WHAT IS CLAIMED IS:

1. A patient interface comprising a mask and headgear for securing the mask to a user's face, the headgear comprising an elastic portion configured to provide a retraction force, a non-elastic portion configured to be inelastic in comparison to the elastic portion, and a restriction mechanism connected to the non-elastic portion and to the elastic portion, the restriction mechanism configured to require a first resistance force to permit elongation of the headgear and having a second resistance force in response to retraction of the headgear,

the restriction mechanism comprising a directional lock arrangement,

the non-elastic portion comprising a core member and the elastic portion comprising an elastic strap,

the core member being connected to the elastic strap and comprising a first portion, a second portion, and a portion passing through the directional lock arrangement,

the elastic portion providing a force tending to move the core member through the directional lock arrangement,

the headgear or the mask comprising a conduit or tube that resides in, is carried by, or is formed in the headgear or the mask respectively,

the first portion being attached to a part of the headgear other than the core member or to the mask, and the second portion being a free end retained entirely within the conduit or tube.

2. The patient interface of Claim 1, wherein the directional lock arrangement forms a portion of a side strap of the headgear.

3. The patient interface of Claim 2, wherein the elastic strap and at least a portion of the core member form at least a portion of the side strap.

4. The patient interface of any one of Claims 1 to 3, wherein the core member is connected at one end to the elastic strap and passes through the directional lock arrangement.

5. The patient interface of any one of Claims 1 to 4, wherein the first resistance force is larger than the second resistance force.

6. The patient interface of any one of Claims 1 to 5, wherein in use the first resistance force is larger than a combined resistance force comprising a CPAP pressure force and a hose drag force.

7. The patient interface of any one of Claims 1 to 6, wherein in use the second resistance force is smaller than a combined force comprising a CPAP pressure force and a hose drag force.

8. The patient interface of any one of Claims 1 to 7, wherein a cross-sectional dimension of the core member is in the range of about 0.1mm to about 8mm.

9. The patient interface of any one of Claims 1 to 8, wherein the conduit or tube resides in, is carried by, or is formed in the headgear.

10. The patient interface of claim 9, wherein the mask comprises a frame, and the headgear clips on to or in to the frame.

11. The patient interface of any one of Claims 1 to 10, wherein

the directional lock arrangement comprises first and second lock member mechanisms,

the elastic strap comprises a stretch sheath, a middle section of the core member being housed inside the stretch sheath, and

the stretch sheath is connected to the conduit or tube.

12. The patient interface of Claim 11, wherein the first or second lock member mechanism is capable of moving relative to the core member through a range of angles between about 0° to about 45°.

13. The patient interface of Claim 11 or 12, wherein the stretch sheath or the elastic strap is a braid comprising a non-elastic element such that the non-elastic element provides a physical end stop to extension before the braid is plastically deformed.

14. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock that comprises a housing, a movable lock member within the housing and a core member, wherein the housing guides movement of the core member, and wherein both the housing and the lock member are formed by a single integrated module.

15. The patient interface of any one of Claims 1 to 9, wherein the directional lock arrangement is a mechanical directional lock that comprises a lock module, wherein the lock module, the non-elastic portion and the elastic portion form a modular adjustment assembly.

16. The patient interface of Claim 15, wherein the modular adjustment assembly is connected to a frame of the mask.

17. The patient interface of claim 16, wherein the headgear clips on to or in to the frame.

18. The patient interface of Claim 16 or 17, wherein the frame comprises one or more walls defining a space that receives the lock module.

19. The patient interface of Claim 15, 16, 17, or 18 wherein the modular adjustment assembly is connected to a rear portion of the headgear comprising at least one of a lower rear strap and a crown strap.

20. The patient interface of Claim 11, wherein the first and second lock member mechanisms comprise a first lock stage that provides a first lock force and a second lock stage that provides a second lock force, wherein the second lock force is greater than the first lock force.

21. The patient interface of Claim 20, wherein the first lock stage transforms to a generally non-elongating type behavior with less elongation movement than the second lock stage.

22. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a dual stage directional lock comprising two different lock stages, the two lock stages having different locking behaviour or characteristics from one another.

23. The patient interface of Claim 22, wherein the first lock stage is a quick activation lock that moves more quickly between a release position and a lock position than the second lock stage.

24. The patient interface of Claim 22 or 23, wherein the second lock stage is a high force lock that provides a higher lock or yield force than the first lock stage.

25. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a housing, the housing defining two lock chambers, each lock chamber having a lock member positioned therein, each lock member comprising an opening, and a core member that passes through the housing and the opening in each lock member.

26. The patient interface of Claim 25, wherein the lock members are movable between a lock position, in which resistance to movement of the core member is increased, and a release position, in which resistance to movement of the core member is reduced.

27. The patient interface of Claim 25 or 26, wherein a first lock member is movable between a first lock position, in which resistance to movement of the core member is increased, and a first release position, in which resistance to movement of the core member is reduced, and a second lock member is movable between a second lock position, in which resistance to movement of the core member is increased, and a second release position, in which resistance to movement of the core member is reduced.

28. The patient interface of Claim 27, wherein the difference in an angle or distance between the first lock position and the first release position is less than the difference in an angle or distance between the second lock position and the second release position.

29. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a housing, a roller ball, a switch, and a core member.

30. The patient interface of Claim 29, wherein the locking chamber and the switch comprise a magnet and a magnetic member.

31. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a housing, an S-shaped friction member comprising a bendable curve, a washer adjacent the bendable curve, and a core member passing through an orifice in the S-shaped friction member and the washer.

32. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a housing and a core member running through the housing, the housing having an interior cavity comprising a spring-loaded clip, the core member comprising a serrated edge, the clip being configured to interact with the serrated edge.

33. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a housing, a washer, and a core member, the housing having an internal cavity configured to have a free movement surface that is substantially vertical and orthogonal to a longitudinal axis defined by the core

member, and a locking surface that is angled with respect to the longitudinal axis defined by the core member, the washer being located within the internal cavity, the core member passing through an orifice in the housing and the washer.

34. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a housing, a washer, and a core member, the housing having an internal cavity, the washer comprising an angled surface and being located within the internal cavity, the core member passing through an orifice in the housing and the washer.

35. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a washer and a rotatable member disposed within a housing and a core member passing through an orifice in the housing, washer, and rotatable member.

36. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a housing including a resilient lock member with a C-shaped cross-section in an internal cavity and a core member passing through an orifice in the housing and the resilient lock member.

37. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a housing including a crushable core member in an internal cavity and a core member passing through an orifice in the housing and the crushable core member.

38. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a housing having an interior chamber ramped to be larger at a first end than a second end, a roller ball within the interior chamber, and a core member passing through an orifice in the housing, the roller ball being positioned between a wall of the interior ramped chamber the core member.

39. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a housing having a conical interior chamber, a core member, and a reversibly compressible collet member around the core member.

40. The patient interface of any one of Claims 1 to 10, wherein the directional lock arrangement is a mechanical directional lock comprising a housing, a lock member coupled to the housing by a living hinge, and a core member, the housing and lock member comprising openings through which the core member passes, the lock member being moveable between a release position and a lock position.