



Is medicine taking circadian time seriously?

An international analysis of circadian principles in clinical guidelines.

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

The question

Clinical decisions happen in time, yet recommendations do not always discuss biological timing. Where do clinical guidelines engage with sleep and circadian principles, and how specific is their guidance?

The project

Analyse a defined international sample of clinical guidelines. Distinguish practical recommendations about timing from passing references, and examine how claims are connected to supporting evidence. Language coverage and access will shape the sample.

What you will do

- Develop a transparent sampling approach and document search and eligibility decisions.
- Code guideline content consistently and examine the evidence attached to timing-related recommendations.
- Compare patterns across a defined set of clinical areas or settings and report gaps without equating omission with poor care.

Possible scope

A thesis could undertake a comparative analysis. A shorter placement could map one clinical area or help evaluate coding consistency. Clinical reading skills and experience with document or content analysis would be useful.

Suitable backgrounds

Medicine · Public health · Epidemiology · Health science · Public policy

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.

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