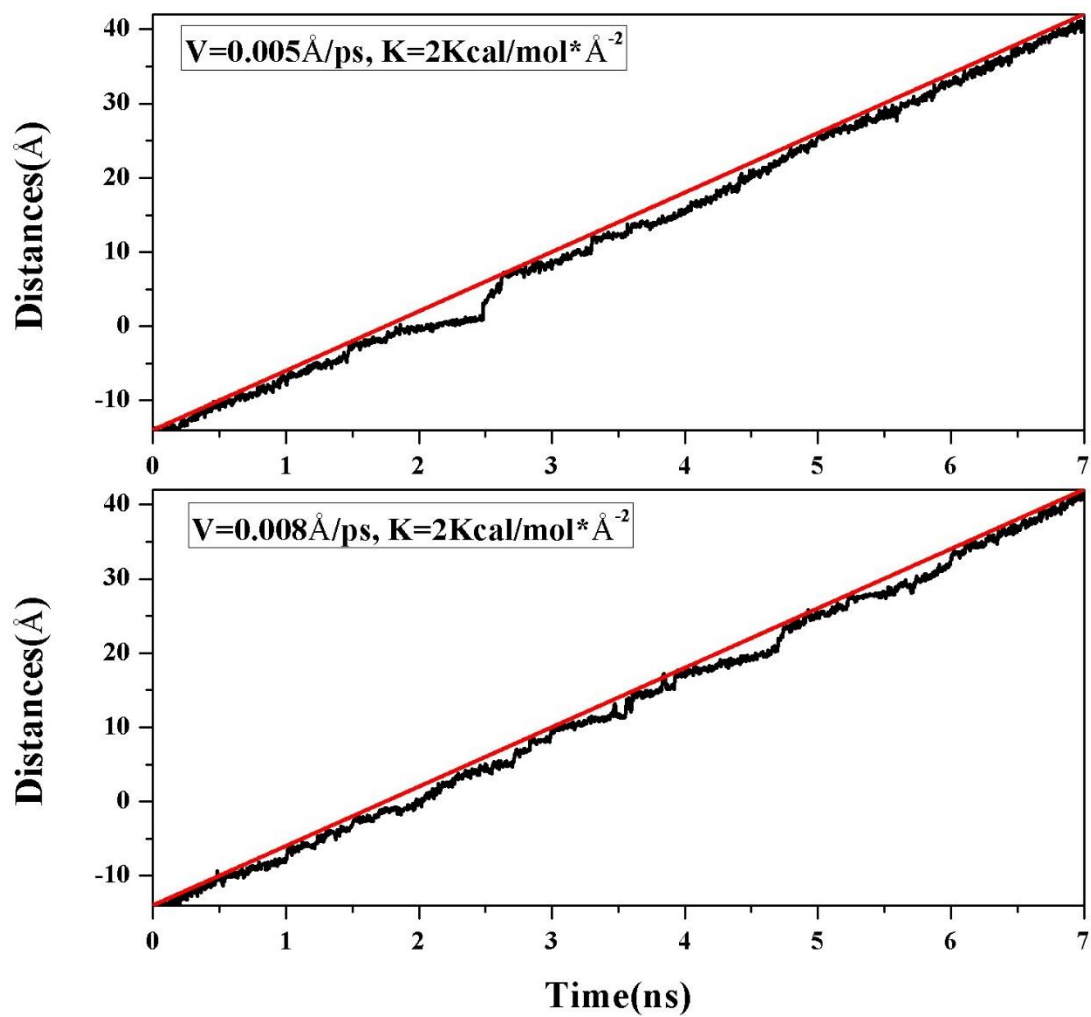


**Figure S1.** SMD parameter correction. For the Chr2-cis system,  $K=0.5 \text{ kcal/mol} \cdot \text{ \AA}^{-2}$  remains unchanged, and  $V$  was set as 0.005 and 0.008  $\text{ \AA/ps}$ .



**Figure S2.** SMD parameter correction. For the ChR2-cis system,  $K=2\text{ kcal}/\text{mol}\cdot\text{\AA}^{-2}$  remains unchanged, and  $V$  was set as 0.005 and 0.008  $\text{\AA}/\text{ps}$ .

