

ABSTRACT

The present application relates to a sidelink transmission method and a terminal. The method comprises: a terminal receives downlink information, which is used for indicating a resource license of a sidelink; the terminal controls, on the basis of a first event, a state of a timer related with discontinuous reception (DRX) for the sidelink. According to embodiments of the present application, by controlling, on the basis of an event, a state of a timer related with DRX for a sidelink, the DRX is optimized, and terminal energy consumption of sidelink transmission is reduced.

Fig. 4