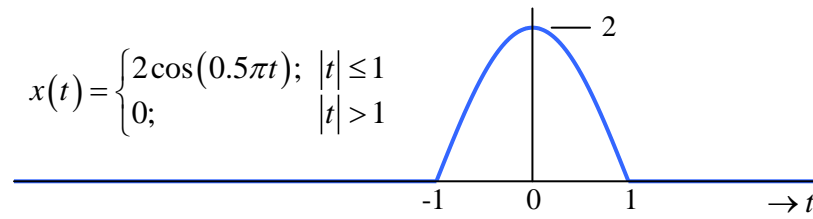


EE2023 TUTORIAL 3 (SOLUTIONS)**Solution to Q.1**

(a)

Method 1: By applying direct Fourier transform:

$$\begin{aligned}
 X(f) &= \int_{-\infty}^{\infty} x(t) \exp(-j2\pi ft) dt \\
 &= \int_{-\infty}^{-1} 0 \exp(-j2\pi ft) dt + \int_{-1}^1 2 \cos(0.5\pi t) \exp(-j2\pi ft) dt + \int_1^{\infty} 0 \exp(-j2\pi ft) dt \\
 &= 2 \int_{-1}^1 \underbrace{\cos(0.5\pi t) \cos(2\pi ft)}_{\text{even function of } t} dt - \cancel{j 2 \int_{-1}^1 \underbrace{\cos(0.5\pi t) \sin(2\pi ft)}_{\text{odd function of } t} dt} \\
 &= 4 \int_0^1 \cos(0.5\pi t) \cos(2\pi ft) dt \\
 &\cdots \text{applying } \cos(A)\cos(B) = \frac{1}{2} \cos\left(\frac{A-B}{2}\right) + \frac{1}{2} \cos\left(\frac{A+B}{2}\right) \\
 &= 2 \int_0^1 \cos((2\pi f - 0.5\pi)t) + \cos((2\pi f + 0.5\pi)t) dt \\
 &= 2 \left[\frac{\sin((2\pi f - 0.5\pi)t)}{2\pi f - 0.5\pi} + \frac{\sin((2\pi f + 0.5\pi)t)}{2\pi f + 0.5\pi} \right]_0^1 \\
 &= 2 \left(\frac{\sin(2\pi f - 0.5\pi)}{2\pi f - 0.5\pi} + \frac{\sin(2\pi f + 0.5\pi)}{2\pi f + 0.5\pi} \right) \\
 &= \frac{2}{\pi} \left(\frac{-\cos(2\pi f)}{2f - 0.5} + \frac{\cos(2\pi f)}{2f + 0.5} \right) = \frac{2 \cos(2\pi f)}{\pi(0.25 - 4f^2)}
 \end{aligned}$$

Method 2: By applying Fourier transform properties:The half-cosine pulse can be modeled as $x(t) = 2 \cos(0.5\pi t) \cdot \text{rect}(0.5t)$

$$\mathfrak{T}\{2 \cos(0.5\pi t)\} = \delta(f - 0.25) + \delta(f + 0.25)$$

$$\mathfrak{T}\{\text{rect}(0.5t)\} = 2 \text{sinc}(2f)$$

Applying the 'Multiplication in time-domain' property of the Fourier transform

$$\left[\underbrace{x(t) = 2 \cos(0.5\pi t) \cdot \text{rect}(0.5t)}_{\text{Multiplication in time-domain}} \right] \Leftrightarrow \left[\underbrace{X(f) = \mathfrak{T}\{2 \cos(0.5\pi t)\} * \mathfrak{T}\{\text{rect}(0.5t)\}}_{\text{Convolution in frequency-domain}} \right]$$

we get

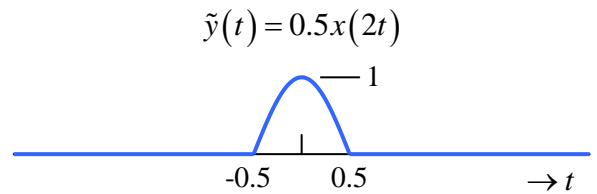
$$\begin{aligned}
\therefore X(f) &= [\delta(f - 0.25) + \delta(f + 0.25)] * 2\text{sinc}(2f) \\
&= 2\text{sinc}(2(f - 0.25)) + 2\text{sinc}(2(f + 0.25)) \\
&= 2 \left(\frac{\sin(2\pi f - 0.5\pi)}{\pi(2f - 0.5)} + \frac{\sin(2\pi f + 0.5\pi)}{\pi(2f + 0.5)} \right) \\
&= \frac{2}{\pi} \left(\frac{-\cos(2\pi f)}{2f - 0.5} + \frac{\cos(2\pi f)}{2f + 0.5} \right) \\
&= \frac{2\cos(2\pi f)}{\pi(0.25 - 4f^2)} \dots\dots \text{Same result obtained by Method 1}
\end{aligned}$$

