



Is circadian light part of public health?

An international analysis of public-health guidance.

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

The question

Public-health advice often discusses sleep, but does it address the timing and quality of light exposure? Guidance can shape what people and institutions recognise as a health-relevant environment.

The project

Map how a defined international sample of public-health guidance addresses light and circadian health. Examine the specificity, audiences and evidence base of recommendations, while recognising differences in language, remit and national context.

What you will do

- Develop a transparent sampling and search strategy for public guidance.
- Code how documents discuss daytime light, evening light and daily timing, and trace cited evidence.
- Compare patterns and gaps using reproducible summaries and carefully contextualised interpretation.

Possible scope

A thesis could produce a comparative policy analysis. A shorter placement could focus on one region, language or type of guidance. Public-health, policy or communication backgrounds are welcome; additional language skills may expand the scope.

Suitable backgrounds

Public health · Public policy · Health science · Epidemiology · Communication

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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