

**Microwave-assisted selective heating to rapidly construct a nano-cracked hollow
sponge for stretch sensing**

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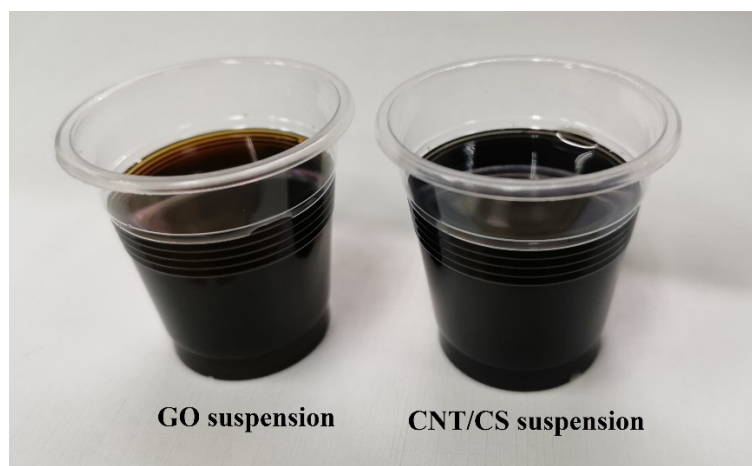


Figure S1 Digital photos showing the uniform and stable GO and CNT/CS suspensions.

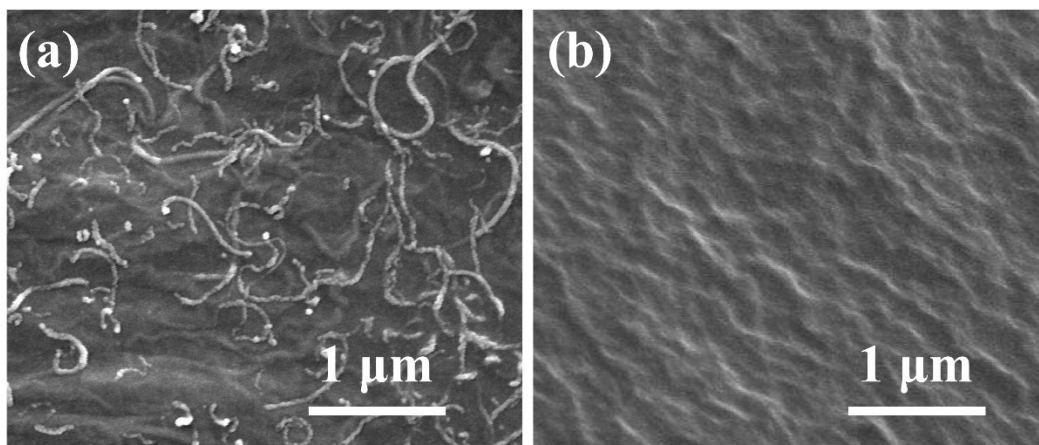


Figure S2 Surface morphology of the coated backbone with one layer of GO/CNT (a) and neat ME backbone (b).

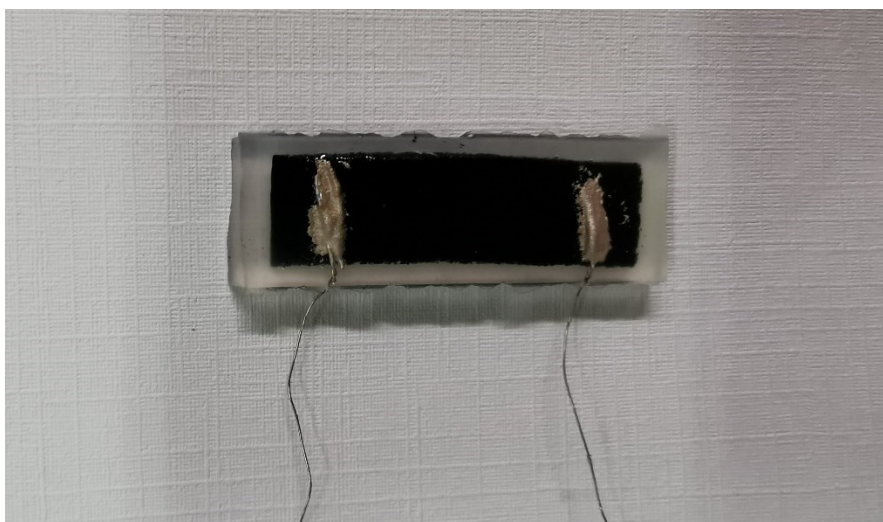


Figure S3 Digital photo showing the integrated sensor (copper electrodes have been embedded in sensor).

