



Designing games about circadian rhythms

Making daily biological timing something people can explore.

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

The question

Could a game help people explore circadian rhythms and understand the consequences of everyday timing choices? An engaging experience needs to remain scientifically careful as well as playable.

The project

Design and evaluate a focused game or interactive prototype about circadian health. The project connects science communication with game design, asking how mechanics and feedback can support understanding without oversimplifying the science.

What you will do

- Define an audience and learning objective grounded in scientific evidence.
- Prototype and iterate on a bounded experience, documenting design choices and implementation.
- Evaluate usability or understanding through an appropriate study, subject to participant approvals.

Possible scope

A thesis or engineering project could span design, implementation and evaluation. A shorter placement could test a specific mechanic or improve an existing prototype. Game design, HCI, programming or educational design experience is useful.

Suitable backgrounds

Game design · HCI · Computer science · Education · Communication · Psychology

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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