

## Electronic Supplementary Information

### **Flexible and stretchable triboelectric nanogenerator based on medical conductive hydrogel for biomechanical energy harvesting and electronic switches**

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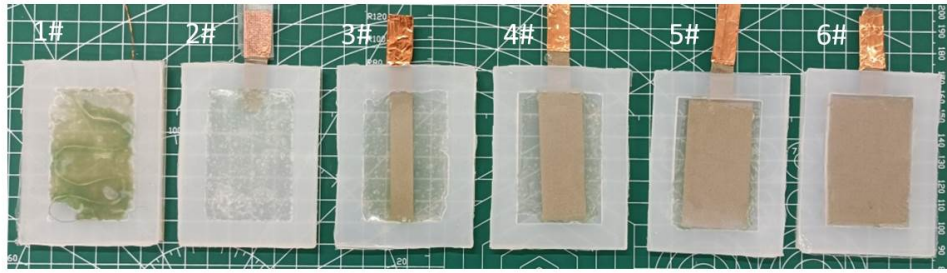


Figure S1. Optical photograph of samples of the 1#-6# MCH-TENGs after being stored for two months.

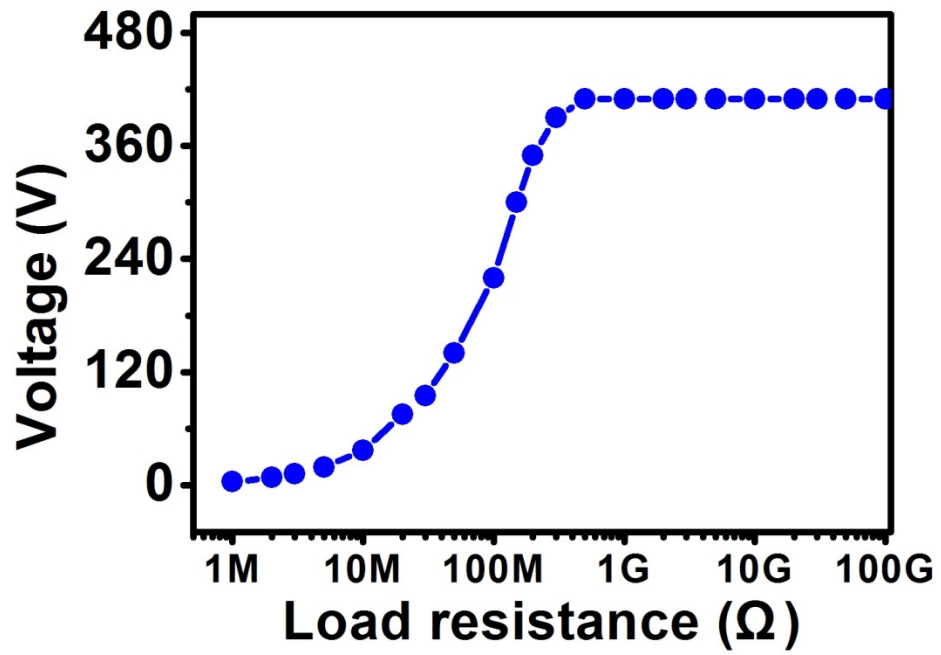
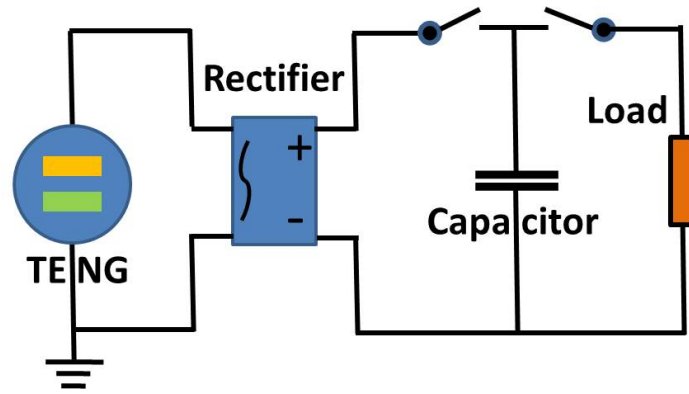
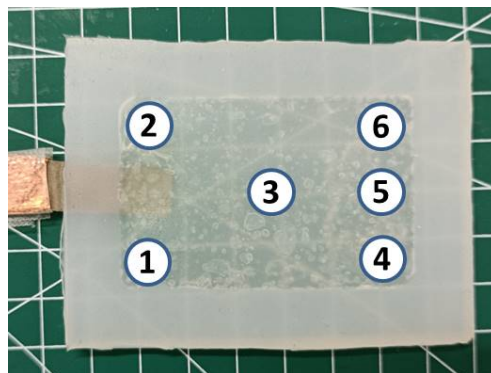


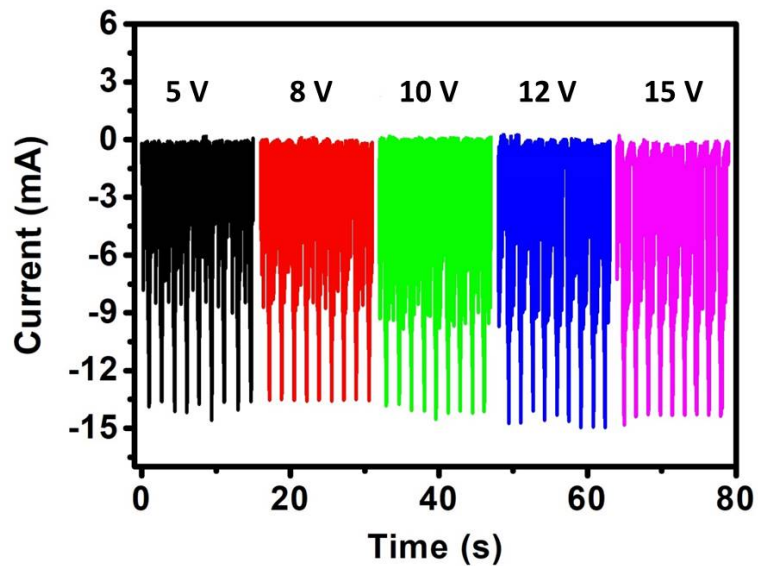
Figure S2. The load resistance dependence of the voltage of the 2# MCH-TENG (2.0 Hz).



**Figure S3.** Rectifier equivalent circuit for charge and discharge of small electronic equipment.



**Figure S4.** Photograph of the pressed sites 1-6 of the 2# MCH-TENG.



**Figure S5.** The relationship between the current ( $I_E$ ) of the Darlington transistor and the voltage ( $V_{CE} = 5, 8, 10, 12$  and  $15$  V) when the Darlington transistor worked in the amplification state ( $0.6$  Hz).

## **Supporting Movies**

**Supporting Movie S1.** Demonstration of 240 LEDs in series lighted up by the 2# MCH-TENG (3.0 Hz).

**Supporting Movie S2.** Sustainably driving an electronic watch with a capacitor (10  $\mu$ F) charged by the 2# MCH-TENG.

**Supporting Movie S3.** Sustainably driving a calculator with a capacitor (33  $\mu$ F) charged by the 2# MCH-TENG.

**Supporting Movie S4.** Demonstration of the 2# MCH-TENG for stretching energy harvesting.

**Supporting Movie S5.** The current amplification circuit is connected to electronic counter ( $V_{cc}=5$  V).

**Supporting Movie S6.** The current amplification circuit is connected to LED light strip ( $V_{cc}=12$  V).

**Supporting Movie S7.** The current amplification circuit is connected to LED Light board ( $V_{cc}=18$  V).