

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

Rotating Shift Adaptation Planner MCP

Align your biological clock with changing work shifts.

Rotating Shift Adaptation Planner MCP uses circadian biology to help you navigate the physical toll of irregular work schedules. It builds custom sleep windows, light exposure plans, and alertness strategies to keep your body and mind in sync as your shifts rotate.

A+ Quality Score 100/100

circadian

sleep

shift-work

health-optimization

biology



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.

Rotating Shift Adaptation Planner MCP

4 tools available

Cloud-hosted on Vinkius

Rotating work schedules mess with your internal clock. This MCP uses circadian biology principles to help you manage that friction. Instead of guessing when to sleep or when to drink caffeine, you get specific, actionable plans tailored to your upcoming rotation. You can use it to figure out exactly when to seek bright light to stay awake or when to avoid it to ensure you can actually fall asleep after a night shift. It handles the heavy lifting of calculating sleep windows and alertness protocols so you can focus on your job without feeling constantly out of sync. Whether you are moving from days to nights or dealing with a fast backward rotation, your AI client can use these tools to build a schedule that respects your physiology.

Core Capabilities

01 — Circadian Alignment

The AI uses biological principles to suggest lifestyle adjustments for shift changes.

02 — Sleep Window Calculation

Your agent calculates specific rest periods based on your rotation pattern.

03 — Light Exposure Management

The MCP provides timing for light exposure to help shift your internal clock.

04 — Cognitive Performance Support

Your AI client receives plans for caffeine and meal timing to maintain alertness.

One Click on Vinkius — From Prompt to Execution

Available at vinkius.com/en/ai-agent-connect/rotating-shift-adaptation-planner — connect your AI agent in three steps.

- 01 Connect your preferred MCP-compatible client to Vinkius.
- 02 Tell your AI client your current and upcoming shift rotation.
- 03 The AI uses the MCP tools to calculate sleep, light, and alertness plans.
- 04 Follow the generated protocols to manage your circadian rhythm.

You connect the MCP to your AI client and provide your shift details.

Built For

This MCP is built for anyone working irregular hours who needs to manage their biological rhythm.

Shift Workers

They hand off their rotation patterns to the AI to get custom sleep and light schedules.

Healthcare Professionals

They use the tool to plan rest periods between demanding hospital shifts.

First Responders

They rely on alertness protocols to maintain focus during unpredictable duty cycles.

What Changes When You Connect

- 01 Reduces the friction of changing work hours through biological planning.
- 02 Provides specific timing for light exposure to aid circadian shifting.

03 Calculates precise sleep windows for every shift in a rotation.

Real-World Applications

Forward Rotations

Use the light protocol to manage phase advances when moving toward later shifts.

Maintaining Alertness

Apply alertness plans to manage caffeine and meal timing during long shifts.

Backward Rotations

Get specific sleep windows when rotating from night shifts back to day shifts.

Lifestyle Adjustment

Get a high level strategy for adjusting your daily habits to match new work hours.

4 Tools Available

#	TOOL	DESCRIPTION
01	get_adaptation_strategy	This tool provides a high level strategic overview of how you should adjust your lifestyle for an upcoming rotation.
02	get_alerttness_plan	Use this tool to get specific recommendations for maintaining cognitive performance during your working hours.
03	get_light_protocol	This tool generates a plan for when to seek bright light and when to avoid it to help shift your circadian rhythm.
04	get_sleep_schedule	This tool calculates specific sleep windows for every shift in your rotation pattern.

See It in Action

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

U I am moving from day to evening to night shifts on a slow rotation. What is my strategy?



You should use a phase delay approach. Focus on delaying your sleep onset each night to gradually align with the upcoming shifts.

U Give me a sleep schedule for a backward rotation (night to evening to day) that is fast.



For a fast backward rotation, your sleep windows are: Night shift: 08:00-15:00, Evening shift: 02:00-09:00, and Day shift: 22:00-05:00.

U When should I avoid light during a forward rotation?



To help with a phase advance, you should avoid bright light during the late evening and early morning hours before your scheduled sleep window.

Frequently Asked Questions

01 How does this MCP help with shift work?

It uses circadian biology to create sleep schedules, light exposure plans, and alertness strategies tailored to your specific work rotation.

02 Can I use this with any AI client?

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

03 What is a phase delay approach?

It is a strategy where you delay your sleep onset each night to gradually align your body with later work shifts.

04 Does it provide specific times for sleeping?

Yes, the `get_sleep_schedule` tool generates specific sleep windows for each shift in your rotation.

05 How does it manage light exposure?

The `get_light_protocol` tool tells you exactly when to seek bright light and when to avoid it to help shift your internal clock.

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>"rotating-shift-adaptation-planner": { "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

Rotating Shift Adaptation Planner 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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Server ID	01a0b7c9-8eda-7130-8930-e5d490630445
Platform	Vinkius Cloud for AI Agents
Endpoint	<code>https://edge.vinkius.com/{token}/mcp</code>

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