



BRUE: Brief Resolved Unexplained Event

This sheet explains what a BRUE is and what you can expect to happen next.

Key points

- Possible causes are an illness (like a respiratory infection) or a problem with your baby's ability to feed.
- Often no treatment is needed.
- Follow safe sleep practices at home.

What is a BRUE?

- BRUE stands for "Brief Resolved Unexplained Event." This term is used to talk about something that happens to a baby under age 1 that includes a change in their color, muscle tone or breathing.
- These events are short (usually less than 1 minute). The baby goes back to normal right after the event.
- There is no clear cause of the event at the time it is happening.

What are the signs or symptoms?

The baby may have some of these signs:

- Color change (your baby becomes blue or very pale)
- Breathing becomes shallow, very slow, or the baby may seem to stop breathing for a moment
- Muscle tone becomes stiffer or more relaxed/floppy
- Change in responsiveness (the baby is not acting like they usually do)

What causes a BRUE?

- When a baby has a BRUE, it's not clear what caused it. Your child may be admitted to the hospital to try to find out if there is a reason it happened.
- Your child's medical team will ask you many questions about the event and about your baby's behaviors and habits. This will include questions about feeding, weight gain, sleeping, illnesses, injuries and even about pregnancy and birth. This information may help the team understand why the event happened.
- Nurses, doctors and other team members will carefully watch your baby by checking vital signs, watching feedings and placing your baby on a breathing and heart monitor for a short time.
- Some possible causes are an illness (like a respiratory infection) or a problem with your baby's ability to feed. The cause could be something rare, like a seizure or problem with the heart.

How is it treated?

Often no treatment is needed. If treatment is needed based on another cause, your team will talk about this with you.

- If your baby has acid reflux, we will give you more information about feeding and positioning your baby, and possible treatment, including a [Family Education Sheet on gastroesophageal reflux \(GER\)](#).

What should I do back at home?

- You will complete an infant CPR training before you leave the hospital. This will teach you first aid using mouth-to-mouth breathing. It's a good idea for everyone caring for babies to learn CPR. You can bring your training kit home to share with other caretakers.
- Follow safe sleep practices. This includes putting your baby to sleep in a crib on their back without any pillows, stuffed animals, blankets or bumpers. We do not recommend sleep positioners or elevating crib mattresses for babies who have had a BRUE.
- Keep seeing your child's primary care doctor for regular baby care and for any new or concerning problems.

What should I do if my child has a problem or emergency?

Call 911 or go to the Emergency Department (ED) if your baby has another event that includes:

- Breathing problems
- Change in level of alertness
- Change in muscle tone
- Change in skin color
- Choking
- Unusual shaking or jerking

Is another event likely?

Most babies do not have another BRUE.

Questions or concerns?

If you have any *non-emergency* questions or concerns, please contact your primary care doctor.

This Family Education Sheet is available in [Arabic](#) and [Spanish](#).