$$ln[31]:=$$
 T = 2 Pi / ω
 η = h Sin[ω t] / (2 ω)
Integrate[Cos[2 η]^2, {t, 0, T}]

Out[31]=
$$\frac{2 \pi}{\omega}$$

Out[32]=
$$\frac{\text{h Sin[t }\omega]}{2 \omega}$$

$$\text{Out} \text{[33]= Conditional Expression} \left[\frac{\pi \left(1 + \text{BesselJ} \left[0 \,, \, \frac{2 \, \text{h}}{\omega} \right] \right)}{\omega} \,, \, \, \text{h} \in \mathbb{R} \, \& \& \, \frac{1}{\omega} \in \mathbb{R} \right]$$

In[37]:= Integrate[Sin[2
$$\eta$$
]^2, {t, 0, T}]

$$\text{Out}[37]= \text{ ConditionalExpression} \left[\frac{\pi - \pi \, \text{BesselJ} \left[\, 0 \,, \, \, \frac{2 \, \text{h}}{\omega} \, \right]}{\omega} \,, \, \, \text{h} \in \mathbb{R} \, \& \& \, \, \frac{1}{\omega} \in \mathbb{R} \, \right]$$

$$ln[35]:=$$
 Integrate[Sin[4 η], {t, 0, T}]

Out[35]= ConditionalExpression[0,
$$Im[\omega] == 0 \&\& Re[\omega] \neq 0$$
]