

## COMMUNICATION METHOD AND APPARATUS

### ABSTRACT

5 This application provides a communication method and apparatus, to improve an energy saving effect of a network device. The method includes: A terminal device receives first information indicating a sleep cycle of a network device, and determines a paging frame based on the sleep cycle. The terminal device monitors a paging message on the paging frame. In  
10 embodiments of this application, the terminal device and the network device determine the paging frame based on the sleep cycle of the network device, to extend an interval between paging frames. For example, paging frames may be concentrated in on duration of the network device. In this way, a quantity of times that the network device wakes up can be reduced, and an energy saving effect of the network device can be improved.

15 (FIG.4)