

COMMUNICATION METHOD AND COMMUNICATION APPARATUS

ABSTRACT

Embodiments of this application disclose a communication method, to optimize a channel
5 access parameter. The method includes: A first station sends a request frame to an access point.
The request frame is used to request to obtain a channel priority access right. The request frame
carries a first parameter set. The first parameter set includes MU EDCA parameters that the first
station intends to use to perform channel contention. The first station receives a response frame
for the request frame. The first station is an EPCS station. The first station performs channel access
10 by using an MU EDCA mechanism. In embodiments of this application, the first parameter set
includes the MU EDCA parameters that the first station intends to use to perform channel
contention. The request frame carrying the first parameter set is sent. In this way, channel
contention is performed by using parameters with a higher channel access priority.

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FIG. 8