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## BERNSTEIN-TYPE ESTIMATES FOR THE DERIVATIVES OF TRIGONOMETRIC POLYNOMIALS


#### Abstract

Using the method of amplitude and phase transformations, we obtain sharp inequalities for the derivatives of real-valued trigonometric polynomials. The inequalities are sharp, as there are the corresponding extremal polynomials, for which they become equalities.


Key words: amplitude and phase transformations, Bernstein's inequality
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1. Introduction. For a positive integer $n$, set

$$
\begin{equation*}
T_{n}(t)=\sum_{k=0}^{n} \tau_{k}(t), \quad \tau_{k}(t):=a_{k} \cos k t+b_{k} \sin k t, \quad t, a_{k}, b_{k} \in \mathbb{R} \tag{1}
\end{equation*}
$$

An amplitude and phase transformations (AFT) of order at most $n$ is the sum

$$
H\left(T_{n},\left\{X_{j}\right\},\left\{\lambda_{j}\right\} ; t\right):=\sum_{j=1}^{n} X_{j} T_{n}\left(t-\lambda_{j}\right),
$$

where $\lambda_{j}, X_{j}$ are free real parameters (some $X_{j}$ may be zero). The order of an AFT is equal to the number of summands in $H\left(T_{n},\left\{X_{j}\right\},\left\{\lambda_{j}\right\} ; t\right)$ with pairwise-distinct $\exp \left(i \lambda_{j}\right)$ and $X_{j} \neq 0$. The AFTs were introduced and used in the papers [7], [18], [19] for obtaining Fejer-type estimates for harmonics and coefficients of trigonometric polynomials. Estimates of this type are well-known in extremal problems for nonnegative trigonometric polynomials (see, e.g., [1], [3], [8], [10], [14], [16]). Algebraic analogues of the AFTs, the so-called amplitude and frequency operators, were used for the Padè interpolation in [5].
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Denote by $w$ a set of real weights $w:=\left\{\sigma_{1}, \sigma_{2}, \ldots, \sigma_{n}\right\}, \sigma_{l} \in \mathbb{R}$, and determine the sums of weighted harmonics of the form

$$
\mathcal{T}\left(T_{n}, w ; t\right):=\sum_{\sigma_{l} \in w} \sigma_{l} \tau_{l}(t)
$$

Let us consider the problem of representing the weighted sums in the form of AFTs:

$$
\begin{equation*}
\omega a_{0}+\mathcal{T}\left(T_{n}, w ; t\right)=H\left(T_{n},\left\{X_{j}\right\},\left\{\lambda_{j}\right\} ; t\right) \tag{2}
\end{equation*}
$$

where $X_{j}, \lambda_{j}, \omega$ are the required real parameters and $a_{0}=a_{0}\left(T_{n}\right)$ is the constant term of the polynomial $T_{n}$. In this case, the equality $\omega=\sum_{j=1}^{n} X_{j}$ must naturally hold. It is easy to show that the problem (2) is equivalent to the following discrete moments problem:

$$
\begin{equation*}
X_{1} z_{1}^{l}+\ldots+X_{n} z_{n}^{l}=\sigma_{l}, \quad l=\overline{1, n}, \quad z_{j}=e^{-i \lambda_{j}} \tag{3}
\end{equation*}
$$

with real unknowns $X_{j}$ and $\lambda_{j}$, where some $X_{j}$ may take zero values, and $z_{j}=e^{-i \lambda_{j}}$ are distinct. Indeed, given a real-valued $T_{n}$, we have $\tau_{k}(t)=2 \cdot \operatorname{Re}\left(\alpha_{k} e^{i k t}\right)$, where $2 \alpha_{k}=a_{k}-i b_{k}$ and, therefore,

$$
\begin{align*}
H\left(T_{n},\left\{X_{j}\right\},\left\{\lambda_{j}\right\} ; t\right)=a_{0} \omega+2 \operatorname{Re}\left(\sum_{k=1}^{n}\left(\sum_{j=1}^{n} X_{j} z_{j}^{k}\right) \alpha_{k} e^{i k t}\right)= \\
=a_{0} \omega+\sum_{k=1}^{n} s_{k} \tau_{k}(t) \tag{4}
\end{align*}
$$

where

$$
\omega:=\sum_{j=1}^{n} X_{j}, \quad s_{k}:=\sum_{j=1}^{n} X_{j} z_{j}^{k}, \quad s_{k} \in \mathbb{R}
$$

Hence, when (3) holds, (4) gives (2). The converse is also true: from the equalities (2) and (4) we obtain (3) (for more details, see [7]).

