**Unsigned Integer**

* **Range**: Unsigned integers can only represent non-negative numbers (0 and positive numbers).
* **Example**: If you have an 8-bit unsigned integer, it can store values from 0 to 255.
* **Why Use It**: Use unsigned integers when you know the values will never be negative, such as counting objects or indexing arrays.

**Signed Integer**

* **Range**: Signed integers can represent both negative and positive numbers, including zero.
* **Example**: If you have an 8-bit signed integer, it can store values from -128 to 127.
* **Why Use It**: Use signed integers when you need to represent values that can be negative, such as temperature changes or financial calculations where values might go below zero.