**CLAIMS**

1. An adjustable head supporting apparatus (10) configured, in use, to be anchored against a user's neck, wherein the apparatus comprises:
   a contoured head element (16);
   a contoured shoulder element (12); and
   at least one connecting member (14) connectable to each of the head element (16) and the shoulder element (12);
   wherein the at least one connecting member (14) is configured to link respective ends of the head element (16) with respective ends of the shoulder element (12);
   wherein the at least one connecting member (14) facilitates displacing the head element (16) and the shoulder element (12) to adjust spacing between the head element (16) and the shoulder element (12), wherein displacement of a first end of the head element (16) relative to a first end of the shoulder element (12) can be independent of displacement of a second end of the head element (16) relative to a second end of the shoulder element (12);
   at least one fastening unit (17) joins the connecting member (14), the head element (16) and the shoulder element (12), wherein the fastening unit (17) is operable to lock together the connecting member (14), the head element (16) and the shoulder element (12) thereby preventing displacement of the head and shoulder element (16, 12); and wherein upon releasing the fastening unit (17) displacement of the head and shoulder element (16, 12) is permitted, wherein the fastening unit (17) comprises:
   an actuator (60), which facilitates manual release and manual displacement of the fastening unit (17) relative to the connecting member (14), the head element (16) and the shoulder element (12), and wherein displacement of the fastening unit (17) causes displacement of corresponding ends of the head and shoulder element (16, 12); and
   a retaining element (62) configured to engage with the connecting member (14), thereby preventing displacement of the fastening unit (17) until release of the retaining element (62) from the connecting member (14); and
   wherein, in use, at least the head element (16) and the shoulder element (12) are encased within a fabric garment (110, 200), wherein, in use, the fabric garment (110, 200) anchors the adjustable head supporting apparatus (10) against a user's neck.

2. An adjustable head supporting apparatus as claimed in claim 1, wherein the fastening unit further comprises a resilient member operable to bias the fastening unit to a locked configuration and wherein upon applying a bias-overriding load to the

fastening unit, via the actuator, the fastening unit is released and capable of displacing the head and shoulder element.

3. An adjustable head supporting apparatus as claimed in claim 1 or 2, wherein the retaining element and the connecting member each comprise complementary mating surfaces, wherein in the locked position the mating surfaces prevent displacement of the fastening unit, wherein upon release of the actuator, the resilient member is operable to at least partially displace the fastening unit thereby aligning the mating surfaces of the retaining element and the connecting member such that the biasing force of the resilient element automatically locks the fastening unit and the connecting member, thereby preventing displacement of the head element and the shoulder element.

4. An adjustable head supporting apparatus as claimed in any preceding claim, wherein each of the head element and the shoulder element comprise adjusting members comprising a serrated edge configured to engage with a complementary serrated surface on the fastening unit, wherein upon releasing the fastening unit rotation of the fastening unit is permitted, wherein rotation of the fastening unit causes translational displacement of the head element and the shoulder element relative to a stationary connecting member; and wherein rotation of the fastening unit synchronously displaces the head element and the shoulder element.

5. An adjustable head supporting apparatus as claimed in claim 4, wherein the head element and the shoulder element each comprise at least one adjusting member, wherein an adjusting member of each of the head element and the shoulder element is engageable with the fastening unit.

6. An adjustable head supporting apparatus as claimed in claims 4 or 5, wherein the connecting member comprises a passageway configured to receive and guide an adjusting member from each of head element and the shoulder element, wherein either the passageway or the adjusting member includes a projecting element and the other of the passageway and the adjusting member includes a groove, wherein the projecting element engages with and is guided in the groove, wherein the passageway guides translational movement of the adjusting members of the head element and the shoulder element.

7. An adjustable head supporting apparatus as claimed in any of claims 4 to 6, wherein upon rotation of the fastening unit, the head element and shoulder element displace translationally in opposite directions due to engagement of the adjusting members with a body of the fastening unit.

8. An adjustable head supporting apparatus as claimed in any preceding claim, wherein the connecting member is elongated, providing a unitary connecting member, which is configured to be linked at each end to a corresponding end of each of the head element and the shoulder element and wherein a fastening unit is provided at each end.

9. An adjustable head supporting apparatus as claimed in any of claims 4 to 8, wherein the head element and the shoulder element are each provided by a contoured support member comprising asymmetrically spaced adjusting members, wherein an adjusting member of two contoured support members are engageable with each fastening unit.

