$$7(t) = A\sin(\omega x + \alpha)$$

$$P_0 = \frac{1}{T-0} \int_0^T |A\sin(\omega x + \alpha)|^2 dt \qquad T = \frac{a\pi}{\omega_0}$$

$$= \frac{A^2}{a^2} \int_0^{\pi/4} \int_0^{\pi/4} \int_0^{\pi/4} |A\sin(\omega x + \alpha)|^2 dt \qquad T = \frac{a\pi}{\omega_0}$$

$$= \frac{A^2}{a^2} \int_0^{\pi/4} \int_0^{\pi/4} |A\sin(\omega x + \alpha)|^2 dt \qquad Sin(\beta) = \frac{1}{2} - \frac{1}{2}\cos(2\beta)$$

$$= \frac{A^2}{2\pi} \int_0^{\pi/4} \int_0^{\pi/4} |A\cos(2\omega x + 2\alpha)|^2 dt \qquad Sin(\beta) = \frac{1}{2} - \frac{1}{2}\cos(2\beta)$$

$$= \frac{A^2}{2\pi} \int_0^{\pi/4} \int_0^{\pi/4} |A\cos(2\omega x + 2\alpha)|^2 dt \qquad Sin(\beta) = \frac{1}{2} - \frac{1}{2}\cos(2\beta)$$

$$= \frac{A^2}{2\pi} \int_0^{\pi/4} \int_0^{\pi/4} |A\cos(x + 2\alpha)|^2 dt \qquad Sin(\beta) = \frac{1}{2} - \frac{1}{2}\cos(2\beta)$$

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