COMMUNICATION METHOD AND COMMUNICATION APPARATUS

ABSTRACT

This application provides a communication method and a communication apparatus. 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 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