

Dr. Sahil Chopra is chief medical officer at Empower Sleep, where he helps deliver personalized, science-backed sleep care through at-home diagnostics, telemedicine consultations, and treatment plans. Based in Irvine, California, he is affiliated with Eisenhower Health and specializes in critical care medicine, sleep medicine, and pulmonology. He earned his medical degree from Government Medical College Chandigarh and has more than 12 years of clinical experience.