

M C P S E R V E R

N O C O D E

C L O U D H O S T E D

Advanced Sleep Phase Assessment MCP.

Get clinical-grade circadian analysis and light therapy schedules.

Advanced Sleep Phase Assessment MCP provides a specialized engine for evaluating Advanced Sleep Phase Syndrome (ASPS). Your AI client uses this tool to analyze sleep patterns, calculate precise light exposure windows, and suggest management strategies based on your specific circadian needs.

A+ Quality Score 100/100

sleep

asps

circadian

health

therapy



The connectivity layer between AI and the world's software.

Vinkius sits between AI and every application. All communication passes through Vinkius Cloud via the Model Context Protocol (MCP) — with governance, observability, and security at every layer.

Your AI Connections Run Through Vinkius Cloud

The world's largest
managed MCP catalog

Vinkius is the connectivity layer where AI connects to the software your business already runs. We handle the hosting, the security, the credentials, the uptime — you get agents that actually do things.

We operate the world's largest managed MCP catalog. Major SaaS platforms, CRMs, databases, and cloud providers — running, monitored, production-ready. This MCP server is hosted and maintained by the Vinkius Cloud for AI Agents.

The agent doesn't manage credentials, doesn't manage uptime, doesn't manage security. Vinkius does.

— Architecture principle

Four Pillars of the Vinkius Runtime

01 — Security by design

Credentials stay encrypted at rest via AES-256. The AI agent never touches raw keys — they're injected into a sandboxed V8 isolate at runtime. Actions are logged, and connections have an emergency kill switch.

03 — Deterministic observability

Eight immutable metrics per endpoint: request volume, p95 latency, error rate, active connections, cost attribution. A live payload feed logs every tool call with mutation detection.

02 — Built on MCP Fusion

This MCP server was built with **MCP Fusion**, the open-source framework (Apache 2.0) that powers the entire Vinkius catalog. Schema-as-firewall strips undeclared fields, compiled PII redaction runs at zero overhead, and cryptographic lockfiles produce git-diffable audit trails.

04 — Autonomous operations

Servers are deployed, monitored, and patched autonomously. New capabilities and security patches ship weekly. Zero-downtime deployments ensure continuous availability across all managed MCP servers.

AES-256

Encryption at rest

Ed25519

PKI vault signatures

24h TTL

Ephemeral session keys

V8 Isolate

Sandboxed execution

One Token. Instant Access.

Every MCP server on Vinkius is accessed through a **Connection Token**. Tokens are generated in the cloud dashboard and produce a unique MCP endpoint URL. Paste this URL into any MCP-compatible client — no SDK required.

A single token can serve **multiple AI clients simultaneously**, or you can issue separate tokens per client for granular access control. Each token tracks its own request count, last activity timestamp, and can be individually enabled or revoked.

MCP ENDPOINT`https://edge.vinkius.com/{token}/mcp`

Claude



Cursor



VS Code



Windsurf



Grok



Gemini

Security Is the Architecture

Security in Vinkius is not a feature — it's the foundation of the runtime. The gateway enforces multiple independent protection layers between AI agents and third-party APIs.

01 — Ed25519 PKI Vault

Every workspace has an Ed25519 Master Key. Session keys are generated ephemerally (24h TTL) and signed by the Master Key. Credentials never leave the vault boundary.

02 — V8 Isolate Sandboxing

Tool code runs inside isolated-vm V8 isolates with 64 MB memory caps and per-request timeouts. No filesystem access, no network access except through the SSRF-guarded fetch bridge.

03 — SSRF Guard

All outbound HTTP requests are DNS-resolved and validated before execution. Private IP ranges (10.x, 172.16-31.x, 192.168.x, AWS metadata 169.254.x) are blocked at the network layer.

05 — Cryptographic Audit Trail

Every request is signed into a SHA-256 hash chain with Ed25519 signatures. Events form a tamper-proof, SIEM-exportable forensic record.

04 — DLP & PII Redaction

A ResponseGuard pipeline intercepts every tool response. Configurable redaction patterns strip sensitive fields (emails, SSNs, card numbers) before data reaches the AI agent.

