

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

Circadian Light Exposure Planner MCP

Sync your biological clock with strategic light management.

Circadian Light Exposure Planner MCP helps you anchor your internal clock by managing light exposure. Your AI client uses this tool to find optimal morning light windows, identify when to dim lights for melatonin production, and assess your risk of circadian misalignment based on your specific environment and schedule.

A+ Quality Score 100/100

circadian

sleep

light-therapy

wellness

biology



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.

Circadian Light Exposure Planner MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to stop fighting your body's natural rhythm. Instead of guessing when to seek sunlight or when to dim the lights, you give your AI client the ability to calculate the exact timing needed to anchor your internal clock. If you live in a place with low winter light or work irregular hours, your agent can evaluate your risk of misalignment and suggest specific light therapy devices to fill the gaps. It handles the math of lux levels and timing so you can focus on your schedule. Whether you are trying to fix a sleep schedule or optimize your energy levels through light timing, this MCP provides the data-driven plan you need to stay in sync.

Core Capabilities

01 — Circadian Risk Assessment

Your agent checks your environment and schedule to find misalignment risks.

03 — Evening Light Restriction

Your agent identifies the specific window to dim lights for melatonin onset.

02 — Morning Light Planning

Your agent calculates the best time and length for morning light exposure.

04 — Light Therapy Suggestions

Your agent recommends specific light devices when natural light is too low.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/circadian-light-exposure-planner — connect your AI agent in three steps.

- 01 Connect the MCP to your preferred client like Claude or Cursor via Vinkius.
- 02 Provide your current light levels, wake time, and sleep time to your agent.
- 03 Ask your agent to evaluate your circadian risk or plan your light exposure.
- 04 Follow the specific timing and duration instructions provided by the tool.

Connect the MCP to your AI client and start managing your light exposure through simple text commands.

Built For

This MCP is built for anyone looking to manage their biological rhythms through data-driven light exposure.

Health Enthusiasts

They hand off their daily light levels and sleep schedules to the AI to optimize their wellness.

Shift Workers

They use the tool to manage misalignment caused by irregular working hours.

Biohackers

They use the risk assessment and device recommendations to fine tune their biological environment.

What Changes When You Connect

- 01 Calculates precise light timing based on lux levels.
- 02 Identifies specific windows for melatonin production.
- 03 Provides hardware recommendations when natural light is low.

04 Quantifies circadian misalignment risk through scoring.

Real-World Applications

Winter Light Management

Use the tool to plan longer light exposure sessions when natural sunlight is scarce during winter months.

Environment Auditing

Check your risk score by providing your current indoor and outdoor light levels.

Sleep Schedule Optimization

Identify the exact time to dim lights in the evening to support a consistent bedtime.

Device Selection

Get recommendations for light therapy tools when your natural environment doesn't meet your needs.

4 Tools Available

#	TOOL	DESCRIPTION
01	evaluate_circadian_risk	This tool assesses your risk of circadian misalignment. It looks at your current environment and schedule to see how well your internal clock is synced.
02	get_supplement_recommendations	This tool suggests supplemental light devices. It identifies when natural light is insufficient and recommends hardware to help you meet your needs.
03	plan_evening_restriction	This tool identifies your evening light restriction window. It tells you exactly when to dim your lights to ensure melatonin production starts on time.
04	plan_morning_exposure	This tool determines your optimal morning light timing. It calculates the best time and duration for light exposure to anchor your circadian rhythm.

See It in Action

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

U I wake up at 07:00 and have access to both indoor and outdoor light. It is currently winter and my light level is 300 lux. When should I get light?



You should begin your light exposure at 07:15. For the current winter conditions, a duration of 45 minutes is recommended to reach the target lux threshold.

U I plan to go to bed at 22:30. My current evening light is 150 lux. When should I start dimming my lights?



You should start reducing light intensity at 21:00. You should aim for a very dim environment to support melatonin onset.

U I wake up at 06:00, go to bed at 23:00, and my average daily light is 200 lux in the summer. Is my rhythm okay?



Your circadian risk score is 15, which indicates optimal alignment with your current environment and schedule.

Frequently Asked Questions

01 How does this MCP help with sleep?

It identifies the specific window when you should dim your lights to ensure melatonin production is not interrupted.

02 Can I use this with Claude or Cursor?

Yes, you can connect this MCP to any MCP-compatible client including Claude, Cursor, and Windsurf.

03 What if I don't get enough sunlight?

The tool can recommend specific supplemental light devices to use when your natural light exposure is insufficient.

04 How is circadian risk calculated?

The tool assesses the risk of misalignment by looking at your specific environment and your daily schedule.

05 Do I need to install anything locally?

No, Vinkius hosts the MCP, so you just connect your client and it is ready to use immediately.

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>"circadian-light-exposure-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

Circadian Light Exposure 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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DOCUMENT INFORMATION

Generated	September 2026
MCP Server	Circadian Light Exposure Planner MCP
Server ID	01a0b67f-afce-7256-84a6-de60c0d92c54
Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

LICENSE & USAGE

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