Table 5.1 from (1984AJ01): Energy levels of $^5$He $^a$

<table>
<thead>
<tr>
<th>$E_x$ (MeV)</th>
<th>$J^\pi; T$</th>
<th>$\Gamma_{c.m.}$ (MeV)</th>
<th>Decay</th>
<th>Reactions</th>
</tr>
</thead>
<tbody>
<tr>
<td>g.s.</td>
<td>$\frac{3}{2}^-$: $\frac{1}{2}$</td>
<td>0.60 ± 0.02 $^a$</td>
<td>n, $\alpha$</td>
<td>1, 4, 6, 8, 9, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26</td>
</tr>
<tr>
<td>4 ± 1</td>
<td>$\frac{1}{2}^-$: $\frac{1}{2}$</td>
<td>4 ± 1</td>
<td>n, $\alpha$</td>
<td>4, 6, 11, 17, 18, 21</td>
</tr>
<tr>
<td>16.76 ± 0.13</td>
<td>$\frac{3}{2}^+$: $\frac{1}{2}$</td>
<td>0.10 ± 0.05</td>
<td>$\gamma$, n, d, t, $\alpha$</td>
<td>1, 2, 5, 6, 8, 9, 12, 13, 14, 20, 21</td>
</tr>
<tr>
<td>19.8 ± 0.4 $^b$</td>
<td>$(\frac{3}{2}, \frac{5}{2})^+$: $\frac{1}{2}$</td>
<td>2.5 ± 0.5</td>
<td>n, d, t, $\alpha$</td>
<td>2, 3, 5, 8, 9, 11, 13, 14, 16, 20, 21</td>
</tr>
<tr>
<td>24 − 25 $^b$</td>
<td>broad</td>
<td></td>
<td></td>
<td>20, 21</td>
</tr>
</tbody>
</table>

$^a$ See Table 5.2 in (1966LA04) and reaction 20 here.

$^b$ See (1974AJ01), “States of $^5$He” under the “General” section.