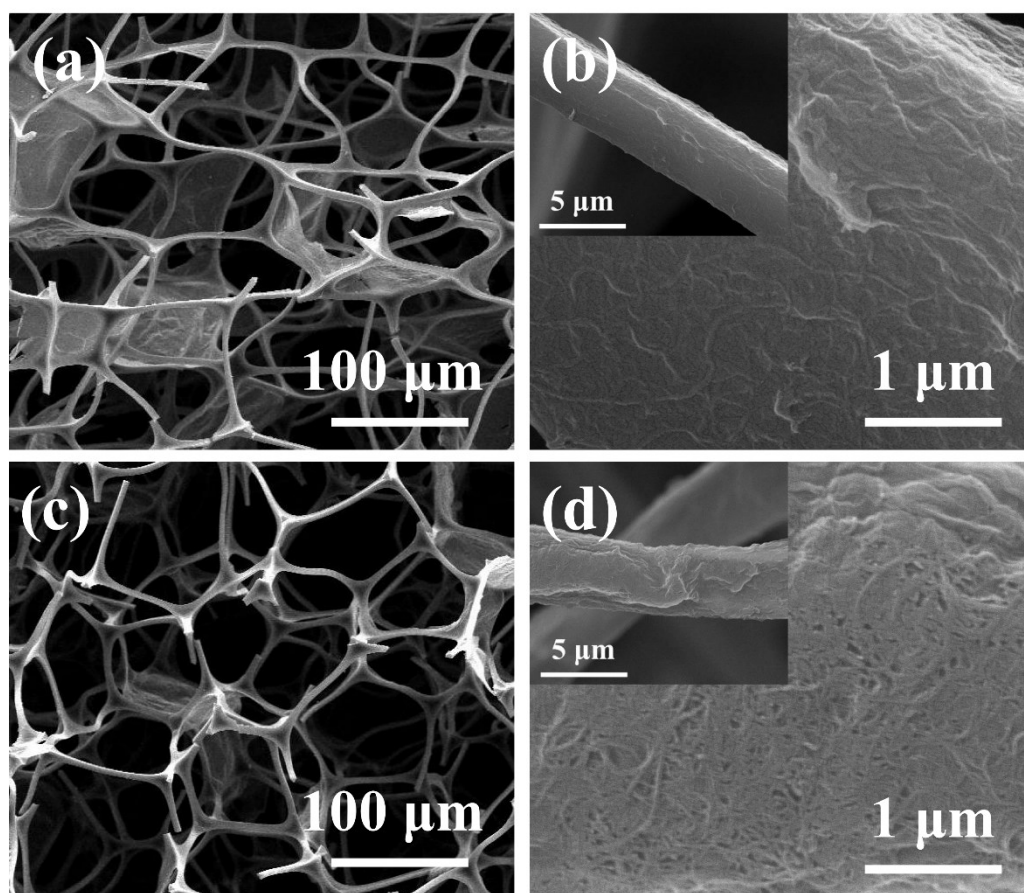


Figure S4 The microstructure and morphology of MW-treated sponge upon 2 (a, b) and 4 s (c, d) irradiation.

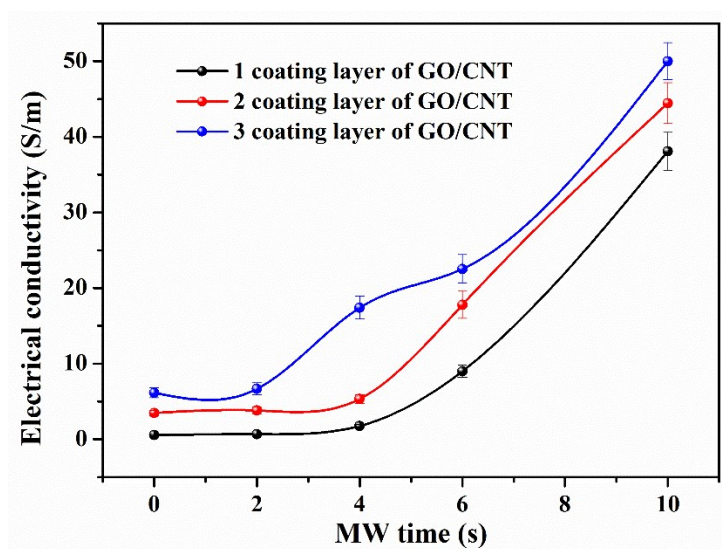


Figure S5 The electrical conductivity of MW-treated coated sponge with different coating layer of GO/CNT as a function of irradiation time.

