4 (i) Prove the identity
$$\left(\frac{1}{\sin x} - \frac{1}{\tan x}\right)^2 = \frac{1 - \cos x}{1 + \cos x}$$
. [4]

(ii) Hence solve the equation
$$\left(\frac{1}{\sin x} - \frac{1}{\tan x}\right)^2 = \frac{2}{5}$$
 for $0 \le x \le 2\pi$. [3]