(b) From Part (a): $X(f) = \frac{2\cos(2\pi f)}{\pi(0.25 - 4f^2)}$

Define an intermediate function $\tilde{y}(t) = 0.5x(2t)$

Applying the **scaling property**:

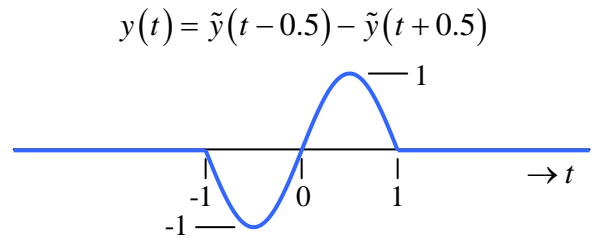
$$\begin{aligned}
\tilde{Y}(f) &= \mathfrak{T}\{0.5x(2t)\} \\
&= 0.5 \left[\frac{1}{2} X\left(\frac{f}{2}\right) \right] = \frac{1}{4} X\left(\frac{f}{2}\right) \dots\dots (*)
\end{aligned}$$



Now, $y(t) = \tilde{y}(t - 0.5) - \tilde{y}(t + 0.5)$

Applying the **time-shifting property**:

$$\begin{aligned}
Y(f) &= \tilde{Y}(f) \exp\left(-j2\pi f \left(\frac{1}{2}\right)\right) \\
&\quad - \tilde{Y}(f) \exp\left(j2\pi f \left(\frac{1}{2}\right)\right) \dots\dots (**)
\end{aligned}$$



Substituting (*) into (**), we get

$$\begin{aligned}
Y(f) &= \frac{1}{4} X\left(\frac{f}{2}\right) \exp(-j\pi f) - \frac{1}{4} X\left(\frac{f}{2}\right) \exp(j\pi f) \\
&= \frac{1}{4} X\left(\frac{f}{2}\right) \left\{ \underbrace{[\cos(\pi f) - j\sin(\pi f)]}_{\exp(-j\pi f)} - \underbrace{[\cos(\pi f) + j\sin(\pi f)]}_{\exp(j\pi f)} \right\} \\
&= -j \frac{1}{2} X\left(\frac{f}{2}\right) \sin(\pi f) \\
&= \frac{1}{j2} \left[\underbrace{\frac{2\cos(\pi f)}{\pi(0.25 - f^2)}}_{X(f/2)} \right] \sin(\pi f) = \frac{1}{j2} \left[\frac{\sin(2\pi f)}{\pi(0.25 - f^2)} \right]
\end{aligned}$$

OBSERVATION: $y(t)$ is real & odd and $Y(f)$ is pure imaginary & odd.

Solution to Q.2

(a) Fig.Q.2(a)(I) is a plot of $u(t-\gamma)$ against t :

$$\left[u(t) = \begin{cases} 1; & t \geq 0 \\ 0; & t < 0 \end{cases} \right] \xrightarrow[t \text{ to } t-\gamma]{\text{change}} \left[u(t-\gamma) = \begin{cases} 1; & t-\gamma \geq 0 \\ 0; & t-\gamma < 0 \end{cases} \right] \rightarrow \left[u(t-\gamma) = \begin{cases} 1; & t \geq \gamma \\ 0; & t < \gamma \end{cases} \right]$$

Expressing $u(t-\gamma)$ as a function of t while treating γ as a parameter
Fig.Q2(a)(I)

Fig.Q.2(a)(II) is a plot of $u(t-\gamma)$ against γ :

$$\left[u(t) = \begin{cases} 1; & t \geq 0 \\ 0; & t < 0 \end{cases} \right] \xrightarrow[t \text{ to } t-\gamma]{\text{change}} \left[u(t-\gamma) = \begin{cases} 1; & t-\gamma \geq 0 \\ 0; & t-\gamma < 0 \end{cases} \right] \rightarrow \left[u(t-\gamma) = \begin{cases} 1; & \gamma \leq t \\ 0; & \gamma > t \end{cases} \right]$$

