

Comments:

- The sinc interpolation over a finite time period seems to produce a highly accurate interpolation of the input signal.
- The sample and hold method produces increasingly smooth but delayed interpolations as you increase the filter's order, but the increased order also increases the interpolated signal's delay.
- Overall, the sinc interpolation is better if you have infinite computing power, but in practical scenarios, the sample and hold method is likely the more ideal choice assuming it is okay for the interpolated signal to be out of phase with the original.