## **Supporting Information**

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Fig. S1. Background-subtracted Li K-edge electron energy loss spectroscopy (EELS) spectrum from 1.1-V lithiation-treated MoS<sub>2</sub> nanofilm on MPGC after ethanol cleaning. (*Inset*) Red circle is the position where the EELS spectrum was obtained.



**Fig. S2.** Characterization of 0.8-V lithiated MoS<sub>2</sub>. (*A*) Deep Li discharge process and the Li reaction with ethanol or water exfoliate MoS<sub>2</sub> which could destroy the bonds between the active material and the substrate. Scale bar, 10 nm. (*B*) Polarization curves of bare MPGC electrode, Pt wire, and MoS<sub>2</sub> on MPGC lithiated to 1.2, 1.1, and 0.8 V vs. Li<sup>+</sup>/Li. The 0.8-V MoS<sub>2</sub> shows degraded HER activity.



**Fig. S3.** SEM images of pristine and 1.1-V lithiation-treated MoS<sub>2</sub>. (*A*) SEM image of pristine MoS<sub>2</sub> with pinholes formed during the sulfurization process due to the roughness of the substrate. (*B*) SEM image of 1.1-V lithiation-treated MoS<sub>2</sub> shows that the original pinholes were opened up during the lithiation and Li-ethanol reaction process. The nanofilm around the pinholes was easier to be peeled off but still maintain the electric contact with the substrate. Scale bar, 2 µm.



**Fig. S4.** XPS spectra of pristine and Li electrochemically intercalated MoS<sub>2</sub>. S  $2p_{1/2}$  and  $2p_{3/2}$  peaks of pristine MoS<sub>2</sub> are located at 163.1 and 162.0 eV, respectively. The peaks have no obvious shift when MoS<sub>2</sub> is discharged to 1.8 and 1.5 V vs. Li<sup>+</sup>/Li. Additional peaks emerge when 2H (green line) to 1T (orange line) MoS<sub>2</sub> phase transition happens. The 1T S  $2p_{1/2}$  and  $2p_{3/2}$  peaks are shifted toward 0.8 eV lower binding energies.



**Fig. S5.** Nyquist plots of impedance spectroscopy analysis of the electrochemical cells setup, where  $1-cm^2$  bare MPGC and pristine and 1.1-V lithiation-treated MoS<sub>2</sub> nanofilms on it were used as working electrodes. The measurement was performed at -0.2 V vs. RHE. The series resistances are  $1.51 \Omega$  for MPGC electrode, 1.68  $\Omega$  for MoS<sub>2</sub> electrode, and  $1.53 \Omega$  for 1.1-V lithiation-treated MoS<sub>2</sub>. The series resistance primarily comes from wiring and the electrolyte, whereas the resistance of MoS<sub>2</sub> nanofilm is negligible.



**Fig. S6.** Characterizations of ALD  $MoS_2$  and lithiated ALD  $MoS_2$ . (A) TEM image of ALD  $MoS_2$  synthesized on  $SiO_2$ -Si substrate for sample preparation. The surface is covered by the edges, showing the same structure with  $MoS_2$  converted from Mo illustrated in Fig. 2. Scale bar, 5 nm. (*B*) Raman spectrum of ALD  $MoS_2$  on CFP. (*C*) Tafel plots of pristine and lithiated ALD  $MoS_2$  on CFP and Pt wire, with Tafel slopes of 98, 44, and 30 mV per decade, respectively. (*D*) Stable cathodic currents around 10 and 20 mA/cm<sup>2</sup> were observed for at least 5 h when constant voltages at 175 and 190 mV vs. RHE (iR-corrected) were applied on 0.7-V lithiation-treated ALD  $MoS_2$  catalyst on CFP.



Fig. 57. XPS spectra of 1.1-V lithiated MoS<sub>2</sub> before and after electrochemical cycling in acid environment. The ratios of 2H to 1T MoS<sub>2</sub> before and after cycling are 0.86 and 0.78, showing no obvious change. The 1T phase MoS<sub>2</sub> is stable during the hydrogen evolution process.



Fig. S8. Auger element mapping of ALD MoO<sub>3</sub> on CFP. (A) SEM image of CFP. (B and C) SEM images of ALD MoO<sub>3</sub> on CFP. (D and E) Auger electron microscopy element mapping at the same area in (C) for O and Mo, respectively. (A and B) Scale bar, 20  $\mu$  m. (C–E) Scale bar, 10  $\mu$  m.

Table S1.	Inductively coupled plasma mass spectroscopy results
of lithiatio	n-treated MoS <sub>2</sub> on CFP after different processes

Materials	Li:Mo atomic ratio, %
1. MoS <sub>2</sub> on CFP after lithiation process	287.0
2. Lithiated MoS <sub>2</sub> on CFP after ethanol cleaning	16.5
3. Lithiation-treated MoS <sub>2</sub> after 1,000 cycles	8.6

 $MoS_2$  was synthesized on carbon fiber paper and lithiated to 0.7 V vs. Li<sup>+</sup>/Li. Sample 1 was prepared after the catalyst was discharged to 0.7 V and washed in diethyl carbonate in the glovebox to remove the electrolyte. Sample 2 was made after the lithiated  $MoS_2$  was washed by ethanol. Sample 3 was taken after 1,000 CV cycles in  $H_2SO_4.$ 

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