MCP SERVER | NO CODE | CLOUD HOSTED

Screen Time Impact Calculator MCP

Track your digital health and reclaim focus with a data-backed screen time reduction plan.

Screen Time Impact Calculator helps you figure out how much your phone and computer habits are actually messing with your health and focus. It gives you hard numbers on eye strain, sleep quality, and potential productivity boosts. Instead of just feeling tired, you'll get specific data on your blue light exposure and a step-by-step plan to cut back on screen time without crashing your workflow.

A+ Quality Score 100/100

screen-time | digital-detox | eye-strain | sleep-quality | productivity-boost

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vinkius.com/mcp/screen-time-impact-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.

Screen Time Impact Calculator MCP

4 tools available
Cloud-hosted on Vinkius

Most people know they spend too much time on their devices, but it's hard to quantify the actual cost. You might feel tired at night or notice your eyes burning after a long shift, but without data, it's easy to ignore. This MCP changes that by turning your screen habits into measurable metrics. You can see exactly how your pre-bedtime phone use is hitting your sleep cycles or how much your eye strain risk climbs during a heavy work day. It's about moving from "I should spend less time online" to "I need to reduce my usage by X hours to gain Y amount of focus." By using this tool within the Vinkius catalog, you get a clear picture of your digital health. It doesn't just tell you that you have a problem; it helps you map out a realistic path toward a healthier balance. It doesn't rely on willpower alone. It helps you project how much more efficient you'll be if you reclaimed a few hours of your day and get a customized, gradual schedule to help you actually stick to those goals. It takes the guesswork out of digital detoxing and replaces it with a structured plan. You can finally see the correlation between your habits and your actual well-being.

Core Capabilities

01 — Calculate eye strain risk

Determine your risk levels for eye fatigue based on your daily device usage.

02 — Estimate sleep disruption

See how much your late-night screen habits are affecting your sleep quality.

03 — Project focus gains

Get an estimate of how much more efficient you'll be by cutting back on screen time.

04 — Generate detox schedules

Create a week-by-week plan to gradually reduce your daily digital habits.

05 — Analyze blue light exposure

Track how much blue light you're getting from different types of devices.

06 — Map out reduction paths

Build a customized roadmap to transition to healthier digital habits.

One Click on Vinkius — From Prompt to Execution

Available at **vinkius.com/mcp/screen-time-impact-calculator** — connect your AI agent in three steps.

01 Input your daily screen hours for phones, computers, and TVs.

02 Tell your agent your current goals or the specific health issues you want to address.

03 Get a breakdown of your risks and a custom reduction plan.

The bottom line is you get a data-backed roadmap to reclaim your focus and protect your physical health from excessive screen use.

Built For

This is for the knowledge worker whose eyes burn by 3 PM, the student who can't sleep because of late-night scrolling, and the manager trying to find more deep work time in a distracted world. It's for anyone who feels like their phone is in control of their day and wants to take it back with real data.

Software Engineer

Analyzes long coding sessions to see how to reduce eye strain while maintaining output.

Content Creator

Figures out how to balance high-volume device use with better sleep patterns.

Remote Manager

Uses data to set realistic boundaries for digital communication and focus blocks.

What Changes When You Connect

01 Stop guessing about your eye health by getting specific risk scores for your daily device usage with calculate_exposure_risk.

02 Identify exactly how much sleep you're losing to late-night scrolling using calculate_sleep_impact.

03 See the real-world impact of your habits by projecting how much more work you can get done with project_productivity_gains.

04 Avoid the cold turkey failure by following a gradual, week-by-week reduction schedule from generate_detox_plan.

05 Make informed decisions about which devices are causing the most strain based on your specific usage patterns.

06 Turn vague feelings of burnout into a concrete plan for better focus and physical well-being.

Real-World Applications

Burning eyes after a 10-hour coding shift

A developer asks the agent to check their eye strain risk and gets a specific score based on their PC and phone time.

Difficulty falling asleep

A user tells their agent they're scrolling until 1 AM and gets a calculation of how that's ruining their sleep quality.

Wanting more deep work time

A writer wants to cut 2 hours of social media and asks for a projection of their potential focus gains.

Starting a digital detox

Someone wants to go from 8 hours of screen time to 4 and asks for a 4-week gradual plan.

Patterns to Avoid

Trying to quit everything at once

✗ AVOID

Users often fail by trying to go from 9 hours to 0 in one day.

✓ INSTEAD

Use generate_detox_plan to create a gradual, week-by-week schedule instead.

