Table 7.1 from (1979AJ01): Energy levels of ^{7}He

E_{x} (MeV)	J^{π}; T	$\Gamma_{\mathrm{c.m.}}$ (keV)	Decay	Reactions
g.s.	$(\frac{3}{2})^{-}$; $\frac{3}{2}$	160 ± 30	n [a]	1, 2, 3, 4

[a] Q_0 for ^{7}Li(t, ^{3}He)^{7}He is -11.18 MeV. This leads to 26.11 ± 0.03 MeV for the atomic mass excess of ^{7}He: Q_{m} for $^{7}\mathrm{He}_{\mathrm{g.s.}} \rightarrow {}^{6}\mathrm{He} + \mathrm{n}$ is then 0.44 ± 0.03 MeV (1969ST02).