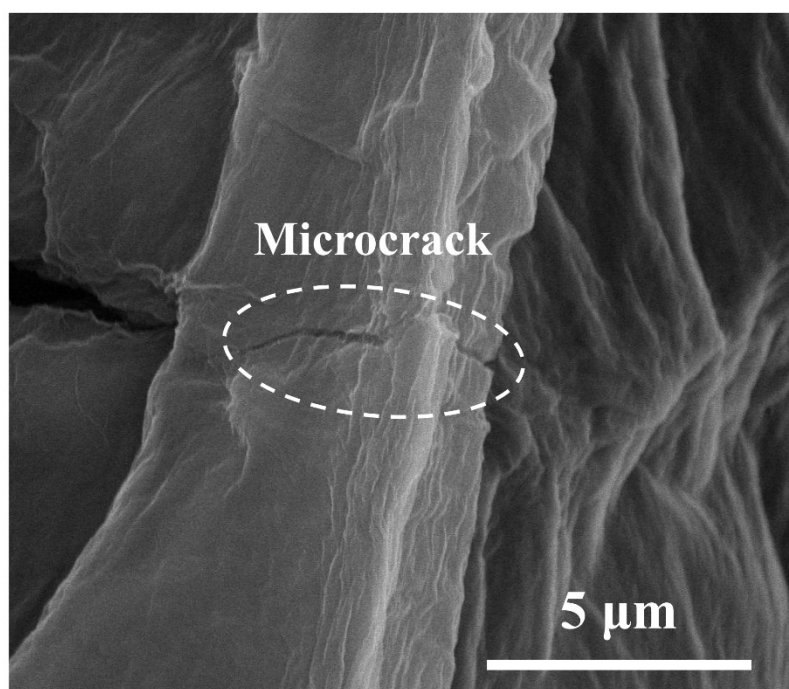


Figure S6 SEM image showing the skeleton with microcrack caused by MW heating.

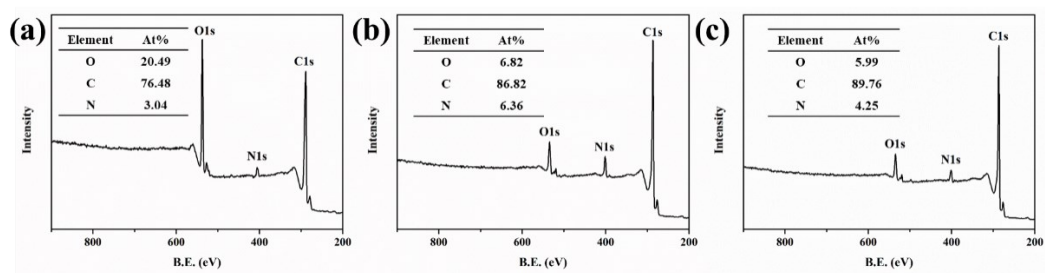


Figure S7 XPS results showing the element composition of GO/CNT@ME sponge upon 0 (a), 6 (b) and 10 s (c) MW irradiation.

