441. Arranging Coins
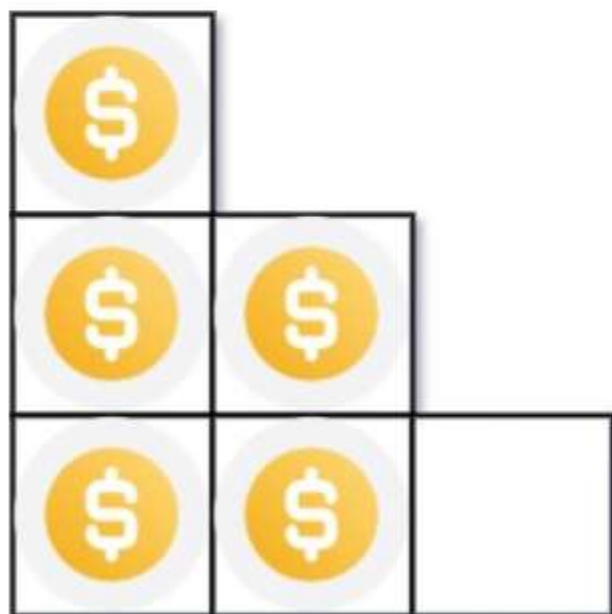
You have `n` coins and you want to build a staircase with these coins. The staircase consists of `k` rows where the `i`th row has exactly `i` coins. The last row of the staircase **may be** incomplete.

Given the integer `n`, return *the number of **complete rows** of the staircase you will build*.
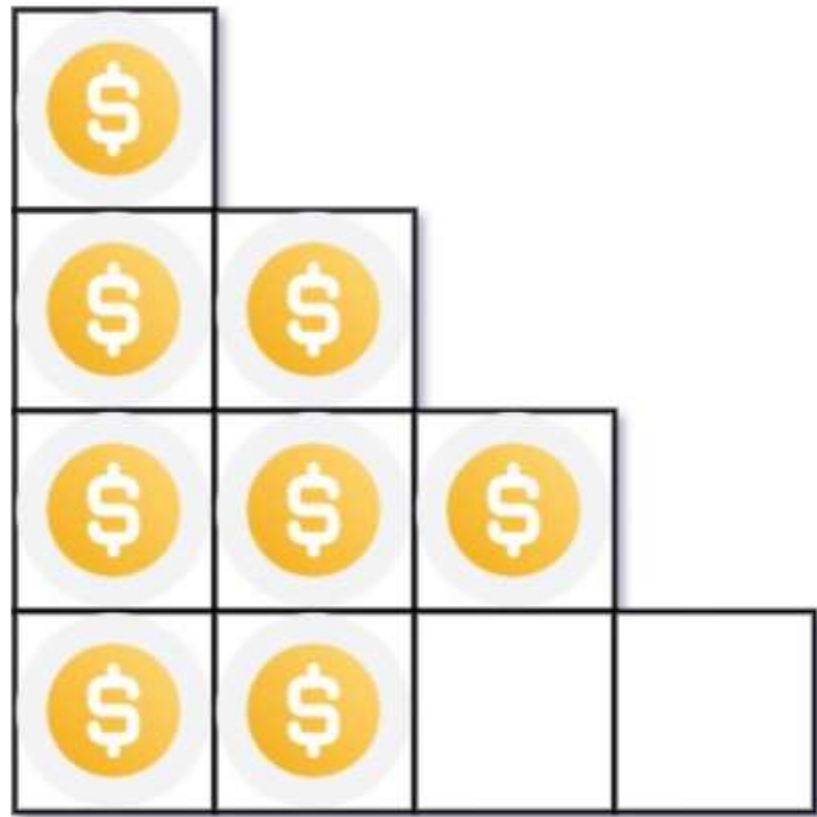
Example 1:


```
Input: n = 5
Output: 2
Explanation: Because the 3rd row is incomplete, we return 2.
```

Example 2:


```
Input: n = 8
Output: 3
Explanation: Because the 4th row is incomplete, we return 3.
```

Constraints:

- $1 <= n <= 2^{31} - 1$

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