ABSTRACT

An optical information recording medium includes an inorganic film which changes an intensity or an intensity distribution of light formed on an upper surface of a board, and a recording film, a protecting film, and a reflecting film formed on an upper portion of the inorganic film. The inorganic film is constructed by N (N is an integer of 2 or more) kinds of phases, the phases of the kinds within a range from at least one or more kinds to (N-1) kinds among the N kinds of phases are continuous phases, and the other phases are discontinuous phases. Information, consequently, may be written in high density.