

Решите систему неравенств: 
$$\begin{cases} 2 \sin 4x - 1 \geq 0, \\ 2 \cos 4x \leq \sqrt{2}. \end{cases}$$

- 1)  $\left\{ \left( \frac{\pi}{16} + \frac{\pi n}{2}; \frac{3\pi}{4} + \frac{\pi n}{2} \right) : n \in \mathbb{Z} \right\}$     2)  $\left\{ \left[ \frac{\pi}{6} + \frac{\pi n}{2}; \frac{5\pi}{24} + \frac{\pi n}{2} \right) : n \in \mathbb{Z} \right\}$   
 3)  $\left\{ \left[ \frac{\pi}{16} + \frac{\pi n}{2}; \frac{5\pi}{24} + \frac{\pi n}{2} \right] : n \in \mathbb{Z} \right\}$     4)  $\left\{ \left( \frac{\pi}{6} + \frac{\pi n}{2}; \frac{5\pi}{6} + \frac{\pi n}{2} \right) : n \in \mathbb{Z} \right\}$   
 5)  $\left\{ \left( \frac{\pi}{\pi 6} + \frac{\pi n}{2}; \frac{5\pi}{6} + \frac{\pi n}{2} \right) : n \in \mathbb{Z} \right\}$