

COMMUNICATION METHOD AND APPARATUS

ABSTRACT

This application provides a communication method and apparatus, to reduce power consumption of a terminal. The terminal receives a first wake-up signal. The first wake-up signal includes first indication information, the first indication information indicates that at least one first target terminal subgroup is to be woken up, and the at least one first target terminal subgroup includes a first terminal subgroup to which the terminal belongs. The terminal determines, based on the first indication information, that the terminal is to be woken up. After the terminal determines, based on the first wake-up signal, that the first terminal subgroup to which the terminal belongs is a terminal subgroup that needs to be woken up, the terminal is woken up. In a paging process, the terminal does not need to continuously monitor a paging occasion, but monitors an associated paging occasion after being woken up. This effectively reduces power consumption of the terminal.

FIG. 2