According to the classical Carathèodory theorem (see, e.g., [2], [11], [13]), the system (3) always has a (unique) solution, such that $X_{j} \geqslant 0$, $z_{j}=e^{i \lambda_{k}}, \lambda_{j} \in \mathbb{R}$ (for arbitrary fixed right-hand sides $\sigma_{l} \in \mathbb{C}$ ). It follows from the uniqueness of solution, in particular, that in the case under consideration, where the right-hand sides $\sigma_{l}$ are real, the roots $z_{j}$ lie on the unit circle symmetrically with respect to $\mathbb{R}$.

An important role during the analysis of systems (3) is played by the Toeplitz matrix $G_{n+1}(w ; \omega)=\left\{g_{i, j}\right\}$ of order $n+1$ with the following
structure: the main diagonal contains the parameter $\omega=\sum_{j=1}^{n} X_{j}$, and the weights $\sigma_{l}$ are symmetrically located on the parallel diagonals, and $g_{i, j}=\sigma_{l}$ for $|i-j|=l, l=1, \ldots, n$ (see, e. g., [19]).

It is known (see, e.g., [2], [11], [13]) that for the solution to the Carathèodory problem (i.e., the problem (3) for $X_{j} \geqslant 0$ and real $\left\{\lambda_{j}\right\}$ ), the value of parameter $\omega=\sum_{j=1}^{n} X_{j}$ is equal to the largest root $\omega_{w}^{+}$ $\left(\omega_{w}^{+}=\omega_{w}^{+}(n)>0\right)$ of the polynomial $\operatorname{det} G_{n+1}(w ; \omega)$, the determinant of the Toeplitz matrix. It obviously implies that for the solution of the problem (3) with non-positive $\left\{X_{j}\right\}$ and real $\left\{\lambda_{j}\right\}$, the value $\omega=\sum_{j=1}^{n} X_{j}$ is equal to the smallest root $\omega_{w}^{-}\left(\omega_{w}^{-}=\omega_{w}^{-}(n)<0\right)$ of the same Toeplitz matrix determinant $G_{n+1}(w ; \omega)$ (it is sufficient to consider the problem (3) with $X_{j}$ replaced by $X_{j}^{\prime}=-X_{j}$ and $\sigma_{l}$ by $\sigma_{l}^{\prime}=-\sigma_{l}$ ).

Consequently, the equalities (2) are valid for $\omega=\omega_{w}^{+}>0$ (and then all $X_{j} \geqslant 0$ ) and for $\omega=\omega_{w}^{-}<0$ (and then all $X_{j} \leqslant 0$ ). The representation (2) in each of these cases we call regular if the order of the corresponding AFT is exactly $n$ (then all $X_{j} \neq 0$ ).

If $\omega=\omega_{w}^{ \pm}$are known, the Prony polynomial $P_{n}\left(z ; w, \omega_{w}^{ \pm}\right)$is used to determine the unknowns $z_{j}=e^{-i \lambda_{j}}$; it is the determinant obtained from the above-mentioned Toeplitz determinant by replacing its first row with a row $\left(z^{n}, z^{n-1}, \ldots, 1\right)$ (see the examples below).

In a regular case, all roots $z_{j}=e^{-i \lambda_{j}}, j=1, \ldots, n$, of the polynomial $P_{n}\left(z ; w, \omega_{w}^{ \pm}\right)$are distinct and lie on the unit circle symmetrically with respect to $\mathbb{R}$. Their arguments give the required values $\lambda_{j}$ in (2) and (3). In this case, the unknowns $X_{j}$ are found from the system (3), linear with respect to $X_{j}$ with a nonzero Vandermonde determinant (for more details, see, e. g., [7], [18], [19]).