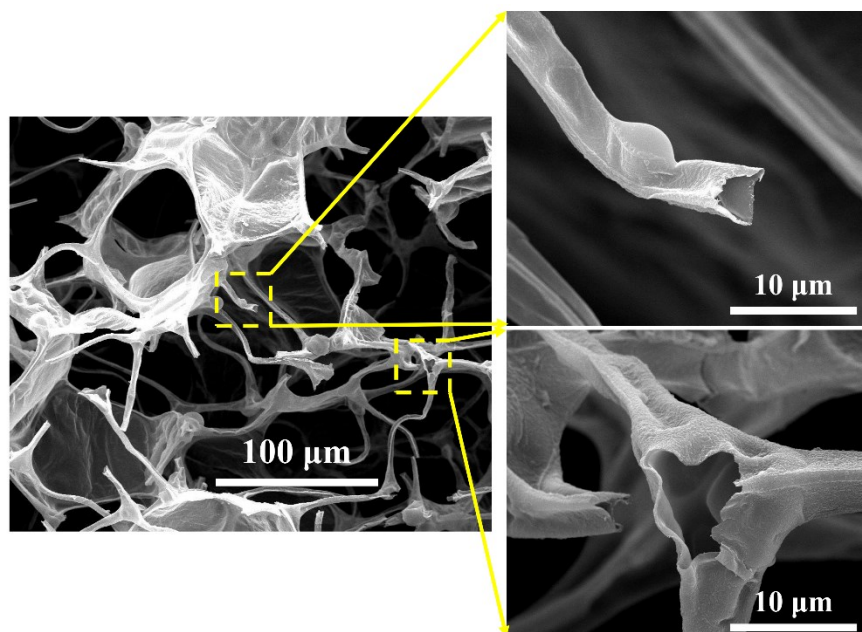


Figure S8 SEM images showing the hollow backbones in MW-treated sponge after the degradation of ME matrix.

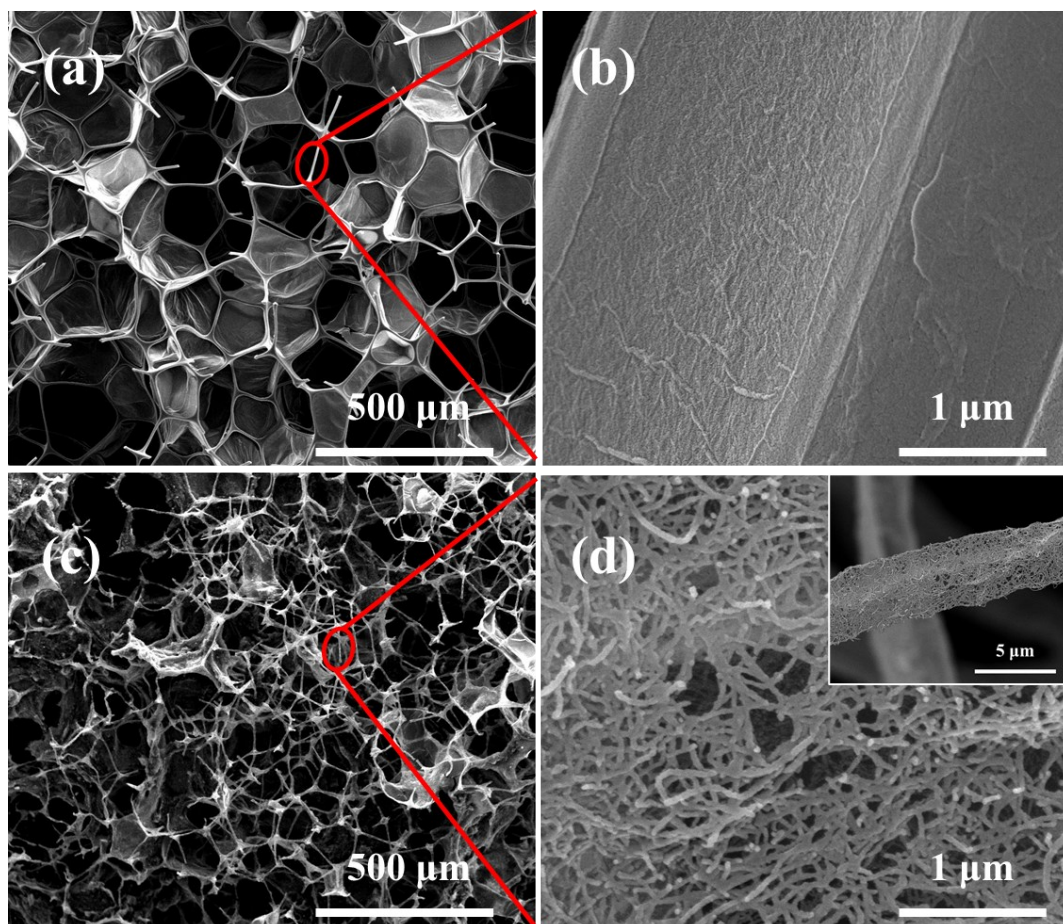


Figure S9 SEM images showing the structure of GO@ME (a, b) and CNT@ME (c, d) sponge after 10 s MW irradiation.

