

## WHAT IS CLAIMED IS:

1. A communication method, performed by a user equipment (UE) and comprising:
  - obtaining a first parameter in response to being in an idle state, wherein the first parameter is a scrambling identifier for generating the at least one of TRS sequence or the CSI-RS sequence; and
  - monitoring at least one of a Tracking Reference Signal (TRS) sequence or a Channel State Information Reference Signal (CSI-RS) sequence based on the first parameter.
2. The method of claim 1, wherein obtaining the first parameter in response to being in an idle state comprises at least one of:
  - obtaining a preset first parameter;
  - receiving the first parameter sent by a base station; or
  - determining the first parameter based on a second parameter and an association relation between the first parameter and the second parameter, wherein the second parameter is a parameter related to a Paging Occasion (PO) monitored by the UE.
3. The method of claim 2, wherein the parameter related to the PO monitored by the UE comprises at least one of:
  - a physical layer cell identifier of a cell of the PO monitored by the UE;
  - an index of a radio frame of the PO monitored by the UE;
  - an index of a time slot of the PO monitored by the UE;
  - an index of a start symbol of the PO monitored by the UE; or,
  - an index of a Synchronization Signal Block (SSB) corresponding to the PO monitored by the UE.
4. The method of claim 2, wherein receiving the first parameter sent by the base station comprises:
  - receiving system information sent by the base station, wherein the system information comprises the first parameter;
  - wherein the system information comprises at least one of a Master Information Block (MIB) or a System Information Block (SIB).
5. The method of claim 1, wherein monitoring the TRS sequence and/or the CSI-RS sequence based on the first parameter comprises at least one of:

monitoring the at least one of TRS sequence or the CSI-RS sequence based on the first parameter in response to being in the idle state; or

monitoring the at least one of TRS sequence or the CSI-RS sequence based on the first parameter in response to being in a connected state.

6. The method of any one of claims 1-5, wherein the first parameter is an integer ranging from 0 to 1023.

7. A communication method, performed by a base station and comprising:

sending a first parameter, wherein the first parameter is configured for a UE to monitor at least one of a TRS sequence or a CSI-RS sequence,

wherein the first parameter is a scrambling identifier for generating the at least one of TRS sequence or the CSI-RS sequence.

8. The method of claim 7, wherein sending the first parameter comprises:

sending system information, wherein the system information comprises the first parameter;

wherein the system information comprises at least one of a MIB or a SIB.

9. The method of claim 7 or claim 8, wherein the first parameter is an integer ranging from 0 to 1023.

10. A user equipment (UE), comprising:

an obtaining module, configured to obtain a first parameter in response to being in an idle state, wherein the first parameter is a scrambling identifier for generating the at least one of TRS sequence or the CSI-RS sequence; and

a monitoring module, configured to monitor a TRS sequence and/or a CSI-RS sequence based on the first parameter.

11. The user equipment of claim 10, wherein the obtaining module is configured to perform at least one of:

obtaining a preset first parameter;

receiving the first parameter sent by a base station; or

determining the first parameter based on a second parameter and an association relation between the first parameter and the second parameter, wherein the second parameter is a parameter related to a PO monitored by the UE.

12. The user equipment of claim 11, wherein the parameter related to the PO monitored by the UE comprises at least one of:

- a physical layer cell identifier of a cell of the PO monitored by the UE;
- an index of a radio frame of the PO monitored by the UE;
- an index of a time slot of the PO monitored by the UE;
- an index of a start symbol of the PO monitored by the UE; or,
- an index of a Synchronization Signal Block (SSB) corresponding to the PO monitored by the UE.

13. The user equipment of claim 11, wherein when receiving the first parameter sent by a base station, the obtaining module is configured to:

- receive system information sent by the base station, wherein the system information comprises the first parameter;

- wherein the system information comprises a MIB or a SIB.

14. The user equipment of claim 10, wherein the monitoring module is configured to perform at least one of:

- monitoring the TRS sequence and/or the CSI-RS sequence based on the first parameter in response to being in the idle state; or

- monitoring the TRS sequence and/or the CSI-RS sequence based on the first parameter in response to being in a connected state.

15. The user equipment of any one of claims 10-14, wherein the first parameter is an integer ranging from 0 to 1023.

16. A base station, comprising:

- a sending module, configured to send a first parameter, wherein the first parameter is configured for a UE to monitor a TRS sequence and/or a CSI-RS sequence,

- wherein the first parameter is a scrambling identifier for generating the at least one of TRS sequence or the CSI-RS sequence.

17. The base station of claim 16, wherein, when sending the first parameter, the sending module is configured to:

- send system information, wherein the system information comprises the first parameter;
- wherein the system information comprises a MIB or a SIB.

18. The base station of claim 16 or claim 17, wherein the first parameter is an integer ranging from 0 to 1023.

19. A user equipment (UE), comprising:

a processor; and

a memory storing computer programs executable by the processor, wherein when the computer programs are executed by the processor, the method of any one of claims 1-6 is implemented.

20. A base station, comprising:

a processor; and

a memory storing computer programs executable by the processor, wherein when the computer programs are executed by the processor, the method of any one of claims 7-9 is implemented.

21. A computer readable storage medium having computer programs stored thereon, wherein when the computer programs are executed by a processor, the method of any one of claims 1-6 or the method of any one of claims 7-9 is implemented.