WHAT IS CLAIMED IS:

1. An adjustable headgear, comprising:

a first strap having a first endcap attached to the first strap, the first endcap having a first through hole;

a second strap having a second endcap attached to the second strap, the second endcap having a second through hole, wherein the first strap passes through the second through hole and the second strap passes through the first through hole; and

a sleeve extending between the first and second endcaps and surrounding the first and second straps.

2. The adjustable headgear of Claim 1, wherein the sleeve is braided.

3. The adjustable headgear of either one of Claims 1 or 2, wherein the sleeve is elastic.

4. The adjustable headgear of any one of Claims 1-3, wherein the first and second endcaps are overmolded onto the sleeve.

5. The adjustable headgear of any one of Claims 1-4, further comprising a detent arrangement comprising a plurality of relative adjustment positions between the first strap and the second strap.

6. The adjustable headgear of any one of Claims 1-5, further comprising a first tab coupled to the first endcap and a second tab coupled to the second endcap.

7. The adjustable headgear of Claim 6, wherein the first tab and the second tab are coupled to a center of the respective first endcap and second endcap.

8. The adjustable headgear of any one of Claims 1-7, wherein the first strap and the second strap are positioned one on top of the other when overlapped.

9. The adjustable headgear of any one of Claims 1-7, wherein the first strap and the second strap are positioned one beside the other when overlapped.

10. The adjustable headgear of any one of Claims 1-9, wherein the first strap and the second strap are located in one or both of a top strap and a rear strap of the headgear.

11. The adjustable headgear of any one of Claims 1-10, wherein the first strap and the second strap are in frictional contact with one another to provide a resistance to relative movement of the first strap and the second strap.

~~12. The adjustable headgear of any one of Claims 1-11, wherein the first strap and the second strap each comprise a plastic core and a textile covering.~~

~~13. The adjustable headgear of Claim 12, wherein the textile covering covers an inner and an outer surface of each of the first strap and the second strap.~~

~~14. The adjustable headgear of Claim 13, wherein the textile covering comprises a first layer and a second layer.~~

~~15. The adjustable headgear of Claim 13, wherein the textile covering comprises a tube.~~

~~16.~~1. A nasal respiratory interface comprising:

a frame having a front surface, a rear surface, and an aperture extending from the front surface to the rear surface, the frame having an oval form with a truncated height portion;

a seal for a nasal pillow, the seal attached to the frame; and

a yoke having a front surface and a rear surface, the yoke configured to couple the frame to a headgear system,

wherein the yoke comprises a recessed surface, wherein the frame comprises a recessed wall and a shelf, and wherein the recessed wall of the frame is configured to mate with the recessed surface of the yoke,

wherein a central portion of the yoke extends partially around the aperture and has a vertical height that is less than that of two lateral apexes between which the central portion spans.

~~17.~~2. The interface of Claim ~~16~~1, wherein the seal is removably attached to the frame.

~~18.~~3. The interface of Claims ~~16~~1 or ~~17~~2, further comprising a conduit connector configured to allow gas from a gas delivery conduit through the aperture of the frame towards the nasal pillow.

~~19.~~4. The interface of any of Claims ~~16-18~~1 to 3, wherein the aperture comprises an oval shape.

~~20.~~5. The interface of Claim ~~18~~3 or ~~19~~4, wherein the conduit connector comprises an oval shape.

~~21.~~6. The interface of any of Claims ~~16-20~~1 to 5, wherein the frame comprises a recessed surface extending partially around the aperture.

~~22.~~7. The interface of Claim ~~21~~6, wherein the aperture of the frame comprises an oval shape having a major axis and a minor axis, and wherein the recessed surface extends adjacent the major axis of the aperture at a first end, under the aperture, and adjacent the major axis of the aperture at a second end.

~~23.~~8. The interface of Claim ~~21~~6 or ~~22~~7, wherein the yoke comprises a recessed wall and a shelf, and wherein the recessed wall of the yoke is configured to mate with the recessed surface of the frame.

~~24.~~9. The interface of Claim ~~23~~8, wherein the frame sits on the shelf of the yoke.

~~25.~~10. The interface of Claim ~~23~~8 or ~~24~~9, wherein the front surface of the frame comprises the recessed surface of the frame, wherein the rear surface of the yoke comprises the recessed wall of the yoke, and wherein when coupled, the front surface of the frame and the front surface of the yoke form a substantially flush surface.

~~26.~~11. The interface of any of Claims ~~23-25~~8 to 10, wherein the recessed wall of the yoke is configured to mate with the recessed surface of the frame via a connection comprising at least one locating projection and at least one recessed locator.

~~27.~~12. The interface of Claim ~~26~~11, wherein the at least one locating projection comprises at least two locating projections and the at least one recessed locator comprises at least two recessed locators.

~~28.~~13. The interface of Claim ~~26~~11 or ~~27~~12, wherein the at least one locating projection or the at least one recessed locator comprises bias flow holes or a diffuser.

~~29.~~14. The interface of any one of Claims ~~16-20~~1 to 5, wherein the yoke sits on the shelf of the frame.

~~30.~~15. The interface of any one of Claims ~~16-20~~1 to 5 or ~~29~~14, wherein the front surface of the yoke comprises the recessed surface of the yoke, wherein the rear surface of the frame comprises the recessed wall of the frame, and wherein when coupled, the front surface of the frame and the front surface of the yoke form a substantially flush surface.

~~31.~~16. The interface of any one of Claims ~~16-20~~1 to 5 or ~~29-30~~14 to 15, wherein the recessed wall of the frame is configured to mate with the recessed surface of the yoke via a connection comprising at least one locating projection and at least one recessed locator.

~~32.~~17. The interface of Claim ~~31~~16, wherein the at least one locating projection comprises at least two locating projections and the at least one recessed locator comprises at least two recessed locators.

~~33.~~18. The interface of Claim ~~31~~16 or ~~32~~17, wherein the at least one locating projection or the at least one recessed locator comprises bias flow holes or a diffuser.

~~34.~~19. The interface of any of Claims ~~16-33~~1 to 18, wherein the yoke comprises a first apex at a first end and a second apex at a second end.

~~35.~~20. The interface of any of Claims ~~16-34~~1 to 19, wherein the yoke comprises a top lateral surface and a bottom lateral surface, and wherein the top lateral surface is longer in length than the bottom lateral surface.

~~36.~~21. The interface of any of Claims ~~16-35~~1 to 20, wherein the rear surface of the yoke is configured to support a bean shaped seal.

~~37.~~22. The interface of any of Claims ~~16-35~~1 to 20, wherein the frame comprises a retaining lip extending around the frame configured to couple the frame to a seal clip.

~~38.~~23. The interface of any of Claims ~~16-37~~1 to 22, wherein the yoke is configured to couple with a head strap to form a closed loop.

~~39.~~24. The interface of any of Claims ~~16-38~~1 to 23, wherein the yoke and headgear system can be separated from the frame and conduit connector.