191. Number of 1 Bits

Difficulty : Easy

Write a function that takes an unsigned integer and returns the number of '1' bits it has (also known as the [Hamming weight](#)).

Note:

- Note that in some languages, such as Java, there is no unsigned integer type. In this case, the input will be given as a signed integer type. It should not affect your implementation, as the integer's internal binary representation is the same, whether it is signed or unsigned.
- In Java, the compiler represents the signed integers using [2's complement notation](#). Therefore, in **Example 3**, the input represents the signed integer. `-3`.

Example 1:

```
Input: n = 00000000000000000000000000001011
Output: 3
Explanation: The input binary string 00000000000000000000000000001011 has a total of three '1' bits.
```

Example 2:

```
Input: n = 00000000000000000000000010000000
Output: 1
Explanation: The input binary string 00000000000000000000000010000000 has a total of one '1' bit.
```

Example 3:

```
Input: n = 11111111111111111111111111111101
Output: 31
Explanation: The input binary string 11111111111111111111111111111101 has a total of thirty one '1' bits.
```

Constraints:

- The input must be a **binary string** of length `32`.

Follow up: If this function is called many times, how would you optimize it?