In an irregular case, when the order of AFT in (2) is less than $n$, the Prony polynomial is identically zero, $P_{n}\left(z ; w, \omega_{w}^{ \pm}\right) \equiv 0$. For this case, several methods have been developed to regularize the problem (3) by certain variations of the right-hand sides $\left\{\sigma_{k}\right\}$ ( [18], [19]). For the regularized system (3), the corresponding Prony polynomial is nonzero and its nonzero roots are the desired solution to the system (3) $z_{j}=e^{-i \lambda_{j}}, j=1, \ldots, m$, $m<n$.
2. Extremal polynomials in the representation (2). Let us briefly describe a method of construction extremal nonnegative polynomials $S_{ \pm}$for which the following equalities hold (for more details, see [18], [19]):

$$
\begin{equation*}
\omega_{w}^{ \pm} a_{0}\left(S_{ \pm}\right)+\mathcal{T}\left(S_{ \pm}, w ; 0\right)=0, \quad w:=\left\{\sigma_{1}, \ldots, \sigma_{n}\right\} \tag{5}
\end{equation*}
$$

Let the representation (2) (regular or irregular) be obtained, for a given set of real weights $w:=\left\{\sigma_{1}, \ldots, \sigma_{n}\right\}$, in each of the cases $\omega=\omega_{w}^{ \pm}$, where the AFT has order $m^{ \pm} \leqslant n$. Using the obtained solutions $\lambda_{j}^{ \pm}, j=1, \ldots, m^{ \pm}$, we define the following even non-negative polynomials of order $m^{ \pm}$:

$$
\begin{equation*}
S_{ \pm}(t)=S_{ \pm}\left(\omega_{w}^{ \pm} ; t\right):=\prod_{j=1}^{m^{ \pm}} \sin ^{2}\left(\frac{t+\lambda_{j}^{ \pm}}{2}\right) \tag{6}
\end{equation*}
$$

Note that polynomials of the form (6) have already been used in [6], [12], [19]. Since $S_{ \pm}\left(-\lambda_{j}^{ \pm}\right)=0$ for all $j=1, \ldots, m^{ \pm}$, we have equality $H\left(S_{ \pm},\left\{X_{j}^{ \pm}\right\},\left\{\lambda_{j}^{ \pm}\right\} ; 0\right)=0$ and, therefore, we obtain (5) from (2).

This equality will be used below to prove the sharpness of Bernsteintype inequalities. Note that the parity of polynomials $S_{m^{ \pm}}\left(\omega_{w}^{ \pm} ; t\right)$ obviously follows from the symmetry of roots $z_{j}^{ \pm}=e^{-i \lambda_{j}^{ \pm}}$in (3) with respect to $\mathbb{R}$.
3. The application of AFT for trigonometric Bernstein-type inequalities. Let us take a set of weights $w=w(n, 2 m)$ for positive integer $n$ and $m: w(n, 2 m):=\left\{1^{2 m}, 2^{2 m}, \ldots, n^{2 m}\right\}$. For the derivative of order $2 m$ of the polynomial (1), we have

$$
(-1)^{m} T_{n}^{(2 m)}(t)=\sum_{k=1}^{n} k^{2 m} \tau_{k}(t)=\mathcal{T}\left(T_{n}, w ; t\right)
$$

Therefore, for the largest and smallest roots $\omega_{w}^{ \pm}=\omega_{w(n, 2 m)}^{ \pm}$of the Toeplitz determinant $\operatorname{det} G_{n+1}(w ; \omega)$ from (2), we get

$$
\begin{align*}
\omega_{w}^{ \pm} a_{0}+(-1)^{m} T_{n}^{(2 m)}(t)= & \omega_{w}^{ \pm} a_{0}+\mathcal{T}\left(T_{n}, w ; t\right)=\sum_{j=1}^{n} X_{j}^{ \pm} T_{n}\left(t-\lambda_{j}^{ \pm}\right) \\
& \sum_{j=1}^{n} X_{j}^{ \pm}=\omega_{w}^{ \pm} \tag{7}
\end{align*}
$$

where $\omega_{w}^{+}>0, \omega_{w}^{-}<0$, all $X_{j}^{+} \geqslant 0, X_{j}^{-} \leqslant 0, \lambda_{j}^{ \pm} \in \mathbb{R}$.
Theorem 1. For positive integer $n, m$, weights $w=w(n, 2 m):=\left\{1^{2 m}\right.$, $\left.2^{2 m}, \ldots, n^{2 m}\right\}, a_{0}=a_{0}\left(T_{n}\right)$, and all $t \in \mathbb{R}$, the following two-sided inequalities hold:

$$
\begin{equation*}
\omega_{w}^{+}\left(\min _{x} T_{n}(x)-a_{0}\right) \leqslant(-1)^{m} T_{n}^{(2 m)}(t) \leqslant \omega_{w}^{+}\left(\max _{x} T_{n}(x)-a_{0}\right), \tag{8}
\end{equation*}
$$

$$
\begin{equation*}
\omega_{w}^{-}\left(\max _{x} T_{n}(x)-a_{0}\right) \leqslant(-1)^{m} T_{n}^{(2 m)}(t) \leqslant \omega_{w}^{-}\left(\min _{x} T_{n}(x)-a_{0}\right) \tag{9}
\end{equation*}
$$

