7. 已知 α 为锐角, $\cos \alpha = \frac{1+\sqrt{5}}{4}$,则 $\sin \frac{\alpha}{2} = ($).

A.
$$\frac{3-\sqrt{5}}{8}$$

A.
$$\frac{3-\sqrt{5}}{8}$$
 B. $\frac{-1+\sqrt{5}}{8}$ C. $\frac{3-\sqrt{5}}{4}$

C.
$$\frac{3-\sqrt{5}}{4}$$

$$\frac{-1+\sqrt{5}}{4}$$