

SUPPORTING INFORMATION

Confocal Fluorescence-Lifetime Single-Molecule Localisation Microscopy

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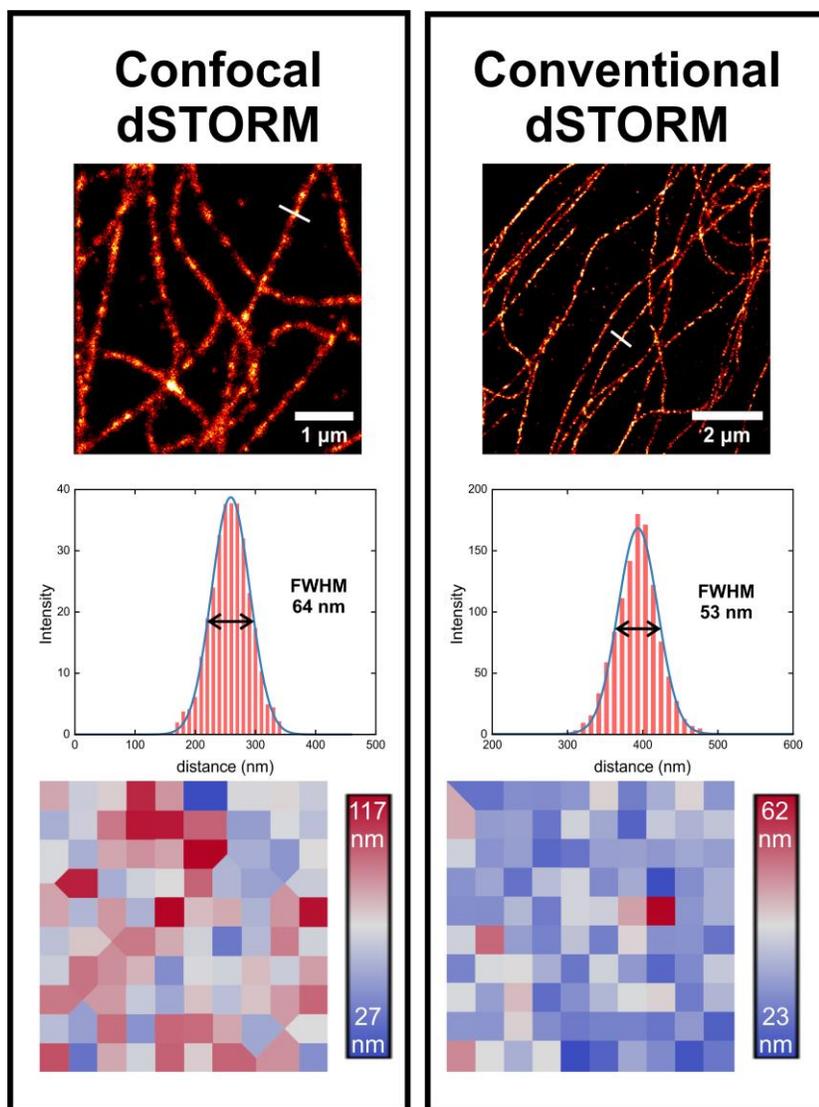


Figure S1. dSTORM imaging of Alexa 647 labelled tubulin in hMS cells. **(left)** Confocal dSTORM super-resolved image, intensity profile across the individual microtubule, FRC map of the corresponding region of interest. **(right)** Conventional dSTORM super-resolved image, intensity profile across the individual microtubule, FRC map of the corresponding region of interest.