06 — Honeypot Trap System

Phantom credentials are injected into isolated environments. If a honeypot is used outside Vinkius infrastructure, the server is quarantined instantly.

Emergency Kill Switch

EU AI Act Art. 14(1)
Compliant

The kill switch is an **emergency halt** mechanism — not a simple toggle. When triggered, it executes three actions atomically:

01 — Server deactivated

The MCP server is immediately taken offline across the entire cluster.

02 — All tokens revoked

Every connection token is invalidated. Total lockout — reconnection blocked until new tokens are issued.

03 — WebSocket connections killed

Active connections terminated via Redis pubsub broadcast. Propagates to every runtime node in the cluster.

Full Visibility. Zero Guesswork.

The Vinkius cloud dashboard includes a full MCP Governance suite — real-time analytics and security controls for production AI operations.

Control Plane

KPI dashboard with request volume, latency, success rate, token consumption, and AI-generated operational briefings.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Incident Log

Error trends, failure rates, status-code breakdowns, and forensic audit trail access.

Get started at cloud.vinkius.com — connect your AI agent in under 60 seconds.

Advanced Sleep Phase Assessment MCP

4 tools available

Cloud-hosted on Vinkius

If your sleep schedule feels permanently shifted earlier than it should be, this MCP helps you understand why. It functions as a clinical-grade assessment engine designed specifically for Advanced Sleep Phase Syndrome (ASPS). Instead of guessing, you can use your AI client to run a full profile analysis to see if your sleep onset and wake times meet ASPS criteria.

Once you have a profile, the MCP moves from diagnosis to action. It calculates specific light therapy windows to help shift your circadian timing back to a standard schedule. It also evaluates which management strategies fit your specific age and symptom severity. You can also treat your agent as a specialized researcher by querying a dedicated knowledge base for deep dives into circadian biology and symptom management. It turns your AI into a specialized circadian health consultant.

Core Capabilities

01 — Circadian Profiling

Your agent analyzes sleep onset and wake times to identify ASPS patterns.

03 — Treatment Evaluation

Your AI client suggests management approaches based on symptom severity.

02 — Light Therapy Planning

The MCP calculates the exact windows for light exposure to shift your internal clock.

04 — Biological Research

The agent queries a specialized knowledge base for circadian biology information.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/advanced-sleep-phase-assessment — connect your AI agent in three steps.

- 01 Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.
- 02 Provide your sleep onset and wake times to your AI client.
- 03 The agent uses `analyze_asps_profile` to check for ASPS criteria.
- 04 Request a light therapy schedule or treatment evaluation based on the results.

Connect the MCP to your AI client to start running assessments and schedules.

Built For

This MCP is built for individuals managing circadian rhythm disorders and professionals tracking sleep health.

Sleep Researchers

Use the tool to quickly pull circadian data and biological facts.

Health Coaches

Hand off the heavy lifting of calculating light therapy schedules to your AI agent.

Individuals with ASPS

Use the assessment engine to track if your sleep patterns meet syndrome criteria.

What Changes When You Connect

- 01 Calculates precise light exposure windows based on individual sleep onset.
- 02 Provides severity-based management recommendations.

-
- 03** Accesses a specialized knowledge base for circadian biology questions.
-
- 04** Automates the assessment of ASPS criteria through your AI client.
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Real-World Applications

Daily Schedule Adjustment

Use the light therapy tool to find the best time to use light to delay your sleep onset.

Symptom Assessment

Run a profile analysis to see if your early sleep patterns qualify as ASPS.

Management Planning

Determine which strategies work best for your specific level of syndrome severity.

Biological Deep Dives

Ask your agent specific questions about how circadian rhythms function.

Patterns to Avoid

Vague symptom reporting

❌ AVOID

Telling your agent that you just feel tired early in the evening without providing specific sleep and wake times.

✓ INSTEAD

Provide exact sleep onset and wake times so you can use `analyze_asps_profile` to get a valid assessment.

Guessing light exposure timing

❌ AVOID

Using a light box whenever you feel like it instead of following a structured plan.

✓ INSTEAD

Use `calculate_light_therapy_schedule` to get the specific windows needed to shift your internal clock.

