WHAT IS CLAIMED IS:

1. A packaging insert configured to retain a respiratory interface assembly prior to inserting the insert and respiratory interface assembly into suitable packaging, the insert comprising:

an elongate support having a notional longitudinal axis, an upper part, a lower part, and opposed, spaced apart sides extending between the upper and lower parts, the support further comprising a headgear retaining slot formed in or at each side, each slot being elongate and comprising a width that is dimensioned to receive and retain part of a strap of the headgear, each slot further comprising a closed end and an open end, and being configured such that when, in use, the insert is picked up by one hand of a user with the upper part of the insert uppermost, each slot is downwardly directed such that the open end is open towards the lower part of the insert such that the user can use their other hand to grip the respiratory interface and pull downwardly to release the headgear from the slots.

2. The packaging insert of Claim 1, wherein the support further comprises at least one retaining arm depending from at least one side, at least one slot being defined between the retaining arm and the side of the support.

3. The insert of Claim 2, comprising four retaining arms and four slots, there being an upper and a lower retaining arm and an upper and lower slot on each side of the support.

4. The insert of Claim 2 or Claim 3, wherein at least one arm or side of the support comprises an inwardly directed retaining portion, adjacent the open end of the slot, and which defines a reduced width portion of the slot adjacent the retaining portion, the reduced width portion being configured to help retain a strap of the headgear in the slot.

5. The insert of any one of Claims 2 to 4, wherein the other of the arm or side of the support comprises an indented portion adjacent the inwardly directed retaining portion, and configured with the retaining portion to define a circuitous path into the slot.

6. The insert of any one of Claims 1 to 5, wherein at least one slot comprises an inclined portion, adjacent the open end of the slot, the inclined portion defining a widening mouth of the slot configured to facilitate insertion of a strap of the headgear into the slot, the

widening mouth leading to a narrower elongate portion in which the strap of the headgear is retained.

7. The insert of any one of Claims 1 to 6, wherein each slot has a respective longitudinal axis, wherein the longitudinal axis of at least one slot is parallel with the longitudinal axis of the support.

8. The insert of Claim 7, wherein the longitudinal axis of each slot is parallel with the longitudinal axis of the support.

9. The insert of any one of Claims 1 to 8, wherein each slot has a respective longitudinal axis, wherein the longitudinal axis of at least one slot is inclined with respect to the longitudinal axis of the support.

10. The insert of Claim 9, wherein the longitudinal axis of each slot is inclined with respect to the longitudinal axis of the support.

11. The insert of any one of claims 1 to 10 and packaging configured to receive the insert.

12. The insert of claim 11 wherein the packaging is a bag.

13. The insert of claim 11 or claim 12 wherein the packaging comprises a pocket configured to receive the insert, and a closure configured to close the pocket.

14. A packaging insert configured to retain a respiratory interface assembly, the insert comprising:

an elongate support having a notional longitudinal axis, an upper part, a lower part, and opposed, spaced apart sides extending between the upper and lower parts, the support further comprising a headgear retaining slot formed in or at each side, each slot being elongate, each slot further comprising a closed end and an open end, wherein each slot is downwardly directed such that the open end is open towards the lower part of the insert.

15. The packaging insert of Claim 14, wherein the support further comprises at least one retaining arm depending from at least one side, at least one slot being defined between the retaining arm and the side of the support.

16. The insert of Claim 14, comprising four retaining arms and four slots, there being an upper and a lower retaining arm and an upper and lower slot on each side of the support.

17. The insert of Claim 15 or Claim 16, wherein at least one arm or side of the support comprises an inwardly directed retaining portion, adjacent the open end of the slot, and which defines a reduced width portion of the slot adjacent the retaining portion, the reduced width portion being configured to help retain a strap of the headgear in the slot.

18. The insert of Claim 17, wherein the other of the arm or side of the support comprises an indented portion adjacent the inwardly directed retaining portion, and configured with the retaining portion to define a circuitous path into the slot.

19. The insert of any one of Claims 14 to 18, wherein at least one slot comprises an inclined portion, adjacent the open end of the slot, the inclined portion defining a widening mouth of the slot configured to facilitate insertion of a strap of the headgear into the slot, the widening mouth leading to a narrower elongate portion in which the strap of the headgear is retained.

20. The insert of any one of Claims 14 to 19, wherein each slot has a respective longitudinal axis, wherein the longitudinal axis of at least one slot is parallel with the longitudinal axis of the support.

21. The insert of Claim 20, wherein the longitudinal axis of each slot is parallel with the longitudinal axis of the support.

22. The insert of any one of Claims 14 to 21, wherein each slot has a respective longitudinal axis, wherein the longitudinal axis of at least one slot is inclined with respect to the longitudinal axis of the support.

23. The insert of Claim 22, wherein the longitudinal axis of each slot is inclined with respect to the longitudinal axis of the support.