

$$5+2\cos 2x \leq 3|2\sin x - 1|$$

$$\sin x \geq 1/2$$

$$2\sin^2 x + 3\sin x - 5 \geq 0$$

$$2(\sin x - 1)(\sin x + 5/2) \geq 0$$

$$\sin x \geq 1$$

$$x = \pi/2 + 2\pi k$$

$$7 - 4\sin^2 x \leq -(6\sin x - 3)$$

$$\sin x \leq 1/2$$

$$2\sin^2 x - 3\sin x - 2 \geq 0$$

$$\sin x = a$$

$$2a^2 - 3a - 4 = 0$$

$$a = 2; -1/2.$$

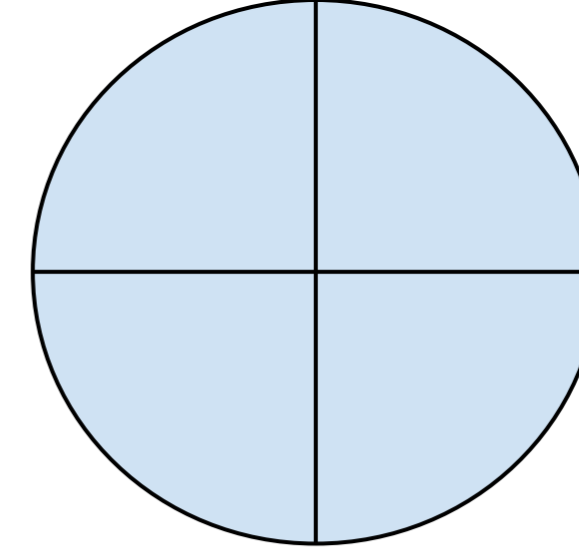
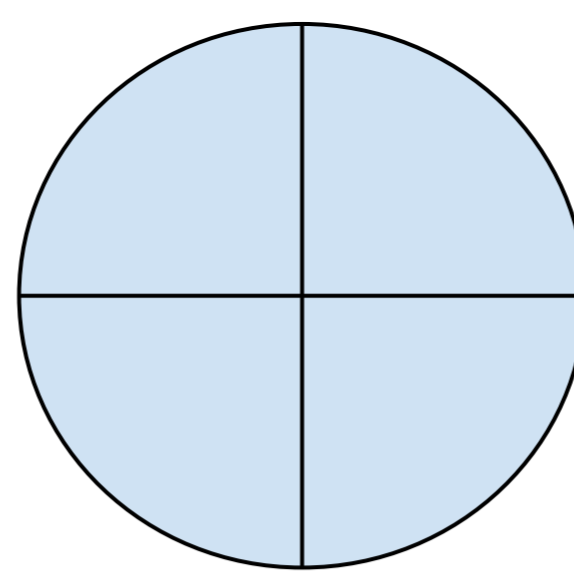
$$2(\sin x - 2)(\sin x + 1/2) \geq 0$$

$$\sin x \leq 1/2$$

$$\sin x \leq -1/2$$

$$x \in [7\pi/6 + 2\pi k; 11\pi/6 + 2\pi k]$$

$$\text{ответ } x \in [7\pi/6 + 2\pi k; 11\pi/6 + 2\pi k] ; \pi/2 + 2\pi k$$



**КВАДРАТИЧНЫЕ
ТРИГОНОМЕТРИЧЕСКИЕ
НЕРАВЕНСТВА**

$$5+2\cos 2x \leq 3|2\sin x - 1|$$

$$7-4\sin^2 x \leq -(6\sin x - 3)$$