

ABSTRACT

This application provides a communication method and a communication apparatus. This application is applied to a wireless local area network system that supports a next-generation Wi-Fi protocol of IEEE 802.11ax (for example, 802.11bf, 802.11be, Wi-Fi 8, EHT, UHR, or another 802.11 series protocol), and may be further applied to a UWB-based wireless personal area network system and a sensing system. The method includes: An AP determines a first communication frame, where the first communication frame includes first information, and the first information indicates N candidate time periods for sensing measurement; and the AP sends the first communication frame to a STA. This can improve efficiency of sensing measurement setup and improve resource utilization.