

Thank you for scheduling your sleep study with BayCare Sleep Centers. We appreciate you choosing us to provide your care. Your appointment date, time, campus and campus instructions are below. An after-hour clinical line is provided for each campus in case you need to contact us on the date of your test. It is important that you show up at the time you are scheduled. If you arrive earlier than your appointment time, you may be required to wait since the technologist will likely be attending to another patient.

**Mease Countryside Sleep Center, Mease Countryside Hospital**

Medical Arts Building

1840 Mease Drive, Suite 120, Safety Harbor, FL 34695

Enter the sleep center through the door located at the right corner of the building. This entrance has wheelchair access. The after-hours number is (727) 725-6457

**Please follow these instructions on the day of your test:**

- ✓ Shower, wash and dry your hair (but do not put any styling products on your hair) prior to your appointment.
- ✓ Allow access to your scalp, you may need to remove your hairpiece, hair weave, etc.
- ✓ Remove acrylic nails, gel polish or nail coverings on dominant hand as this could interfere with testing.

**Please bring these items with you on the day of your test:**

- ✓ Loose fitting two-piece sleepwear (no one-piece nightwear); must sleep in clothing
- ✓ Bedroom slippers or other footwear to avoid walking barefoot
- ✓ Items to make you comfortable (book, your own pillow, etc.)
- ✓ Medications needed, including sleep aids (if approved by referring physician)
- ✓ Completed medication sheet
- ✓ Legal identification (e.g. drivers license, etc) and insurance cards

**Insurance Notice:** If your insurance requires authorization, we will coordinate the authorization for your sleep study with your doctor. If we have any problems obtaining authorization, we will contact you prior to your appointment date. Authorization requirements do not determine whether you may have a co-payment, deductible and/or co-insurance. Our scheduling staff can answer any questions regarding your insurance and provide you with an estimated cost (if applicable). You may contact your insurance company regarding your payment responsibilities if you are concerned.

**We will call you the day before your study to confirm your appointment to answer any questions you may have.**

**Cancellations:**

**A 24-hour notice is expected for all cancellations. Please call us before your scheduled appointment date if you are unable to attend for any reason. This allows the available slot to be filled by another patient.**