In particular, if $T_{n}$ is a positive-valued polynomial, then the first inequality in (8) and the second inequality in (9) imply

$$
-\omega_{w}^{+} a_{0} \leqslant(-1)^{m} T_{n}^{(2 m)}(t) \leqslant-\omega_{w}^{-} a_{0}, \quad a_{0}>0
$$

The latter two-sided inequality is sharp, as there are extremal nonnegative polynomials $S_{ \pm}(t), \operatorname{deg} S_{ \pm} \leqslant n$, for which the following equalities hold:

$$
\begin{equation*}
\omega_{w}^{ \pm} a_{0}^{ \pm}\left(S_{ \pm}\right)+(-1)^{m} S_{ \pm}^{(2 m)}(0)=0, \quad a_{0}^{ \pm}\left(S_{ \pm}\right)>0 \tag{10}
\end{equation*}
$$

Proof. The upper estimate in (8) is obtained from (7) taking into account that all $X_{j}^{+} \geqslant 0$ and $\omega_{w}^{+}=\sum_{j=1}^{n} X_{j}^{+}>0$ :

$$
\omega_{w}^{+} a_{0}+(-1)^{m} T_{n}^{(2 m)}(t)=\sum_{j=1}^{n} X_{j}^{+} T_{n}\left(t-\lambda_{j}^{+}\right) \leqslant \omega_{w}^{+} \max _{x} T_{n}(x)
$$

similarly, we obtain the lower estimate in (8). The lower estimate (9) is obtained from (7) taking into account that all $X_{j}^{-} \leqslant 0$ and $\omega_{w}^{-}=\sum_{j=1}^{n} X_{j}^{-}<0$ :

$$
-\omega_{w}^{-} a_{0}+(-1)^{m+1} T_{n}^{(2 m)}(t)=\sum_{j=1}^{n}\left(-X_{j}^{-}\right) T_{n}\left(t-\lambda_{j}^{-}\right) \leqslant-\omega_{w}^{-} \max _{x} T_{n}(x) ;
$$

similarly, we obtain the upper estimate in (9). The statement (10) follows from (5).
Examples. Let us give examples of constructing several extremal polynomials in (10) for the second derivative.

For $n=2, m=1$ and weights $w=w(2,2)=\left\{1^{2}, 2^{2}\right\}$ we have

$$
G_{3}(w, \omega)=\left[\begin{array}{ccc}
\omega & 1 & 4 \\
1 & \omega & 1 \\
4 & 1 & \omega
\end{array}\right], \quad P_{2}(z ; w, \omega)=\left[\begin{array}{ccc}
z^{2} & z & 1 \\
1 & \omega & 1 \\
4 & 1 & \omega
\end{array}\right]
$$

where $\operatorname{det} G_{3}(w, \omega)=(\omega-4)\left(\omega^{2}+4 \omega-2\right)$, and for the second derivatives the representations (7) and the inequalities (8), (9) are obtained with the parameters $\omega_{w}^{+}=4, \omega_{w}^{-}=-2-\sqrt{6} \approx-4.449 \ldots$ (here and everywhere below, numerical values are displayed with three decimal places).

Thus, we get the two regular cases $\omega=\omega^{ \pm}$; the Prony polynomials $P_{2}\left(z ; w, \omega_{w}^{ \pm}\right)$have the pairs of roots $\pm 1$ and $-0.224 \pm 0.974 i$ with the arguments $\{0, \pi\}$ and $\{1.797,-1.797\}$. Hence, according to the formula (6), we find an extremal nonnegative polynomials, for which the equalities (10) hold for the second derivative:

$$
S_{+}(t) \approx 0.125-0.125 \cos (2 t), \quad \omega_{w}^{+}=4
$$

$$
S_{-}(t) \approx 0.137+0.125 \cos (2 t)+0.112 \cos (t), \quad \omega_{w}^{-} \approx-4.449
$$

