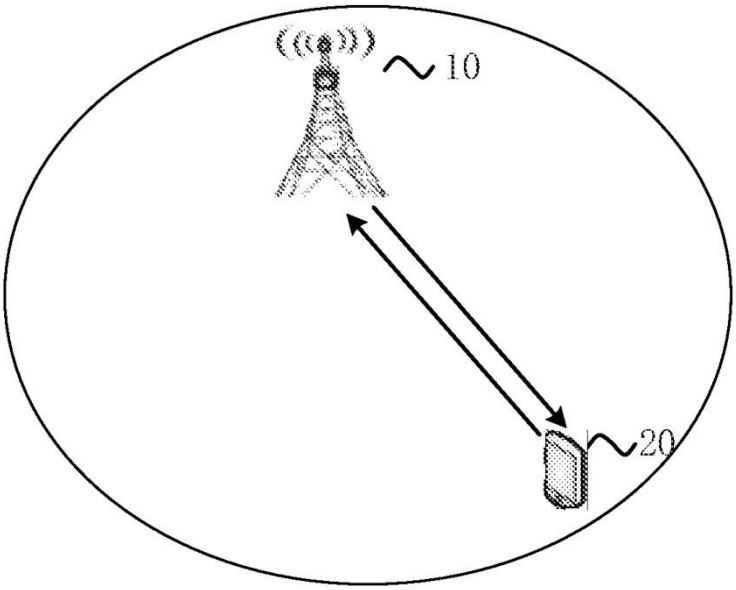
10
20

FIG. 1

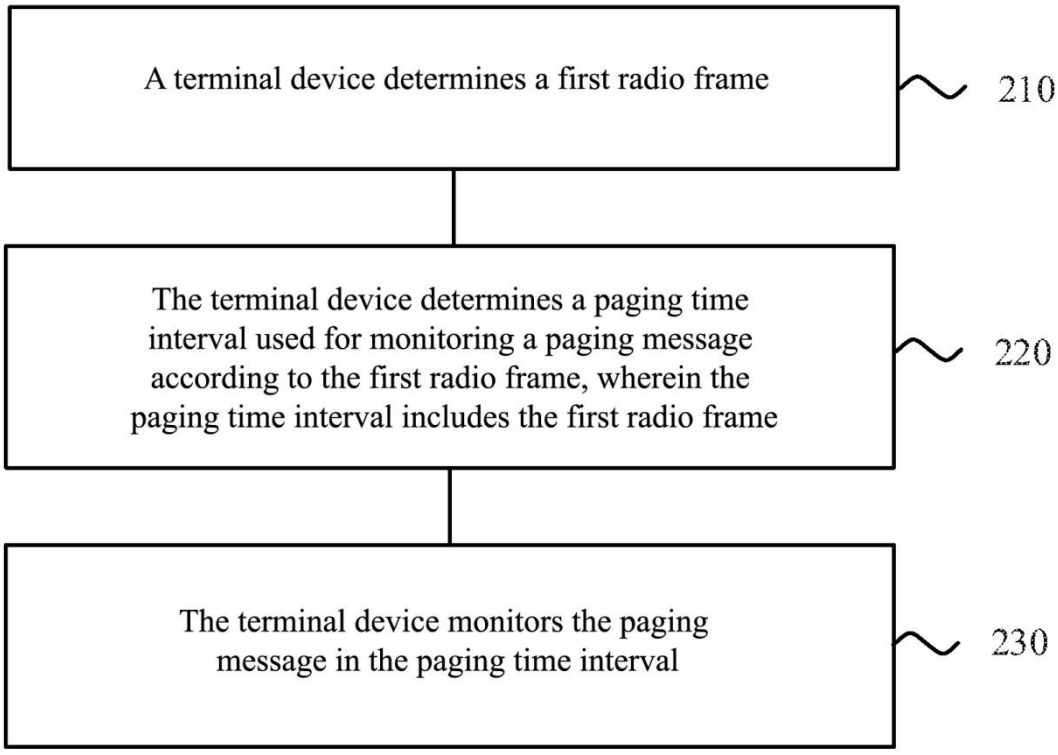
A terminal device determines a first radio frame
210
The terminal device determines a paging time interval used for monitoring a paging message according to the first radio frame, wherein the paging time interval includes the first radio frame
220
The terminal device monitors the paging message in the paging time interval
230

