

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

The ~ 400 ns isomer of ^{156}Tm was first observed in 1985 by R.Kossakowski et al. at the Institut von Laue-Langevin, Grenoble, France ([1985Ko30](#)).

[1985Ko30](#) R. Kossakowski, J. Jastrzebski, P. Rymuza, W. Skulski *et al.*, Phys. Rev. C **32**, 1612 (1985).

Please cite this abstract as: “FRIB Nuclear Data Group, *Discovery of Nuclides Project*, Isomer Database, doi:[10.11578/frib/2572219](https://doi.org/10.11578/frib/2572219)”