CLAIMS

1. A communication method, comprising:

generating a first communication frame, wherein the first communication frame comprises first information and second information, the first information indicates first time information corresponding to a first access point (AP), the second information indicates an offset between the first time information and second time information, and the second time information is start time of a restricted target wake time service period (RTWT SP) of a second AP; and

sending the first communication frame.

2. A communication method, comprising:

receiving a first communication frame, wherein the first communication frame comprises first information and second information, the first information indicates first time information corresponding to a first access point AP, the second information indicates an offset between the first time information and second time information, and the second time information is start time of a restricted target wake time service period RTWT SP of a second AP; and

parsing the first communication frame.

3. The method according to claim 1 or claim 2, wherein the second information comprises first indication information, the first indication information comprises M bits of a time synchronization function timer (TSF timer) of the first AP, and the M bits are a part or all of 10 least significant bits of the TSF timer of the first AP.

4. The method according to claim 3, the M bits are 7^{st} bit to a 10^{th} bit of the TSF timer of the first AP, that is TSF[9:6].

5. The method according to any one of claims 1 to 4, the first time information is an 11^{th} bit to a 26^{th} bit of the TSF timer of the first AP, that is TSF[25:10].

6. The method according to any one of claims 3 to 5, the TSF timer of the first AP corresponds to the second time information.

7. The method according to any one of claims 1 to 6, the first communication frame comprises a target wake time (TWT) element, and a target wake time (TWT) field in the TWT element comprises the first information.

8. The method according to any one of claims 1 to 7, wherein the first communication frame comprises a target wake time (TWT) element, and the TWT element comprises the second information.

9. The method according to any one of claims 1 to 8, wherein the TWT element in the first communication frame comprises a broadcast TWT parameter set, and the second information is carried in any one or more of the following locations in the broadcast TWT parameter set:

a 5th byte in the broadcast TWT parameter set, a 4th bit to an 8th bit in a broadcast TWT information field in the broadcast TWT parameter set, and a first field after the broadcast TWT information field in the broadcast TWT parameter set.

10. The method according to claim 1 or 2, wherein the second information comprises second indication information, the second indication information comprises N bits, a value of the N bits is an integer ranging from 0 to 1023, N is a positive integer less than or equal to 10, and the value of the N bits indicates the offset between the first time information and the second time information.

11. The method according to claim 10, wherein the second time information is determined based on RTWT information of the second AP, and the RTWT information of the second AP is from a communication frame of the second AP.

12. The method according to any one of claims 1 to 11, wherein the TWT element in the first communication frame comprises third indication information, and the third indication information indicates that TWT information of the second AP exists in the TWT element.

13. The method according to claim 12, wherein the third indication information is carried in any one or more of the following locations in the TWT element:

an 8th bit in a control field in the TWT element and a 16th bit in a request type field in the broadcast TWT parameter set in the TWT element.

14. The method according to any one of claims 1 to 13, wherein the first communication frame is a beacon frame; or

the first communication frame is a communication frame in response to a probe request frame, and the probe request frame is from a first non-access point station (non-AP STA).

15. A communication apparatus, comprising a module or a unit configured to perform the method according to any one of claims 1 to 14.