sin2x*sin(x+P/4)=1
sin2x=1
sin(x+P/4)=1
x=P/4+Pk   =P/4+2Pn
x=P/4+2Pn
k=2n

sin2x=-1
sin(x+P/4)=-1
x=-P/4+Pk
x=-3P/4+2Pn
решений нет

Ответ:P/4+2Pn

½*(cos(x-P/4) - cos(3x+P/4))=1
cos(x-P/4) - cos(3x+P/4)=2
cos(x-P/4)=1
x=P/4+2Pk
cos(3x+P/4)=-1
x=P/4+2/3Pn === P/4+2Pk
3k=n
Ответ:P/4+2Pk