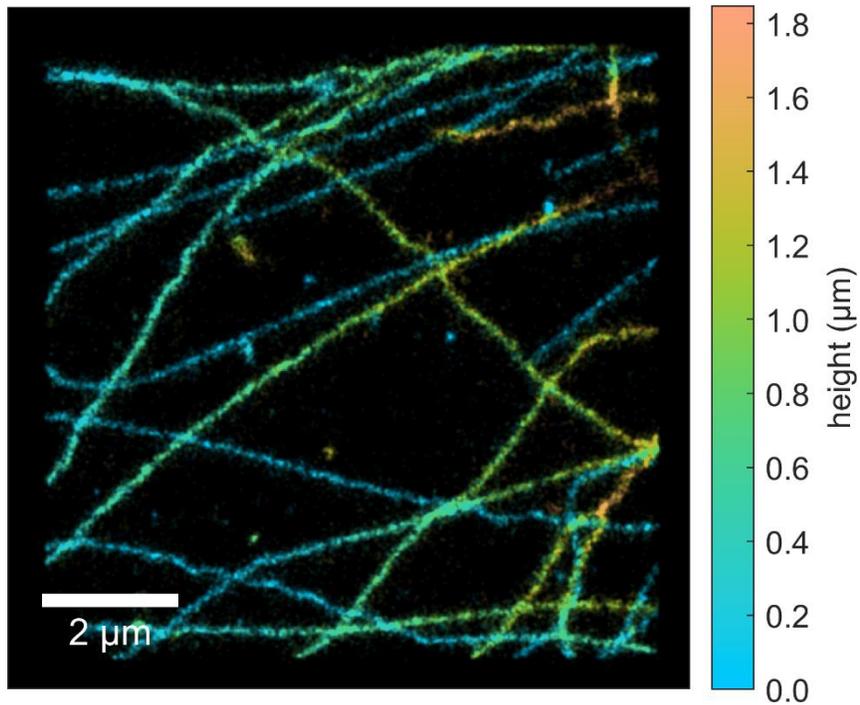


Figure S2. Confocal sectioning. 3D dSTORM image of Alexa647 labelled microtubules in fixed COS-7 cells. The localisations are colour-coded according to their z position. The image was generated from the corresponding $2.1\ \mu\text{m}$ z -stack with the step of $300\ \text{nm}$.

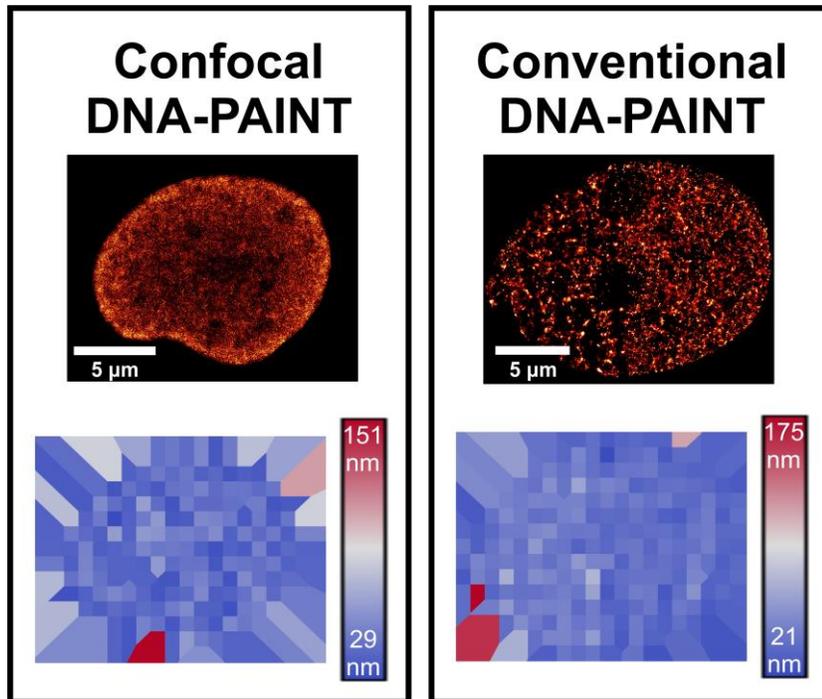


Figure S3. DNA-PAINT imaging of cellular chromatin in COS-7 cells utilising DNA-labelled ATTO 655. (left) Confocal DNA-PAINT super-resolved image and FRC map of the corresponding region of interest. (right) Conventional DNA-PAINT super-resolved image and FRC map of the corresponding region of interest.

