MCP SERVER | NO CODE | CLOUD HOSTED

# Jet Lag Recovery Scheduler MCP

## Sync your biological clock to any new time zone.

Jet Lag Recovery Scheduler MCP helps you fight fatigue and disorientation after long flights. By analyzing your travel direction and time zone shifts, your AI client can build a custom protocol for light exposure, melatonin timing, and sleep routines to get you back on track faster.

A+ Quality Score 100/100

circadian | jet-lag | sleep | travel-planning | wellness

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vinkius.com/en/ai-agent-connect/jet-lag-recovery-scheduler

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.

# Jet Lag Recovery Scheduler MCP

4 tools available
Cloud-hosted on Vinkius

Traveling across multiple time zones messes with your internal clock. This MCP gives your AI agent the specific data it needs to build a recovery plan tailored to your exact flight path. Instead of guessing when to sleep or when to seek sunlight, you can ask your agent to calculate a precise schedule based on your direction of travel and the offset of your destination.

Your agent uses these tools to map out exactly when you should be awake, when to avoid bright lights, and when to take melatonin to signal your body that it is time to rest. It takes the guesswork out of circadian adjustment. Whether you are flying east or west, you get a structured timeline to follow so you can hit the ground running at your destination.

## Core Capabilities

**01 — Recovery Estimation**

Your agent calculates the total days needed to reach full circadian synchrony.

**02 — Light Management**

The AI identifies specific windows for light exposure to manipulate your internal clock.

**03 — Melatonin Scheduling**

Your agent determines the optimal timing for melatonin doses based on your destination.

**04 — Routine Building**

The AI generates daily sleep and wake cycles to match local time zones.

## One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/en/ai-agent-connect/jet-lag-recovery-scheduler** — connect your AI agent in three steps.

01 Connect your AI client to the Vinkius hosted MCP.

02 Provide your flight details, including departure, destination, and direction.

03 Your agent calls the specific tools to calculate light, sleep, and melatonin plans.

04 Receive a personalized circadian recovery protocol.

Connect your client to Vinkius and start asking for recovery plans.

## Built For

This MCP is built for frequent travelers who need to stay sharp and minimize downtime after long-haul flights.

**Business Travelers**

They ask the agent to build a schedule so they can be productive immediately upon arrival.

**Digital Nomads**

They use the agent to manage sleep routines while moving between continents.

**Flight Crews**

They rely on the agent to calculate recovery timelines for irregular schedules.

## What Changes When You Connect

01 Reduces recovery time by using direction-based biological math.

02 Removes the guesswork from melatonin and light exposure timing.

| | |
|---|---|
| 03 | Provides a structured daily routine for new time zones. |

## Real-World Applications

**Eastward Travel Adjustment**

Use the agent to find light windows that help advance your clock when flying east.

**Westward Travel Adjustment**

Ask for a melatonin plan to help delay your clock when flying west.

**Trip Planning**

Determine how many days of fatigue to expect before a major meeting or event.

**Daily Routine Syncing**

Get a specific sleep and wake schedule to match your destination's local time.

# 4 Tools Available

| # | TOOL | DESCRIPTION |
|---|---|---|
| 01 | `get_adaptation_timeline` | This tool calculates how many days it will take for your body to fully adjust to a new time zone. |
| 02 | `get_light_exposure_schedule` | This tool generates a specific plan for when you should seek bright light to help shift your internal clock. |
| 03 | `get_melatonin_timing_plan` | This tool provides the best times to take melatonin to help your circadian rhythm align with your destination. |
| 04 | `get_sleep_schedule` | This tool creates a daily sleep and wake routine to help you match the local time of your destination. |

# See It in Action

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

**U** I am traveling from New York (UTC-5) to London (UTC+0) heading east for a 5-day trip. How long will it take to recover?

It will take approximately 3 days to reach full circadian synchrony with London time.

**U** Give me a light exposure plan for traveling west from Los Angeles (UTC-8) to Tokyo (UTC+9).

To adjust to Tokyo time, you should seek bright light during the late afternoon and evening of your arrival days to delay your biological clock.

**U** When should I take melatonin for a trip from Berlin (UTC+1) to New York (UTC-5) traveling west?

You should take melatonin in the late evening local time of your destination to help signal the biological night and facilitate sleep onset.

# Frequently Asked Questions

01 **How does this MCP help with jet lag?**

It uses your travel direction and time zone offsets to create custom schedules for light, sleep, and melatonin to help your body sync with a new location.

02 **Which AI clients can use this MCP?**

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

03 **Do I need to host this myself?**

No, Vinkius hosts and manages the MCP for you. You just connect your client and it is ready to use.

04 **Can it tell me how long I will feel tired?**

Yes, the get_adaptation_timeline tool estimates how long it will take for you to fully recover.

05 **Does it provide melatonin advice?**

Yes, the get_melatonin_timing_plan tool provides specific schedules for when to take melatonin to assist in shifting your circadian rhythm.

# 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 `"jet-lag-recovery-scheduler": { "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

# Jet Lag Recovery Scheduler 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

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