

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

Alcohol Sleep Impact Calculator MCP

Model how drinking patterns disrupt your sleep cycles.

Alcohol Sleep Impact Calculator MCP lets your AI client analyze the physiological relationship between alcohol consumption and sleep architecture. It calculates metabolic clearance times, predicts REM suppression, and evaluates the risk of sleep fragmentation. Use it to understand exactly how your drinking habits interfere with your rest.

A+ Quality Score 100/100

sleep

alcohol

metabolism

health-tech

wellness-tracking



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.

Alcohol Sleep Impact Calculator MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to get a clear picture of how alcohol consumption messes with your sleep. Instead of guessing how a drink will affect your night, you can provide your AI client with your weight, gender, and consumption timing to get specific data. The MCP models metabolic clearance to show how long it takes for alcohol to leave your system. It also looks at sleep architecture, specifically focusing on how alcohol suppresses REM sleep and causes fragmentation. If you want to know if you'll face a heavy REM rebound effect or if you should time your last drink differently to protect your rest, this tool provides the math. It turns vague feelings about being tired into actionable data about your sleep quality.

Core Capabilities

01 — Metabolic Modeling

Your agent uses this to calculate how long alcohol stays in your bloodstream.

02 — REM Suppression Analysis

Your AI client uses this to predict how much your REM cycles will be cut short.

03 — Sleep Fragmentation Prediction

Your agent uses this to identify the risk of waking up frequently during the night.

04 — Timing Optimization

Your AI client uses this to suggest better windows for drinking if you want to sleep well.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/alcohol-sleep-impact-calculator — connect your AI agent in three steps.

- 01 Connect your preferred MCP-compatible client to Vinkius.
- 02 Provide your agent with your weight, gender, and alcohol consumption details.
- 03 The agent calls the specific tool needed for your question.
- 04 You receive a data-driven breakdown of your sleep disruption or metabolic clearance.

Connect your AI client to the Vinkius hosted MCP to start running sleep impact models.

Built For

This MCP is for anyone tracking the physiological impact of alcohol on their rest patterns. It is useful for people who want data-driven insights into their wellness.

Health Enthusiasts

Users who track sleep metrics and want to correlate them with consumption.

Wellness Researchers

Individuals modeling the relationship between metabolic clearance and sleep architecture.

Biohackers

People looking to optimize their sleep windows through precise timing.

What Changes When You Connect

- 01 Quantifies sleep quality reduction based on specific drinking patterns.
- 02 Predicts the intensity of REM rebound effects.

-
- | | |
|----|---|
| 03 | Calculates metabolic clearance times based on body weight and gender. |
| 04 | Provides timing recommendations to minimize sleep disruption. |
-

Real-World Applications

Pre-sleep Planning

You check how a drink tonight will affect your ability to wake up refreshed tomorrow.

Sleep Pattern Correlation

You use the data to understand why you might be experiencing fragmented sleep after drinking.

Metabolic Tracking

You determine exactly how many hours you need to wait before your body clears alcohol.

REM Health Monitoring

You evaluate the risk of intense REM rebound after consuming alcohol.

Patterns to Avoid

Vague input data

❌ AVOID

Asking your agent how much a drink will affect your sleep without providing any personal details.

✓ INSTEAD

Provide your weight, gender, and consumption timing to get accurate results from `calculate_sleep_disruption`.

Ignoring metabolic timing

❌ AVOID

Assuming you can drink right before bed and still sleep soundly through the night.

✓ INSTEAD

Use `estimate_metabolic_clearance` to find out exactly how long your body needs to process the alcohol.

Neglecting REM rebound

❌ AVOID

Focusing only on how quickly you fall asleep rather than the quality of your rest later in the night.

✓ INSTEAD

Run `analyze_rem_rebound_risk` to see if you'll face heavy sleep fragmentation as alcohol levels drop.

The Right Fit

Connect this MCP if you track sleep metrics and want to correlate them with alcohol consumption. Do not connect it if you are looking for general medical advice or non-physiological wellness tips. The decision rests on whether you want data-driven insights into your specific metabolic clearance and sleep architecture.

4 Specialized Tools for Alcohol and Sleep Analysis

These tools calculate metabolic clearance, predict REM suppression, and provide specific timing recommendations for your sleep health.

#	TOOL	DESCRIPTION
01	analyze_rem_rebound_risk	This tool evaluates the risk of fragmented sleep caused by the rebound effect as alcohol levels drop in your system.
02	calculate_sleep_disruption	This tool provides a full overview of how a specific drinking pattern will impact your upcoming sleep quality.
03	estimate_metabolic_clearance	This tool determines the time required for your body to process the alcohol you consumed.
04	get_safe_window_recommendation	This tool gives you a recommendation for timing your consumption to help optimize your sleep.

See It in Action

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

U I drank 3 units of alcohol at 22:00 and I want to sleep at 23:30. I am a 75kg male. How will this affect my sleep?



Your sleep quality is expected to decrease by 45%, with a high risk of sleep fragmentation and significant REM suppression due to the short metabolic window.

U How long will it take for 2 drinks to clear my system if I weigh 60kg and am female?



It will take approximately 4.5 hours for the alcohol to be fully cleared from your system.

U What is the REM rebound risk if I have 4 drinks at 20:00 and go to bed at 23:00?



You face an extreme REM rebound risk, which may lead to multiple awakenings during the night.

Frequently Asked Questions

01 How does this MCP help with sleep?

It models the relationship between alcohol and sleep architecture, specifically looking at REM suppression and sleep fragmentation.

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 Vinkius.

03 What data do I need to provide?

To get accurate results, you should provide your weight, gender, the amount of alcohol consumed, and the timing of your consumption.

04 Does it calculate metabolic clearance?

Yes, it includes a tool to estimate how long it takes for alcohol to be processed by your body.

05 How does it handle REM rebound?

The MCP has a specific tool to evaluate the risk of fragmented sleep caused by the REM rebound effect when alcohol levels drop.

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>"alcohol-sleep-impact-calculator": { "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

Alcohol Sleep Impact Calculator 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	https://edge.vinkius.com/{token}/mcp

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