CLAIMS

1. A communication method, wherein the method is applied to a station and comprises:

sending a request frame to a first access point, wherein the request frame is used to trigger sending of a response frame, and the station is not associated with the first access point;

receiving the response frame from the first access point, wherein a short interframe space (SIFS) exists between the request frame and the request frame;

determining downlink received signal quality based on the response frame; and

sending the downlink received signal quality to a second access point, wherein the downlink received signal quality are used for basic service set (BSS) transition, the second access point is associated with the station, and the first access point and the second access point belong to a same extended service set.

2. The method according claim 1, wherein before sending the request frame to the first access point, the method further comprises:

receiving a radio measurement request frame from the second access point, wherein the radio measurement request frame is used to request a channel quality measurement result between the station and at least one neighboring access point corresponding to the station, and the at least one neighboring access point comprises the first access point.

3. The method according claim 2, wherein the radio measurement request frame comprises first indication information indicating a new measurement mode.

4. The method according claim 2, wherein the radio measurement request frame comprises a category field, a radio measurement action field, a dialog token field, a number of repetitions field, and a measurement request element field.

5. The method according claim 4, wherein the measurement request element field comprises an element identifier field, a length field, a measurement token field, a measurement request mode field, a measurement type field, and a measurement request field.

6. The method according claim 5, wherein the measurement type field indicates that a measurement type requested by the measurement request is a beacon request.

7. The method according claim 5, wherein the measurement request field comprises an operating class field, a channel number field, a randomization interval field, a measurement duration field, a measurement mode field, a BSS identifier field, and an optional subelement field.

8. The method according claim 7, wherein a value of the measurement mode field is set to 3 to indicate that the channel quality measurement result between the station and the first access point is based on the request frame and the response frame.

9. The method according to claim 8 wherein the request frame and the response frame are

control frames.

10. The method according to any one of claims 1 to 9, wherein the request frame is a second null data packet announcement (NDPA) frame, and the response frame is a first NDPA frame.

11. The method according to claim 10, wherein when the request frame is the second NDPA frame, and the response frame is the first NDPA frame, the method further comprises: receiving a first null data packet (NDP) frame from the first access point; and

determining the downlink received signal quality comprises: determining the downlink received signal quality based on the first NDP frame.

12. The method according to claim 10, wherein after sending the request frame to the first access point, the method further comprises:

granting a remaining transmit opportunity to the first access point, wherein the remaining transmit opportunity is a remaining transmit opportunity of the station.

13. The method according to claim 11 or 12, wherein the first NDPA frame comprises a first field, and a first value of the first field indicates that a field corresponding to a first transmit power exists in the response frame, wherein the first transmit power is the power for sending the response frame.

14. The method according to any one of claims 11 to 13, wherein the second NDPA frame further comprises a first number of repetitions of a long training field (LTFs) set in the first NDP frame, or comprises a second number of repetitions of the first NDP frame; and the response frame further comprises the first number of repetitions or the second number of repetitions.

15. The method according to any one of claims 11 to 14, wherein the second NDPA frame further comprises a first NDP present field, and the first NDP present field indicates whether a second NDP frame is sent following the second NDPA frame.

16. The method according to any one of claims 11 to 15, wherein the first NDPA frame comprises a second NDP present field, and a second value of the second NDP present field indicates that the first NDP frame is sent following the first NDPA frame.

17. The method according to claim 15, wherein when the first NDP present field indicates that the second NDP frame is sent following the second NDPA frame, the method further comprises:

sending the second NDP frame to the first access point, wherein the second NDP frame is used by the first access point to measure first uplink received signal quality; and

the first NDPA frame further comprises the first uplink received signal quality.

18. A communication apparatus, comprising a processor, wherein the processor is coupled to a memory, the memory is configured to store a computer program or instructions, and the processor is configured to execute the computer program or the instructions in the memory, to enable the apparatus to perform the method according to any one of claims 1 to 17.

19. A computer-readable storage medium, wherein the computer-readable storage medium stores a computer program or instructions, and when the computer program or the instructions are run on a computer, the computer is enabled to perform the method according to any one of claims 1 to 17.

20. A chip, wherein the chip is coupled to a memory, and is configured to read and execute program instructions stored in the memory, to implement the method according to any one of claims 1 to 17.