COMMUNICATION METHOD AND COMMUNICATION APPARATUS

ABSTRACT

This application provides a communication method and apparatus, which can be applied to carrier aggregation scenarios, to reduce power consumption of a network device and improve system performance. The method includes: A network device periodically sends an SSB signal to a terminal device on at least one candidate cell; the terminal device generates a first measurement result based on the SSB signal, and sends the first measurement result to the network device, so that the network device stops periodically sending the SSB signal after receiving the first measurement result, determines at least one secondary cell for the terminal device from the at least one candidate cell based on the first measurement result, and then indicates the at least one secondary cell to the terminal device by using identification information of at least one cell in first configuration information; and after receiving the first configuration information, the terminal device configures, as a secondary cell, at least one cell corresponding to the identification information of the at least one cell.

FIG. 3