

## **ABSTRACT**

### **NETWORK OPTIMIZATION METHOD BASED ON WEARABLE DEVICE AND WEARABLE DEVICE**

The present invention relates to the technical field of communications, and discloses a network optimization method based on a wearable device and a wearable device, where the method includes: detecting whether the wearable device is in a ping-pong handover network environment; if yes, monitoring a state of the wearable device, and obtaining state information of the wearable device; where the state information includes call state information, data network state information, screen state information, and positioning information; adjusting a network standard according to the state information; the network standard is a type of the data network; recording adjustment information of the network standard; the adjustment information includes adjustment time and adjustment effect indication information; adjusting an adjustment parameter group related to the network standard of the wearable device dynamically according to the adjustment information and obtaining a target adjustment parameter group, so as to adjust the network standard according to the target adjustment parameter group. By implementing the embodiments of the present invention, the power consumption can be reduced and a standby capability of the wearable device can be increased.

Figure 2