

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

Meal & Sleep Timing Guide MCP

Sync your eating habits with your body's natural clock.

Meal & Sleep Timing Guide MCP connects your AI client to research on circadian biology and gastrointestinal physiology. It helps you schedule meals to avoid acid reflux and minimize sleep latency. Your agent can calculate optimal eating windows, suggest light snacks that won't ruin your rest, and identify ingredients that interfere with sleep quality.

A+ Quality Score 100/100

sleep

digestion

nutrition

circadian

health



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.

Meal & Sleep Timing Guide MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to bridge the gap between your daily nutrition and your sleep quality. Instead of guessing when to eat, your AI client uses physiological research to tell you exactly when to finish your last meal based on your planned bedtime. If you struggle with acid reflux or a sensitive stomach, the MCP provides specific advice to mitigate heartburn and identifies food groups you should avoid before bed. It's a practical way to use your agent to manage digestive timing and circadian rhythms without having to dig through medical papers yourself. Whether you need a light snack that won't keep you awake or a plan to prevent reflux after a heavy dinner, your agent handles the calculations for you.

Core Capabilities

01 — Circadian Meal Scheduling

Your agent calculates eating windows to align with your sleep schedule.

02 — Reflux Mitigation

The MCP provides tactical steps to prevent heartburn after eating.

03 — Sleep-Safe Snacking

Your AI client suggests light foods that won't interfere with rest.

04 — Ingredient Screening

The tool identifies specific foods that disrupt sleep quality.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/meal-sleep-timing-guide — connect your AI agent in three steps.

01 Connect your preferred client like Claude or Cursor to Vinkius.

02 Tell your agent your planned bedtime and meal details.

03 The agent uses the MCP tools to process the physiological data.

04 You receive specific timing, snack, or prevention advice.

Connect your client to Vinkius and start asking your agent about meal timing and digestive health.

Built For

This MCP is for anyone looking to use AI to manage the relationship between nutrition and sleep. It's built for people who want data-backed timing for their meals.

Health-conscious individuals

They ask the agent to plan meal times to improve sleep consistency.

People with digestive sensitivities

They use the tool to find ways to avoid heartburn and reflux.

Biohackers

They hand off circadian data to the agent to optimize their daily routines.

What Changes When You Connect

01 Reduces sleep latency by calculating proper digestive gaps.

02 Lowers the risk of acid reflux through tactical prevention plans.

03 Identifies problematic ingredients before you eat them.

04 Provides snack options that won't disrupt your circadian rhythm.

Real-World Applications

Evening Meal Planning

You tell your agent your bedtime and meal type to get a precise eating window.

Late Night Hunger

You get light snack suggestions when you're hungry but need to sleep soon.

Managing Heartburn

You ask for a prevention plan after eating a heavy meal to avoid discomfort.

Dietary Auditing

You check a list of ingredients to see if they will interfere with your sleep.

4 Tools Available

#	TOOL	DESCRIPTION
01	get_avoidance_list	This tool identifies specific food groups or ingredients that can negatively impact your sleep quality.
02	get_heartburn_prevention_plan	This tool provides tactical advice to help you manage acid reflux and heartburn if you have a sensitive stomach.
03	get_optimal_meal_timing	This tool calculates the best time to eat based on your specific bedtime and the type of meal you're having.
04	get_snack_recommendations	This tool suggests light food options for when you need a small snack but don't want to disrupt your rest.

See It in Action

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

U I'm planning to go to bed at 10:00 PM. I'm eating a large, high-fat dinner. When should I eat?



To accommodate a large, high-fat meal, you should finish eating by 6:00 PM to allow for a 4-hour digestive gap before your 10:00 PM bedtime.

U I'm feeling a bit hungry but I want to sleep soon. What's a good light snack?



A small portion of Greek yogurt or a few slices of apple would be excellent light snack options that won't disrupt your sleep.

U I just ate a heavy meal and I'm worried about heartburn. What should I do?



Try to remain upright rather than lying down immediately, and avoid any further food intake for at least 3 hours to help manage reflux.

Frequently Asked Questions

01 How does this MCP help with sleep?

It uses circadian biology research to help you time your meals so they don't interfere with your ability to fall asleep.

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 What if I have acid reflux?

The MCP includes a tool that provides tactical advice to help mitigate heartburn and reflux after eating.

04 Does it suggest specific foods?

Yes, it can provide snack recommendations and identify specific food groups to avoid for better sleep.

05 Do I need to host this myself?

No, Vinkius hosts and manages the MCP so it is ready to use immediately after you connect your client.

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>"meal-sleep-timing-guide": { "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

Meal & Sleep Timing Guide 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

Generated	September 2026
MCP Server	Meal & Sleep Timing Guide MCP
Server ID	01a0b9e4-4411-71e0-818c-6854e1d66e20
Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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