

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 Rhythm Optimizer MCP

Align your daily schedule with your biological clock.

Circadian Rhythm Optimizer MCP uses circadian biology to build a schedule that works with your body instead of against it. It calculates the best times for you to eat, exercise, work, and sleep based on your specific chronotype and wake time. Your AI client uses these biological windows to guide your daily routine.

A+ Quality Score 100/100

circadian

biology

scheduling

health

performance



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 Rhythm Optimizer MCP

4 tools available

Cloud-hosted on Vinkius

Stop fighting your natural energy cycles. This MCP acts as a biological scheduling engine that translates your chronotype into a precise daily blueprint. Instead of guessing when you should be most productive or when to hit the gym, you give your AI client your wake time and biological profile. It then maps out your day using specific windows for metabolic activity, light exposure, and cognitive peaks. You can use it to find the exact moment for high-stakes mental tasks or to figure out when to cut off caffeine so you actually sleep. It turns biological data into a practical, actionable plan for your day.

Core Capabilities

01 — Biological Scheduling

Your agent builds a daily plan based on your specific chronotype.

03 — Metabolic Timing

It calculates the best times for eating and exercising.

02 — Cognitive Peak Detection

The AI identifies when you are most alert for difficult mental work.

04 — Light Management

The tool provides guidance on light exposure to regulate your internal clock.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/circadian-rhythm-optimizer — connect your AI agent in three steps.

- 01 Connect the MCP to your preferred AI client via Vinkius.
- 02 Provide your wake time and chronotype to your agent.
- 03 Ask for a specific plan like a daily schedule or a light exposure guide.
- 04 The agent uses the MCP tools to calculate your biological windows.
- 05 Receive a precise, actionable plan for your day.

Connect the MCP to your client and start scheduling based on your biology.

Built For

This is for anyone looking to optimize their physical and mental output through biological alignment.

High-performance professionals

They hand off their wake times to find the best windows for deep work.

Athletes

They use the metabolic sync tools to time their training and nutrition.

Students

They use cognitive windows to schedule intense study sessions.

What Changes When You Connect

- 01 Aligns high-intensity tasks with natural alertness peaks.
- 02 Times nutritional intake to match metabolic rhythms.
- 03 Uses light exposure to help regulate sleep cycles.

04 Reduces decision fatigue by providing a biological blueprint.

Real-World Applications

Deep Work Planning

Identify the exact hours you should tackle complex projects to maximize focus.

Sleep Regulation

Use light exposure plans to help shift your circadian phase if you are a night owl.

Fitness Optimization

Schedule workouts when your metabolic rhythm is most prepared for intensity.

Nutritional Timing

Coordinate meal times with your body's natural metabolic windows.

4 Tools Available

#	TOOL	DESCRIPTION
01	get_cognitive_performance_window	This tool identifies the specific time blocks when your brain is primed for high-stakes mental tasks.
02	get_light_exposure_plan	Use this to get instructions on when to seek bright light or darkness to manage your circadian phase.
03	get_metabolic_activity_sync	This tool optimizes your meal timing and exercise intensity based on your metabolic rhythm.
04	get_optimal_daily_schedule	This tool generates a full daily blueprint of your best activity windows.

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 I am a morning lark. Can you give me a full daily schedule for muscle gain?



Based on your 07:00 wake time and morning lark chronotype, your optimal schedule for muscle gain includes breakfast at 07:30, a high-intensity exercise window between 09:00 and 10:30, and a caffeine cutoff at 12:00.

U I'm a night owl waking up at 09:00. When should I seek bright light?



For a night owl waking at 09:00, you should seek bright light exposure between 09:15 and 10:00 to help advance your circadian phase.

U When is my best time for deep work if I wake up at 08:00 and am an intermediate type?



Your peak alertness window for deep work is between 10:00 and 12:30.

Frequently Asked Questions

01 How does this MCP help with productivity?

It identifies your cognitive performance windows so you can schedule difficult tasks when you are naturally most alert.

02 Can I use this to improve my sleep?

Yes, the tool provides light exposure plans to help you manage your circadian rhythm and regulate your sleep-wake cycle.

03 What information do I need to provide?

You typically need to provide your wake time and your chronotype to get accurate biological windows.

04 Does this work with any AI client?

It works with any MCP-compatible client like Claude, Cursor, or Windsurf.

05 Can it help with my workout routine?

Yes, the metabolic activity sync tool optimizes exercise intensity based on your biological rhythms.

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-rhythm-optimizer": { "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 Rhythm Optimizer 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

INDEPENDENT PLATFORM DISCLAIMER

Vinkius is an independent platform and is not affiliated with, endorsed by, sponsored by, verified by, or otherwise authorized by Circadian Rhythm Optimizer. All third-party trademarks, logos, and brand names are the property of their respective owners. Their use in this document is strictly for informational purposes to identify service compatibility and interoperability.

DOCUMENT INFORMATION

Generated	September 2026
MCP Server	Circadian Rhythm Optimizer MCP
Server ID	01a0b510-adb3-7299-bace-fb8b80940883
Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

LICENSE & USAGE

This document is generated automatically by the Vinkius PDF Engine. Content reflects the MCP server configuration at the time of generation and may change as updates are deployed. For the most current information, visit vinkius.com/en/ai-agent-connect/circadian-rhythm-optimizer.