ABSTRACT

A phase change optical disk having a reflectance relation of Rc < Ra and is adapted such that high recording characteristic can be obtained starting at a first recording time even when a recording operation is carried out without conducting an initialization process. For this purpose, a multiple reflection layer (2), a first dielectric layer (3), a recording layer (4), a second dielectric layer (5), a reflecting layer (6) and an UV curable resin layer (7) are provided on a substrate (1). The recording layer (4) is deposited at a temperature of the substrate during the deposition of the recording layer set to a temperature which makes the recording layer into a stable amorphous conditions and which is lower than a crystallizing temperature of the recording layer. Thus, the recording layer (4) is deposited into a stable amorphous state.