When $n=3$ and $w=w(3,2)=\left\{1^{2}, 2^{2}, 3^{2}\right\}$, according to the same scheme, we have

$$
G_{4}(w, \omega)=\left(\begin{array}{cccc}
\omega & 1 & 4 & 9 \\
1 & \omega & 1 & 4 \\
4 & 1 & \omega & 1 \\
9 & 4 & 1 & \omega
\end{array}\right), \quad P_{3}(z ; w, \omega)=\left|\begin{array}{cccc}
z^{3} & z^{2} & z & 1 \\
1 & \omega & 1 & 4 \\
4 & 1 & \omega & 1 \\
9 & 4 & 1 & \omega
\end{array}\right|
$$

therefore, $\operatorname{det} G_{4}(w, \omega)=\omega(\omega-10)\left(\omega^{2}+10 \omega-16\right)$ and $\omega_{w}^{+}=10$, $\omega_{w}^{-}=-5-\sqrt{41} \approx-11.403$. This implies representations (7) and inequalities (8), (9). Here, for $\omega=\omega^{ \pm}$, regular cases are obtained and the Prony polynomials $P_{3}\left(z ; w, \omega_{w}^{ \pm}\right)$have three different roots with unit moduli:

$$
\begin{gathered}
\{1,-0.666-0.745 i,-0.666+0.745 i\} \\
\{-1,0.259-0.965 i, 0.259+0.965 i\}
\end{gathered}
$$

Calculating their arguments $\lambda_{j}^{ \pm}$, by the formula (6), we find extremal nonnegative polynomials, for which the equalities (10) hold for $m=1$ :

$$
\begin{gathered}
S_{+}(t) \approx 0.034-0.031 \cos (3 t)-0.020 \cos (2 t)+0.017 \cos (t) \\
S_{-}(t) \approx 0.038+0.031 \cos (3 t)+0.030 \cos (2 t)+0.037 \cos (t) \\
\omega_{w}^{+}=10, \quad \omega_{w}^{-} \approx-11.403
\end{gathered}
$$

Remark 1. One can see from Theorem 1 that the main role is played by the module estimates $\omega_{w(n, 2 m)}^{ \pm}$for the derivative estimates based on (7). They can be estimated using the well-known Hadamard theorem about the non-degeneracy of matrices with strictly dominant diagonal (see, e. g., [9]). Namely, if the modulus of the diagonal element $|\omega|$ in each row of the
matrix $G_{n+1}(w ; \omega)$ is greater than the sum of remaining elements moduli of the same row, then $\operatorname{det} G_{n+1}(w ; \omega) \neq 0$. This implies the estimate

$$
\left|\omega_{w(n, 2 m)}^{ \pm}\right|<\Omega(n, 2 m):=\sum_{k=1}^{n} k^{2 m}
$$

For example, for the second derivative $(m=1)$ we have

$$
\left|\omega_{w(n, 2)}^{ \pm}\right|<\Omega(n, 2)=\frac{1}{6} n(n+1)(2 n+1)
$$

while the calculations for $n=10$ give

$$
0.571 \cdot \Omega(10,2) \approx \omega_{w(10,2)}^{+}<\left|\omega_{w(10,2)}^{-}\right| \approx 0.666 \cdot \Omega(10,2)
$$

As it can be easily checked, the growth order of $\Omega(n, 2 m)$ for $n \rightarrow \infty$ and each fixed $m$ has the form

$$
\Omega(n, 2 m) \asymp \frac{1}{2 m+1} n^{2 m+1}, \quad n \rightarrow \infty .
$$

The calculations up to $n=30$ show that this growth order is rather precise for $\left|\omega_{w}^{ \pm}(n, 2 m)\right|$. In particular, this is a distinctive property of the inequalities considered in Theorem 1 compared to the (sharp) classical inequalities $\left\|T_{n}^{(2 m)}\right\| \leqslant n^{2 m}\left\|T_{n}\right\|$ (S. N. Bernstein, M. Riesz [4], [15]).
4. The application of AFT for estimating the derivative of conjugate polynomials. The polynomial (1) with real coefficients can be represented as

$$
\begin{gathered}
T_{n}(t)=a_{0}+\sum_{k=1}^{n} \tau_{k}(t)=a_{0}+\operatorname{Re} \sum_{k=1}^{n}\left(a_{k}-i b_{k}\right) e^{i t k} \\
\tau_{k}(t):=a_{k} \cos k t+b_{k} \sin k t
\end{gathered}
$$

