

SQRT(X)

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:

- $0 \leq x \leq 2^{31} - 1$