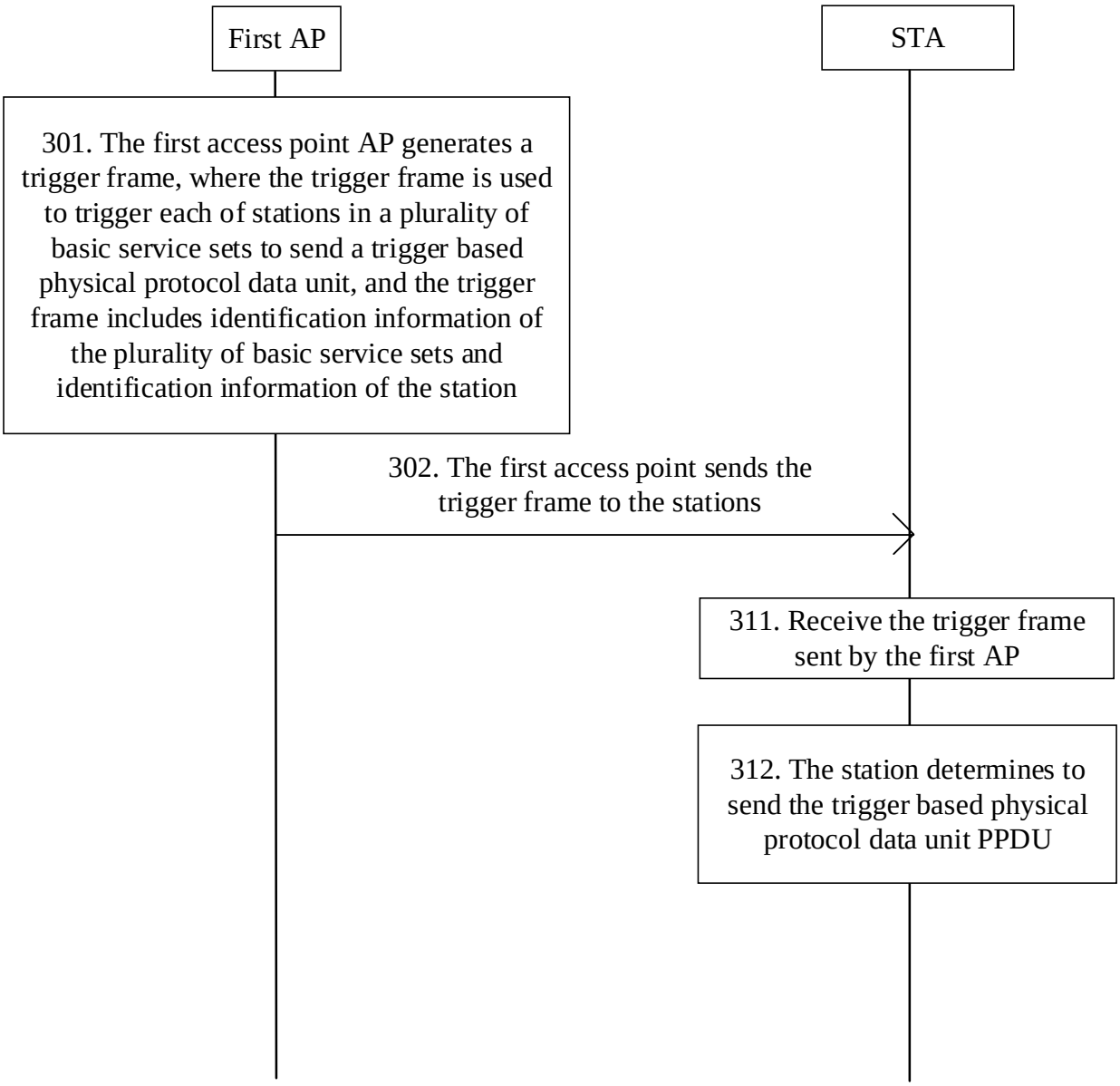

First AP
STA
301. The first access point AP generates a trigger frame, where the trigger frame is used to trigger each of stations in a plurality of basic service sets to send a trigger based physical protocol data unit, and the trigger frame includes identification information of the plurality of basic service sets and identification information of the station
302. The first access point sends the trigger frame to the stations
311. Receive the trigger frame sent by the first AP
312. The station determines to send the trigger based physical protocol data unit PPDU

FIG. 3

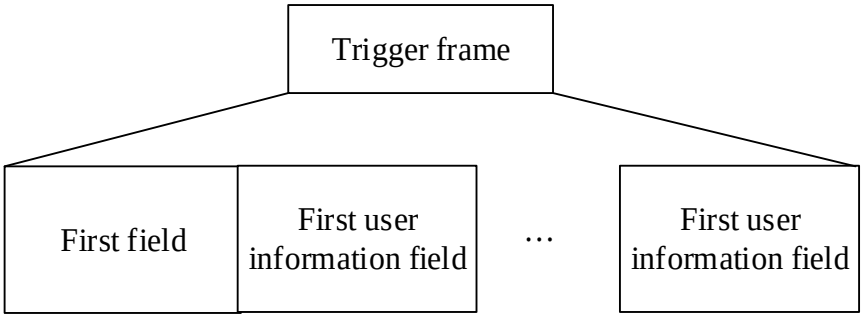

Trigger frame
First field
First user information field
…
First user information field

FIG. 4