Given n non-negative integers representing an elevation map where the width of each bar is 1, compute how much water it can trap after raining.

Examples:

Example 1:

- Input: height = [0,1,0,2,1,0,1,3,2,1,2,1]
- Output: 6
- Explanation: The above elevation map (black section) is represented by array [0,1,0,2,1,0,1,3,2,1,2,1]. In this case, 6 units of rain water (blue section) are being trapped.

Example 2:

- Input: height = [4,2,0,3,2,5]
- Output: 9

Constraints:

- n == height.length
- $1 \leq n \leq 2 \times 10^4$
- $0 \leq height[i] \leq 10^5$