**To Place:**  
The Manager, Date:  
Company Name,  
Address.

Sub: Resignation for health reasons.

Dear Sir/Madam,

It greatly saddens me to send this letter of resignation. I will be leaving my job as a **[job title]** effective from **[date]**. Unfortunately, I have been facing severe health issues since I started my night shifts, and along with that, I could not able to spend time with family members

As there is no option except night shifts in our company, I want to resign from my job. I have a great time working in our organization.

Thanking you.

Yours sincerely,  
Your name.