



considered for applications such as medical imaging and sensing. The aim of this topic is concentrating on providing an alternative besides ordinary rare-earth doped fiber laser.

While most recent literature has focused on advancing the performance of these devices experimentally, theoretical studies are still scarce. In contrast, ordinary laser theory is very mature, has been thoroughly studied and is now well understood from the point of view of fundamental physics. The differences between the gain saturation process in lasers using ordinary gain medium and FOPOs are analyzed. For a phase insensitive FOPO with one pump, there is an optimized output coupling ratio to get a maximum output power, which is close to 1. It is significantly different from the case of lasers using an ordinary gain medium where optimized output coupling ratio is close to 0. This can help us to build a FOPO with maximum output power. By choosing a suitable output coupling ratio of the fiber optical parametric oscillator cavity, a narrowband FOPO at 1450nm based on the commercial dispersion shift fiber with multi-watt output power was proposed. The optimized ratio is in the range about 80%-90% for different cavity losses. Because the FOPO is robust to the cavity losses, a 2.4W peak-power was measured for the cavity with 70% internal loss. We observed good agreement between the theoretical and experimental results. By the optimization of coupling ratio, the FOPO with multi-watt output power is realized. The wavelength-swept source based on FOPO operating in near infrared (NIR) and short wavelength near infrared (SWIR) band is also experimentally demonstrated.