1+ cos(x^2 + 1)=sin^2 (x^2 + 1)

1+cosy=sin^2y

1+cosy-1+cos^2y=0

cosy+cos^2y=0

cosy=z

z+z^2=0

z(1+z)=0

z=0 z=-1

cosy=0

y=P/2+Pk

cosy=-1

y=P+2Pk

x^2+1=P/2+Pk

x=+-V(P/2+Pk-1); k>=0

x=+-V(P+2Pk-1); k>=0