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In[1]:= FindPeriod[α_] := If[NumberQ@α, "Rational",
  Module[{NextStep, Reduced, Get, start, Form, Δ, sΔ, A, B, a, k, i, t},
    Form = MinimalPolynomial[α, x] // CoefficientList[#, x] & // Reverse;
    If[Length[Form] ≠ 3, Return["Non-quadratic irrationality"],
      Get[{a_, b_, c_}] := {-b, 2 a, b² - 4 a * c};
      {A, B, Δ} = Get[Form]; sΔ = √Δ; If[ $\frac{A + s\Delta}{B} \neq \alpha$ , A = -A; B = -B];
      NextStep := Module[{}],
        A = ai B - A;
        B =  $\frac{(\Delta - A^2)}{B}$ ;
        ai+1 =  $\frac{A + s\Delta}{B}$  // Floor; ++i];
      Reduced[A_, B_] := (0 < A < sΔ) && (sΔ - A < Abs[B] < sΔ + A);
      i = 0; a0 =  $\frac{A + s\Delta}{B}$  // Floor;
      While[! Reduced[A, B], NextStep];
      k = i; start = {A, Abs[B]}; NextStep;
      While[{A, Abs[B]} ≠ start, NextStep];
      Return[Table[at, {t, k, i - 1}]]]]];

(* _____ *)
(** For tests generation one can use http://www.numbertheory.org/php/surd\_construction.html **)
(* _____ *)
Program output examples: *)

In[2]:= FindPeriod[(1 + √5) / 2]
Out[2]= {1}

In[3]:= FindPeriod[1 / √7]
Out[3]= {1, 1, 1, 4}

In[4]:= FindPeriod[ $\frac{3 + \sqrt{324}}{76}$ ]
Out[4]= Rational

In[5]:= FindPeriod[(108 + √12 997) / 43]
Out[5]= {5, 6, 7}

In[6]:= FindPeriod[(51 343 898 896 460 851 + √731 814 377 982) / 15 803 704 970 475 533]
Out[6]= {8, 29, 2, 3, 4, 482}

In[7]:= FindPeriod[1 / 4 (-17 - √313)]
Out[7]= {-9, 3, 17, 2, 1, 8, 5, 1, 3, 1, 1, 2, 2, 1, 1, 3, 1, 5}

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In[8]:= FindPeriod $\left[\sqrt{2} + \sqrt{3} + \sqrt{5}\right]$ 
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Out[8]= Non-quadratic irrationality
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In[9]:= FindPeriod $\left[\left(-184 + \sqrt{15}\right) / -43\right]$ 
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Out[9]= {3, 2}
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In[10]:= FindPeriod $\left[-\sqrt{6} + 1\right]$ 
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Out[10]= {4, 2}
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