MCP SERVER | NO CODE | CLOUD HOSTED

Baby Sleep Schedule Generator MCP for AI Agents

Create science-backed nap schedules and feeding routines for your infant.

Baby Sleep Schedule Generator helps you build age-appropriate nap schedules and feeding routines. It uses developmental data to determine how long your baby should stay awake before napping and creates a full daily timeline based on your morning wake time. It also provides specific feeding and activity instructions for every block of the day so you don't have to guess what to do next.

A+ Quality Score 100/100

baby | sleep | schedule | infant | routine

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vinkius.com/mcp/baby-sleep-schedule-generator

SCAN TO VIEW

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.

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.

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.

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	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	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.

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.

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.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken 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.

Agent Activity

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

FinOps

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

Tool Health

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

Firewall & DLP

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

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.

Baby Sleep Schedule Generator MCP

3 tools available
Cloud-hosted on Vinkius

Managing a baby's sleep cycle is one of the biggest hurdles for new parents. You're often stuck guessing how long your child can stay awake before they get overtired, which makes it harder for them to settle down later. This MCP handles the heavy lifting by calculating age-appropriate nap windows and building a full daily timeline for you. Instead of scrolling through endless forums or trying to keep track of every minute on a paper chart, you can just tell your AI client your baby's age and morning wake time to get a complete plan. It even includes specific instructions for feeding and play periods based on the Eat-Play-Sleep principle. This means you'll know exactly when to feed, when to play, and when to settle them down for a nap without the mental load of manual planning. It's a great way to get a science-backed routine that follows developmental milestones rather than random habits. You can find this in the Vinkius catalog to help organize your daily flow and get some much-needed rest.

Core Capabilities

01 — Get wake window limits

Find the correct duration for your baby to stay awake based on their current age.

02 — Build a full day timeline

Create a chronological list of naps and wake times starting from a specific hour.

03 — Get feeding and activity advice

Receive specific instructions on how to handle Eat-Play-Sleep blocks.

04 — Calculate nap intervals

Determine the best timing for the next nap based on the baby's actual awake time.

05 — Generate personalized routines

Create a custom daily plan tailored to your baby's specific needs.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/baby-sleep-schedule-generator** — connect your AI agent in three steps.

01 Tell your AI client your baby's age and current wake time.

02 The MCP identifies the correct awake windows and builds a chronological schedule.

03 You get a full daily plan with specific feeding and activity instructions.

The bottom line is you get a science-backed sleep plan for your baby in seconds.

Built For

Parents of newborns or infants who feel overwhelmed by inconsistent sleep patterns and want a data-driven routine.

New Parents

Creating a predictable routine for a 0-12 month old to help everyone get better sleep.

au Pair or Nanny

Managing multiple infants with different sleep needs and ensuring they hit their nap windows.

Sleep Consultant

Generating quick sample schedules for clients based on specific wake times and ages.

What Changes When You Connect

01 Stop guessing wake windows by using get_age_based_window to see the correct limits for your baby's age.

02 Get a complete daily timeline instantly with create_daily_schedule instead of manual planning.

03 Follow the Eat-Play-Sleep principle accurately with specific instructions from generate_routine_advice.

04 Reduce parental stress by having a clear plan for every nap and feeding block.

05 Ensure your baby's sleep follows developmental milestones rather than random habits.

Real-World Applications

Creating a plan for a 3-month-old

A parent asks their agent to build a schedule starting at 7 AM with 3 naps for their 3-month-old baby using create_daily_schedule.

Managing multiple infants

A nanny uses the MCP to generate side-by-side nap schedules for two babies of different ages to keep the day organized.

Checking wake windows

A tired parent quickly asks their agent for the max wake window for a 12-week-old to see if it's time for a nap using get_age_based_window.

Planning a babysitter's day

A parent generates a full day's Eat-Play-Sleep plan to share with a babysitter so they know exactly what to do during every block.

Patterns to Avoid

Guessing wake windows

✗ AVOID

Trying to guess how long a baby can stay up, which often leads to an overtired baby.

✓ INSTEAD

Use get_age_based_window to get the exact range for their age so you know when to start the nap transition.

Inconsistent nap times

✗ AVOID

Setting naps at the same time every day regardless of the baby's actual age or wake time.

✓ INSTEAD

Use create_daily_schedule to build a timeline based on the baby's actual age and morning start time.

Skipping the routine

✗ AVOID

Putting the baby down for a nap without a plan for feeding or play.

