

MCP SERVER

NO CODE

CLOUD HOSTED

# Chronotype Estimator MCP for AI Agents

## Optimizing Daily Schedules with Biological Rhythms

The Chronotype Estimator classifies your biological rhythm and pinpoints when you're naturally most productive. It goes beyond simple time management by analyzing natural sleep patterns to categorize you as a Lion, Bear, Wolf, or Dolphin. Use this MCP to receive customized schedule recommendations and assess how poor sleep affects peak mental performance.

**A+** Quality Score 100/100

chronotype

sleep

productivity

circadian-rhythm

wellness



# 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

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## 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

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## 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

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## 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](https://cloud.vinkius.com) — connect your AI agent in under 60 seconds.

# Chronotype Estimator MCP

3 tools available

Cloud-hosted on Vinkius

Figuring out your optimal daily routine shouldn't feel like guesswork. This connector helps align your work schedule with your actual biological clock. You simply feed in some basic information about your typical wake-up and bedtime habits, and the system estimates your chronotype—whether you're a Lion, Bear, Wolf, or Dolphin. Once you know what kind of rhythm you run on, you can use the tools to find your peak focus windows for high-priority tasks. Need to check in on recovery? Running an evaluation on sleep debt gives you concrete data on how much lack of rest is actually dragging down your alertness. It's about building a schedule that works with your body's natural cycles, not against them. For the most robust access to these personalized insights, connecting through Vinkius, the leading MCP Catalog, lets your AI client connect once and gives you immediate use of this entire set of productivity tools.

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## Core Capabilities

### 01 — Estimate Your Biological Chronotype

The system analyzes input habits to classify your natural sleep-wake pattern into one of four biological types.

### 02 — Determine Peak Productivity Windows

It generates specific time blocks when your focus and energy levels are naturally highest, ideal for complex tasks.

### 03 — Assess Sleep Debt Impact on Focus

The MCP evaluates how insufficient sleep affects cognitive performance and alertness during crucial work periods.

# One Click on Vinkius — From Prompt to Execution

Available at [vinkius.com/mcp/chronotype-estimator](https://vinkius.com/mcp/chronotype-estimator) — connect your AI agent in three steps.

- 01** First, input your typical daily wake-up time, bedtime, and general energy patterns to initiate the chronotype estimation.
- 02** Next, use the resulting chronotype data to generate customized schedule recommendations for maximizing focus or run an evaluation on sleep debt impact.
- 03** Your agent compiles a clear report showing optimal work blocks and identifying potential dips in performance due to poor rest.

The bottom line is you get a personalized blueprint of your energy levels, telling you exactly when you should tackle your hardest tasks for maximum effect.

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## Built For

Anyone whose job requires deep, sustained focus—knowledge workers, creatives, or highly technical roles. If your performance dips unpredictably throughout the day, this MCP gives you a scientific way to understand why and how to fix it.

### Technical Consultant

Uses the MCP to schedule client calls and deep work sessions around their personal peak focus windows, ensuring high-quality output during critical times.

### Product Manager

Identifies optimal times for creative brainstorming or complex roadmap development by checking personalized schedule recommendations based on energy cycles.

### Freelancer/Consultant

Structures their entire workday, knowing exactly when they can dedicate maximum effort to billing clients versus administrative tasks.

## What Changes When You Connect

- 01 Stop wasting energy on tasks when you're naturally sluggish. The `estimate_chronotype` tool tells you if your peak hours are early morning or late night.
- 02 Eliminate the guessing game of productivity. Use `get_schedule_recommendations` to get a precise, tailored work calendar that matches your natural cycle.
- 03 Get objective data on fatigue instead of just feeling tired. The `evaluate_sleep_debt` tool quantifies how much poor sleep is hurting your alertness.
- 04 Stop scheduling meetings when you need deep focus time. This MCP helps you build structure around your actual energy peaks, making you more reliable.
- 05 It provides actionable insights that go deeper than simple to-do lists. You get a biological framework for managing complex workflows.

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## Real-World Applications

### Scheduling high-stakes client work

A consultant asks their agent, 'When should I schedule my hardest presentation?' The agent uses `get_schedule_recommendations` to pinpoint the optimal 3-hour window that matches the consultant's Wolf chronotype peak time.

### Understanding personal energy dips

A freelancer asks, 'Am I a morning person or a night owl?' The agent uses `estimate_chronotype`, classifying them as a late-day Dolphin, and adjusting their schedule to move deep work to the afternoon.

### Diagnosing burnout from lack of sleep

A PM asks, 'How will missing a night affect my next week?' The agent runs `evaluate_sleep_debt`, returning hard metrics that show the client is operating at 65% capacity until they catch up on rest.

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# Patterns to Avoid

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## Ignoring sleep data for scheduling

### X AVOID

The user keeps forcing important tasks into the morning even if they are actually a night owl, leading to frustration and missed deadlines.

### ✓ INSTEAD

First, run `estimate_chronotype` to find your true rhythm. Then, use `get_schedule_recommendations` to build a realistic schedule that respects your natural peak times.

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## Treating all tasks equally

### X AVOID

The user spends the entire morning writing complex reports when their energy levels are documented as low.

### ✓ INSTEAD

Check `evaluate_sleep_debt` to understand current fatigue levels. When debt is high, swap those deep work blocks for simpler administrative tasks.

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## Guessing at the perfect time

### X AVOID

The user just assumes that 9 AM is the best time to start their most important calls because 'that's what everyone does.'

### ✓ INSTEAD

Use `get_schedule_recommendations` instead. It provides objective, chronotype-specific recommendations for maximum impact.

