ABSTRACT

To reduce the occurrence of fragmentation when variable-bit-rate digital data is recorded on a continuous area of unit periods. When the amount of data in the buffer memory is larger than that for one unit period, the digital data in the buffer memory is read every unit period, and the read digital data is recorded as a continuous area (step S106). When the amount of data in the buffer memory is less than that for one unit period, the amount of data is estimated from the time corresponding to the amount of data less than that for the unit period and the length of the unit period (step S112). The digital data of the unit period is recorded on a recordable area in which the estimated amount of digital data can be recorded continuously (step S106).