

COMMUNICATION METHOD AND COMMUNICATION APPARATUS

ABSTRACT

A communication method and a communication apparatus are provided. In this method, a
5 terminal device can use different information in different hyper system frames (for example, use
first information in a first hyper system frame and use second information in a second hyper system
frame) to determine start times of first timers. Therefore, the start times of the first timers may be
different in the different hyper system frames. This helps improve flexibility of setting the start
time of the first timer, to help avoid a problem that a service cycle does not match a DRX cycle
10 because the start times of the first timers are fixed/the same in the different hyper system frames.
This helps reduce power consumption of the terminal device, and/or reduce a delay in receiving
data by the terminal device.

15 FIG. 2