

ABSTRACT

A communication method and apparatus are provided. This application supports IEEE protocols, for example, IEEE 802.11be/Wi-Fi 7/EHT, IEEE 802.11bn/UHR/Wi-Fi 8, IEEE 802.15/UWB, and IEEE 802.11bf/sensing. This application provides a tone plan. A
5 communication apparatus may transmit a pilot signal by using the tone plan. The tone plan meets the following conditions: A part of subcarriers of each of K resource units RUs appear cyclically at an equal interval in a partial frequency domain range; and the K RUs include a first RU and a second RU, and a relative position of a first pilot subcarrier in the first RU is different from a relative position of a second pilot subcarrier in the second RU. In this way, pilot subcarriers are
10 more distributed, helping improve phase estimation and frequency correction performance.