

Here are the shifts you are expected to know, where n is any integer:

$$\begin{aligned}\sin(t + (2n + 1)\pi) &= -\sin t, & \cos(t + (2n + 1)\pi) &= -\cos t \\ \sin(t + 2n\pi) &= \sin t, & \cos(t + 2n\pi) &= \cos t\end{aligned}$$

The first line is saying that if you add any *odd* multiple of π on the inside of your trig function, you negate the trig function, and the second line is saying that if you add any *even* multiple of π on the inside of your trig function, you have done nothing to it.

Since the trig functions are periodic with period 2π , it's not difficult to see why the second line is true: you're shifting the function n whole periods, so you have not change the output at all.

Notice that for the first line, $(2(n + 1) + 1)\pi - (2n + 1)\pi = 2\pi$, using what we know from the second line, we see that shifting any odd multiple of π is the same as shifting by π .

When looking at the unit circle, shifting the function by π is the same thing as adding π to the angle. This is the same thing as rotating the unit circle one half-turn, which is the same thing as reflecting the unit circle through the origin. Given a point $P = (x, y)$ on the Cartesian plane, the reflection of P through the origin is the point $(-x, -y)$.

Recall that given an angle θ , the corresponding point on the unit circle is $(\cos \theta, \sin \theta)$, so its reflection is $(-\cos \theta, -\sin \theta)$.

In other words, for any real number t , $(\cos(t + \pi), \sin(t + \pi)) = (-\cos t, -\sin t)$. So $\cos(t + \pi) = -\cos t$ and $\sin(t + \pi) = -\sin t$.

In more concrete form, the equations can be written as:

$$\begin{aligned}-\sin t &= \sin(t \pm \pi) = \sin(t \pm 3\pi) = \sin(t \pm 5\pi) = \dots \\ -\cos t &= \cos(t \pm \pi) = \cos(t \pm 3\pi) = \cos(t \pm 5\pi) = \dots \\ \sin t &= \sin(t \pm 2\pi) = \sin(t \pm 4\pi) = \sin(t \pm 6\pi) = \dots \\ \cos t &= \cos(t \pm 2\pi) = \cos(t \pm 4\pi) = \cos(t \pm 6\pi) = \dots\end{aligned}$$