WHAT IS CLAIMED IS:

1. A multi-link communication method, performed by an access point (AP), the method comprising:

determining a first message frame, wherein the first message frame comprises a change sequence field, and a value of the change sequence field is configured to indicate quiet information for a plurality of links;

sending the first message frame on at least one link of the plurality of links to at least one station (STA); and

sending quiet time information on the at least one link;

wherein the value of the change sequence field is set to a first value, for indicating a change of the quiet information for the plurality of links; and

wherein the quiet time information comprises a second link ID, wherein the second link ID corresponds to a link with changed quiet information.

2. The method of claim 1, wherein the change sequence field is included in a change sequence information element.

3. The method of claim 2, wherein the change sequence information element comprises: a first link ID, wherein the first link ID corresponds to a link with changed quiet information.

4. The method of claim 1, wherein the first message frame further comprises quiet time information.

5. The method of claim 1, wherein the quiet time information comprises a basic service set ID, wherein the basic service set ID corresponds to a link with changed quiet information.

6. The method of claim 5, wherein the quiet time information comprises a time offset corresponding to a link for sending the quiet time information.

7. The method of claim 1, wherein the quiet time information comprises: an element ID indicating a type of the quiet time information.

8. The method of claim 1, further comprising:

sending quiet time information on at least one link other than the at least one link on which the first message frame is sent; wherein

a format of the quiet time information is the same as a format of a quiet element.

9. A multi-link communication method, performed by a station (STA), the method comprising:

receiving a first message frame on at least one link sent by at least one access point (AP), wherein the first message frame comprises a change sequence field, and a value of the change sequence field is configured to indicate quiet information for a plurality of links; and

receiving quiet time information on the at least one link;

wherein the value of the change sequence field is set to a first value, for indicating a change of the quiet information for the plurality of links; and

wherein the quiet time information comprises a second link ID, wherein the second link ID corresponds to a link with changed quiet information.

10. The method of claim 9, wherein the change sequence field is included in a change sequence information element.

11. The method of claim 10, wherein the change sequence information element comprises: a first link ID, wherein the first link ID corresponds to a link with changed quiet information.

12. The method of claim 9, wherein the first message frame further comprises quiet time information.

13. The method of claim 9, wherein the quiet time information comprises a basic service set ID, wherein the basic service set ID corresponds to a link with changed quiet information.

14. An electronic device comprising: a memory, a processor and computer programs stored on the memory and executable by the processor, wherein when the computer programs are executed by the processor, the method of any one of claims 1-8 or the method of any one of claims 9-13 is implemented.