**CLAIMS**

1. A support structure for at least partially supporting a user's head, the support structure comprising:

a frame having: a head engaging portion, which is operable in use to engage with and provide support for tilting of the user’s head; and

a shoulder engaging portion, the shoulder engaging portion adapted to spread the load of the user’s head over a user's shoulder,

the frame being shaped to the contour of the user’s body from the head engaging portion to the shoulder engaging portion.

2. The support structure of claim 1, wherein the frame is substantially constant thickness.

3. The support structure of claim 1 or claim 2, wherein the frame has a first surface and a second surface.

4. The support structure of claim 3, wherein the first surface is substantially convex.

5. The support structure of claim 3 or claim 4, wherein the second surface is substantially concave.

6. The support structure of any claims 3 to 5, wherein the first surface is, directly or indirectly, a user engaging surface.

7. The support structure of any claims 3 to 6, wherein the head engaging portion and the shoulder engaging portion define the first surface.

8. The support structure of any claims 3 to 7, wherein first surface and the second surface are substantially parallel.

9. The support structure of any preceding claim, wherein the frame defines a continuous surface.

10. The support structure of any preceding claim, wherein the frame is a sheet.

11. The support structure of any preceding claim, wherein the frame is a flexible sheet.

12. The support structure of any preceding claim, wherein the frame is resilient.

13. The support structure of any preceding claim, wherein the head engaging portion is substantially flat.

14. The support structure of any preceding claim, wherein the head engaging portion comprises a first limb and a second limb.

15. The support structure of claim 14, wherein the first head engaging portion limb and the second head engaging portion limb are connected by a head engaging portion connecting member.

16. The support structure of any preceding claim, wherein the shoulder engaging portion comprises a first shoulder engaging portion limb and a second shoulder engaging portion limb, the first and second shoulder engaging portion limbs extending from the head engaging portion.

17. The support structure of claim 16, wherein the first shoulder engaging portion limb and the second shoulder engaging portion limb are connected by a shoulder engaging portion connecting member.

18. The support structure of claim 16 or claim 17, wherein the shoulder engaging portion first and second limbs are adapted to straddle a user’s shoulder.

19. The support structure of any of claims 14 to 18 when dependent on claim 14, wherein the support structure further comprises a head engaging portion bridging means connecting the first head engaging portion limb to the second head engaging portion limb.

20. The support structure of any of claims 17 to 19 when dependent on claim 17, wherein the support structure comprises a shoulder engaging portion bridging means connecting an end of the first shoulder engaging portion limb to an end of the second shoulder engaging portion limb, the first and second shoulder engaging portion limb ends being distal from the head engaging portion.

21. The support structure of claim 20, wherein the shoulder engaging portion bridging means extends over the shoulder, in use, to distribute the weight of the user's head over a greater area.

22. The support structure of any preceding claim, wherein the support structure is engageable with an anchoring means adapted to secure the support structure, in use, to a user.

23. The support structure of claim 22, wherein the anchoring means is adapted to secure the support structure, in use, to a user's neck.

24. The support structure of claim 23, wherein the anchoring means is adapted to press the support structure against a user's neck.

25. The support structure of any of claims 22 to 24, wherein the anchoring means comprises a support structure receiving portion.

26. The support structure of claim 25, wherein the support structure receiving portion is a pocket.

27. The support structure of any of claims 22 to 26, wherein the anchoring means comprises a fabric material.

28. The support structure of claim 27, wherein the anchoring means comprises an elongate length of fabric material.

29. The support structure of claim 28, wherein the fabric material is a scarf.

30. The support structure of any of claims 25 to 29, wherein the support structure receiving portion is located at a first end of the fixing means.

31. The support structure of any of claims 22 to 30 dependent on claim 19, wherein the head engaging portion bridging means and the shoulder engaging portion bridging means are defined by the anchoring means.

32. The support structure of claim 31, wherein the head engaging portion bridging means and the shoulder engaging portion bridging means are defined by the support structure receiving portion.

33. The support structure of claim 31 or claim 32, wherein the bridging means is a web.

34. The support structure of any preceding claim, wherein the frame is adapted, in use, to compress under the weight of a user’s head.

35. The support structure according to any one of claims 17 to 34, wherein the head engaging portion connecting member and the shoulder engaging connecting member may engage as the frame compresses.

36. The support structure of claim 35, wherein upon engagement of the connecting members, the connecting members resist further compression of the frame.