## s 2017 0104

The invention relates to the field of optical information record, and can be used in holography, upon copying of optical information, in optical protection technology, etc.

The method for recording optical holograms and raster images comprises a simultaneous record mode on a photothermoplastic multilayer metal-chalcogenide glass-like semiconductor-thermoplastic medium, in which upon recording the average carrier frequency and the sampling frequency is selected so that their values may be 1.5...2 times lower than the resonance frequency of the photothermoplastic medium.

Claims: 1 Fig.: 3