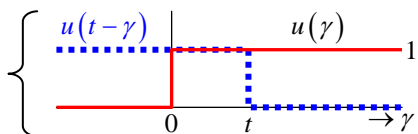
Expressing $u(t-\gamma)$ as a function of γ while treating t as a parameter
Fig.Q2(a)(II)

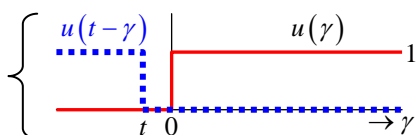
On the γ -axis, since $x(\gamma) = x(\gamma)u(t-\gamma)$ in the integration interval $(-\infty, t]$, we have

$$\int_{-\infty}^t x(\gamma) d\gamma = \underbrace{\int_{-\infty}^t x(\gamma) u(t-\gamma) d\gamma}_{\because u(t-\gamma)=0 \text{ when } \gamma > t} = \int_{-\infty}^{\infty} x(\gamma) u(t-\gamma) d\gamma = x(t) * u(t)$$

(b) $\cos(t)u(t) * u(t) = \int_{-\infty}^{\infty} \cos(\gamma) u(\gamma) u(t-\gamma) d\gamma$

Consider the term $u(\gamma)u(t-\gamma)$ in the integrand as a function of γ .

When $t \geq 0$, we have $u(\gamma)u(t-\gamma) = \begin{cases} 1; & 0 \leq \gamma \leq t \\ 0; & \text{elsewhere} \end{cases}$ 

When $t < 0$, we have $u(\gamma)u(t-\gamma) = 0 \quad \forall \gamma$ 

$$\begin{aligned} \therefore \cos(t)u(t) * u(t) &= \int_{-\infty}^{\infty} \cos(\gamma) u(\gamma) u(t-\gamma) d\gamma = \begin{cases} \int_0^t \cos(\gamma) d\gamma; & t \geq 0 \\ 0; & t < 0 \end{cases} \\ &= \begin{cases} \sin(t); & t \geq 0 \\ 0; & t < 0 \end{cases} \\ &= \sin(t)u(t) \end{aligned}$$

(c) From the Fourier transform table:

$$\text{rect}\left(\frac{t}{\alpha}\right) \rightleftharpoons \alpha \cdot \text{sinc}(\alpha f) \quad \dots\dots\dots (*)$$

Applying the ‘Duality’ property of the Fourier transform to (*):

$$\alpha \cdot \text{sinc}(\alpha t) \rightleftharpoons \text{rect}\left(\frac{f}{\alpha}\right) \quad \dots\dots\dots (**)$$

Taking the limit $\alpha \rightarrow \infty$ on both sides of (**):

$$\lim_{\alpha \rightarrow \infty} \alpha \cdot \text{sinc}(\alpha t) \rightleftharpoons \lim_{\alpha \rightarrow \infty} \text{rect}\left(\frac{f}{\alpha}\right) = 1$$

which shows that

$$\mathfrak{F}\left\{\lim_{\alpha \rightarrow \infty} \alpha \cdot \text{sinc}(\alpha t)\right\} = 1$$

Hence, $\lim_{\alpha \rightarrow \infty} \alpha \cdot \text{sinc}(\alpha t) = \mathfrak{F}^{-1}\{1\} = \delta(t)$

Solution to Q.3

Spectrum of $x(t)$:

The given triangular pulses may be expressed as $x(t) = \alpha \cdot \text{tri}\left(\frac{t}{\alpha}\right)$. Applying the Fourier transform

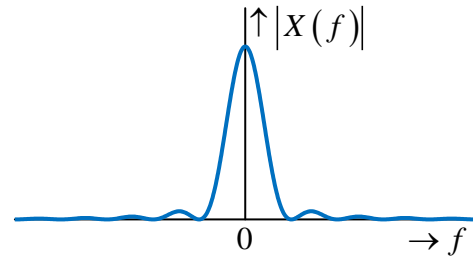
pair $\text{tri}\left(\frac{t}{T}\right) \Leftrightarrow T \text{sinc}^2(Tf)$, it is easy to see that

$$X(f) = \mathfrak{F}\left\{\alpha \cdot \text{tri}\left(\frac{t}{\alpha}\right)\right\} = \alpha^2 \text{sinc}^2(\alpha f).$$

