

Given an integer, write a function to determine if it is a power of two.

Example 1:

Input: 1

Output: true

Explanation: $2^0 = 1$

Example 2:

Input: 16

Output: true

Explanation: $2^4 = 16$

Example 3:

```
/*
 * 判断是不是2的幂次
 */
public class L231 {
    //位操作方法，如果一个数是2的幂，其2进制表示位置有且只有1个1，所以数1的个数
    public boolean isPowerOfTwo(int n) {

        if(n <= 0)
            return false;

        return countBit(n) == 1;
    }
    public int countBit(int num) {
        int count = 0;
        while (num != 0) {
            count += (num & 1);
            num >>= 1;
        }
        return count;
    }

    public static void main(String [] args) {
        System.out.println(new L231().isPowerOfTwo(4));
    }
}
```