FIG. 2

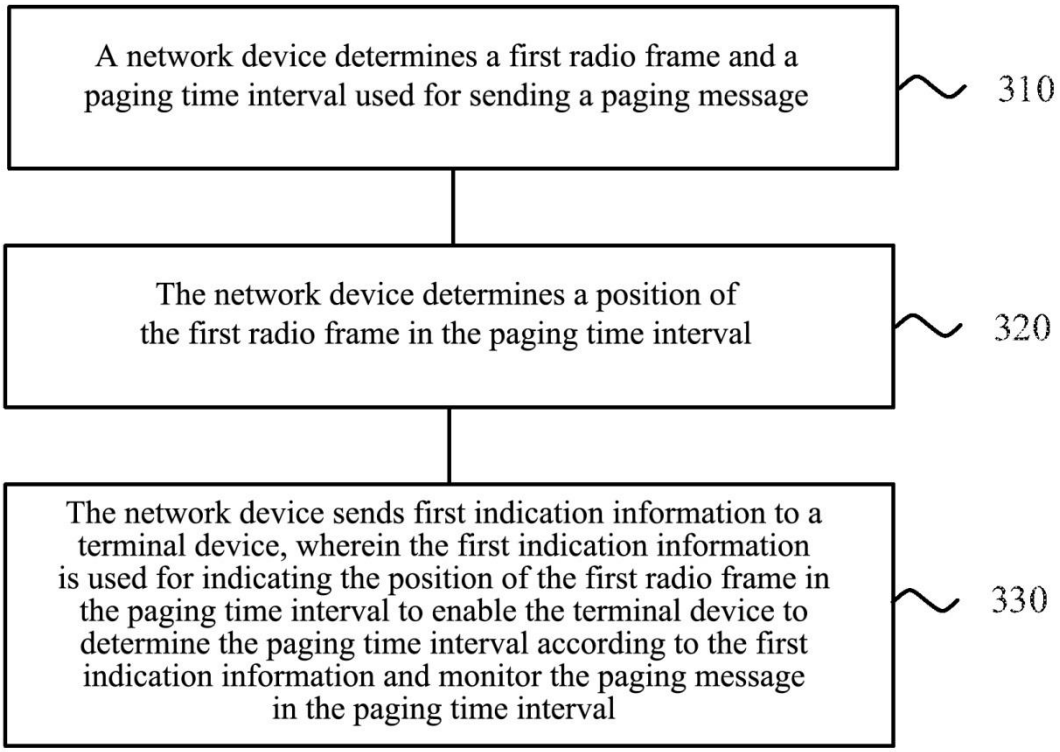
A network device determines a first radio frame and a paging time interval used for sending a paging message
310
The network device determines a position of the first radio frame in the paging time interval
320
The network device sends first indication information to a terminal device, wherein the first indication information is used for indicating the position of the first radio frame in the paging time interval to enable the terminal device to determine the paging time interval according to the first indication information and monitor the paging message in the paging time interval
330

FIG. 3

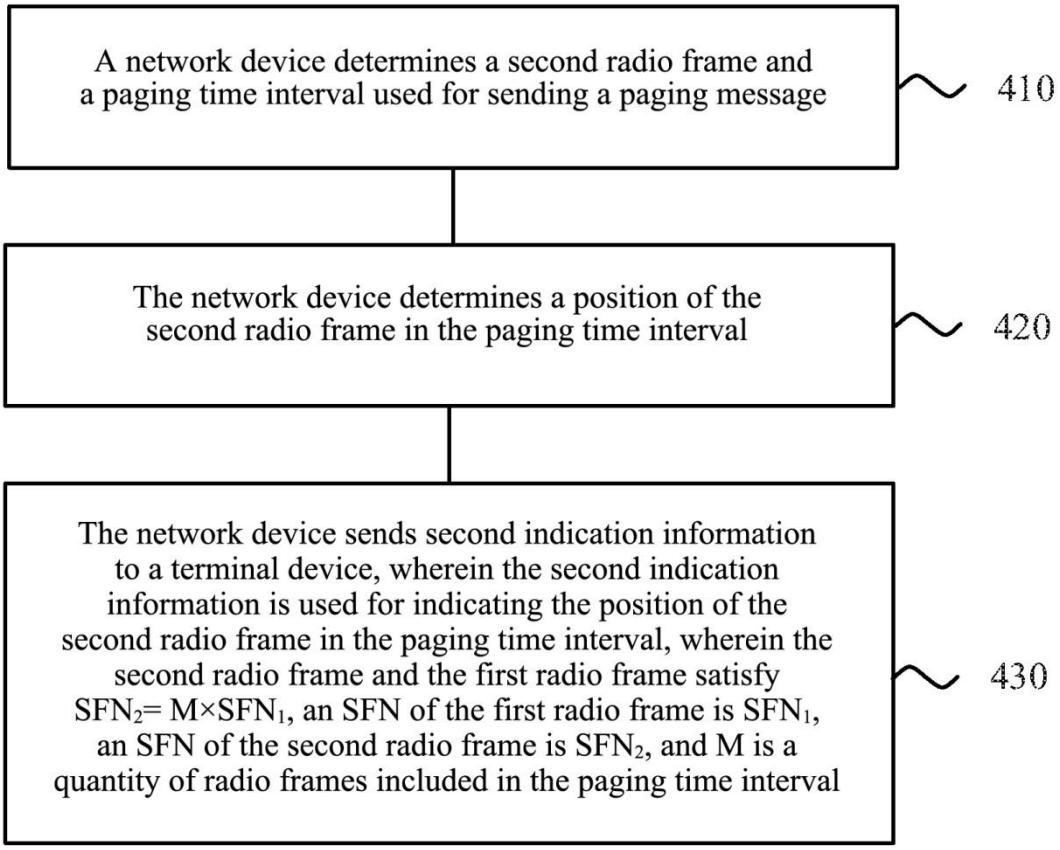
A network device determines a second radio frame and a paging time interval used for sending a paging message
410
The network device determines a position of the second radio frame in the paging time interval
420
The network device sends second indication information to a terminal device, wherein the second indication information is used for indicating the position of the second radio frame in the paging time interval, wherein the second radio frame and the first radio frame satisfy $SFN_2 = M \times SFN_1$, an SFN of the first radio frame is SFN_1, an SFN of the second radio frame is SFN_2, and M is a quantity of radio frames included in the paging time interval
430

