



# MIMIND

Live Webinar



## SLEEP AND SUICIDE

### DISCUSSION & INSIGHTS

### Speaker:

**ANTHONY REFFI**  
Ph.D.

*Associate Scientist,  
Henry Ford Health;  
Co-Director, Sleep and  
Traumatic Stress Institute*

 April 23, 2026

 Noon ET

### More Information

[henryford.com/mimind/events](https://henryford.com/mimind/events)

### WEBINAR SUMMARY

*Sleep disturbances are associated with increased risk of suicidality. This webinar will review the state of the literature on the links between sleep and suicide, with a specific focus on insomnia and nightmares, the theories and putative mechanisms behind the sleep-suicide relationship, and emerging evidence showing the effect of behavioral sleep medicine on reducing and preventing suicide risk.*

### ABOUT THE SPEAKER

*Anthony Reffi, Ph.D., is a licensed clinical psychologist and Co-Director of the Sleep and Traumatic Stress Institute at Henry Ford Health. He leads a research program focused on the intersection of sleep and trauma in acute trauma populations, with the goal of informing early interventions for PTSD and other posttraumatic sequelae. Dr. Reffi began his career working with responders to the September 11, 2001, terrorist attacks on the World Trade Center in New York before earning his doctorate in 2021. Through his clinical work delivering first-line PTSD treatments to U.S. Veterans, he developed an interest in the role of sleep in trauma recovery that led him to complete a 3-year postdoctoral fellowship at Henry Ford Health's Sleep Research Center. He serves as Associate Editor for the European Journal of Psychotraumatology and SLEEP Advances and is on the Editorial Advisory Board for the APA journal Psychological Trauma. Dr. Reffi is currently funded by the American Academy of Sleep Medicine and the National Institute of Mental Health.*