304 and 5.

$$\omega_{1} = \omega_{0} - \omega_{1} \sin^{2} \frac{1}{2} = \frac{1}{2}$$
 $= \omega_{0} - \omega_{1} \left(\frac{1 - \cos 4\alpha}{2} \right) = \frac{1}{2}$
 $= \omega_{0} - \frac{\omega_{1}}{2} + \frac{\omega_{1}}{2} \cos(4\alpha)$
 $= \omega_{0} - \frac{\omega_{1}}{2} + \frac{\omega_{1}}{2} \cos(4\alpha)$
 $= \omega_{0} - \frac{1}{2} \times \frac{1}{2} \times \frac{1}{2} \cos(4\alpha)$
 $= \frac{1}{3N 2\pi} \int_{-\pi}^{\pi} \int_{-\pi}^{\pi} \int_{-\pi}^{\pi} (\omega_{0} - \frac{\omega_{1}}{2} + \frac{\omega_{1}}{2} \cos(4\alpha) - \omega) dt$
 $= \frac{1}{3N 2\pi} \int_{-\pi}^{\pi} \int_{-\pi}^{\pi} \int_{-\pi}^{\pi} (\omega_{0} - \frac{\omega_{1}}{2} + \frac{\omega_{1}}{2} \cos(4\alpha) - \omega) dt$
 $= \frac{1}{3N (2\pi)^{2}} \int_{-\pi}^{\pi} \int_{-\pi}^{\pi} \exp\left(ip(\omega_{0} - \frac{\omega_{1}}{2} + \frac{\omega_{1}}{2} \cos(4\alpha) - \omega)\right) dt$
 $= \frac{1}{3N (2\pi)^{2}} \int_{-\pi}^{\pi} \int_{-\pi}^{\pi} \exp\left(ip(\omega_{0} - \frac{\omega_{1}}{2} - \omega)\right)$
 $= \frac{1}{3N (2\pi)^{2}} \int_{-\pi}^{\pi} \int_{-\pi}^{\pi} \exp\left(ip(\omega_{0} - \frac{\omega_{1}}{2} - \omega)\right)$
 $= \frac{1}{3N (2\pi)^{2}} \int_{-\pi}^{\pi} \int_{-\pi}^{\pi} \exp\left(ip(\omega_{0} - \frac{\omega_{1}}{2} - \omega)\right)$
 $= \frac{1}{3N (2\pi)^{2}} \int_{-\pi}^{\pi} \int_{-\pi}^{\pi} \exp\left(ip(\omega_{0} - \frac{\omega_{1}}{2} - \omega)\right)$

$$= \frac{1}{3N-2\eta} \int_{0}^{\infty} d\rho \exp\left(i\rho(\omega_{s} - \frac{\omega_{s}}{2} - \omega)\right) \Im_{0}\left(\rho \frac{\omega_{s}}{2}\right)$$

$$= \frac{1}{3\pi N} \int_{0}^{\infty} d\rho \cos\left(\rho(\omega_{s} - \frac{\omega_{s}}{2} - \omega)\right) \Im_{0}\left(\rho \frac{\omega_{s}}{2}\right)$$

$$= \frac{1}{3\pi N} \int_{0}^{\infty} d\rho \cos\left(\rho(\omega_{s} - \frac{\omega_{s}}{2} - \omega)\right) \Im_{0}\left(\rho \frac{\omega_{s}}{2}\right)$$

$$= \frac{1}{3\pi N} \int_{0}^{\infty} \left(\frac{\omega_{s}}{2} - \omega + \frac{\omega_{s}}{2} - \omega\right)^{2}$$

$$= \frac{1}{3\pi N} \int_{0}^{\infty} \left(\frac{(\omega_{s} - \omega_{s} - \omega_{s} - \omega)}{\sqrt{(\frac{\omega_{s}}{2})^{2} - (\omega_{s} - \omega)^{2} + (\omega)^{2} + (\omega$$

