FORM 4

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL
OMB Number: 3235-0287
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Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. *See* Instruction 1(b).

STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP OF SECURITIES

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

(Print or Ty	pe Response	s)														
1. Name and Address of Reporting Person* RICHARDS PAULINE				2. Issuer Name and Ticker or Trading Symbol WYNDHAM HOTELS & RESORTS, INC. [WH]							5. Relationship of Reporting Person(s) to Issuer (Check all applicable) _X_ DirectorOfficer (give title below) Other (specify below)					
(Last) (First) (Middle) WYNDHAM HOTELS & RESORTS, INC., 22 SYLVAN WAY				3. Date of Earliest Transaction (Month/Day/Year) 06/01/2019												
(Street) PARSIPPANY, NJ 07054				4. If Amendment, Date Original Filed(Month/Day/Year)							6. Individual or Joint/Group Filing(Check Applicable Line) _X_Form filed by One Reporting Person Form filed by More than One Reporting Person					
(City		(State)	(Zip)		T	able I	- Non	-Deri	ivative S	Securities	Acqui	ired, Disp	osed of, or l	Beneficially	Owned	
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	2A. Deem Execution any (Month/D	Date, i	f Coo (Ins	ransade de str. 8)	v	(A) or 3	Disposed of 3, 4 and 5) (A) or nt (D)		Beneficially Owned Following Reported Transaction(s) (Instr. 3 and 4)		ollowing	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)	
Commor	Stock		06/01/2019				A		621 <u>(1</u>	<u>)</u> A	\$ 0	45,687	(2)		D	
Common Stock											4,170 ⁽³⁾		D			
Common Stock											4,648 (4	648 (4)		D		
	F		or each class of secur Table II - I					Perso	ons wh ained in	no respon n this for splays a c	m are currer	not requesting ntly valid	OMB con	formation spond unle trol numbe	ss	1474 (9-02)
	Derivative Conversion or Exercise (Month/Day/Year) 3. Transaction 3.A. Deemed Execution Date any		4. Tran Code (Inst	saction er. 8)	warrants, op 5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		btions, convertible securions, convertible securion 6. Date Exercisable and Expiration Date (Month/Day/Year) Date		7. Ti Amo Undo Secu (Inst 4)	Amount or Number of Shares	Derivative Security (Instr. 5)	9. Number Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Owners Form of Derivat Security Direct (or Indir	Beneficia Ownersh (Instr. 4)		

Reporting Owners

	Relationships					
Reporting Owner Name / Address	Director	10% Owner	Officer	Other		
RICHARDS PAULINE WYNDHAM HOTELS & RESORTS, INC. 22 SYLVAN WAY PARSIPPANY, NJ 07054	X					

Signatures

/s/ Paul F. Cash as Attorney-in-Fact for Pauline D.E. l	Richards	06/04/2019

**Signature of Reporting Person	Date		

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 4(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations. See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Deferred stock units and accrued dividends issued under the Issuer's 2018 Equity and Incentive Plan upon vesting of previously-granted restricted stock units on June 1, 2019.
- (2) Includes deferred stock units previously reported.
- (3) Includes restricted stock units previously reported.
- (4) Shares of common stock previously reported.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.