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## Reporting Summary

Nature Portfolio wishes to improve the reproducibility of the work that we publish. This form provides structure for consistency and transparency in reporting. For further information on Nature Portfolio policies, see our [Editorial Policies](#) and the [Editorial Policy Checklist](#).

### Statistics

For all statistical analyses, confirm that the following items are present in the figure legend, table legend, main text, or Methods section.

n/a Confirmed

- ☐ ☒ The exact sample size ( $n$ ) for each experimental group/condition, given as a discrete number and unit of measurement
- ☐ ☒ A statement on whether measurements were taken from distinct samples or whether the same sample was measured repeatedly
- ☐ ☒ The statistical test(s) used AND whether they are one- or two-sided  
*Only common tests should be described solely by name; describe more complex techniques in the Methods section.*
- ☒ ☐ A description of all covariates tested
- ☒ ☐ A description of any assumptions or corrections, such as tests of normality and adjustment for multiple comparisons
- ☐ ☒ A full description of the statistical parameters including central tendency (e.g. means) or other basic estimates (e.g. regression coefficient) AND variation (e.g. standard deviation) or associated estimates of uncertainty (e.g. confidence intervals)
- ☐ ☒ For null hypothesis testing, the test statistic (e.g.  $F$ ,  $t$ ,  $r$ ) with confidence intervals, effect sizes, degrees of freedom and  $P$  value noted  
*Give  $P$  values as exact values whenever suitable.*
- ☒ ☐ For Bayesian analysis, information on the choice of priors and Markov chain Monte Carlo settings
- ☒ ☐ For hierarchical and complex designs, identification of the appropriate level for tests and full reporting of outcomes
- ☒ ☐ Estimates of effect sizes (e.g. Cohen's  $d$ , Pearson's  $r$ ), indicating how they were calculated

Our web collection on [statistics for biologists](#) contains articles on many of the points above.

### Software and code

Policy information about [availability of computer code](#)

#### Data collection

During the curation process, structures were automatically protonated using the `systemPrepare()` function of the HTMD molecular environment (version 1.22.4), which in turn is based on PROPKA pKa predictions. Internal water molecules and the strongly conserved sodium near residue 2x50 were added using the online web server HOMOLWAT. The entire simulation protocol was performed automatically using a Python pipeline specifically developed for this purpose, based on HTMD and publicly available in github ([https://github.com/GPCRmd/simulation\\_pipeline](https://github.com/GPCRmd/simulation_pipeline)). System parameters for simulation were obtained from CHARMM General Force Field (CGenFF) version c36/July2020. Ligand parameters were assigned using the ParamChem online server. Systems were equilibrated and simulated using ACEMD3 (version 3.2.3). The final simulated systems were wrapped and aligned around the receptor using the MDAnalysis python module (version 2.1.0).

#### Data analysis

Conformational analysis and lipid insertions distances were measured with the MDAnalysis python module (version 2.1.0).

For manuscripts utilizing custom algorithms or software that are central to the research but not yet described in published literature, software must be made available to editors and reviewers. We strongly encourage code deposition in a community repository (e.g. GitHub). See the Nature Portfolio [guidelines for submitting code & software](#) for further information.

## Data

Policy information about [availability of data](#)

All manuscripts must include a [data availability statement](#). This statement should provide the following information, where applicable:

- Accession codes, unique identifiers, or web links for publicly available datasets
- A description of any restrictions on data availability
- For clinical datasets or third party data, please ensure that the statement adheres to our [policy](#)

All simulation files, parameters and protocols are available at GPCRmd <https://www.gpcrmd.org/dynadb/publications/1535/>. Individual submission codes and links to the simulation data on GPCRmd are listed in Supplementary Data 1. Data for receptor breathing motions are found in Supplementary Data 2. Data for lipid insertions frequencies (% of frames) per receptor site is provided in Supplementary Data 3 (shallow insertions) and Supplementary Data 4 (deep insertions). Data for insertions of lipid-like molecules found in experimental static structures are listed in Supplementary Data 5. Summary of all reported cases of lateral gateways identified through lipid insertions in our simulated systems are found in Supplementary Data 6. Additional information on individual insertions of particular systems is compiled in Supplementary Data 7. VMD sessions to visualize the structures shown in each figure are available in Supplementary Data 8. Source Data are provided with this paper.

## Research involving human participants, their data, or biological material

Policy information about studies with [human participants or human data](#). See also policy information about [sex, gender \(identity/presentation\), and sexual orientation](#) and [race, ethnicity and racism](#).

Reporting on sex and gender

Reporting on race, ethnicity, or other socially relevant groupings

Population characteristics

Recruitment

Ethics oversight

Note that full information on the approval of the study protocol must also be provided in the manuscript.

## Field-specific reporting

Please select the one below that is the best fit for your research. If you are not sure, read the appropriate sections before making your selection.

☒ Life sciences ☐ Behavioural & social sciences ☐ Ecological, evolutionary & environmental sciences

For a reference copy of the document with all sections, see [nature.com/documents/nr-reporting-summary-flat.pdf](https://nature.com/documents/nr-reporting-summary-flat.pdf)

## Life sciences study design

All studies must disclose on these points even when the disclosure is negative.

Sample size

Data exclusions

Replication

Randomization

Blinding

## Reporting for specific materials, systems and methods

We require information from authors about some types of materials, experimental systems and methods used in many studies. Here, indicate whether each material, system or method listed is relevant to your study. If you are not sure if a list item applies to your research, read the appropriate section before selecting a response.

## Materials &amp; experimental systems

## Methods

|                                     |                                                        |
|-------------------------------------|--------------------------------------------------------|
| n/a                                 | Involved in the study                                  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Antibodies                    |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Eukaryotic cell lines         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Palaeontology and archaeology |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Animals and other organisms   |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Clinical data                 |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Dual use research of concern  |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Plants                        |

|                                     |                                                 |
|-------------------------------------|-------------------------------------------------|
| n/a                                 | Involved in the study                           |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> ChIP-seq               |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> Flow cytometry         |
| <input checked="" type="checkbox"/> | <input type="checkbox"/> MRI-based neuroimaging |

## Plants

Seed stocks

n/a

Novel plant genotypes

n/a

Authentication

n/a