

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

Menopause Sleep Optimizer MCP

Get personalized strategies to manage hormonal sleep disruptions.

Menopause Sleep Optimizer MCP helps you navigate the sleep challenges caused by hormonal shifts. Your AI client uses this tool to analyze symptoms like night sweats and hormone status to build custom sleep plans, suggest bedroom adjustments, and assess how your symptoms are impacting your rest.

A+ Quality Score 100/100

menopause

sleep

health-tech

wellness

hormonal-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.

Menopause Sleep Optimizer MCP

4 tools available

Cloud-hosted on Vinkius

If menopause-related symptoms are keeping you up at night, this MCP gives your AI client the specialized knowledge to help. Instead of generic sleep advice, you get strategies tailored to your specific hormonal status and symptom patterns. You can use it to figure out why your sleep feels fragmented or to find out exactly how to adjust your bedroom environment to handle night sweats. It turns your agent into a specialized wellness consultant that understands the physiological link between hormone fluctuations and sleep architecture. Whether you need a better timing strategy for your daily habits or a full optimization plan, this MCP provides the data-driven insights needed to reclaim your rest.

Core Capabilities

01 — Symptom Analysis

Your agent uses your reported symptoms to determine how they impact your sleep architecture.

02 — Environmental Tuning

The AI suggests specific bedroom changes to mitigate temperature-related disruptions.

03 — Behavioral Scheduling

Your client uses timing strategies to help you plan your day around hormonal shifts.

04 — Custom Sleep Planning

The MCP builds a personalized optimization plan based on your unique hormone status.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/menopause-sleep-optimizer — connect your AI agent in three steps.

- 01 Connect your AI client to the Vinkius hosted MCP.
- 02 Provide your symptom details and hormone status to your agent.
- 03 The agent uses the MCP tools to analyze your data.
- 04 Receive specific plans, environmental tips, or impact assessments directly in your chat.

Connect the MCP to your preferred AI client to start receiving personalized sleep guidance.

Built For

This MCP is designed for individuals navigating the hormonal changes of menopause who need data-driven sleep support.

Individuals in perimenopause

Users who hand off symptom data to their AI to get immediate, actionable sleep adjustments.

Wellness enthusiasts

People tracking hormonal health who want to understand the impact of symptoms on their rest.

What Changes When You Connect

- 01 Tailors sleep strategies to specific hormone levels and symptom types.
- 02 Provides concrete bedroom adjustments to combat night sweats.

-
- 03** Quantifies the impact of symptoms on sleep quality through impact scores.
-
- 04** Offers behavioral timing strategies to manage daily routines.
-

Real-World Applications

Managing Night Sweats

Use the environmental tool to find the right bedding and temperature settings to stay cool at night.

Understanding Sleep Fragmentation

Get an assessment of how your current menopause stage is physically disrupting your sleep cycles.

Routine Optimization

Develop a timing strategy to help align your daily habits with your hormonal needs.

Personalized Planning

Generate a full sleep optimization plan that accounts for your specific symptom frequency.

4 Tools Available

#	TOOL	DESCRIPTION
01	get_environmental_recommendations	This tool provides specific advice for adjusting your bedroom environment. It suggests changes like temperature settings or bedding types to help manage symptoms like hot flashes.
02	get_sleep_optimization_plan	This tool generates a complete, personalized strategy for improving your rest. It uses your symptom data to build a structured approach to better sleep.
03	get_symptom_impact_assessment	This tool evaluates how your physiological symptoms are affecting your sleep quality. It provides a score to help you understand the level of sleep fragmentation you are experiencing.
04	get_timing_strategy	This tool offers behavioral scheduling advice. It helps you plan your daily activities and routines to better align with your body's needs.

See It in Action

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

U I am in perimenopause and experience frequent night sweats that make it hard to stay asleep. Can you help?



Since you are in perimenopause and dealing with frequent night sweats, you should prioritize moisture-wicking bedding and keep your room temperature lower. Implementing cooling protocols shortly before your typical hot flash window can help you stay asleep.

U What are some ways to adjust my room for hot flashes?



To manage temperature spikes, try using breathable cotton sheets, a cooling mattress pad, and keeping your room between 60 and 67 degrees Fahrenheit.

U How much is my menopause stage affecting my sleep quality?



Based on your current hormone status and symptom frequency, your sleep fragmentation is expected to be moderate, with a physiological impact score of 6 out of 10.

Frequently Asked Questions

01 How does this MCP help with menopause sleep?

It provides specialized intelligence to manage sleep disruptions by analyzing symptoms like night sweats and hormone status to create custom plans.

02 Which AI clients can I use with this MCP?

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

03 Can it suggest changes to my bedroom?

Yes, the `get_environmental_recommendations` tool provides specific advice on bedding and temperature to help manage hot flashes.

04 Does it provide a way to measure sleep impact?

Yes, the `get_symptom_impact_assessment` tool provides a score to help you understand how your symptoms affect your sleep architecture.

05 Do I need to host the MCP myself?

No, Vinkius hosts and manages the MCP for you, so it is ready to use as soon as 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>"menopause-sleep-optimizer": { "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

Menopause Sleep Optimizer 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	01a0b7c8-4374-72eb-af1f-9855bdfea13a
Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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