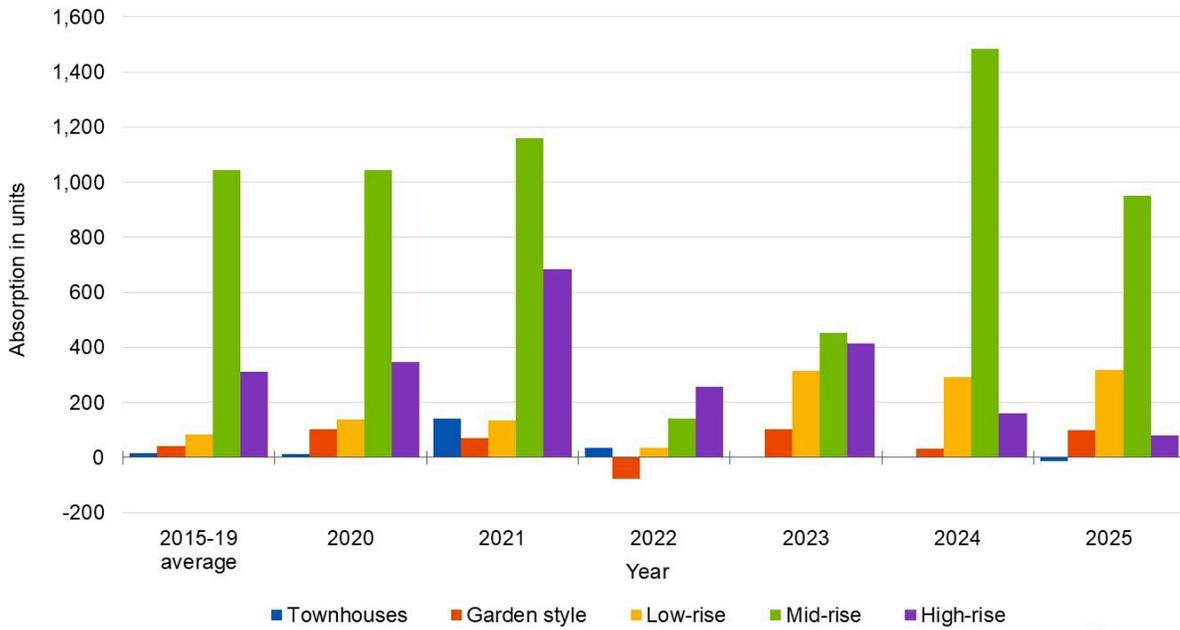


Mid-rise buildings remained the most popular among apartment renters in Stamford in 2025

The market's multifamily vacancy rate remains below national average

Demand is strong across most building styles



Source: CoStar, January 2026



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The apartment market in Stamford, Connecticut, experienced strong demand from renters in 2025.

Absorption — the change in occupied units over a given period of time — ended 2025 in positive territory with more than 1,400 units. While demand varied by building style, it was positive across four of the five building types. Although new construction outpaced absorption by almost 40% in 2025, Stamford's vacancy rate, at 7.9%, remains below the national average of 8.5%.

Mid-rise apartment buildings turned in the strongest performance by far, with more than 950 units absorbed in 2025, only 9% short of the annual average from 2015 to 2019.

Absorption aligned almost exactly with the amount of new supply that came online in the mid-rise segment in 2025, indicating a balance between supply and demand among mid-rise properties. The mid-rise building type is also the largest segment by inventory in Stamford, accounting for more than half of all apartments in the market.

Low-rise properties also experienced strong demand in 2025, with more than 300 units absorbed, roughly in line with demand in the two preceding years. Relative to the annual average from 2015 to 2019, low-rise properties outperformed in 2025, with absorption more than triple the average.

However, new construction in that segment outpaced absorption last year by 30%, increasing the vacancy rate among those properties above 6% for the first time since early 2023. Low-rise apartments account for 20% of Stamford's multifamily inventory.

Garden-style properties experienced 100 units of positive absorption in 2025, more than double the annual average from 2015 to 2019. Those properties account for 11% of the overall inventory and generally have consistent demand figures, except in 2022, when absorption was negative 77 units.

High-rise properties logged their lowest annual demand total of the past six years in 2025, with fewer than 100 units absorbed, and absorption was nearly 75% below the yearly average from 2015 to 2019. New supply was added at quadruple the pace of absorption last year. High-rise properties account for about 13% of Stamford's overall apartment inventory and also have the highest vacancy rate among building styles, at 9.2%.

Townhouse-style buildings were the only segment to see negative absorption in 2025, though the absolute value was low, at only 14 units of negative absorption. In addition, townhouses constitute by far the smallest share of multifamily inventory in Stamford, at 1%.