The following table is from Particle Data Group.[1]

μ MEAN LIFE τ

Measurements with an error $>$ 0.001×10^{-6} s have been omitted.

VALUE (10^{-6} s)	*DOCUMENT ID*	*TECN*	*CHG*	*COMMENT*
2.1969811±0.0000022 OUR AVERAGE				
2.1969803±0.0000021±0.0000007	[1] TISHCHENKO 13	CNTR	+	Surface μ^+ at PSI
2.197083 ±0.000032 ±0.000015	BARCZYK 08	CNTR	+	Muons from π^+ decay at rest
2.197013 ±0.000021 ±0.000011	CHITWOOD 07	CNTR	+	Surface μ^+ at PSI
2.197078 ±0.000073	BARDIN 84	CNTR	+	
2.197025 ±0.000155	BARDIN 84	CNTR	−	
2.19695 ±0.00006	GIOVANETTI 84	CNTR	+	
2.19711 ±0.00008	BALANDIN 74	CNTR	+	
2.1973 ±0.0003	DUCLOS 73	CNTR	+	
• • • We do not use the following data for averages, fits, limits, etc. • • •				
2.1969803±0.0000022	WEBBER 11	CNTR	+	Surface μ^+ at PSI

[1] TISHCHENKO 13 uses 1.6×10^{12} μ^+ events and supersedes WEBBER 11.

From "V minus A" theory we have the following formula for muon lifetime τ.

$$\tau = \frac{96\pi^2 h}{G_F^2\,(m_\mu c^2)^5}$$

Symbol G_F is Fermi coupling constant, m_μ is muon mass.

From NIST[2] we have

$$\begin{aligned}
G_F &= 1.1663787 \times 10^{-5}\ \mathrm{GeV}^{-2} \\
m_\mu &= 1.883531627 \times 10^{-28}\ \text{kilogram} \\
h &= 6.62607015 \times 10^{-34}\ \text{joule second (exact)} \\
c &= 299792458\ \text{meter second}^{-1}\ \text{(exact)} \\
1\,\mathrm{eV} &= 1.602176634 \times 10^{-19}\ \text{joule (exact)}
\end{aligned}$$

Hence

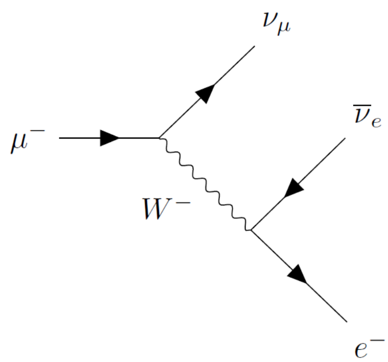
$$\tau = 2.18735 \times 10^{-6}\,\text{second}$$

The result is a bit smaller than the PDG value.

$$\frac{\tau}{2.1969811 \times 10^{-6}\ \text{second}} = 0.9956$$

A muon decays into a muon neutrino, an electron anti-neutrino, and an electron.

[1] `https://pdg.lbl.gov/2020/listings/rpp2020-list-muon.pdf`
[2] `https://physics.nist.gov/cuu/Constants/index.html`



Particle	Symbol	Momentum	Spinor (up)	Spinor (down)
Muon	μ^-	p_1	u_{11}	u_{12}
Muon neutrino	ν_μ	p_2	u_{21}	u_{22}
Electron anti-neutrino	$\bar{\nu}_e$	p_3	v_{31}	v_{32}
Electron	e^-	p_4	u_{41}	u_{42}

We will use the following momentum vectors.

$$\underset{\mu^-}{p_1 = \begin{pmatrix} E_1 \\ p_{1x} \\ p_{1y} \\ p_{1z} \end{pmatrix}} \qquad \underset{\nu_\mu}{p_2 = \begin{pmatrix} E_2 \\ p_{2x} \\ p_{2y} \\ p_{2z} \end{pmatrix}} \qquad \underset{\bar{\nu}_e}{p_3 = \begin{pmatrix} E_3 \\ p_{3x} \\ p_{3y} \\ p_{3z} \end{pmatrix}} \qquad \underset{e^-}{p_4 = \begin{pmatrix} E_4 \\ p_{4x} \\ p_{4y} \\ p_{4z} \end{pmatrix}}$$

And we will also use the following Dirac spinors.

