

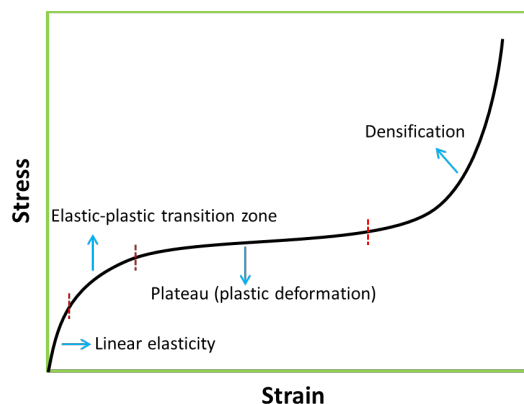
# Electromagnetic Interference Shielding in Soft, Lightweight, and Flexible Conducting Polymer-based Sponges

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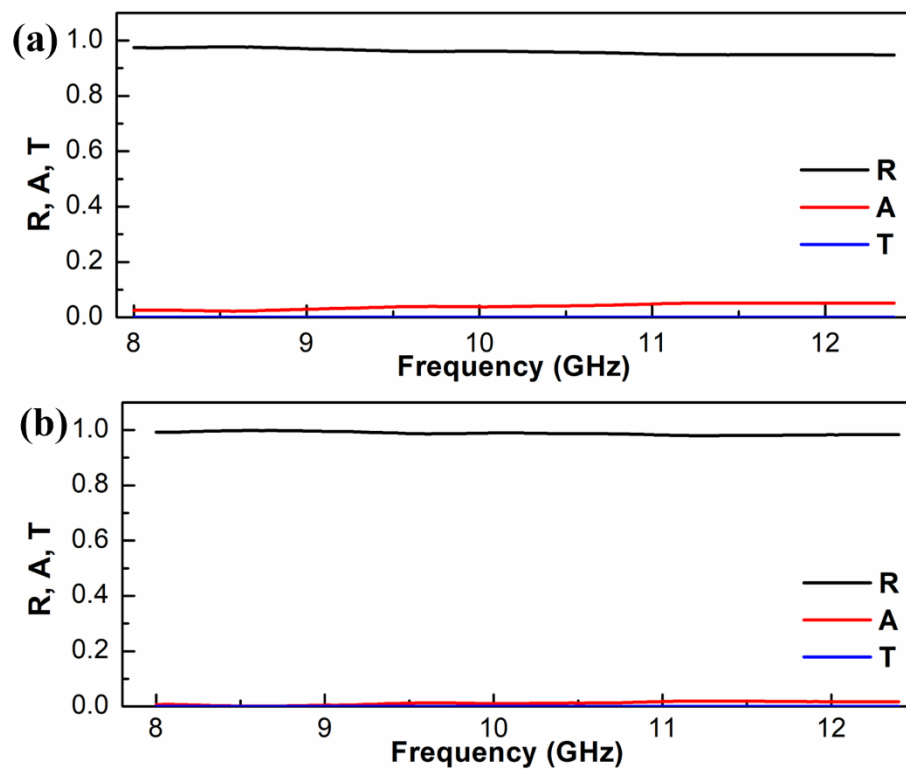
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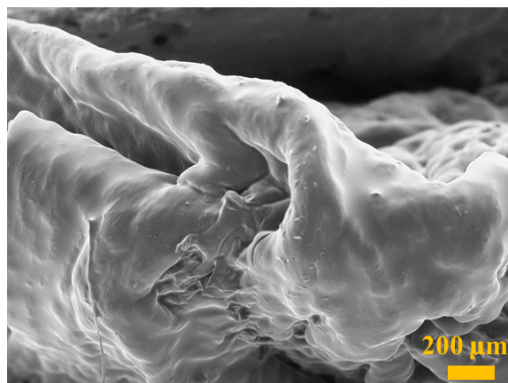
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**Fig. S1:** Schematic representation of stress-strain behaviour of a typical sponge-like material under compression. Different arrows in the schematic indicate different regions of deformation.



**Fig. S2:** Plot of variation of R, A, and T as a function of frequency for (a) type-I PEDOT:PSS sponge (b) type-II PEDOT:PSS sponge. Black, red, and blue solid lines represent data points corresponding to R, A, and T.



**Fig. S3:** SEM image of cross-section of a type-II PEDOT:PSS sponge [scale bar: 200 μm].