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## The Right Fit

Use this MCP if your primary bottleneck is consistency—you need to know *when* you work best, not just what to work on. You must be interested in the science of human energy and sleep patterns. Don't use it if you simply need a basic calendar reminder or task list; those generic tools won't help because they don't account for your biology. If your only goal is 'to feel productive,' this MCP provides structure by first running `estimate_chronotype` to give you the foundational data needed before you can trust any schedule.

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## Chronotype Estimator: Solving Daily Energy Peaks with Biological Rhythm

Today, most people manage their time by simply putting tasks onto a calendar. This means copying and pasting meetings into blocks of time, regardless of whether they have the mental energy to tackle them. You spend hours trying to force deep focus work into times when your brain is naturally flagging low power.

With this MCP, you run an assessment that accurately classifies your natural rhythm (Lion, Bear, Wolf, Dolphin). Instead of just having a calendar, you get a scientifically backed schedule telling you exactly when your energy will be highest. You stop fighting your biology and start working with it.

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## Chronotype Estimator: Quantifying Sleep Debt for Workday Performance

The biggest time sink is the cumulative effect of poor sleep. People often don't realize how much a few hours less than normal really costs them, assuming they can just 'push through.' This leads to mistakes in reports and slow decision-making.

Running `evaluate_sleep_debt` gives you hard numbers on your cognitive impairment. You stop guessing about fatigue; you see it quantified so you know exactly when you need to scale back or prioritize rest.

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# Chronotype Estimator: 3 Tools for Analyzing Biological Productivity Cycles

These tools let you analyze natural sleep patterns, classify your biological rhythms, and generate precise scheduling recommendations for deep work sessions.

#	TOOL	DESCRIPTION
01	<code>estimate_chronotype</code>	Determines your biological chronotype based on self-reported daily routine patterns.
02	<code>evaluate_sleep_debt</code>	Calculates the impact of insufficient sleep against your required rest level.
03	<code>get_schedule_recommendations</code>	Provides specific time blocks and activities best suited for your identified chronotype.

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## See It in Action

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

**U** I'm a Wolf who needs to write a complex report this week. What are my best focus times?



### Chronotype Profile: Wolf

As a Wolf, your peak cognitive performance is reliably in the late evening (7 PM - 11 PM).

- **Best Tasks:** Drafting reports, strategic planning, complex coding.
- **Avoid During Peak Time:** High-energy meetings or quick emails. Save those for early afternoon when energy dips slightly.

Focus on tackling your biggest writing tasks between 8 and 10 PM to hit peak flow.

**U** How will getting only 6 hours of sleep affect me if I'm a Lion?



### Sleep Debt Assessment (Lion Type)

- **Target Sleep:** 8-9 Hours
- **Actual Sleep:** 6 Hours
- **Debt Level:** Moderate

**⚠️ Impact Warning:** You will experience noticeable dips in sustained attention and memory recall. Expect a significant drop in efficiency during your typically peak morning hours (7 AM - 11 AM). Take a mandated break or shift high-focus tasks to the afternoon.

**U** Based on my routine, what's my chronotype? I wake up at 6:30 and go to bed around 23:00.



**Your Chronotype Classification:** Lion (Early Riser)

This means your body is naturally wired for peak performance early in the morning.

- **Morning Focus Window:** 7:00 AM - 11:00 AM.
- **Ideal Work Flow:** Schedule all crucial, creative work during this window. Use late afternoon time (3 PM+) for administrative tasks like email cleanup or easy meetings.

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## Frequently Asked Questions

### 01 How does the Chronotype Estimator help me schedule my workday?

It moves you past guessing what time you'll be productive. By analyzing your natural rhythms, it gives you specific peak windows so you can map out high-value work during your best energy times.

### 02 Is this Chronotype Estimator just a mood tracker?

No, it's based on established biological patterns. It looks at your sleep and routine to classify your chronotype (Lion, Bear, Wolf, Dolphin) so you can build a work schedule that respects your actual biology.

### 03 What if I am consistently tired? Can this MCP help?

Yes. You can run the sleep debt evaluation to get concrete data on how much lack of rest is actually costing you focus and alertness, helping you adjust your schedule or habits.

### 04 How accurate are the Chronotype Estimator recommendations for my job?

The tool provides scientifically derived classifications based on sleep science. It gives objective data points that help structure complex roles like consulting or development, ensuring you maximize your deep work time.

### 05 Does this MCP only tell me when I'm focused, or does it give advice too?







It offers full scheduling recommendations. It doesn't just point to a window; it tells you what kind of task (creative vs. administrative) is best suited for that specific time slot.

# Go Live in 60 Seconds

Get your connection token from [cloud.vinkius.com](https://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
 <b>Claude AI</b>	Profile → Customize → Connectors → "+" → Add custom connector → Paste endpoint
 <b>Cursor</b>	Settings → Features → MCP Servers → "+ Add New MCP Server" → Type: SSE → Paste endpoint
 <b>VS Code</b>	Ctrl/Cmd+Shift+P → "MCP: Add Server" → add <code>"chronotype-estimator": {   "url": "..." }</code>
 <b>Windsurf</b>	MCP Settings → <code>mcp_settings.json</code> → Add endpoint URL
 <b>ChatGPT</b>	Settings → Tools & plugins → Add MCP server → Paste endpoint
 <b>Gemini</b>	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

# Chronotype Estimator 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](https://cloud.vinkius.com) →

[vinkius.com](https://vinkius.com) · [support@vinkius.com](mailto:support@vinkius.com)

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