Short message about scheduling disagreement

Subject: Scheduling Adjustment Concern

Hi [Manager's Name],

I noticed the new work schedule and wanted to share that I might face difficulties with the changes due to [brief reason]. I believe keeping my previous schedule, or at least adjusting slightly, would help me maintain both my productivity and work-life balance.

Could we look into a possible adjustment? Thanks for your understanding.

Best regards,

[Your Name]

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