FORM 4

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

OMB APPROVAL
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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* BUCKMAN JAMES E				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) 02/17/2022												
(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)				Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned												
1.Title of S (Instr. 3)	Security		2. Transaction Date (Month/Day/Year)	2A. Deemed Execution Dat any (Month/Day/Y		Code (Inst	ransac e tr. 8)		(A) or l	Disposed of 3, 4 and 5) (A) or	of (D)	Beneficial	t of Securiti lly Owned F Transaction nd 4)	ollowing	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership (Instr. 4)
Common	Stock		02/17/2022			P	A		728 <u>(1</u>) A	\$ 0	71,053	2)		D	
Common Stock											4,501 (3)		D			
Common	Stock											9,307 (4)		D	
Temmuer.	report on a c	reparate line io	or each class of secur Table II - 1	Derivative Seco			i c	Perso conta the fo	ons wh ined in orm dis	no respon n this for splays a c	m are currer	not requ ntly valid		formation spond unle trol numbe	ss	1474 (9-02)
1. Title of Derivative Security (Instr. 3)	Title of conversion or Exercise (Month/Day/Year) (e.g., puts, calls, warrants, or Execution Date, if code of		per ative ities ared	6. Date Exercisable and Expiration Date (Month/Day/Year)			7. Tir Amo Unde Secu (Instr 4)	tle and ount of erlying rities r. 3 and Amount or Number of		9. Number Derivative Securities Beneficially Owned Following Reported Transaction (Instr. 4)	Owners Form of Derivati Security Direct (or Indire	Beneficia Ownershi (Instr. 4) D) ect				

Reporting Owners

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

Signatures

**a:	Date
Signature of Reporting Person	Bute

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 issued for quarterly retainer fees and dividends. Each deferred stock unit entitles the reporting person to receive one share of common stock following the reporting person's retirement or termination of service from the Board of Directors.
- (2) Represents deferred stock units.
- (3) Represents restricted stock units.
- (4) Represents shares of common stock.

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.