Ignoring eye strain

✗ AVOID

People often just push through the burn.

✓ INSTEAD

Use calculate_exposure_risk to see the actual risk levels of your high-proximity device use.

Vague productivity goals

✗ AVOID

Saying "I want to be more productive" doesn't work.

✓ INSTEAD

Use project_productivity_gains to see the actual time you'll reclaim by cutting specific habits.

The Right Fit

Use this MCP if you feel physically drained by your devices, struggle with sleep because of your phone, or want a data-driven way to cut back on screen time without feeling overwhelmed. It's perfect for anyone who needs a structured path to digital well-being. Don't use this if you just want a simple screen time tracker; it's designed to analyze impact and create plans, not just log minutes. If you need a simple block-list for specific websites, a browser extension is a better fit. This tool is for the person who wants to understand the why and how of their digital habits.

Screen Time Impact Calculator for Eye Strain and Sleep Health

Most people live in a state of constant digital friction. You finish a workday with a dull ache behind your eyes, you're scrolling through feeds at 11 PM while your brain feels wired, and you wonder why you still feel exhausted. You know you're spending too much time on your phone, but it's hard to see the actual cost when it's just a series of small habits.

This MCP changes that by giving you hard numbers. Instead of just feeling tired, you can see your specific eye strain risk and sleep disruption scores. It turns your vague habits into a clear picture of your health, allowing you to see exactly where your digital life is costing you physically and mentally.

Screen Time Impact Calculator for Productivity and Focus Gains

The manual way to fix this is usually a cycle of willpower. You try to put the phone down, feel a sense of FOMO, and end up picking it back up five minutes later. It's exhausting to constantly fight your own habits without a clear roadmap or a sense of what you're actually gaining.

With this tool, you can project your potential efficiency gains before you even start. You can see how many hours of focus you'll reclaim and get a customized, week-by-week schedule to make the transition easy. You stop fighting your habits and start following a plan.

Screen Time Impact Calculator 4-Tool Productivity Suite

Use these tools to calculate specific health risks, project your potential focus gains, and generate custom digital detox plans for your daily habits.

#	TOOL	DESCRIPTION
01	`generate_detox_plan`	Creates a week-by-week schedule to gradually reduce your daily screen time.
02	`calculate_exposure_risk`	Determines your eye strain levels and blue light exposure from various devices.
03	`project_productivity_gains`	Estimates how much focus and efficiency you'll gain by cutting back on screen time.
04	`calculate_sleep_impact`	Calculates how much your pre-bedtime device usage is disrupting your sleep.

See It in Action

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

U I spend 6 hours on my laptop and 3 hours on my phone daily. What's my eye strain risk?

Your eye strain risk is High. Based on your usage, your blue light exposure score is 82/100. You're at significant risk for digital eye strain due to high-proximity device use.

U I want to cut my screen time from 10 hours to 6 hours a day. How much focus will I gain?

By reducing your usage by 4 hours daily, you're projected to reclaim significant focus time. This shift is estimated to provide a 12-18% boost in your task efficiency and deep work capacity.

U Give me a 3-week plan to reduce my phone use from 5 hours a day to 2.

Here is your 3-week detox plan: Week 1: 4.0 hours, Week 2: 3.0 hours, Week 3: 2.0 hours. This gradual reduction helps your habits adjust without the stress of a cold turkey approach.

Frequently Asked Questions

01 **How does the Screen Time Impact Calculator help with eye strain?**

It calculates a risk score based on how much time you spend on phones, computers, and TVs. It helps you identify which devices are hitting your eyes the hardest so you can adjust your habits.

02 **Can the Screen Time Impact Calculator help me sleep better?**

Yes, it analyzes your pre-bedtime screen usage to show how much it's affecting your sleep. You can then use the data to set better boundaries before bed.

03 **How do I create a digital detox plan with this MCP?**

You just tell your agent your current screen habits and your goal. It will then generate a customized, week-by-week schedule to help you reduce your usage gradually.

04 **Will the Screen Time Impact Calculator show me how much time I'll save?**

It projects your potential productivity gains. By telling the agent your current hours and your target goals, it calculates exactly how much time you'll reclaim for other tasks.

05 **Is this for people who want to quit their phones entirely?**

It's designed for people who want a healthier balance. Rather than a total shutdown, it creates gradual reduction plans to help you improve your well-being.

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 `"screen-time-impact-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

Screen Time Impact 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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