Lower the default print density setting of your printer to the lowest level possible so that you can still read line number 1. The lower you can go, the longer your cartridge will last.
It will also save wear on your fuser and paper feed rollers.
First set toner save mode in your default settings.
Then set the density level lower one step at a time until line #1 is barely readable. In most cases, even if line one drops out completely your prints will still be good as long as you can see lines 2 through 7.

1. Density Adjustment Test Page

2. Density Adjustment Test Page

3. Density Adjustment Test Page

4. Density Adjustment Test Page

5. Density Adjustment Test Page

6. Density Adjustment Test Page

7. Density Adjustment Test Page