MCP SERVER | NO CODE | CLOUD HOSTED

Energy Curve Mapper MCP for AI Agents

Optimizing the Daily Schedule Based on Chronotype Rhythms

The Energy Curve Mapper precisely maps your natural biological rhythms—your peaks, valleys, and ideal focus periods. Input your chronotype (like 'bear' or 'lion') and wake time to see a full energy profile for the day. It shows you exactly when deep work is possible, where creativity hits its stride, or when you just need a break.

B Quality Score 85/100

chronotype | circadian-rhythm | productivity | biohacking | energy-management

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vinkius.com/mcp/energy-curve-mapper

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.

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.

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.

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	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	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.

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.

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.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken 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.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

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.

Energy Curve Mapper MCP

0 tools available
Cloud-hosted on Vinkius

Stop scheduling meetings when your brain naturally tanks out. This MCP connects your biological rhythm directly to your daily calendar. By specifying your chronotype and wake-up time, it generates a detailed energy map of your entire day. You don't have to guess where you'll be mentally at 3 PM; this tool shows it. It lets you pinpoint deep work windows for complex tasks or find the exact times when your mind is most creative for brainstorming sessions.

Instead of manually tracking cycles, you send your chronotype data through Vinkius and get actionable time blocks back. You can also check your current status to know what's going on with your energy right now. This means you schedule work around *you*, not the other way around.

Core Capabilities

01 — Generate a daily energy map

It maps out your entire day in two-hour blocks, showing exactly when you're focused, peaking, or hitting an energy valley.

02 — Find deep work periods

This extracts specific time slots ideal for concentration and complex tasks that require sustained focus.

03 — Detect peak creativity times

It identifies the best windows in your schedule reserved specifically for brainstorming, ideation, or creative thinking.

04 — Check immediate energy status

You get a real-time reading of your current biological state based on when you woke up and what time it is now.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/energy-curve-mapper** — connect your AI agent in three steps.

01 First, input three pieces of data: your specific chronotype (e.g., bear), your wake-up time, and the desired date range.

02 The MCP processes this biological data against known human circadian rhythms to calculate energy fluctuation patterns.

03 You receive a structured output showing labeled time blocks for focus, peak performance, creativity, or rest.

The bottom line is: you get an objective, data-backed schedule that tells you when your body and mind are optimized for specific types of work.

Built For

This MCP is for knowledge workers who struggle with chronic low energy or burnout. If your workday feels like a series of unpredictable slumps, this tool gives you the blueprint to schedule better.

Software Developer

You use it to block out specific coding sessions during peak focus windows so complex tasks get done when your brain is freshest.

Marketing Consultant

You check for ideal brainstorming times before client calls, ensuring you're proposing ideas when your creativity is naturally high.

Technical Writer

You run the daily energy map to schedule drafting time during peak focus periods and reserve afternoon valleys for simple copy-editing tasks.

What Changes When You Connect

01 Stop wasting peak mental energy in low-focus times. Use `identify_focus_windows` to guarantee dedicated deep work blocks when your mind is sharpest.

02 Maximize brainstorming sessions. Instead of hoping for a creative breakthrough, use `detect_creativity_windows` to schedule idea generation during optimal periods.

03 Eliminate the '3 PM slump.' The full map from `get_daily_energy_map` shows you exactly when your energy dips, letting you proactively schedule admin work then.

04 Instant status checks save time. Need to know if you can jump into a complex task right now? `get_current_energy_status` tells you instantly.

05 Schedule smarter, not harder. You gain predictable performance metrics instead of relying on vague feelings or calendar guesswork.

Real-World Applications

Rescheduling a major project draft

A technical writer needs to finish a complex guide but keeps getting distracted. They ask their agent for the daily energy map, which shows peak focus hours are 9 AM - 12 PM. They then schedule all drafting work exclusively into those time slots.

Planning client brainstorming calls

A marketing consultant needs to generate fresh campaign ideas for a client. They use the energy curve mapper and find their peak creativity window is 2 PM - 4 PM, so they schedule all idea generation sessions there.

Managing remote team workloads

A project manager needs to allocate tasks across a small team. They run the energy map for three different chronotypes and assign deep coding work only to developers who peak in the morning, evening out the workload.

Patterns to Avoid

Scheduling based on habit

✗ AVOID

Thinking you need to write code every day at 10 AM because that's when your team usually meets. This ignores how your brain actually functions.

✓ INSTEAD

Use `get_daily_energy_map` first. If the map shows a valley at 10 AM, reschedule routine meetings or administrative tasks there and save coding for a peak window.

