ABSTRACT

A method of and apparatus for recording information are disclosed, which obviate the problem that the average power of the middle pulse chain cannot be controlled simply by controlling the two pulse levels of the middle pulse chain in an energy beam for recording the information. The energy beam is multi-pulsated and radiated on the recording medium for forming a recording mark. The average power of the middle pulse chain is measured and set to a predetermined value. As a result, the average power of the first pulse, the middle pulse chain and the last pulse of the multi-pulse chain can be accurately controlled.

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