

West Wing, Level 6, John Radcliffe Hospital, Oxford, OX3 9DU

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Job title	Sleep and Circadian Study Assistant
Division	Medical Sciences Division
Department	Nuffield Department of Clinical Neurosciences (NDCN)
Location	Dorothy Crowfoot Hodgkin Building, South Parks Road, Oxford OX1 3QU
Grade and salary	Grade 3.5: £27,823 per annum, pro rata
Hours	Variable hours – up to 20 hours a week, as required
Contract type	Fixed-term until 31 st March 2026
Reporting to	Dr. Nicola Barclay, Senior Postdoctoral Researcher in Sleep Medicine
Vacancy reference	

Research topic	Effect of Sleep Restriction Therapy on Sleep and Circadian Mechanisms
Principal Investigator / supervisor	Prof Simon Kyle
Project team	Experimental and Clinical Sleep Medicine
Project web site	https://www.ndcn.ox.ac.uk/research/experimental-and-clinical-sleep-medicine-group
Funding partner	The funds supporting this research project are provided by the Wellcome Trust
Recent publications	N/A

The role

We are seeking a motivated and enthusiastic Sleep and Circadian Study Assistant to join the Experimental and Clinical Sleep Medicine group within the Nuffield Department of Clinical Neurosciences. We conduct human experimental and clinical studies on sleep and disorders of sleep with the aim of understanding their pathophysiology and treatment. The post is funded by the [Wellcome Trust Mental Health Award: looking backwards, moving forward - understanding how interventions for anxiety, depression, and psychosis work](#). The post holder will benefit from exciting opportunities for training and career development. Principal duties include: supporting participant recruitment and assessments; scheduling and running lab-based studies of sleep and circadian rhythmicity; data collection, scoring, and analysis.

Informal enquiries are encouraged (Email: simon.kyle@ndcn.ox.ac.uk or Nicola.barclay@ndcn.ox.ac.uk)

Flexible working

The post will require working in various locations across Oxford. Primarily, the role will be split across the Dorothy Crowfoot Hodgkin Building, South Parks Road, Oxford OX1 3QU and OCDEM Clinical Research Unit at the Churchill Hospital, OX3 7LE. In addition, it is likely that post holders will be expected to travel to and from the homes of research participants to perform sleep analysis set up (polysomnography) during evening hours, and the removal and collection of research equipment during morning hours.

Hours are variable, up to a maximum of 20 hours per week, as required, and at times will include early morning, evening and night work.

Responsibilities

- Provide support for research staff as directed.
- Perform study procedures (e.g., polysomnography set-up, salivary melatonin, computerised tasks) to a predefined protocol following training.
- Assist with collection of data and equipment, setting up, and sorting equipment.
- Communicate basic information to study participants and answer general questions.
- Work non-standard hours (e.g., early mornings, late evenings and weekends and occasional overnights) to meet study protocol requirements.
- Contribute to research publications, book chapters and reviews.
- Gather, analyse, and present data.
- Undertake other duties in the department from time to time as determined commensurate with the grade and responsibilities of this post, and any other reasonable request.

Selection criteria

Essential selection criteria

- Educated to at least undergraduate degree or equivalent in a science subject (or currently studying towards an undergraduate degree).
- Interest and knowledge of scientific research involving human participants.
- Excellent communication skills and ability to relate to others (oral / written).
- Excellent decision-making, problem-solving, planning and organisational skills.
- Interest and knowledge of scientific analysis and research.



- Good organisational and computing skills and strong attention to detail, with the ability to organise data and record results in a clear and organised fashion.
- Ability to work co-operatively as part of a team, as well as independently while taking personal responsibility for assigned tasks.
- Knowledge of health and safety regulations.

Pre-employment screening

Standard checks

If you are offered the post, the offer will be subject to standard pre-employment checks. You will be asked to provide: proof of your right-to-work in the UK; proof of your identity; and (if we haven't done so already) we will contact the referees you have nominated. If you have previously worked for the University we will also verify key information such as your dates of employment and reason for leaving your previous role with the department/unit where you worked. You will also be asked to complete a health declaration so that you can tell us about any health conditions or disabilities for which you may need us to make appropriate adjustments.