Treating all work equally

✗ AVOID

Spending equal time on brainstorming (creative) and data entry (focused), even if your energy curve shows one is much easier than the other.

✓ INSTEAD

Differentiate tasks. Use `detect_creativity_windows` for ideas, and reserve times identified by `identify_focus_windows` only for deep work.

Ignoring current state

✗ AVOID

Walking into a meeting with complex problem-solving required when you haven't slept well or are naturally in an energy dip.

✓ INSTEAD

Check your immediate status using `get_current_energy_status`. If it flags a low reading, ask your agent to suggest lower-stakes tasks for the next hour.

The Right Fit

Use this MCP if you genuinely suspect that your performance fluctuates based on time of day or sleep patterns. You need data to prove when you're best at focused writing vs. creative thinking. Don't use it if you just need a simple calendar reminder; those generic tools won't help. If all you want is to block out 'work time,' this isn't enough—you need task management software. But if your problem is *when* to allocate that work, the Energy Curve Mapper tells you exactly where to put every single hour of your day.

Energy Curve Mapper: Mapping Natural Focus Windows for Productivity

Today, scheduling a complex project often means manually juggling different calendars and guessing when everyone—including yourself—will be at their best. You end up spending hours just trying to fit deep work into limited slots, resulting in burnout and missed deadlines because critical tasks are forced into energy valleys.

With the Energy Curve Mapper, you give your chronotype data, and it generates a clear map of your optimal time blocks. The agent doesn't guess; it shows you precisely when your brain is ready for deep focus or complex problem-solving, letting you assign work based on biology.

Energy Curve Mapper: Optimizing Biohacking and Circadian Rhythm Management

The manual process of biohacking involves endless reading about sleep cycles, chronotypes, and peak times—information that is often contradictory or too vague to act on. You end up with a lot of theory but no actionable schedule.

This MCP takes the complexity out. By comparing your personal rhythm against established biological data, it delivers concrete time windows for focus and creativity. It turns abstract concepts like 'peak performance' into specific hours you can write into your calendar.

See It in Action

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

U What does my energy map look like today if I'm a wolf who woke up at 10 AM?

Energy Map for Wolf Chronotype (Woke: 10:00)

TIME BLOCK	ENERGY STATE	BEST FOR
10:00 - 13:00	Focus	Deep Writing / Coding
13:00 - 16:00	Peak	Meetings / High-Stakes Calls
16:00 - 19:00	Creativity	Brainstorming / Ideation
19:00 - 22:00	Valley	Admin / Reading Emails

U I need to schedule a complex report draft. When is the best time? I'm a bear who woke up at 7 AM.

Deep Work Recommendation:
Your current chronotype suggests your peak focus window for deep work starts between **9:00 and 12:00**. This period offers sustained cognitive energy, making it ideal for complex drafting.

Avoid: Scheduling the report draft after 3 PM; you'll hit a notable drop-off in concentration during that time block. Use administrative tasks then.

U What is my energy status right now? It's 5 PM and I woke up at 8 AM, and I'm a dolphin.

Current Energy Status: Your current state is in the **Creativity Window**.

You have high cognitive flexibility right now. This means you should prioritize tasks that involve synthesis, generating ideas, or lateral thinking (e.g., market research, brainstorming). You are not optimized for pure data entry or rote memorization.

Frequently Asked Questions

01 **How does the Energy Curve Mapper work? Do I need to know my chronotype?**

The system uses your inputted chronotype (like bear or lion) and wake-up time to calculate a predictive energy schedule. You don't have to be an expert in biohacking; just providing these three details is enough for the MCP to generate a detailed, actionable map of your day.

02 **Can I use Energy Curve Mapper if my energy dips are unpredictable?**

The purpose of this MCP is to find predictable patterns. While individual days vary, by mapping out your general chronotype rhythm, it gives you a reliable framework for scheduling deep work and avoiding common low-energy times.

03 **Is Energy Curve Mapper better than just using my personal calendar?**

A standard calendar only shows time; this MCP tells you *how* to spend that time. It moves beyond simple scheduling by telling you if the task is appropriate for your current biological state, preventing burnout.

04 **What kind of tasks are best during peak focus windows? (Energy Curve Mapper)**

Peak focus periods are reserved for high-cognitive load work: writing complex reports, coding difficult features, or analyzing dense data sets. They're the times you tackle things that require sustained attention.

05 **Does Energy Curve Mapper help me with creative thinking?**

Yes, it specifically detects 'creativity windows.' This is crucial for marketing roles or idea generation, letting you schedule brainstorming sessions when your mind's ability to make novel connections is highest.

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 `"energy-curve-mapper": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → 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

Energy Curve Mapper 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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