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$$\leq \frac{1}{\sqrt{\pi}} \left(\frac{1}{\sqrt{\pi}} + \frac{1}{\sqrt{\pi}} \right) = \frac{2}{\sqrt{\pi}}$$

$$\leq \frac{1}{2} \left(\frac{1}{2} + \frac{1}{2} \right) = \frac{1}{2}$$

$$\leq \frac{1}{\sqrt{\pi}} \left(\frac{1}{\sqrt{\pi}} + \frac{1}{\sqrt{\pi}} \right) = \frac{2}{\sqrt{\pi}}$$