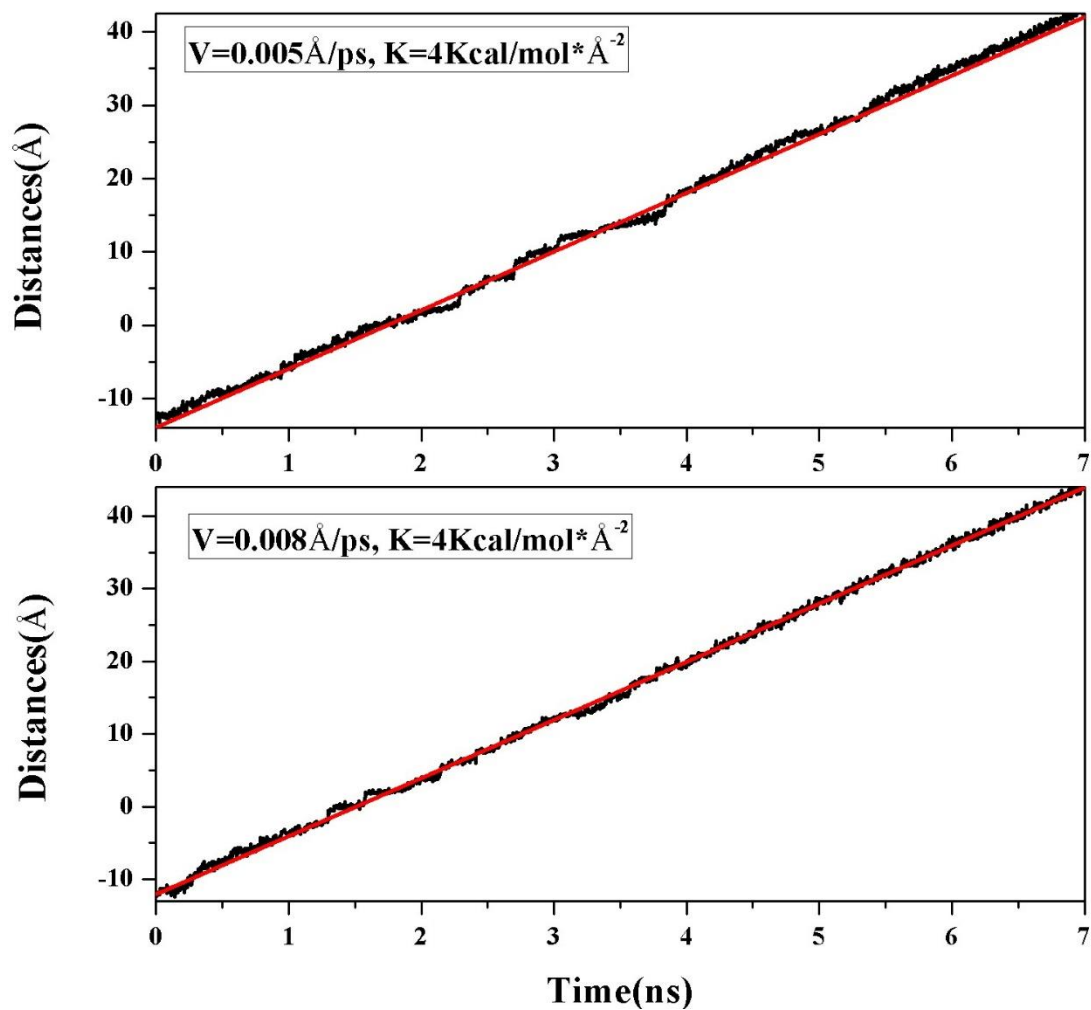


Figure S3. SMD parameter correction. For the ChR2-cis system,  $K=4 \text{ kcal/mol} \cdot \text{ \AA}^{-2}$  remains unchanged, and  $V$  was set as  $0.005$  and  $0.008 \text{ \AA/ps}$ .