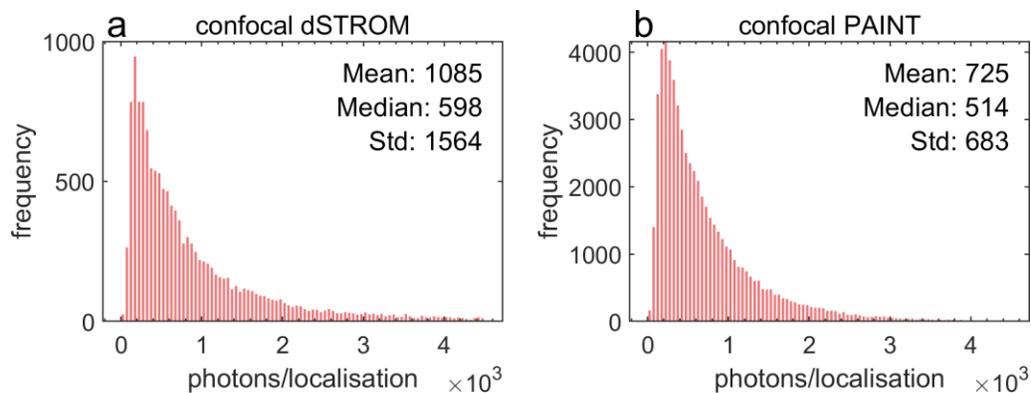


Figure S4. Histograms of detected photons for cell measurements shown in Fig. 2. (a) Confocal dSTORM utilizing Alexa 647 labelled secondary antibodies. (b) Confocal DNA-PAINT utilising DNA-labelled ATTO 655. The given number of photons is based on the amplitude and width of the fitted Gaussian above the background.

Name	Sequence 5'→3'	5' Modification	3' Modification
Strand 1 for Beads (SB1)	GCAGCCACAACGT TATCATCGATT	-	Alexa 647 / ATTO 655
Strand 2 for Beads (SB2, complementary to SB1)	AATCGATGATAGACGTTGTGGCTGC	biotin	-
PAINT Strand 1 (PS1)	GTAATGAAGA	-	ATTO 655
Docking Strand 2 (PS2, complementary to PS1)	TCTTCATTAC	Nanobody	-

Table S1. DNA sequences with modifications

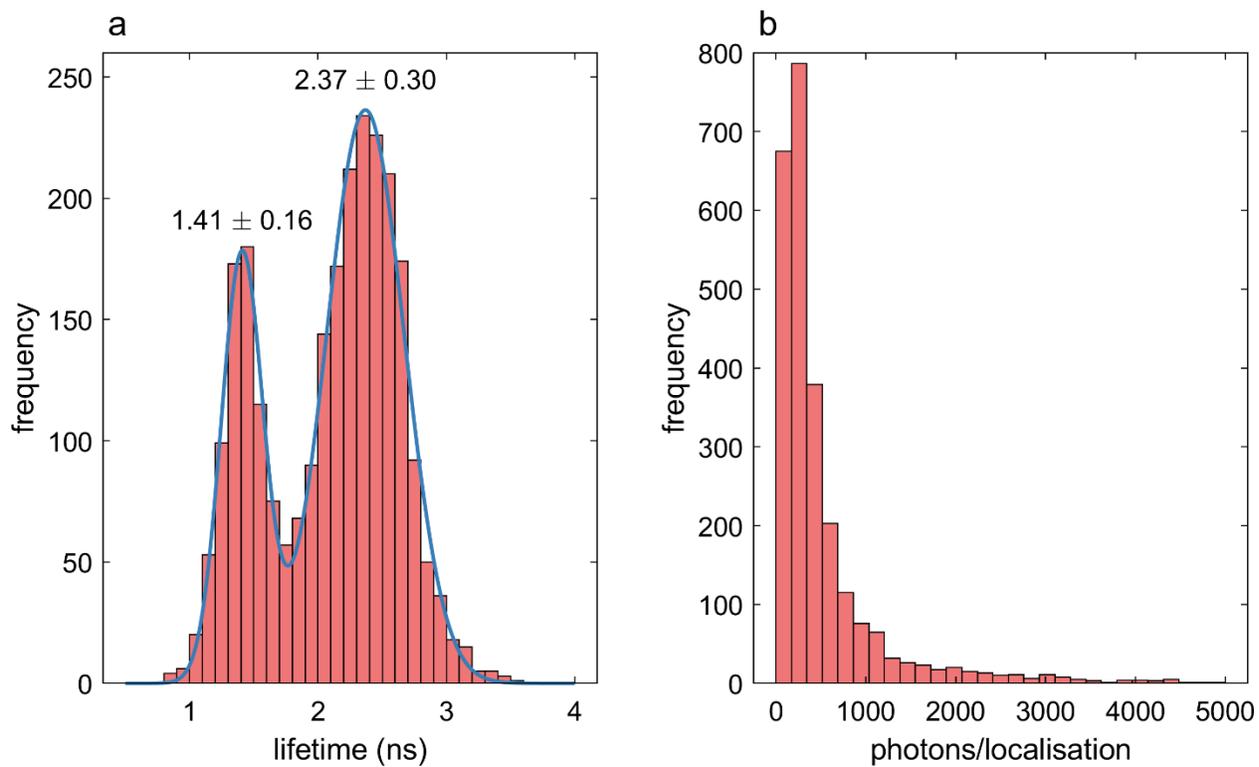


Figure S5. Histograms corresponding to the localisations in the bead measurement shown in Fig. 3. (a) Histogram of the fluorescence lifetimes. (b) Histogram of the number of photons.

