CLAIMS

1. A mask assembly comprising:

a mask configured to contact a user's face and deliver gases to the user in use; and

a headgear configured to secure the mask to the user's face in use,

the headgear comprising a plurality of interconnected straps, the plurality of interconnected straps comprising,

a top strap, a front strap and a rear strap, and

a side junction between the top strap, the front strap and the rear strap, the side junction positioned above one of the user's ear in use, the headgear further comprising an adjustment mechanism configured to allow for adjustment of one of the plurality of interconnected straps,

the adjustment mechanism comprising an inner rail, a hollow outer rail and a friction component, the inner and outer rails configured to telescope relative to each other, wherein the friction component configured to resist telescoping movement between the inner and outer rails.

2. The mask assembly of Claim 1, wherein the headgear includes two side junctions positioned above respective ears of the user in use.

3. The mask assembly of Claim 1, wherein the inner rails extends at least partially within the side junction.

4. The mask assembly of Claim 1, wherein the strap that is allowed to be adjusted by the adjustment mechanism comprises an elastic sleeve, and wherein the inner and outer rails extends at least partially within the elastic sleeve.

5. The mask assembly of Claim 4, wherein the elastic sleeve extends between the side junction and a second side junction, the two side junctions positioned above respective ears of the user in use.

6. The mask assembly of Claim 5, wherein an end of the elastic sleeve can be coupled to one or both of the side junctions.

7. The mask assembly of any one of Claims 1 to 6, wherein the friction component comprises a plurality of flexible fins.

8. The mask assembly of any one of Claims 1 to 6, wherein the friction component comprises at least one roller.

9. The mask assembly of any one of claims 1 to 6, wherein the friction component comprises a spring loaded arm having a friction surface.

10. The mask assembly of any one of claims 1 to 9, wherein the adjustment mechanism is hidden.