Abstract

A communication method is performed by a first access point (AP) device. The method includes: determining a target frequency separation, wherein the target frequency separation is a maximum frequency separation among minimum frequency separations between simultaneously transmit and receive (STR) links supported by each STA device in an overlapping basic service set (OBSS), the OBSS is an overlapping part of basic service sets (BSSs) formed by at least one AP device in a sub-7 GHz frequency band, and the first AP device is any one of the at least one AP device; and communicating with at least one STA device in the OBSS according to the target frequency separation, wherein a minimum frequency separation between communication links of any two STA devices in the OBSS when communicating with an associated AP device is greater than or equal to the target frequency separation.

FIG.1