FIG. 4

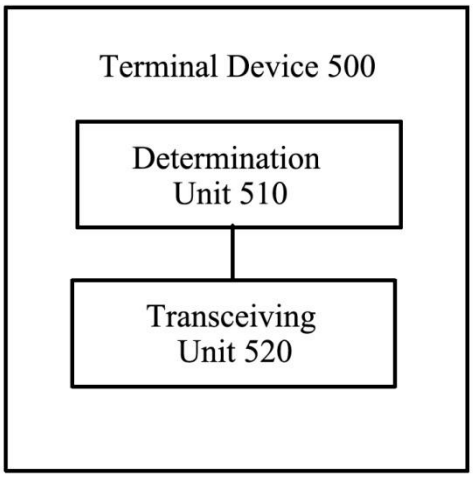

FIG. 5

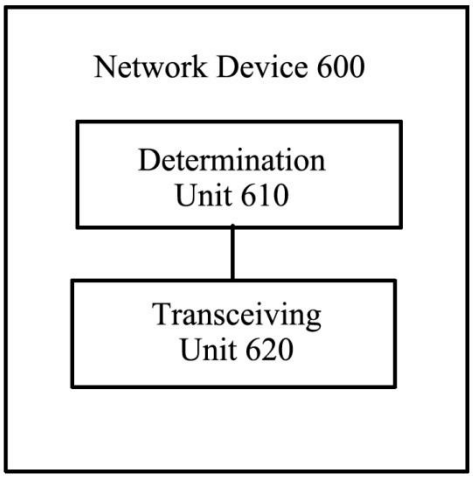

FIG. 6

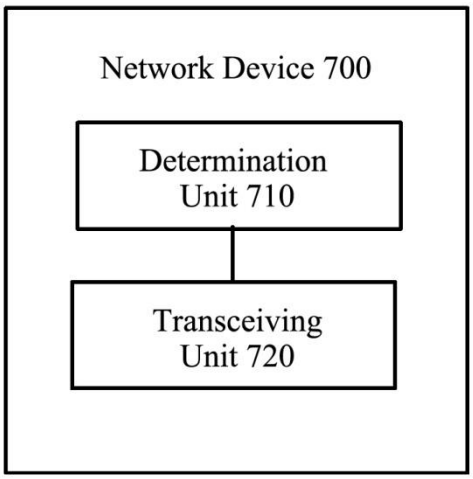

FIG. 7

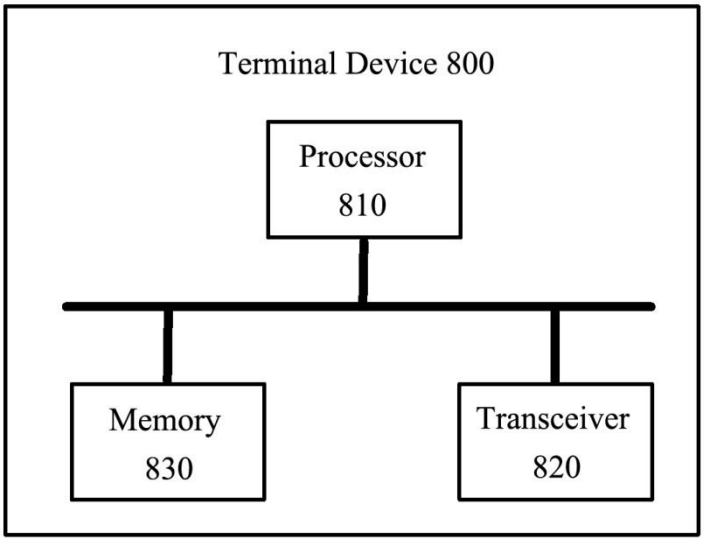
Terminal Device 800
Processor
810
Memory
830
Transceiver
820

