sin^4 x + sin^4(x+P/4) + sin^4(x-P/4)=9/8

((1-cos2x)/2)^2+((1-cos2(x+p/4))/2)^2+((1-cos2(x-P/4))/2)^2=9/8

(1-2cos2x+cos^2 2x)/4+((1-cos(2x+p/2))/2)^2+((1-cos(2x-P/2))/2)^2=9/8

(1-2cos2x+cos^2 2x)/4+((1+sin2x)/2)^2+((1-sin2x)/2)^2=9/8

(1-2cos2x+cos^2 2x)/4+(1+2sin2x+sin^2 2x)/4+(1-2sin2x+sin^2 2x)/4=9/8

2(1-2cos2x+cos^2 2x)+2(1+2sin2x+sin^2 2x)+2(1-2sin2x+sin^2 2x)=9

2-4cos2x+2cos^2 2x+2+4sin2x+2sin^2 2x+2-4sin2x+2sin^2 2x)=9

6-4cos2x+2cos^2 2x+4sin^2 2x=9

6-4cos2x+2sin^2 2x=7

2sin^2 2x-4cos2x=1

2-2cos^2 2x-4cos2x=1

cos2x=t

-2t^2-4t+1=0

2t^2+4t-1=0

D/4=4+2=6

x1=(-2+V6)/2

x2=(-2-V6)/2

cos2x=(-2-V6)/2

cos- не существует

cos2x=(-2+V6)/2

x=+-arccos((-2+V6)/2)/2+pk

cos(2x+P/2)=-sin(2x)

cos(2x-P/2)=sin(2x)

Ответ:+-arccos((-2+V6)/2)/2+pk