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* Deoras Mukul				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_ Director				
(Last) (First) (Middle) WYNDHAM HOTELS & RESORTS, INC., 22 SYLVAN WAY				3. Date of Earliest Transaction (Month/Day/Year) 06/01/2020												
(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)		Т	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. Deemed Execution Date) any (Month/Day/Ye		(Instr. 8)		(A) or		Disposed of 3, 4 and 5) (A) or		Reported Transaction (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		06/01/2020				A	1	611 (1			2,570 (2)		D	
Common Stock											4,523 (3)			D		
Common Stock											4,227 (4)		D		
Kemmuer.	Report on a s	separate fine re	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 noting valid		ormation spond unle trol numbe	ss	1474 (9-02)
1. Title of Derivative Security (Instr. 3)	itle of vative virity (a.g., puts, calls, warr or Exercise Price of Derivative Security 3. Transaction Date (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (Month/Day/Year) (A) (A) (B) (Code (Instr. 8) (A) (A) (A) (A) (B) (A) (C) (A) (C) (A) (C) (A) (C) (C		5. Num of Deriv Secur Acqu (A) o Dispo of (D (Instr 4, and	5. Number of and E of (Mon Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4, and 5)		nte Exercisable Expiration Date hth/Day/Year)		7. Ti Amo Undo Secu (Inst 4)	Amount or Number of Shares	8. Price of Derivative Security (Instr. 5)	9. Number Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Owners Form of Derivat Security Direct (or Indir	Benefici Ownersh (Instr. 4)			

Reporting Owners

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

Signatures

/s/ Paul F. Cash as Attorney-in-Fact for Mukul V. Deoras 06/03/2020

Signature of Reporting Person	Date
—Signature of Reporting Person	
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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 June 1, 2020.
- (2) Includes shares of common stock previously reported.
- (3) Restricted stock units previously reported.
- (4) Deferred 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.