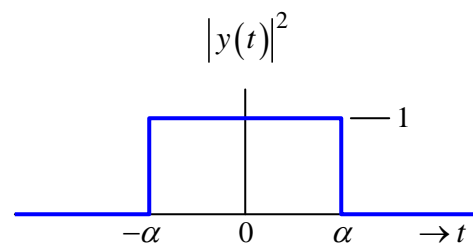
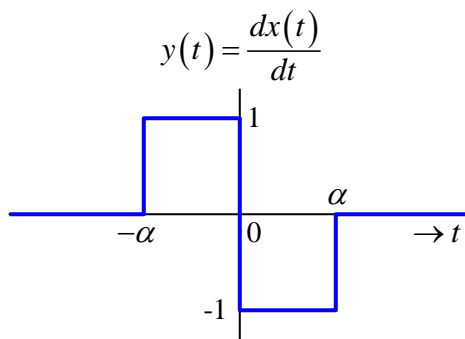
Hence,

Magnitude spectrum: $|X(f)| = \alpha^2 \text{sinc}^2(\alpha f)$.

Phase spectrum: $\angle X(f) = 0$



ESD and Energy of $y(t) = \frac{dx(t)}{dt}$:



Applying the 'Differentiation in Time-Domain' property of the Fourier transform:

$$Y(f) = j2\pi f \cdot X(f) = j2\pi f \alpha^2 \text{sinc}^2(\alpha f)$$

Hence,

ESD:
$$E_y(f) = |Y(f)|^2 = Y(f)Y^*(f) = 4\pi^2 f^2 \alpha^4 \text{sinc}^4(\alpha f)$$

Total Energy:
$$E = \int_{-\infty}^{\infty} E_y(f) df = \overbrace{\int_{-\infty}^{\infty} |y(t)|^2 dt}^{\text{Rayleigh energy theorem}} = 2\alpha$$

 By inspection of the plot of $|y(t)|^2$

Solution to Q.4

Spectrum: $X(f) = \exp(-\alpha|f|); \alpha > 0$

ESD of $x(t)$: $E_x(f) = |X(f)|^2 = \exp(-2\alpha|f|)$

(a) **Energy of $x(t)$ contained within a bandwidth of B :**

$$e(B) = \int_{-B}^B E_x(f) df = 2 \int_0^B \exp(-2\alpha f) df = 2 \left[\frac{\exp(-2\alpha f)}{-2\alpha} \right]_0^B = \frac{1}{\alpha} [1 - \exp(-2\alpha B)] \quad \dots\dots (\clubsuit)$$

Total energy of $x(t)$ is equal to energy of $x(t)$ contained within a bandwidth of ∞ .

Substituting $B = \infty$ into (\clubsuit) , we get

$$e(\infty) = \int_{-\infty}^{\infty} E_x(f) df = \frac{1}{\alpha} \quad \dots\dots \text{TOTAL ENERGY}$$

Let W denote the 99% energy containment bandwidth of $x(t)$. Then

Energy contained in bandwidth $W = 0.99 \times \text{Total Energy}$

$$\rightarrow e(W) = 0.99 \times e(\infty)$$

$$\rightarrow \frac{1}{\alpha} [1 - \exp(-2\alpha \cdot W)] = 0.99 \times \frac{1}{\alpha} [1 - \exp(-2\alpha \cdot \infty)]$$

$$\rightarrow \exp(2\alpha W) = 100$$

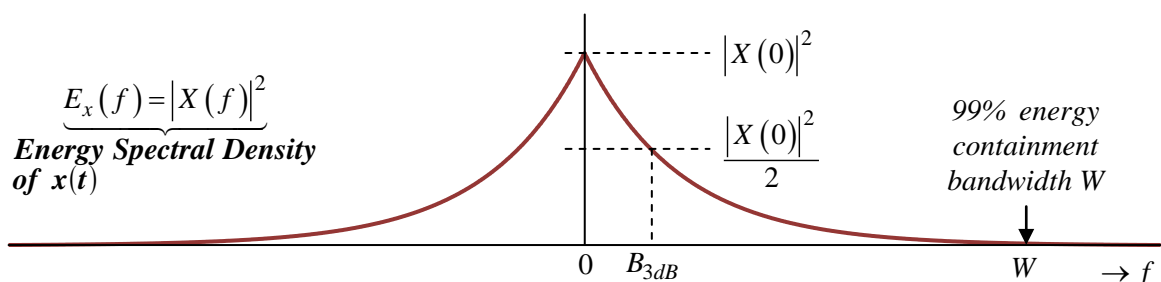
$$\rightarrow W = \frac{1}{\alpha} \ln(10) \text{ Hz}$$

