69. Sqrt(x)

Description

Given a non-negative integer `x`, return *the square root of* `x` *rounded down to the nearest integer*. The returned integer should be **non-negative** as well.

You **must not use** any built-in exponent function or operator.

- For example, do not use `pow(x, 0.5)` in c++ or `x ** 0.5` in python.

Example 1:

```
Input: x = 4
Output: 2
Explanation: The square root of 4 is 2, so we return 2.
```

Example 2:

```
Input: x = 8
Output: 2
Explanation: The square root of 8 is 2.82842..., and since we round it down to the nearest integer, 2 is returned.
```

Constraints:

- $0 <= x <= 2^{31} - 1$