ABSTRACT

An optical recording medium having an information layer with a reflective film on which an information recording portion is formed by physical change of shape at least in one direction of thickness and track width, said reflective film having such an structure that additional recording can be performed by thermal recording, and that the reflectance of said reflective film changes in the range of

$0.5[\%]<(|R_0-R_1|/R_0)\times 100[\%]<17[\%]$,

where R_0 is reflectance of non-recording state and R_1 is reflectance of recording state for reproducing beam. Such optical recording medium can be manufactured with low cost and additional recording can be done.