

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

Melatonin Timing Guide MCP

Sync your biological clock with precise melatonin scheduling.

Melatonin Timing Guide MCP applies circadian biology principles to help you manage sleep timing. It uses phase response curves to calculate exactly when to take melatonin for jet lag, shift work, or phase shifts. Your AI client can determine optimal administration windows and check if your desired sleep schedule is biologically feasible.

A+ Quality Score 100/100

circadian

melatonin

sleep

jet-lag

biology



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.

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.

Melatonin Timing Guide MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to stop guessing when to take melatonin. Instead of following generic advice, your AI client uses circadian biology and Phase Response Curves (PRC) to give you specific timing. If you are dealing with jet lag, shift work, or a phase shift, the MCP calculates the exact window you need to hit to shift your internal clock. It doesn't just give you a time; it evaluates if your target bedtime actually works with your current biological state. You can ask your agent to predict how much your rhythm will shift after a specific protocol or get qualitative advice on dosage based on your age or specific biological needs. It turns complex biological data into actionable schedules you can follow.

Core Capabilities

01 — Schedule Calculation

Your agent calculates the exact time to take melatonin to reach a target sleep onset.

03 — Biological Feasibility Checks

Your agent verifies if a desired bedtime is compatible with your current circadian state.

02 — Phase Shift Prediction

The AI estimates the total change in your biological clock timing after a protocol.

04 — Dosage Guidance

The AI provides qualitative advice on dosage based on biological needs like age.

One Click on Vinkius — From Prompt to Execution

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

- 01
- Connect your preferred MCP-compatible client to Vinkius.
- 02
- Describe your current sleep issue or goal to your AI agent.
- 03
- The agent calls the necessary tools to calculate schedules or predict shifts.
- 04
- You receive precise timing and dosage guidance based on circadian biology.

Connect your AI client to Vinkius to start using these biological tools immediately.

Built For

This MCP is for anyone managing significant shifts in their sleep patterns through biological timing.

Frequent Travelers

They hand off jet lag management and phase shift calculations to their AI.

Shift Workers

They use the MCP to find compatible bedtimes for irregular work schedules.

Circadian Researchers

They use the tools to model phase response curves and predict biological shifts.

What Changes When You Connect

- 01
- Uses Phase Response Curves to ensure timing accuracy.
- 02
- Calculates specific administration windows for sleep onset goals.
- 03
- Predicts biological clock shifts based on specific protocols.

04 Evaluates biological compatibility for desired sleep times.

Real-World Applications

Jet Lag Recovery

Calculate the exact time to take melatonin to adjust to a new time zone quickly.

Phase Shift Management

Predict how many hours your internal clock will move after a specific melatonin protocol.

Shift Work Adjustment

Determine if a target bedtime is biologically compatible with a rotating work schedule.

Age-Specific Guidance

Get qualitative dosage considerations for specific groups like the elderly.

4 Tools Available

#	TOOL	DESCRIPTION
01	calculate_melatonin_schedule	This tool finds the most effective time for you to take melatonin to hit a specific sleep onset goal.
02	get_circadian_compatibility	This tool checks if the bedtime you want is actually biologically possible given your current circadian misalignment.
03	get_dose_considerations	This tool provides qualitative guidance on how to approach dosage based on your specific biological requirements.
04	predict_phase_shift	This tool estimates how much your biological clock will actually move after following a specific protocol.

See It in Action

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

U I want to go to bed at 22:00 and fall asleep within 20 minutes. I am dealing with phase delay. When should I take melatonin?



To achieve sleep onset by 22:20 during a phase delay, you should administer melatonin at 21:15.

U How many hours will my sleep cycle shift if I follow this protocol for 5 days for jet lag east?



Following the protocol for 5 days is expected to shift your circadian rhythm by approximately 2.5 hours.

U What are the dosage considerations for an elderly person experiencing phase advance?



For elderly individuals, a micro-dosing strategy is often recommended to facilitate a phase advance while minimizing hormone sensitivity.

Frequently Asked Questions

01 How does this MCP help with jet lag?

It uses phase response curves to calculate the optimal time to take melatonin to shift your biological clock to a new time zone.

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 Does it provide specific dosage amounts?

The MCP provides qualitative guidance on dosage considerations based on your biological needs rather than just a single number.

04 How accurate are the phase shift predictions?

The tool estimates the expected change in your biological clock timing based on the specific protocol you follow.

05 Can it tell me if my bedtime is realistic?

Yes, the tool checks if your desired bedtime is biologically compatible with your current type of circadian misalignment.

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>"melatonin-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

Melatonin 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

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Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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