

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

Daylight Saving Time Adapter MCP

Adjust your circadian rhythm without the usual sleep debt.

Daylight Saving Time Adapter MCP uses science-based protocols to help you manage the physiological shift of DST. Your AI client can generate custom multi-day adjustment schedules, pinpoint the best times for light exposure, and provide specific sleep and wake recommendations based on your unique chronotype.

A+ Quality Score 100/100

circadian

sleep

dst

biology

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

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.

Daylight Saving Time Adapter MCP

4 tools available

Cloud-hosted on Vinkius

DST transitions usually mess with your internal clock, leaving you groggy and tired. This MCP fixes that by giving your AI client the tools to build a personalized biological adjustment plan. Instead of guessing when to go to bed, you can use these tools to calculate exactly how to shift your schedule based on whether you are a morning person or a night owl. You can predict how much sleep debt you'll actually face and get specific instructions on when to seek light to reset your phase. It turns a messy biological shift into a predictable, manageable process.

Core Capabilities

01 — Sleep Debt Prediction

Your agent uses this to estimate how much physiological disruption you will experience.

02 — Circadian Phase Shifting

Your agent uses this to find the best light exposure windows for your specific needs.

03 — Customized Scheduling

Your agent uses this to build multi-day plans tailored to your chronotype.

04 — Incremental Sleep Adjustments

Your agent uses this to provide specific sleep and wake times to minimize disruption.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/daylight-saving-time-adapter — connect your AI agent in three steps.

- 01 Connect the MCP to your preferred client like Claude or Cursor.
- 02 Provide your chronotype and flexibility details to your agent.
- 03 Request a specific plan, such as a multi-day schedule or light exposure window.
- 04 Follow the generated instructions to adjust your sleep and light exposure.

Connect the MCP to your AI client and start planning your biological transition.

Built For

This MCP is for anyone looking to minimize the biological impact of time changes using data-driven schedules.

Biohackers

They hand off their chronotype data to the AI to get precise light and sleep windows.

Shift Workers

They use the tool to manage irregular sleep patterns during seasonal time changes.

Productivity Enthusiasts

They use the adaptation plans to maintain peak performance during DST shifts.

What Changes When You Connect

- 01

Reduces sleep debt through incremental schedule shifts.
- 02

Uses chronotype data to personalize adjustment protocols.
- 03

Provides specific light exposure windows to regulate circadian phases.

Real-World Applications

Spring Transition Prep

Use the tool to start shifting your bedtime earlier in the days leading up to the spring time change.

Night Owl Management

Get a specialized plan that accounts for low flexibility in your biological clock.

Fall Transition Prep

Use light exposure recommendations to delay your circadian phase for the fall shift.

Sleep Debt Assessment

Calculate how much disruption to expect before the time change actually happens.

4 Tools Available

#	TOOL	DESCRIPTION
01	calculate_transition_impact	This tool predicts the physiological disruption and sleep debt you will likely face during a transition.
02	get_adaptation_plan	This tool generates a full multi-day schedule to shift your rhythm to the new time.
03	get_light_exposure_schedule	This tool provides specific timing for light exposure to help advance or delay your circadian phase.
04	get_sleep_shift_recommendations	This tool gives you specific instructions on when to sleep and wake to keep sleep debt low.

See It in Action

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

U I am a night owl with low flexibility. Create a plan for the spring DST transition.



Since you are a night owl with low flexibility, I have created a 7-day gradual adjustment plan. You should start shifting your bedtime 15 minutes earlier each night to prepare for the spring transition.

U How much sleep debt should I expect for a spring transition if I am a morning person with high flexibility?



Your estimated sleep debt should be minimal, likely under 0.5 hours, because your morning chronotype and high flexibility allow for easy adjustment.

U When should I get light exposure to help me adjust to the fall transition?



To prepare for the fall transition, you should seek bright light exposure during the late morning to help delay your circadian phase.

Frequently Asked Questions

01 How does this MCP help with Daylight Saving Time?

It provides science-based protocols to adjust your sleep, light exposure, and daily schedule based on your specific biological needs.

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 Do I need to provide my chronotype?

Yes, providing your chronotype and flexibility levels allows the tool to create a personalized adaptation plan.

04 What is a circadian phase?

It is your internal biological clock that regulates sleep and wake cycles, which this MCP helps manage through light and sleep timing.

05 How does it calculate sleep debt?

The tool predicts physiological disruption by analyzing your chronotype against the upcoming time transition.

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>"daylight-saving-time-adapter": { "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

Daylight Saving Time Adapter 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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MCP Server	Daylight Saving Time Adapter MCP
Server ID	01a0b81d-2f8e-72ba-b89d-7221ebe585bc
Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

LICENSE & USAGE

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