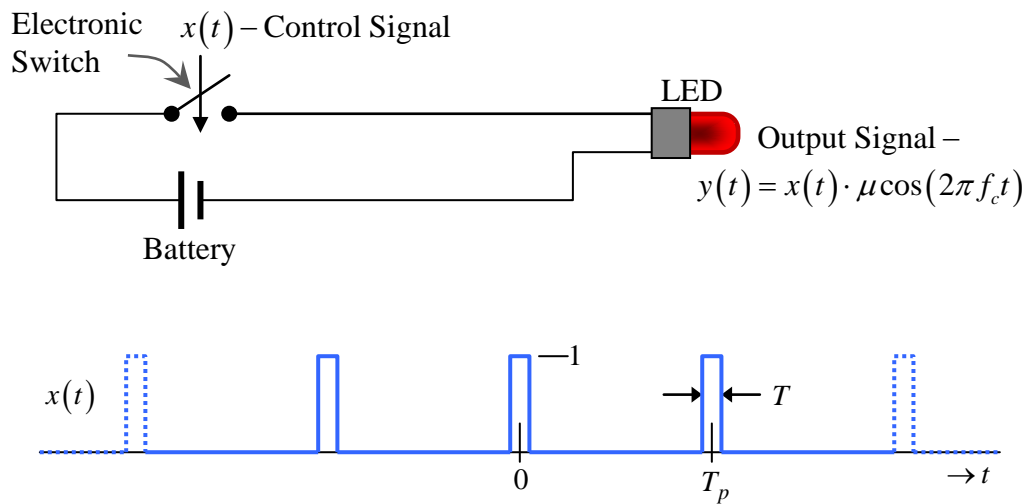
(b) **Let B_{3dB} denote the 3dB bandwidth of $x(t)$. Then**

$$\frac{E_x(B_{3dB})}{E_x(0)} = \frac{1}{2} \rightarrow \frac{\exp(-2\alpha B_{3dB})}{\exp(0)} = \frac{1}{2} \rightarrow B_{3dB} = \frac{1}{2\alpha} \ln(2) \text{ Hz}$$

Percent energy contained within the 3dB bandwidth:

$$\frac{e(B_{3dB})}{e(\infty)} \times 100 = \frac{\frac{1}{\alpha} \left[1 - \exp\left(-2\alpha \frac{\ln(2)}{2\alpha}\right) \right]}{\frac{1}{\alpha}} \times 100 = 50\%$$



