Table 2
Parameters of the ground states of the light nuclei

Nucleus	Atomic mass excess (keV) [a]	$\tau_{1/2}$ [b]	Decay	J^{π}; T [b,c]
^{18}Be	see text		n	(0^+); 5
^{18}B	see text		n	$T = 4$
^{18}C	24920 ± 30 [d]	95 ± 10 ms	β^-	(0^+); 3
^{18}N	13117 ± 20 [d]	624 ± 12 ms	β^-	1^-; 2
^{18}O	-782.1 ± 0.8 [d]	stable		0^+; 1
^{18}F	873.4 ± 0.6 [d]	109.77 ± 0.05 min	β^+	1^+; 0
^{18}Ne	5319 ± 5 [d]	1672 ± 8 ms	β^+	0^+; 1
^{18}Na	see text		p	$T = 2$
^{19}B	59360 ± 400 [d]		(β^-)	$T = \frac{9}{2}$
^{19}C	32830 ± 110 [d]		(β^-)	$T = \frac{7}{2}$
^{19}N	15860 ± 16 [d]	290 ± 90 ms	β^-	$T = \frac{5}{2}$
^{19}O	3332.2 ± 2.9 [d]	26.91 ± 0.08 s	β^-	$\frac{5}{2}^+$; $\frac{3}{2}$
^{19}F [e]	-1487.40 ± 0.07 [d]	stable		$\frac{1}{2}^+$; $\frac{1}{2}$
^{19}Ne [f]	1751.0 ± 0.6 [d]	$17\,34 \pm 0.09$ s	β^+	$\frac{1}{2}^+$; $\frac{1}{2}$
^{19}Na	12929 ± 12 [d]		p	$(\frac{5}{2}^+)$; $\frac{3}{2}$

[a] The values of the mass excesses shown here were used to calculate Q_m.
[b] From data reviewed in the present article.
[c] J^{π} values in parentheses are derived from systematics.
[d] (93AU05).
[e] $\mu = +2.628866$ (8) nm (78LEZA).
[f] $\mu = -1.88542 \pm 0\ 00008$ nm (82MA34).