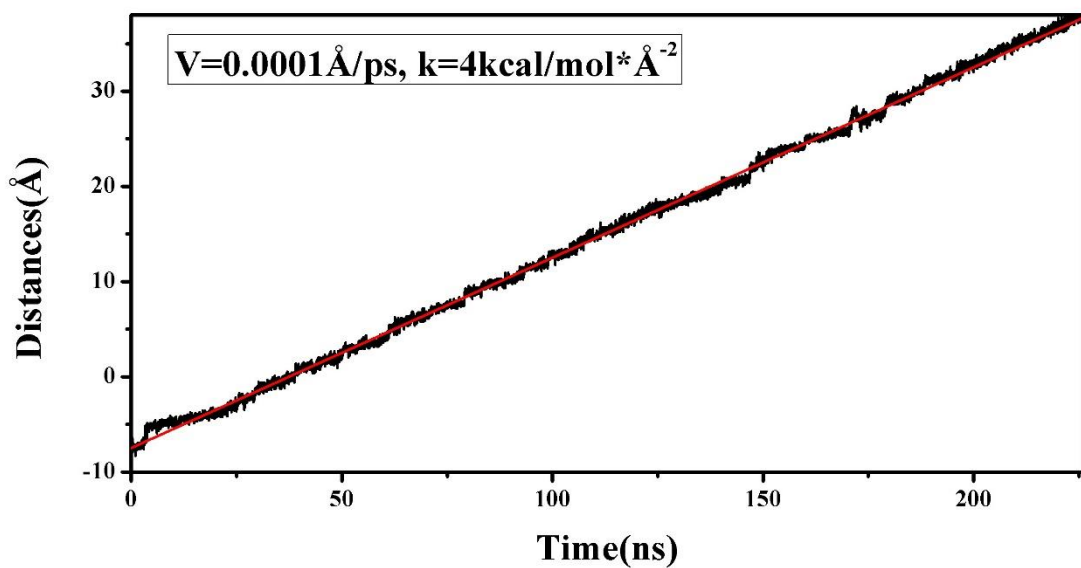
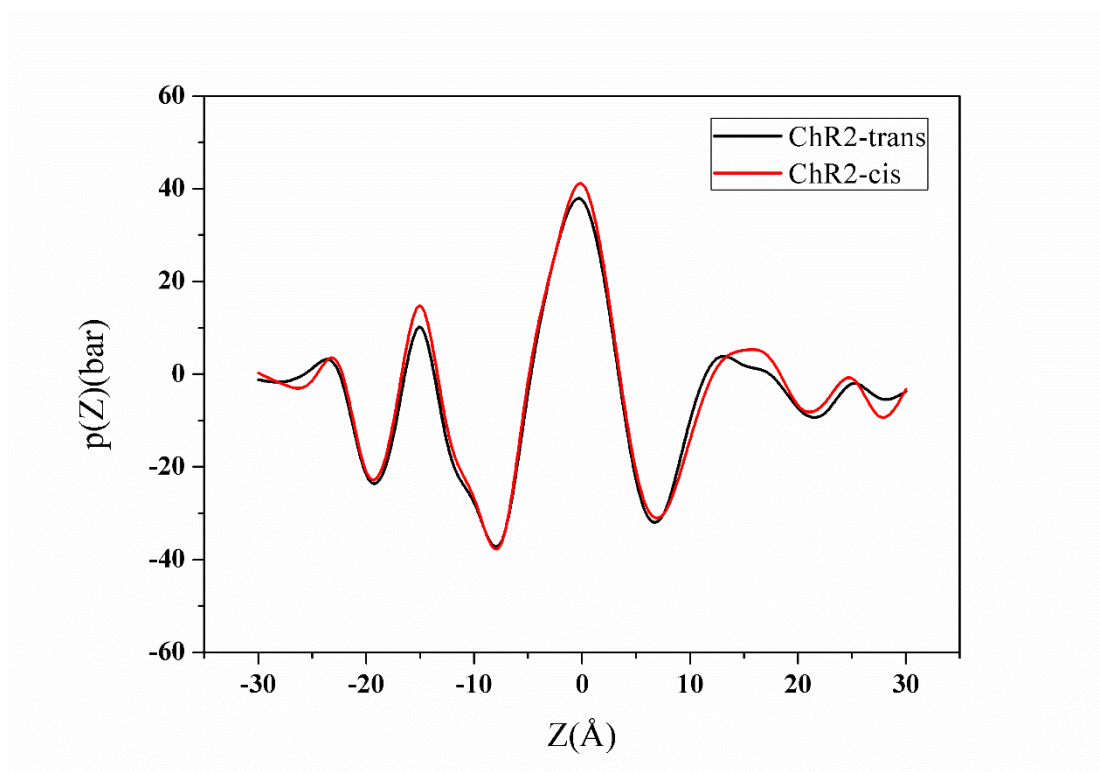
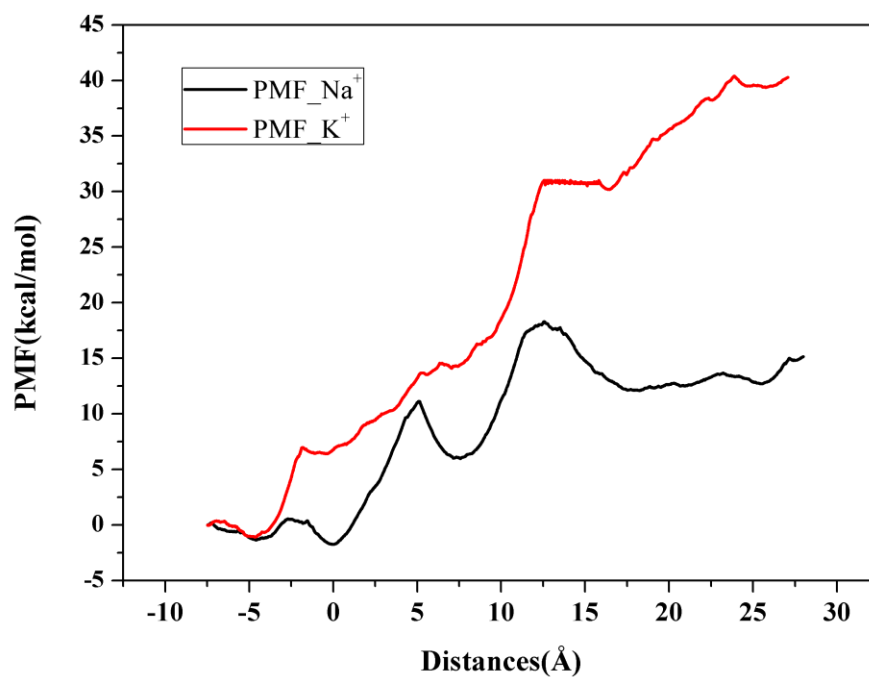


