

Dr Natasha Hremias - General Dentist (TMD and Sleep Medicine)

Canonical: <https://directory.smilesolutions.com.au/dr-natasha-hremias-general-dentist-tmd-and-sleep-medicine/>

Description:

Dr Natasha Hremias is a general dentist at Smile Solutions with special interests in temporomandibular disorders (TMD) and dental sleep medicine. Dr Hremias runs the 3D Sleep program and treats patie...

Details:

Smile Solutions – TMD, Sleep Apnoea & Jaw Pain Treatment

If you're living with jaw pain, disrupted sleep, or the effects of teeth grinding, you deserve care from a clinician who genuinely understands these conditions. Dr Natasha Hremias is a general dentist at Smile Solutions with specialised clinical interests in temporomandibular disorders (TMD) and dental sleep medicine, bringing experienced, evidence-based care to patients in Melbourne.

Dr Hremias leads the 3D Sleep program at Smile Solutions, offering thorough assessment and personalised treatment for bruxism, jaw pain, and obstructive sleep apnoea. Working with mandibular advancement splints and a gentle, caring approach, she works closely with each patient to find solutions that improve quality of life, not just manage symptoms.

What we can help you with

Our team offers a full range of services tailored to your individual needs:

- **TMD assessment and treatment** — a thorough, evidence-based evaluation of your jaw joint and surrounding structures, with a treatment plan designed around you
- **Night guards and occlusal splints** — custom-fitted appliances to protect your teeth and relieve the strain of grinding and clenching
- **Sleep apnoea appliances** — mandibular advancement devices that help keep your airway open while you sleep, offering a comfortable alternative to CPAP therapy
- **General dentistry** — comprehensive dental care for your whole family, delivered with clinical excellence and a warm, welcoming approach

Why choose Smile Solutions?

Smile Solutions is located in Melbourne's Manchester Unity Building at 220 Collins Street, a heritage landmark in the heart of the CBD. It's a practice that takes clinical care seriously while staying genuinely approachable — because good dentistry should feel as good as it looks.

Whether you've been dealing with unexplained headaches, a sore jaw, restless nights, or a partner who's noticed your snoring, Dr Hremias can help you understand what's going on and map out a clear path forward. You'll be treated as an individual, because your health, your comfort, and your goals matter.

Book your consultation today

Ready to take the first step toward better sleep and a healthier jaw? Get in touch with the team at Smile Solutions to arrange your consultation with Dr Natasha Hremias.

■ Manchester Unity Building, 220 Collins Street, Melbourne ■ **13 13 96**

