

Postdoctoral position at the Sleep & Circadian Psychology Research Group - Improving insomnia and sleep disturbances in adolescents and young adults using weighted blankets

The [Sleep & Circadian Psychology Research Group](https://psy.au.dk/en/circadianpsychology) invites applications for a postdoctoral position in the field of sleep research. The position is full-time (37 hours/week) for a duration of 2 years.

About the Project

In an ambitious research project recently funded by the TRYG foundation, we aim to thoroughly test the potential efficacy of weighted blankets to improve sleep and reducing insomnia symptoms in adolescents and young adults using a randomized controlled trial. The trial will involve the collection of questionnaire data, actigraphy, and sleep-relevant biomarkers.

Your Qualifications

We are seeking a strong and independent candidate to lead the project under the guidance and supervision of Associate Professor Ali Amidi and in collaboration with the rest of the research group. Candidates with a PhD in psychology or other related fields are preferred, but all candidates with a PhD degree and prior experience in the described research methods, along with a strong interest in sleep research, are encouraged to apply.

Candidates are expected to have project management skills, a proven track record in research involving human subjects, international peer-reviewed publications, and a strong motivation to grow as an emerging sleep researcher. Prior teaching experience is also important, as the position will involve some teaching responsibilities.

Why Join Us?

As a member of our research group, you will receive the necessary supervision and support to lead the project, as well as strategic mentoring from senior members of the group to help you grow as a researcher and transition into a more senior research role. Therefore, training and development of your skills in research leadership, idea generation, grant writing, and funding application will also be areas of focus.

Link to our research group: <https://psy.au.dk/en/circadianpsychology>

Link to The Department of Psychology and Behavioural Sciences: <https://psy.au.dk/en>

Further information

For questions and further inquiries, please contact ali@psy.au.dk

If you need help uploading your application or have any questions about the recruitment process, please contact HR supporter Sara Lyng Hansson, Tel.: +45 93521402, Email: salh@au.dk

Place of work

Department of Psychology and Behavioral Sciences, Bartholins Alle 11, 8000 Aarhus C.

International applicant?

Aarhus University offers a broad variety of services for international researchers and accompanying families, including relocation service and career counselling to expat partners. Please find more information here:

<https://internationalstaff.au.dk/relocationsservice/>

Please find more information about research opportunities at Aarhus University here: <http://international.au.dk/research/>

Aarhus University also offers a Junior Researcher Development Programme targeted at career development for postdocs at AU. You can read more about it here:

<http://talent.au.dk/junior-researcher-development-programme/>

Terms of employment

The appointment is made in accordance with the [Memorandum on Job Structure for Academic Staff at Danish Universities](#) as well as the circular on the [Collective Agreement for Academics Employed by the State](#) (in Danish).

The job content and qualification requirements are described in further detail in the [Ministerial Order on the Appointment of Academic Staff at Universities](#).

Application procedure

Application Deadline:
02 January 2025

Faculty:
Aarhus BSS

Institute/Faculty:
Department of
Psychology and
Behavioural Sciences

Academic contact person:
Ali Amidi
Lektor
ali@psy.au.dk
+4587165305

Vacant positions:
1

Hours per week:
37

Number of months:
24

Expected date of accession:
01/03/2025

When you apply for this position it is mandatory to attach the following:

- Application
- Curriculum Vitae. You are encouraged to declare any periods of leave without research activity, including, for example, maternity leave, since your research activities are assessed in relation to your actual research time
- Education (diploma for master's, PhD and possibly higher doctoral degree)
- List of publications (the enclosed publications must be clearly marked on the list of publications)
- Publications. Up to three publications can be included in the application. In the event of several authors the publications must be accompanied by a co-author statement concerning the applicant's share of the collaborative work with the consent of the co-authors. [Please use this template](#)
- Teaching portfolio. The specific requirements regarding the documentation can be found [here](#)

Materials which cannot be uploaded together with the application may be submitted in three copies to Aarhus BSS HR & PhD, Aarhus University, Tåsingevej 1, 2nd floor, DK-8000 Aarhus C.

Read more about how to apply for an academic post at Aarhus BSS [here](#)

The evaluation process

After the application deadline, an assessment committee is appointed. Please note that the assessment of applicants is based solely on the material received prior to the application deadline. For further information, see [Guidelines for Assessment Committee, Aarhus BSS](#).

Aarhus University's ambition is to be an attractive and inspiring workplace for all and to foster a culture in which each individual has opportunities to thrive, achieve and develop. We view equality and diversity as assets, and we welcome all applicants.

The application must be submitted via Aarhus University's recruitment system, which can be accessed under the job advertisement on Aarhus University's website.

Aarhus University

Aarhus University is an academically diverse and research-intensive university with a strong commitment to high-quality research and education and the development of