

But these are complex valued solutions, we want real-valued ones

General principle: If a complex-valued function solves a differential equation, and the equation has real coefficients, then the real and imaginary parts both solve the same differential equation.

So because $e^{ix} = \cos(x) + i\sin(x)$ solves $(D^2+1)y = 0$
real

We know that

Real part $\text{Re}(e^{ix}) = \cos(x)$ } also solve $(D^2+1)y = 0$
and Imag. part $\text{Im}(e^{ix}) = \sin(x)$ }

$$\text{Indeed } (D^2+1)\{\cos(x)\} = -\cos(x) + \cos(x) = 0$$
$$(D^2+1)\{\sin(x)\} = -\sin(x) + \sin(x) = 0$$

Also e^{-ix} solves $(D^2+1)y = 0$ so

$\text{Re}(e^{-ix}) = \cos(x)$ } also solve, but these are not
and $\text{Im}(e^{-ix}) = -\sin(x)$ } really new.

General irreducible quadratic has a pair of complex conjugate roots.

Consider $ar^2 + br + c = 0$ Assume $b^2 - 4ac < 0$

$$r = \frac{-b \pm \sqrt{b^2 - 4ac}}{2a} = \frac{-b}{2a} \pm i \frac{\sqrt{4ac - b^2}}{2a} = p \pm qi$$

where $p = \frac{-b}{2a}$ and $q = \frac{\sqrt{4ac - b^2}}{2a}$