CLAIMS

1. A mask assembly comprising:

a mask configured to contact a user's face and deliver gases to the user in use; and

a headgear configured to secure the mask to the user's face in use,

the headgear comprising a plurality of interconnected straps, the plurality of interconnected straps comprising,

a top strap, a front strap and a rear strap, and

a side junction between the top strap, the front strap and the rear strap, the side junction positioned above one of the user's ear in use, the headgear further comprising an adjustment mechanism configured to allow for adjustment of one of the plurality of interconnected straps,

the adjustment mechanism comprising an inner rail, a hollow outer rail and a friction component, the inner and outer rails configured to telescope relative to each other, wherein the friction component is configured to resist telescoping movement between the inner and outer rails, and wherein the friction component comprises a lock tooth moveably disposed within a recess on one of the inner rail or outer rail, and one or more opposing rail teeth on the other of the inner rail or outer rail, wherein the peak of the lock tooth engages with the one or more rail teeth to resist said telescoping movement between the inner and outer rails.

2. The mask assembly of Claim 1, wherein the headgear includes two side junctions positioned above respective ears of the user in use.

3. The mask assembly of Claim 1, wherein the inner rails extends at least partially within the side junction.

4. The mask assembly of Claim 1, wherein the strap that is allowed to be adjusted by the adjustment mechanism comprises an elastic sleeve, and wherein the inner and outer rails extends at least partially within the elastic sleeve.

5. The mask assembly of Claim 4, wherein the elastic sleeve extends between the side junction and a second side junction, the two side junctions positioned above respective ears of the user in use.

6. The mask assembly of Claim 5, wherein an end of the elastic sleeve can be coupled to one or both of the side junctions.

7. The mask assembly of any one of Claims 1 to 6, wherein the lock tooth is present on the inner rail, and the one or more opposing rail teeth is present on the outer rail.

8. The mask assembly of any one of Claims 1 to 6, wherein the lock tooth is present on the outer rail, and the one or more opposing rail teeth is present on the inner rail.

9. The mask assembly of any one of claims 1 to 6, wherein the lock tooth is spring loaded.

10. The mask assembly of any one of claims 1 to 9, wherein the adjustment mechanism is hidden.

11. The mask assembly of any one of claims 1 to 10, wherein the lock tooth is biased toward the one or more rail teeth.

12. The mask assembly of any one of claims 1 to 11, wherein the adjustment mechanism is configured to be squeezed by the user to disengage the lock tooth from one or more of the one or more opposing rail teeth to allow for adjustment of one or more of the interconnected straps.

13. The mask assembly of any one of claims 1 to 11, wherein the adjustment mechanism comprises a release trigger configured to be used by the user to disengage or engage the lock tooth from one or more of the one or more opposing rail teeth to allow or resist movement between the inner and outer rails and thereby allow or resist adjustment of one or more of the interconnected straps.

14. The mask assembly of claim 13 wherein the lock tooth is biased toward the one or more rail teeth, and wherein the release trigger is configured to be withdrawn by the user from the unlock position so as to move the lock tooth towards one of the one or more opposing rail teeth to prevent or resist movement between the inner and outer rails and thereby resist adjustment of one or more of the interconnected straps.

15. The mask assembly of any one of claims 1 to 14 wherein both of the side junctions comprise an adjustment mechanism as defined in claim 1.