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 Type Responses)											
. Name and Address of Reporting Person* VOGEL CARL E		2. Issuer Name and Ticker or Trading Symbol SIRIUS XM HOLDINGS INC. [(SIRI)]				5. Relationship of Reporting Person(s) to Issuer (Check all applicable) _X_ Director10% Owner					
(Last) (First) 1290 AVENUE OF THE		3. Date of Earliest 05/31/2019	Transaction	n (Month/D	ay/Year)		Office	r (give title belo	ow)(Other (specify be	low)
(Street) NEW YORK, NY 10104)	4. If Amendment,	Date Origir	nal Filed(Mo	nth/Day/Year)		_X_ Form fil	ed by One Repo	Group Filing(orting Person One Reporting I	• • •	e Line)
(City) (State)) (Zip)	Ta	ble I - Non	-Derivativ	Securities	Acqui	ired, Dispe	osed of, or l	Beneficially (Owned	
1.Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year		(Instr. 8)	(A) c	curities Acquir Disposed (of (D)	(D) Beneficially Owned Follo Reported Transaction(s)		Collowing (s)	Form: Benefic	
		(Month/Day/Year)	Code	V Amo	(A) or (D)	Price	(Instr. 3 a	, , , , , , , , , , , , , , , , , , ,		\ /	Ownership (Instr. 4)
Common Stock	05/31/2019		A	65 () A	\$ 0	48,576			D	
Reminder: Report on a separate	e line for each class of secu	rities beneficially ow		Persons v	ho respor			ction of inf			474 (9-02)
Reminder: Report on a separate		rities beneficially ov Derivative Securiti (e.g., puts, calls, wa	es Acquire	Persons v contained the form c	who respor in this for isplays a d	m are curren	not requesting ntly valid	uired to res	formation spond unlea trol number	ss	474 (9-02)
1. Title of Derivative Conversion Date	Table II - nsaction 3A. Deemed Execution D any	Derivative Securiti (e.g., puts, calls, wa (ate, if Transaction Code (Year) (Instr. 8)	es Acquire rrants, opt	Persons v contained the form c	tho resporting this for isplays a control of, or Bendericisable ion Date	eficiallities) 7. Ti Amo	not requesting ntly valid	OMB conf	spond unles trol number	of 10. Ownersh Form of Derivativ Security: Direct (D or Indirec	11. Nat of Indir Benefic Owners (Instr. 4

	Relationships				
Reporting Owner Name / Address	Director	10% Owner	Officer	Other	
VOGEL CARL E 1290 AVENUE OF THE AMERICAS NEW YORK, NY 10104	X				

Signatures

/s/Patrick L. Donnelly, attorney in fact	06/03/2019
**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).
- On May 31, 2019, Sirius XM Holdings Inc. ("Sirius XM") paid a cash dividend of \$0.0121 per share on each share of its outstanding common stock. The dividend was payable to all holders of Sirius XM's common stock on the record date, May 10, 2019. Pursuant to the terms of the agreement governing the outstanding restricted stock units held by the filer, the filer received certain additional restricted stock units as a result of this cash dividend. These additional units are subject to the same conditions regarding vesting and settlement as the underlying restricted stock units to which they relate.

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.