

ABSTRACT

Disclosed by the present application are a discontinuous reception method, terminal device and network device, the method including: a first terminal device determining a target discontinuous reception (DRX) cycle used for the first terminal device to detect a DRX indication signal during a DRX indication cycle which is used for DRX indication signal detection, the DRX indication cycle comprising N DRX cycles, the DRX indication signal being used to indicate that the first terminal device wakes up or sleeps during an activation period of the N DRX cycles after the moment when the DRX indication signal is detected; a first terminal device detecting a DRX indication signal sent by a network device in the target DRX cycle; the first terminal device waking up or sleeping according to the DRX indication signal during the activation period of the N DRX cycles after the moment when the DRX indication signal is detected. Since different terminal devices detect the DRX indication signal at different times, the different terminal devices, when detecting the DRX indication signal, may reduce the interference between each other, further reducing power consumption.

(Fig. 3)