

## ABSTRACT

This application relates to the field of wireless communication, and in particular, to a method for recovering permission to use a transmission opportunity and a related apparatus. The method includes: A first device receives a first frame from a second device. The first device recovers the permission to use the transmission opportunity TXOP based on the first frame. The first frame indicates that the second device has stopped using a first time resource. The first time resource is allocated by the first device from an obtained TXOP to the second device by using a single-user trigger frame. According to embodiments of this application, the first frame may indicate that the second device has stopped using an allocated time resource (the first time resource), so that the first device withdraws/recovers the permission to use the TXOP in advance based on the indication of the first frame. This can improve channel resource utilization and reliability of recovering the permission to use the TXOP.

FIGURE 3