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$$\int_0^1 \frac{1}{t + \sqrt{1+t^2}} dt = \int_0^2 \frac{1}{\sinh x + \sqrt{1+\sinh^2 x}} \cosh x dx$$

$$= \int_0^2 \frac{\cosh x}{\sinh x + \sqrt{\cosh^2 x}} dx$$

$$= \int_0^2 \frac{\cosh x}{\sinh x + \underbrace{|\cosh x|}_{\geq 0}} dx$$

$$= \int_0^2 \frac{\cosh x}{\sinh x + \cosh x} dx$$

$$= \int_0^2 \frac{\frac{e^x + e^{-x}}{2}}{e^x} dx$$

$$= \frac{1}{2} \int_0^2 \frac{e^x + e^{-x}}{e^x} dx$$

$$= \frac{1}{2} \int_0^2 \left( 1 + \frac{e^{-x}}{e^x} \right) dx$$

$$= \frac{1}{2} \int_0^2 (1 + e^{-2x}) dx \quad \checkmark$$

CV

$$t = \sinh x$$

$$dt = \cosh x dx$$

$$t=0 : x=0$$

$$t=1 : x=2$$

$$\begin{aligned}
&= \frac{1}{2} \left[ x - \frac{1}{2} e^{-2x} \right]_0^{\alpha} \\
&= \frac{1}{2} \left( \left( \alpha - \frac{1}{2} e^{-2\alpha} \right) - \left( 0 - \frac{1}{2} e^0 \right) \right) \\
&= \frac{1}{2} \left( \alpha - \frac{1}{2} e^{-2\alpha} + \frac{1}{2} \right) \\
&= \frac{1}{2} \alpha - \frac{1}{4} e^{-2\alpha} + \frac{1}{4}
\end{aligned}$$

Or  $\text{ch}^2 \alpha = 1 + \underbrace{\text{sh}^2 \alpha}_{=1} = 2$  donc  $\underbrace{\text{ch} \alpha}_{>0} = \sqrt{2}$

donc,  $e^{\alpha} = \text{ch} \alpha + \text{sh} \alpha = 1 + \sqrt{2}$  d'où  $\alpha = \ln(1 + \sqrt{2})$   
et  $e^{2\alpha} = (1 + \sqrt{2})^2 = 3 + 2\sqrt{2}$

ainsi,  $\frac{1}{2} \alpha - \frac{1}{4} e^{-2\alpha} + \frac{1}{4} = \frac{1}{2} \ln(1 + \sqrt{2}) - \frac{1}{4} \times \frac{1}{3 + 2\sqrt{2}} + \frac{1}{4}$

$$\begin{aligned}
&= \frac{1}{2} \ln(1 + \sqrt{2}) - \frac{1}{4} \frac{1}{3 + 2\sqrt{2}} + \frac{3 + 2\sqrt{2}}{4(3 + 2\sqrt{2})} \\
&= \frac{1}{2} \ln(1 + \sqrt{2}) + \frac{2 + 2\sqrt{2}}{4(3 + 2\sqrt{2})} \\
&= \frac{1}{2} \ln(1 + \sqrt{2}) + \frac{1 + \sqrt{2}}{2(3 + 2\sqrt{2})} \\
&= \frac{1}{2} \left( \ln(1 + \sqrt{2}) + \frac{(1 + \sqrt{2})(3 - 2\sqrt{2})}{\underbrace{(3 + 2\sqrt{2})(3 - 2\sqrt{2})}_{=1}} \right) \\
&= \frac{1}{2} \left( \ln(1 + \sqrt{2}) + 3 - 2\sqrt{2} + 3\sqrt{2} - 4 \right) \\
&= \frac{1}{2} \left( \ln(1 + \sqrt{2}) + \sqrt{2} - 1 \right)
\end{aligned}$$

donc

$$\int_0^{\alpha} \frac{dt}{t + \sqrt{1+t^2}} = \frac{\sqrt{2} - 1 + \ln(1 + \sqrt{2})}{2}$$

(Concluez proprement !)