MCP SERVER | NO CODE | CLOUD HOSTED

Optimal Wake Time Calculator MCP

Wake up feeling alert by timing your sleep cycles.

Optimal Wake Time Calculator MCP uses a 90-minute sleep cycle model to help you pick the best times to get out of bed. Instead of waking up mid-cycle and feeling disoriented, your AI client can calculate specific windows that align with your biology to minimize sleep inertia.

A+ Quality Score 100/100

sleep | wellness | health | productivity | circadian

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vinkius.com/en/ai-agent-connect/optimal-wake-time-calculator

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.

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.

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.

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	Ed25519	24h TTL	V8 Isolate
Encryption at rest	PKI vault signatures	Ephemeral session keys	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.

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.

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.

06 — Honeytoken Trap System

Phantom credentials are injected into isolated environments. If a honeytoken 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.

Agent Activity

Which AI clients are connecting, how often, and what they're doing — real-time session tracking.

FinOps

Cost tracking per tool, payload compression savings, budget optimization signals, and consumption trends.

Tool Health

Slowest and most error-prone tools, with actionable root-cause insights and performance baselines.

Firewall & DLP

PII redaction activity, sensitive data protection counters, and security event timeline.

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.

Optimal Wake Time Calculator MCP

4 tools available
Cloud-hosted on Vinkius

Waking up at the wrong time can ruin your entire morning. This MCP uses the 90-minute sleep cycle model to help you time your wake-up calls so you actually feel rested. Instead of guessing when to set your alarm, you can ask your AI client to run the math based on when you plan to fall asleep. It looks at how sleep cycles work to find those sweet spots where you aren't being pulled out of deep sleep. You can check how much grogginess you might face if you have to wake up early, or compare different bedtime scenarios to see which one gives you the most refreshing morning. It's a simple way to stop fighting your internal clock and start working with it.

Core Capabilities

01 — Sleep Cycle Alignment

Your agent uses 90-minute cycles to find the best wake times.

02 — Grogginess Prediction

The AI checks if your planned wake time hits a deep sleep phase.

03 — Scenario Comparison

You can ask your agent to compare different bedtimes and wake times.

04 — Alarm Optimization

The tool generates a specific alarm time for a target amount of sleep.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/en/ai-agent-connect/optimal-wake-time-calculator** — connect your AI agent in three steps.

01 Connect the MCP to Claude, Cursor, or Windsurf via Vinkius.

02 Tell your AI client your planned bedtime or wake time.

03 The agent uses the MCP tools to run the cycle math.

04 Receive specific wake windows or grogginess risks immediately.

Connect the MCP to your client and start asking about your sleep timing.

Built For

People looking to improve their morning energy levels by managing sleep inertia.
You can hand off your sleep schedule to your AI client to get better timing.

Shift Workers

They ask the AI to find the best windows for sleep between irregular shifts.

Students

They use the tool to plan study sessions around optimal rest periods.

Health Conscious Professionals

They delegate sleep cycle math to their agent to maintain morning alertness.

What Changes When You Connect

01	Reduces sleep inertia by avoiding mid-cycle wake ups.
02	Provides specific alarm times based on biological cycles.
03	Allows for quick comparison of different sleep durations.

Real-World Applications

Avoiding Morning Fog

Check your grogginess risk before setting an alarm for an early meeting.

Planning Bedtimes

Work backward from a needed wake time to find the best time to go to sleep.

Optimizing Rest

Compare a 7-hour sleep window against an 8-hour window to see which is more refreshing.

Managing Irregular Schedules

Find the best wake windows when your sleep start time changes daily.

4 Tools Available

#	TOOL	DESCRIPTION
01	assess_grogginess_risk	This tool checks how disoriented you might feel based on your planned wake time. It identifies if you are waking up mid-cycle.
02	calculate_wake_windows	This tool finds a range of ideal times to wake up. It uses your bedtime to map out several refreshing options.
03	compare_wake_options	This tool lets you weigh different sleep scenarios against each other. You can see how changing your bedtime affects your wake-up quality.
04	get_optimal_alarm_setting	This tool provides a single recommended alarm time. It picks the best moment to wake up based on your specific sleep needs.

See It in Action

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

U I'm going to bed at 11:00 PM and I need 8 hours of sleep. When should I wake up to feel most refreshed?

Based on your 11:00 PM bedtime and 8-hour sleep need, your most refreshing wake times are 6:30 AM or 8:00 AM.

U I plan to wake up at 7:00 AM after going to bed at 12:00 AM. How groggy will I feel?

Waking up at 7:00 AM after a 12:00 AM bedtime carries a High risk of grogginess because you would be waking up mid-cycle.

U Give me the best alarm setting for 7 hours of sleep if I go to bed at 10:00 PM.

Your optimal alarm is set for 5:30 AM, providing 7 hours of sleep aligned with your cycles.

Frequently Asked Questions

01 **How does this MCP calculate wake times?**

It uses a 90-minute sleep cycle model to identify times when you are most likely to be in a light sleep stage.

02 **Can I use this with Claude?**

Yes, you can connect this MCP to any compatible client like Claude, Cursor, or Windsurf through the Vinkius platform.

03 **What is sleep inertia?**

It is the feeling of grogginess or disorientation you get when you wake up during a deep sleep cycle.

04 **Does this require me to log my sleep?**

No, you just tell your AI client your planned bedtime or wake time, and it does the math for you.

05 **How do I get an alarm time?**

You can ask your agent to provide an optimal alarm setting based on your desired sleep duration.

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 `"optimal-wake-time-calculator": { "url": "…" }`
Windsurf	MCP Settings → `mcp_settings.json` → 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

Optimal Wake Time Calculator 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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