FORM 4

### UNITED STATES SECURITIES AND EXCHANGE COMMISSION

Washington, D.C. 20549

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hours per response:	0.5

## STATEMENT OF CHANGES IN BENEFICIAL OWNERSHIP

Check this box if no longer subject to Section 16. Form 4 or Form 5 obligations may continue. See Instruction 1(b).

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934 or Section 30(h) of the Investment Company Act of 1940

1. Name and Address of Popenoe Smriti			2. Issuer Name and Ticker or Trading Symbol DYNEX CAPITAL INC [ DX ]		ionship of Reporting Pers all applicable) Director Officer (give title below)	rson(s) to Issuer  10% Owner  Other (specify below)		
(Last) (First) (Middle) C/O DYNEX CAPITAL, INC. 4991 LAKE BROOK DRIVE, SUITE 100		,	3. Date of Earliest Transaction (Month/Day/Year) 03/07/2018	EVP and Co-CIO				
(Street) GLEN ALLEN (City)	VA (State)	23060 (Zip)	4. If Amendment, Date of Original Filed (Month/Day/Year)	6. Individ	dual or Joint/Group Filing Form filed by One Repo Form filed by More than	` '' '		

## Table I - Non-Derivative Securities Acquired, Disposed of, or Beneficially Owned

1. Title of Security (Instr. 3)	2. Transaction Date (Month/Day/Year)	Execution Date, Transaction Disposed Of (D) (Instr. 3, 4 and 5)		or 4 and 5)	5. Amount of Securities Beneficially Owned Following Reported Transaction(s) (Instr.	6. Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	7. Nature of Indirect Beneficial Ownership				
			Code	v	Amount	(A) or (D)	Price	3 and 4)		(Instr. 4)	
Common Stock	03/07/2018		A		28,427(1)	A	\$0	115,984	D		
Common Stock	03/07/2018		A		6,006(2)	A	\$0	121,990	D		
Common Stock								15,184.9905	I	Through 401(k) Plan	

# Table II - Derivative Securities Acquired, Disposed of, or Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security (Instr. 3)	2. Conversion or Exercise Price of Derivative Security	3. Transaction Date (Month/Day/Year)	3A. Deemed Execution Date, if any (Month/Day/Year)	Transaction Code (Instr. 8)		5. Number of Derivative Securities Acquired (A) or Disposed of (D) (Instr. 3, 4 and 5)		Expiration Date		Securities Underlying		Derivative Security (Instr. 5)		Ownership Form: Direct (D) or Indirect (I) (Instr. 4)	11. Nature of Indirect Beneficial Ownership (Instr. 4)	
				Code	v	(A)	(D)	Date Exercisable	Expiration Date	Title	Amount or Number of Shares		(Instr. 4)			

### Explanation of Responses:

- 1. Restricted shares issued to the reporting person representing 1/3 of the reporting person's bonus earned under the short-term incentive component of the Dynex Capital, Inc. Executive Incentive Plan for the performance period ended December 31, 2017. The shares vest in three equal annual installments on February 15, 2019, February 18, 2020, and February 15, 2021.
- 2. Unrestricted shares issued to the reporting person representing 1/3 of the reporting person's bonus earned under the long-term incentive component of the Dynex Capital, Inc. Executive Incentive Plan for the performance period ended December 31, 2017.

#### Remarks:

Alison G. Griffin, attorney-in-fact 03/09/2018

\*\* Signature of Reporting Person

Date

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

- \* 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).

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, see Instruction 6 for procedure.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB Number.