I would use infrared light and visible light to communicate to or detect life forms. Many gases that are needed for living creatures absorb certain wavelengths of those EM waves. Absorbed colors appear as black gaps, so I would know if a planet has certain gases from those black gaps. I would use infrared light to find out whether a planet has methane, water or CO2 (carbon dioxide) on it because these gases absorb certain parts of the infrared light. I would also use visible light rays to see if the planet has methane, oxygen, water or ozone because these gases absorb parts of the visible light. As you can see, both the infrared and the visible light can be used to find methane and water because these gases absorb wavelengths from each EM wave.