COMMUNICATION METHOD AND COMMUNICATION APPARATUS

[0001] This application claims priority to Chinese Patent Application No. 202111526126.9, filed with the China National Intellectual Property Administration on December 14, 2021 and entitled "COMMUNICATION METHOD AND COMMUNICATION APPARATUS", which is incorporated herein by reference in its entirety.

[0002]

[0003] This application claims priority to Chinese Patent Application No. 202210090368.6, filed with the China National Intellectual Property Administration on January 25, 2022 and entitled "COMMUNICATION METHOD AND COMMUNICATION APPARATUS", which is incorporated herein by reference in its entirety.

TECHNICAL FIELD

[0004] This application relates to the wireless local area network (Wireless Local Area Network, WLAN) field, and in particular, to a communication method and a communication apparatus.

BACKGROUND

[0005] With development of communication technologies, the WLAN communication standard, using assurance of latency and jitter features as a key technical objective, has gained wide attention in the industry. Restricted target wake time (restricted target wake time, r-TWT) is a new mechanism for ensuring low-latency traffic.

[0006] Currently, in an implementation process of the r-TWT mechanism, an access point (access point, AP) may send one or more pieces of restricted target wake time service period (restricted target wake time service period, r-TWT SP) information by using a management frame. For a station (station, STA) that supports the r-TWT mechanism, a transmission opportunity (transmission opportunity, TXOP) needs to be terminated before a start time indicated by the r-TWT SP information. In addition, a STA that is not scheduled by using the r-TWT SP information needs to be quiet after the start time, but a STA that is scheduled by using the r-TWT SP information may initiate channel contention after the start time. In other words, the r-TWT SP