What is claimed is:

1. A method for discontinuous reception, comprising:

either determining, by a terminal device, at least one target discontinuous reception (DRX) indication signal, and detecting, by the terminal device, a target DRX indication signal determined by the terminal device among DRX indication signals sent by a network device ;

or determining, by the terminal device, at least one target DRX indication signal and a time-frequency resource position occupied by the at least one target DRX indication signal, and detecting, by the terminal device on the time-frequency resource position occupied by the at least one target DRX indication signal, a target DRX indication signal determined by the terminal device among DRX indication signals sent by a network device,

wherein the at least one target DRX indication signal is used for indicating whether the terminal device detects a downlink control channel in one DRX cycle after receiving the at least one target DRX indication signal, and after the terminal device detects the target DRX indication signal among the DRX indication signals sent by the network device, the terminal device, according to the indication of the target DRX indication signal, detects or does not detect a downlink control channel in one DRX cycle after receiving the target DRX indication signal.

2. The method according to claim 1, wherein the determining the at least one target discontinuous reception (DRX) indication signal, comprises:

determining the at least one target DRX indication signal according to first characteristic identification information, wherein the first characteristic identification information is used for identifying the terminal device.

3. The method according to claim 2, wherein the first characteristic information comprises at least one piece of following information: an identification of the terminal device, an identification of a terminal device group to which the terminal device belongs, a coverage enhancement level of the terminal device, and a network access level of the terminal device.

4. The method according to any one of claims 1-3, wherein the determining the at least one target discontinuous reception (DRX) indication signal, comprises:

determining the at least one target DRX indication signal according to an identification of a cell where the terminal device is located.

5. The method according to claim 1, wherein the method further comprises:

receiving configuration information sent by the network device;

wherein the determining the at least one target discontinuous reception (DRX) indication signal, comprises: determining the at least one target DRX indication signal according to the configuration information; or

the determining the at least one target discontinuous reception (DRX) indication signal and the time-frequency resource position occupied by the at least one target DRX indication signal, comprises:

determining the at least one target DRX indication signal and the time-frequency resource position occupied by the at least one target DRX indication signal according to the configuration information.

6. The method according to claim 5, wherein the receiving the configuration information sent by the network device comprises:

receiving a radio resource control (RRC) signaling sent by the network device, wherein the RRC signaling includes the configuration information.

7. The method according to claim 5 or 6, wherein the configuration information includes one piece of following information: an identification of the terminal device, an identification of a terminal device group to which the terminal device belongs, an index of the at least one target DRX indication signal, a time-frequency resource position occupied by the at least one target DRX indication signal, and an index of the time-frequency resource position occupied by the at least one target DRX indication signal.

8. A method for discontinuous reception, comprising:

either determining, by a network device, at least one target discontinuous reception (DRX) indication signal for a terminal device, and sending, by the network device, DRX indication signals to terminal devices, wherein the DRX indication signals include a target DRX indication signal for the terminal device;

or determining, by the network device, at least one target DRX indication signal and a time-frequency resource position occupied by the at least one target DRX indication signal for a terminal device, and sending, by the network device, indication signals to terminal devices, wherein the DRX indication signals include a target DRX indication signal for the terminal device sent on the time-frequency resource position occupied by the at least one target DRX indication signal,

wherein the at least one target DRX indication signal for the terminal device is used for indicating whether the terminal device detects a downlink control channel in one DRX cycle after receiving the at least one target DRX indication signal.

9. The method according to claim 8, wherein the determining the at least one target discontinuous reception (DRX) indication signal, comprises:

determining the at least one target DRX indication signal according to first characteristic identification information, wherein the first characteristic identification information is used for identifying the terminal device.

10. The method according to claim 9, wherein the first characteristic information comprises at least one piece of following information: an identification of the terminal device, an identification of a terminal device group to which the terminal device belongs, a coverage enhancement level of the terminal device, and a network access level of the terminal device.