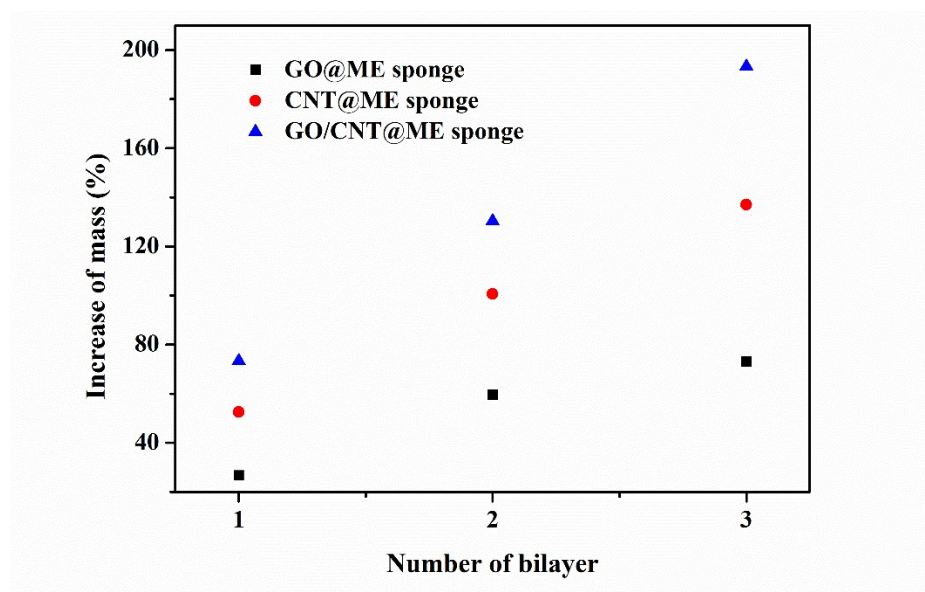


Figure S10 Relative increase of GO, CNT, and GO/CNT coating mass on ME sponge with different number of bilayer.

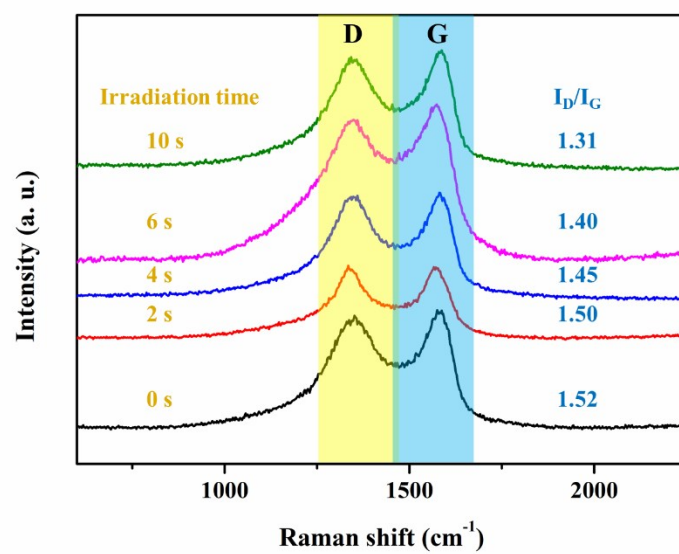


Figure S11 Raman spectra of MW-treated GO/CNT@ME sponge after different irradiation time and the related values of I_D/I_G

