α) Πρέπει:

$$(x - 4 \geq 0 \ \text{και} \ x + 1 \geq 0) \Leftrightarrow (x \geq 4 \ \text{και} \ x \geq -1) \Leftrightarrow x \geq 4 \Leftrightarrow x \in [4, +\infty)$$

β) Είναι:

$$A = \left(\sqrt{x-4} + \sqrt{x+1}\right)\left(\sqrt{x-4} - \sqrt{x+1}\right) = \left(\sqrt{x-4}\right)^2 - \left(\sqrt{x+1}\right)^2 =$$
$$= x - 4 - (x+1) = x - 4 - x - 1 = -5$$