What is claimed is:

1. A method for discontinuous reception, comprising:

determining, by a terminal device, at least one target discontinuous reception (DRX) indication signal, and detecting, by the terminal device, a DRX indication signal sent by a network device according to the at least one target DRX indication signal; or,

determining, by the terminal device, at least one target DRX indication signal and a time-frequency resource position occupied by the at least one target DRX indication signal, and detecting, by the terminal device, a DRX indication signal sent by a network device according to the at least one target DRX indication signal and the time-frequency resource position occupied by the at least one target DRX indication signal,

wherein the at least one target DRX indication signal is used for indicating whether the terminal device detects a downlink control channel in one DRX cycle after receiving the at least one target DRX indication signal.

2. The method according to claim 1, wherein the determining the at least one target discontinuous reception (DRX) indication signal, comprises:

determining the at least one target DRX indication signal according to first characteristic identification information, wherein the first characteristic identification information is used for identifying the terminal device.

3. The method according to claim 2, wherein the first characteristic information comprises at least one piece of following information: an identification of the terminal device, an identification of a terminal device group to which the terminal device belongs, a coverage enhancement level of the terminal device, and a network access level of the terminal device.

4. The method according to any one of claims 1-3, wherein the determining the at least one target discontinuous reception (DRX) indication signal, comprises:

determining the at least one target DRX indication signal according to an identification of a cell where the terminal device is located.

5. The method according to any one of claims 2-4, wherein the method further comprises:

determining, by the terminal device, the time-frequency resource position occupied by the at least one target DRX indication signal.

6. The method according to claim 1, wherein the method further comprises:

receiving configuration information sent by the network device;

wherein the determining the at least one target discontinuous reception (DRX) indication signal, comprises: determining the at least one target DRX indication signal according to the configuration information; or

the determining the at least one target discontinuous reception (DRX) indication signal and the time-frequency resource position occupied by the at least one target DRX indication signal, comprises:

determining the at least one target DRX indication signal and the time-frequency resource position occupied by the at least one target DRX indication signal according to the configuration information.

7. The method according to claim 6, wherein the receiving the configuration information sent by the network device comprises:

receiving a radio resource control (RRC) signaling sent by the network device, wherein the RRC signaling includes the configuration information.

8. The method according to claim 6 or 7, wherein the configuration information includes one piece of following information: an identification of the terminal device, an identification of a terminal device group to which the terminal device belongs, an index of the at least one target DRX indication signal, a time-frequency resource position occupied by the at least one target DRX indication signal, and an index of the time-frequency resource position occupied by the at least one target DRX indication signal.

9. A method for discontinuous reception, comprising:

determining, by a network device, at least one target discontinuous reception (DRX) indication signal, and sending, by the network device, one target DRX indication signal of the at least one target DRX indication signal to a terminal device according to the at least one target DRX indication signal; or

determining, by the network device, at least one target DRX indication signal and a time-frequency resource position occupied by the at least one target DRX indication signal, and sending, by the network device, one target DRX indication signal of the at least one target DRX indication signal to the terminal device according to the at least one target DRX indication signal and the time-frequency resource position occupied by the at least one target DRX indication signal,

wherein the at least one target DRX indication signal is used for indicating whether the terminal device detects a downlink control channel in one DRX cycle after receiving the at least

one target DRX indication signal.

10. The method according to claim 9, wherein the determining the at least one target discontinuous reception (DRX) indication signal, comprises:

determining the at least one target DRX indication signal according to first characteristic identification information, wherein the first characteristic identification information is used for identifying the terminal device.

11. The method according to claim 10, wherein the first characteristic information comprises at least one piece of following information: an identification of the terminal device, an identification of a terminal device group to which the terminal device belongs, a coverage enhancement level of the terminal device, and a network access level of the terminal device.

12. A terminal device, comprising: a transceiving module and a processing module, wherein

the processing module is used for determining at least one target discontinuous reception (DRX) indication signal, and detecting, via the transceiving module, a DRX indication signal sent by a network device according to the at least one target DRX indication signal; or,

determining at least one target DRX indication signal and a time-frequency resource position occupied by the at least one target DRX indication signal, and detecting, via the processing module, a DRX indication signal sent by a network device according to the at least one target DRX indication signal and the time-frequency resource position occupied by the at least one target DRX indication signal,

wherein the at least one target DRX indication signal is used for indicating whether the terminal device detects a downlink control channel in one DRX cycle after the transceiving module receives the at least one target DRX indication signal.

13. The terminal device according to claim 12, wherein the processing module is specifically used for:

determining the at least one target DRX indication signal according to first characteristic identification information, wherein the first characteristic identification information is used for identifying the terminal device.

14. The terminal device according to claim 13, wherein the first characteristic information comprises at least one piece of following information: an identification of the terminal device, an identification of a terminal device group to which the terminal device belongs, a coverage

enhancement level of the terminal device, and a network access level of the terminal device.

15. The terminal device according to any one of claims 12-14, wherein the processing module is specifically used for:

determining the at least one target DRX indication signal according to an identification of a cell where the terminal device is located.

16. The terminal device according to any one of claims 13-15, wherein the processing module is further used for determining the time-frequency resource position occupied by the at least one target DRX indication signal.

17. The terminal device according to claim 12, wherein the transceiving module is further used for:

receiving configuration information sent by the network device;

wherein the processing module is specifically used for determining the at least one target DRX indication signal, or, determining the at least one target DRX indication signal and the time-frequency resource position occupied by the at least one target DRX indication signal according to the configuration information.

18. The terminal device according to claim 17, wherein the transceiving module is specifically used for receiving a radio resource control (RRC) signaling sent by the network device, wherein the RRC signaling includes the configuration information.

19. The terminal device according to claim 17 or 18, wherein the configuration information includes one piece of following information: an identification of the terminal device, an identification of a terminal device group to which the terminal device belongs, an index of the at least one target DRX indication signal, a time-frequency resource position occupied by the at least one target DRX indication signal, and an index of the time-frequency resource position occupied by the at least one target DRX indication signal.

20. A network device, comprising a processing module and a transceiving module:

wherein the processing module is used for determining at least one target discontinuous reception (DRX) indication signal; and the transceiving module is used for sending one of the at least one target DRX indication signal to a terminal device according to the at least one target DRX indication signal, or,

the processing module is used for determining at least one target discontinuous reception (DRX) indication signal and a time-frequency resource position occupied by the at least one

target DRX indication signal, and the transceiving module is used for sending one of the at least one target DRX indication signal to the terminal device according to the at least one target DRX indication signal and the time-frequency resource position occupied by the at least one target DRX indication signal,

wherein the at least one target DRX indication signal is used for indicating whether the terminal device detects a downlink control channel in one DRX cycle after receiving the at least one target DRX indication signal.

21. The network device according to claim 20, wherein the processing module is further used for:

determining configuration information, wherein the configuration information is used for the terminal device to determine the at least one target DRX indication signal, or, the configuration information is used for the terminal device to determine the at least one target DRX indication signal and the time-frequency resource position occupied by the at least one target DRX indication signal;

the transceiving module is further used for sending the configuration information to the terminal device.

22. The network device according to claim 21, wherein the transceiving module is further used for:

sending a radio resource control (RRC) signaling to the terminal device, wherein the RRC signaling comprises the configuration information.