

Soroush Zaghi, MD

Dr. Soroush Zaghi graduated from Harvard Medical School, completed residency in ENT (Otolaryngology-Head and Neck Surgery) at UCLA, and Sleep Surgery Fellowship at Stanford University. He now serves as medical director of *The Breathe Institute* where the focus of his sub-specialty training is on the comprehensive treatment of nasal obstruction, mouth breathing, snoring, and obstructive sleep apnea in children and adults. He is very active in clinical research with over 80+ peer-reviewed research publications in the fields of neuroscience, head and neck surgery, myofunctional therapy, and sleep-disordered breathing. Dr. Zaghi is particularly interested in studying the impact of tethered-oral tissues (such as tongue-tie) and oral myofascial dysfunction on maxillofacial development, upper airway resistance syndrome, and obstructive sleep apnea, especially as it relates to pediatric populations. He is an invited lecturer, author, and journal reviewer for topics relating to the diagnosis and management of sleep-disordered breathing and tongue-tie disorders in children and adults.