10. An adjustable head supporting apparatus as claimed in claim 9, wherein the unitary connecting member comprises a passageway at both ends, wherein a fastening unit passes through the connecting member and the passageway, such that the body of the fastening unit engages with the adjusting members received in the respective passageway.

11. An anchored head supporting apparatus as claimed in any preceding claim, wherein the garment is provided by one of the following:

    a sleeve, which includes two pockets extending along an inside of a front portion of the sleeve, wherein a closed end of a first pocket is located adjacent a first open end of the sleeve and a closed end of a second pocket is located adjacent a second open end of the sleeve; or

    an elongated scarf comprising a head portion and a tail portion, wherein the tail portion is an elongated length of material extending from the head portion; and wherein the head element and the shoulder element are encased in the head portion, wherein the head portion includes two pockets extending along an inside surface of the head portion, wherein a first pocket extends down from a top edge of the head portion and a second pocket extends up from a bottom edge of the head portion.

12. An anchored head supporting apparatus as claimed in claim 11, wherein the garment is a sleeve, each pocket is partially closed along an inner edge adjacent to a centreline of the sleeve, wherein each inner edge includes two openings, which provide insertion points for the shoulder and head elements; or
    wherein the garment is a scarf, each pocket is partially closed along an inner edge adjacent to an axial centreline of the scarf., wherein each inner edge includes two openings, which provide insertion points for the shoulder and head elements.

13. An anchored head supporting apparatus as claimed in claim 11 or 12 wherein the garment is a sleeve two holes are symmetrically placed along the centreline and about a midway point on the front of the sleeve, wherein each hole permits a head of a manual actuator to extend through from inside to outside of the sleeve such that the heads are exposed and accessible to the user to manually adjust the spacing between the shoulder element and the head element; or
    wherein the garment is a scarf two holes are symmetrically located on the axial centreline and through an outside surface of the head portion and wherein a head of an actuator extends through a respective hole from the inside surface of the scarf to the outside of the scarf such that the heads are exposed and accessible to the user to manually adjust the spacing between the shoulder element and the head element.

14. An anchored head supporting apparatus as claimed in claim 13, wherein a front surface of the sleeve adjacent to each hole comprises an external pocket at least partially concealing the hole such that in use an open edge of each pocket overlaps the head of the manual actuator such that the head of the manual actuator can be revealed or concealed by moving the open edge of the pocket relative to the head of the manual actuator.

15. An anchored head supporting apparatus as claimed in any preceding claim, further comprising an adjuster, which is operable to tighten the fabric garment about the user's neck.

16. An anchored head supporting apparatus as claimed in claim 15, wherein the adjuster comprises one or more of the following:
    a pull cord and toggle assembly, wherein a cord extends within the garment and wherein moving the toggle relative to the cord towards the garment facilitates tightening the garment by gathering the garment about the user's neck and wherein

moving the toggle relative to the cord away from the garment facilitates releasing the cord and loosens the garment for ease of removal;

a dual-toggle assembly, wherein a first toggle is located adjacent to a first end of the adjustable head supporting apparatus and a second toggle is located adjacent to a second end of the adjustable head supporting apparatus; and

a hook and loop system configured to permit tightening the garment about a user's neck thereby anchoring the adjustable head supporting apparatus relative to a user's head, neck and shoulder, wherein the hook and loop fastening system includes hook and loop fastening around at least part of the garment and at least one tab of complementary hook and loop fastener, wherein adjustment is facilitated by adjusting the position of the tab relative to the hook and loop fastening around the garment, thereby tightening or loosening the garment relative to the user's neck.

17. An anchored head supporting apparatus as claimed in claim 11, wherein the garment is a scarf, one or more sections of hook fastening are provided adjacent inside edges of an end section of the tail portion.

18. An anchored head supporting apparatus as claimed in claim 17, wherein the outside surface of the scarf includes a material that complements the hook fastening such that inside an end section of the tail portion can be secured to the outside surface of the scarf when the tail portion is wrapped around the internal support structure and the user's neck; or the scarf comprises one or more sections of loop fastening along the length of the scarf on the outside surface extending from the tail portion such that inside an end section of the tail portion can be secured to the outside surface of the scarf when the tail portion is wrapped around the internal support structure and the user's neck.