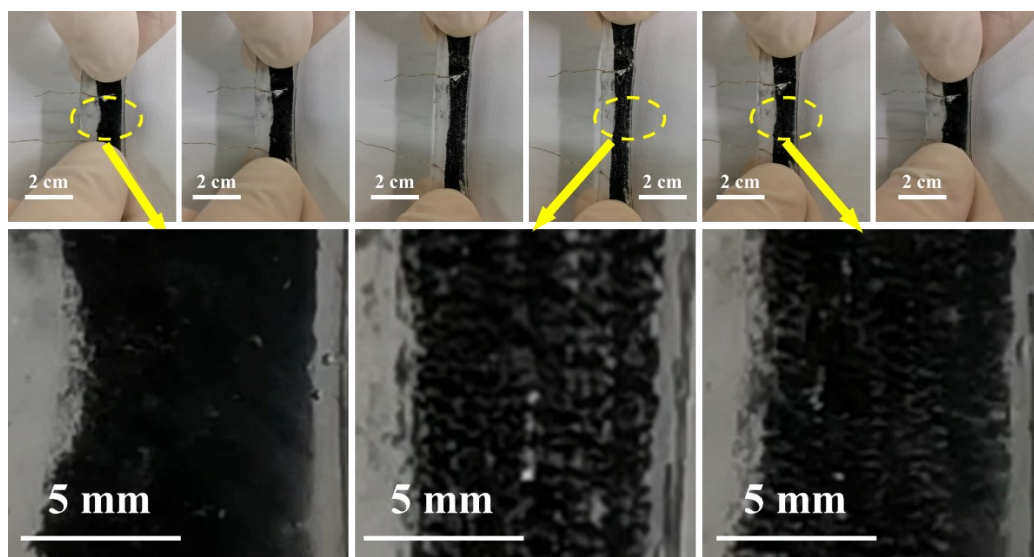


Figure S12 The formation and recovery of cracks in sensor during stretching-release process (bright regions representing the formed cracks among backbones).

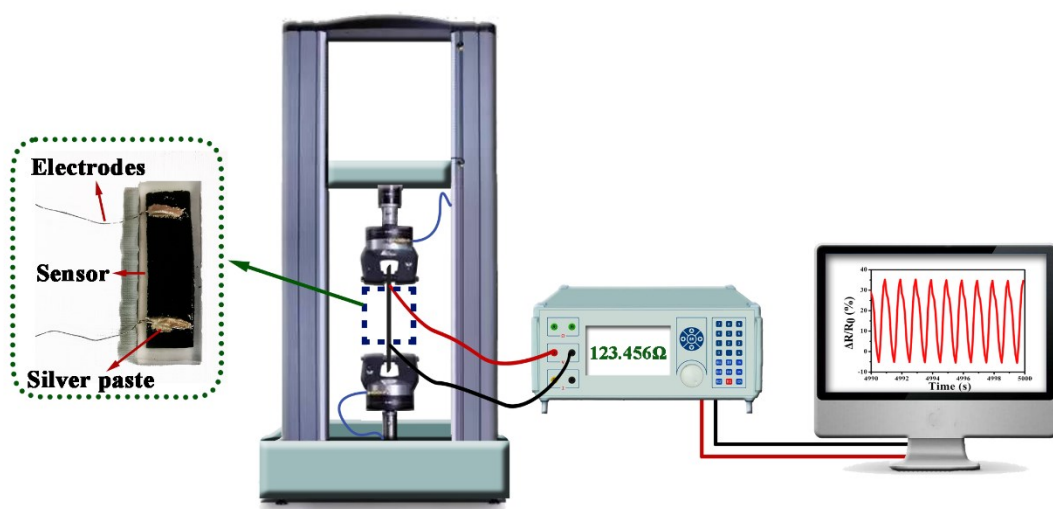


Figure S13 A self-build equipment for evaluating the stretch sensing behavior of MW-treated sponge sensors.

Table S1 Electrical conductivity of GO@ME, CNT@ME and GO/CNT@ME sponge
before and after MW irradiation (10 s)

Sample	Conductivity before MW irradiation (S/m)	Conductivity after MW irradiation (S/m)
GO@ME sponge	$< 10^{-6}$	$< 10^{-6}$
CNT@ME sponge	5.3 ± 0.2	4.0 ± 0.5
GO/CNT@ME sponge	0.57 ± 0.06	38.1 ± 3.0

Table S2 The comparison of sensitivity and durability of our sensor with other stretching sensors

Sensor	Minimum detected strain (%)	Durability (cycle)	Ref
rGO/CNT sponge	~1	>10000	This work
Carbonized silk fabric	~1	>10000	1
Fish-scale-like graphene	~0.1	>5000	2
MWCNTs/elastomer	-	>5000	3
SWNT/MWNT/TPU yarn	-	>2000	4
GnPs/silicon rubber	~2	>1000	5
Graphene/AgNPs/TPU	0.5	>1000	6
Binary rubber/graphene	~20	>300	7
TPU/CNTs/PDMS	<30	>700	8
CNT/TPU	0.5	>10 000	9

Note: SWNT, single-walled carbon nanotube; TPU, thermoplastic polyurethane; GnPs, graphene platelets; PDMS, polydimethylsiloxane.

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