

WHAT IS CLAIMED IS:

1. A transition method, comprising:

sending, by a network device, indication information to a terminal device, the indication information being used to indicate that there is currently no downlink data to be transmitted;

after sending the indication information, receiving, by the network device, supporting information associated with a terminal device which is sent from the terminal device;

determining, by the network device, a target state of the terminal device to be transitioned to according to the supporting information, wherein the target state is a Radio Resource Control (RRC) idle state or an RRC inactive state; and

enabling, by the network device, the terminal device to transition to the target state;

wherein the supporting information comprises mobile state information of the terminal device and arrival time interval information of a current service of the terminal device;

wherein determining, by the network device, a target state of the terminal device to be transitioned to according to the supporting information, comprises:

determining, by the network device, the target state according to the mobile state information and/or the arrival time interval information;

wherein determining, by the network device, the target state according to the mobile state information comprises:

if a moving speed of the terminal device is greater than or equal to a first threshold, determining by the network device that the target state is the RRC idle state; and

if the moving speed of the terminal device is smaller than the first threshold, determining by the network device that the target state is the RRC inactive state;

wherein enabling, by the network device, the terminal device to transition to the target state, comprises:

if the target state is the RRC idle state, releasing by the network device all radio bearers between the terminal device and the network device; and

if the target state is the RRC inactive state, releasing by the network device a part of the radio bearers between the terminal device and the network device.

2. The method according to claim 1, further comprising:

determining, by the network device, the first threshold from a plurality of thresholds corresponding to the terminal device.

3. The method according to claim 2, wherein the plurality of thresholds correspond to a plurality of bearers of the terminal device or a plurality of data streams of the terminal device.

4. The method according to claim 1, wherein determining, by the network device, the target state according to the arrival time interval information comprises:

if the arrival time interval of the current service is greater than or equal to a second threshold, determining by the network device that the target state is the RRC idle state; and

if the arrival time interval of the current service is smaller than the second threshold, determining by the network device that the target state is the RRC inactive state.

5. The method according to claim 4, further comprising:

determining, by the network device, the second threshold from a plurality of thresholds corresponding to the terminal device.

6. The method according to claim 5, wherein the plurality of thresholds correspond to a plurality of bearers of the terminal device or a plurality of data streams of the terminal device.

7. A transition method, comprising:

receiving, by a terminal device, indication information sent by a network device, the indication information being used to indicate that there is currently no downlink data to be transmitted;

after receiving the indication information, obtaining, by the terminal device, supporting information associated with the terminal device; and

sending, by the terminal device, the supporting information to a network device;

wherein the supporting information is a state which the terminal device is intended to transition to;

wherein obtaining, by a terminal device, supporting information associated with the terminal device, includes:

determining, by the terminal device, the state which the terminal device is intended to transition to according to mobile state information of the terminal device and/or arrival time interval information of a current service of the terminal device;

wherein determining, by the terminal device, the state which the terminal device is intended to transition to according to mobile state information of the terminal device, includes:

if a moving speed of the terminal device is greater than or equal to a first threshold, determining by the terminal device that the state which the terminal device is intended to transition to is the RRC idle state; and

if the moving speed of the terminal device is smaller than the first threshold, determining by the terminal device that the state which the terminal device is intended to transition to is the RRC inactive state.

8. A network device, configured to perform the method of any one of claims 1-6.

9. A terminal device, configured to perform the method of claim 7.