

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

Insomnia Severity Tracker MCP

Track clinical sleep patterns and intervention success with your AI.

Insomnia Severity Tracker MCP gives your AI client the ability to process clinical sleep data. It handles everything from calculating current severity levels to analyzing how fast symptoms are progressing. You can use it to see if a new sleep routine actually works or if a patient needs a professional medical consultation.

A+ Quality Score 100/100

insomnia

health

clinical

sleep

medical



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.

Insomnia Severity Tracker MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to turn your AI agent into a specialized sleep monitoring tool. Instead of just chatting about sleep, your agent can now perform clinical-grade assessments. It uses specific logic to determine exactly how severe a user's insomnia is based on recent data.

You can track whether sleep issues are improving or worsening over time by looking at the velocity of symptom changes. If you are testing a new sleep habit or medication, the MCP calculates the actual impact of that change. It also acts as a safety layer by identifying when symptoms hit a threshold that requires a doctor. This moves your AI from simple conversation to meaningful, data-driven sleep monitoring.

Core Capabilities

01 — Severity Assessment

Your agent calculates clinical severity levels based on recent scores.

02 — Trend Analysis

The AI tracks if sleep issues are accelerating or improving over time.

03 — Impact Measurement

Your agent quantifies how much a specific intervention changed sleep symptoms.

04 — Medical Safety Checks

The AI flags when symptoms suggest a need for professional medical consultation.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/insomnia-severity-tracker — connect your AI agent in three steps.

- 01 Connect your AI client to the Vinkius hosted MCP.
- 02 Provide your sleep data or ISI scores to your AI agent.
- 03 The agent calls the necessary tool to process the data.
- 04 The agent delivers a clinical assessment or trend analysis.

Connecting this MCP to your AI client gives your agent immediate access to clinical sleep tools.

Built For

This MCP is built for anyone managing sleep health data through AI-driven interfaces.

Health Researchers

They hand off sleep data to the AI to track longitudinal trends.

Wellness Coaches

They use the AI to measure the success of client sleep interventions.

Personal Health Managers

They use the AI to monitor their own sleep patterns and safety thresholds.

What Changes When You Connect

- 01 Converts raw sleep scores into clinical severity levels.
- 02 Quantifies the exact percentage of improvement from sleep interventions.
- 03 Identifies dangerous symptom trends automatically.

- 04** Provides a standardized way for AI agents to interpret sleep data.
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Real-World Applications

Tracking Sleep Routine Success

Compare ISI scores before and after a new routine to see the exact reduction in severity.

Safety Flagging

Use the AI to check if current sleep symptoms necessitate a visit to a doctor.

Longitudinal Monitoring

Watch how sleep symptoms evolve over weeks to see if they are trending toward improvement.

Clinical Data Processing

Let your AI agent process ISI scores to determine current severity levels instantly.

4 Tools Available

#	TOOL	DESCRIPTION
01	evaluate_intervention_efficacy	This tool measures how much a specific change or treatment actually reduced insomnia symptoms.
02	analyze_severity_trend	Use this to check the direction and speed of insomnia progression over a period of time.
03	calculate_current_severity	This tool determines the current clinical severity level using the most recent assessment data.
04	check_referral_necessity	This tool identifies if a patient's symptoms have reached a level that requires a medical professional.

See It in Action

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

U What is my current insomnia severity if my ISI score is 22?



Your current insomnia severity is severe.

U Is my insomnia getting better? My previous scores were 20, 18, and 15.



Your insomnia severity is improving.

U I had an ISI score of 20 before my new sleep routine and now it is 12. How effective was it?



The intervention was highly effective, resulting in a 40% reduction in severity.

Frequently Asked Questions

01 What AI clients can use this MCP?

You can use this MCP with any compatible client like Claude, Cursor, Windsurf, or VS Code.

02 Do I need to host the MCP myself?

No, Vinkius hosts and manages the MCP for you. You just connect your client and start using the tools.

03 How does the MCP determine if I need a doctor?

The check_referral_necessity tool analyzes symptoms to see if they meet the threshold for professional medical consultation.

04 Can this MCP calculate how much a sleep change helped me?

Yes, the `evaluate_intervention_efficacy` tool measures the reduction in symptoms caused by a specific intervention.

05 Is this for medical diagnosis?

This MCP provides clinical-grade monitoring and data analysis for your AI agent to use, but it is a tool for tracking and assessment.

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>"insomnia-severity-tracker": { "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

Insomnia Severity Tracker 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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Server ID	01a0b9a0-62f7-7332-b476-4d438cf2083d
Platform	Vinkius Cloud for AI Agents
Endpoint	https://edge.vinkius.com/{token}/mcp

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