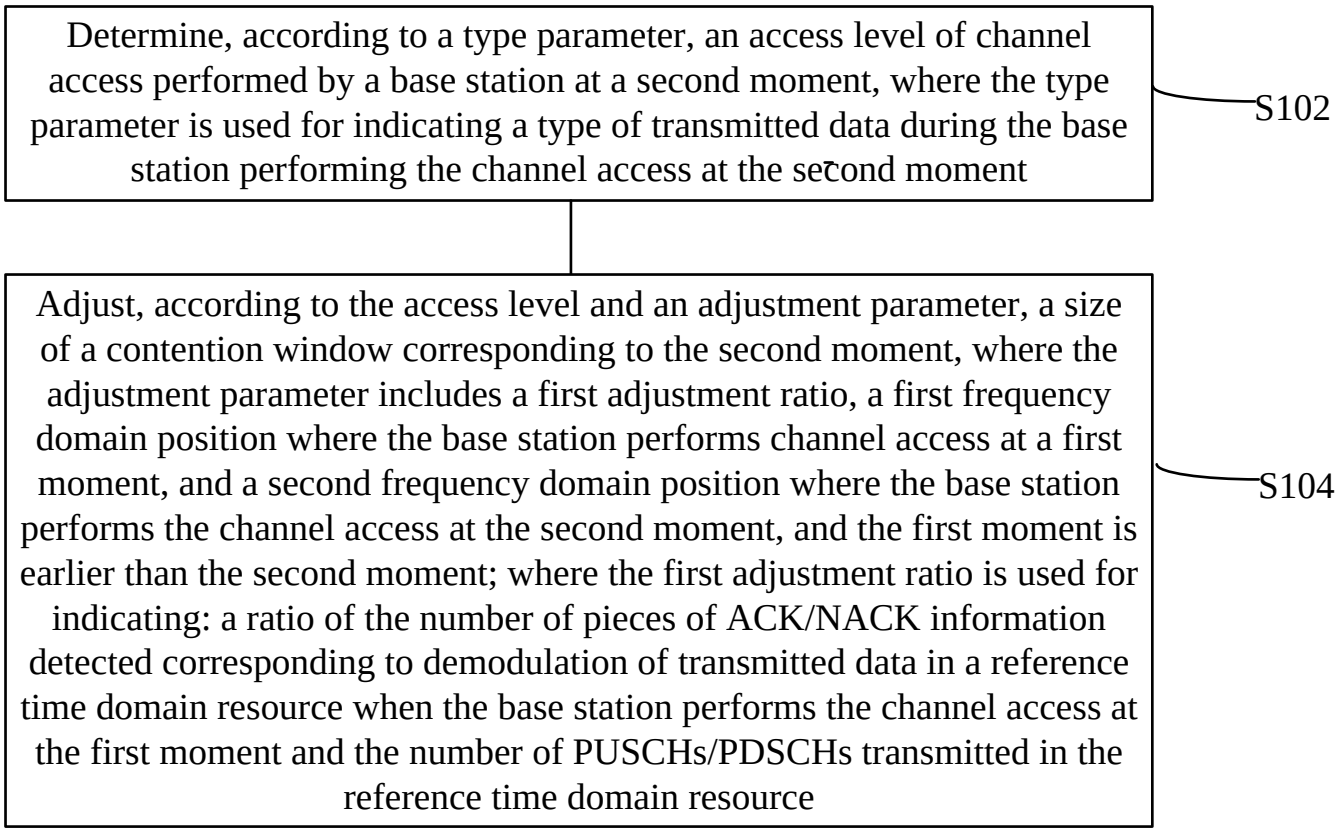
Determine, according to a type parameter, an access level of channel access performed by a base station at a second moment, where the type parameter is used for indicating a type of transmitted data during the base station performing the channel access at the second moment
S102
Adjust, according to the access level and an adjustment parameter, a size of a contention window corresponding to the second moment, where the adjustment parameter includes a first adjustment ratio, a first frequency domain position where the base station performs channel access at a first moment, and a second frequency domain position where the base station performs the channel access at the second moment, and the first moment is earlier than the second moment; where the first adjustment ratio is used for indicating: a ratio of the number of pieces of ACK/NACK information detected corresponding to demodulation of transmitted data in a reference time domain resource when the base station performs the channel access at the first moment and the number of PUSCHs/PDSCHs transmitted in the reference time domain resource
S104

