

3.86  
124

$$\sin 3x + \cos 3x + \cos \frac{\pi}{4} \leq 0$$

$$\sin 3x + \sin(90 - 3x) + \cos \frac{\pi}{4} \leq 0$$

$$2 \sin \frac{\pi}{4} \cos(3x - \frac{\pi}{4}) + \sin \frac{\pi}{4} \leq 0$$

$$\sin \frac{\pi}{4} (2 \cos(3x - \frac{\pi}{4}) + 1) \leq 0$$

↓  
1/2√2

$$\cos(3x - \frac{\pi}{4}) \leq -\frac{1}{2}$$

$$2\sqrt{k} + \frac{2\pi}{3} \leq 3x - \frac{\pi}{4} \leq \frac{4\pi}{3} + 2\sqrt{k}$$

$$\frac{2\pi}{3}k + \frac{16\pi}{12} \leq 3x \leq \frac{19\pi}{12} + \frac{2\sqrt{k}}{3}$$

$$\frac{2\sqrt{k}}{3} + \frac{16\pi}{36} \leq x \leq \frac{19\pi}{36} + \frac{2\sqrt{k}}{3}$$