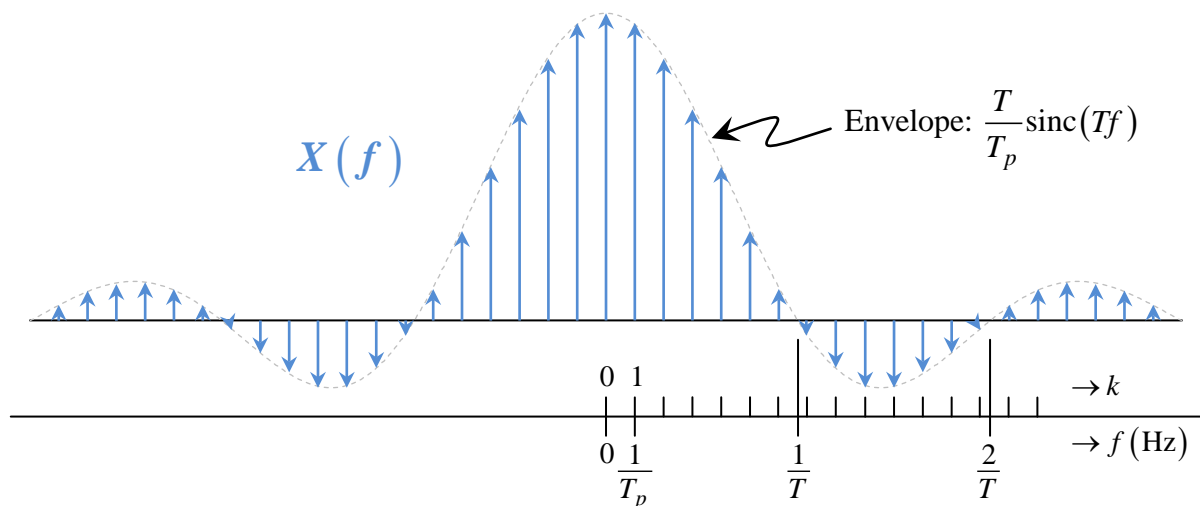
Solution to Q.5

(a) **Fourier series coefficients of $x(t)$:**

$$\begin{aligned}
 X_k &= \frac{1}{T_p} \int_{-0.5T_p}^{0.5T_p} x(t) \exp(-j2\pi kt/T_p) dt = \frac{1}{T_p} \int_{-0.5T}^{0.5T} \exp(-j2\pi kt/T_p) dt \\
 &= \frac{1}{T_p} \left[\frac{\exp(-j2\pi kt/T_p)}{-j2\pi k/T_p} \right]_{-0.5T}^{0.5T} = \frac{T}{T_p} \left[\frac{\sin(\pi kT/T_p)}{\pi kT/T_p} \right] = \frac{T}{T_p} \text{sinc}\left(k \frac{T}{T_p}\right)
 \end{aligned}$$

Continuous-frequency spectrum (or Fourier transform) of $x(t)$:

$$X(f) = \sum_{k=-\infty}^{\infty} X_k \delta\left(f - \frac{k}{T_p}\right) = \sum_{k=-\infty}^{\infty} \frac{T}{T_p} \text{sinc}\left(k \frac{T}{T_p}\right) \delta\left(f - \frac{k}{T_p}\right)$$



(b) Power Spectral Density of $x(t)$:

$$P_x(f) = \sum_{k=-\infty}^{\infty} |X_k|^2 \delta\left(f - \frac{k}{T_p}\right) = \sum_{k=-\infty}^{\infty} \frac{T^2}{T_p^2} \text{sinc}^2\left(k \frac{T}{T_p}\right) \delta\left(f - \frac{k}{T_p}\right)$$

Average power of $x(t)$:

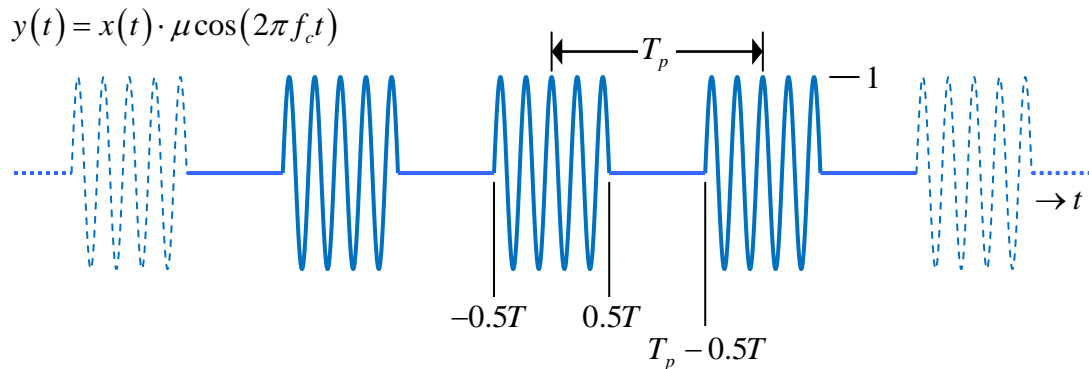
$$P = \underbrace{\int_{-\infty}^{\infty} P_x(f) df = \frac{1}{T_p} \int_{-0.5T}^{T_p-0.5T} |x(t)|^2 dt = \frac{1}{T_p} \int_{-0.5T}^{0.5T} dt = \frac{T}{T_p}}_{\text{Parseval Power Theorem}}$$

99% power containment bandwidth, W , of $x(t)$:

$$W = \frac{K}{T_p} (\text{Hz}) \quad \dots \quad \left(\begin{array}{l} \text{where } K \text{ satisfies } \underbrace{\sum_{k=-(K-1)}^{K-1} |X_k|^2}_{\substack{\text{Power containment} \\ \text{up to the} \\ (K-1)^{\text{th}} \text{ harmonics}}} \leq 0.99P < \underbrace{\sum_{k=-K}^K |X_k|^2}_{\substack{\text{Power containment} \\ \text{up to the} \\ K^{\text{th}} \text{ harmonics}}} \\ \text{where } |X_k|^2 = \frac{T^2}{T_p^2} \text{sinc}^2\left(k \frac{T}{T_p}\right) \text{ and } P = \frac{T}{T_p}. \end{array} \right).$$

