

ABSTRACT

This application relates to a communication method and apparatus. An access point device transmits a trigger frame, where the trigger frame is used to trigger a first station to transmit first uplink data, and the first station is a station incapable of transmitting first information. The access
5 point device transmits the first information, and/or the trigger frame is further used to trigger a second station to transmit the first information, where the first information is used to cause a third station not to transmit data when the first station transmits uplink data. The access point device receives the first uplink data from the first station. In embodiments of this application, it is equivalent that the access point device and/or the second station may replace the first station
10 incapable of transmitting the first information to transmit the first information, thereby reducing interference when the first station transmits data.