Electronic Supplementary Information (ESI)

High stretchable, bionic self-healing waterborne polyurethane elastic film enabled by multiple hydrogen bonding for flexible

strain sensors

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Figure S1. FTIR spectra of WPU-FM, DFU and AGM.



Figure S2. Images (a) and data bar charts (b) of contact angle of WPU, WPU-F, WPU-M,

WPU-FM films in different periods.



Figure S3. Theoretical structure model of six-fold hydrogen bonds (a), NOESY NMR spectrum of

WPU-FM sample (b).



Figure S4. Tensible strength of WPU-FM sample healed under various conditions (a). The cyclic tensile curves of WPU-FM film healed at 90 °C for 12 h (b), and of the original sample (c), when the strain was 100%. The mechanical properties (d-e) and healing efficiency (f) of WPU, WPU-F and WPU-M film healed at 90 °C for 12 h.



Figure S5. The resistance value (R) of the initial WPU-FM/LM (a) and the healed WPU-

FM/LM (b).



Figure S6. Photographs of WPU R, WPU-F R and WPU-M R film after secondary processing (a). Demonstration of shape memory performance of "Y" shape WPU-FM film (b).



Figure S7. SEM images of the cross-sectional morphology of WPU-FM/LM composite films (LM: 25 wt.% (a), 30 wt.% (b), 35 wt.% (c), 40 wt.% (d), 45 wt.% (e) and 50 wt.% (f).).



Figure S8. $\Delta R/R_0$ vs time of right index finger bend 365 times.



Figure S9. Schematic of the arrangement and shape change of LM micro-droplet particles in WPU-FM/LM composite film during stretching (a). Resistances (b) and relative resistance changes (c) of WPU-FM/LM 0.45 under different temperatures.

Sample -	Atomic (wt. %)			
	С	Ν	0	
WPU	69.31	2.17	28.52	
WPU-F	72.75	2.05	25.20	
WPU-M	67.75	2.11	30.14	
WPU-FM	72.73	1.93	25.34	

Table S1. Elemental composition of the samples.

Table S2. The healing efficiency of WPU-FM film under different conditions.

WPU-FM		Self-healing efficiency	Tensile strength	Elongation at break
		(%)	(MPa)	(%)
80 °C	12 h	27.94	5.89	22.65
	24 h	73.50	15.50	182.00
85 °C	24 h	71.41	18.85	451.72
90 °C	12 h	99.78	21.05	348.87
	24 h	104.32	23.15	360.04
	36 h	109.43	24.28	353.00
100 °C	6 h	77.51	17.20	326.67
	12 h	79.28	17.59	342.50
110 °C	6 h	82.03	18.20	360.00
	12 h	83.13	18.45	393.33