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* HOLMES STEPHEN P				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) 02/27/2022												
PARSIPI	PANY, NJ	(Street) 07054		4. If A	mendmen	, Date	Origi	nal Fil	led(Month	h/Day/Year)		_X_ Form fil	ed by One Repo	Group Filing orting Person one Reporting	•	ole Line)
(City)	(State)	(Zip)		7	able l	- Nor	ı-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/Yea		if Code (Instr. 8)		4. Securities Acqui (A) or Disposed of (Instr. 3, 4 and 5)		of (D)	Beneficia	ant of Securities ally Owned Following d Transaction(s) and 4)		Ownership Form: Direct (D)	7. Nature of Indirect Beneficial Ownership
						(Code	V	Amour	(A) or (D)	Price				or Indirect (I) (Instr. 4)	(Instr. 4)
Common	Stock		02/27/2022				A		476 ⁽¹	<u>D</u> A	\$ 0	445,283	(2)		D	
Common Stock 02/27/2022		02/27/2022				A		862 (3	3) A	\$ 0	7,954 (4)		D		
Common	Stock											3,174 (5	J		D	
			or each class of secur Table II - I		-			Personta conta the fo	ons wh ained in	no respon n this for splays a	m are	not requesting ntly valid	OMB con	formation spond unle trol numbe	ss	1474 (9-02)
1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transactio Date (Month/Day/	n 3A. Deemed Execution Date	e.g., pu 4 te, if T C Vear) (I	ts, calls, v Transaction Code	5. Num of Deri	ber vative rities nired or osed 0) r. 3, d 5)	s, options, con 6. Date I and Exp (Month/		e Exercisable expiration Date th/Day/Year) Expiration		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 Derivati Security Direct (I or Indire	Benefici Ownersh (Instr. 4)

Reporting Owners

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

Signatures

/s/ Paul F. Cash as Attorney-in-Fact for Stephen P. Holmes	
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03/01/2022

Signature of Reporting Person	Date
r	

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).
- Common stock acquired under the Issuer's 2018 Equity and Incentive Plan (the "Plan") on vesting of previously-granted restricted stock units which vested on February 27,
- (2) Represents shares of common stock.
- Deferred stock units and accrued dividends issued under the Plan on vesting of previously-granted restricted stock units which vested on February 27, 2022. Each deferred
- (3) 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
- (4) Represents deferred stock units.
- (5) Represents restricted stock units.

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.