FORM 4

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

OMB APPROVAL
OMB Number: 3235-0287
Estimated average burden
hours per response... 0.5

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

(11mt of Ty	pe Kesponse	5)												
Name and Address of Reporting Person * Loewen Robert D.				2. Issuer Name and Ticker or Trading Symbol WYNDHAM HOTELS & RESORTS, INC. [WH]						5. Relationship of Reporting Person(s) to Issuer (Check all applicable) Director X Officer (give title below) Other (specify below) Chief Operating Officer				
(Last) (First) (Middle) WYNDHAM HOTELS & RESORTS, INC., 22 SYLVAN WAY				3. Date of Earliest Transaction (Month/Day/Year) 02/27/2020							Cine	1 Operating (Jincer	
(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 PersonForm filed by More than One Reporting Person				
(City) (State) (Zip)			Table I - Non-Derivative Securities Acqui						ired, Disposed of, or Beneficially Owned					
1.Title of Security (Instr. 3)		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Date, if any	f Code (Instr. 8)		4. Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)			Reported Transaction(s)			Ownership Form: of Be	Beneficial	
			(Month/Day/Year)	Code	V	Amoun	(A) or (D)	Price	(Instr. 3 a	tr. 3 and 4)		` /	Ownership (Instr. 4)	
Common Stock		02/27/2020		A		5,363 (1)	A	\$ 0	19,033 (2)		D			
Common Stock		02/27/2020		F		1,837 (3)	D	\$ 50.69	17,196 ⁽²⁾		D			
Common Stock									55,479	<u>(4)</u>		D		
Reminder:	Report on a s	separate line f		Derivative Securit	ies Acquir	Pers cont the t	sons whatained if form dis	no resp n this fo splays	orm are a curre eneficial	e not requ ntly valid		formation spond unle trol numbe	ss	1474 (9-02)
1. Title of	2	3. Transactio			агганця, ор 5.		ate Exer			itle and	8 Price of	9. Number	of 10.	11. Natur
Derivative Security	Conversion or Exercise Price of Derivative Security	Date (Month/Day	(Year) Execution Da	te, if Transaction Code Year) (Instr. 8)	Number an		Expiration Date onth/Day/Year)		Am Und Sec	ount of derlying urities tr. 3 and		Derivative Securities Beneficially Owned Following Reported Transaction(s) (Instr. 4)	Owners Form o Derivat Security Direct (or Indir	ship of Indire Beneficia Ownersh (Instr. 4) D)
				Code V	(A) (D)	Date Exe	e rcisable	Expirati Date	Title	Amount or e Number of Shares				

Reporting Owners

	Relationships						
Reporting Owner Name / Address	Director	10% Owner	Officer	Other			
Loewen Robert D. WYNDHAM HOTELS & RESORTS, INC. 22 SYLVAN WAY PARSIPPANY, NJ 07054			Chief Operating Officer				

Signatures

/s/ Paul F. Cash as Attorney-in-Fact for Robert D. Loewen	03/02/2020	
**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) Common stock acquired under the Issuer's 2018 Equity and Incentive Plan on vesting of previously-granted restricted stock units which vested on February 27, 2020.
- (2) Includes shares of common stock previously reported.
- (3) Common stock withheld as payment of tax liability incident to the vesting of restricted stock units granted in accordance with Rule 16b-3.
- (4) Restricted stock units 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.