Hartree energy

Atomic fundamental physical constant used as atomic unit of energy:
\[ E_h = \frac{\hbar^2}{m_e a_0^2} = 4.359 \, 7482 \, (26) \times 10^{-18} \, \text{J}, \]
where \( \hbar \) is the Planck constant divided by 2 \( \pi \), \( m_e \) the electron rest mass and \( a_0 \) the Bohr radius.

Source:
CODATA Bull. 1986, 63, 1