



What is the minimum we need to know about sleep and circadian timing in the clinic?

Developing a brief sleep and circadian screening questionnaire.

Tübingen / Munich / Remote · English · Master's thesis · Research internship · Erasmus+ research placement

The question

Clinical encounters leave limited time to understand sleep and daily timing. Which questions could provide a useful starting point without making a brief screen promise more than it can deliver?

The project

Contribute to developing a concise screening questionnaire grounded in existing measures and clinical needs. The work may examine candidate content, clarity and feasibility; a newly developed questionnaire would require appropriate validation before clinical use.

What you will do

- Review existing measures and map the concepts a brief screen needs to address.
- Refine candidate wording through structured feedback or cognitive interviews, subject to approvals.
- Document development decisions and assess feasibility or preliminary measurement properties where suitable data are available.

Possible scope

A thesis could focus on development or an agreed evaluation stage. A shorter placement could review existing instruments or analyse feedback. Interest in measurement, clinical communication or questionnaire methods is valuable.

Suitable backgrounds

Medicine · Psychology · Health science · Public health · HCI

General expectations

You should be able to analyse data in R or Python, use Git and GitHub, and work reproducibly. Independent reading, careful documentation and increasing responsibility are expected. Previous sleep or circadian research experience is not generally required.

Funding

No salary or stipend from the research group unless explicitly stated. Master's theses are generally unpaid. Mention external funding or mobility programmes when applying.

Suggested backgrounds are not formal programme approval. Confirm requirements with your home institution.

How to apply

Send a short motivation, CV, relevant skills, preferred project, dates, format and location. Mention external funding. Contact Prof. Manuel Spitschan using the address below.

Munich: manuel.spitschan@tum.de

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