To set up a task that will run regularly the best option is to use linux cron. As an example here are the steps to reboot the Pi every morning at 01:30.

In a terminal enter the command

sudo crontab -e   (note the space between crontab and -)

If it's the first time you've edited crontab you will be asked which editor you wish to use, I'd press 1 for nano.

A file will open, move the cursor to the very bottom of the file and type in the line shown:

The press CTL +O
Press Enter
Press CTL +X

You should see the message "installing new crontab"

There's a lot of flexibility in cron to run any job to any schedule but this is a simple case which may help you.

Before leaving the boat I would shut down as many apps as you can in the Pi, certainly OpenCPN. You shouldn't really have to reboot regularly, I run some of mine for weeks but if there is one errant application then this is a way around it.