sin2x*sin(x+P/4)=1
sin2x=1
sin(x+P/4)=1
2x=P/2+2pk
x=P/4+PK
x2+P/4=P/2+2pn
x2=P/4+2pn

P/4+2pn=P/4+pk
¼-¼+2n-k=0
2n-k=0
k=2n
x=P/4+2pn

sin2x=-1
sin(x+P/4)=-1
2x=-P/2+2pk
x=-p/4+pk
x2+p/4=-p/2+2pn
x2=-3p/4+2pn
-p/4+pk=-3p/4+2pn
-1/2=2n-k
Ответ:x=P/4+2pn