



The Highland Group Reports

US Extended-Stay Hotels Bulletin: August 2023



Extended-Stay Hotel Room Night Supply: August

Segment	2022	2023	Change
Economy	3,170,998	3,423,523	8.0%
Mid-Price	7,222,299	7,270,987	0.7%
Upscale	7,156,901	7,094,658	-0.9%
Total	17,550,198	17,789,168	1.4%

Source: The Highland Group

Extended-Stay Hotel Room Revenue (millions): August

Segment	2022	2023	Change
Economy	\$144.98	\$152.73	5.3%
Mid-Price	\$607.40	\$630.90	3.9%
Upscale	\$861.96	\$881.95	2.3%
Total	\$1,614.34	\$1,665.58	3.2%

Source: The Highland Group

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Extended-Stay Hotel Room Night Demand: August

Segment	2022	2023	Change
Economy	2,514,780	2,611,810	3.9%
Mid-Price	5,656,613	5,715,329	1.0%
Upscale	5,710,300	5,705,817	-0.1%
Total	13,881,693	14,032,957	1.1%
Source: The Highland Group			

Extended-Stay Hotel Occupancy: August

Segment	2022	2023	Change
Economy	79.3%	76.3%	-3.8%
Mid-Price	78.3%	78.6%	0.4%
Upscale	79.8%	80.4%	0.8%
Total	79.1%	78.9%	-0.3%
Source: The Highland Group			

Extended-Stay Hotel Average Rate: August

Segment	2022	2023	Change
Economy	\$57.65	\$58.48	1.4%
Mid-Price	\$107.38	\$110.39	2.8%
Upscale	\$150.95	\$154.57	2.4%
Total	\$116.29	\$118.69	2.1%
Source: The Highland Group			

Extended-Stay Hotel RevPar: August

Segment	2022	2023	Change
Economy	\$45.72	\$44.61	-2.4%
Mid-Price	\$84.10	\$86.77	3.2%
Upscale	\$120.44	\$124.31	3.2%
Total	\$91.98	\$93.63	1.8%
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 Best Western	Affordable Suites of America
Homewood Suites by Hilton	Candlewood Suites (IHG)	Budget Suites
Hyatt House	Everhome Suites Extended Stay by Choice Hotels	Extended Stay America Select Suites
Larkspur Landing	Extended Stay America	HomeTowne Studios by Red Roof
Residence Inn by Marriott	Extended Stay America Premier Suites	Intown Suites
Sonesta ES Suites	Hawthorn Suites by Wyndham	Savannah Suites
Staybridge Suites (IHG)	Home 2 Suites by Hilton	SureStay Studio by Best Western
	Mainstay Suites Extended Stay by Choice Hotels	Studio 6
	My Place	Suburban Studios by Choice Hotels
	Sonesta Simply Suites	WoodSpring Suites Extended Stay by Choice Hotels
	stayAPT Suites	Other Independents
	TownePlace Suites by Marriott	
Source: The Highland Group		

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 October 3, 2023, 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.