

COMMUNICATION METHOD AND COMMUNICATION APPARATUS

ABSTRACT

This application provides a communication method and a communication apparatus,
5 computer-readable storage medium. In a scenario in which a sending device sends a PPDU
carrying a trigger frame, it can be ensured that a receiving device successfully implements carrier
sensing before returning a TB PPDU. The method includes: A sending device sends a first physical
layer protocol data unit PPDU over a first link, where the first PPDU carries a trigger frame. The
sending device sends a second PPDU over a second link, where an end time of sending the second
10 PPDU is not earlier than a first time and not later than a second time, the first time is related to an
end time of sending the first PPDU and a state turnaround time in a short interframe space SIFS
time, and the second time is related to the end time of sending the first PPDU and the SIFS time.

Fig. 4