Supplementary information

The layer stacking distance (L_c) and the longitudinal size of structural elements (L_a) were calculated according to the formula (Scherrer equation):

$$L_{\rm c} = \frac{K\lambda}{\beta\cos\theta} \tag{1}$$

where K=0.89; λ is the X-ray wavelength ($\lambda_{Cu}=0.154056 \text{ nm}$); β is the half-height width of diffraction peak; θ is the diffraction angle.

$$L_{\rm a} = \frac{2.4 \times 10^{-10} \times \lambda^4}{I_{\rm D}/I_{\rm G}}$$
(2)

Based on Fick's second law, the Na⁺ diffusion coefficient can be calculated by the following general equation:

$$D_{\mathrm{Na}^{+}} = \frac{4}{\pi\tau} \left(\frac{m_{\mathrm{B}} V_{\mathrm{M}}}{M_{\mathrm{b}} S} \right)^{2} \left(\frac{\Delta E_{\mathrm{S}}}{\Delta E_{\mathrm{\tau}}} \right)^{2}$$
(3)

where τ is the current pulse time (s); M_b , V_M and m_R are the molecular weights (g/mol), molar volume (cm³/mol), and mass of the active material (g), respectively; S is the explored area (cm²); and ΔE_s and ΔE_τ are the change in steady-state voltage and cell voltage caused by the current pulse, respectively.



Figure S1 (a) Raman spectra of mid-product after ball-milling; (b) FT-IR of mid-product after ballmilling



Figure S2 SEM images of different bamboo-derived hard carbon samples: (a) BHC-Q10; (b) BHC-Q20; (c) BHC-Q40; (d) BHC-Q60



Figure S3 XPS spectra hard carbon samples derived from bamboo



Figure S4 (a–c) C 1s and (d–f) O 1s high-resolution spectra of hard carbon samples derived from bamboo: (a, d) BHC-Q10; (b, e) BHC-Q40; (c, f) BHC-Q60



Figure S5 Cyclic voltammograms recorded at a scan rate of 0.1 mV/s for (a) BHC-Q10, (b) BHC-Q40, and (c) BHC-Q60; Galvanostatic charge/discharge profiles at a current rate of 0.05*C* for (d) BHC-Q10, (e) BHC-Q40 and (f) BHC-Q60

Table S1	S_{BET} of	mid-produ	ict after b	all-milling
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DEL DEL	1	0			
Mid-product	PB-Q0	PB-Q10	PB-Q20	PB-Q40	PB-Q60
$S_{\text{BET}}/(\text{m}^2 \cdot \text{g}^{-1})$	255.76	395.87	277.87	444.49	352.73

curoon							/0
Sample	Carbon content	C—C	C—O—C	0—C=0	Oxygen content	C==0	С—ОН
BHC-Q0	89.01	22.45	68.15	9.40	10.99	52.41	47.59
BHC-Q10	96.83	51.54	39.82	8.65	3.17	88.81	11.18
BHC-Q20	94.36	50.78	40.64	8.59	5.64	77.69	22.31
BHC-Q40	95.91	57.07	33.44	9.49	4.09	81.61	18.39
BHC-Q60	96.81	51.12	40.11	8.78	3.19	56.34	43.63

 Table S2 Proportion of carbon and oxygen elements and functional groups in bamboo-derived hard carbon
 %