



Circadian accessibility of workplaces

How well do working environments support different daily rhythms?

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

The question

Can workplaces support circadian health for people with different schedules and needs? Access to daylight, opportunities for breaks and control over work timing may be unevenly distributed.

The project

Investigate circadian accessibility as a question of both environment and organisation. A focused project could assess workplace guidance, examine a defined setting or explore experiences through interviews. The aim is to identify constraints and practical opportunities without assuming one schedule suits everyone.

What you will do

- Connect evidence about light and daily timing with workplace design and occupational health.
- Develop a bounded assessment, document study or interview approach, with approvals where needed.
- Analyse environmental or organisational barriers and communicate findings with their limitations.

Possible scope

A thesis could combine an evidence review with an empirical case study. A shorter placement could map guidance or one aspect of workplace access. Architecture, occupational health and social research perspectives are especially welcome.

Suitable backgrounds

Architecture · Occupational health · Public health · HCI · Psychology · Sociology

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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