CLAIMS

1. A communication method, comprising:

receiving, by a first non-access point station (non-AP STA), first target wake time (TWT) information from a first access point (AP), wherein the first non-AP STA is associated with the first AP, the first TWT information comprises first indication information, and the first indication information indicates that TWT indicated by the first TWT information is TWT set up between an AP in an overlapping basic service set (OBSS) of the first AP and a non-AP STA associated with the AP; and

determining, by the first non-AP STA based on the first indication information, that the TWT indicated by the first TWT information is the TWT set up between the AP in the OBSS and the non-AP STA associated with the AP.

2. The method according to claim 1, wherein the first TWT information is carried in a first TWT element, and the first indication information is carried in a reserved field B7 in a control field of the first TWT element.

3. The method according to claim 1 or 2, wherein the first TWT information further comprises third indication information; and

the third indication information indicates the first non-AP STA to communicate with the first AP on a primary channel that is switched to.

4. The method according to claim 3, wherein the first TWT information is carried in the first TWT element, and the third indication information is carried in a TWT parameter information field of the first TWT element.

5. The method according to any one of claims 1 to 4, wherein the first TWT information further comprises fourth indication information; and

the fourth indication information indicates the first non-AP STA to communicate with the first AP on a primary channel that is switched to when a state of the first channel is a busy state.

6. The method according to claim 5, wherein the first TWT information is carried in the first TWT element; and

the fourth indication information is carried in the TWT parameter information field of the first TWT element.

7. The method according to any one of claims 1 to 6, wherein the method further comprises:

switching, by the first non-AP STA, a primary channel from a first channel to a second channel based on the first TWT information, and communicating with the first AP on the second channel serving as the primary channel, wherein

start time of switching the primary channel from the first channel to the second channel is

start time of an SP of the first TWT or is before start time of an SP of the first TWT; and/or

completion time of switching the primary channel from the first channel to the second channel is the start time of the SP of the first TWT or is before the start time of the SP of the first TWT.

8. The method according to claim 7, wherein after switching, by the first non-AP STA, the primary channel from the first channel to the second channel based on the first TWT information, and communicating with the first AP on the second channel serving as the primary channel, the method further comprises:

switching, by the first non-AP STA, the primary channel from the second channel to the first channel, and communicating with the first AP on the first channel serving as the primary channel, wherein

start time of switching the primary channel from the second channel to the first channel is end time of the SP of the first TWT or is after end time of the SP of the first TWT; and/or

completion time of switching the primary channel from the second channel to the first channel is the end time of the SP of the first TWT or is after the end time of the SP of the first TWT.

9. The method according to any one of claims 1 to 8, wherein the method further comprises:

sending, by the first non-AP STA to the first AP, information indicating to request to enter a first mode; or

receiving, by the first non-AP STA from the first AP, the information indicating to request to enter the first mode, wherein

the first mode indicates that a non-AP STA and/or an AP in the first mode is allowed to switch the primary channel based on the first TWT information.

10. A communication method, comprising:

obtaining, by a first access point (AP), first target wake time (TWT) information, wherein a first non-access point station (non-AP STA) is associated with the first AP, the first TWT information comprises first indication information, and the first indication information indicates that TWT indicated by the first TWT information is TWT set up between an AP in an overlapping basic service set (OBSS) of the first AP and a non-AP STA associated with the AP; and

sending, by the first AP, the first TWT information.

11. The method according to claim 10, wherein the first TWT information is carried in a first TWT element; and

the first indication information is carried in a reserved field B7 in a control field of the first TWT element.

12. The method according to claim 10 or 11, wherein the first TWT information further comprises third indication information; and

the third indication information indicates the first AP to communicate with the first non-AP

STA on a primary channel that is switched to.

13. The method according to claim 12, wherein the first TWT information is carried in the first TWT element; and

the third indication information is carried in a TWT parameter information field of the first TWT element.

14. The method according to any one of claims 10 to 13, wherein the first TWT information further comprises fourth indication information; and

the fourth indication information indicates the first AP to communicate with the first non-AP STA on a primary channel that is switched to when a state of a first channel is a busy state.

15. The method according to claim 14, wherein the first TWT information is carried in the first TWT element; and

the fourth indication information is carried in the TWT parameter information field of the first TWT element.

16. The method according to any one of claims 10 to 15, wherein the method further comprises:

switching, by the first AP, the primary channel from the first channel to a second channel based on the first TWT information, and communicating with the first non-AP STA on the second channel serving as the primary channel, wherein

start time of switching the primary channel from the first channel to the second channel is start time of an SP of the first TWT or is before start time of an SP of the first TWT; and/or

completion time of switching the primary channel from the first channel to the second channel is the start time of the SP of the first TWT or is before the start time of the SP of the first TWT.

17. The method according to claim 16, wherein after switching, by the first AP, the primary channel from the first channel to the second channel based on the first TWT information, and communicating with the first non-AP STA on the second channel serving as the primary channel, the method further comprises:

switching, by the first AP, the primary channel from the second channel to the first channel, and communicating with the first non-AP STA on the first channel serving as the primary channel, wherein

start time of switching the primary channel from the second channel to the first channel is end time of the SP of the first TWT or is after end time of the SP of the first TWT; and/or

completion time of switching the primary channel from the second channel to the first channel is the end time of the SP of the first TWT or is after the end time of the SP of the first TWT.

18. The method according to any one of claims 10 to 17, wherein the method further comprises:

sending, by the first AP, information indicating to request to enter the first mode; or

receiving, by the first AP, the information indicating to request to enter a first mode, wherein the first mode indicates that a non-AP STA and/or an AP in the first mode is allowed to switch the primary channel based on the first TWT information.

19. A communication apparatus, comprising a module configured to perform the method according to any one of claims 1 to 9 or a module configured to perform the method according to any one of claims 10 to 18.

20. A computer-readable storage medium, wherein the storage medium stores a computer program or instructions, and when the computer program or the instructions are executed by a communication apparatus, the method according to any one of claims 1 to 9 or the method according to any one of claims 10 to 18 is implemented.