

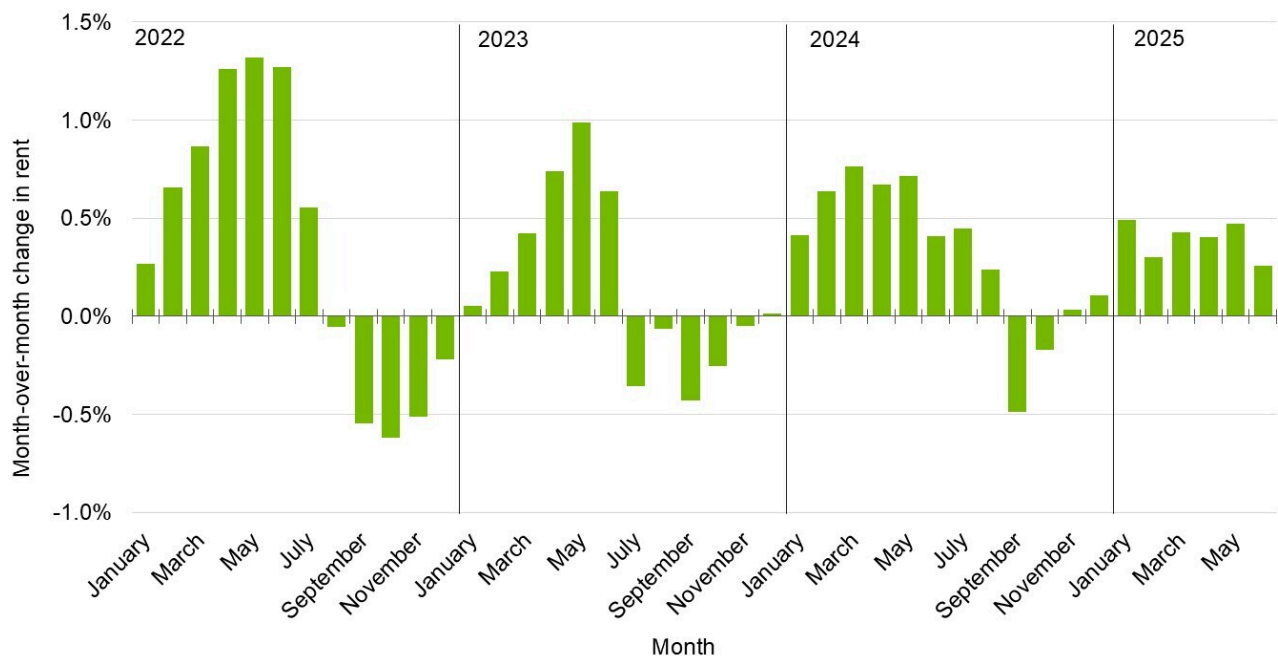


COSTAR INSIGHT

Stamford multifamily market records eighth-consecutive month of positive rent growth

Vacancy rate remains below national average

Apartment rents continue to grow in second quarter



Source: CoStar, July 2025



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The apartment market in Stamford, Connecticut, continues to experience positive rent growth at the halfway mark of 2025.

The market average asking rent in Stamford is \$2,842 per month, a 60% premium over the national average. In the first half of 2025, Stamford's asking rent increased by 2.4%, higher than the national increase of 1.7% over the same period.

Despite increased rents this year, growth through the first six months has been less impressive than in recent years. Each of the three years prior had rent growth of 3% or greater in the first half of the year, with 2022 by far the strongest at 5.6%. This is in line with the annual trend of landlords pushing up rents during the spring season.

Slowed rent increases are indicative of the robust construction pipeline. Last year set a new all-time high for annual unit completions, at more than 2,200. In addition, more than 2,600 units are still underway, accounting for 6.4% of Stamford's inventory. Despite a record-breaking number of unit completions in 2024, the vacancy rate, at 6.8%, remains below the national average.

Though there is a substantial number of unit completions in the forecast, vacancy is not expected to rise dramatically. Rather, the expectation is that with consistent, robust demand, vacancy will stay largely flat around 7% through 2026, as absorption keeps pace with new construction.

With a vacancy rate below the national average, consistent rent growth, and a substantial — but not onerous — level of new supply, Stamford is well-positioned to maintain its balanced fundamentals into 2026.

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