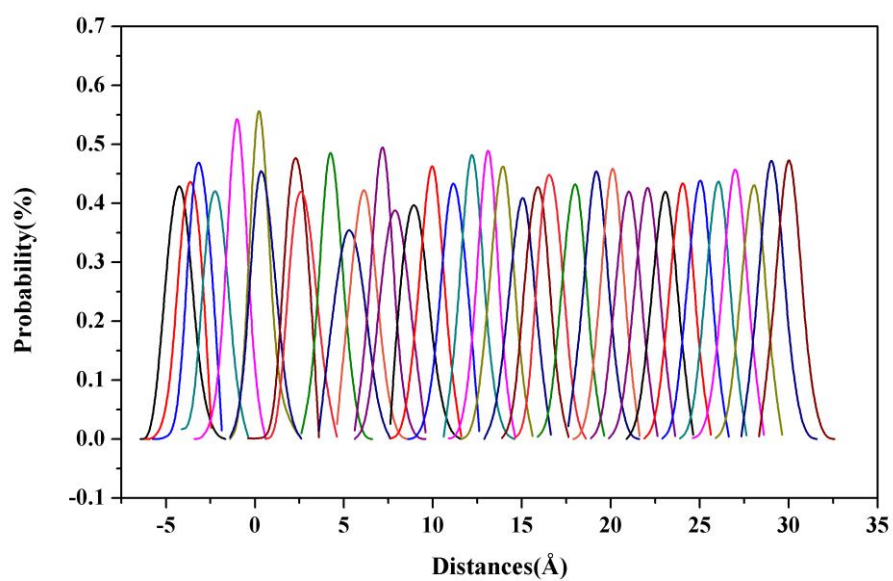
Figure S4. SMD parameter correction. For the ChR2-cis system,  $K=4 \text{ kcal/mol} \cdot \text{ \AA}^{-2}$  and  $V$  was set as  $0.0001 \text{ \AA/ps}$ .



**Figure S5.** Total pressure profiles for POPC bilayers at the ChR2-trans (black) and ChR2-cis (red) systems. The z coordinate is defined normal to the bilayer with origin in the bilayer center of mass [1].



**Figure S6.** Potential of mean force (PMF) reconstructed using the Jarzynski equality and SMD trajectory for Na<sup>+</sup> (black) and K<sup>+</sup> (red) permeation across an ion channel in the ChR2-cis system.



**Figure S7.** Histograms calculated from the trajectory data for the US simulations for every nanosecond.

## References

1. Jacob, S.; Hansen, F. Y.; Peters, G. H. Methodological problems in pressure profile calculations for lipid bilayers. *J. Chem. Phys.* **2005**, *122*, 124903.