

## COMMUNICATION APPARATUS AND COMMUNICATION METHOD

## ABSTRACT

[Object] To provide a communication apparatus and a communication method that can reconcile efficient use of wireless communication resources with stabilization of reception performance in wireless multiplex communication.

[Solution] Provided is a communication apparatus including: a communication unit configured to receive frames including first information from a plurality of other communication apparatuses and transmit first frames including information indicating a first transmission time period to the plurality of other communication apparatuses; a control unit configured to determine the first transmission time period on the basis of the plurality of pieces of first information; and a processing unit configured to generate the first frames.

Representative Drawing

FIG. 9