

Open PhD Position at the University of Fribourg, Switzerland, in the Cognitive Biopsychology and Methods unit.**Project description:**

This project aims to investigate dreams in relation to digital media use, resilience, and musical stimuli. The project will explore how pre-sleep and in-sleep experiences (e.g., exposure to digital media use or auditory stimuli) shape dream content, emotional processing, and sleep-dependent recovery. The PhD student will be mainly involved in night studies in healthy participants. The studies will involve systematic collection of dream reports through serial awakenings across the night, combined with experimental manipulations before and during sleep (e.g., pre-sleep media use or auditory stimulation during sleep). Sleep and physiological responses will be measured using physiological recordings (EEG, EOG, EMG, SCR; HR, breathing). The PhD student will be involved in all stages of the research project, including the planning and design of empirical studies, the recruitment of participants, collection of data, the analysis and publication of the data, and the training and supervision of Bachelor and Master students.

Requirements:

A Master in Psychology, Cognitive Sciences, Cognitive Neurosciences or a related field, with knowledge in empirical sleep and dream research. Strong knowledge of French and English is required.

We offer:

We offer the PhD candidate the opportunity to conduct and contribute to exciting research projects in close collaboration with an excellent and highly motivated team. The research will be performed in the fully equipped sleep laboratory of the Division of Cognitive Biopsychology and Methods at the University of Fribourg (Switzerland). Terms of employment are in accordance with the regulations of the Canton of Fribourg, Switzerland.

Starting date: the position has a fixed start date of 1st of June 2026

Duration: 2.5 years (until 30.11.2028)

Application deadline: 20th of May 2026

Please send your application (cover letter detailing the motivation for the proposed project, CV, and the names/addresses of two referees) per email to: Sonja Sutter sonja.sutter@unifr.ch

Contact

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