Please read the candidate notes on the University's pre-employment screening procedures at: <https://www.jobs.ox.ac.uk/pre-employment-checks>

Hazard-specific / Safety-critical duties

This job includes hazards or safety-critical activities. If you are offered the post, you will be asked to complete a health questionnaire which will be assessed by our Occupational Health Service, and the offer of employment will be subject a successful outcome of this assessment.

The hazards or safety-critical duties involved are as follows:

- Night working (11pm-6am) – occasionally will be supporting evening laboratory assessments up to 2am.
- Lone Working - for morning equipment collection following lab lone working procedure.
- Driving on University business – travel to and from participants houses and the OCDEM Clinical Research Unit
- Working with blood, human products and human tissues
- Work in clinical areas with direct contact with patients (NOT administrative roles)

About the University of Oxford

Welcome to the University of Oxford. We aim to lead the world in research and education for the benefit of society both in the UK and globally. Oxford's researchers engage with academic, commercial and cultural partners across the world to stimulate high-quality research and enable innovation through a broad range of social, policy and economic impacts.

We believe our strengths lie both in empowering individuals and teams to address fundamental questions of global significance, while providing all our staff with a welcoming and inclusive workplace that enables everyone to develop and do their best work. Recognising that diversity is our strength, vital for innovation and creativity, we aspire to build a truly diverse community which values and respects every individual's unique contribution.



While we have long traditions of scholarship, we are also forward-looking, creative and cutting-edge. Oxford is one of Europe's most entrepreneurial universities and we rank first in the UK for university spin-outs, and in recent years we have spun out 15-20 new companies every year. We are also recognised as leaders in support for social enterprise.

Join us and you will find a unique, democratic and international community, a great range of staff benefits and access to a vibrant array of cultural activities in the beautiful city of Oxford.

For more information, please visit www.ox.ac.uk/about/organisation.

Medical Sciences Division

The Medical Sciences Division is an internationally recognized centre of excellence for biomedical and clinical research and teaching, and the largest academic division in the University of Oxford. World-leading programmes, housed in state-of-the-art facilities, cover the full range of scientific endeavour from the molecule to the population. With our NHS partners we also foster the highest possible standards in patient care.

For more information visit: www.medsci.ox.ac.uk

The Nuffield Department of Clinical Neurosciences

The Nuffield Department of Clinical Neurosciences (NDCN), led by Prof Kevin Talbot, has over 400 staff and 150 postgraduate students. NDCN has an established research and teaching portfolio with a national and international reputation for excellence.

NDCN is based in high quality research and clinical facilities in the West Wing of the John Radcliffe Hospital, alongside the Department's world-class Wellcome Centre for Integrative Neuroimaging (WIN) and the Weatherall Institute of Molecular Medicine (which houses 3 of our research groups), and provides the ideal facilities to translate research from bench to bedside. In keeping with the award of NIHR Comprehensive Biomedical Research Centre status, to a partnership between Oxford University and the Oxford Radcliffe Hospitals NHS Trust, we have developed a highly integrated and interdisciplinary environment in which research, teaching, clinical training and clinical care interact. This enables us to establish new approaches to the understanding, diagnosis and treatment of brain diseases. To this end the Department fosters collaborations worldwide and warmly welcomes visiting scientists, clinical fellows and students.

For more information visit: www.ndcn.ox.ac.uk

The Department comprises six sections:

Medical Research Council Brain Network Dynamics Unit

The MRC BNDU is directed by Professor Peter Magill and is exceptionally multidisciplinary, integrating research programmes that span clinical, experimental and computational neuroscience. The Unit's collective goal is to understand and exploit the moment-to-moment interactions between nerve cells that are critical for brain functions, with a special focus on the brain circuits underlying movement and memory.

