CLAIMS

1. A communication method, wherein the method comprises:

generating, by a first station, a defer signal;

sending, by the first station, the defer signal after a channel is idle for a first duration, wherein the defer signal is used to trigger another station to wait for a second duration before channel contention;

wherein the defer signal is generated based on a medium access control (MAC) frame, and values of a scrambler seed, a legacy signal (L-SIG) field, a duration field, and a receiver address (RA) field in the MAC frame are predefined.

2. The method according to claim 1, wherein the scrambler seed is a fixed scrambler seed predefined.

3. The method according to claim 1, wherein the L-SIG field comprises a RATE field, a Reserved field, a LENGTH field, a Parity field, and a SIGNAL TAIL field, wherein values of The Reserved field and the SIGNAL TAIL field are 0.

4. The method according to claim 3, wherein a value of the RATA field is 1101, indicating a rate of 6 Mbps.

5. The method according to claim 1, wherein the RA field indicates a determined MAC address.

6. The method according to any one of claims 1 to 5, wherein the MAC frame is an CTS frame.

7. The method according to any one of claims 1 to 6, wherein the first station is a station that fails to send a radio frame on the channel for k consecutive times, and k is a positive integer.

8. A communication apparatus, comprising a transceiver unit and a processing unit, wherein

the processing unit is configured to generate a defer signal;

the transceiver unit is configured to send the defer signal after a channel is idle for a first duration, wherein the defer signal is used to trigger another station to wait for a second duration before channel contention;

wherein the defer signal is generated based on a medium access control (MAC) frame, and values of a scrambler seed, a legacy signal (L-SIG) field, a duration field, and a receiver address (RA) field in the MAC frame are predefined.

9. The communication apparatus according to claim 8, wherein the scrambler seed is a fixed scrambler seed predefined.

10. The communication apparatus according to claim 8, wherein the L-SIG field comprises a RATE field, a Reserved field, a LENGTH field, a Parity field, and a SIGNAL TAIL field, wherein

values of The Reserved field and the SIGNAL TAIL field are 0.

11. The communication apparatus according to claim 10, wherein a value of the RATA field is 1101, indicating a rate of 6 Mbps.

12. The method according to claim 8, wherein the RA field indicates a determined MAC address.

13. The method according to any one of claims 8 to 12, wherein the MAC frame is an CTS frame.

14. A communication apparatus, comprising:

a processor, configured to execute a computer program stored in a memory, to enable the apparatus to perform the method according to any one of claims 1 to 7.

15. A computer-readable storage medium, wherein the computer-readable storage medium stores a computer program, and when the computer program is run on a computer, the computer is enabled to perform the method according to any one of claims 1 to 7.