Claims

1. A head restraint comprising

a flexible tension strap;

a forehead band;

a shaped cushioning wedge member connected between the strap and the forehead band, wherein:

the wedge member has a generally planar rear continuing from the strap and a front being convex in vertical cross section which transitions rearwardly to a lower edge thereof to meet the strap and to an upper region thereof from where the forehead band is connected and wherein the convex front surface extends forwardly between the lower edge and the upper region such that, in use, when the tension strap is caught between a user's back and a seat, the tension strap anchors the lower edge of the wedge member which acts as a fulcrum and the wedge member comprises structural integrity to be sufficiently rigid to act as a load arm to apply rearward load force on the forehead band against effort force applied against the front of the wedge member by the user's neck.

2. The head restraint as claimed in claim 1, wherein the wedge member transitions rearwardly at a lower region thereof to define an undersurface which bears downwardly on shoulders of the user in use.

3. The head restraint as claimed in claim 1, wherein the undersurface is 45° or more with respect to a plane defined by the seat.

4. The head restraint as claimed in claim 1, wherein the wedge member comprises structural sides either side of a core.

5. The head restraint as claimed in claim 4, wherein the structural sides comprise semi-resilient foam pieces.

6. The head restraint as claimed in claim 4, wherein the structural sides are shaped to define convex curvature of the wedge member.

7. The head restraint as claimed in claim 4, wherein structural sides are shaped to extend more forwardly at lower regions thereof.

8. The head restraint as claimed in claim 4, wherein the core comprises less dense material as compared to the structural sides.

9. The head restraint as claimed in claim 4, wherein the structural sides and core is covered with a material covering.

10. The head restraint as claimed in claim 9, wherein, when the user's neck presses against the front in use, the material covering presses inwardly into the core and pulls the structural sides close in to wedge against sides of the neck for lateral stability.

11. The head restraint as claimed in claim 1, wherein the wedge member further comprises a structural backboard at the rear thereof.

12. The head restraint as claimed in claim 11, wherein the structural backboard comprises longitudinal formations along a vertical axis to enhance bending resilience thereof with respect to the vertical axis.

13. The head restraint as claimed in claim 1, wherein the forehead band comprises relatively thin, stretchable and breathable material.

14. The head restraint as claimed in claim 1, wherein the forehead band comprises material thinner than that of the strap.

15. The head restraint as claimed in claim 1, wherein the forehead band widens towards a front thereof.

16. The head restraint as claimed in claim 1, further comprising a flap which folds over an upper edge of the wedge member to secure the forehead band thereunderneath.

17. The head restraint as claimed in claim 16, wherein the flap is secured along a front edge across the front of the wedge member and attachable to a rear of the wedge member at a rear edge thereof.

18. The head restraint as claimed in claim 17, wherein the rear edge attaches using hook and loop fasteners along a vertical length of the rear of the wedge member.

19. The head restraint as claimed in claim 16, wherein a head restraint is provided with a plurality of forehead bands of differing diameters, each of which may be selected according to a head size.

20. The head restraint as claimed in claim 19, wherein thea flap comprises an interior concealed pocket within which the plurality of forehead bands are stored.

21. The head restraint as claimed in claim 1, wherein a lower edge of the strap comprises a widthwise fastener which attaches to a widthwise fastener strip along the strap and on an opposite side of the strap when the head restraint is rolled up.

22. The head restraint as claimed in claim 21, wherein the widthwise fastener of the lower edge is on a rear surface of the strap and the widthwise fastener along the strap is on a front surface of the strap.

23. The head restraint as claimed in claim 21, wherein the strap further comprises a widthwise carry strap between the widthwise fasteners.

24. The head restraint as claimed in claim 1, wherein the strap comprises neoprene.

25. The head restraint as claimed in claim 1, wherein the strap comprises sufficient length to extend to a lumbar region.

26. The head restraint as claimed in claim 25, wherein the strap comprises ~~in sufficient~~ insufficient length to avoid being sat upon in use.

27. The head restraint as claimed in claim 26, wherein the strap comprises a length from the wedge member of approximately 50 centimetres.

28. The head restraint as claimed in claim 1, wherein, in use, a user can adjust the tension applied by the strap by leaning forward to free the strap to tilt the head forwards or backwards before lying back again to reengage the strap to apply user adjustable tension.

29. The head restraint as claimed in claim 1, wherein the strap is approximately 18 centimetres wide.

30. The head restraint as claimed in claim 29, wherein the strap comprises an upper narrowed thoracic region section and a lower widened lumbar region section.

31. The head restraint as claimed in claim 30, wherein the widened lumbar region comprises substantially the same width of that of the wedge member.

32. The head restraint as claimed in claim 1, wherein the strap is length adjustable by folding the strap back on itself wherein the strap comprises a rear widthwise fastener strip at a lower edge thereof and a substantial portion of the rear surface of the strap comprises corresponding fastener material, the rear widthwise fastener strip and the corresponding fastener material comprising hook and loop fasteners, so that,

when the bottom edge of the strap is folded back on itself, the rear widthwise fastener strip engages and holds along the strap corresponding fastener material.