For more information visit: www.mrcbndu.ox.ac.uk

Nuffield Division of Anaesthesia

NDA is led by the Nuffield Professor of Anaesthetic Science, Bruce Bickard. The NDA is committed to the development and maintenance of internationally competitive research programmes in global anaesthesia and surgery; pain and consciousness; respiration and hypoxia; adult and neuro-intensive care; simulation and human factors training.

For more information visit www.nda.ox.ac.uk



Division of Clinical Neurology

DCN is led by Professor David Bennett. DCN is committed to the development of research programs that improve understanding of the nervous system in health and disease.

For more information visit www.dcn.ox.ac.uk

The Oxford Centre for Integrative Neuroimaging (OxCIN)

OxCIN is a multi-disciplinary neuroimaging research facility led by Professor Karla Miller. OxCIN aims to bridge the gap between laboratory neuroscience and human health, by performing multi-scale studies spanning from animal models through to human populations. It focuses on the use of Magnetic Resonance Imaging (MRI) for neuroscience research, along with related technologies such as Transcranial Magnetic Stimulation, transcranial Direct Current Stimulation, MEG and EEG. OxCIN has core locations at the John Radcliffe Hospital (FMRIB), Warneford Hospital (OHBA) and University Science area (BSB).

For more information visit <https://www.oxcin.ox.ac.uk/>

Nuffield Laboratory of Ophthalmology

NLO is led by Professor Russell Foster, who leads the Sleep & Circadian Neuroscience Institute. NLO pursues scientific and clinical research into a range of areas related to vision, the eye and circadian neuroscience.

For more information visit www.nlo.ox.ac.uk

Centre for the Prevention of Stroke & Dementia

CPSD is led by Professor Peter Rothwell. The centre carries out research that increases understanding of the causes of cerebrovascular disease. Its aims are to improve prevention of stroke and dementia by earlier diagnosis, more reliable prognostication, and more effective use of existing preventive treatments in routine clinical practice.

For more information visit www.cpsd.ox.ac.uk

Working at NDCN

NDCN actively promotes a healthy work life balance amongst employees through a number of family friendly policies. See <https://hr.admin.ox.ac.uk/staff-benefits> for further information.

The University of Oxford is a member of the [Athena SWAN Charter](#) and holds an institutional Bronze Athena SWAN award. The Department of Clinical Neurosciences holds a departmental Silver Athena award in recognition of its efforts to introduce organisational and cultural practices that promote advancement of gender equality: representation, progression and success for all.



How to apply

Please contact: Dr Nicola Barclay – nicola.barclay@ndcn.ox.ac.uk for more information.

Information for priority candidates

A priority candidate is a University employee who is seeking redeployment because they have been advised that they are at risk of redundancy, or on grounds of ill-health/disability. Priority candidates are issued with a redeployment letter by their employing department(s).

If you are a priority candidate, please ensure that you attach your redeployment letter to your application (or email it to the contact address on the advert if the application form used for the vacancy does not allow attachments).

If you need help

Application FAQs, including technical troubleshooting advice is available at:

<https://staff.web.ox.ac.uk/recruitment-support-fags>.

Non-technical questions about this job should be addressed to the recruiting department directly: recruitment@ndcn.ox.ac.uk.

To return to the online application at any stage, please go to: www.recruit.ox.ac.uk.

Please note that you will receive an automated email from our online recruitment portal to confirm receipt of your application. **Please check your spam/junk mail** if you do not receive this email.



Important information for candidates

Data Privacy

Please note that any personal data submitted to the University as part of the job application process will be processed in accordance with the GDPR and related UK data protection legislation. For further information, please see the University's Privacy Notice for Job Applicants at: <https://compliance.admin.ox.ac.uk/job-applicant-privacy-policy>. The University's Policy on Data Protection is available at: <https://compliance.admin.ox.ac.uk/data-protection-policy>.

The University's policy on retirement

The University operates an Employer Justified Retirement Age (EJRA) for very senior research posts at **grade RSIV/D35 and clinical equivalents E62 and E82** of 30 September before the 70th birthday. The justification for this is explained at: <https://hr.admin.ox.ac.uk/the-ejra>.