11. A terminal device, comprising: a transceiving module and a processing module, wherein

the processing module is configured to:

either determine at least one target discontinuous reception (DRX) indication signal, and detect, via the transceiving module, a target DRX indication signal determined by the processing module among DRX indication signals sent by a network device;

or determine at least one target DRX indication signal and a time-frequency resource position occupied by the at least one target DRX indication signal, and detect, via the transceiving module on the time-frequency resource position occupied by the at least one target DRX indication signal, a target DRX indication signal determined by the processing module among DRX indication signals sent by a network device,

wherein the at least one target DRX indication signal is used for indicating whether the terminal device detects a downlink control channel in one DRX cycle after the transceiving module receives the at least one target DRX indication signal, and after the processing module detects, via the transceiving module, the target DRX indication signal among the DRX indication signals sent by the network device, the terminal device is configured to detect or not to detect, according to the indication of the target DRX indication signal, a downlink control channel in one DRX cycle after the transceiving module receives the target DRX indication signal.

12. The terminal device according to claim 11, wherein the processing module is

configured to:

determine the at least one target DRX indication signal according to first characteristic identification information, wherein the first characteristic identification information is used for identifying the terminal device.

13. The terminal device according to claim 12, wherein the first characteristic information comprises at least one piece of following information: an identification of the terminal device, an identification of a terminal device group to which the terminal device belongs, a coverage enhancement level of the terminal device, and a network access level of the terminal device.

14. The terminal device according to any one of claims 11-13, wherein the processing module is configured to:

determine the at least one target DRX indication signal according to an identification of a cell where the terminal device is located.

15. The terminal device according to claim 11, wherein the transceiving module is further configured to:

receive configuration information sent by the network device;

wherein the processing module is configured to determine the at least one target DRX indication signal according to the configuration information, or, determine the at least one target DRX indication signal and the time-frequency resource position occupied by the at least one target DRX indication signal according to the configuration information.

16. The terminal device according to claim 15, wherein the transceiving module is configured to receive a radio resource control (RRC) signaling sent by the network device, wherein the RRC signaling includes the configuration information.

17. The terminal device according to claim 15 or 16, wherein the configuration information includes one piece of following information: an identification of the terminal device, an identification of a terminal device group to which the terminal device belongs, an index of the at least one target DRX indication signal, a time-frequency resource position occupied by the at least one target DRX indication signal, and an index of the time-frequency resource position occupied by the at least one target DRX indication signal.

18. A network device, comprising a processing module and a transceiving module:

wherein

either the processing module is configured to determine at least one target discontinuous

reception (DRX) indication signal for a terminal device; and the transceiving module is configured to send DRX indication signals to terminal devices, wherein the DRX indication signals include a target DRX indication signal for the terminal device,

or the processing module is configured to determine at least one target discontinuous reception (DRX) indication signal and a time-frequency resource position occupied by the at least one target DRX indication signal for a terminal, and the transceiving module is configured to send DRX indication signals to terminal devices, wherein the DRX indication signals include a target DRX indication signal for the terminal device sent on the time-frequency resource position occupied by the at least one target DRX indication signal,

wherein the at least one target DRX indication signal for the terminal device is used for indicating whether the terminal device detects a downlink control channel in one DRX cycle after receiving the at least one target DRX indication signal.

19. The network device according to claim 18, wherein the processing module is further configured to:

determine configuration information, wherein the configuration information is used for the terminal device to determine the at least one target DRX indication signal, or, the configuration information is used for the terminal device to determine the at least one target DRX indication signal and the time-frequency resource position occupied by the at least one target DRX indication signal;

the transceiving module is further configured to send the configuration information to the terminal device.

20. The network device according to claim 19, wherein the transceiving module is further configured to:

send a radio resource control (RRC) signaling to the terminal device, wherein the RRC signaling comprises the configuration information.