

Institute of Global Well-being Science Research Fellow  
(Appointed Research Associate)

May 25, 2026

The Energy Metabolism Laboratory at the Institute of Global Well-being Science, Hirosaki University, conducts research on precision measurement of human energy metabolism and sleep physiology. We invite applications for a Project Research Fellow (Appointed Research Associate) who can pursue independent research activities while taking a leading role in the laboratory's measurement operations and collaborative research projects.

Details Below

1. Number of Positions

Institute of Global Well-being Science (Energy Metabolism Laboratory) Research Fellow 1 position

Job title: Appointed Research Associate

2. Duties and Required Experience/Abilities for Applicants

The appointee will carry out the following duties within the Institute of Global Well-being Science (Energy Metabolism Laboratory)

- ① Design, conduct, and publish independent research in energy metabolism and/or sleep physiology
- ② Assist with external grant applications (e.g., KAKENHI) and pursue independent competitive funding
- ③ Conduct and manage human energy metabolism measurements using indirect calorimetry
- ④ Conduct overnight polysomnography (PSG) recordings and perform data analysis
- ⑤ Participant management (protocol explanation, safety monitoring, and data collection)
- ⑥ Data organization, quality control, and database management
- ⑦ Coordination and administrative support for internal and external collaborative research projects
- ⑧ Preparation of research ethics and safety management documentation
- ⑨ Other technical duties related to laboratory operations

Qualifications: Applicants are required to have the following experience and abilities.

[Mandatory Requirements]

- ① Ph.D. (or expected by the date of appointment) in a relevant field such as engineering, medicine, sports science, life sciences, health sciences, or a related discipline

- ② Ability to carry out technical research duties in energy metabolism measurement using calorimetry and to handle collaborative research-related tasks in an energy metabolism laboratory, including work related to sleep research
- ③ Basic computer skills including data processing, statistical analysis, and spreadsheet software

[Preferred Abilities (Desirable)]

- ① Experience operating indirect calorimetry equipment
- ② Experience in PSG recording and/or data analysis
- ③ Research experience in physiology, sports science, or sleep medicine
- ④ Proficiency in statistical software or programming languages such as R, SPSS, or Python
- ⑤ English communication skills for international collaborative research

### 3. Work Location

Hirosaki University Honcho Campus (5 Zaifu-cho, Hirosaki City)

### 4. Employment Conditions

#### (1) Term of Appointment

Start date: On or after October 1, 2026 — for a period of one (1) year.

Renewal is possible depending on the progress of work; however, the maximum total employment period is ten (10) years from the start of employment.

#### (2) 7 hours 45 minutes per day, 5 days per week, 38 hours 45 minutes per week

\*Overtime work in late-night / early-morning shifts may be required during PSG experiments (team-based scheduling).

Rest days: Saturdays, Sundays, national holidays, and year-end / New Year holidays (December 29 – January 3)

Leave: Annual paid leave, sick leave, special leave (in accordance with University working-hours regulations)

#### (3) Salary

Salary will be determined in accordance with the Hirosaki University Contract Staff Salary Regulations.

Employment conditions after appointment will follow Hirosaki University's regulations.

#### (4) Social Insurance, etc.

Health insurance: MEXT Mutual Aid Association; Pension: Employees' Pension Insurance; Employment insurance: Yes; Workers' accident compensation insurance: Yes

## 5. Application Procedure

### (1) Submission Method

Please submit the documents listed below by e-mail to the address in Section (4). Applicants are requested to apply password protection or equivalent security measures to submitted files.

### (2) Required Documents

- ① Curriculum vitae (CV) with photo (format: any)
- ② List of research or professional achievements, including published papers, patents, awards, and other relevant accomplishments (format: any)
- ③ Statement of motivation and aspirations for the position (A4, 1–2 pages)

### (3) Deadline

Friday, July 31, 2026, 24:00 (Japan Standard Time) — documents must arrive by this time

### (4) Submission Destination and Contact

5 Zaifu-cho, Hirosaki City, Aomori 036-8562

National University Corporation Hirosaki University, Graduate School of Medicine, Innovation Promotion Division

Innovation Promotion Group

Tel: +81 172 39 5039 E-mail: [jm5039@hirosaki-u.ac.jp](mailto:jm5039@hirosaki-u.ac.jp)

## 6. Selection Process

Applicants will first be screened based on submitted documents, followed by an interview for shortlisted candidates. Results will be communicated by e-mail.

(Shortlisted applicants will be notified of the interview date separately.)

※ Online interviews are also being considered.

## 7. Other

(1) Travel and other expenses incurred for the interview will be borne by the applicant.

(2) Submitted application documents will not be returned. Please note this in advance.

Submitted documents will be handled strictly and appropriately under the responsibility of the University, and will be disposed of by appropriate means after the screening is completed.