

$^{156}\text{Sm-1}$

The 185 ns isomer of ^{156}Sm was first observed in 1990 by M.Hellstrom et al. at the Studsvik Science Research Laboratory, Nyköping, Sweden ([1990He11](#)).

[1990He11](#) M. Hellstrom, B. Fogelberg, L. Spanier, and H. Mach, Phys. Rev. C **41**, 2325 (1990).

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