



What gets in the way of sleep?

Understanding sleep and circadian challenges among TUM students.

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

The question

What makes healthy sleep and daily routines difficult for TUM students? Academic demands, travel, paid work and social expectations may interact in ways that generic advice overlooks.

The project

Investigate students' experiences of sleep and circadian challenges in their everyday university context. A focused survey or qualitative study could identify perceived barriers, sources of flexibility and needs for support, without treating the student population as homogeneous.

What you will do

- Review student-health research and refine an answerable question.
- Develop or analyse a survey or interview study with appropriate approvals and participant safeguards.
- Use transparent statistical or thematic analysis to connect findings to the university context.

Possible scope

A thesis could address a defined empirical question. A shorter placement could review measures or analyse an agreed subset of material. Interest in student wellbeing, survey methods or qualitative research is valuable. On-site activity would be based in Munich.

Suitable backgrounds

Health science · Psychology · Sociology · 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

Tübingen: manuel.spitschan@tuebingen.mpg.de