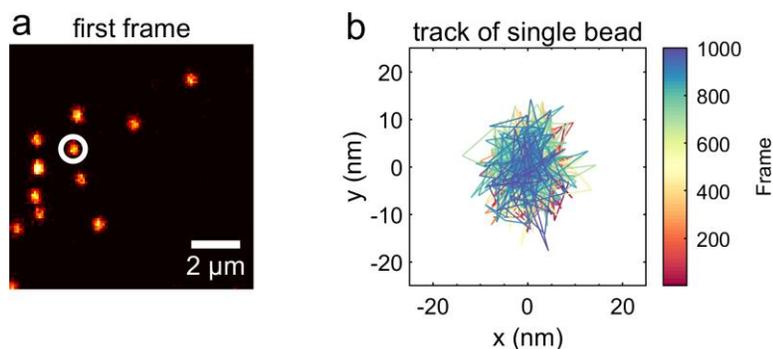


Figure S6. Scanning confocal measurement of TetraSpeck microspheres. (a) First frame of the stack. **(b)** Drift corrected position of the highlighted bead.

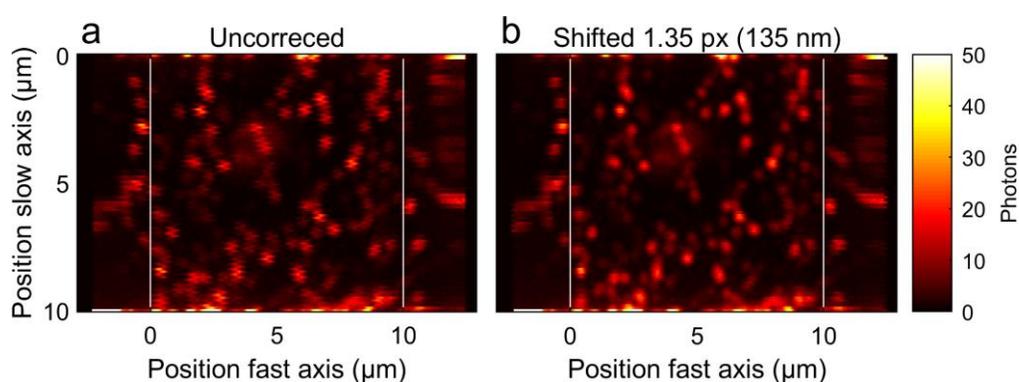


Figure S7. Correction of line mismatch between forward and reverse scan.

(a) Uncorrected image. **(b)** Corrected image. For the localisation, the central part between the white lines is used and the image is generated with quadratic pixels.

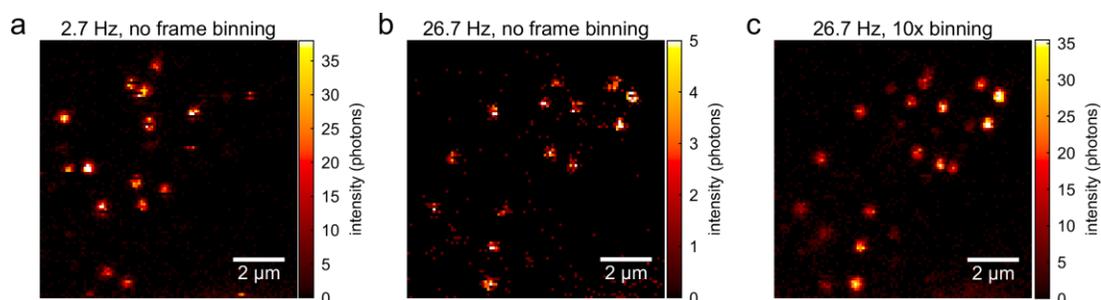


Figure S8. Influence of the scan speed and frame binning.

Single frame from a measurement of the same ROI at a frame rate of **(a)** 2.7Hz and **(b, c)** 27 Hz. In **(c)**, 10 subsequent scans were summed (binned) to create one frame. The intensity scale in each panel was adjusted to cover 0 to the 0.999 quantile. Sample: Alexa 647 labelled β -tubulin (COS7 cell) in D₂O with 20 mM MEA.

