The denominator is $\sqrt{10}$, so multiply the fraction by: $\dfrac{\sqrt{10}}{\sqrt{10}}$

$$\left(\frac{5}{\sqrt{10}}\right) \cdot \frac{\sqrt{10}}{\sqrt{10}} = \frac{5\sqrt{10}}{\sqrt{100}} = \frac{5\sqrt{10}}{10} = \frac{\sqrt{10}}{2}$$