

Brief Resolved Unexplained Event

What is a Brief Resolved Unexplained Event (BRUE)?

A **B**rief **R**esolved **U**nexplained **E**vent, or **BRUE**, is an episode during which your baby may:

- stop breathing or have difficulty breathing
- tighten or relax his muscles
- turn pale or blue
- pass out

The event stops after a short period of time, with or without medical help, and your baby returns to normal. These events occur suddenly and can be frightening.

How will I know if my baby has had a BRUE?

If your health care provider examines your baby and cannot find a reason for the event, it is a BRUE. A baby that has had a BRUE is at very low risk for future problems.

Common questions about BRUE.

Why did my baby have a BRUE?

Your baby's health care provider was not able to find a cause to explain why this event happened. If it happens again, or if you have other concerns about your baby, you should contact his primary care provider.

Should my baby stay in the hospital?

If your baby is at low risk, he does not need to stay in the hospital. He is safe to go home without doing any testing. He does not need home monitoring of his heart or lungs.

Does having a BRUE mean my baby is at increased risk for Sudden Infant Death Syndrome (SIDS).

No. Having a BRUE does not increase your baby's risk for SIDS. It is important for all babies to have a safe home and sleeping environment.

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This video: <https://youtu.be/Rs9Jw3uIoaU> provides information about safe sleep. It can also be found by holding your smartphone camera over the below QR Code.



What should I do if this happens again?

If your baby has another BRUE, call his health care provider or go to the Emergency Department. If you think that your baby is in danger, **call 911**.

Does my baby need extra care after having a BRUE?

No special care is needed.

Should I get CPR training?

Although your baby is not likely to need CPR after experiencing a BRUE, it is a good idea for everyone to learn CPR.

For classes near you, contact his health care provider, the American Red Cross (<http://www.redcross.org>), the American Heart Association (<http://www.heart.org>) or any other national or local organization that offers training.