

MCP SERVER

NO CODE

CLOUD HOSTED

Nap Timing Recommender MCP

Find the perfect window to rest without ruining your night.

Nap Timing Recommender MCP uses your biological data to schedule rest. It calculates your sleep pressure, checks your existing work schedule for conflicts, and identifies the exact window where a nap provides the most alertness with the least amount of grogginess.

A+ Quality Score 100/100

sleep

circadian

scheduling

wellness

productivity



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.

Nap Timing Recommender MCP

4 tools available

Cloud-hosted on Vinkius

Stop guessing when to nap and hoping you don't wake up feeling worse. This MCP connects your AI client to your biological clock. By looking at when you woke up, your natural circadian dips, and your planned bedtime, your agent can pinpoint the exact moment you should close your eyes. It doesn't just give you a time; it looks at your actual calendar to make sure you aren't sleeping through a meeting. You can check if you're even tired enough to bother napping or if you should just push through. It's about timing your rest so you actually get the energy boost you're looking for instead of fighting sleep inertia for an hour after waking up.

Core Capabilities

01 — Circadian Alignment

Your agent uses your biological rhythms to find the most effective rest windows.

02 — Conflict Detection

The MCP checks your schedule to ensure a nap doesn't overlap with work or meetings.

03 — Sleep Pressure Analysis

It gauges your biological readiness to determine if a nap is actually worth it.

04 — Duration Optimization

The tool calculates the ideal rest length to prevent you from feeling groggy after waking.

One Click on Vinkius — From Prompt to Execution

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

- 01
- Connect the Nap Timing Recommender MCP to your preferred client via Vinkius.
-
- 02
- Provide your wake time, bedtime, and circadian dip info to your agent.
-
- 03
- Ask your agent to find a nap window or check your sleep pressure.
-
- 04
- The agent uses the tools to calculate the best time and duration for you.
-

Connect the MCP to your AI client and start providing your sleep data.

Built For

This is for anyone managing high-performance schedules who needs to use rest as a tool. It's built for people who want to optimize their energy levels throughout the day.

Shift Workers

They hand off their irregular sleep data to the agent to find usable rest windows.

Software Engineers

They use it to schedule quick breaks that don't interfere with deep work or standups.

Students

They rely on it to find short, effective naps between study sessions.

What Changes When You Connect

- 01
- Reduces sleep inertia by suggesting specific nap lengths.
-
- 02
- Prevents scheduling errors by checking your existing commitments.
-
- 03
- Matches rest periods to your natural circadian dips.
-

04 Determines if you are biologically ready for sleep.

Real-World Applications

Mid-day Energy Boost

You tell your agent your wake time and bedtime to get a specific window for a quick recharge.

Evaluating Fatigue

You check your sleep pressure to decide if you should nap now or wait until later.

Avoiding Schedule Conflicts

You check if a planned nap will interfere with your upcoming work meetings.

Optimizing Rest Length

You ask for the best duration to ensure you wake up alert rather than groggy.

4 Tools Available

#	TOOL	DESCRIPTION
01	calculate_sleep_pressure_status	This tool estimates your current sleep pressure. Your agent uses it to see if you're actually in a state where a nap will be effective.
02	check_schedule_compatibility	This tool checks your proposed nap against your existing commitments. It prevents your agent from suggesting a rest period that hits a work conflict.
03	get_nap_recommendation	This tool provides a full nap strategy. It identifies the best time windows, tells you when to avoid sleeping, and highlights when you'll see the most benefit.
04	get_optimal_nap_duration	This tool suggests how long you should sleep. It helps your agent pick a duration that maximizes alertness and minimizes grogginess.

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, my circadian dip is from 13:00 to 15:00, and I go to bed at 22:00. When is the best time for a nap?



The best nap window is between 13:00 and 14:30 to maximize alertness while avoiding sleep inertia.

U I woke up at 06:00 and it is now 10:00. How is my sleep pressure?



Your sleep pressure is currently Low.

U I want to nap from 13:30 to 14:00. I have work from 13:00 to 14:00. Is this okay?



No, that nap conflicts with your scheduled work period.

Frequently Asked Questions

01 How does this MCP help with napping?

It uses your biological data like wake time and circadian rhythms to suggest the best times and lengths for a nap.

02 Can it check my calendar for conflicts?

Yes, the `check_schedule_compatibility` tool allows your agent to see if a nap will clash with your work or other activities.

03 Will it tell me how long I should sleep?

Yes, the `get_optimal_nap_duration` tool suggests a length designed to maximize alertness and minimize grogginess.

04 What is sleep pressure?

It is a biological measure of how much sleep you need. The MCP uses this to see if you are actually ready for a nap.

05 Which AI clients can I use this with?

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

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>"nap-timing-recommender": { "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

Nap Timing Recommender 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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