# COMMUNICATION METHOD AND COMMUNICATION APPARATUS

## ABSTRACT

The solution may be applied to a WLAN system that supports 802.11 series protocols such as a next-generation Wi-Fi protocol of IEEE 802.11ax like 802.11be, Wi-Fi 7, or EHT, a next-generation protocol of 802.11be like Wi-Fi 8, or the like; and may be further applied to a UWB-based wireless personal area network system and a sensing system, for example, the 802.11bf protocol. According to this application, a station may transmit, to an access point, a first frame used to request an SP in which DMG sensing measurement is performed, so that the access point determines, based on the first frame, that the station needs to perform DMG sensing measurement. This helps the access point allocate, to the station based on a requirement of the station, the SP in which DMG sensing measurement is performed, thereby helping meet a sensing measurement requirement of the station.

FIG. 4