

S2 Table. Values of $B (\times 10^{-3})$ for Young's modulus E ranging from 1~10 kPa and thicknesses h from 5~10 nm.

E (kPa) h (nm)	1	2	3	4	5	6	7	8	9	10
5	3.45	5.23	9.11	11.02	14.68	15.53	19.43	23.13	24.61	29.86
6	3.89	5.92	10.28	12.43	16.56	17.52	21.92	26.12	27.78	33.68
7	4.24	6.43	11.20	13.55	18.05	19.10	23.89	28.44	30.27	36.72
8	4.92	7.43	12.93	15.64	20.84	22.05	27.59	32.84	34.94	42.40
9	5.21	7.89	13.75	16.64	22.16	23.45	29.33	34.92	37.16	45.08
10	5.42	8.21	14.31	17.33	23.04	24.38	30.51	36.32	38.64	46.92