For **existing** employees on these grades, any employment beyond the retirement age is subject to approval through the procedures: <https://hr.admin.ox.ac.uk/the-ejra>.

There is no normal or fixed age at which staff in posts at other grades have to retire. Staff at these grades may elect to retire in accordance with the rules of the applicable pension scheme, as may be amended from time to time.

Equality of opportunity

Entry into employment with the University and progression within employment will be determined only by personal merit and the application of criteria which are related to the duties of each particular post and the relevant salary structure. In all cases, ability to perform the job will be the primary consideration. No applicant or member of staff shall be discriminated against because of age, disability, gender reassignment, marriage or civil partnership, pregnancy or maternity, race, religion or belief, sex, or sexual orientation.



Benefits of working at the University

Employee benefits

University employees enjoy 38 days' paid holiday, generous pension schemes, flexible working options, travel discounts including salary sacrifice schemes for bicycles and electric cars and other discounts. Staff can access a huge range of personal and professional development opportunities. See

<https://hr.admin.ox.ac.uk/staff-benefits>

Employee Assistance Programme

As part of our wellbeing offering staff get free access to Health Assured, a confidential employee assistance programme, available 24/7 for 365 days a year. Find out more at

<https://staff.admin.ox.ac.uk/health-assured-eap>

University Club and sports facilities

Membership of the University Club is free for University staff. It offers social, sporting, and hospitality facilities. Staff can also use the University Sports Centre on Iffley Road at discounted rates, including a fitness centre, powerlifting room, and swimming pool. See www.club.ox.ac.uk and

<https://www.sport.ox.ac.uk/>.

Information for staff new to Oxford

If you are relocating to Oxfordshire from overseas or elsewhere in the UK, the University's Welcome Service includes practical information about settling in the area, including advice on relocation, accommodation, and local schools. See <https://welcome.ox.ac.uk/>

There is also a visa loan scheme to cover the costs of UK visa applications for staff and their dependants. See <https://staffimmigration.admin.ox.ac.uk/visa-loan-scheme>

Family-friendly benefits

We are a family-friendly employer with one of the most generous family leave schemes in the Higher Education sector (see <https://hr.web.ox.ac.uk/family-leave>). Our Childcare Services team provides guidance and support on childcare provision, and offers a range of high-quality childcare options at affordable prices for staff. In addition to 5 University nurseries, we partner with a number of local providers to offer in excess of 450 full time nursery places to our staff. Eligible parents are able to pay for childcare through salary sacrifice, further reducing costs. See <https://childcare.admin.ox.ac.uk/>.

Supporting disability and health-related issues (inc menopause)

We are committed to supporting members of staff with disabilities or long-term health conditions, including those experiencing negative effects of menopause. Information about the University's Staff Disability Advisor, is at <https://edu.admin.ox.ac.uk/disability-support>. For information about how we support those going through menopause see <https://hr.admin.ox.ac.uk/menopause-guidance>

Staff networks

The University has a number of staff networks including for research staff, BME staff, LGBT+ staff, disabled staff network and those going through menopause. Find out more at <https://edu.admin.ox.ac.uk/networks>

The University of Oxford Newcomers' Club

The University of Oxford Newcomers' Club is run by volunteers that aims to assist the partners of new staff settle into Oxford, and provides them with an opportunity to meet people and make connections in the local area. See www.newcomers.ox.ac.uk.

Research staff

The Researcher Hub supports all researchers on fixed-term contracts. They aim to help you settle in comfortably, make connections, grow as a person, extend your research expertise and approach your next career step with confidence. Find out more at <https://www.ox.ac.uk/research/support-researchers/researcher-hub>

Oxford's Research Staff Society is a collective voice for our researchers. They also organise social and professional networking activities for researchers. Find out more at <https://www.ox.ac.uk/research/support-researchers/connecting-other-researchers/oxford-research-staff-society>