FIG. 1

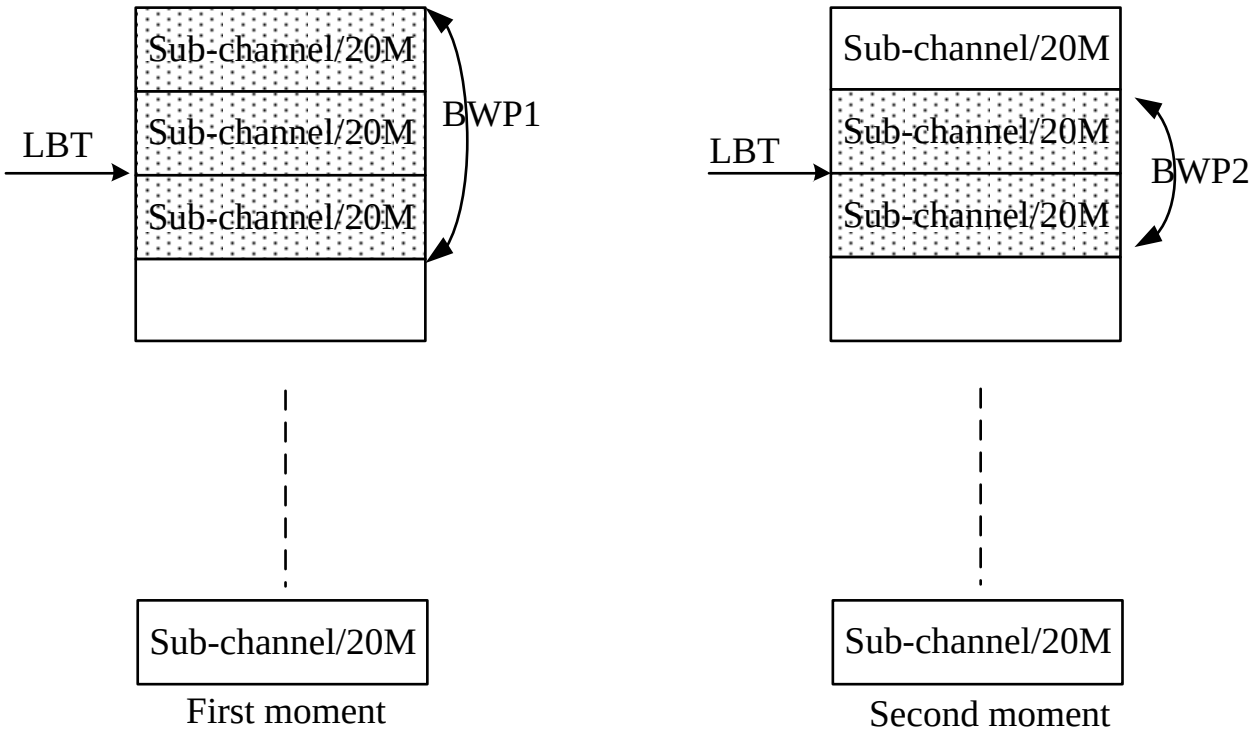
LBT
Sub-channel/20M
Sub-channel/20M
Sub-channel/20M
BWP1
Sub-channel/20M
First moment
LBT
Sub-channel/20M
Sub-channel/20M
Sub-channel/20M
BWP2
Sub-channel/20M
Second moment

FIG. 2

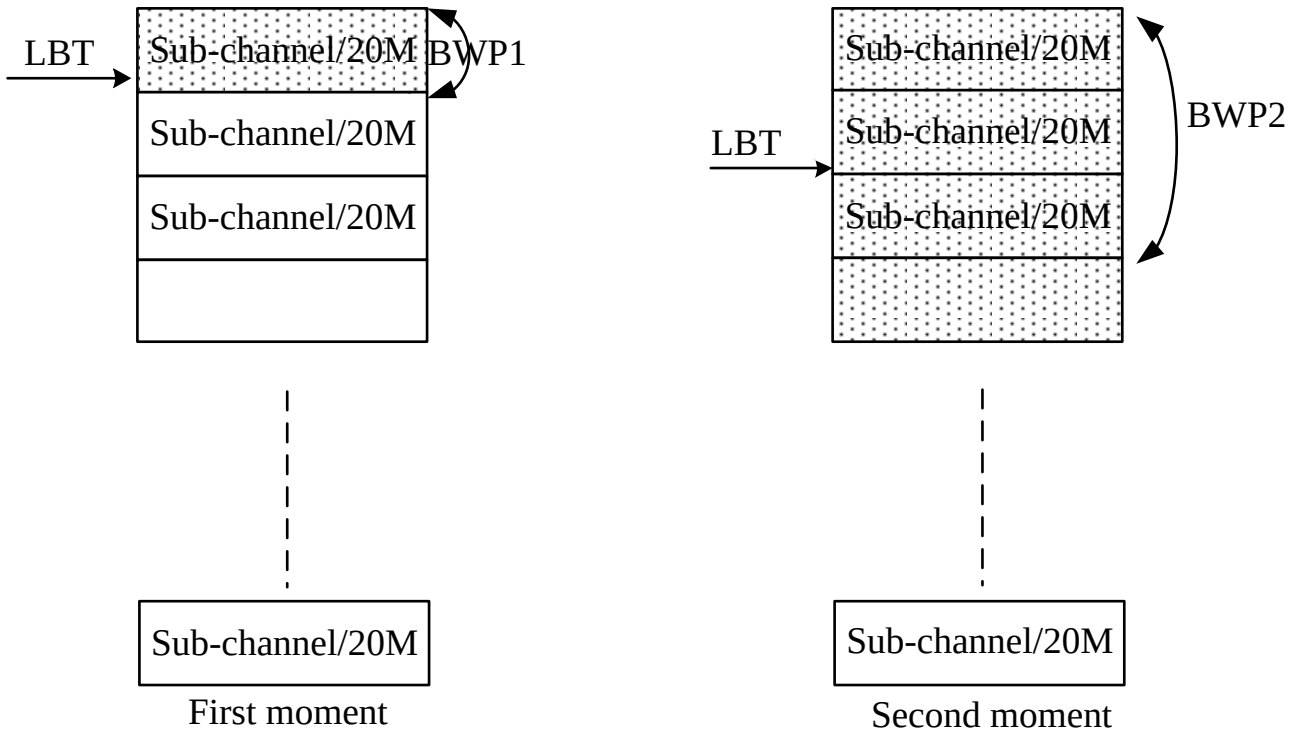
LBT
Sub-channel/20M
BWP1
Sub-channel/20M
Sub-channel/20M
Sub-channel/20M
First moment
LBT
Sub-channel/20M
Sub-channel/20M
Sub-channel/20M
BWP2
Sub-channel/20M
Second moment

