

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

Pregnancy Sleep Advisor MCP.

Get better rest through physiological sleep strategies.

Pregnancy Sleep Advisor MCP gives your AI client the ability to provide specific, expert-backed sleep guidance. It helps you manage physical discomfort, optimize your sleep schedule, and find the best sleeping positions for your current stage of pregnancy. Connect it to Claude, Cursor, or Windsurf to get actionable advice for better rest.

A+ Quality Score 100/100

pregnancy

sleep

wellness

health

maternity



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.

Pregnancy Sleep Advisor MCP

4 tools available

Cloud-hosted on Vinkius

You can use this MCP to turn your AI agent into a specialized sleep consultant for pregnancy. Instead of getting generic advice, your agent uses specific physiological insights to help you navigate the physical changes that disrupt rest. If you're struggling with back pain or heartburn, your agent can suggest specific pillow setups or body orientations to ease the strain. It also helps you manage the timing of your day to handle fatigue and frequent bathroom trips. Whether you're in your first or third trimester, this MCP provides the data your agent needs to give you practical, stage-specific advice for a better night's sleep.

Core Capabilities

01 — Posture Guidance

Your agent finds the safest sleeping positions for your specific trimester.

02 — Physical Support

The AI suggests specific pillow arrangements to reduce body strain.

03 — Schedule Management

Your agent optimizes sleep timing to handle bladder frequency and fatigue.

04 — Discomfort Relief

The AI provides behavioral tactics for managing heartburn and back pain.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/pregnancy-sleep-advisor — connect your AI agent in three steps.

- 01 Connect the MCP to your client like Claude or Cursor via Vinkius.
- 02 Ask your AI agent about your specific pregnancy sleep concerns.
- 03 The agent calls the necessary tools to get expert-backed strategies.
- 04 Your agent delivers a personalized plan for better rest.

Connecting this MCP to your AI client is a one-time setup that gives your agent immediate access to specialized health tools.

Built For

What Changes When You Connect

- 01 Reduces physical strain through specific pillow and position advice.
- 02 Manages bladder frequency by optimizing sleep schedules.
- 03 Provides stage-specific guidance for different trimesters.
- 04 Offers behavioral tactics for common discomforts like heartburn.

Real-World Applications

Managing Back Pain

Your agent uses position recommendations to find relief for spinal strain.

Reducing Nighttime Bathroom Trips

The AI optimizes your fluid intake timing and sleep schedule.

Alleviating Heartburn

Your agent suggests lifestyle changes and elevated sleeping positions.

Optimizing Pillow Use

The AI provides exact pillow setups to support your body during sleep.

Patterns to Avoid

Asking for generic sleep tips

❌ AVOID

You ask your agent for general ways to sleep better when you are feeling exhausted.

✓ INSTEAD

Ask for stage-specific advice. Use `get_sleep_schedule_optimization` to manage fatigue and bladder frequency based on your current trimester.

Ignoring physical discomfort

❌ AVOID

You tell your agent you have back pain but don't ask for specific physical solutions.

✓ INSTEAD

Be specific about your symptoms. Use `get_position_recommendations` to find the safest posture for your current stage.

Guessing pillow arrangements

❌ AVOID

You try different pillow setups on your own to see if they help with body strain.

✓ INSTEAD

Get a structured plan instead. Use `get_pillow_setup` to find the exact configuration that supports your body.

The Right Fit

Connect this MCP if you want your AI agent to act as a specialized sleep consultant during pregnancy. Do not connect it if you only

want general wellness advice. The decision depends on whether you need physiological insights tailored to specific trimesters and physical symptoms.

Pregnancy Sleep Advisor 4 Tools

These tools give your agent the physiological data needed to manage pregnancy-related sleep disruptions and physical discomfort.

#	TOOL	DESCRIPTION
01	get_comfort_strategies	This tool provides lifestyle and behavioral tactics to manage specific pregnancy-related discomforts.
02	get_pillow_setup	This tool recommends a specific pillow configuration to help alleviate physical discomfort.
03	get_position_recommendations	This tool identifies the safest and most comfortable sleeping posture based on your current stage and symptoms.
04	get_sleep_schedule_optimization	This tool suggests the best timing for sleep and rest to help manage fatigue and bladder frequency.

See It in Action

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

U I am in my third trimester and having trouble with back pain. What is the best way to sleep?



For the third trimester with back pain, the best position is side-sleeping on your left side. You should place a pillow between your knees and another under your abdomen to maintain spinal alignment and reduce pelvic pressure.

U I'm in my second trimester and waking up to pee a lot at night. How can I manage this?



To manage high bladder frequency in your second trimester, try to limit fluid intake in the two hours before bedtime and ensure you use the bathroom immediately before lying down to sleep.

U I have heartburn during pregnancy. What can I do?



To manage heartburn, try eating smaller, more frequent meals and avoid lying down immediately after eating. Sleeping with your upper body slightly elevated can also help prevent acid reflux.

Frequently Asked Questions

01 How do I use this MCP with my AI?

You connect it once through the Vinkius platform. After that, any MCP-compatible client like Claude or Cursor can use the tools automatically.

02 Can this help with third trimester back pain?

Yes. The MCP provides position recommendations, such as side-sleeping with specific pillow placements, to help reduce back strain.

03 Does it provide advice for heartburn?

Yes. It offers comfort strategies like eating smaller meals and sleeping with an elevated upper body to manage acid reflux.

04 Will it help me sleep through the night?

It provides sleep schedule optimization to help manage things like bladder frequency and fatigue, which can lead to more continuous rest.

05 Do I need to install anything on my computer?

No. Vinkius hosts the MCP, so you just connect your client and start using the tools immediately.

06 How does this tool help with sleep positions?

The ``get_position_recommendations`` tool identifies the safest and most comfortable sleeping posture based on your current trimester and specific physical discomforts.

07 Can I get advice for frequent nighttime urination?

Yes, by using ``get_sleep_schedule_optimization``, the agent can suggest timing adjustments and nocturia mitigation strategies to help manage bladder frequency.

08 Does it provide advice for physical pain?

Yes, the ``get_comfort_strategies`` tool provides actionable lifestyle and behavioral tactics to manage specific discomforts like back pain or heartburn.

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>"pregnancy-sleep-advisor": { "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

Pregnancy Sleep Advisor 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	Pregnancy Sleep Advisor MCP
Server ID	01a0b7c9-4538-714e-9ca8-b7c0de03425c
Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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