ABSTRACT

A multi-link communication method performed by an access point (AP) includes determining a first message frame, in which the first message frame includes a change sequence field, and a value of the change sequence field is configured to indicate quiet information for a plurality of links; and sending the first message frame on at least one link of the plurality of links to at least one station (STA).~~The present invention provides a multi-connectivity communication method and device. The communication method comprises: determining a first message frame in one connection, wherein the first message frame comprises a change sequence field, and a value of the change sequence field is used for indicating quiet information of multiple connections; and sending the first message frame in at least one connection of the multiple connections. The technical solution provided in embodiments of the present invention can reduce signaling overhead, so that the device performs communication in multiple connections, and network throughput is improved.~~

Fig. 2