Given an array of integers citations where citations[i] is the number of citations a researcher received for their ith paper, return *the researcher's h-index*.

According to the [definition of h-index on Wikipedia](https://en.wikipedia.org/wiki/H-index): The h-index is defined as the maximum value of h such that the given researcher has published at least h papers that have each been cited at least h times.

**Example 1:**

Input: citations = [3,0,6,1,5]  
Output: 3  
Explanation: [3,0,6,1,5] means the researcher has 5 papers in total and each of them had received 3, 0, 6, 1, 5 citations respectively.  
Since the researcher has 3 papers with at least 3 citations each and the remaining two with no more than 3 citations each, their h-index is 3.

**Example 2:**

Input: citations = [1,3,1]  
Output: 1

**Constraints:**

* n == citations.length
* 1 <= n <= 5000
* 0 <= citations[i] <= 1000