

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

Morning Alertness Scorer MCP

Predict your morning grogginess and time your caffeine intake.

Morning Alertness Scorer uses biological modeling to help you manage sleep inertia. By looking at your wake time and sleep stages, your AI client can predict how groggy you will feel, map out your cognitive clarity throughout the morning, and suggest the best times for caffeine to hit your system.

A+ Quality Score 100/100

sleep

alertness

caffeine

biology

routine



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.

Morning Alertness Scorer MCP

4 tools available

Cloud-hosted on Vinkius

Waking up shouldn't feel like a fog you can't shake. This MCP uses biological modeling to quantify exactly how much sleep inertia you'll face based on your sleep data. Instead of guessing why you feel sluggish, you can give your AI client your wake time and sleep stage to get a clear picture of your morning. You can find out how intense your grogginess will be, when you will actually reach peak mental clarity, and what specific actions you can take to shake it off. It even calculates the best window to drink coffee so you aren't just fighting the fog, but actually timing your alertness. It turns biological data into a practical schedule for your morning routine.

Core Capabilities

01 — Inertia Prediction

Your agent uses sleep stage data to calculate how much grogginess you will experience.

02 — Caffeine Timing

Your AI client identifies the specific time window to drink coffee for maximum impact.

03 — Alertness Mapping

Your agent generates a timeline showing when your cognitive clarity will peak.

04 — Recovery Planning

Your AI client suggests behavioral steps to reduce the feeling of sleep inertia.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/morning-alertness-scorer — connect your AI agent in three steps.

- 01 Connect the MCP to your preferred client like Claude or Cursor via Vinkius.
- 02 Provide your wake time and the sleep stage you were in.
- 03 Your agent runs the biological models to calculate inertia and alertness.
- 04 Receive specific timing for caffeine and recovery steps.

You connect the MCP to your AI client and provide your sleep data to get actionable morning insights.

Built For

This MCP is for anyone trying to optimize their morning performance based on sleep data. It's built for people who want to move past guesswork and use biology to plan their day.

High-performance professionals

They hand off sleep stage and wake time data to the AI to plan their most important morning meetings.

Biohackers

They use the biological modeling to fine-tune their caffeine and routine schedules.

Shift workers

They use the tool to predict grogginess levels when their sleep schedules are inconsistent.

What Changes When You Connect

- 01 Quantifies grogginess levels based on sleep stages.
- 02 Identifies the most effective time to consume caffeine.
- 03 Provides a timeline for reaching peak cognitive clarity.

04 Suggests specific actions to reduce sleep inertia.

Real-World Applications

Optimizing Coffee Intake

You tell your agent when you woke up and it tells you exactly when to have your first cup of coffee.

Managing Rough Wakes

If you wake up during deep sleep, you use the recovery strategies to mitigate the heavy grogginess.

Scheduling Deep Work

You use the alertness timeline to decide when to start your most demanding cognitive tasks.

Routine Planning

You use the predicted alertness progression to structure your morning habits.

4 Tools Available

#	TOOL	DESCRIPTION
01	get_alertness_timeline	This tool provides a projected schedule of when you will reach peak alertness. It maps out your cognitive clarity progression throughout the morning.
02	get_caffeine_optimization	This tool determines the best window for you to consume caffeine. It identifies the timing that minimizes sleep inertia effects.
03	get_inertia_severity	This tool calculates the predicted intensity of your sleep inertia immediately after waking. It quantifies how groggy you will feel.
04	get_recovery_strategies	This tool recommends specific behavioral interventions to mitigate sleep inertia. It suggests actions to help you wake up faster.

See It in Action

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

U I woke up at 07:00 from deep sleep. How groggy will I feel?



Your predicted sleep inertia severity is high because you woke during a deep sleep stage. Expect significant grogginess immediately after waking.

U I woke up at 06:30 from light sleep. When will I be fully alert?



Since you woke from light sleep, your alertness will increase steadily. You should reach peak cognitive clarity by 07:15.

U I woke up at 08:00 from rem sleep and I plan to drink coffee. What is the best time for caffeine?



The optimal window for your caffeine consumption is between 08:15 and 08:45 to maximize its effectiveness against sleep inertia.

Frequently Asked Questions

01 How does this MCP predict grogginess?

It uses biological modeling of sleep inertia. It looks at your wake time and the specific sleep stage you were in to calculate the intensity of the grogginess.

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 How does it help with caffeine?

The tool identifies the optimal window for caffeine consumption. It aims to find the time that best counters your specific sleep inertia.

04 What if I wake up during deep sleep?

Waking during deep sleep usually results in higher sleep inertia. The MCP will predict high grogginess and suggest recovery strategies to help you wake up.

05 Do I need to host this myself?

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

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>"morning-alertness-scorer": { "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

Morning Alertness Scorer 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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