

COMMUNICATION METHOD AND APPARATUS

ABSTRACT

A communication method and apparatus are disclosed, and relate to the field of communication technologies. One type of radio frame is provided to meet different use requirements for a time resource in a plurality of application scenarios, so that the radio frame is universal. The communication method includes: A first device generates a first frame. The first frame includes a first field and a second field. The first field indicates a duration of a first time resource. The second field indicates a purpose of the first time resource. The purpose of the first time resource includes: The first time resource is used to transmit a single-user PPDU, or the first time resource is used to perform frame exchange. The first device sends the first frame to a second device.

FIG. 12