FIG. 3

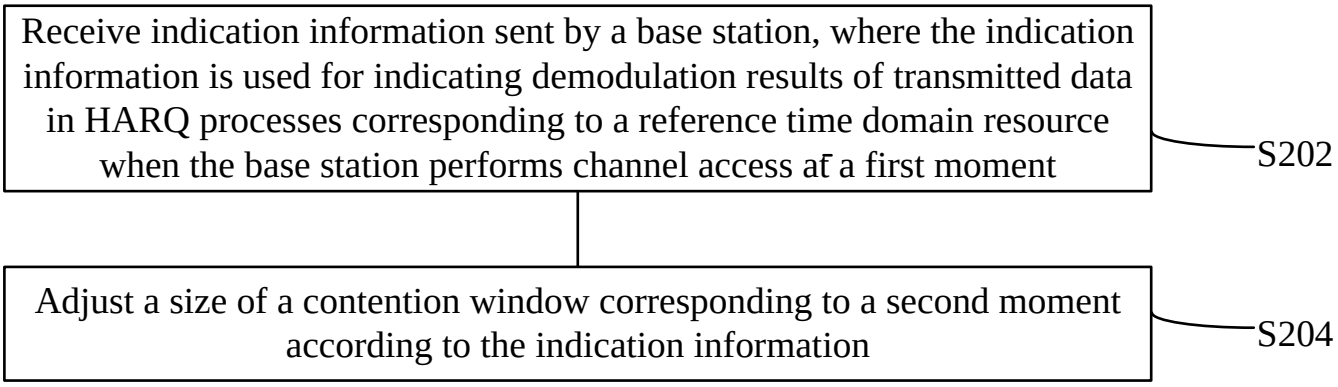
Receive indication information sent by a base station, where the indication information is used for indicating demodulation results of transmitted data in HARQ processes corresponding to a reference time domain resource when the base station performs channel access at a first moment
S202
Adjust a size of a contention window corresponding to a second moment according to the indication information
S204

FIG. 4

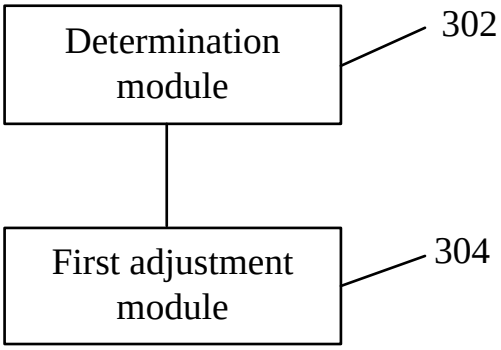
Determination module
302
First adjustment module
304

FIG. 5

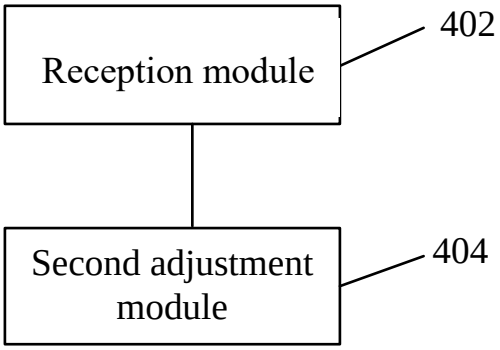
Reception module
402
Second adjustment module
404

FIG. 6