

ABSTRACT

Embodiments of this application provide a resource sensing method and a communication apparatus. The resource sensing method may include: determining, by a first terminal device in a first selection window, a first candidate resource set for sidelink transmission, and determining, by
5 the first terminal device, a second candidate resource set based on a resource sensing result in a first sensing window, where the second candidate resource set is a universal set or a subset of the first candidate resource set; and sensing, by the first terminal device, a sidelink resource in a second sensing window, and sending a resource sensing result in the second sensing window to a second terminal device at a first moment, where the first moment is determined based on the second
10 candidate resource set. Using embodiments of this application, accuracy of resource sensing can be improved, and a probability of a resource collision can be reduced.

FIGURE 2