

COMMUNICATION METHOD AND COMMUNICATION APPARATUS

ABSTRACT

This application provides a communication method and a communication apparatus. In a
5 scenario in which a sending device sends a PPDU carrying a trigger frame, it can be ensured that
a receiving device successfully implements carrier sensing before returning a TB PPDU. The
method includes: A sending device sends a first physical layer protocol data unit PPDU over a first
link, where the first PPDU carries a trigger frame. The sending device sends a second PPDU over
a second link, where an end time of sending the second PPDU is not earlier than a first time and
10 not later than a second time, the first time is related to an end time of sending the first PPDU and
a state turnaround time in a short interframe space SIFS time, and the second time is related to the
end time of sending the first PPDU and the SIFS time.

Fig. 4