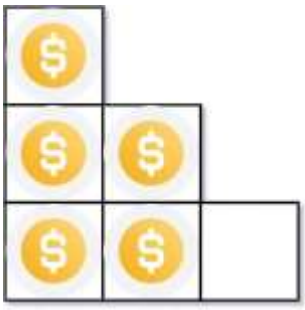
441. Arranging Coins

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.

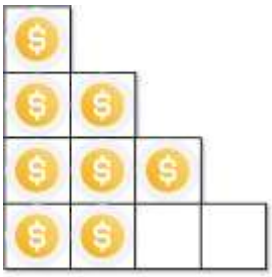
Given the integer n, return the number of complete rows of the staircase you will build.

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:

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