

ABSTRACT

A substrate for a magnetic disk includes a substrate main body having two main surfaces, and a film that is provided on the main surfaces and is made of a material having a loss factor of 0.1 or more. The substrate for a magnetic disk including the film has a thickness T of 0.700 mm or less, and a thickness D [mm] of the film provided on the main surfaces and the thickness T [mm] of the substrate for a magnetic disk including the film satisfy a relationship $D \geq 0.0082/T - 0.0015$.