$$u_{11} = \begin{pmatrix} E_1 + m_1 \\ 0 \\ p_{1z} \\ p_{1x} + ip_{1y} \end{pmatrix} \qquad u_{21} = \begin{pmatrix} E_2 + m_2 \\ 0 \\ p_{2z} \\ p_{2x} + ip_{2y} \end{pmatrix} \qquad v_{31} = \begin{pmatrix} p_{3z} \\ p_{3x} + ip_{3y} \\ E_3 + m_3 \\ 0 \end{pmatrix} \qquad u_{41} = \begin{pmatrix} E_4 + m_4 \\ 0 \\ p_{4z} \\ p_{4x} + ip_{4y} \end{pmatrix}$$

$$\underset{\mu^-}{u_{12} = \begin{pmatrix} 0 \\ E_1 + m_1 \\ p_{1x} - ip_{1y} \\ -p_{1z} \end{pmatrix}} \qquad \underset{\nu_\mu}{u_{22} = \begin{pmatrix} 0 \\ E_2 + m_2 \\ p_{2x} - ip_{2y} \\ -p_{2z} \end{pmatrix}} \qquad \underset{\bar{\nu}_e}{v_{32} = \begin{pmatrix} p_{3x} - ip_{3y} \\ -p_{3z} \\ 0 \\ E_3 + m_3 \end{pmatrix}} \qquad \underset{e^-}{u_{42} = \begin{pmatrix} 0 \\ E_4 + m_4 \\ p_{4x} - ip_{4y} \\ -p_{4z} \end{pmatrix}}$$

The energy terms are total energy.

$$E_1 = \sqrt{(p_{1x})^2 + (p_{1y})^2 + (p_{1z})^2 + m_1^2}$$

$$E_2 = \sqrt{(p_{2x})^2 + (p_{2y})^2 + (p_{2z})^2 + m_2^2}$$

$$E_3 = \sqrt{(p_{3x})^2 + (p_{3y})^2 + (p_{3z})^2 + m_3^2}$$

$$E_4 = \sqrt{(p_{4x})^2 + (p_{4y})^2 + (p_{4z})^2 + m_4^2}$$

From the Feynman diagram above we have the following amplitude $\mathcal{M}_{abcd}$ where each letter in $abcd$ can be either 1 (spin up) or 2 (spin down).

$$\mathcal{M}_{abcd} = \frac{G_F}{\sqrt{N}} \left(\bar{u}_{4d}\gamma^\mu(1-\gamma^5)v_{3c}\right) \left(\bar{u}_{2b}\gamma_\mu(1-\gamma^5)u_{1a}\right)$$

Symbol N is the following normalization constant.

$$N = (E_1 + m_1)(E_2 + m_2)(E_3 + m_3)(E_4 + m_4)$$

Recall that the magnitude squared of an amplitude is a probability density and also an observable.

$$|\mathcal{M}_{abcd}|^2 = \mathcal{M}^*_{abcd}\mathcal{M}_{abcd}$$

In a typical muon decay experiment the spins are not observed. Consequently, the experimental result is an average of spin states. The average is computed by summing over all spin states and dividing by the number of inbound spin states, in this case four. (In the Feynman diagram, two particles have arrows pointing into vertices, these are the inbound particles. There are two spin states for μ^- and two spin states for $\bar{\nu}_e$. Hence there are $2 \times 2 = 4$ inbound spin states.)

$$\langle|\mathcal{M}|^2\rangle = \frac{1}{4}\sum_{a=1}^{2}\sum_{b=1}^{2}\sum_{c=1}^{2}\sum_{d=1}^{2}|\mathcal{M}_{abcd}|^2$$

The result is a simple formula.

$$\langle|\mathcal{M}|^2\rangle = 64G_F^2(p_1 \cdot p_3)(p_2 \cdot p_4) \tag{1}$$

In component notation we have

$$\langle|\mathcal{M}|^2\rangle = 64G_F^2\bigg((p_1)^\alpha\ g_{\alpha\beta}\ (p_3)^\beta\bigg)\bigg((p_2)^\gamma\ g_{\gamma\delta}\ (p_4)^\delta\bigg)$$

where

$$g_{\mu\nu} = \begin{pmatrix} 1 & 0 & 0 & 0 \\ 0 & -1 & 0 & 0 \\ 0 & 0 & -1 & 0 \\ 0 & 0 & 0 & -1 \end{pmatrix}$$

Muon decay rate Γ is an average over all possible momenta. (The measure dp represents a lengthy product of factors.)

$$\Gamma = \underbrace{\int \cdots \int}_{\text{12 integrals}} \langle|\mathcal{M}|^2\rangle\, dp$$

It can be shown that

$$\Gamma = \frac{G_F^2 m_\mu^5}{192\pi^3}$$

where $m_\mu = m_1$. Muon lifetime τ is the inverse of decay rate.

$$\tau = \frac{192\pi^3}{G_F^2 m_\mu^5}$$

In physical units for c and h we have

$$\tau = \frac{96\pi^2 h}{G_F^2\left(m_\mu c^2\right)^5}$$