WHAT IS CLAIMED IS:

1. A discontinuous reception method, wherein the method comprises:

a first terminal device determining a target DRX cycle used for the first terminal device to detect a discontinuous reception (DRX) indication signal;

the first terminal device detecting the DRX indication signal sent by a network device, in or before the target DRX cycle, wherein, the DRX indication signal is used to indicate that the first terminal device wakes up or sleeps during an active period of M DRX cycles after a moment when the DRX indication signal is detected, the M DRX cycles are the DRX indication cycle of the first terminal device, and M is a positive integer;

the first terminal device wakes up or sleeps during the active period of the M DRX cycles after the moment when the DRX indication signal is detected, according to the DRX indication signal.

2. The method according to claim 1, wherein, the first terminal device determining the target discontinuous reception (DRX) cycle used for the first terminal device to detect the DRX indication signal, comprises:

the first terminal device determining the target DRX cycle, in a DRX indication signal cycle used for detecting the DRX indication signal, wherein the DRX indication signal cycle comprises N DRX cycles, N is a positive integer, N=M or N≠M.

3. The method according to claim 2, wherein, the first terminal device determining the target DRX cycle used for the first terminal device to detect the DRX indication signal during the DRX indication signal cycle which is used for detecting the DRX indication signal, comprises:

the first terminal device determining an offset value corresponding to the first terminal device, wherein, the offset value is used to indicate a location of the target DRX cycle in the DRX indication signal cycle;

the first terminal device determining the target DRX cycle in the DRX indication signal cycle according to the offset value.

4. The method according to claim 3, wherein, the first terminal device determining the offset value corresponding to the first terminal device, comprises:

the first terminal device determining the offset value, according to User Equipment

Identity (UE-ID) of the first terminal device.

5. The method according to claim 4, wherein, the offset value is equal to mod (UE-ID, N).

6. The method according to claim 3, wherein, the first terminal device determining the offset value corresponding to the first terminal device, comprises:

the first terminal device determining the offset value, according to the Cell Identity (Cell ID) of the camping cell or the servicing cell of the first terminal device.

7. The method according to claim 6, wherein, the offset value is equal to mod (Cell ID, N).

8. The method according to claim 3, wherein, the first terminal device determining the offset value corresponding to the first terminal device, comprises:

the first terminal device receiving first configuration information sent by the network device, wherein, the first configuration information is used to indicate the offset value.

9. The method according to any one of claims 1 to 8, wherein, before the first terminal device determines the target DRX cycle used for the first terminal device to detect the DRX indication signal during the DRX indication signal cycle, the method further comprises:

the first terminal device receiving second configuration information sent by the network device via Radio Resource Control (RRC) dedicated signaling, broadcast signaling or Media Access Control Control Element (MAC CE), wherein, the second configuration information is used to indicate number N of DRX cycles comprised in the DRX indication signal cycle.

10. The method according to any one of claims 1 to 9, wherein the DRX indication signal is used to indicate that multiple terminal devices comprising the first terminal device, wake up or sleep during the active period of M DRX cycles after the moment when the DRX indication signal is detected,

wherein, the multiple terminal devices corresponding to N DRX cycles in the DRX indication signal cycle, and each of the N DRX cycles is used for a corresponding terminal device to detect the DRX indication signal.

11. The method according to claim 10, wherein, the multiple terminal devices belong to one of multiple device groups, and the device group to which the first terminal device belongs is determined according to a UE-ID of the first terminal device, an access level of the

first terminal device or a configuration parameter used to represent the device group.

12. The method according to any one of claims 1 to 11, wherein, a system frame number (SFN) of a start system frame of the DRX indication signal cycle satisfies: mod (SFN, N×T)=K, wherein, K is a pre-configured natural number, and T is a number of system frames comprised in the DRX cycle.

13. A discontinuous reception method, wherein the method comprises:

a network device determining a target DRX period used for sending a discontinuous reception DRX indication signal to a first terminal device, wherein the DRX indication signal is used to indicate that the first terminal device wakes up or sleeps during an active period of M DRX cycles after a moment when the DRX indication signal is detected, the M DRX cycles are the DRX indication cycle of the first terminal device, and M is a positive integer;

the network device sending the DRX indication signal to the first terminal device in a target DRX cycle or before the target DRX cycle, so that the first terminal device wakes up or sleeps during the active period of the M DRX cycles after the moment when the DRX indication signal is detected, according to the DRX indication signal.

14. A terminal device configured to perform the method according to anyone of claims 1-12.

15. A network device configured to perform the method according to claim 13.