

ABSTRACT

CHANNEL ACCESS METHOD AND COMMUNICATION

APPARATUS

This application relates to the field of wireless fidelity technologies, and in particular, to a
5 channel access method and a communication apparatus. The method includes: A first access point
sends a management frame to a first device, where the management frame includes first indication
information, the first indication information indicates at least one first reserved resource that first
traffic is allowed to contention-based access, and the at least one first reserved resource includes
only a time-frequency resource reserved for first traffic; and then the first device initiates channel
10 access on the at least one first reserved resource, and transmits the first traffic. Because the at least
one first reserved resource is specially reserved for the first traffic, it may be considered that traffic
other than the first traffic does not contention-based access the at least one first reserved resource.
In this way, an opportunity for the first traffic to access a channel may be increased. In addition,
each time after accessing a channel, the first device may continue to send or schedule the first
15 traffic on the at least one first reserved resource, so that a transmission delay of the first traffic is
shortened.

Figure 6