FIG. 8

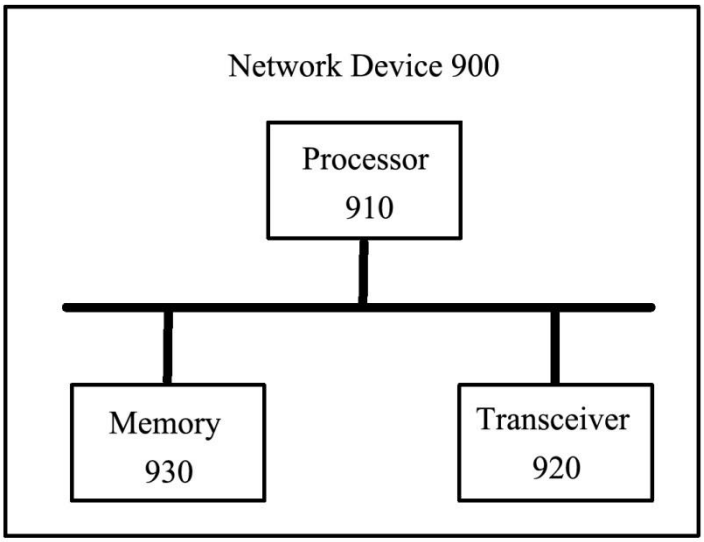
Network Device 900
Processor
910
Memory
930
Transceiver
920

FIG. 9

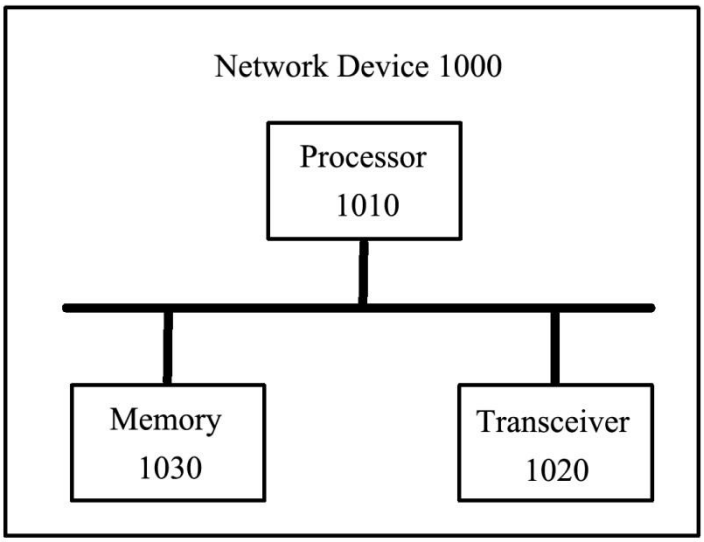
Network Device 1000
Processor
1010
Memory
1030
Transceiver
1020

FIG. 10

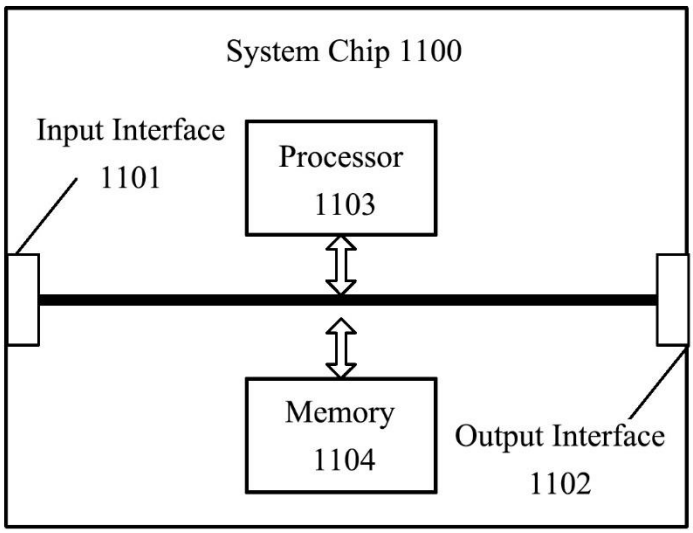
System Chip 1100
Input Interface
1101
Processor
1103
Memory
1104
Output Interface
1102

FIG. 11