

COMMUNICATION METHOD AND COMMUNICATION APPARATUS

ABSTRACT

This application provides a communication method. The method may be applied to a WLAN system that supports 802.11 series protocols such as a next-generation protocol of IEEE 802.11be or Wi-Fi 8, and may also be applied to a UWB-based wireless personal area network system and a sensing system. The method includes: In a channel contention scenario, before sending a defer signal that indicates another station to wait for a duration before channel contention, a station calibrates a CFO based on a last first PPDU received before the defer signal is sent. The CFO is calibrated based on the last received PPDU, so that in a scenario in which a plurality of stations all send defer signals, the plurality of defer signals can be normally received by another station even if a CFO deviation is excessively large.

FIG. 5