

Решите неравенство:

$$\begin{aligned} & 2 \sin^2 \left( \frac{\pi}{4}(4+x) \right) + \\ & + 3(|x+2|+1) \cdot \sin \left( \frac{\pi}{4}(4+x) \right) - \\ & - 5(|x+2|+1)^2 \geq 0. \end{aligned}$$