

Table 7.1 from (79AJ01): Energy levels of  ${}^7\text{He}$

$E_x$ (MeV)	$J^\pi; T$	$\Gamma_{\text{c.m.}}$ (keV)	Decay	Reactions
g.s.	$(\frac{3}{2})^-; \frac{3}{2}$	$160 \pm 30$	n <sup>a</sup>	<a href="#">1</a> , <a href="#">2</a> , <a href="#">3</a> , <a href="#">4</a>

<sup>a</sup>  $Q_0$  for  ${}^7\text{Li}(t, {}^3\text{He}){}^7\text{He}$  is  $-11.18$  MeV. This leads to  $26.11 \pm 0.03$  MeV for the atomic mass excess of  ${}^7\text{He}$ :  $Q_m$  for  ${}^7\text{He}_{\text{g.s.}} \rightarrow {}^6\text{He} + \text{n}$  is then  $0.44 \pm 0.03$  MeV ([ST69P](#)).