

## COMMUNICATION METHOD AND APPARATUS

### ABSTRACT

This application relates to a communication method and apparatus. A first apparatus generates a first PPDU. The first apparatus sends the first PPDU. A frequency domain resource  
5 corresponding to a first PPDU bandwidth includes a frequency domain resource corresponding to a reference bandwidth, the frequency domain resource corresponding to the reference bandwidth is located at an edge of the frequency domain resource corresponding to the first PPDU bandwidth, and the reference bandwidth is less than the first PPDU bandwidth. A transmit power of the first  
PPDU on each subcarrier of M subcarriers is less than or equal to a first threshold, and the M  
10 subcarriers belong to guard tones corresponding to the first PPDU bandwidth but do not belong to the guard tones corresponding to the reference bandwidth. The M subcarriers function similar to guard tones, so that the guard tones corresponding to the reference bandwidth can meet a requirement of a tone plan corresponding to the first PPDU bandwidth.

(FIG.6)