The polynomial

$$
\tilde{T}_{n}(t)=\sum_{k=1}^{n} a_{k} \sin k t-b_{k} \cos k t=\operatorname{Im} \sum_{k=1}^{n}\left(a_{k}-i b_{k}\right) e^{i t k}
$$

is called conjugate to the polynomial (1). It can be easily checked that $\tilde{T}_{n}(t)^{\prime}=\sum_{k=1}^{n} k \tau_{k}(t)$. Thus, for weights $w=w(n, 1)=\{1, \ldots, n\}$ we have from (2):

$$
\begin{equation*}
\omega_{w}^{ \pm} a_{0}+\tilde{T}_{n}(t)^{\prime}=\omega_{w}^{ \pm} a_{0}+\mathcal{T}\left(T_{n}, w ; t\right)=\sum_{j=1}^{n} X_{j}^{ \pm} T_{n}\left(t-\lambda_{j}^{ \pm}\right), \tag{11}
\end{equation*}
$$

where $\omega_{w}^{ \pm}$are the largest and smallest roots of the Toeplitz determinant $\operatorname{det} G_{n+1}(w(n, 1) ; \omega)$, with $\sum_{j=1}^{n} X_{j}^{ \pm}=\omega_{w}^{ \pm}\left(\omega_{w}^{+}>0, \omega_{w}^{-}<0\right)$.

Similarly to Theorem 1, from the representation (11) we obtain
Theorem 2. For positive integer $n$, weights $w(n, 1):=\{1,2, \ldots, n\}$, $a_{0}=a_{0}\left(T_{n}\right)$ and all $t \in \mathbb{R}$, the following two-sided inequalities hold:

$$
\begin{align*}
& \omega_{w}^{+}\left(\min _{x} T_{n}(x)-a_{0}\right) \leqslant \tilde{T}_{n}(t)^{\prime} \leqslant \omega_{w}^{+}\left(\max _{x} T_{n}(x)-a_{0}\right),  \tag{12}\\
& \omega_{w}^{-}\left(\max _{x} T_{n}(x)-a_{0}\right) \leqslant \tilde{T}_{n}(t)^{\prime} \leqslant \omega_{w}^{-}\left(\min _{x} T_{n}(x)-a_{0}\right) . \tag{13}
\end{align*}
$$

In particular, if $T_{n}$ is a positive-valued polynomial, then the first inequality in (12) and the second inequality in (13) imply

$$
-\omega_{w}^{+} a_{0} \leqslant \tilde{T}_{n}(t)^{\prime} \leqslant-\omega_{w}^{-} a_{0}, \quad a_{0}>0
$$

These inequalities are sharp, as there are extremal nonnegative polynomials $S_{ \pm}(t)$ of order $\leqslant n$ with the constant term $a_{0}\left(S_{ \pm}\right)>0$, for which the equalities hold:

$$
\begin{equation*}
\omega_{w}^{ \pm} a_{0}\left(S_{ \pm}\right)+\tilde{S}_{ \pm}^{\prime}(0)=0 \tag{14}
\end{equation*}
$$

Examples. Extremal polynomials are constructed as in the previous section, so we do not dwell on the details. For example, let $n=2$ and weights $w=\{1,2\}$; according to the formula (6), the following polynomials, for which the equalities (14) hold, are obtained:

$$
\begin{gathered}
S_{+}(t) \approx 0.125-0.125 \cos (2 t), \quad \omega_{w}^{+}=2 \\
S_{-}(t) \approx 0.158+0.125 \cos (2 t)+0.183 \cos (t), \quad \omega_{w}^{-} \approx-2.732
\end{gathered}
$$

For $n=3$ and $w=\{1,2,3\}$ we have

$$
\begin{gathered}
S_{+}(t) \approx 0.036-0.031 \cos (3 t)-0.025 \cos (2 t)+0.020 \cos (t) \\
S_{-}(t) \approx 0.047+0.031 \cos (3 t)+0.045 \cos (2 t)+0.061 \cos (t) \\
\omega_{w}^{+} \approx 3.414, \quad \omega_{w}^{-} \approx-5.162
\end{gathered}
$$

Remark 2. The estimate for $\omega_{w(n, 1)}^{ \pm}$by the above-mentioned Hadamard theorem gives:

$$
\left|\omega_{w(n, 1)}^{ \pm}\right|<\sum_{k=1}^{n} k=\frac{1}{2} n(n+1) .
$$

The calculations up to $n=30$ show that this growth order is rather precise. In particular, this is a distinctive property of the inequalities (12), (13) considered in Theorem 2 compared to the (sharp) classical Szegö inequalities $\left\|\tilde{T}_{n}^{\prime}\right\| \leqslant n\left\|T_{n}\right\|$, see [17].

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