Researched SGX but I am mostly confused as to what it is.

I have some queries regarding SGX I'm hoping intelligent folks here would help me understand it

I get that SGX is a TEE

Can someone help me understand how does the SGX work?

I read it provides hardware security

My perception of SGX is that it is some sort of a sandbox insulated from OS and other apps.

Where does SGX reside? on the RAM? or on the CPU?

How is it that it acts as a secure TEE while a normal computer doesn't?

Can SGX be integrated into older Intel processors?(pre-SGX generation). Say the nodes use non-SGX processors, won't they disqualify to run as node for enigma network?

Some of the questions might sound stupid, I apologize for it in advance. But I'll really be grateful if you help me understand it.