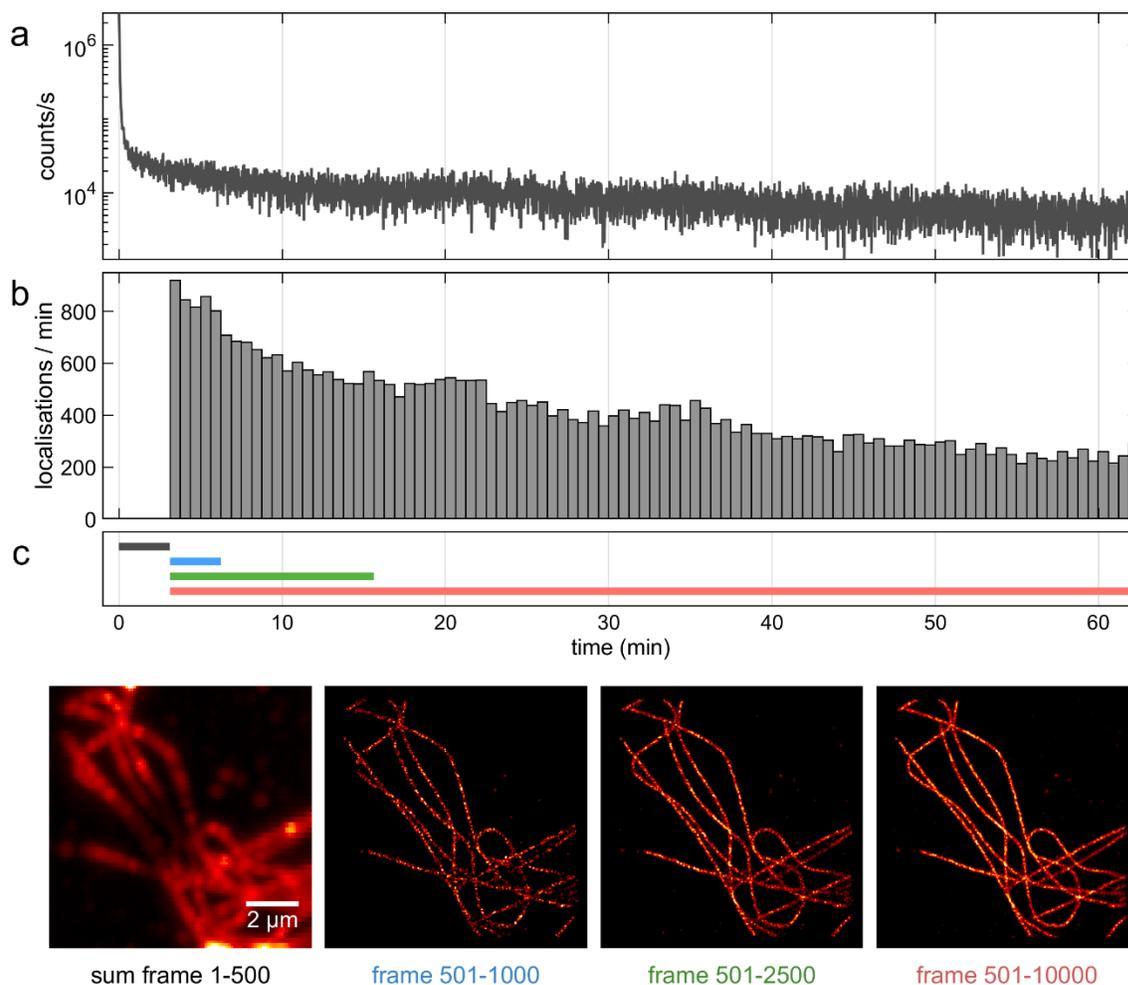


Figure S9. Reconstructions for different measurement durations, development of count rate and number of localisations over time.

(a) Photon count rate over the course of the measurement. (b) Number of localisations over time. During the first several minutes, the fluorophores are switched off. Therefore, the first 500 frames are excluded from this analysis. (c) Sum of the first 500 frames and reconstructions including localisation from an increasing number of frames. The intensity scale in each panel was adjusted to cover 0 to the 0.999 quantile. Sample: Alexa 647 labelled β -tubulin (COS7 cell) in D_2O with 20 mM MEA, analysed with 10x frame binning.