

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

Night Shift Sleep Scheduler MCP

Stabilize your circadian rhythm and get better rest.

Night Shift Sleep Scheduler MCP provides scientifically informed sleep strategies for people working non-traditional hours. Your AI client uses this MCP to calculate efficient sleep windows, design split sleep schedules for busy days, and suggest ways to fix your sleep environment. It helps you manage the biological toll of night shifts by treating sleep as a structured, manageable schedule.

A+ Quality Score 100/100

sleep

night-shift

circadian

health-optimization

wellness



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.

Night Shift Sleep Scheduler MCP

4 tools available

Cloud-hosted on Vinkius

Working nights messes with your body's natural clock. This MCP helps you fight that disruption by giving your AI client the tools to build a logical sleep routine. Instead of guessing when to nap or how to handle a bright room, you can ask your agent to build a plan based on your specific work hours and family commitments.

You can use it to find your most efficient continuous rest period or to create a split sleep plan if you need to be awake for certain parts of the day. It also helps with the physical side of things, like suggesting how to handle light and noise when you're trying to sleep during the day. It's about taking the guesswork out of staying rested when the rest of the world is awake.

Core Capabilities

01 — Circadian Stabilization

Your agent uses this to create consistent sleep patterns across different work shifts.

02 — Sleep Window Calculation

The AI identifies the most efficient time for you to sleep based on your end-of-shift time.

03 — Split Schedule Design

Your agent builds two-part sleep plans when you have daytime obligations.

04 — Environment Optimization

The AI suggests physical changes to your room to block out light and noise.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/night-shift-sleep-scheduler — connect your AI agent in three steps.

- 01 Connect your preferred AI client to the Vinkius hosted MCP.
- 02 Provide your shift end times or daily obligations to your agent.
- 03 The agent uses the MCP tools to calculate windows or plans.
- 04 Receive specific sleep schedules or environmental advice immediately.

You connect the MCP to your AI client and start asking about your schedule.

Built For

This MCP is built for anyone working non-traditional hours who struggles to stay rested.

Night Shift Workers

They hand off their work schedules to the AI to get optimized rest windows.

Healthcare Professionals

They use the tool to manage irregular rotations and maintain energy levels.

First Responders

They rely on split sleep plans to balance duty calls with necessary rest.

What Changes When You Connect

- 01 Reduces circadian disruption through stabilized scheduling.
- 02 Provides specific solutions for daylight light and noise issues.
- 03 Creates flexible sleep blocks for people with daytime responsibilities.

Real-World Applications

Post-Shift Planning

You tell your agent when you get home, and it tells you exactly when to go to bed.

Room Setup

You get advice on how to darken or quiet your room for daytime sleeping.

Managing Family Time

You use split sleep plans to ensure you are awake for kids or other obligations.

Shift Rotation Stability

You use anchor sleep strategies to stay consistent when moving between shifts.

4 Tools Available

#	TOOL	DESCRIPTION
01	calculate_anchor_sleep_strategy	This tool provides a stabilized sleep schedule to help minimize circadian disruption. It keeps your rest patterns consistent across work days and days off.
02	get_primary_sleep_window	This tool determines your most biologically efficient continuous sleep period. It finds the best time for you to get uninterrupted rest.
03	optimize_sleep_environment	This tool gives you actionable advice to handle light and noise. It helps you mitigate disturbances that happen during daylight hours.
04	propose_split_sleep_plan	This tool creates a dual period sleep schedule. It's designed for times when you can't get one long stretch of sleep.

See It in Action

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

U I finish my night shift at 06:00 and have a 30 minute commute. When should I sleep?



Your recommended sleep window is from 06:30 to 13:30, providing 7 hours of rest.

U I need to be awake from 10:00 to 14:00 for my kids. Can you suggest a split sleep plan?



Your split sleep plan consists of a primary block from 07:00 to 10:00 and a second block from 14:00 to 17:00.

U My room is very bright during the day. How can I improve my sleep?



To mitigate high light exposure, you should use blackout curtains and consider a sleep mask to maintain darkness.

Frequently Asked Questions

01 How does this MCP help with night shifts?

It uses scientific sleep strategies to find the best times for you to rest and helps you manage the disruption caused by working at night.

02 Can I use this if I have to be awake during the day?

Yes. The MCP can propose a split sleep plan that breaks your rest into two periods to accommodate your daytime needs.

03 What AI clients can I use with this?

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

04 Does it help with sleeping in a bright room?

Yes. The `optimize_sleep_environment` tool provides specific advice for reducing light and noise disturbances.

05 Do I need to host this 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>"night-shift-sleep-scheduler": { "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

Night Shift Sleep Scheduler 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>

LICENSE & USAGE

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