Ignoring symptom severity

❌ AVOID

Applying the same management strategy regardless of how much your sleep schedule is actually shifting.

✓ INSTEAD

Run `evaluate_treatment_suitability` to find strategies that match your specific level of symptom severity.

The Right Fit

Connect this MCP if you need to quantify circadian shifts or plan light therapy. Do not connect it if you are looking for general sleep hygiene tips. The decision depends on whether you need clinical-grade ASPS profiling rather than basic wellness advice.



Advanced Sleep Phase Assessment Tools

These tools handle everything from initial ASPS profile analysis to calculating precise light therapy schedules.

#	TOOL	DESCRIPTION
01	calculate_light_therapy_schedule	Use this to get specific timing for light exposure to help counteract phase advances.
02	analyze_asps_profile	This tool performs the primary assessment to see if your sleep patterns match ASPS criteria.
03	evaluate_treatment_suitability	This tool suggests management strategies based on how severe your symptoms are.
04	query_asps_knowledge_base	This tool provides detailed answers about ASPS symptoms and circadian biology.

See It in Action

Real prompts you can use once this MCP is connected to your AI agent through Vinkius Cloud.

U I go to sleep at 7 PM and wake up at 3 AM every day. I feel very sleepy in the early evening. Do I have ASPS?



Based on your sleep onset at 19:00 and awakening at 03:00, combined with early evening sleepiness, you meet the criteria for Advanced Sleep Phase Syndrome with a High severity level.

U I have been diagnosed with moderate ASPS. When should I use light therapy?



For a moderate phase advance with a current sleep onset of 20:00, the optimal light exposure window is between 18:00 and 19:00 for 45 minutes at high intensity.

U What are the primary management strategies for severe ASPS?



For severe cases, the primary recommendation is intensive phototherapy, supported by melatonin administration and specific lifestyle adjustments to delay the circadian phase.

Frequently Asked Questions

01 How does this MCP help with sleep issues?

It provides a clinical-grade assessment engine to identify Advanced Sleep Phase Syndrome and offers specific light therapy schedules to help manage it.

02 Can I use this with Claude or Cursor?

Yes, you can connect this MCP to any MCP-compatible client like Claude, Cursor, or Windsurf through the Vinkius platform.

03 What is included in the light therapy guidance?

The MCP calculates specific windows for light exposure, including the duration and timing needed to counteract a phase advance.

04 Does it provide medical advice?

The MCP provides assessments and management strategies based on clinical criteria for ASPS, which you can use to inform your health decisions.

05 How is treatment suitability determined?

The tool evaluates management strategies by looking at the severity of the syndrome and the user's age.

06 How do I know if I have ASPS?

You can use the `analyze\_asps\_profile` tool by providing your sleep onset and awakening times to see if you meet the clinical criteria.

07 Can this tool recommend light therapy?

Yes, after assessing your profile, you can use `calculate\_light\_therapy\_schedule` to get specific timing for light exposure.

08 What is the difference between mild and severe ASPS?

Severity is determined by the magnitude of the phase advance. You can use `evaluate\_treatment\_suitability` to see how severity affects management recommendations.

Go Live in 60 Seconds

Get your connection token from cloud.vinkius.com, then paste the endpoint URL into any MCP-compatible client.

YOUR MCP ENDPOINT

`https://edge.vinkius.com/[TOKEN]/mcp`

CLIENT	WHERE TO CONFIGURE
 Claude AI	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 Cursor	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 VS Code	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"advanced-sleep-phase-assessment": { "url": "..."} </code>
 Windsurf	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 ChatGPT	Settings → Tools & plugins → Add MCP server → Paste endpoint
 Gemini	Extensions → Add MCP Server → Paste endpoint URL

ASK AN AI ABOUT THIS

Let your preferred AI explain this MCP server

 Ask ChatGPT

 Ask Claude

 Ask Perplexity

 Ask Gemini

 Ask Grok

READY TO CONNECT

Advanced Sleep Phase Assessment is live on Vinkius Cloud.

Get your connection token, paste it into your AI agent, and
start building. No SDK. No deployment. Just results.

Start at cloud.vinkius.com →

vinkius.com · support@vinkius.com

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DOCUMENT INFORMATION

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Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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