## **Supporting information**

## All-in-one Thermometer-Heater Up-converting Platform YF<sub>3</sub>: Yb<sup>3+</sup>, Tm<sup>3+</sup> Operating in the First Biological Window

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Figure S1. Enlarged main peaks (111) in XRD patterns of YF<sub>3</sub>: 0.5%Tm<sup>3+</sup>, *x*Yb<sup>3+</sup> (*x* = 5%, 10%, 20%, 30% and 40%) micro-crystals.



**Figure S2.** SEM image of YF<sub>3</sub>: 0.5%Tm<sup>3+</sup>, xYb<sup>3+</sup> (x = 5%, 20%, 30% and 40%) micro-crystals (scale bar, 3 µm).



**Figure S3.** 980 nm excited UC emission spectra of YF<sub>3</sub>: 0.5%Tm<sup>3+</sup>, *x*Yb<sup>3+</sup> (*x* = 5~40%) microcrystals.



**Figure S4.** 980 nm excited thermal evolution of UC emission spectra of YF<sub>3</sub>: 0.5%Tm<sup>3+</sup>, *x*Yb<sup>3+</sup> (*x* = 5 and 40%) micro-crystals within the BW-I.



Figure S5. (a) XRD patterns of YF<sub>3</sub>: 0.5%Tm<sup>3+</sup>/10%Yb<sup>3+</sup> micro-crystals after heating treatment at different temperature from RT to 1073 K; (b) SEM and TEM of 873 K-heated samples. Scale bars, 1 $\mu$ m.

Fluorescence centers	Transitions	$\Delta E \text{ (cm}^{-1}\text{)}$	$\lambda_{\mathrm{em}}$ (nm)	ref	
Er <sup>3+</sup>	${}^{2}\text{H}_{9/2},  {}^{4}\text{G}_{11/2} \rightarrow {}^{4}\text{I}_{15/2}$	~1530	384, 408	[1]	
	${}^{4}D_{7/2},  {}^{4}G_{9/2} \rightarrow  {}^{4}I_{15/2}$	~265	256, 276	[2]	
	${}^{4}S_{3/2},  {}^{2}H_{11/2}  {\longrightarrow}  {}^{4}I_{15/2}$	~800	528, 548	[3]	
	${}^4\mathrm{F}_{9/2(1)}, {}^4\mathrm{F}_{9/2(2)} \longrightarrow {}^4\mathrm{I}_{15/2}$	~100	653, 674		
Ho <sup>3+</sup>	${}^{5}G_{6}/{}^{5}F_{1}, {}^{5}F_{2,3}/{}^{3}K_{8} \rightarrow {}^{5}I_{8}$	~1500	460, 487	[4]	
	${}^{5}F_{4}, {}^{5}S_{2} \rightarrow {}^{5}I_{8}$	~180	538, 543	[5]	
	${}^{5}F_{5(1)},  {}^{5}F_{5(2)} \rightarrow {}^{5}I_{8}$	~60	650, 660	[6]	
Dy <sup>3+</sup>	${}^{4}\mathrm{I}_{15/2},{}^{4}\mathrm{F}_{9/2} {\longrightarrow}{}^{6}\mathrm{H}_{15/2}$	~1000	455, 481	[7]	
Nd <sup>3+</sup>	${}^{4}F_{7/2},  {}^{4}F_{3/2} \longrightarrow {}^{4}I_{9/2}$	~1895	755, 872		
	${}^{4}F_{5/2},  {}^{4}F_{3/2} \rightarrow {}^{4}I_{9/2}$	~1005	805, 872	[8]	
	${}^{4}F_{7/2},  {}^{4}F_{5/2} \longrightarrow {}^{4}I_{9/2}$	~920	755, 805		
	${}^{4}F_{3/2(1)},  {}^{4}F_{3/2(2)} \rightarrow {}^{4}I_{9/2}$	~110	938, 947	[9]	
$\mathrm{Gd}^{3+}$	${}^{6}\mathrm{P}_{5/2},{}^{6}\mathrm{P}_{7/2} \longrightarrow {}^{8}\mathrm{S}_{7/2}$	~460	307, 313	[10]	
	${}^{6}\mathrm{I}_{9/2},{}^{6}\mathrm{I}_{7/2} \longrightarrow {}^{8}\mathrm{S}_{7/2}$	~280	277, 280		
Sm <sup>3+</sup>	${}^{4}F_{3/2},  {}^{4}G_{5/2} {\longrightarrow} {}^{6}H_{5/2}$	~1000	530, 570	[11]	
Eu <sup>3+</sup>	${}^5D_1, {}^5D_0 \rightarrow {}^7F_1$	~1700	535, 590		
Tm <sup>3+</sup>	${}^{1}G_{4(1)}, {}^{1}G_{4(2)} \rightarrow {}^{3}H_{6}$	~340	479, 484	[12]	
	${}^{3}F_{2,3}, {}^{3}H_{4} \rightarrow {}^{3}H_{6}$	~1700	700, 776	This work	

**Table S1.** Energy separations ( $\Delta E$ ) between TCLs of different fluorescence centers

Yb <sup>3+</sup> contents	<i>a</i> (Å)	b (Å)	c (Å)	volume (Å <sup>3</sup> )
5%Yb <sup>3+</sup>	6.356	6.869	4.444	194.022
10%Yb <sup>3+</sup>	6.347	6.866	4.424	192.791
20%Yb <sup>3+</sup>	6.346	6.859	4.415	192.172
30%Yb <sup>3+</sup>	6.333	6.839	4.395	190.353
40%Yb <sup>3+</sup>	6.236	6.752	4.364	183.749

Table S2. The lattice constants of  $YF_3$  micro-crystals with different  $Yb^{3+}$  contents.

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