

CLAIMS

What is claimed is:

1. A method for transmitting a signal, comprising:

5 determining, by a terminal device, first indication information, wherein the first indication information is used for indicating channel access priority information and an association relationship between a first uplink transmission opportunity used for uplink transmission and a first downlink transmission opportunity used for downlink transmission, wherein the terminal device performs the uplink transmission through a second channel access type, the second channel access type is channel detection based on a contention
10 window, and a size of the contention window is determined according to the channel access priority; and

sending, by the terminal device, the first indication information to a network device in a time unit corresponding to the first uplink transmission opportunity.

2. The method according to claim 1, wherein the association relationship comprises:
15 association information between the first uplink transmission opportunity and the first downlink transmission opportunity, wherein the association information comprises at least one of a channel access type of the first uplink transmission opportunity, time interval information between the time unit of the first uplink transmission opportunity and the time unit of the first downlink transmission opportunity, the time unit of the first downlink
20 transmission opportunity, and a channel access type of the first downlink transmission opportunity.

3. The method according to claim 1 or 2, wherein a time interval between the time unit of the first downlink transmission opportunity and the time unit of the first uplink transmission opportunity is a first time interval.

25 4. The method according to claim 3, wherein the first time interval is indicated by the first indication information, or is a predefined time interval.

5. A method for transmitting a signal, comprising:

receiving, by a network device, first indication information sent by a terminal device, wherein the first indication information is used for indicating [channel access priority information and](#) an association relationship between a first uplink transmission opportunity used for uplink transmission and a first downlink transmission opportunity used for downlink transmission, [wherein the uplink transmission is a second channel access type transmission, the second channel access type is channel detection based on a contention window, and a size of the contention window is determined according to the channel access priority;](#) and

determining, by the network device according to the first indication information, the first downlink transmission opportunity used for downlink transmission.

6. The method according to claim 5, wherein the association relationship comprises: association information between the first uplink transmission opportunity and the first downlink transmission opportunity, wherein the association information comprises at least one of a channel access type of the first uplink transmission opportunity, time interval information between the time unit of the first uplink transmission opportunity and the time unit of the first downlink transmission opportunity, the time unit of the first downlink transmission opportunity, and a channel access type of the first downlink transmission opportunity.

7. The method according to claim 5 or 6, wherein a time interval between the time unit of the first downlink transmission opportunity and the time unit of the first uplink transmission opportunity is a first time interval.

8. The method according to claim 7, wherein the first time interval is indicated by the first indication information, or is a predefined time interval.

9. A terminal device, comprising:

a determining module, configured to determine first indication information, wherein the first indication information is used for indicating [channel access priority information and](#) an association relationship between a first uplink transmission opportunity used for uplink transmission and a first downlink transmission opportunity used for downlink transmission; and

a communications module, configured to perform the uplink transmission through a second channel access type, the second channel access type is channel detection based on a contention window, and a size of the contention window is determined according to the channel access priority, and configured to send the first indication information to a network device in a time unit corresponding to the first uplink transmission opportunity.

10. The terminal device according to claim 9, wherein the association relationship comprises: association information between the first uplink transmission opportunity and the first downlink transmission opportunity, wherein the association information comprises at least one of a channel access type of the first uplink transmission opportunity, time interval information between the time unit of the first uplink transmission opportunity and the time unit of the first downlink transmission opportunity, the time unit of the first downlink transmission opportunity, and a channel access type of the first downlink transmission opportunity.

11. The terminal device according to claim 9 or 10, wherein a time interval between the time unit of the first downlink transmission opportunity and the time unit of the first uplink transmission opportunity is a first time interval.

12. The terminal device according to claim 11, wherein the first time interval is indicated by the first indication information, or is a predefined time interval.

13. A network device, comprising:

a communications module, configured to receive first indication information sent by a terminal device, wherein the first indication information is used for indicating channel access priority information and an association relationship between a first uplink transmission opportunity used for uplink transmission and a first downlink transmission opportunity used for downlink transmission, wherein the uplink transmission is a second channel access type transmission, the second channel access type is channel detection based on a contention window, and a size of the contention window is determined according to the channel access priority; and

a determining module, configured to determine, according to the first indication

information, the first downlink transmission opportunity used for downlink transmission.

14. The network device according to claim 13, wherein the association relationship comprises: association information between the first uplink transmission opportunity and the first downlink transmission opportunity, wherein the association information comprises at least one of a channel access type of the first uplink transmission opportunity, time interval information between the time unit of the first uplink transmission opportunity and the time unit of the first downlink transmission opportunity, the time unit of the first downlink transmission opportunity, and a channel access type of the first downlink transmission opportunity.

15. The network device according to claim 13 or 14, wherein a time interval between the time unit of the first downlink transmission opportunity and the time unit of the first uplink transmission opportunity is a first time interval.

16. The network device according to claim 15, wherein the first time interval is indicated by the first indication information, or is a predefined time interval.