

ABSTRACT

This application is applied to a UWB-based wireless personal area network system, including 802.15 series protocols, for example, the 802.15.4a protocol, the 802.15.4z protocol, or the 802.15.4ab protocol; a wireless local area network system that can support 802.11 series protocols
5 such as a next-generation Wi-Fi protocol of IEEE 802.11ax, like 802.11be, Wi-Fi 7, or EHT, and a next-generation protocol of 802.11be, like Wi-Fi 8; a sensing system; or the like. Embodiments of this application provide a communication method and an apparatus. According to this application, a transmit end may send a first frame, and then a receive end may determine, based on the first frame, an available narrowband channel that can be used to transmit an NB signal. If a
10 spectrum of a narrowband system overlaps a spectrum of a Wi-Fi system, according to the method provided in this application, the NB signal sent by the receive end can be prevented from being interfered by a Wi-Fi device.