Parseval's theorem
$$\langle f, g \rangle_2 = \langle \hat{f}, \hat{g} \rangle$$

$$\Rightarrow \|\hat{f}\|_2 = \|f\|_2$$

$$\Rightarrow \sin^2(\alpha w) dw = \int |\sin(\alpha w)|^2 dw |w = \frac{\varphi}{\alpha}|$$

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$$\Rightarrow \int |\sin(\varphi)|^2 d\varphi = \int |a^2| |\sin(\varphi)|^2 d\varphi$$

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