

Plot[2[^](-1/12) (Sin[6 x+Pi/4]/Cos[6 x+Pi/4]^2)^(1/6),{x,-Pi/24,Pi/24}]

Input interpretation:

plot

$$\frac{1}{\sqrt[12]{2}} \sqrt[6]{\frac{\sin\left(6x + \frac{\pi}{4}\right)}{\cos^2\left(6x + \frac{\pi}{4}\right)}}$$

$$x = -\frac{\pi}{24} \text{ to } \frac{\pi}{24}$$

Plot:

