MCP SERVER | NO CODE | CLOUD HOSTED

Oura Ring Score Analyzer MCP

Turn raw biometric data into clear recovery plans.

Oura Ring Score Analyzer MCP acts as an intelligence layer for your Oura Ring data. It translates complex markers like HRV, Resting Heart Rate, and Sleep Scores into specific strategies you can actually use. Your AI client can now interpret your physiological state to tell you when to push harder or when to prioritize rest.

A+ Quality Score 100/100

oura | biometrics | sleep | hrv | recovery

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vinkius.com/en/ai-agent-connect/oura-ring-score-analyzer

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.

Oura Ring Score Analyzer MCP

4 tools available
Cloud-hosted on Vinkius

You collect plenty of data from your Oura Ring, but numbers like HRV or sleep stages don't always tell you what to do next. This MCP bridges that gap. It gives your AI agent the ability to read your biometric markers and turn them into a roadmap for your day. Instead of staring at graphs, you can ask your agent why you feel tired or if you're overtraining. It looks at your sleep architecture, tracks shifts in your heart rate variability, and identifies exactly where you need to focus to improve your readiness. Whether you need to adjust your room temperature for better sleep or decide if today is a rest day, your agent uses this data to give you direct answers.

Core Capabilities

01 — Physiological Snapshots

Your agent pulls a complete picture of your current bodily readiness.

02 — Sleep Architecture Analysis

The AI breaks down sleep scores into specific structural insights.

03 — Overtraining Detection

Your agent monitors HRV trends to flag systemic stress.

04 — Priority Identification

The tool picks whether you need more rest, movement, or stress management.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/en/ai-agent-connect/oura-ring-score-analyzer** — connect your AI agent in three steps.

01 Subscribe to the MCP on Vinkius.

02 Connect your preferred MCP-compatible client like Claude or Cursor.

03 Your agent accesses your Oura Ring biometric data through the MCP.

04 Ask your agent for status updates, sleep analysis, or recovery priorities.

05 Receive direct, actionable insights based on your real-time data.

Connect your Oura data to the MCP and start asking your AI client questions immediately.

Built For

This is for anyone using an Oura Ring who wants to move past simple charts and get direct answers from their AI agent.

Athletes

They hand off biometric trends to their agent to manage training loads and prevent overtraining.

Biohackers

They use the tool to find specific sleep and recovery optimizations.

Health-conscious professionals

They ask their agent for daily readiness priorities to manage work-life stress.

What Changes When You Connect

01 Converts raw HRV and heart rate data into actionable recovery strategies.

02	Identifies specific sleep improvements through architecture analysis.
03	Flags overtraining risks by monitoring heart rate variability trends.
04	Directs daily focus toward rest, movement, or stress management.

Real-World Applications

Managing Training Loads

An athlete asks their agent if they should train hard today based on their current HRV and readiness scores.

Improving Sleep Hygiene

You use the sleep quality tool to figure out why your deep sleep is low so you can adjust your environment.

Stress Monitoring

Your agent detects rising resting heart rate trends and suggests stress management as a priority.

Daily Readiness Planning

You get a clear priority for the day, such as focusing on rest, to ensure you stay within your physiological limits.

4 Tools Available

#	TOOL	DESCRIPTION
01	analyze_current_status	Provides a holistic snapshot of your current physiological state. It gives your agent a high-level view of how your body is performing right now.
02	calculate_sleep_quality	Breaks down your sleep score into specific insights. It looks at sleep architecture to show you how your rest is actually structured.
03	evaluate_hrv_trends	Analyzes changes in your heart rate variability. Your agent uses this to spot signs of systemic stress or overtraining before you feel it.
04	get_optimization_priority	Determines your primary area of focus. It tells you whether to prioritize rest, movement, or stress management to improve readiness.

See It in Action

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

U How is my current physiological state looking?

Your current status is in the Optimal Tier. Your readiness score is 85, indicating excellent recovery and high capacity for activity today.

U Analyze my sleep quality for last night.

Your sleep efficiency is high, but your deep sleep percentage was slightly below the healthy window. Try to maintain a cooler room temperature tonight.

U What should I focus on today to improve my readiness?

Your priority level is High for Rest/Recovery. Because your resting heart rate is rising and your readiness is low, you should prioritize sleep and stress management.

Frequently Asked Questions

01 **What can this MCP do with my Oura data?**

It interprets your biometrics like HRV, sleep scores, and resting heart rate to provide recovery and activity insights through your AI client.

02 **Which AI clients can use this MCP?**

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

03 **How does it help with overtraining?**

The tool evaluates HRV trends to detect changes that indicate systemic stress or overtraining.

04 **Can it help me sleep better?**

Yes, it calculates sleep quality by breaking down your sleep architecture into actionable insights.

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.

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 `"oura-ring-score-analyzer": { "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

Oura Ring Score Analyzer 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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Platform	Vinkius Cloud for AI Agents
Endpoint	`https://edge.vinkius.com/{token}/mcp`

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