WHAT IS CLAIMED IS:

1. A respiratory mask assembly comprising:

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

- a yoke;
- first and second side arms, each of the first and second side arms extending from a respective lateral portion of the yoke, and each of the first and second side arms configured to extend across a respective cheek and above a respective ear of the user in use; and
- a top strap coupled to and extending between the first and second side arms and the top strap configured to extend across a top of the user's head in use;

a frame having a body extending along a longitudinal axis, the body having a top, a bottom, and two sides; and

a headgear connector coupled to the headgear and configured to be coupled to the frame by approaching the frame from one of the top or the bottom,

wherein the yoke extends across a front surface of the headgear connector from a first lateral end of the headgear connector to a second, opposite lateral end of the headgear connector.

2. The respiratory mask assembly of Claim 1, wherein the headgear connector is permanently coupled to the headgear.

3. The respiratory mask assembly of Claim 1 or Claim 2, wherein the headgear connector comprises at least one locking protrusion, the frame comprises at least one recessed portion, and the at least one locking protrusion is configured to be received in the at least one recessed portion when the headgear connector is coupled to the frame.

4. The respiratory mask assembly of Claim 3, wherein the frame comprises at least one scalloped portion positioned proximate the at least one recessed portion, the at least one scalloped portion configured to act as a lead-in for the at least one locking protrusion into the at least one recessed portion.

5. The respiratory mask assembly of Claim 4, wherein the at least one scalloped portion is separated from the at least one recessed portion by a ridge.

6. The respiratory mask assembly of any one of Claims 1 to 5, further comprising a barrier configured to inhibit or prevent coupling of the headgear connector when approaching the frame from the other of the top or the bottom.

7. A respiratory mask assembly comprising:

a headgear configured to secure the mask assembly to a user's face in use the headgear comprising:

- a yoke;
- first and second side arms, each of the first and second side arms extending from a respective lateral portion of the yoke, and each of the first and second side arms configured to extend across a respective cheek and above a respective ear of the user in use; and
- a top strap coupled to and extending between the first and second side arms and the top strap configured to extend across a top of the user's head in use;

a frame extending in a first direction from an inlet to an outlet, a longitudinal axis of the frame and a flow path through the frame extending from the inlet to the outlet, the frame extending in a second direction perpendicular to the first direction from a first lateral edge to a second lateral edge, and the frame extending in a third direction perpendicular to the first and second directions from a top to a bottom; and

a connector coupled to the yoke and configured to be coupled to the frame, the connector configured to be coupled to the frame by approaching the frame along the third direction from the top or bottom;

wherein the yoke extends across a front surface of the headgear connector from a first lateral end of the headgear connector to a second, opposite lateral end of the headgear connector.

8. A respiratory mask assembly comprising:

a headgear configured to secure the mask assembly to a user's face in use the headgear comprising:

- a yoke;
- first and second side arms, each of the first and second side arms extending from a respective lateral portion of the yoke, and each of the first and second side arms configured to extend across a respective cheek and above a respective ear of a user in use; and
- a top strap coupled to and extending between the first and second side arms and the top strap configured to extend across a top of a user's head in use;

a frame having an inlet at a front end of the frame and an outlet at a rear end of the frame, a flow path extending through the frame from the inlet to the outlet, the frame having a top surface, a bottom surface, and side surfaces; and

a connector coupled to the yoke and configured to be coupled to the frame, the connector having lateral portions configured to extend along the side surfaces of the frame and a cross portion extending between the lateral portions and configured to extend along one of the top or bottom surface of the frame when the connector is coupled to the frame;

wherein the yoke extends across a front surface of the headgear connector from a first lateral end of the headgear connector to a second, opposite lateral end of the headgear connector.

9. The respiratory mask assembly of Claim 7 or Claim 8, wherein the connector is permanently coupled to the headgear.

10. The respiratory mask assembly of any one of Claims 7 to 9, wherein the connector comprises at least one locking protrusion, the frame comprises at least one recessed portion, and the at least one locking protrusion is configured to be received in the at least one recessed portion when the connector is coupled to the frame.

11. The respiratory mask assembly of Claim 10, wherein the frame comprises at least one scalloped portion positioned proximate the at least one recessed portion, the at least one scalloped portion configured to act as a lead-in for the at least one locking protrusion into the at least one recessed portion.

12. The respiratory mask assembly of Claim 11, wherein the at least one scalloped portion is separated from the at least one recessed portion by a ridge.

13. The respiratory mask assembly of any one of Claims 7 to 12, further comprising a barrier configured to inhibit or prevent coupling of the connector when the connector is oriented to extend along the other of the top or the bottom surface of the frame.

14. The respiratory mask assembly of any one of Claims 7 to 13, wherein the inlet comprises a collar and the collar includes a portion of increasing perimeter.

15. The respiratory mask assembly of any one of Claims 7 to 14, wherein the inlet and/or the outlet has an oval shape.

16. The respiratory mask assembly of any one of Claims 1 to 15, wherein the yoke, first and second side arms and top strap form an integrally formed closed loop and the headgear further comprises a rear strap that is configured to extend between the first and second side arms and around a rear of the user’s head.