For an spin qubit at a distance $d = 20$ nm from a metal surface of conductivity $\sigma = 1.7 \times 10^{17}/s$ and operating frequency $\omega_0 = 1.3 \times 10^{11}/s$ we get a T_1^{-1} of

$$\frac{1}{T_1} = \frac{\pi \mu_B^2 \sigma \omega_0}{2\hbar d c^2} = \frac{3.14 \times (9.27 \times 10^{-21} ergs/gauss)^2 \times (1.7 \times 10^{17}/s) \times (1.3 \times 10^{11}/s)}{2 \times (1.05 \times 10^{-27} erg - s) \times (2 \times 10^{-6} cm) \times (3 \times 10^{10} cm/s)^2}$$
$$= 1.6/s.$$

which differs from the previous result only in the distance d being now 20 nm rather than 8 nm as before. All the constants are in cgs units. The only one that might require a check is

$$\sigma = 1.7 \times 10^{17}/s$$

which in SI is

$$\begin{aligned} \sigma_{SI}\left(\frac{S}{m}\right) &= 4\pi\varepsilon_0 \sigma_{cgs}\left(\frac{1}{s}\right) \\ &= 4 \times 3.14 \times 8.85 \times 10^{-12} \times 1.7 \times 10^{17} S/m \\ &= 1.9 \times 10^7 S/m. \end{aligned}$$

I do not remember exactly where I got this number - possibly from notes I made from a conversation with Andrea.