

Table 7.1 from (1984AJ01): 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 ± 30	n ^a	1 , 2 , 3 , 4

^a Q_0 for ${}^7\text{Li}(t, {}^3\text{He}){}^7\text{He}$ is -11.18 MeV. This leads to 26.11 ± 0.03 MeV for the atomic mass excess of ${}^3\text{He}$: Q_m for ${}^7\text{He}_{\text{g.s.}} \rightarrow {}^6\text{He} + \text{n}$ is then 0.44 ± 0.03 MeV: see ([1979AJ01](#)).