |                |   4.286                  177
188OS 178 |                |                |   4.391     (17-)        178
188OS 179 |                |                |   4.414     (17+)        179
188OS 180 |                |                |   4.428                  180
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188OS 181 |                |                |   4.484     (17-)        181
188OS 182 |                |                |   4.508                  182
188OS 183 |                |                |   4.509     (17-)        183
188OS 184 |                |                |   4.521     (16-)        184
188OS 185 |                |                |   4.563                  185
188OS 186 |                |                |   4.572     (18+)        186
188OS 187 |                |                |   4.649                  187
188OS 188 |                |                |   4.729     (19)         188
188OS 189 |                |                |   4.847     (18-)        189
188OS 190 |                |                |   4.887                  190
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188OS 191 |                |                |   5.033     (19-)        191
188OS 192 |                |                |   5.125                  192
188OS 193 |                |                |   5.177     (19-)        193
188OS 194 |                |                |   5.267     (20+)        194
188OS 195 |                |                |   5.620                  195
188OS 196 |                |                |   6.032     (22+)        196
188OS 197 |                |                |   6.118                  197
188OS 198 |                |                |   6.607                  198
188OS 199 |                |                |   6.911     (24+)        199
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S-p    =   7.210 ( 0.001)-------------------------------------------------------------------
S-n    =   7.990 ( 0.001)-------------------------------------------------------------------
S-2p   =  13.207 ( 0.002)-------------------------------------------------------------------
S-2n   =  14.280 ( 0.001)-------------------------------------------------------------------
S-alpha=  -2.143 ( 0.001)-------------------------------------------------------------------

S+p       =  -4.601 ( 0.013)
S+n       =  -5.921 ( 0.001)
S+2p      = -10.747 ( 0.001)
S+2n      = -13.713 ( 0.001)
S+alpha   =   2.424 ( 0.003)

gap p     =   2.608 ( 0.013)
gap n     =   2.069 ( 0.002)
gap 2p    =   2.459 ( 0.002)
gap 2n    =   0.566 ( 0.001)
gap alpha =   0.280 ( 0.003)
```