

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

All-Nighter Recovery Planner MCP

Get a science-based plan to recover from sleep deprivation.

All-Nighter Recovery Planner MCP uses circadian biology and sleep science to build your recovery schedule. It calculates exactly when to nap, how to dose caffeine without ruining your next sleep, and when to hit your main recovery sleep to pay back your sleep debt efficiently.

A+ Quality Score 100/100

sleep

recovery

health

productivity

science



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.

All-Nighter Recovery Planner MCP

4 tools available

Cloud-hosted on Vinkius

If you've pulled an all-nighter, you shouldn't just crash and hope for the best. This MCP uses sleep science to help you navigate the fog. Instead of guessing when to drink coffee or when to nap, you can ask your AI client to build a structured timeline. It looks at your current state and your upcoming obligations to figure out the best windows for short restorative naps. It also handles the tricky part of caffeine management, ensuring you stay alert for your tasks without making it impossible to sleep later. Once you're ready to fully recover, it calculates the best timing and duration for your main sleep to maximize rest. It's a data-driven way to manage the physical toll of staying awake for too long.

Core Capabilities

01 — Nap Scheduling

Your agent uses this to find the best windows for short, restorative rest.

02 — Caffeine Management

Your agent calculates dosing schedules to maintain alertness without ruining sleep.

03 — Sleep Debt Calculation

Your agent determines the optimal duration for your main recovery sleep.

04 — Chronological Planning

Your agent builds a complete timeline of naps, caffeine, and sleep.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/all-nighter-recovery-planner — connect your AI agent in three steps.

- 01 Connect your MCP-compatible client to Vinkius.
- 02 Tell your agent how long you have been awake.
- 03 Provide your upcoming schedule or obligations.
- 04 The agent uses the tools to generate a custom recovery timeline.

Connect your client to Vinkius and start asking for recovery advice immediately.

Built For

This MCP is for anyone who frequently works irregular hours or pulls all-nighters and needs a structured way to recover.

Software Engineers

They hand off deployment schedules or late-night debugging sessions to the AI to get a recovery plan.

Medical Professionals

They use it to manage recovery after long shifts or emergency calls.

Students

They use it to plan rest periods during intense study or exam seasons.

What Changes When You Connect

- 01 Uses circadian biology to time naps effectively.
- 02 Prevents caffeine from interfering with deep recovery sleep.

- 03

Provides a single chronological timeline for all recovery activities.
- 04

Calculates sleep duration based on actual sleep debt.

Real-World Applications

Post-Deadline Recovery

After a major project launch, use the timeline tool to plan your rest periods.

Exam Season Support

Plan caffeine doses and short naps to stay alert during long study sessions.

Shift Work Management

Manage the transition between night shifts and sleep using nap recommendations.

Emergency Response

Get immediate recovery guidance after an unexpected period of wakefulness.

Patterns to Avoid

Guessing your caffeine needs

❌ AVOID

You drink coffee every time you feel a slump without checking if it will ruin your sleep later.

✓ INSTEAD

Use ``get_caffeine_strategy`` to get a specific schedule that keeps you alert but lets you sleep when the time comes.

Ignoring your sleep debt

❌ AVOID

You try to sleep for exactly four hours because you have a meeting, even though you've been awake for twenty hours.

✓ INSTEAD

Run ``get_primary_sleep_plan`` to calculate the actual duration you need to pay back your sleep debt.

Fragmented recovery planning

❌ AVOID

You try to track your naps, caffeine, and main sleep in separate notes or apps.

✓ INSTEAD

Use ``get_recovery_timeline`` to generate one cohesive chronological plan for everything.

The Right Fit

Connect this MCP if you work irregular shifts, pull frequent all-nighters, or face intense exam seasons. Do not use it if you maintain a standard, consistent sleep schedule. The decision depends on whether your wakefulness is driven by unpredictable work or study demands.

All-Nighter Recovery Planner Tools

These tools use circadian biology to build a structured recovery schedule. They manage your caffeine, naps, and main sleep cycles.

#	TOOL	DESCRIPTION
01	get_caffeine_strategy	This tool provides a specific caffeine schedule. It helps you stay alert while ensuring you don't sabotage your upcoming recovery sleep.
02	get_nap_recommendations	This tool identifies the best times for short naps. It uses your current state and your schedule to find restorative windows.
03	get_primary_sleep_plan	This tool calculates your main recovery sleep. It determines the best duration and timing to pay back your sleep debt.
04	get_recovery_timeline	This tool generates a full chronological schedule. It combines your naps, caffeine intake, and main sleep into one cohesive plan.

See It in Action

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

U I've been awake for 22 hours and have a meeting at 10:00 AM tomorrow. When should I nap?



You should take a 20-minute power nap at 4:00 AM to reduce sleep pressure before your meeting.

U I've been awake for 25 hours. Plan my recovery.



Since you are in Tier 3 (Extreme Deprivation), you should take a short nap now and then aim for a 9-hour primary sleep starting at 8:00 PM.

U I need to stay alert for a high-importance task in 4 hours. What is my caffeine plan?



You should consume 100mg of caffeine immediately to reach your target alertness level.

Frequently Asked Questions

01 How does this MCP help with caffeine?

It provides a specific strategy for caffeine consumption so you stay alert for tasks without ruining your ability to sleep later.

02 Can I use this with Claude?

Yes, you can connect this MCP to Claude or any other MCP-compatible client through Vinkius.

03 Does it provide a full schedule?

Yes, the recovery timeline tool combines your naps, caffeine, and main sleep into one chronological plan.

04 Is the advice based on science?

Yes, the tools use principles of sleep science and circadian biology to make recommendations.

05 How do I get nap recommendations?

You can ask your agent to use the `get_nap_recommendations` tool by providing your current state and your upcoming schedule.

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>"all-nighter-recovery-planner": { "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

All-Nighter Recovery Planner 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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Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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