CLAIMS

1. An apparatus for wireless communications, comprising:

a processing system configured to generate at least one frame including information designed to enable one or more neighboring wireless nodes that are not part of a distribution network to communicate during one or more time slots assigned to the apparatus for simplex communications in the distribution network;

an interface configured to output the at least one frame for transmission during the one or more time slots; and

wherein the information comprises an interference sensitivity factor (ISF) from which the neighboring wireless nodes are able to estimate a potential level of interference at the apparatus due to communication between the neighboring wireless nodes.

2. The apparatus of claim 1, wherein the information further comprises an interference threshold to enable the neighboring wireless nodes to determine whether their communication, during the one or more time slots, will potentially interfere with reception by the apparatus.

3. The apparatus of claim 1, wherein the at least one frame also comprises one or more training fields designed to allow the neighboring wireless nodes to estimate at least one of a direction or an antenna weight vector (AWV) of reception of the at least one frame.

4. The apparatus of claim 1, wherein the at least one frame comprises at least one of a Request to Send (RTS) frame or a Clear to Send (CTS) frame.

5. The apparatus of claim 1, wherein the information is carried in at least one of a header or a control trailer (CT) of the at least one frame.

6. The apparatus of claim 1, wherein the information is related to receive and transmit antenna gain reciprocity.

7. The apparatus of claim 1, wherein the information is related to a transmit power applied to an antenna and a receive and transmit antenna gain reciprocity.

8. The apparatus of claim 1, wherein the processing system is further configured to adjust the information based at least in part on at least one of an interference level allowed at the apparatus or an interference level encountered at the apparatus.

9. The apparatus of claim 8, wherein the interference level allowed at the apparatus depends on at least one of a receiver sensitivity or link quality between the apparatus and the second wireless node.

10. The apparatus of claim 1, wherein the processing system is further configured to perform transmit power control (TPC) when outputting the at least one frame for transmission.

11. An apparatus for wireless communications, comprising:

a processing system configured to generate at least one frame including information designed to enable one or more neighboring wireless nodes that are not part of a distribution network to communicate during one or more time slots assigned to the apparatus for simplex communications in the distribution network;

an interface configured to output the at least one frame for transmission during the one or more time slots; and

wherein the information comprises a schedule of time slots assigned to the apparatus for reception of simplex communications in the distribution network via a receive antenna pattern corresponding to an antenna transmit pattern used for transmission of the at least one frame.

12. The apparatus of claim 11, wherein the schedule indicates start times and lengths of the time slots assigned to the apparatus for reception of simplex communications in the distribution network.

13. A method for wireless communications by an apparatus, comprising:

generating at least one frame including information designed to enable one or more neighboring wireless nodes that are not part of a distribution network to communicate during one or more time slots assigned to the apparatus for simplex communications in the distribution network; and

outputting the frame for transmission during the one or more time slots, and

wherein the information comprises an interference sensitivity factor (ISF) from which the neighboring wireless nodes are able to estimate a potential level of interference at the apparatus due to communication between the neighboring wireless nodes.