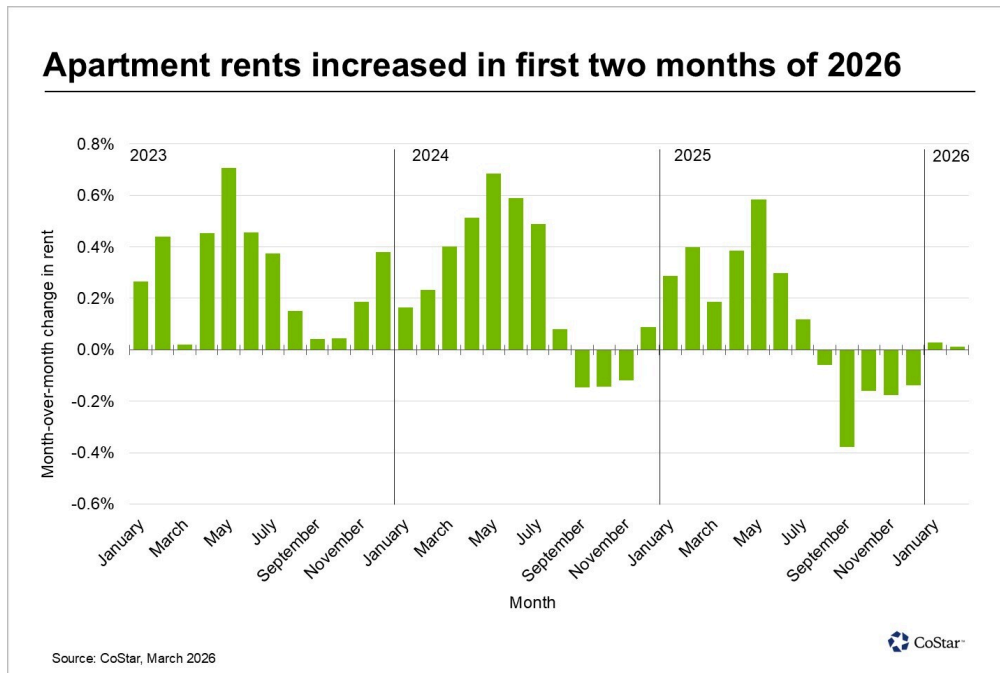




COSTAR INSIGHT

New Haven's multifamily asking rents ended 2025 with five consecutive months of losses

Rent growth has shifted in positive territory at the start of 2026



By **Jared Koeck**

CoStar Analytics

March 16, 2026 | 3:33 P.M.



The New Haven, Connecticut, apartment market experienced sustained negative rent growth at the end of 2025, with five consecutive months of declining asking rents. Analyzing a longer time horizon shows that rent growth, which is typically lower in the late summer and autumn, has been declining progressively in recent years.

New Haven, like the other primary Connecticut multifamily markets, Stamford and Hartford, saw record-breaking levels of new construction in 2024. With an unusually large amount of new supply coming online, it is understandable that rent growth fell into negative territory for a few months in late 2025, as renters had numerous viable options.

Although new construction fell considerably in 2025, an additional 700 units still came to market last year, further pressuring rent growth in the latter part of the year, with monthly rent growth declining more and for a longer period than in 2024. The beginning months of any year typically generate positive rent growth, as seen in 2023, 2024 and 2025, but so far this year, asking rent appreciation has been only very narrowly positive, at 0.03% in January.

Demand was mostly steady in 2025 until the final quarter, when renter activity dropped. Across the United States, a weakened labor market and a significant reduction in immigration contributed to a decline in apartment demand.

While New Haven, with its reliance on medical office, healthcare and biotech, has some resilience to the sectors experiencing diminished job growth, there could still be negative effects on demand in the near term if the labor market continues to soften.

Follow us on Social Media

Have feedback or questions? Email us at news@costar.com

RELATED ARTICLES

Apartment trajectory quickly shifts in Seattle's Lake Union area

Data center development triggers a major shift in Abilene, Texas' multifamily market

Stranded travelers in Mideast provide unexpected performance boost across Gulf state hotels

Long Island, New York's office market keeps improving despite slowdown in leasing

Palm Beach, Florida, office tenants sign larger leases as demand concentrates in higher quality space