✓ INSTEAD

Use generate_routine_advice to get the specific Eat-Play-Sleep steps for every block of the day.

The Right Fit

Use this if you want a science-based sleep plan for an infant and need to know exactly when to nap and feed based on age. It is perfect for parents who want a structured routine that follows developmental milestones. Don't use it if you are looking for medical advice on sleep disorders or if you need to manage schedules for older children who do not follow Eat-Play-Sleep patterns. If you just need to log sleep times without generating a plan, a general calendar tool is a better fit.

Baby Sleep Schedule Generator for Science-Backed Infant Nap Planning

Parents often spend hours on forums trying to figure out if their baby is staying awake too long. They end up overthinking every minute, scrolling through different blogs, and guessing whether the next nap should happen in 30 minutes or an hour. It's exhausting and often leads to overtired babies who have a harder time settling down.

This MCP changes that by pulling in developmental data to do the math for you. You just tell your agent the age and the wake time, and it builds the whole day out. You get a clear, actionable plan that tells you exactly what to do next.

Baby Sleep Schedule Generator for Managing Eat-Play-Sleep Routines

Managing infant routines usually involves juggling feeding times, active play, and quiet time. Doing this manually means constantly checking a clock

This MCP automates the routine logic. It applies the Eat-Play-Sleep principle to every block in your schedule. You get a step-by-step guide for every

and trying to remember which phase comes next. It's easy to lose track, especially when you're sleep-deprived.

part of the day, so you can focus on your baby instead of your watch.

Baby Sleep Schedule Generator: 3 Tools for Infant Nap Planning

Create age-appropriate nap schedules and feeding routines for your baby instantly.

#	TOOL	DESCRIPTION
01	`create_daily_schedule`	Generates a chronological timeline of wake and sleep periods for a single day. It builds a full day's plan based on your morning start time.
02	`generate_routine_advice`	Provides specific behavioral and feeding instructions for each period of the generated schedule. It tells you what to do during every block of the day.
03	`get_age_based_window`	Retrieves the minimum and maximum awake durations for a specific baby age. This helps you know exactly how long your baby can stay up before needing a nap.

See It in Action

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

U My baby is 6 weeks old. I want them to wake up at 07:00 and have 3 naps today. Can you make a schedule?

Based on a 6-week age, your baby's wake windows are roughly 60-90 minutes. Your schedule starts at 07:00.

PERIOD	TIME	ACTIVITY TYPE
Nap 1	08:30-10:00	Sleep
Nap 2	12:00-13:30	Sleep
Nap 3	15:30-17:00	Sleep
Bedtime	19:30	Sleep

Each nap follows the Eat-Play-Sleep cycle.

U What are the recommended wake windows for a 12-week old?

For a 12-week old baby, the recommended awake duration is between **75 and 105 minutes**.

U Can you give me advice for my baby's nap periods?

For your first nap at 08:30, ensure the **Eat** phase happens immediately upon waking, followed by active play, and then use a quiet environment for settling.

Frequently Asked Questions

01 **Can the Baby Sleep Schedule Generator create a nap plan for a 3-month-old?**

Yes, it generates age-appropriate schedules. It looks at the developmental stage of a 3-month-old to ensure the nap windows and feeding times are correct for that age.

02 **How does the Baby Sleep Schedule Generator handle feeding times?**

It incorporates feeding into the daily timeline. It follows the Eat-Play-Sleep principle to suggest the best times for your baby to eat relative to their nap schedule.

03 **Can I use the Baby Sleep Schedule Generator to see how long my baby should stay awake?**

Yes, you can ask your agent for the specific awake windows for any age. It provides the minimum and maximum durations recommended for your baby's developmental stage.

04 **Does the Baby Sleep Schedule Generator follow a specific sleep philosophy?**

It uses the widely recognized Eat-Play-Sleep principle. This helps create a consistent flow of activities throughout the day to help your baby settle more easily.

05 **How do I get a full day’s routine from the Baby Sleep Schedule Generator?**

Just tell your agent the baby's age and their morning wake time. The MCP will then build a complete chronological timeline for the rest of the day including naps and routines.

06 **Can the Baby Sleep Schedule Generator help with different ages?**

Yes, it is designed to be age-appropriate. Whether your baby is a newborn or an older infant, it adjusts the wake windows and schedule logic to match their growth.

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 `"baby-sleep-schedule-generator": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → 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

Baby Sleep Schedule Generator 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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