

Abstract

Provided in the present disclosure are a communication method and a communication apparatus. The communication method may comprise: determining a first message frame, wherein in response to a condition related to a multi-link communication being met, the first message frame comprises a reduced neighbor report (RNR) information element; and sending the first message frame under a first link among a plurality of links. By means of the technical solution provided in the exemplary embodiments of the present disclosure, the spectrum utilization rate can be improved.

FIG. 2