(c) Average power of $y(t) = x(t) \cdot \mu \cos(2\pi f_c t)$:

Since f_c is an integer multiple of $\frac{1}{T_p}$, it follows that $y(t)$ is periodic with period T_p . The average power, P , of $y(t)$ may then be computed by averaging over T_p .



$$\left. \begin{aligned} P &= \frac{1}{T_p} \int_{-0.5T_p}^{0.5T_p} |y(t)|^2 dt = \frac{1}{T_p} \int_{-0.5T_p}^{0.5T_p} |x(t)|^2 \mu^2 \cos^2(2\pi f_c t) dt \\ &= 0.5\mu^2 \frac{1}{T_p} \int_{-0.5T}^{0.5T} [1 + \cos(4\pi f_c t)] dt \\ &= 0.5\mu^2 \frac{1}{T_p} \int_{-0.5T}^{0.5T} dt + 0.5\mu^2 \frac{1}{T_p} \underbrace{\int_{-0.5T}^{0.5T} \cos(4\pi f_c t) dt}_{\approx 0 \text{ since } f_c \gg \frac{1}{T}} \\ &\approx 0.5\mu^2 \frac{1}{T_p} \int_{-0.5T}^{0.5T} dt = 0.5\mu^2 \frac{T}{T_p} \end{aligned} \right\} \begin{array}{l} \text{(Assuming that } \mu \text{ cannot be} \\ \text{changed, the laser pointer} \\ \text{output power can only be} \\ \text{controlled by changing the} \\ \text{duty cycle } (T/T_p) \text{ of the} \\ \text{control signal.} \\ \\ \text{The battery life can also be} \\ \text{estimated for a given duty} \\ \text{cycle.} \end{array}$$

Solution to S.1

(a) $x(t) = \cos(2\pi f_c t)u(t)$

$$\left\{ \begin{aligned} X(f) &= \mathfrak{T}\{\cos(2\pi f_c t)\} * \mathfrak{T}\{u(t)\} = \frac{1}{2}[\delta(f - f_c) + \delta(f + f_c)] * \left[\frac{1}{j2\pi f} + \frac{1}{2}\delta(f) \right] \\ &= \frac{1}{4} \left[\frac{1}{j\pi(f - f_c)} + \delta(f - f_c) + \frac{1}{j\pi(f + f_c)} + \delta(f + f_c) \right] \\ &= \frac{1}{4}[\delta(f - f_c) + \delta(f + f_c)] - \frac{jf}{2\pi(f^2 - f_c^2)} \end{aligned} \right.$$

(b) $x(t) = \sin(2\pi f_c t)u(t)$

$$X(f) = \frac{j}{4}[\delta(f + f_c) - \delta(f - f_c)] - \frac{f_c}{2\pi(f^2 - f_c^2)} \quad \dots \quad (\text{Same approach as part (a)})$$

(c) $x(t) = \exp(-\alpha t)\cos(\omega_c t)u(t); \quad \alpha > 0$

$$\left\{ \begin{aligned} X(\omega) &= \mathfrak{T}\{\exp(-\alpha t)\cos(\omega_c t)u(t)\} = \mathfrak{T}\left\{\frac{1}{2}[\exp(-\alpha t + j\omega_c t) + \exp(-\alpha t - j\omega_c t)]u(t)\right\} \\ &= \frac{1}{2} \int_0^\infty [\exp(-\alpha t + j\omega_c t) + \exp(-\alpha t - j\omega_c t)] \exp(-j\omega t) dt \\ &= \frac{1}{2} \int_0^\infty \exp[(-\alpha - j\omega + j\omega_c)t] + \exp[(-\alpha - j\omega - j\omega_c)t] dt \\ &= \frac{1}{2} \left[\frac{\exp[(-\alpha - j\omega + j\omega_c)t]}{-\alpha - j\omega + j\omega_c} + \frac{\exp[(-\alpha - j\omega - j\omega_c)t]}{-\alpha - j\omega - j\omega_c} \right]_0^\infty \\ &= \frac{1}{2} \left[\frac{1}{(\alpha + j\omega) - j\omega_c} + \frac{1}{(\alpha + j\omega) + j\omega_c} \right] = \frac{\alpha + j\omega}{(\alpha + j\omega)^2 + \omega_c^2} \end{aligned} \right.$$

