**To create a CloudWatch Events rule that triggers a Lambda function once a day, you can follow these steps:**

1. Open the AWS Management Console and navigate to CloudWatch.
2. In the CloudWatch dashboard, go to "Rules" in the left-hand menu.
3. Click on "Create rule."
4. In the "Event Source" section, choose "Event Source Type" as "Event Source."
5. Select "Event Type" as "Scheduled."
6. Set the schedule expression based on the working hours for each region. For example

cron(0 17 ? \* MON-FRI \*) # Stop at 5 PM, Monday to Friday

1. In the "Targets" section, choose "Lambda function" and select the Lambda function you created to stop EC2 instances.
2. Click "Configure details" and provide a name and description for your rule.
3. Click "Create rule."