



The Highland Group Reports

US Extended-Stay Hotels Bulletin: January 2024



Extended-Stay Hotel Room Night Supply: January

Segment	2023	2024	Change
Economy	3,158,696	3,577,887	13.3%
Mid-Price	7,449,320	7,345,805	-1.4%
Upscale	7,227,835	7,192,379	-0.5%
Total	17,835,851	18,116,071	1.6%
Source: The Highland Group			

Extended-Stay Hotel Room Revenue (millions): January

Segment	2023	2024	Change
Economy	\$123.13	\$132.82	7.9%
Mid-Price	\$502.24	\$493.38	-1.8%
Upscale	\$733.68	\$734.03	0.0%
Total	\$1,359.05	\$1,360.23	0.1%
Source: The Highland Group			

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Extended-Stay Hotel Room Night Demand: January

Segment	2023	2024	Change
Economy	2,191,642	2,396,503	9.3%
Mid-Price	4,990,352	4,773,054	-4.4%
Upscale	4,975,937	4,883,146	-1.9%
Total	12,157,931	12,052,703	-0.9%
Source: The Highland Group			

Extended-Stay Hotel Occupancy: January

Segment	2023	2024	Change
Economy	69.4%	67.0%	-3.5%
Mid-Price	67.0%	65.0%	-3.0%
Upscale	68.8%	67.9%	-1.4%
Total	68.2%	66.5%	-2.4%
Source: The Highland Group			

Extended-Stay Hotel Average Rate: January

Segment	2023	2024	Change
Economy	\$56.18	\$55.42	-1.4%
Mid-Price	\$100.64	\$103.37	2.7%
Upscale	\$147.44	\$150.32	1.9%
Total	\$111.78	\$112.86	1.0%
Source: The Highland Group			

Extended-Stay Hotel RevPar: January

Segment	2023	2024	Change
Economy	\$38.98	\$37.12	-4.8%
Mid-Price	\$67.42	\$67.17	-0.4%
Upscale	\$101.51	\$102.06	0.5%
Total	\$76.20	\$75.08	-1.5%
Source: The Highland Group			

Definitions/Database

Extended-Stay Hotel – A hotel with a fully equipped kitchenette in each guest room, which accepts reservations and does not require a lease.

The database used in the estimates and projections in this report included the extended-stay brands in the table following. There are independent extended-stay hotels that were not included, but the sample represents the great majority of extended-stay rooms in the US. Estimates are based on all hotels in each brand or company. Changes from period to period are not based on same store data. Therefore, the statistics in this report can differ slightly from other sources of this information including company financial reports.

Price segments reflect a \$60 spread in average daily rates between the segments. The segments are for comparison only. There is a significant difference in clientele and other characteristics among hotels within the ranges.

Extended-Stay Brands by Average Daily Rate Range		
Upscale \$135+	Mid-Price \$75-\$135	Economy Under \$75
Element by Westin	@Home by Best Western	Affordable Suites of America
Homewood Suites by Hilton	Candlewood Suites (IHG)	Budget Suites
Hyatt House	Everhome Suites Extended Stay by Choice Hotels	Echo Suites by Wyndham
Larkspur Landing	Extended Stay America	Extended Stay America Select Suites
Residence Inn by Marriott	Extended Stay America Premier Suites	HomeTowne Studios by Red Roof
Sonesta ES Suites	Hawthorn Suites by Wyndham	Intown Suites
Staybridge Suites (IHG)	Home 2 Suites by Hilton	LivAway Suites
	Hyatt Studios	Other Independents
	LivSmart Studios by Hilton	Savannah Suites
	Mainstay Suites Extended Stay by Choice Hotels	Studio 6
	My Place	Suburban Studios by Choice Hotels
	Sonesta Simply Suites	Sure Stay Studio by Best Western
	stayAPT Suites	WoodSpring Suites Extended Stay by Choice Hotels
	StudioRes by Marriott	
<i>Source: The Highland Group</i>		

The Highland Group prepared this bulletin on extended-stay lodging in the United States as a service to the industry. We are grateful to the extended-stay hotel chains and owners that contributed information and trust that the results will be useful. While accurate to the best of our knowledge on March 1, 2024, we do not warrant the accuracy of any information presented, nor do we warrant that any projections will be achieved. This information should not be relied upon to make any investment or management decision, without further research and analysis.