(d) $x(t) = \exp(-\alpha t)\sin(\omega_c t)u(t); \quad \alpha > 0$

$$\left\{ \begin{aligned} X(\omega) &= \mathfrak{T}\{\exp(-\alpha t)\sin(\omega_c t)u(t)\} = \mathfrak{T}\left\{\frac{1}{j2}[\exp(-\alpha t + j\omega_c t) - \exp(-\alpha t - j\omega_c t)]u(t)\right\} \\ &= \frac{1}{j2} \int_0^\infty [\exp(-\alpha t + j\omega_c t) - \exp(-\alpha t - j\omega_c t)] \exp(-j\omega t) dt \\ &= \frac{1}{j2} \int_0^\infty \exp[(-\alpha - j\omega + j\omega_c)t] - \exp[(-\alpha - j\omega - j\omega_c)t] dt \\ &= \frac{1}{j2} \left[\frac{\exp[(-\alpha - j\omega + j\omega_c)t]}{-\alpha - j\omega + j\omega_c} - \frac{\exp[(-\alpha - j\omega - j\omega_c)t]}{-\alpha - j\omega - j\omega_c} \right]_0^\infty \\ &= \frac{1}{j2} \left[\frac{1}{(\alpha + j\omega) - j\omega_c} - \frac{1}{(\alpha + j\omega) + j\omega_c} \right] = \frac{\omega_c}{(\alpha + j\omega)^2 + \omega_c^2} \end{aligned} \right.$$

Solution to S.2

Start with the Fourier transform pair: $\exp(-\alpha t)u(t) \Leftrightarrow \frac{1}{\alpha + j2\pi f}$

Applying the **duality** property of FT: $\frac{1}{\alpha - j2\pi t} \Leftrightarrow \exp(-\alpha f)u(f)$

Applying the **differentiation** property of FT:

$$\left[\frac{d^{n-1}}{dt^{n-1}} \left(\frac{1}{\alpha - j2\pi t} \right) = (j2\pi)^{n-1} (n-1)! \frac{1}{(\alpha - j2\pi t)^n} \right] \Leftrightarrow (j2\pi f)^{n-1} \exp(-\alpha f)u(f)$$

$$\frac{1}{(\alpha - j2\pi t)^n} \Leftrightarrow \frac{f^{n-1}}{(n-1)!} \exp(-\alpha f)u(f)$$

Applying the **duality** property of FT: $\frac{f^{n-1}}{(n-1)!} \exp(-\alpha t)u(t) \Leftrightarrow \frac{1}{(\alpha + j2\pi f)^n}$

$$\therefore \mathfrak{F}^{-1} \left\{ \frac{1}{(\alpha + j2\pi f)^n} \right\} = \frac{t^{n-1}}{(n-1)!} \exp(-\alpha t)u(t)$$

Solution to S.3

$$\frac{1}{2 - \omega^2 + j3\omega} = -\frac{1}{(\omega - j)(\omega - 2j)} = -\frac{j}{\omega - j} + \frac{j}{\omega - 2j} = \frac{1}{j\omega + 1} - \frac{1}{j\omega + 2}$$

$$\text{Given: } \mathfrak{F}\{\exp(-\alpha t)u(t)\} = \frac{1}{j\omega + \alpha}.$$

$$\therefore \mathfrak{F}^{-1} \left\{ \frac{1}{2 - \omega^2 + j3\omega} \right\} = \exp(-t)u(t) - \exp(-2t)u(t)$$

Solution to S.4

$$\text{Given: } \mathfrak{F}\{x(t)\} = \text{rect}(\pi f) \quad \text{and} \quad y(t) = \frac{dx(t)}{dt}$$

$$\text{Applying the Differentiation property of the FT: } Y(f) = \mathfrak{F}\left\{\frac{d}{dt}x(t)\right\} = j2\pi f \cdot \text{rect}(\pi f)$$

Applying the **Rayleigh energy theorem**:

$$\begin{aligned} E &= \int_{-\infty}^{\infty} |y(t)|^2 dt = \int_{-\infty}^{\infty} |Y(f)|^2 df \\ &= \int_{-\infty}^{\infty} 4\pi^2 f^2 \text{rect}^2(\pi f) df \\ &= \int_{-1/(2\pi)}^{1/(2\pi)} 4\pi^2 f^2 df = \left[\frac{4\pi^2 f^3}{3} \right]_{-1/(2\pi)}^{1/(2\pi)} = \frac{1}{3\pi} \end{aligned}$$

