

$^{22}\text{Na-1}$

The 243 ns isomer of ^{22}Na was first observed in 1958 by G.M.Temmer and N.P.Heydenburg at the Carnegie Institution, Washington, D.C. ([1958Te15](#)).

[1958Te15](#) G. M. Temmer and N. P. Heydenburg, Phys. Rev. **111**, 1303 (1958).

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