ABSTRACT OF THE DISCLOSURE

By keeping the imaginary number portion k of the complex index of refraction of the film of the light absorbing layer 3, the mean film thickness dav of the light absorbing layer 3, and the absorbency A related thereto within an appropriate range, the present invention provides an optical information recording medium with good recording sensitivity and playback properties, which makes possible high speed recording by increasing the sensitivity to the recording beam and stable recording with sufficient reflectivity, and which can reduce jitter.

In the present invention, $0.13 \leq A \leq 0.21$ where A (Abs) is the absorbency of the light absorbing layer at the wavelength of the recording beam; and $6.0 \leq k \cdot dav \leq 12.0$ where k is the imaginary number portion of the complex index of refraction of the film in the light absorbing layer and dav (nm) is the mean film thickness of the light absorbing layer, at the wavelength of the recording beam.

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