

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

Personalized Sleep Report Generator MCP.

Turn raw biometric data into clear, actionable sleep recovery plans.

Personalized Sleep Report Generator MCP connects your AI client to your physiological sleep data and health history. It analyzes the gap between how you actually slept and how you feel, providing specific, goal-oriented steps to improve your rest and energy levels.

A+ Quality Score 100/100

sleep

health-tech

wellness

biometrics

optimization



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.

Personalized Sleep Report Generator MCP

4 tools available

Cloud-hosted on Vinkius

You can stop guessing why you feel tired. This MCP bridges the gap between your raw biometric data and your actual daily experience. By feeding sleep metrics and health history into your AI client, you get a tool that understands the relationship between your habits and your rest. It doesn't just show you charts; it looks for the patterns. It compares your physiological data against your own subjective feelings of energy to find where the disconnect lies. Whether you are trying to fix a late-night caffeine habit or stabilize your sleep cycles, your agent uses this data to build a prioritized plan for recovery. You get specific, data-backed advice that targets your unique sleep architecture.

Core Capabilities

01 — Biometric Correlation

Your agent uses this to link your physical sleep stats with your daily habits.

03 — Trend Identification

Your agent looks at sleep metrics over time to find recurring issues.

02 — Wellbeing Alignment

The AI checks if your reported energy levels match your actual physiological sleep data.

04 — Recovery Planning

The AI generates specific steps to help you hit your sleep targets.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/personalized-sleep-report-generator — connect your AI agent in three steps.

- 01

Connect your preferred MCP-compatible client to Vinkius.
- 02

The MCP provides your agent with access to sleep metrics and wellbeing data.
- 03

Your agent analyzes the correlation between your habits and your sleep stats.
- 04

You receive a tailored action plan to improve your sleep quality.

Setting up this MCP is a single-step process that gives your AI client immediate access to your health data.

Built For

This is for anyone looking to move beyond basic sleep tracking and into actual optimization.

Health Enthusiasts

People who track biometrics and want an AI to interpret the data for them.

Biohackers

Users looking for specific, data-driven adjustments to their daily routines.

Data-Driven Professionals

Individuals who want to use their health data to manage energy and performance.

What Changes When You Connect

- 01

Connects raw sleep stats to your actual daily energy levels.
- 02

Identifies specific habits that disrupt your sleep architecture.
- 03

Provides a prioritized list of actions to improve rest.

- 04 Translates complex physiological metrics into plain English advice.
-

Real-World Applications

Identifying Caffeine Impact

Your agent can show how late-night caffeine intake directly increases your sleep latency.

Energy Management

Compare your subjective energy reports with your sleep stats to see why you feel tired despite sleeping enough hours.

Optimizing Sleep Cycles

Use the data to see if your deep sleep or REM cycles are falling below your personal averages.

Routine Adjustment

Get a custom wind-down plan based on your specific sleep quality trends.

4 Tools Available

#	TOOL	DESCRIPTION
01	generate_insights	This tool correlates your sleep metrics, health history, and daily habits to find patterns. It identifies the specific drivers behind your sleep quality changes.
02	analyze_subjective_wellbeing	This tool compares how you actually feel, like your energy and sleepiness, against your physiological data. It finds mismatches between your perceived rest and your actual sleep stats.
03	get_sleep_metrics	This tool pulls your physiological sleep statistics for a specific timeframe. It provides the raw numbers your agent needs to understand your sleep architecture.
04	provide_action_plan	This tool creates a list of specific, actionable steps to help you reach your sleep goals. It turns data insights into a practical recovery path.

See It in Action

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

U How did I sleep last night?



Last night you achieved 7 hours of sleep with a sleep efficiency of 88%. Your deep sleep was slightly lower than your average, but your REM cycles were optimal.

U Why was my sleep quality low yesterday?



Your sleep quality was impacted by high sleep latency. This correlates with your reported caffeine intake late in the evening.

U Give me a plan to reduce my sleep latency.



To reduce latency, you should establish a consistent wind-down routine, avoid blue light 60 minutes before bed, and maintain a cool bedroom temperature.

Frequently Asked Questions

01 What AI clients can I use with this MCP?

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

02 How does the MCP handle my sleep data?

The MCP provides the tools for your AI agent to read and analyze your physiological metrics and subjective wellbeing reports.

03 Can I get a specific plan to improve my sleep?

Yes, the `provide_action_plan` tool generates specific, actionable steps to help you reach your sleep goals.

04 Does this MCP analyze my habits?

Yes, the `generate_insights` tool correlates your sleep metrics with your health history and habits.

05 How is this different from a standard sleep app?

Instead of just showing you charts, this MCP allows your AI agent to interpret those charts and give you personalized advice based on your specific data.

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>"personalized-sleep-report-generator": { "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

Personalized Sleep Report Generator 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

Generated	September 2026
MCP Server	Personalized Sleep Report Generator MCP
Server ID	01a0b8a9-180b-7375-a212-ca616d159275
Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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