ABSTRACT

This application relates to the field of wireless communication, and in particular, to a communication method and apparatus based on a distributed resource unit. The method includes: A communication apparatus generates and transmits a PPDU according to a 40 MHz or 80 MHz dRU tone plan. For the 40 MHz or 80 MHz dRU tone plan, refer to descriptions of embodiments. According to this application, spectrum utilization can be improved. This application supports 802.11 series protocols, including 802.11bn/UHR/Wi-Fi 8, 802.11be/EHT/Wi-Fi 7, 802.11ax protocol, 802.11a/b/g, 802.11n, and 802.11ac, and also support a UWB protocol, a sensing protocol, or the like.