

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

Bedtime Routine Timer MCP

Build a science-backed schedule to fall asleep faster.

Bedtime Routine Timer MCP uses sleep hygiene principles to help you structure your evening. It calculates exactly when to stop using screens, reorders your nightly activities for maximum relaxation, and builds a complete, timed itinerary so you can transition from a busy day to deep sleep without the guesswork.

A+ Quality Score 98.33/100

sleep

routine

hygiene

wellness

planning



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.

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.

Bedtime Routine Timer MCP

4 tools available

Cloud-hosted on Vinkius

You can't just flip a switch and fall asleep. If you're staring at a phone screen or doing high-energy tasks right before bed, your brain stays wired. This MCP changes that by applying sleep hygiene logic to your specific evening habits. Instead of guessing when to start winding down, you give your AI client a list of what you need to do and when you want to be asleep. It then works backward to build a logical, timed sequence. It identifies the specific moment you need to put your phone away to avoid blue light interference and reorders your tasks so the most relaxing ones happen last. It's about removing the mental friction of planning your night so you can just follow the schedule and drift off.

Core Capabilities

01 — Schedule Generation

Your agent creates a step-by-step timeline for your evening.

03 — Activity Reordering

The tool moves relaxing tasks to the end of your routine for better results.

02 — Screen Time Management

The AI calculates your digital cutoff time to protect your sleep cycle.

04 — Routine Auditing

Your agent scores your plan against sleep hygiene standards.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/bedtime-routine-timer — connect your AI agent in three steps.

- 01 Connect the Bedtime Routine Timer MCP to your preferred AI client via Vinkius.
- 02 Tell your agent what time you want to be asleep and what activities you do.
- 03 The AI uses the tools to calculate times and reorder your tasks.
- 04 Review the generated itinerary or readiness score.
- 05 Follow the schedule to transition into sleep.

Connect the MCP to your AI client and start planning your night in seconds.

Built For

This is for anyone struggling to wind down after a long day of work or digital use.

Remote Workers

They hand off their list of evening chores to the AI to ensure they don't work too late.

Students

They use the tool to balance late-night study sessions with necessary sleep prep.

Wellness Enthusiasts

They hand off their meditation and stretching routines to get an optimized sequence.

What Changes When You Connect

- 01 Calculates exact start times for evening activities.
- 02 Determines digital cutoff times to reduce blue light exposure.
- 03 Reorders tasks to prioritize relaxation before sleep.

04 Provides a readiness score to check your plan's effectiveness.

Real-World Applications

Ending the Work-from-Home Loop

Use the tool to set a hard stop for digital work and transition into relaxation.

Optimizing Nightly Habits

Reorder your existing habits like reading or stretching to maximize their calming effect.

Managing High Screen Usage

Get a specific time to put your phone away based on how much you typically use it.

Planning for Early Mornings

Work backward from your wake-up time to ensure you get enough sleep through a structured routine.

Patterns to Avoid

Ignoring digital cutoff times

❌ AVOID

You tell your agent you want to sleep at 10 PM but keep scrolling on your phone until 9:55 PM. You assume you'll just fall asleep instantly.

✓ INSTEAD

Use `evaluate_screen_hygiene` to find the exact moment you need to put the phone down to avoid blue light interference.

Random task ordering

❌ AVOID

You decide to do heavy stretching or intense cleaning right before you jump into bed. This keeps your heart rate up when it should be dropping.

✓ INSTEAD

Run `optimize_activity_sequence` to ensure your most relaxing tasks happen last in the sequence.

Vague evening planning

❌ AVOID

You just tell your agent you want to 'relax more' without giving it a specific list of chores or habits to work with.

✓ INSTEAD

Provide a concrete list of your evening tasks and use `calculate_routine_schedule` to build a timed itinerary.

The Right Fit

Connect this MCP if you struggle to disconnect from work or screens before bed. Do not connect it if you already have a rigid, successful sleep schedule. The decision depends on whether you need an automated way to work backward from your wake-up time.

Bedtime Routine Timer MCP Tools

These tools handle the math and logic behind your evening wind-down. They turn a messy list of tasks into a timed, scientifically backed schedule.

#	TOOL	DESCRIPTION
01	calculate_routine_schedule	This tool builds a complete, timed itinerary for your entire evening routine.
02	evaluate_screen_hygiene	This tool identifies the specific time you should stop using electronic devices based on your habits.
03	get_routine_readiness_score	This tool provides a qualitative assessment of how well your proposed routine matches sleep hygiene standards.
04	optimize_activity_sequence	This tool reorders your list of activities to ensure the most relaxing tasks happen at the right time.

See It in Action

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

U I want to be asleep by 22:30. My activities are reading for 20 minutes and stretching for 15 minutes. Can you make a schedule?



To be asleep by 22:30, your routine should start at 21:55. Your sequence is: Stretching (21:55 - 22:10) followed by Reading (22:10 - 22:30).

U I use my phone a lot before bed. When should I stop using it if I want to sleep at 23:00?



Based on your high device usage, you should stop using electronic devices at 22:00 to ensure a healthy transition to sleep.

U Help me organize these activities for maximum relaxation: brushing teeth (5 min), meditation (15 min), and light reading (20 min). I want to sleep at 22:00.



To maximize relaxation, your optimized sequence is: Brushing teeth (21:20 - 21:25), Light reading (21:25 - 21:45), and Meditation (21:45 - 22:00).

Frequently Asked Questions

01 How does this MCP help me sleep better?

It uses sleep hygiene principles to calculate the best times for your activities and tells you when to stop using screens.

02 What AI clients can I use this with?

You can use this MCP with any compatible client like Claude, Cursor, Windsurf, or VS Code.

03 Can I change the order of my activities?

Yes, the tool can reorder your activities to ensure the most relaxing ones happen right before you sleep.

04 Do I need to set up my own hosting?

No, Vinkius hosts and manages the MCP for you. You just connect and use it.

05 How does it know when to stop screen time?

It evaluates your habits and the time you want to sleep to determine a safe digital cutoff time.

06 How does the routine calculation work?

The tool works backward from your desired sleep time to determine when you should start your routine and when you must stop using electronic devices.

07 Can I prioritize relaxing activities?

Yes, you can use the `optimize\_activity\_sequence` tool to reorder your tasks so that the most relaxing ones occur closest to your sleep time.

08 What is screen cutoff?

Screen cutoff is the specific time when you should stop using all electronic devices to allow your body to prepare for sleep without blue light interference.

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>"bedtime-routine-timer": { "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

Bedtime Routine Timer 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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