You are given an integer array prices representing the daily price history of a stock, where prices[i] is the stock price on the ith day.

A **smooth descent period** of a stock consists of **one or more contiguous** days such that the price on each day is **lower** than the price on the **preceding day** by **exactly** 1. The first day of the period is exempted from this rule.

Return *the number of****smooth descent periods***.

**Example 1:**

**Input:** prices = [3,2,1,4]

**Output:** 7

**Explanation:** There are 7 smooth descent periods:

[3], [2], [1], [4], [3,2], [2,1], and [3,2,1]

Note that a period with one day is a smooth descent period by the definition.

**Example 2:**

**Input:** prices = [8,6,7,7]

**Output:** 4

**Explanation:** There are 4 smooth descent periods: [8], [6], [7], and [7]

Note that [8,6] is not a smooth descent period as 8 - 6 ≠ 1.

**Example 3:**

**Input:** prices = [1]

**Output:** 1

**Explanation:** There is 1 smooth descent period: [1]

**Constraints:**

* 1 <= prices.length <= 105
* 1 <= prices[i] <= 105